



# 2020 ANNUAL IMPACT REPORT

*THE YEAR OF THE PIVOT*



PARTICIPATION ACKNOWLEDGEMENT COMMITMENT TRANSFORMATION



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## OUR PRINCIPALS

WE OPERATE ON THE BASIS OF UNCONDITIONAL KINDNESS.

WE BELIEVE IN THE POWER OF PARTNERSHIPS TO AFFECT SOCIAL CHANGE.

WE IDENTIFY AND DEVELOP PROGRAMMING IN RESPONSE TO THE SPECIFIC UNMET NEEDS OF THE COMMUNITY.

WE TAKE A GRASSROOTS, NON-BUREAUCRATIC APPROACH TO PROGRAM DEVELOPMENT AND DELIVERY.

WE SUPPORT AND NURTURE AN INCLUSIVE, SAFE AND DIVERSE ENVIRONMENT THAT EMPOWERS YOUTH, STAFF, AND VOLUNTEERS TO USE THEIR UNIQUE GIFTS AND TALENTS AND BE THE BEST THEY CAN BE.

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## THE YEAR OF: CHANGE, COMMUNITY & COVID CARING

### WHAT WE DO:

PACT is committed to creating peace in our communities by supporting and empowering youth and our most vulnerable populations through integrated, best-practice programming.

We enrich and support education through experiential, activity-based workshops delivered in outdoor living classrooms in low socio-economic neighbourhoods.

We build capacity and encourage positive change in at-risk youth both within the school system and those already in conflict with the law through our award-winning LifePlan Coaching Program.

We help youth build self-efficacy and social emotional skills, and give back to their communities, through early prevention Life & Job Skills programs.

We strengthen community wellness, provide safe spaces for belonging, and address food security through our feeding programs and schoolyard urban farms.

# PRESIDENT'S MESSAGE

by David Lockett

It's been a really difficult year for charities. At PACT, we have been both creative and innovative in the way we have adapted to the needs of both our clients and our referral partners. But what has been most challenging for us, has been close to devastating for the people we serve.

One example is our Covid-relief Emergency Food Initiative that has fed 350 people on a weekly basis from May until the end of October. Many of our clients are senior citizens living on or below the poverty line, all who are the most at-risk group related to Covid-19. Many have physical disabilities and difficulty leaving their homes. It's been very difficult for the youth we serve from both the schools and the youth courts as loneliness & isolation has exasperated already difficult situations. But through it all, the remarkable staff and volunteers of PACT have shown an unwavering commitment to serve our clients.



**"IT'S BEEN A DIFFICULT YEAR FOR CHARITIES... AND CLOSE TO DEVASTATING FOR THE PEOPLE WE SERVE. BUT THROUGH IT ALL, THE REMARKABLE STAFF AND VOLUNTEERS OF PACT HAVE SHOWN UNWAVERING COMMITMENT TO OUR CLIENTS"**

# LIFEPLAN COACHING

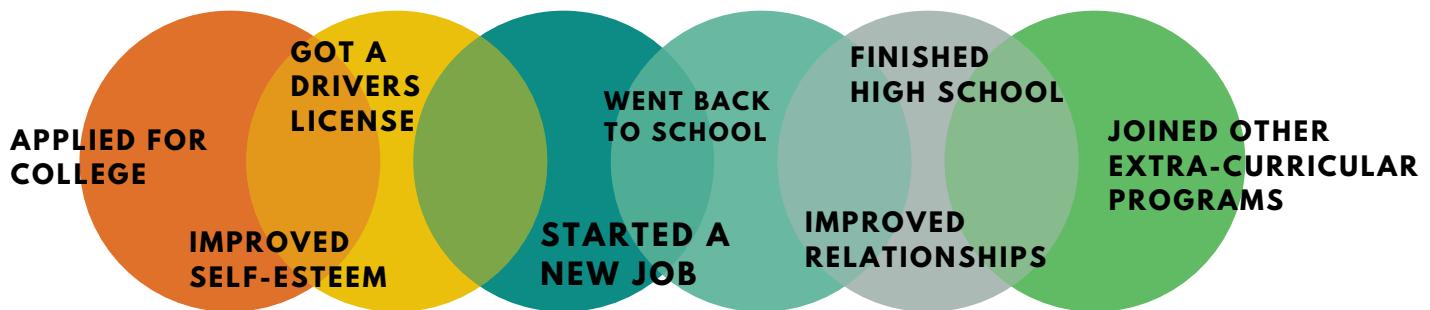
2020 has been a year of significant change for all of us living through Covid-19. Just think how it has impacted our most vulnerable youth.

