



HeartWood

CENTRE FOR COMMUNITY YOUTH DEVELOPMENT

Annual Report 2015-2016

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HELLO FRIENDS!

HeartWood Centre for Community Youth Development has had an exciting year focused around change. The growth that comes out of change is always exciting and we look forward to the year ahead with new ideas, proposals, and programs.

We would like to thank the staff and associates for their hard work and expertise in community youth development. Our communities are better because of the work you do and your passion is what keeps the organization moving forward. HeartWood relies heavily on the work of volunteers, students, and interns and the work we do would not happen without you.

We would like to specifically recognize the Board of Directors for their hard work over the past year. Our outgoing board members will truly be missed for their commitment to the HeartWood mission and values and the belief in the work that HeartWood is doing. To our sponsors, donors, and partners, thank you for the support you give to young people across our province. Without your support, young people would not have as many opportunities to build their skills or to connect with their communities in meaningful ways.

Lastly, we would like to thank the Executive Director, Laura Swaine. Her drive, passion, ingenuity, commitment, flexibility, and courage have pushed HeartWood forward over the last two years and we look forward to what the future holds.

Sincerely,
Sarah Coley and John Odenthal
Co-Chairs, Board of Directors

I am thrilled to say we had another excellent year of work here at HeartWood Centre for Community Youth Development. I cannot thank the staff enough for their hard work, dedication, and passion that they bring each day. We would not be able to achieve what we do without each and everyone of them.

This year we embraced the mantra "**be bold**", so we dreamed big, set our goals and kept our values central and I think we had one of our most interesting years yet!

I look forward to 2016-17 and all the wonderful people we will get to work with, the new projects we will take on, and the positive change we will support in our communities.

Sincerely,
Laura Swaine
Executive Director

WHO WE ARE

HeartWood Centre for Community Youth Development is a non-profit, registered charity that has been serving the province of Nova Scotia since 1988. We work directly with youth, adults, youth-serving organizations, and broader systems to build stronger communities through youth engagement and leadership.

Our programming is structured on the "HeartWood Way" where our focus is on creating a culture of empowerment and support through youth-adult partnerships, peer relationships, meaningful contributions, and experiential learning.

We offer three streams of programming aimed at:

1 Helping **youth** to positively engage in their communities through systems, services, and organizations, to develop their skills and capacity to take action and make change.

2 Training and coaching **adults** in youth engagement strategies and tools

3 Working directly with larger systems over an extended period of time to improve their youth engagement strategies and inform their policies to better serve youth.

Over the past 28 years, HeartWood has worked with thousands of youth and adults across Nova Scotia. We have tested, honed, and evaluated our approach to youth engagement so that the services we provide are adaptive, flexible, and suited to the needs of those we are serving. We continuously aim to be forward thinking, engaging, and supportive to achieve long-term impact over an extended timeframe.

OUR MISSION

We work directly with youth, adults, youth-serving organizations, and broader systems to build better communities through youth engagement and leadership.

OUR VISION

We believe that young people possess the passion, skills, and insight to be powerful community leaders and together, with supportive adults, can take action to create vibrant and caring communities.



ABILITIES NOW! YOUTH SUMMIT

Partnership for Access Awareness Nova Scotia,
Camp Tidnish



As part of Partnership for Access Awareness Nova Scotia (PAANS) week, HeartWood held a 3 day Youth Summit at Camp Tidnish to provide young Nova Scotians living with various disabilities the opportunity to voice their experiences, build networks, and develop leadership skills with each other, adults, community connectors, and government employees.

Abilities Now began with a Diversity Welcome which focused on building a community in which people could feel safe and comfortable in talking about issues of importance to them.

The following day involved World Cafés and Open Space Conversations: group processes that acknowledge and explore the knowledge present in a group of people through verbal, written, and graphic means. A variety show was held to further connect participants in a more informal way and showcase their diverse and unique talents.

The final day of the summit revolved around expanding the conversations held in the previous day's Open Space, to beginning to form concrete actions that participants could take once they returned to their home communities.

