



THE PACT URBAN PEACE PROGRAM

2022

ANNUAL IMPACT REPORT

PREPARED AND PRESENTED BY



"Peace, Actualization, Community, Transformation"

PEACE | ACTUALIZATION | COMMUNITY | TRANSFORMATION



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ABOUT PACT

The PACT Urban Peace Program is an award-winning, outcome-driven, and equity-minded Canadian charity. We are committed to working with, supporting, and empowering young people, systemically under-resourced communities, and youth in the criminal justice system.



THE LAND THAT WE GROW AND GATHER ON IS IN THE TRADITIONAL TERRITORIES OF THE PETUN, HAUDENOSAUNEE, CHIPPEWA, ANISHINABEWAKI, MISSISSAUGA, WENDAKE-NIOWENTSİO, AND MISSISSAUGAS OF THE CREDIT FIRST NATION.

TODAY THIS MEETING PLACE IS STILL HOME TO MANY INDIGENOUS PEOPLE FROM ACROSS TURTLE ISLAND AND WE ARE GRATEFUL TO HAVE THE OPPORTUNITY TO WORK AND GATHER ON THIS LAND.

OUR MISSION

To strengthen community wellness by supporting and empowering youth, families, and seniors within nurturing, inclusive, accessible environments. We develop, deliver, and scale our best-practice community programming, food security initiatives, youth life coaching and mentorship, and experiential learning opportunities. PACT creates strategic community partnerships with organizations that share our values and goals.

OUR VISION

Vibrant, thriving communities that are inclusive and accessible so that every person has the opportunity to reach their full potential.

WHAT WE DO

We help youth explore their passions and build self-efficacy while giving back to the community.

We enrich and support education through experiential, activity-based garden workshops.

We provide safe spaces for belonging and address food security.

We build capacity and encourage positive change in youth in schools and the criminal justice system.

PRESIDENT'S MESSAGE

DAVID LOCKETT

"We are inspired by the resilience of the youth we support".



Twenty-seven years ago, Dan Cornacchia and I signed the charitable incorporation papers to register the PACT Program. At the time, we had both just left the Board of the Redwood Shelter, after a seven year struggle to bring the idea into fruition. Before moving on, we left the shelter in good financial standing, with the tools it needed for success.

As president of the Redwood Shelter, with Dan serving as the treasurer, along with countless other volunteers and staff, we created a sanctuary for victims of domestic violence. From 1987 through the end of 1993 so many people dedicated their lives to turning this idea into a reality. On December 13th, 1993 The Redwood Shelter opened its doors - it had 33 beds - all of which have been filled from day one.

Between our time at The Redwood Shelter and PACT, Dan and I have been working in the not-for-profit sector for 36 years. We are so grateful to everyone we have worked alongside, and we hope to continue along this path for years to come.

Over the years we have learned so many valuable lessons from the wonderful people we work with. There is incredible unconditional kindness and untapped potential that exists within our communities to create social change. We need to listen to the voices of the individuals with lived experience and work alongside them to enact change.

We have embraced this philosophy, and this year we have fully integrated community voices into all of our program areas.

As Canadians we have begun to engage in a much overdue, national conversation about the genocide perpetrated against the Indigenous peoples of this land. Through much reflection, and with the understanding that we are a settler organization, we thought it was important to partner with a member of the Indigenous community to take steps towards the principals of Truth and Reconciliation. We chose to begin with our Grow-to-Learn Program.

Alan Jamieson, our Indigenous Gardens Coordinator, worked to create our incredible SGE:No garden at the John Polayni Site. Taking up $\frac{1}{3}$ of the total garden space, this garden uses heirloom seeds from Alan's relatives and friends (some dating back thousands of years!) and traditional farming practices. Unsurprisingly, it has been a tremendous success. The garden has provided so many students and community members with enriching educational experiences, culminating in the incredible "Digging For Roots" event, which celebrated Indigenous arts and practices. As Alan says, we are walking "side by side" to create meaningful change.