At PACT, the year began on a positive path. We continued our partnership with an under-resourced TDSB middle school in the low income community of Lawrence Heights, allowing us to provide individualized leadership coaching to vulnerable Grade 7 & 8 students at an earlier intervention point.

We also continued our work with high risk, court-referred youth, maintaining a 70% success rate of keeping those who are actively being coached from re-offending.

Most importantly and especially in light of increased mental health impacts due to the pandemic, we upgraded our specialized in-house coach training to include trauma-informed, self-care, wellness and mindfulness practices.

## THIS YEAR, PACT YOUTH:



## SOME CHANGES IN 2020:



### Created at-home workbooks for youth

In an effort to stay connected and engage with our younger school-based clients, we developed and introduced customized self-reflection and personal development worksheets as well as provided online resources such as videos and links to websites.



### Transitioning to Virtual Sessions

With most weekly coaching sessions now being conducted online, we introduced new, best-practice delivery strategies and ways to support underserved youth from a distance including more frequent check-ins and remote learning assistance.



### Trauma-Informed Coach Training

We know that so many of our youth clients are affected by trauma, and for this reason, we have committed to making this emerging and important training available to all PACT coaches.



**MY CONNECTION WITH MY COACH REALLY HELPED TO PUT THINGS IN PERSPECTIVE FOR ME. I REALLY STARTED TO MAKE THE NECESSARY CHANGES IN MY LIFE; I EASED OFF USING MARIJUANA AND CONNECTED WITH OTHER THINGS IN THE COMMUNITY.**

- Court referred youth with multiple offenses who joined a gym and registered for a 6-week cooking program that led to employment.

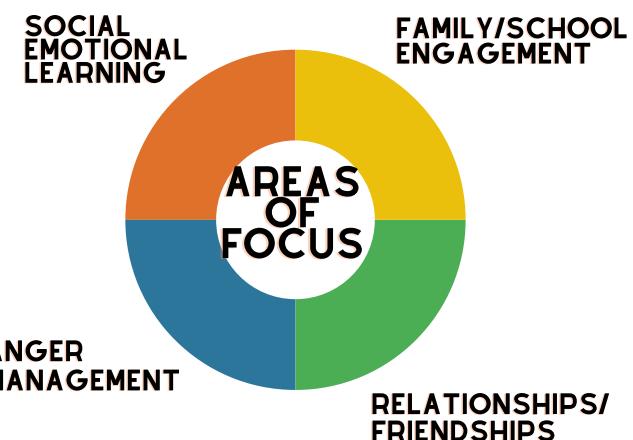


## EARLY RELEASE: A SUCCESS STORY

One of our higher-risk clients, referred from youth court with a history of school expulsion, drug dealing and violence in the home, and who was originally charged with multiple bank robberies, showed such a positive turnaround in attitude and action working with one of PACT's most experienced life coaches Wendy. He was released from probation a full year earlier than originally sentenced. After 18 months of meeting with his coach on a weekly basis, he did not miss a single coaching session, did not reoffend, graduated high school, and was accepted into the BA program at Humber College. We are so proud of this youth and think this success story speaks for itself.

## LPC IN MIDDLE SCHOOL

As part of our early-prevention strategy, we continued our partnership with Lawrence Heights Middle School to provide one-on-one coaching to at-risk younger students in Grades 7 & 8. We learned about the nuances of coaching these younger clients, determined the most important areas of focus, and started to apply a number of effective strategies to ensure a positive trajectory for these highly vulnerable youth.