At the first summit of its kind in Nova Scotia, youth participants had the opportunity to talk about the barriers they have faced, the supports they have received, what they think can be done to make a more inclusive Nova Scotia. They also had the opportunity to call conversations on issues of importance to them, as a way to dive deeper and begin taking action.

Community connector and government participants gained a greater understanding of the issues that the population they serve have, a greater understanding of what youth need from programs and services, and a network to continue conversations.

Most importantly, Abilities Now aimed to help increase the confidence, self-esteem and resources of all those involved.



LEADING INNOVATIVE & ENGAGING YOUTH PROGRAMS

United Church, Acadian School Board (CSAP), IWK, Tatamagouche Centre, Project Colours International, Mi'kmaq Native Friendship Centre, Our Resilient Bodies, South House Gender and Sexuality Resource Centre, Family SOS, Scouts Canada, Addiction and Mental Health Services

In association with the Tatamagouche Centre, HeartWood facilitated a program designed for those interested in high-level training in innovative youth engagement and program planning. Participants shared best practices, applied theory, techniques, and experiential activities.

By employing HeartWood's unique appreciative approach coupled with a service-learning framework, individuals learned how to engage youth, deepen their experiences, enhance and build on their strengths and gifts, and identify ways to more deeply connect young people to community action.

While participants came from diverse backgrounds, it was universally understood that creating powerful program experiences can help youth step up to be their personal best and realize that they have great potential to enact positive changes in their life, their community, and beyond.



ALL IN! EFFECTIVE TOOLS FOR POSITIVE YOUTH GROUP DEVELOPMENT



This two-day workshop centred around building a deeper understanding of how to effectively move youth through the stages of group development through facilitating fun, active, and appropriate games and initiatives. Participants explored group development theory and were provided with exciting, active, and challenging activities for young people.



Knowledge of when and how to use these activities was shared and strategies for addressing physical, mental, and emotional challenges were discussed.



Education on stages of group development, HeartWood's Framework for Community Youth Development, inclusive games and team building activities, safety and healthy risk taking, and preventing disagreement were encompassed within this professional development workshop.

NS TRAILS ASSOCIATION YOUTH ENGAGEMENT WORKSHOP

NS Trails Association, Upper Vaughan

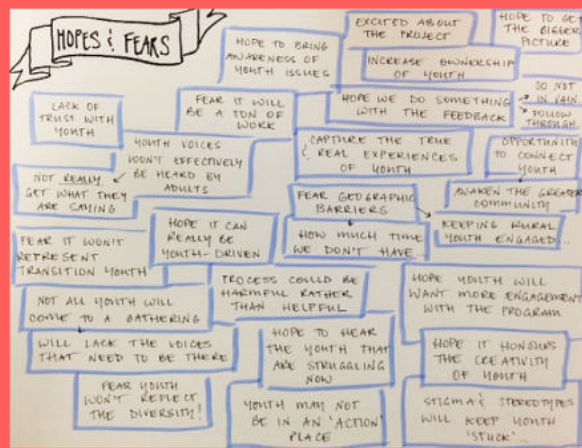
After a consultation with regional volunteers, the Nova Scotia Trails Association sought to increase its engagement with younger volunteers. To achieve this, they reached out to HeartWood to design and facilitate a series of youth engagement strategy workshops for Volunteer Trail Groups across the province.

Following the initial delivery of youth engagement training, HeartWood presented a workshop to the HRM Trails Group at their annual meeting at Camp Mockingee to regroup and deepen their skills based upon the Framework for Community Youth Development.

The Youth Voices Project (YVP) was a youth-led, creative evaluation of the Youth Outreach Program (YOP) funded by the Department of Community Services. Leaders of Today, a program hosted by HeartWood Centre for Community Youth Development, was contracted to support youth and youth outreach workers through the creative evaluation process.

The project served a dual purpose; the feedback youth created was collected and analyzed by the Canadian Health Research Foundation to help shape future program development and also made available to the YOP sites for use as promotional material demonstrating the effectiveness and impact of their programs.

Guided by HeartWood's Framework for Community Youth Development, YVP was founded on the principles of being youth-led, taking an appreciative and strengths based approach, and prioritizing creativity and inclusivity. HeartWood developed four tools that were shared among the sites to encourage ongoing impact: personal asset mapping, group ideation template, project planning tool, and community asset mapping. In addition to ongoing site-specific coaching and support, a visual 'Facilitator's Handbook' explaining each tool, how to use them, as well as the creative evaluation process in general was created to guide youth workers and youth at each YOP site.