Finally, and most importantly, I would like to acknowledge PACT's incredible employees. Your perseverance over the past three years has been inspirational. Your ongoing commitment to the community, your tireless work in the trenches, and your positivity are making the world a better place. Thank you for all that you do!

A handwritten signature in blue ink that reads "David Lockett". The signature is stylized and fluid.



2022

HIGHLIGHTS &
REFLECTIONS

HIGHLIGHTS FROM THIS YEAR



We completed the redevelopment of our Accessibility Garden.



We converted 1/3 of our JPCI garden into an Indigenous educational garden.



We launched our new Life Plan Coaching Leadership Lunch Clubs in two middle schools



We expanded our Fresh Food Box Program to serve even more families and seniors in need every week.



We have been certified, for the fourth year in a row as a Good Food Organization!

We completed the installation of seven pollinator gardens across our Grow-to-Learn Gardens!



SGE:NO GARDEN (PEACE GARDEN)



"SGE:NO" MEANS "PEACE" IN THE SIX NATIONS LANGUAGE

The SGE: NO Garden at John Polanyi CI is aligned with concepts of the LANDBACK movement. This is a movement to get Indigenous Lands back into Indigenous hands. We also drew from the concepts of the Two Row Wampum, which is a historical treaty and it's main meaning is (Peace, Friendship, Forever). Another historical wampum belt is the Dish With One Spoon or simply the dish belt. These concepts touch on the issue of natural resource preservation. Additionally, only taking what you need, so the future generations will be left with enough.

This year's garden we planted the old style of using mounds. These mounds were placed to symbolize the thirteen grandmother moon cycle. With each cycle comes a teaching as we plant, harvest, hunt, store, etc. The centre mound represents "Turtle Island". This concept comes from the creation story that we live on the back of a turtle.

We have acquired heirloom seeds from various places and planted them successfully. Our goal for the SGE:No garden is to offer a place of peace and being at one with the earth. It quickly took shape with mounds of corn, beans and squash also known as the three sisters. We had produced thousands of beans and our turtle mound had several strawberries growing. One of our greatest achievement was successfully growing "Gete Okosomin", a seed that originated over 5,000 years ago.

written by:

ALAN JAMIESON

Alan is PACT's Indigenous Gardens Coordinator.



SGE:NO GARDEN

DIGGING FOR ROOTS



Digging For Roots was our exciting end of season event where we invited respected elders and singers to partake in our Indigenous Garden day. Here participants sang songs, ate healthy foods and showcased the collaborative artwork between Elena Kornikova and our very own Alan Jamieson. People from all walks of life including youth from the local community and school were invited to the event. This is the first year for the SGE:No garden and the feedback was fantastic. **“This place is magical”** and **“Your garden really touches my heart”**. PACT hopes that with continued funding in place, this garden of peace and natural restoration will help the Lawrence Heights community to continue to grow and thrive.



GROW-TO-LEARN

FRESH FOOD BOXES

As a direct response to the food-security and inflation crisis, PACT Grow-to-Learn Program has continued to work hard to address this increasing need through our Fresh Food Box Program. During this difficult period, PACT is making fresh produce and hearty meals available to almost 400 individuals experiencing food-insecurity. After the tremendous growth of the program in 2022, we look forward to expanding the program further in 2023.



“HAVING HEALTHY FRESH DELICIOUS ORGANIC PRODUCE THAT I WOULDN'T NORMALLY BE ABLE TO ALWAYS AFFORD. I'M VERY GRATEFUL TO ALL THE HARD-WORKING STAFF AND VOLUNTEERS AT PACT.”

“I LOVED GETTING A FULL BAG OF PRODUCE THAT LASTED ME A FEW WEEKS. I ALSO ENJOYED SEEING FRIENDLY FACES.”



IN 2022, PACT GROW-TO-LEARN:



DISTRIBUTED **6,930** (+29% VS LY) FRESH FOOD BOXES TO **398** WEEKLY PARTICIPANTS IN NEED.



DISTRIBUTED **\$59,482** WORTH OF FRESH PRODUCE INCLUDING **1501 LBS** OF GREENS!