## COACHING + VOLUNTEERISM: A WINNING COMBINATION

With a scaled back staff and volunteers due to the pandemic, we introduced a new initiative that saw a number of LPC youth safely (wearing masks and physically distancing) volunteer alongside PACT coaches in our Grow-to-Learn Urban Farm this past summer and fall. They earned a small monthly honorarium for their contribution, while developing leadership, communications and teamwork skills, all while staying healthy and productive outdoors. This simple but powerful incentivization strategy has resulted in a number of positive impacts and outcomes, including:

It increases attendance at weekly coaching meetings, especially with middle school students when we do not have the leverage of a probation order.

It incentivises our clients to volunteer and give back to their communities.

It creates a teaching/coaching opportunity around financial literacy, the value of money, possibly opening a bank account, and saving for something they want.

It addresses poverty and creates agency at a micro individualized level by putting a small amount of money in the pocket of our young clients (e.g. a 13-year-old BMX biker used some of his earnings for a new inner tube).



We proudly welcome Shaquille Mitchell, the most recent recipient of the PACT/Adler Coach Training Scholarship in memory of Craig Trowhill, as the newest member of our coaching team. Shaquille recently completed the accredited coach training with the Adler School of Professional Coaching over a two-year period, showing significant persistence and dedication. All PACT coaches receive professional and comprehensive training at schools such as Adler, one of the most recognized and respected coach training organizations in the world. PACT is grateful to have a long standing and productive partnership with Adler.



# GROW-TO-LEARN

For over 10 years, PACT Grow-to-Learn has greatly enhanced the educational experience and learning outcomes for thousands of students from the under resourced schools that we partner with. It provides vibrant, outdoor living classrooms and makes it possible for them to take part in outdoor, nature-based, experiential lessons and workshops. It allows thousands of vulnerable, food insecure families and seniors to receive weekly farm-to-table meals; and three low-income communities to trade kitchen scraps for fresh, organic produce grown in our school gardens and urban farm.

In 2020, due to extensive physical distancing limitations, health and safety protocols and capacity restrictions, things looked very different in our gardens. Although we were very limited as to the programming we could provide, we knew the need for fresh food and safe, outdoor learning space was needed more than ever.

As lockdowns loomed in Toronto, the Covid-19 Relief, Emergency Fresh Food Box program was quickly launched to replace our seasonal Community Compost Exchange Program, Garden Markets and Weekly Dinners, as a way to continue to feed and support our clients.

**3415** FRESH FOOD BOXES DELIVERED

**14,700** POUNDS OF FRESH FRUITS & VEGGIES DISTRIBUTED

**1598** COOKED MEALS PROVIDED

**\$20,000** IN PC GIFT CARDS DISTRIBUTED

*"There is something special about being able to receive food support while maintaining one's dignity. Whenever I received the edible gifts they had prepared, the staff were smiling, welcoming and chatty. They made me feel that I am part of the garden community and not just someone in need who is going through a rough patch."*

**382** INDIVIDUALS RECEIVED FOOD WEEKLY

**68%** PERCENT OF RECIPIENTS ARE CHILDREN & SENIORS

*"PACT has helped me see that colourful food is not only good for the body, it can also become soul food when shared with care."*



# COVID-19 EMERGENCY FRESH FOOD BOX

In response to the Covid-19 crisis, PACT quickly raised the seed funding to continue to feed families and seniors-in-need. We are grateful to Community Food Centres Canada for providing the funding to launch the Emergency Fresh Food Box, and to all individual donors who helped us deliver 3400 bags of fresh and cooked produce from May to October 2020. During the winter months, we are continuing to deliver pantry staples and cooked meals to our most vulnerable clients, especially those with limited mobility.

Thank you to all volunteers, including the local teachers who made food deliveries, our placement students, Julia and Anthony who assisted in all areas of our operation, all the students who so efficiently cleared out overgrowing weeds, and our long-standing, most dedicated team of the best volunteers we could ever hope for. Thank you! ❤



**467** VOLUNTEER HOURS SPENT  
PACKING EMERGENCY  
FRESH FOOD BOXES

**255** # OF HOURS COMMUNITY  
VOLUNTEERS & STAFF  
SPENT DELIVERING FOOD



## SOME CHANGES IN 2020

A new, physically-distanced outdoor learning space, complete with a separate entrance, was created to provide critical outdoor classrooms for John Polanyi CI (JPCI) teachers and students.