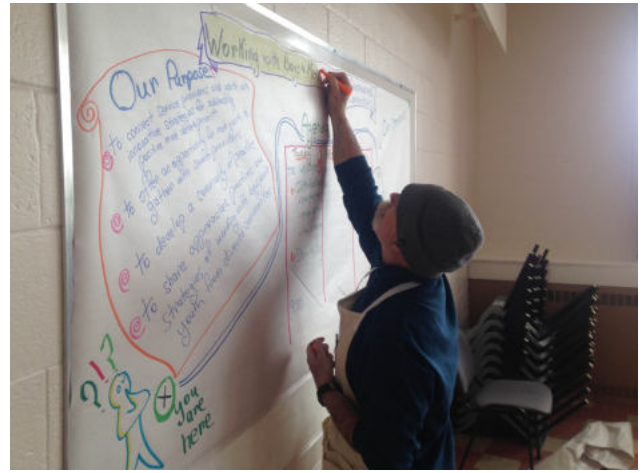
BOYS & YOUNG MEN COLLOQUIUM

Nova Scotia Department of Health and
Wellness, Tatamagouche Centre

HeartWood acted as a convenor with Tatamagouche Centre to bring together service providers who work with boys and male youth, and select youth participants from various organizations to address healthy and positive male identities, roles, responsibilities and sexuality.

This colloquium provided male youth an opportunity to engage with service providers around positive and healthy services and strategies. It aimed to develop a Community of Practice as a support network and intentional co-learning group between service providers working with boys and male youth.

Approaches, activities, and strategies of working with boys/male youth from culturally diverse communities were shared amongst participants through graphic facilitation.



BE THE PEACE

Second Story Women's Centre,
Lunenburg

HeartWood attended a final community gathering to honour the work of the Be The Peace project, celebrate, and bring closure to the program.

GIRLS UNITED

Dartmouth North Community Centre,
Dartmouth

HeartWood facilitated a one-day leadership and team building program in partnership with the Youth Advocate Worker Program.

10-20 young women from the Dartmouth North and Central Halifax region participated in building and strengthening interpersonal relationships, identifying foundational elements for a healthy team dynamic, and setting personal and group commitments to foster this experience.

IWK PHOTOVOICE WORKSHOP

IWK Child Safety Link and Dartmouth Boys and Girls Club, Dartmouth

In connection with the IWK and Dartmouth's Boys and Girls Club, HeartWood facilitated a needs assessment with youth to learn about their views around pedestrian safety behaviours, and an experiential learning opportunity for the staff at Child Safety Link on youth engagement techniques. Youth gained basic photography skills and improved their story telling skills, which culminated in a photo exhibit which expressed their perspectives on pedestrian safety and injuries.



SAFE SCHOOLS LGBTQ STUDENT THINK TANK

Canadian Safe School
Network, Annapolis Valley

LGBTQ high school students from
rural and urban communities across
Canada were invited to ask
questions and share their
perspectives on overcoming stigma,
positive mental health, bullying,
sources of support and much more.

These Think Tanks used bottom-up
approach to help build more
accepting schools and encouraged
youth to connect over Twitter to
create a cross-national discussion
about the most relevant issues
facing LGBTQ youth.

“We need to inform
our teachers.”

Tri-County Women's Centre, South West NS

HeartWood worked in consultation with the Youth Truth Matters
initiative of the Tri-County Women's Centre to support the
development of the RESPECT youth engagement tool and survey.
We provided input, feedback and content to help strengthen the
tool so that it reflected the principles and intentions of
HeartWood's Approach to Community Youth Development.

STEPPING UP CONFERENCE

Engage NS, Halifax

As a part of our ongoing partnership
with Engage NS as support, advisors,
and consultants, HeartWood facilitated
a break-out session on the topic of
Youth and Innovation.

