The Canadian Courage Project

YEAR IN REVIEW

THE CANADIAN COURAGE PROJECT

To Our Community,

After years of volunteering with the Ontario Society for the Prevention of Cruelty to Animals (SPCA) in Stouffville, ON, Anya Bhopa noticed a heartbreaking reality: Many of the animals landing in their care came from those who didn't have the means to support them. "If the animal felt ill, they couldn't afford to give them the proper treatment, or they fell ill because of their lack of vaccinations or malnutrition. We saw many infected wounds from living on the streets," Anya said. With two dogs of her own, Teddy and Nala, Anya says that she could relate to the pain of owners who had to give their pets away.

It all started with a family Christmas Care Kits making session on our living room floor, creating wellness care kits for both youth and their animals out on the streets of Toronto during the holidays. A year later The Canadian Courage Project has grown to a team of 60 volunteers across the greater Toronto area, supporting over 1,000 youth and their animals transitioning out of shelters with wellness departure kits and resources. Over 75,000 young people in the GTA have attended our virtual education workshop on how to implement the Sustainable Development Goals into their communities focused on problem-based learning and data-driven quiz-generated exercises. This upcoming year we hope to create lasting relationships with youth services and double our impact, to strive for impact, enhance equity in our neighbourhoods, and stimulate awareness. We thank you for your support.

Sincerely,
Shania & Anya Bhopa

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What is the Canadian Courage Project?

OUR MISSION

Canada's first non-profit organization to support youth facing homelessness and their animal companions transitioning out of shelters intoindependent housing. Based in the Greater Toronto Area, we strive to promote the mental well-being of youth through mindfulness, education and resources.

OUR IMPACT

1000

CARE KITS HAVE BEEN PROVIDED TO YOUTH TRANSITIONING OUT OF SHELTERS AND THEIR ANIMAL COMPANIONS.

100

YOUTH IN SHELTERSATTENDED ART AND MINDFULNESS WORKSHOPS.

74000

YOUTH ATTENDED THE IN-CLASS CHANGEMAKER WORKSHOP.

LET'S MAKE CHANGE TOGETHER!

OUR PROGRAMS

IN-CLASS CHANGEMAKER WORKSHOPS

How to Make Change in Your Community: Education I

Our workshop utilizes a research-based youth-to-youth approach and resources on the 17 United Nations Sustainable Development Goals. Through our workshop, students will have the unique opportunity to engage with a research-based quiz that pairs them with a personalized group of Sustainable Development Goals and associated careers. We hope that students will leave our workshop with the knowledge and confidence to see the interconnectivity of the Sustainable Development Goals in every line of work and where they can make a difference beginning in their communities.

YOUTH SHELTER RELATIONS

jack.org and The Canadian Courage Project Partnership: Education II: Mental Health

This team partnered with jack.org to promote mental health and wellbeing through workshops that are presented in shelters for homeless youth across Ontario. They are focused on generating more mental health knowledge and developing a sense of connectedness, which is a protective factor for mental health in our community.

OUR PROGRAMS

SHELTER RELATIONS ACTIVITIES: WORKSHOPS, CARE KITS

Wellness Departure Kits

This team works with various corporate sponsorships and utilizes donations to create wellness kits for youth transitioning out of shelters into independent housing. The Canadian Courage Project has delivered winterized care kits, wellness departure kits, and art kits to various youth in and around the GTA. These care kits provide youth and their animal companions with specialized health and wellness items, educational resources, and essential items such as toothbrushes, toothpaste, sanitary napkins, hairbrushes, pet food and more.

Workshops (Mindfulness & Art Workshop)

This workshop is offered to youth under the age of 18 currently residing in shelters across Ontario. It is a guided art workshop that begins with 10 minutes of mindfulness. Our inspiration behind the development of this workshop is to give youth the opportunity to be creative and focus on mindfulness as research has shown the positive impact art and specifically painting can have on lowering one's stress.

Source: https://www.mentalhealth.org.uk/blog/how-arts-can-help-improve-your-mental-health

TESTIMONIALS

“Thanks for the presentation it gave me some hope in this world.”

-Student Participant

"The youth really enjoyed the workshop and created some wonderful pieces of art. Everyone was smiling and enjoying themselves throughout the workshop. It was a very much-needed break to do something fun during the pandemic when almost all recreational activities are unavailable for the youth due to lockdowns. We greatly appreciate your organization’s generosity."