Progress was made at the new Thistletown CI garden: we are hoping to get growing in the space in Spring 2021.

JPCI teacher Mr. Essabhai and his grade 11 business students also graciously contributed to the Emergency Fresh Food Box project:

- a student illustrated a garden-themed colouring card, that was colored in by various children, and distributed with the food to put a smile on our clients' faces.
- When the garden closed for the season in October, students stepped in to help sort and pack our Fall Pantry Staples Food deliveries indoors.

Youth in our LifePlan Coaching program volunteered alongside life coaches in the gardens this summer, providing a safe opportunity to be active in nature, gain a sense of contribution and accomplishment while being immersed in a positive environment.





# PACT IS A GOOD FOOD ORGANIZATION



**BUILDING HEALTH, BELONGING AND SOCIAL JUSTICE IN LOW-INCOME COMMUNITIES THROUGH THE POWER OF FOOD**

PACT is a member of Community Food Centres Canada, and as such is committed to addressing food insecurity by offering healthy and dignified food programs in our communities.

In 2020, as Covid-19 restrictions shut down our in-person community garden markets, compost food exchange and weekly dinners, Community Food Centres Canada provided the seed funding to quickly launch the Emergency Fresh Food Box, that was delivered each week to hundreds of individuals and families in need.

## IN 2020, PACT:

**COOKED + DELIVERED THOUSANDS OF NUTRIENT-DENSE MEALS, FRESH PRODUCE + PANTRY STAPLES TO VULNERABLE INDIVIDUALS & FAMILIES IN OUR EMERGENCY FRESH FOOD BOX PROGRAM**

**PROVIDED NOURISHING MEALS & SNACKS TO ALL YOUTH IN OUR PROGRAMMING**

**DISTRIBUTED FRESH, ORGANIC PRODUCE, GROWN IN OUR URBAN FARM, TO ALL VOLUNTEERS**

**DONATED 250 COOKED MEALS OVER 10 WEEKS WEEKS TO SENIORS AT STONEGATE COMMUNITY HEALTH CENTRE**

**TAUGHT 10 COOKING CLASSES TO YOUTH AGES 13-21**

In 2020, PACT also joined The Youth Food Justice Collective which is comprised of four partnered organizations: FoodShare, Black Creek Community Farm and Sundance Harvest. Our goal and intended impact are to further advance Food Justice for BIPOC (Black, Indigenous, People of Colour) youth into gainful employment and leadership roles within Urban Agriculture in North West Toronto.



# LIFE & JOB SKILLS PROJECTS

FREE PROGRAMS FOR UNDERSERVED YOUTH, AGES 13-21

**TEAM-BUILDING**

**SKILLS  
DEVELOPMENT**

**CONTRIBUTION &  
BELONGING**

PACT programs nurture and encourage social interaction and conversation, team participation and self-expression - essential elements for peaceful and connected communities.

Unfortunately, due to Covid-19 social distance restrictions that began March 2020, all in-person youth programming after that date was cancelled until further notice.

# PACTFASHION

PACTFashion teaches introductory sewing and design skills to youth in a well-equipped sewing studio. Working with professional designers at The Make Den Sewing Studio in Toronto, youth learn to create accessories and items that are donated locally and internationally to those in need.

Tier 2 students work on more advanced fashion design skills, and are given the opportunity to be a part of a weekly incubator program that allows them to work on personal projects and create their own designs.

**IN THE WINTER 2020 8-WEEK SESSION,  
PACTFASHION STUDENTS MADE  
MITTENS, PJS & FABRIC MEDICAL  
DOLLS, ALL FOR DONATION.**

**ALSO, THANK YOU TO IRENE AT  
THE MAKE DEN SEWING STUDIO  
FOR MAKING AND PROVIDING  
DOZENS OF MASKS AND FABRIC  
FOR THE SENIORS IN OUR  
EMERGENCY FOOD BOX PROGRAM.**

# PACTMUSIC

PACTMusic is a weekly urban music workshop specifically designed for vulnerable and under-resourced youth, ages 13-21. It's an opportunity for young people to express themselves creatively and communicate around important issues and challenges that they're facing in today's urban environments. Through individual and group instruction from professional musicians, PACTMusic provides a welcoming, non-judgemental and collaborative environment that allows youth to engage by exploring the musical genre of their choice.