FEAT

FEAT, Bridgewater

HeartWood worked with our new partners at the
Family Eco Adventure Training program in
Bridgewater on May 8th of 2015. This workshop
was a half day and focused on professional
development for eight of the FEAT staff. The
workshop touched on components of skill
development around participant engagement,
facilitation skills, selecting activities to maximize
engagement, and debriefing techniques.
Participants said they found the workshop
informative and useful for their work and looked
forward to trying some of the techniques in the
coming year of programming.

RESPECT

FUTURESTART

TRANSITION TO INDEPENDENCE PROJECT

Department of Community Services, Lunenburg

In collaboration with the Lunenburg District Office of the Nova Scotia Department of Community Services, HeartWood designed an innovative project to provide employability skills development and build confidence for youth participants through meaningful action to fulfill a genuine need in the Lunenburg District community.

The FutureStart program aimed to reconnect youth to each other and their community (including potential employers), to learn new skills, gain new knowledge, and place existing knowledge in a real-world context.



"This program has helped me shine."

"I learned a lot and became a better person with more confidence and became part of a team."



This 10-week employability and career development program involved 9 youth between the ages of 16-24 who took on the waged roles of Program Designers. Participants were responsible for designing and developing deliverable Transition to Independence 'training tools' for youth ages 15-19, including topics such as finding housing, money management, and self-care.

The Program Designers researched selected topics, developed workshops and materials, which were then tested with another group of youth and service providers. More information and workshop resources can be found at futurestart.ca.

YOUTH NOMINEE LUNCHEON

Government of Nova Scotia, Dartmouth

HeartWood supported a hosting team of 6 youth to facilitate this day of celebration and recognition of all the youth nominees for the Provincial Volunteerism Awards. Youth were encouraged to connect with each other and government representatives to express what is important to them and their communities.

There were 38 youth nominees and their guests in attendance.

KAMP KUJICHAGULIA: TEAMBUILDING & LEADERSHIP COURSE

Acadia University, Wolfville

In partnership with Acadia University, HeartWood facilitated a team building session at Kamp Kujichagulia, a summer camp for youth of African descent.

HeartWood supported 26 participants to improve interpersonal relationships, work collaboratively to build trust and confidence, identify their individual strengths, and to reflect upon the impact of the camp on personal and community growth.

YOU(TH) TALK

Halifax Central Library, Halifax

To fill a gap in programming for youth, the Halifax Central Library reached out to HeartWood for support in developing a monthly event for teens.

These 8 sessions provided a casual opportunity for youth to gather and connect with each other through asset mapping, exam preparation, self-care discussions, and relationship rebuilding conversations.



CLEAN NS

The Clean Foundation, Halifax

As a part of The Clean Foundation's NS Youth Conservation Core (NSYCC) program, HeartWood was contacted to facilitate a workshop for Aboriginal leadership placement students.

During a 4 hour workshop, participants were introduced to HeartWood's Framework for Community Youth Development and appreciative approach. They then applied this knowledge to identify personal strengths, opportunities for support amongst peers and supervisors, practices for youth engagement, and how to enhance engagement through sharing and workshopping potential approaches in their programs.

SHEONOROIL CONFERENCE

Shenorail Foundation, Halifax

HeartWood contributed to Sheonorail's Safe Schools One Peace at a Time conference by hosting an introductory workshop on HeartWood's framework and how it can be utilized to engage youth in fostering more inclusive, sustainable, and peaceful communities.

JUNIOR LEAGUE OF HALIFAX YOUTH ENGAGEMENT WORKSHOP

The Junior League of Halifax, Halifax

To increase the efficacy of their programs for young women and girls, Junior League members participated in a full day HeartWood workshop in which they developed an understanding of core Youth Engagement strategies based on HeartWood's Framework for Community Youth Development and the Youth Engagement Spectrum, practical and contextual applications of this training, and the ability to relay this learning to other members.

NS ROAD SAFETY YOUTH COMMITTEE

Department of Transportation, Halifax

To prepare youth committee members to take on more active facilitation and leadership positions with the goal of increasing awareness amongst NS Youth of youth behaviour and road safety norms, HeartWood facilitated a leadership workshop series. Participants developed basic facilitation skills and core understandings of youth engagement strategies, practiced these approaches, and explored future applications of this knowledge.

