

HeartWood Centre for Community Youth Development

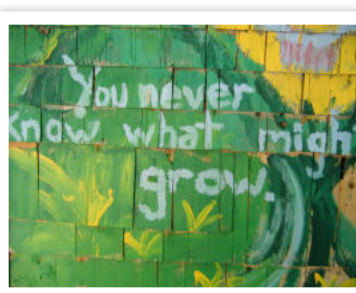
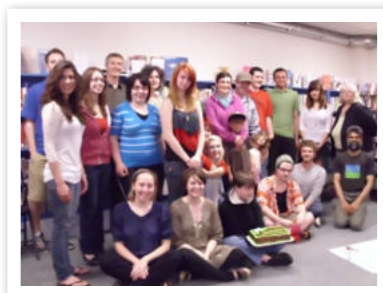
Annual Report



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HeartWood's Vision



All youth are active and valued members in their community and, together with adults, take action to create vibrant and caring communities.

HeartWood's Mission



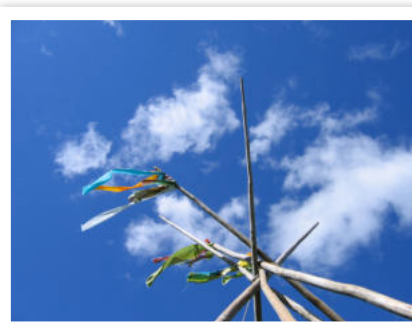
Youth engagement for positive community change. We work with youth to develop their skills and confidence as community leaders. We also train and coach adults to meaningfully engage youth.

Letter from the Co-Chairs of the Board of Directors

HeartWood Centre for Community Youth Development has had an exciting and eventful year. First of all, we would like to offer our sincerest thanks to all the HeartWood youth. These young people continually surprise the province and the world with their outstanding talent. Your leadership in helping build your communities has been exemplary, and a model for the entire country. In addition, the efforts of the full time staff and associates are what make the success of HeartWood possible. Their skill and commitment is beyond compare, and we are proud to have them as colleagues and friends. HeartWood's successful endeavors also relied heavily on the tireless efforts of our exceptional volunteers, students and interns. Their outstanding skills and clear commitment to HeartWood's Values and Mission, allowed us to reach an even greater number of youth and communities. A special thanks to the most exceptional Board of Directors a person could hope to serve with. Your attentiveness, caring, and engaging approach to the organization and our team made the experience immensely rewarding. To our funders, our partners, and donors, thank you for supporting HeartWood's Community Youth Development in every corner of this wonderful province.

We are looking forward to another exciting year with even more significant impact on Nova Scotia's Community Youth Development. For 25 years we have been making a difference and we look forward to what our future holds.

Chris Hayes and Mike Bowdridge
Co-Chairs - HeartWood Board of Directors



Annual Programs

Leading Innovative & Engaging Summer Youth Programs

This professional development training program took participants through an experiential education process where they learned a combination of theory and activities that they could use in their communities to create positive experiences for youth. Participants learned and practiced using the Tatamagouche Centre's ASPIRE model for program design and HeartWood's Framework for Community Youth Development. Through practicing facilitation, designing activities and discussions about challenges and barriers, participants were able to explore integrating these models in their own work and communities. All aspects of the facilitation process were designed for participants to experience an activity or model component and then to practice with their group. This helped participants to learn experientially as well as have a deep understanding of why the activities are important.

Group Information: 30 Participants
Duration: 4-day overnight program
Location: Tatamagouche Centre
Date: May 2011
Funder: Dept. of Health and Wellness

Group Information: 13 registered, 8 participants
Duration: 3-day overnight program
Location: Deanery Project in Lower Ship Harbour
Date: October 2011
Funder: Dept. of Health and Wellness

Mentoring in the Outdoors

Mentoring in the Outdoors is about teaching youth and young adults how to engage and mentor youth in the outdoors. The program was experiential and gave participants a combination of theory and practice, and provided tools and activities that

participants could use directly in their work with young people. HeartWood's Community Youth Development Framework was the main theoretical framework used to explore engaging youth; Earth Education models were also used. Finally, safety and leave-no-trace principles were also explored. Participants got to experience an earth walk, a group skip initiative, appreciation circles as well as lots of games and conversation.