- Alison Wrighton
Team Leader, Youth Opportunities Unlimited London, Ont.

“There have been numerous times throughout the COVID-19 pandemic where we have had to close our donation program. We were worried about the financial implications of caring for those we serve with less community support. The Canadian Courage project relieved our worries by providing departure packages to our clients and their pets. We are so very thankful for this partnership!”

-Chelsey Maclachlan
ANOVA, A future without violence

“It was a wonderful presentation and sharing of life experiences and advice. Invaluable to students in Grades 11 and 12. I would love to invite you back to speak with future classes!!!”

-Joey Gianvecchio
Teacher, Cardinal Leger S.S.

"When a homeless youth has a dog, that is the only being on this planet that has never let them down, that has never failed them. It's their best friend as well as their security, "If a homeless youth cannot come in to go to the doctor or to go eat something without their pet, then they're not coming in. So they fall through the cracks quite often." The organization lost some large financial donations this year due to the pandemic, Back said, which made the contributions from the Canadian Courage Project all the more important. "They raised money... for COVID products and dog food, and also [gave] their time," Back said.

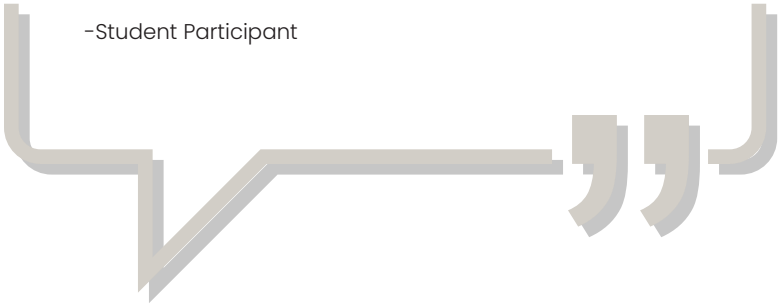
"It's remarkable to have somebody 16 and 22 — so young — to be so aware,"

-Evan Back
Director of fund development and brand building at YouthLink.

TESTIMONIALS

"This workshop seems really fun, and has inspired me so much"

-Student Participant



OUR ECO-SYSTEM

Our Founders

Anya Bhopa

Anya is currently a high school student whose passion lies in animal welfare and advocating for youth's mental wellbeing. Anya uses her experience in animal care to advocate for youth and spreads awareness about the mental health benefits that owning an animal companion has.

Shania Bhopa

Shania Bhopa is currently a Ph.D. student focusing her work on community-based research, and publishing her first health-based children's book this year. Shania brings experience in social innovation, non-profit management and health communications.

Our Board of Directors

Corry Curtis
Andrew Reem
Matthew Sereda
Maya Kshatriya
Wendy Larm
Mandi Fields
Sherwin Modeste

OUR ECO-SYSTEM

Our Leaders

Shae

Shae is a teacher candidate with a passion for equitable access and opportunity in education. Her philosophy is grounded in justice and she utilizes her specializations and experiences to empower youth and promote wellness.

Kelly

Kelly is a prospective teacher who is a hardworking and dedicated individual. Kelly is passionate about helping and supporting others through equal and equitable opportunities.

Cassandra

Cassandra is a driven and energetic individual with a background in Financial Mathematics. She enjoys the opportunity to contribute to CCP and is excited to see CCP grow.

Hannah

Hannah is passionate about health equity and education and joined The CCP in January 2021. She utilizes her background in strategy and business to push forward CCP's mission.

OUR ECO-SYSTEM

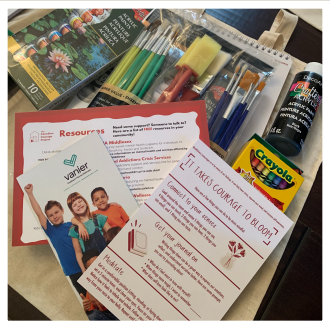
Our Team

The Canadian Courage project is composed of 6 teams with 3 organizational roles, led by our Founders and Directors. Our Directors lead teams of Coordinators and Specialists across the organization.