SOBER PASSAGES

Pictou County Health Authority, Pictou

In collaboration with the Pictou County Health Authority, HeartWood facilitated two days of youth engagement workshops with 120 grade 6 & 7 students to discover the challenges their communities face.

Students were encouraged to voice their perspectives on topics such as illicit drug use, family/peer/community relationships, and how they can improve their community. These ideas were collectively evaluated as a group with the emerging themes of: wishing to create a culture of kindness among peers, a desire for more outdoor/sports activities, greater access to better food, and more opportunities to rest (during the school day).

YOUTH PROJECT DEVELOPMENT WORKSHOPS

Department of Community Services, NS

To aid youth in securing economic support from funding announced by the Sexual Violence Strategy of Nova Scotia for Innovative Prevention Projects, HeartWood hosted a series of workshops in 8 locations across the province to support youth in developing their ideas and completing funding applications.

Participants learned about the grant application process, brainstormed prevention ideas, and increased their confidence and capacity to take their next steps in creating change.

TOBIQUE

Tobique Reserve, NB

HeartWood initiated two days of workshops at Tobique Reserve which focused on connecting 72 high school aged youth with each other.

Twelve 50-minute sessions placed emphasis on community youth engagement. Methods such as asset mapping gave youth the opportunity to explore their talents, skills, and communal ties.



HEARTWOOD IS HOSTING PROJECT DEVELOPMENT WORKSHOPS
FOR YOUTH 14 - 24 YEARS OLD ACROSS NOVA SCOTIA

Dec 5 12-5 ANTIGONISH & LIVERPOOL	Dec 6 12-5 SYDNEY & YARMOUTH	Dec 12 12-5 NEW MINAS & AMHERST	Dec 13 12-5 HALIFAX & TRURO
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contact rena@heartwood.ns.ca or visit www.heartwood.ns.ca

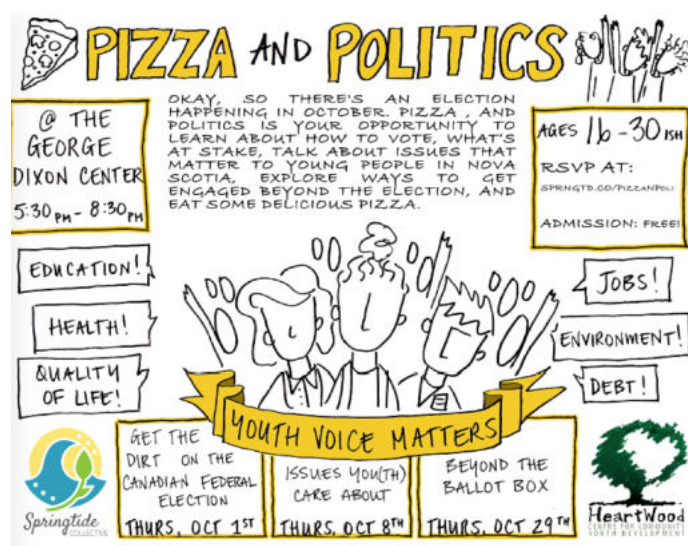
PIZZA & POLITICS

Springtide Collective, Halifax

HeartWood hosted a 3 event series in collaboration with Springtide Collective to increase youth engagement with Canadian politics, with a special focus on the federal election.

The sessions were titled: 1. Get the Dirt on the Canadian Federal Election, 2. Issues You(th) Care About, and 3. What Just Happened?!

Youth were encouraged to think critically, connect with other concerned Nova Scotians, contribute to constructive discussions, reflect upon the communal and national implications of the election, and discover opportunities to affect change and remain engaged post-election.



DALHOUSIE PRESENTATIONS

Dalhousie University, Halifax

This presentation was designed to aid graduate level students in Dalhousie's School of Sustainability on Environmental Education to evaluate programs and organizations through the lens of the HeartWood Framework and the Youth Engagement Spectrum.

Special attention was paid to identifying the benefits of engaging programs, and what specific programming elements could be used in particular areas of the spectrum, and adopted as best practices.