## SUNDAY GROUP SESSIONS

In early 2020, beginner and intermediate students joined together each week and took part in creative, expressive and collaborative sessions, with each youth given the opportunity to learn to play music on their instrument of choice.

## PACTMUSIC GOES ONLINE

This past fall, new funding made it possible to continue to bring youth together in a supportive and creative environment as PACTMusic pivoted to offer weekly workshops online. Working with professional recording musicians, youth have the option to join the weekly drop-in Songwriter's Workshop or Digital Beat Building classes. Private instruction in guitar, piano, and vocals is also offered to those youth who show commitment.



# PACTCOOKING

Youth who come together each week for PACTCooking work as a team to prepare internationally-inspired, three course meals that are enjoyed together and donated to local senior and youth groups.

In these 8-week sessions, students learn practical culinary skills such as following recipes, chopping vegetables and making popular, nutritious dishes. They also gain a sense of contribution and belonging, while working in an inclusive, and safe team environment.

An intermediate course teaches more advanced cooking skills, giving youth the confidence to prepare meals from scratch.

IN THE WINTER 2020  
PACTCOOKING  
COHORT, YOUTH:

TOOK PART IN 10  
COOKING  
CLASSES

MADE 250 WARM  
MEALS THAT WERE  
DONATED TO  
SENIORS



# DEEPEST GRATITUDE TO ALL FUNDERS

## PLATINUM LEVEL SPONSORS, OVER \$40,000

JOHN ZANINI FOUNDATION



## GOLD LEVEL SPONSORS, \$15,000-\$25,000

DALGLISH FAMILY FOUNDATION

DAN AND MARY CORNACCHIA

TORONTO DISTRICT SCHOOL BOARD

## SILVER LEVEL SPONSORS, \$5,000-\$14,999

FREDERICK & DOUGLAS DICKSON MEMORIAL FOUNDATION

TD FRIENDS OF THE ENVIRONMENT FOUNDATION

ROBERT SHAPERO

BEN & HILDA KATZ CHARITABLE FUND

CTS CONSULTANTS

THE LEARNING PROJECT

## BRONZE LEVEL SPONSORS, \$1,000-\$4999

POTTRUFF FAMILY FOUNDATION

ST. ANDREW'S SOCIETY OF TORONTO

DEBORAH ELLIS

DAVID WALSH

COMFORT ZONE COACHING

WHOLE KIDS FOUNDATION

MAZON CANADA

THE PATRICIA BLOUIN MEMORIAL FUND

## THANK YOU TO ROTARY FOR YOUR CONTRIBUTIONS

WE WOULD LIKE TO ACKNOWLEDGE THE LONG TERM AND ONGOING SUPPORT OF ROTARY CLUBS ACROSS TORONTO, IN SUPPORT OF URBAN PEACE. WITHOUT THIS SUPPORT, PACT COULDN'T HAVE THE IMPACT IT HAS IN OUR COMMUNITIES.

TORONTO ROTARY  
AGINCOURT  
PARKDALE HIGH PARK  
EAST YORK

FOREST HILL  
NORTH YORK  
ETOBICOKE

To donate, please do so online through Canada Helps  
([www.canadahelps.org/en/charities/pact-urban-peace-program](http://www.canadahelps.org/en/charities/pact-urban-peace-program))  
or send your valued donation to:  
PACT Urban Peace Program  
312 Brooke Avenue Toronto, ON M5M 2L3  
(A tax receipt will be issued)

Please contact David Lockett, PACT President & Co-Founder  
at 416-256-0726 or [david@pactprogram.ca](mailto:david@pactprogram.ca)  
to discuss sponsorship or funding proposals.