Our Teams Include:

- Care Kits/Outreach
- Strategic Communications
- Digital Fundraising
- Events
- Research
- Education (Education I and Education II: Mental Health)

OUR ECO-SYSTEM



Our Partners

The Canadian Courage Project has various partners across different sectors.

Shelter Relations:

- **2** shelter partnerships for the Art & Mindfulness Workshop: ANOVA Home and Youth Opportunities Unlimited (Y.O.U.)
- **5** shelter partnerships for care kit drop off donations: Youthlink, ANOVA Home, Y.O.U., Hummingbird Hub, Wesley Youth Housing, Eva's Initiative and Good Shepherd

Event Partners:

- Urban Strength, a studio we partnered with for a yoga class with proceeds going to our cause
- Warmth for Winter, where we ran for a cause via a virtual 5K run with over **100** registrants
- THE STUDIO (where we did more yoga!), in Toronto with funds from **4** classes going towards pur chasing supplies for our care kits
- HealthforHomeless, a partnership to present a virtual panel event titled "Homelessness in Ontario: What can we do?" **194** individuals registered to hear our 4 incredible panelists speak.

Education II:

- Mental Health Team is partnered with jack.org to create and facilitate workshops for youth in shelters

OUR ECO-SYSTEM

Our Funders

The Canadian Courage Project is funded by grants and donations from the community. We use 100% of the proceeds from all our fundraising to fund our programs. In 2021, we were honoured to receive the following grants: #AerieREAL Changemaker & Whitchurch-Stouffville Legacy Fund. We accept donations through our website at: **www.thecanadiancourageproject.org/donate**

"Aerie has granted 20 advocates and #AerieREAL Changemakers with $20,000 each to help foster their many ideas for continuing to change the world. They're providing resources to their communities. They're creating social consciousness by empowering youth. These Changemakers are building strong foundations and keeping it REAL. It is our honour to celebrate these incredible individuals who are pushing humanity forward."

https://www.ae.com/aerie-real-life/changemakers/

https://www.forbes.com/sites/juliawuench/2021/10/06/aeries-2021-changemakers/?sh=31cfb7b9953e

"The Whitchurch-Stouffville Legacy Fund (WSLF) was created to help support the financial needs and efforts of local service groups and charities who work to enrich the lives of Whitchurch-Stouffville residents."

https://wslegacyfund.com/

OUR ECO-SYSTEM

Our Donors

Our Shelter Relations team has proudly formed partnerships with fantastic organizations in our community who kindly donated products for our distribution of care kits:

Bam Brush

Ola Bamboo

Procter & Gamble

Global Medic

Joni

Books from the Native Child & Family Services of Toronto

Connex Ontario

CMHA Peel

Kids Help Phone

Knitting Neighborhoods

DivaCup

OUR IMPACT

How to Make Change in Your Community: Education I

Upon designing and completing our How to Make Change in Your Community workshop in May 2021, we have:

- Compiled a list of **120+** school and board contacts and made over 24 phone calls in the Fall of 2021
- Reached **74,000** students of Thames Valley School Board with our pre-recorded Changemaker workshop focused on empowerment
- Shared our workshop with **60** students of Glad Park in June 2021 and received positive feedback from students and teachers via our feedback forms
- Empowered youth with the confidence to create their own social enterprises via our Changemaker workshop at Cardinal Leger that had a focus on entrepreneurship and how CCP came to be
- Inspired girls and non-binary youth via two workshops at Girls Inc. and the Youth Girls Program, one of which was our first ever in-person workshop which we were able to present safely following COVID-19 regulations in Ontario
- Developed a Twitter page for EDU content to increase our interaction with educators in Ontario and beyond - you can follow us at **@courageproject_**

OUR IMPACT

jack.org and The Canadian Courage Project Partnership: Education II: Mental Health

In mid-2021 we were thrilled to form and announce an exciting partnership with a like-minded organization, jack.org whose mission is to work towards a Canada where all young people understand how to take care of their own mental health and look out for each other. Since forming our Education II: Mental Health team of nearly **20** passionate young people in September 2021, we have:

- Completed jack.org training - with each member of our Education II: Mental Health team now being certified to lead our jack.org x CCP workshops in shelters and the community
- Successfully locked in our first workshop to be presented at the end of 2021 at Girls Inc of York Region