WUSC INTERNATIONAL FORUM

AKFC, Ottawa ON

As a follow up to Brian's work with Uniterria in Malawi in February 2015, HeartWood was invited to present the Framework for Community Youth Development to over 90 participants at this year's International Forum. Participants were from across Canada and WUSC partners in Africa, Asia and South America.

POWER, GENDER & LANGUAGE CONFERENCE

Autumn House, Amherst

In partnership with Autumn House, HeartWood provided a one day workshop for youth service providers on how to engage with boys and young men.

This session aimed to provide a framework for connecting with male-identified youth to aid them in building their skills and supporting their journey of constructing positive relationships and a healthy male self.

MUNICIPAL PHYSICAL ACTIVITY LEADERSHIP PROGRAM

Nova Scotia Department of
Health and Wellness,
Fundy Area

The Municipal Physical Activity Leadership Program reached out to HeartWood to provide a community youth development workshop, education on the engagement spectrum, and ongoing coaching and evaluation for community leaders and organizations with the aim of increasing youths' physical activity.

AFTER THE BELL

Youth Health Centres, Eastern Shore

In connection with HRM recreation staff, community health boards, and youth health centres, HeartWood developed an after school workshop which aimed to increase young girls' participation in physical activity.

34 youth were engaged to share their insights into the barriers that prevent them from participating, and what can be done to address those challenges. Sessions of yoga, kickboxing, and creative art received very positive feedback.

This was a highly successful program which fostered peer-mentorship relationships, community building, and increased participants' motivation to become more involved in local physical activities.



Former HeartWood Executive Director Maria Cain volunteered her yoga expertise!

AGENTS COMMUNAUTAIRE

Conseil Scolaire Acadien Provincial
HeartWood co-planned and co-facilitated 1.5 days of training in French on HeartWood's community youth development tools and ideas for the Agents Communautaire of CSAP.

This training aided in improving relationships between CSAP and French communities across Nova Scotia.



CANADIAN ROOTS EXCHANGE CONFERENCE

Canadian Roots, Sudbury ON
HeartWood participated in 3 days of youth-led workshops, keynotes, and cultural experiences working towards reconciliation.

YOUTH LEADERSHIP ADVENTURE CAMP

Adventure Earth Centre, Halifax

HeartWood consulted with the Adventure Earth Centre to develop a March Break leadership camp for older youth. The first phase of this process involved meeting with youth facilitators to design the program with HeartWood's Circle of Awesomeness at its heart, leadership training, and supportive feedback.

During the camp, HeartWood aided in revealing participants' learning edges to identify where they could grow as a leader and how they can contribute to their communities. Additionally, HeartWood led reflection and asset mapping workshops to empower and motivate youth to enact change.

STAFF

LAURA SWAINE	EXECUTIVE DIRECTOR
LORI-ANN NUNN	ACCOUNTING & OFFICE ADMINISTRATOR
RENA KULCZYCKI	SENIOR PROGRAM FACILITATOR
MICHAEL COOLICAN	SENIOR PROGRAM FACILITATOR
LOUISE LYMAN	PROGRAM FACILITATOR
ANDRÉ AMIRO	PROVINCIAL OUTREACH COORDINATOR

BOARD OF DIRECTORS

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JOHN ODENTHAL	CO-CHAIR
LISA POWER	TREASURER
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JILLIAN ROWE	
MITCHELL MCLARNON	
LISA LACHANCE	
LAURA SWAINE	