Group Information: 11 participants (aged 13 – 15) with a waiting list
Duration: 7-day overnight program
Location: Lake system near Milford House
Date: July 2011
Funder: Dept. of Community Services and the Halifax Region's Children's Aid Foundation

Wilderness Canoe Trip

This trip was for youth who were ready for an adventure. The group paddled its way through some of Nova Scotia's most beautiful landscape while building their skills and confidence in a supportive atmosphere. The youth participants were given new challenges, many opportunities for experiential learning (i.e. learning by doing), and significant ownership over their experience.

Participants also learned about the environment and Leave No Trace Principles.

Atlantic Youth Leadership Camp

This program for youth developed leadership skills and offered experiential learning (i.e. learning by doing) and community service projects. By using an appreciative approach, youth built on the skills that they already had, developed new skills, and also understood how they could make a difference in their own communities. This year, we received funding from the Democracy 250 Legacy Trust to connect youth with a local politician. We

Group Information: 24 registered, 19 participants
Duration: 7-day overnight program
Location: Deanery Project in Lower Ship Harbour
Date: August 2011
Funder: Dept. of Community Services, Democracy 250 Legacy Trust, and the Halifax Region's Children's Aid Foundation



invited Mat Whynott to join us as he was the youngest MLA elected in Nova Scotia history (at age 23) in 2009. Mat also has a number of portfolios, one of which is Ministerial Assistant for Youth. Mat met with the AYLC youth participants in the middle of the week for an answer and question period. This was strategically scheduled to be after the group had time to do some team-building exercises, to discuss on "what is leadership?", and to share their skills and learn from each other.

March Break Leadership Camp



Group Information: 16 participants aged 14-17 (with a waiting list)
Duration: 4-day overnight program
Location: Outside Bridgewater
Date: March 2012
Funder: Dept. of Community Services and the Halifax Region's Children's Aid Foundation

This 4-day leadership program was a creative journey where youth from across the province met and explored self-leadership, group leadership, leadership within a community and leadership in the outdoors. There was a large

focus on embedding the program in the local community by connecting the participants with a variety of local community leaders. This program gave youth the first-hand opportunity to build their skills so they could take action in their home communities.

Group Information: 28 registered, 23 participants (with a waiting list)
Duration: 2-day program
Location: Halifax
Date: March 2012
Funder: Dept. of Health and Wellness

All In! Effective Tools for Positive Youth Group Development

The purpose of this professional development training was to build a deeper understanding of

effectively moving groups through the stages of group development by facilitating fun, active and appropriate games and initiatives. HeartWood took participants through the stages of group development as well as used an experiential approach to give participants a deeper understanding of the theory. Participants experienced a combination of large and small group discussions, presentations on theory and concepts, and games and initiatives, as well as discussions on issues important to the participants.



Change Initiatives

Leaders of Today (LOT)

Leaders of Today (LOT) was initiated by the Child and Youth Strategy in 2006 and has been hosted by HeartWood for the past two years. LOT brings together youth, youth-serving organizations, and government from across Nova Scotia. LOT's priorities are to: create a place of intercultural learning between youth and government; amplify youth voice; and to inform the Child and Youth Strategy. LOT is supported by a Core team of youth and adults.

During the past year, there were some landmark moments for LOT. For the first time, a government minister attended the LOT Fall Summit. Minister of Education, Ramona Jennex, spent the weekend engaging with young people on a variety of issues connected to education. A great success resulting from the Summit was her connection with the Halifax Youth Project – this led to a change in policy whereby Gay Straight Alliances must be allowed in any school that requests one and a supportive adult must be found to assist.

May saw the appointment of a full time coordinator, Steven Gordon. He comes to the post with a background in education and innovative government youth programming. This full-time support will assist LOT in moving to a year-round format with a Spring Summit being organized in partnership with the Health Promotion Youth Corps and even greater regional activities across the province.