OUR IMPACT

Care Kits/Outreach Activities: Workshops, Care Kits, and Corporate Partnerships

Back in November 2020, the Care Kits team had 1 member, to date, we have expanded our Care Kits and Outreach teams to include a Director, 2 Coordinators and 5 team members. We merged these two teams in early Fall 2021 in order to best serve our communities. Since November 2020, we have:

- Designed and launched Art & Mindfulness Workshops for our community in March 2021 and have since delivered **6** workshops to over **30** youth via our two shelter partners, ANOVA and Youth Opportunities Unlimited (Y.O.U.)
- Delivered over **650** care kits to youth in various forms
- **500** winterized care kits to Y.O.U.
- **25** winterized care kits to The Good Shepherd
- **50** wellness departure kits to Hummingbird Hub
- **48** wellness departure kits to ANOVA (across 2 drop-offs)
- **6** art kits delivered to ANOVA
- **30** art kits delivered to Y.O.U.

HIGHLIGHTS FROM THE YEAR

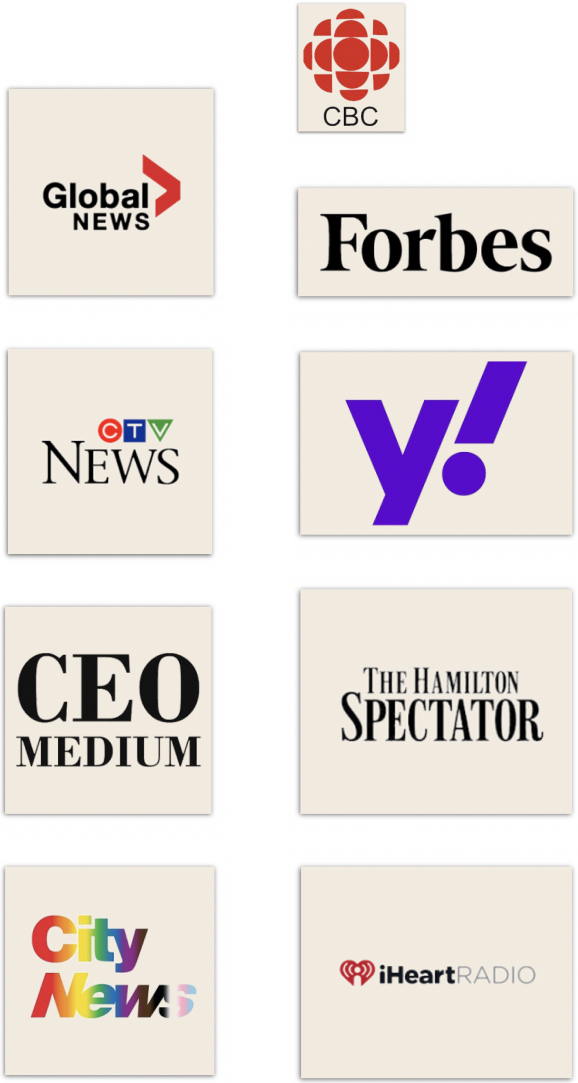
Raptors

Co-founders, Shania and Anya were offered the opportunity to represent The Canadian Courage Project at a Toronto Raptors game.

Forbes - October 2021

Our co-founder Anya Bhopa, was featured in Forbes as she represented The Canadian Courage Project. She was 1 of 20 #AerieReal Changemaker Grant Winners!

OUR COMMUNITY



Where You Found us in 2020-2021:

In the news!