GREW **4,075 LBS** (+335% VS LY) OF PRODUCE WORTH ALMOST **\$19,713!**



DELIVERED **1,869** (+2% VS LY) FRESH FOOD BOXES TO SENIORS AND INDIVIDUALS WITH LIMITED MOBILITY.

GROW-TO-LEARN

POLLINATOR GARDENS

PACT has created seven pollinator gardens across our two garden locations. Pollinator gardens are more important now than ever, as pollinators have suffered greatly from loss of habitat. PACT's pollinator gardens will not only be beneficial to insects and birds but will serve as an invaluable educational resource for students, and the community alike. PACT has developed specific pollinator workshops which are being delivered to students (Grades 1-12) during school hours.



MARCELLE VAN ZYL

Marcelle is one of the managers at our JPCI garden. She is a Social Services Worker with 15+ years of horticulture experience. Marcelle has owned her own landscaping company, and is a Certified Pollinator Steward. Marcelle oversaw the design, planting, and maintenance of PACT's Pollinator Gardens!

GROW-TO-LEARN

ACCESSIBLE GARDENS

The TCI Garden is a half-acre school farm located in what is known as Rexdale or North Etobicoke. The space includes 17 field beds, each about 100 feet long and about 5-6 feet wide and approximately 20 raised wheelchair accessible planters.

The goal of this garden is to stimulate the senses and to be enjoyed by everyone in our community, including those with all different sorts of disabilities. The raised planters line the field beside a paved road, with the purpose of eased access for vehicles and mobility devices. There is grass on the other side of the planters to offer a softer surface to kneel or stand on. The height of the planters makes it easier to reach plants and work within the soil.

We selected the different plants to be grown in each planter guided by extensive research on accessible gardening practices. In consultation with a Disability Rights activist, we were able to identify and integrate a number of features within the space that allow PACT Grow-to-Learn to stay accountable, and be congruent with our mandate of making gardening accessible to everyone. The plants were carefully chosen so that they can be engaged with through all five of our senses that include sight, sound, smell, taste, and touch. They offer different experiences to each person that enters the garden.

In advance of the 2023 growing season, we are installing signs that explain what plants are placed where, and why. These signs include different modes of communication such as braille cards, a QR code linking to an audio explanation of the space, cards with formatting and colour choices that are mindful of visual impairments or sensitivities. We also offer ergonomic tool options, tactile tools and experiences, and guides on how to interact with and benefit from the space.

None of this would have been possible without the valued support of our Accessibility Garden Lead Sponsor, The Rotary Club of Toronto!

Written by: Mariela Libedinsky and Anne Bell



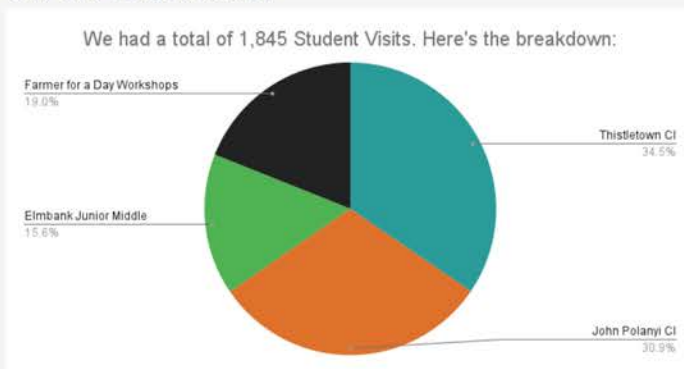
GROW-TO-LEARN

STUDENT WORKSHOPS

PACT Grow-to-Learn Curriculum-Linked Workshops are a set of experiential and creative outdoor educational lessons that are offered, at no cost, to junior kindergarten through Grade 12 classes at under-resourced TDSB Schools located in Neighbourhood Improvement Areas throughout Toronto.

These workshops and outdoor lessons significantly enhance the educational experience of participating students. They provide a much-needed platform for children and youth to be in nature, work together and take part in an experiential learning opportunity. All workshops are TDSB faculty approved and offer lessons in a wide range of subjects from STEM to life skills.