DCS-Lunenburg

HeartWood's relationship with the Lunenburg District Office (LDO) of Community Services continues to deepen. We implemented the Mapping Tool created in 2011, which meant leading Community Youth Development sessions with nearly all the staff at the LDO. There was a consistent message that HeartWood's framework is clear and makes sense for youth--and that it also makes sense for adult clients and staff themselves. The LDO has described their work as a culture shift and appreciate HeartWood's consulting to support this. Other work this year included creating a youth room at the LDO and creating a video of this process. HeartWood coached and supported the youth and staff to paint and decorate the room as well as make the video. Funding was also received from the Centre of Excellence on Youth Engagement. This work is a great example of HeartWood's potential to create systems change utilizing an engaging youth in the process.



Health Promotion Youth Corps

This past year, HeartWood started a new partnership with the Department of Health and Wellness to administer and support the Health Promotion Youth Corps. This initiative is focused on engaging youth by connecting youth with community organizations to work on a health-related topic. Thus, youth get employability experience and the opportunity to enhance their

skills and knowledge. Over the year, 16 youth worked with 10 different organizations. The Department also organized a March Break Camp for students involved with the Options and Opportunities program in schools across the province. This coming year, the focus will be on supporting the Leaders of Today initiative by partnering to offer a Spring Summit for youth and government staff who are interested in health promotion topics. Participants articulate that the experience they get with this program clarifies the path they would like to take in their careers. It also gives them much needed job experience to build their qualifications for other long term work.

Youth and Community Program with Phoenix

This past fall, HeartWood continued working with Phoenix Youth Programs to create a 16-week pre-employability program for a small group of youth. *Youth and Community: Working Together*, was a Phoenix project with funding from the Department of Labour and Advanced Education. HeartWood facilitated one 16-week session in the spring of 2011 and another session with a different group of youth in the fall of 2011.

The aim of the project was to support youth struggling with employment barriers, homelessness and considered at risk, by actively engaging them in a community service learning project while developing their life skills and essential skills for employability.

HeartWood and Phoenix will once again work together on a community service learning project. This time, Phoenix has engaged HeartWood to facilitate an 8-week project over the summer called *Let's Make It Happen in Mulgrave Park*.



Youth Media Team

The HeartWood Youth Media team was launched in the fall with the support of the NS Department of Culture, Communities & Heritage's program: Cultural Opportunities for Youth.

HeartWood brought together youth from around the province in October of 2011 to learn basic digital media and storytelling skills.

They used these in collaboration with filmmaker Tera Taylor to create a promotional video for the Leaders of Today Summit. (www.leadersoftoday.ca)



A group of youth from the Media team played a role recording events at the LOT 6 summit. In January NS Power engaged the youth media team to make an instructional video for the Nissan Leaf, Nova Scotia's first commercial electric car. Several members of the youth media team have begun work on creating videos to tell their own stories and are looking forward to bringing these to the world in 2012-2013.

HeartWood & National Youth Arts Week

HeartWood connected with the Arts Network for Children & Youth to help coordinate some rural events for National Youth Arts Week. In Bridgewater, Brian Braganza supported a huge community team of adults and youth working together to produce many events throughout the week, and won support from the Bridgewater Town Council, United Way of Lunenburg County, Lighthouse Media Group, South Shore Public Libraries, Bridgewater Mall, NSCAD residency program and many more people and organizations in Lunenburg County. In New Glasgow, Andy Cunningham assembled another team of youth and artists to pull off New Glasgow's first 'Art at Night' event, where over a thousand people came out and enjoyed youth-driven, community art making for an evening. New Glasgow's Youth Arts Week was also supported in part by the Child & Youth Strategy and many community organizations. In Amherst, Sarah MacIntosh (Maggie's Place) brought together a community of people to teach new art skills to young people, and organize several events to inspire artistic ambitions and passion in young people and their supporters. HeartWood helped keep the wheels turning in these different communities. Prior to NYAW HeartWood also helped to create a community youth arts performance reception for the former Governor General, Mme. Michaëlle Jean.