City News - November 2020

CTV News Toronto - November 2020

iHeart Radio - November 2020

CBC - December 2020

The Indo-Canadian Telegram - December 2020

Yahoo! News - December 2020

CEO Medium - January 2021

Global News - January 2021

The Toronto Guardian - April 2021

Global Heroes - June 2021

Global News - Making a Difference - June 2021

Hamilton Spectator - June 2021

Global Heroes - September 2021

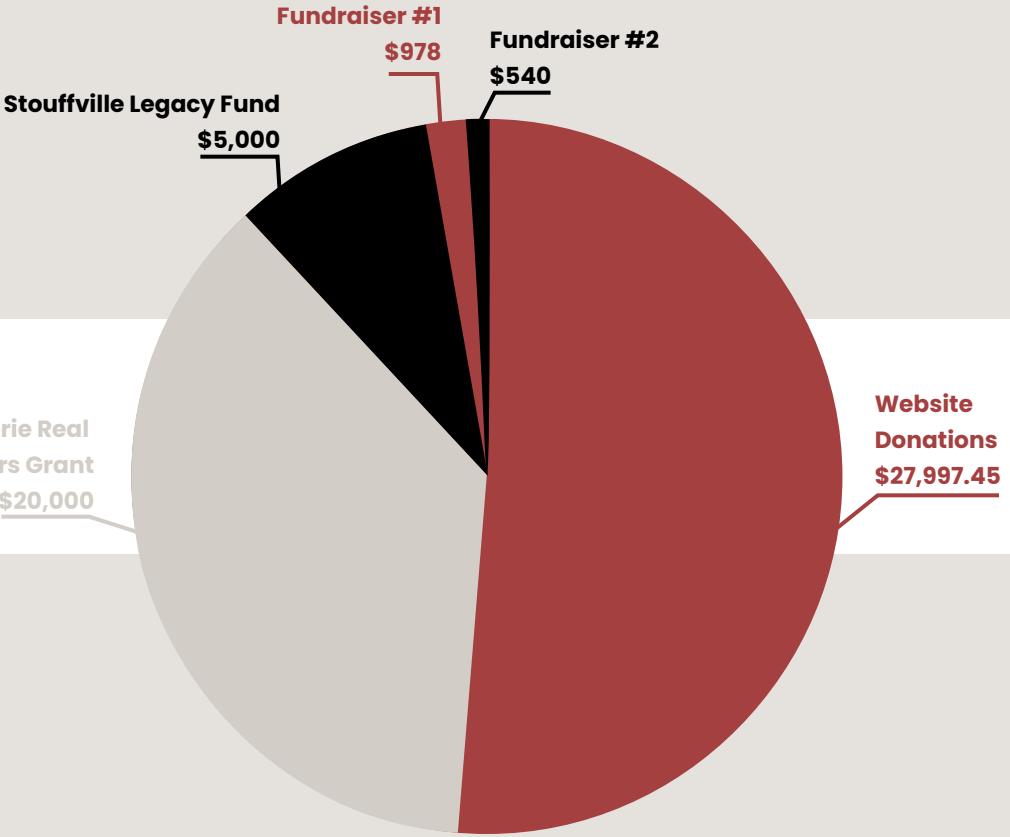
Foundation Magazine - September/October 2021

Forbes - October 2021

FINANCES

Fundraiser #1	Website Donations	Stouffville Legacy Fund	Aerie Real Changemaker Grant	Fundraiser #2
$ 978.00	$ 27,997.45	$ 5,000.00	$ 20,000.00	$ 540.00

Income & Expenses (Unaudited)



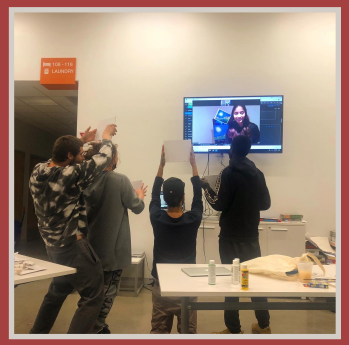
OUR FUTURE

2022 VISION

Our vision for the future is grounded in enhanced equity for youth facing structural vulnerabilities. Increasing the access to mental health and animal services for youth in the greater Toronto area who are currently transitioning out of shelters into independent living.

With that being said, creating lasting relationships with shelters, and youth service agencies to enhance our efforts. 2021 was a year for building our foundation, working to establish our values in driving our social impact. We hope to one day create a veterinary service fund to further support youth facing structural vulnerabilities and their animals to access free care. Additionally, expand our workshop portfolio offering free opportunities for vulnerable youth to access services. Finally with an objective to expand our educational workshops series in classrooms across Canada.

We believe that youth deserve to be in places where decisions are being made, creating an opportunity for young people to share their stories and strive for impact. We are so proud to continue working with grassroots organizations and develop our voice in the community.



HOW TO GET INVOLVED

LET'S MAKE CHANGE TOGETHER!

The Canadian Courage Project is constantly looking for new individuals to support in all different sectors. If you are interested in volunteering with us, please reach out to us by email at:

info@canadiancourageproject.com.

@canadiancourageproject

@TheCanadianCourageProject

@thecanadiancourageproject