In 2022 PACT Grow-to-Learn facilitated **161 workshops**, and welcomed **1,845 students** into our three gardens!



DRAGON'S DEN: PROJECT MINIMIZING FOOD WASTE

Nearly 1 billion tonnes of food is wasted worldwide, combined with the fact that over 800 million individuals suffer from food insecurity. There are severe challenges within our homes, communities, and countries around the globe. The proactive staff at the David Wilson Memorial Garden provided a challenge to John Polanyi CI's Senior Entrepreneurship class to come up with ways in which we can curb food waste for our local PACT Grow-to-Learn Urban Farm. Students formed groups, conducted research, and found ways to utilize vegetables, fruits and herbs in order to create unique products. Students tested, created, re-tested and re-created many different options and ultimately presented their ideas and products to the PACT Urban Farm Staff and Representatives in a Dragon's Den competition. The students did a phenomenal job and invested lots of time and energy to surpass expectations by creating squash infused butter cookies, hot sauces, dipping sauces/aiolis, a pumpkin hand scrub and a lavender cream. The judges were ecstatic and so were all the students. There are definitely Social Entrepreneurs budding at John Polanyi CI!

Written by: Rahim Essabhai, Board of Director

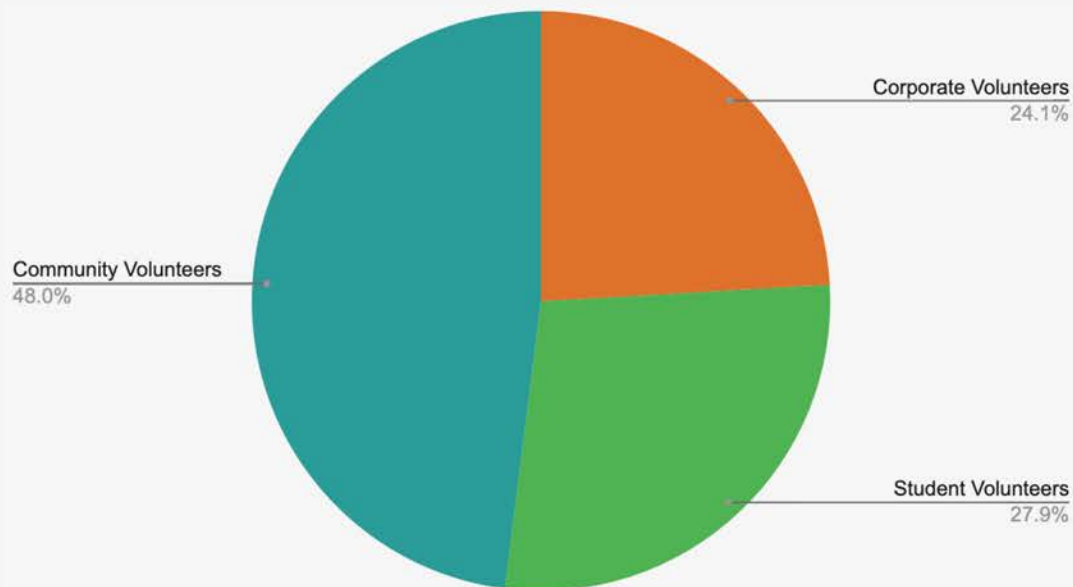
VOLUNTEERS

We could not have done it without you!

Sending a heartfelt thank you to all of the volunteers that give their time to help our gardens thrive. Thanks to all of your help we had **5,856.5 hours** of support!

We are grateful to all the community members, local teachers, Food Box delivery drivers, students, and dedicated garden helpers. Additionally, we want to thank our placement students, Teo and Lizzy, who assisted in all areas of our operation. Lastly, a big thank you to Harrison, Merwah and Rose, from Canada Summer Jobs.

From weeding and harvesting to packing produce bags and mulching, we thank our volunteers for all they do to help keep our gardens beautiful and bountiful.



