



ANNUAL REPORT

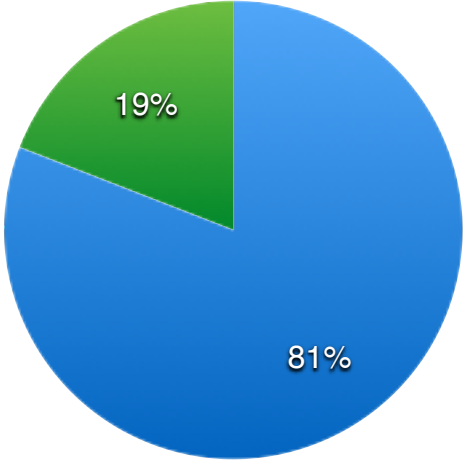
2022

2022 IN REVIEW

The Astley Family Foundation supported projects and programs which encouraged the personal development of vulnerable youth in Waterloo Region to help them realize their full potential.

The Astley Family Foundation granted \$633,000 in 2022 to organizations serving youth in Waterloo Region, representing 6.86% of year end assets of \$9,225,786. Grants were maintained at a high level despite the poor investment climate in 2022. The net one year return on invested assets was negative 12.9%, reducing the 5 year average net return to 3.2%.

In response to a call for applications, the Foundation approved grants totalling \$512,000 to 12 different organizations.



● Grant Applicants \$512,000
● Racial Equity Grants \$121,000

For a second year, we partnered with the Waterloo Region Community Foundation on the Racial Equity Fund and granted \$121,000 to groups and organizations working with racialized youth. The funds were intended to support those most impacted by the ongoing and systemic racial disparities that exist in our community.

We lived our mission by working with organizations on initiatives that promote youth engagement and belonging as well as supporting the emotional, psychological and social wellbeing of our community’s youth.

We continue to address needs locally so we can be a part of creating an inclusive and equitable community for youth here in Waterloo Region. This report highlights the Foundation’s activities supporting youth. The Foundation includes a donor-advised fund which is not covered here.

Jennifer Astley-Kinsey, Executive Director

Robert Astley, Director
Judith Astley, Director
Derek Astley, Director

SUPPORTING VULNERABLE YOUTH

The Foundation granted \$512,000 to support vulnerable youth in 2022 through our call for applications to the following organizations:



IMPACTS

At the Astley Family Foundation, we value community belonging for youth through incorporating youth voice and youth leadership in Waterloo Region. Our grants do that, whether it's through direct leadership like the youth council at KWAG or youth on non-profit boards with the support of Capacity Canada. Youth-driven initiatives include the Hear Me Out program at Muslim Social Services and the neighbourhood programming by House of Friendship. We supported the SVP Teens program as they help nurture the future generation of philanthropically-minded individuals who care deeply about their community.

As for youth engagement, it is key to understand how youth are doing and feeling. To that end, we continued to support the Youth Engagement Lead, Joana Lincho, through the Children and Youth Planning Table. Joana and her team, which include Youth Navigators, successfully launched the Youth Impact Survey and were proactive in sharing the results with our community to help us all understand what the data means and areas where our youth are struggling. This data was one of the tools that helps inform how we support youth locally.

Another area we're passionate about is improving the mental health of youth in the Region both through programs that walk with youth as well as those that offer prevention-focused supports.

Woolwich Counselling Centre offered counselling through the rural high school. Muslim Social Services facilitated an upstream, culturally responsive group to engage youth in their community. Porchlight Counselling and Addiction Services provided group counselling to youth, primarily around building mental health. Marillac Place created a program to support past participants who moved on from the safe living home at Marillac Place in order to continue walking with youth. CMHA WW streamlined and created efficiencies within their intake process by hiring an intake coordinator to allow clinicians to focus on treatment and address the mental health challenges of youth with eating disorders.

A deep partnership between Community Justice Initiatives and Muslim Social Services saw teens and their caregivers receive coaching on how to connect and work through difficulties together. Adventure4Change offered many programs for youth in Waterloo, including the drop-in Youth Connect program and Young Queens empowerment program.

GRANTEE SPOTLIGHT

TEEN AND CAREGIVER COACHING AND CONNECTION PROGRAM

Arising out of a shelter-diversion program for youth, Community Justice Initiatives (CJI) created a program to support communication between teens and their caregivers. The program uses teen coaching sessions, caregiver coaching sessions, and restorative mediation to focus on creating concrete plans to support healthy relationships, leading to increased capacity by both teens and their caregivers to manage conflict. This results in positive connections between teens and caregivers, increasing their life skills, giving youth a meaningful voice in decision-making,



Recently, CJI and Muslim Social Services (MSS) formed a deep partnership to offer the program, using a variety of restorative justice, strength-based practices and conflict coaching that is culturally appropriate.



This program helped raise awareness about the roles and responsibilities of parents within a family unit as well as created a safe space for sharing thoughts and feelings about challenges. Relationship building happened between teens and caregivers through trust building and validating feelings.

Families are being equipped with skills and strategies to navigate difficult conversations. Self-awareness and self-reflection emerged as very important during conflict coaching.

Effective communication is a fundamental skill that plays a vital role in various aspects of life, particularly during challenging times. This program places great importance on incorporating culturally sensitive components to enhance communication and conflict resolution skills for both teens and caregivers.

By embracing culturally relevant practices, the program cultivates a deeper understanding of diverse perspectives and values, empowering participants to build stronger connections within their families. Furthermore, it instills a sense of hope by showcasing that healthy and harmonious relationships can be achieved through effective communication and a culturally sensitive approach.

A LOOK AT THE PAST FIVE YEARS - KEY METRICS

Year	Total Assets (year end)*	Total Mission-related Grants	Percentage Disbursed for Mission-related Grants
2018	\$9,614,494	\$426,210	4.43%
2019	\$10,887,213	\$368,658	3.39%
2020	\$11,109,811	\$436,650	3.93%
2021	\$11,817,427	\$710,000	6.01%
2022	\$9,225,786	\$633,000	6.86%

*excluding assets for donor-advised granting