



# Annual Report 2019-2020

*“My counsellor was very welcoming and treated me with respect.  
• The Nexus Youth Centre is a very friendly, safe place to be. • Nexus helped me realize how much I could accomplish. • Nexus gave me life changing experience at my lowest point. • Everyone at the Nexus Youth Centre is very nice and fun to be around. I always have fun here! • My counsellor was incredible – easy to talk to and they taught me coping strategies and how to see my situation differently.”*

## For You. With You.



In 2019-20, Nexus Youth Services (NYS) remained committed to creating opportunities for youth by providing high quality services that are inclusive of, and responsive to, their needs and voices. We are proud to share with you a variety of highlights from this past year.

In June 2019 we hosted our first-ever by youth, for youth Level Up Mental Health Conference, which created space for more than 90 youth to connect, share stories and learn about mental health together through fun and thought-provoking activities and powerful youth performances.

Throughout the year we continued to engage more than 2,400 youth at the Nexus Youth Centre (NYC). Weekly groups focused on self-esteem, creative expression and maintaining a healthy lifestyle, while special workshops focused on employment, post-secondary education and helping youth gain practical life skills in preparation for adulthood and independence. We also created volunteer opportunities for more than 400 youth, totalling 4,457 volunteer hours.

In the spring, NYS announced plans to amalgamate with our sister agency, Peel Children's Centre (PCC), and to transfer responsibility for the NYC to our community partner, Rapport Youth and Family Services (Rapport). We worked with Rapport and PCC to implement a transition plan that would simplify and improve how youth access drop-in and counselling services in Peel. On April 1st, the NYC became an ECLYPSE Youth Centre.

Our Community Counselling program provided treatment to 127 youth in need of mental health support, many of whom we helped cope with challenges like anxiety, depression, self-harm, family/peer conflict and traumatic life events. The impact of NYS' clinical services for one young person is captured in this year's annual report. We are proud that both our Community Counselling and Youth Centre programs achieved overall youth satisfaction and global quality ratings of 93.5% and 95.5%, respectively.

In 2020-21, after 35 years as NYS, we will join with PCC to become EveryMind. Our clients, staff and community partners chose this name because it is inclusive, non-judgemental and clearly communicates our continuing commitment to providing high quality mental health services to children and youth from birth to age 25. We are especially proud that NYS' tagline, "For You, With You", will live on as part of EveryMind's tagline, because it is a reminder that working alongside youth remains at the core of what we do and how we do it.

Thank you to the funders, donors, volunteers, staff, board members, placement students and youth who have been part of our journey as NYS this year and for the last 35 years. We look forward to continuing to work together to make a difference for youth in our community as EveryMind!



**Guneet Hansrani**  
*President*



**Humphrey Mitchell**  
*Chief Executive Officer*

### **BOARD OF DIRECTORS:**

Guneet Hansrani (*President*), Jessica Roselli (*Vice-President*), Karen Adams (*Secretary/Treasurer*), Nkunda Kabaterain, Nainesh Kotak, Cathy Kwiatkoski, Rory McNabb, Susan Mohos, Elaine Moore, Gopala Narayanan, Wendy Peyer, Sue Prouse



Nexus Youth Services (NYS) has been a crucial part of my recovery – without them, I would have had nowhere else to turn. Struggling with anxiety and depression isn't easy, but NYS helped me learn how to manage my emotions. When I first walked into the Nexus Youth Centre, I felt lost, but after being greeted with welcoming smiles, I knew I was in the right place. Thanks to NYS, I have been seeing my current clinician regularly and learning strategies to help me be more mindful, self-reflective and cope with my depression and anxiety. Most importantly, I have learned a great deal about myself and how significant I am to the world around me. I am grateful I was referred to NYS because they helped me make my mental health a priority and see the value in myself.



**Statement of Revenue and Expense**  
Year ended March 31, 2020

Funders	Revenue	Expenses	Excess Revenue over Expenses
United Way of Peel	328,608	391,181	(62,573)
Region of Peel	124,480	124,480	-
City of Mississauga	40,115	40,115	-
Fundraising/Other Revenue	28,663	-	28,663
Draw from Retained Surplus	33,910	-	33,910
<b>Net Position</b>	<b>555,776</b>	<b>555,776</b>	<b>-</b>

NYS greatly appreciates the generous support we received in 2019-20 and would like to recognize the following exceptional financial commitments. Thanks also to local businesses for in-kind support, as well as to those who contributed to NYS through the United Way.

**\$5,000 +**

The Hustler Young Men's Bible Class  
Foundation  
Marion Ethel & Frederick John Kamm  
Charitable Trust

**\$1,000 +**

Doug Ewart  
Duane G. Thomas  
George Lunan Foundation

**\$250 +**

Ceri Harnden  
Jennifer Watson  
Karen Anslow  
Omar Goodgame



**Main Office**  
85A Aventura Court  
Mississauga, ON L5T 2Y6

**905.795.3518**

Charitable Donation No.:  
13039 7631 RR0001

[nexusyouth.ca](http://nexusyouth.ca)  
[foryou@nexusyouth.ca](mailto:foryou@nexusyouth.ca)  
[@nexusyouthservices](https://www.instagram.com/nexusyouthservices)  
[facebook.com/nexusyouthservices](https://www.facebook.com/nexusyouthservices)  
[twitter.com/youthnexus](https://twitter.com/youthnexus)  
[youtube.com/nexusyouthservices](https://www.youtube.com/nexusyouthservices)