ASSOCIATES

BRIAN BRAGANZA
JOHN URE
ADRIANNA MCKENZIE
RYAN VELTMAYER

CONTRACT SUPPORT AND VOLUNTEERS

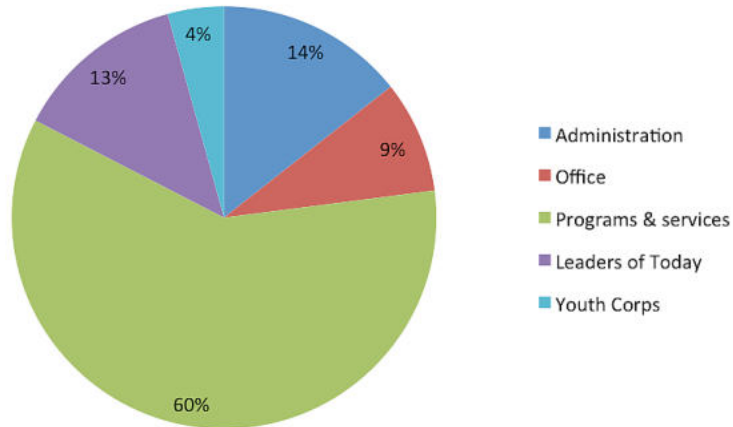
Dean Gallant	Kaitlyn Harris
Cameron Ure	Reed Power-Grimm
Alex Coley	Erin Poirier
Chenise Hache	Moe Green
Rebecca Moore	Derek Smith
Emily Duffett	Connor MacEachern
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Briana Miller	Kaleigh Heide
Tamsyn Loat	Tahirah Smith
Alannah Bowes	Steve Law
Ben Mogl-McLean	Juliana Barnard
Linnea Swinimer	Dee Dooley
Janessa Hynes	John Ure
Laura McRae	Michael Hope-Simpson
Andrew Jantzen	
Adrianna McKenzie	and many many others!

GRATITUDE

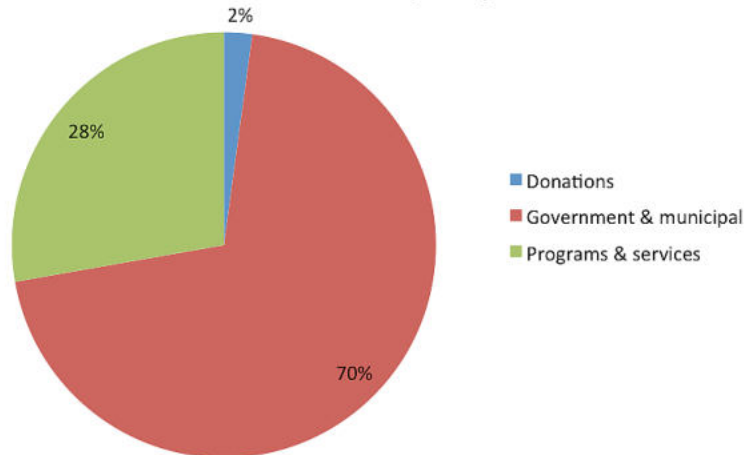
A special thank you to all those who contributed in so many ways to HeartWood. Your contributions are invaluable. In addition, another special thank you to all the volunteers not listed who provided their time, assistance, and expertise.

FINANCIAL REPORT

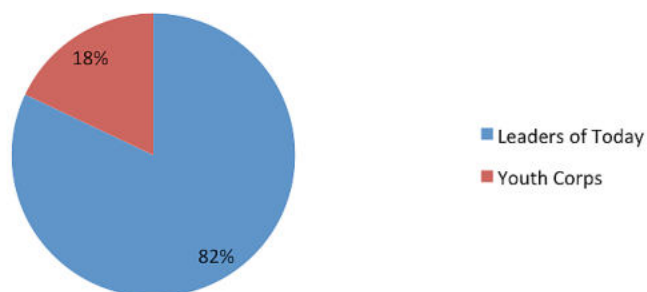
Total Expenses \$340,432



Total Revenue \$301,935



Large Program Revenue Breakdown \$81,146 (included in above Government & Program Revenue)



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 and an inclusive approach. Please contact our office if you are interested in becoming involved with a leading organization in youth engagement.

CONNECT WITH US ON SOCIAL MEDIA



Engage with us online to receive our latest updates on community youth development.

@HeartWoodNS

GET INVOLVED

DONATE

All donations, no matter the amount, are extremely helpful and appreciated. Every donation received has an impact on the work that we do. Donations can be made by cheque to HeartWood Centre for Community Youth Development, or through the "DONATE NOW" button on our website. Donations over \$10.00 will receive a charitable tax receipt.

VOLUNTEER

HeartWood often looks for individuals to contribute their skills to our programs and work. If you have a passion for community youth development and an open mind, HeartWood would love to connect with you. For up-to-date information on volunteer opportunities, please contact our office.

CONTACT US

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