<http://ripples2waves.wordpress.com/> - Visit here for Media Coverage

Other Programs and Achievements

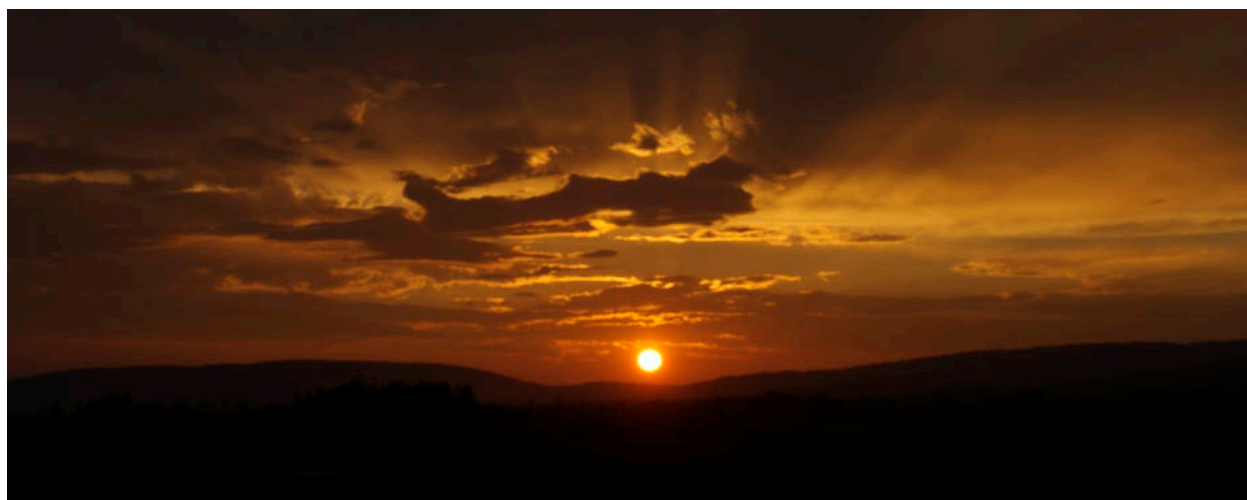
- Asset-Mapping and Games Workshop for Cole Harbour Boys and Girls Club
- Leadership and Group Development Training for the Outdoor Recreational Ministry Camp
- Youth Engagement on Boards Workshop for the Annapolis Community Health Board
- Youth Action Team Workshop at Duncan MacMillan High School
- Youth Engagement Workshops for the Boys and Girls Clubs of Canada
- Community Asset Mapping Workshop for C@P Network Society, Inverness County
- Family Camp for Foster Families for the NS Department of Community Services, Cape Breton
- Cyber-Bullying Workshop for Federation des parents de la Nouvelle-Ecosse
- Community Service Learning Workshop for the Northern Region of the Child and Youth Strategy
- Male Youth Retreat for South Shore Schools Plus
- Training on leading adventure-based overnight programs for staff at Sackville High School and workshops for youth on facilitation and coaching
- Group Development and Leadership workshop for Phoenix Learning and Employment Centre
- It's All Good! An Introduction to Strategies for Youth Engagement workshop with the Child and Youth Strategy (two workshops)

Presentations and workshops

- Community Youth Development Workshop at SaskCulture's Annual Gathering

Resource Development:

- Putting Teens at the Top of Rural Agendas (on website)
- Circle of Awesomeness, an update of our Community Youth Development Frameworks (on website)
- New Staff Training and Orientation Manual



Meet our Staff, Board, and Associates

Staff Associates:

Brian Braganza,
Michael Coolican
Paula Knowles
Amber Kilbourn
Kendra Burdett
Ann Denny
Camille Dumond
Cate DeVreede
Misty Thibeault
Danielle McCarthy
(graphic design)
Misty Thibeault
(program cook)
Jake Dambergs
(Launchpad Tech Support)
Nick Langford (website)

Board of Directors

Christopher Hayes, Co-Chair
Michael Bowdridge, Co-Chair
Kerry Jennex, Treasurer
Emily Reid, Secretary
Maureen B. Langbo
Adrien L. Adler
Margaret R. MacDonald
Robin McAdam
Chrissy Costard
Jamie Aaron
Kyle DeYoung

Youth Facilitators and Volunteers:

Samantha Kent
Simon Mandari
Travis Malay
Brian Riley
Chantelle Deon
Jessy Crouse
Caitlin Heimpel
Ross Heimpel
James Swim
Stephen Selig
Stephanie Moynan
Alana Levy
Adie Wilson
Nick Selig
Elizabeth Wile
Justin Fenton
Jayme Melrose
Morrigan MacLean
Kelly Boutillier
Amanda McNeil
Taylor Bezanson
Alvero Wiggins
Brianna Miller
Johna Gosbee
Naomi Jakcson
Richard Wright

Staff:

Maria Cain, Executive Director
Isabelle LeVert-Chiasson, Senior
Program Facilitator
Adrianna MacKenzie, Senior
Program Facilitator
Ryan Veltmeyer, Senior Program
Facilitator
Paula Knowles, Senior Program
Facilitator
Michael Coolican, Senior
Program
Facilitator
Lori-Ann Nunn, Accounting and
Office Administrator

This past year we said good-bye to Paula and Michael but, as everyone knows, once you are part of the HeartWood family, you stay part of the family so they are still very much part of our organization.

Student Staff and Interns:

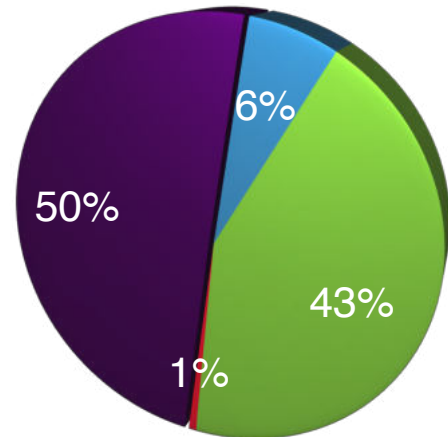
Kaitlyn Veitch, Spring Co-op
Student and Volunteer
Nolan Cannon: Summer Student
Sarah Shaw: Fall Co-op Student
Natalie Ortynsky: Fall Co-op
Student
Caitlyn Heimpel: Student Intern

A special thank you to all those who contributed in so many ways to HeartWood. Your contribution is invaluable. In addition, a special thank you to all the volunteers not listed who provided their time, assistance and expertise to our programs, Community Advisory Committee, and our organization in general.

Finances 2011 - 2012

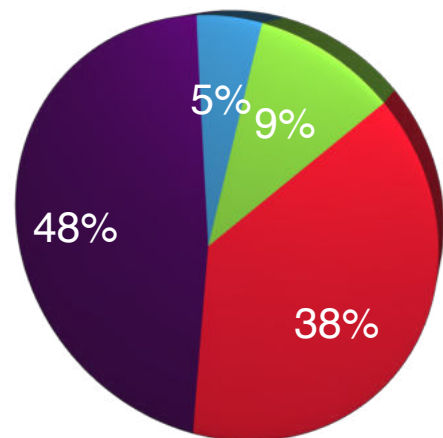
Revenue: \$ 487,531

- Government Funding
- Donations
- Community Youth Development Programs
- Misc



Expenses: \$ 492,256

- Program
- Office
- Administration
- Program Wages



Get Involved with HeartWood

**There are many ways to can get involved with HeartWood!
Contact our office to find out more about these these opportunities.**

1. **Join our Board** - HeartWood seeks volunteers to become active members of our Board of Directors. HeartWood is at its best when all board members feel valued and that their talents are being effectively utilized. Thus we value diversity, open- mindedness , and an inclusive approach. Please contact our office if you are interested in becoming involved with a leading organization in youth engagement.
2. **Donate** - All donations, no matter the amount, are extremely helpful and appreciated. Every donation received has an impact on the work we do. Donations can be made by cheque to HeartWood Centre for Community Youth Development or by clicking the Donate Now button on our website. Donations over \$10 will receive a charitable tax receipt.
3. **Volunteer** - HeartWood often looks for skillful individuals to contribute to our programs and work. If you have a passion for community youth development and an open mind HeartWood would love to see you involved. For up to date information on volunteer opportunities please contact our office.



Contact us...

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Facebook: HeartWood Centre for
Community Youth Development

Twitter: heartwoodcentre

