

# SUPPORTING OUR FUTURE

## Your Impact on Children and Youth

Dear Fundholder(s),

We want to extend our deepest thanks for your continued support of the Children and Youth in Mississauga. Your commitment is helping shape the future of young people in Mississauga, providing them with the tools and opportunities to thrive.

### Purpose of the Fund:

The Smart and Caring Children and Youth Fund aims to support initiatives that provide education, mentorship, and development opportunities to help young people overcome challenges and reach their full potential.

### Collective Impact:

Grants from your fund supported a variety of initiatives aimed at advancing the Children and Youth in Mississauga, and has helped shape their future through mentorship, development opportunities and more.

### Projects Supported in 2024:

- The Riverwood Conservancy - Turtle Ambassadors: Caring for Creatures, Caring for Each Other
- Big Brothers Big Sisters of Peel York Inc - Go Girls! Healthy Bodies, Healthy Minds
- Centre for ADHD Awareness, Canada - Youth ADHD Group Coaching Program: 16 – 24 years
- ErinoakKids Centre for Treatment and Development - Rifton Activity Chair Funding for Respite Services
- Food Banks Mississauga - After the Bell - Fresh Food Procurement and Purchasing
- I Challenge Diabetes - Diabetes Sports Camp
- Orchestras Mississauga - Music Mentorship Program for Youth
- Safe City Mississauga - Expanding Civics 4 Kids! Enriching Young Minds with Essential Citizenship Education
- Scientists in School - Advancing STEM Enrichment in Peel Region (2024)
- Start2Finish Canada - Junior Coach Leadership Development Program ("JCP")
- The Peel Learning Foundation - Student Backpack Program
- The Lighthouse Program for Grieving Children - Art Supplies for Grief Program
- Toronto Wildlife Centre - Going Wild in Mississauga: Empowering children and youth to help and protect wildlife
- Vita Centre - Growing As Parents (G.A.P.)

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Discover how your support has made a lasting impact in 2024. Read on to see the difference you've made.

Building Tomorrow's Mississauga Together.

# IMPACT STORIES

Hear from our Grant Recipients



## The Riverwood Conservancy - Turtle Ambassadors: Caring for Creatures, Caring for Each Other

At The Riverwood Conservancy, education meets empathy through the Turtle Ambassadors program — a unique initiative that uses live turtles to teach children and families about conservation, compassion, and coexistence.

What began over three decades ago, when two classroom turtles named Shelley and Lady inspired wonder in young minds, has now grown into a beloved community program connecting people of all ages with nature. Today, the ambassador turtles, many of whom cannot return to the wild due to past injuries — help tell powerful stories about resilience, care, and the importance of protecting local wildlife.

Supported in 2024 by The Mississauga Foundation's Smart & Caring Children and Youth Fund, the Turtle Ambassadors program continues to spark curiosity and kindness among young learners.



Through hands-on experiences and guided education, participants gain not just knowledge of native turtle species, but a deeper understanding of how small actions can create ripples of care — for our environment and for each other.

This is how community generosity helps shape future conservationists — one turtle, and one child, at a time.

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### Big Brothers Big Sisters of Peel York Inc - Go Girls! Healthy Bodies, Healthy Minds

The Smart and Caring Children and Youth Grant was awarded \$3,000.00 to Big Brothers Big Sisters of Peel York Inc. (BBBSPY) to support their "Go Girls! Healthy Bodies, Healthy Minds" mentoring program.

This funding played a vital role in covering staffing and program expenses, ensuring the successful delivery of 49 sessions across Mississauga. These sessions benefited 78 female youth, ages 11 to 14, in partnership with the Peel District School Board (PDSB) and the Dufferin-Peel Catholic District School Board (DPCDSB).



*"I learned how to manage difficult social situations with friends."*

**-Participant.**

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**-Participant.**

The program provided young girls with a space to develop essential life skills, including leadership, problem-solving, and social-emotional competence. Participants reported significant improvements, with 77% becoming more physically active, 78% more engaged in school, and 83% learning better ways to handle peer-related conflicts. Additionally, the program recruited and trained 13 young women, aged 18-25, as mentors, creating an opportunity for leadership development and facilitating the growth of a supportive, empowering community.



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## Centre for ADHD Awareness, Canada - Youth ADHD Group Coaching Program: 16 – 24 years

The Mississauga Foundation is proud to have supported the Centre for ADHD Awareness, Canada (CADDAC) with a \$3,000 grant through the 2024 Smart and Caring Children and Youth Fund. This funding has helped initiate the Youth ADHD Group Coaching Program for individuals aged 16 to 24, covering essential early-stage promotion and coordination activities. Since January 2025, CADDAC has been actively promoting this new, low-barrier group coaching initiative, building anticipation within the Mississauga community. Awareness efforts, including participation at events such as the University of Toronto Mississauga's EmBody Fair, have highlighted the availability of vital mental health supports tailored to youth with ADHD.



This initiative directly supports CADDAC's mission to improve the lives of Canadians with ADHD through education, awareness, and advocacy. Guided by its vision of a Canada where individuals with ADHD are fully supported and understood, the organization is committed to equipping youth with the tools, strategies, and peer support necessary for personal and academic growth.



*Rainbow butterfly, symbol of ADHD awareness and diverse thinking.*

Building Tomorrow's Mississauga Together.

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## The Lighthouse Program for Grieving Children - Art Supplies for Grief Program

The Mississauga Foundation granted \$3,000 to The Lighthouse for Grieving Children through the Smart and Caring Children and Youth Grant, to aid in their grief support programming. This funding was used to purchase art supplies, a key component in helping children and teens express their grief. Many participants struggle to articulate their feelings, and art offers an essential outlet to process their emotions and memorialize loved ones.

The impact of this grant was significant for the children and teens involved in the program.



Through various art projects, participants were able to express emotions that words often could not capture. One such project involved children painting images on pillowcases that brought them comfort, such as images of happy memories with their loved ones. These images helped them cope with nightmares and redirect their thoughts during times of distress. The opportunity to engage in these creative activities gave them a sense of control and provided emotional relief.

With the use of art as a therapeutic tool, the program has helped children express and process their grief in a healthy and meaningful way. The foundation's support has been integral in sustaining this valuable service, which will continue to positively impact grieving children in the community.

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## Toronto Wildlife Centre - Going Wild in Mississauga: Empowering children and youth to help and protect wildlife

With the Going Wild in Mississauga program, the Toronto Wildlife Centre is inspiring a new generation of environmental stewards — right here in our city.

Supported in 2024 by The Mississauga Foundation's Smart & Caring Children and Youth Fund, the initiative brings the Centre's Kids Go Wild educational resources to local schools and youth groups, including Embers Mississauga and several Girl Guide units. Through interactive workshops and hands-on learning, children discover the vital role of native wildlife and how simple actions, like protecting habitats or safely helping injured animals — make a lasting difference.



By nurturing awareness and empathy, Going Wild in Mississauga empowers youth to see themselves as protectors of the natural world. Together, we're helping young people build a future where humans and wildlife thrive side by side.

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Thank you once again for your invaluable support. Your generosity is making a lasting difference in the lives of young people across Mississauga. We invite you to continue supporting this cause by making a further donation to the fund. Additionally, if you know of anyone who might be interested in contributing to this important work, we would appreciate your referral!



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