VOLUNTEERS

CORPORATE VOLUNTEERS

Thank you to all the corporate volunteers that came out during the 2022 growing season! The tremendous amount of work they put in helped to keep our gardens in immaculate shape by weeding, mulching, and hand watering our crops. Additionally, they helped pack our Fresh Food Boxes and planted all the spring bulbs in preparation for the 2023 season. Thanks to the hard work from the groups at Aviva, Mondelez, Google, KPMG, RBC, North York Harvest Food Bank, UBS, Vertex, Recipe Unlimited and RepRisk. We had a total of 287 corporate volunteers help in our gardens for a total of 1,411 hours!





LIFEPLAN COACHING

Things have been slowly falling into a "new" normal for the LifePlan Coaching (LPC) program in 2022. While we were relieved to see the return of in-person learning in schools, the youth court proceedings are mostly still operating remotely. This continues to be challenging for everyone involved.

Here at PACT, we have been busy building out and adapting our specialized life coaching and wrap around support model in the schools. We are doing this in order to reach the youth with the highest needs at an earlier intervention point, and/or before there is any contact with the law. This work includes engaging with a number of new middle schools in Toronto to identify grade 7 and 8 students who are facing significant risk factors and barriers such as anti-social or disruptive behaviour, negative peer associations, unstable home environments, and poor academic performance. These students can benefit the most from the specialized, one-on-one support of a professional life coach.

While PACT continues to apply over 20+ years of experience successfully coaching and empowering youth in the justice system, our recent introduction of LPC in Toronto-area schools has proven very timely. Many young people are still coping with the negative impacts of the pandemic and are struggling with feelings of isolation, loneliness, depression, as well as a lack of overall confidence and hope for the future. Additionally, so many students are also behind in their overall social-emotional development and academic progress.

For youth who were already struggling and falling through the cracks before the pandemic, the challenge is even greater. This is why LPC is continuing to focus on overall wellness and self-care, building a growth mindset, promoting positive relationships and strengthening social-emotional awareness. Simultaneously, coaching as an early intervention helps these young people build self-confidence and resilience while also providing a very powerful platform of advocacy. This is done by connecting them to the required 3rd party community resources to address their individual needs and accomplish personal goals. The ultimate goal is putting these students on solid ground before they transition to high school and continue on their journey toward a healthy and productive young adulthood.

LIFEPLAN COACHING

NEW INITIATIVES

Introducing LPC in the Bahamas:

Back in 2019, PACT co-founder and Rotarian, David Lockett, was invited to speak at the Bahamas Rotary Road to Peace Conference. It was organized by the Rotary Clubs of the Bahamas (RCOB) to assist in identifying and providing solutions to crime and violence in their country. David toured Nassau and learned about challenges and the lack of resources faced by many youth in the community. During this visit, he also connected with several of the RCOB business leaders and social service professionals working in the country to discuss the idea of introducing LPC in the Bahamas with the support of the local Rotary community.

Youth Thrive Survey:

PACT is always looking at new and effective ways to measure and report on the impact and outcomes of our LPC program to all of our stakeholders. Recently, we implemented a new, reputable, third-party questionnaire developed by the Center for the Study of Social Policy with Metis Associates in Washington D.C. The Youth Thrive Survey™ is an online, strengths-based questionnaire and reliable youth self-report instrument that measures the presence, strength, and growth of five key positive indicators of well-being for youth. These five factors are youth resilience, social connections, knowledge of adolescent development, concrete support in times of need, and cognitive and social-emotional competence.

With plans on hold over the past several years, we are now moving forward with this exciting project! The initial plan is for PACT to remotely coach one male and one female student in detention. The long-term goal is to have a fully trained and certified Life Coach in the Bahamas who can provide in-person coaching. Additionally, they can connect youth to the necessary resources to help them reintegrate successfully back into their communities. While it is still early days, we are looking forward to working with Rotary, the justice system, and the local community to help Bahamian youth in conflict with the law reach their full potential.

Designed with significant input from youth and taking less than 15 minutes to complete, we will be asking all our new youth clients to complete the survey both at the beginning of the process to establish a baseline as well as at the end to measure the coaching impact. The youth's specific responses to the questionnaire should also prove very useful to our coaches in their subsequent sessions helping to uncover and identify important patterns, opportunities, or issues for discussion with their clients. We are excited to have implemented this new survey and believe it will become a very effective tool for informing case planning and practice, program evaluation, and continuous quality improvement.



LIFEPLAN COACHING

THIS YEAR WE FOCUSED ON...

LPC Leadership Lunch Clubs:

After several years of working closely with young high-needs middle school students, PACT launched an exciting new initiative in 2022. This early prevention group coaching model will allow us to have a wider reach and impact on the youth we serve across Toronto. The LPC Leadership Lunch Club is a program that is currently running in two of the Toronto District School Board's most under-resourced Model Schools; these are schools in neighbourhoods where students are faced with a greater number of challenges.

This innovative group coaching model works by aligning with our school partners to identify and support students in grades 6-8, who can most benefit from a specialized coaching and leadership development intervention. Lunch sessions are strategically designed to strengthen social-emotional learning and self-management while creating a sense of safety and belonging in the school environment. Sessions include group conversation and leadership activities, as well as much-needed healthy meals and snacks, a definite favourite of the growing youth. PACT served approximately 135 meals to middle school students in 2022 as part of this initiative.

While this model supports the wellness of the students, it also provides a critical foundation, similar to our one-on-one coaching, that encourages parental, school and student involvement - and the ability to identify and address issues in a wrap around process that would otherwise go unaddressed. As well, by having a weekly presence in the school, PACT coaches are able to consistently connect with students to provide one-on-one acknowledgement and support. Students in the Lunch Club that require additional support will be matched with a professional life coach who will provide private, individualized care.

Role Play Sessions:

As part of our commitment to provide ongoing training for PACT Life Coaches who are working with high-needs youth, PACT launched monthly role play sessions in 2022. While most of the PACT coaches have many years of education, experience and teaching/mentoring backgrounds, these sessions allow coaches to continue to practice strategy and flexibility, as well as become familiar with common youth issues and/or challenges.

Welcoming

RICARDO FRANCIS

To the LifePlan Coaching Team!

PACT life coaches are a diverse and dedicated group of big-hearted professionals who are committed to making a positive influence in the lives of the young people we serve. Our team is composed of people from diverse cultures and backgrounds, who all bring a wealth of knowledge and experience to our work. New in 2022, we welcome Ricardo Francis, our most recent PACT/ Adler coach training scholarship recipient and graduate. Ricardo brings a long career of experience as Community Support Worker and has been volunteering with the LPC team for several years, helping to build awareness and partnerships in the TDSB on behalf of the PACT program.



HOPES FOR 2023

AS THE NEW YEAR APPROACHES, WE ARE ENVISIONING ALL THE HOPES WE HAVE AND GOALS WE WISH TO ACHIEVE IN 2023.



As we prepare to welcome a new year, we are looking forward to expanding our Fresh Food Box program even further to help serve our community members in-need. We are also excited about our plans to return to hosting weekly in-person community markets and dinners at our GTL gardens. These markets also provide the opportunity for PACT to transfer valuable urban agriculture related knowledge and best practices through engaging local community members in hands-on workshops and demonstrations on topics such as growing in small spaces, composting, re-cycling, and preserving vegetables for the winter months. Lastly, we look forward to facilitating in-person PACTCooking and PACTMusic workshops in 2023!

Stay tuned for all the great things we have planned for 2023!

For regular updates and to stay in touch, follow PACT on Facebook and Instagram.

To donate, please visit our website at www.pactprogram.ca/donate 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 647-993-0726 or david@pactprogram.ca to discuss sponsorship or funding proposals.

DEEPEST GRATITUDE TO ALL FUNDERS

THANK YOU!

DIAMOND LEVEL SPONSOR, OVER \$500,000

DONALD BRILLINGER

PLATINUM LEVEL SPONSORS, OVER \$40,000

COMMUNITY FOOD CENTERS OF CANADA
GOVERNMENT OF CANADA - CANADA SUMMER JOBS PROGRAM
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community food centres
CANADA good food is just the beginning

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