



TORONTO  
FOUNDATION



# Good to Give GUIDE

———— 2019-2020 ————

Your guide to donation-ready organizations  
and projects that are addressing some of  
**THE CAUSES YOU CARE MOST ABOUT**  
in Toronto

# WHAT IS *Toronto Foundation?*

**P**hilanthropists come to us to simplify their charitable giving, while pooling their dollars for maximum community impact. Our individual, family and organizational funds number more than 500 and we administer over \$400 million in assets. As a community foundation we are committed to informing donors about the great under-the-radar work that is being led by non-profit organizations and grassroots leaders in our city's neighbourhoods.

## **That's why we publish the Good to Give Guide.**

It's a short list of some of the organizations tackling the most pressing challenges facing Toronto, at a time of unprecedented change. Many small- and mid-size charities in Toronto are doing the tough work to fight inequality, but need more financial support to scale up their successes. We hope you will consider them in your giving plans this year.

## *Toronto at a glance*

**2.9M**

people live  
in Toronto

**35%**

of Torontonians are  
low-income earners  
(less than \$20,000)

**5,000+**

charities

**1%**

of Toronto households  
bring home \$250,000  
or more in income



A GUIDE TO  
*high-impact Toronto-based charitable and non-profit organizations  
working on issues that matter most*

DONATE NOW.

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# ARTS & SOCIAL CHANGE

## CANVAS Arts Action Programs

(Trustee: SKETCH)

*Providing training on gender equity, consent, and LGBTQ2S+ inclusion*

### THE ORGANIZATION

CANVAS Arts educates marginalized youth and others on gender equity, consent and LGBTQ2S+ inclusion using interactive, arts-inspired training programs. Working in schools, summer camps, community centres and workplaces, participants develop skills to combat sexual violence, homophobia, and transphobia, creating safer and more inclusive communities.

### THE OPPORTUNITY

The C-Word program provides a safe space for youth to have conversations about sex and sexuality, helping them to develop safe, positive relationships. Through arts-based activities, participants critically examine gender and sexuality, deconstruct myths on violence, explore the impacts of rape culture, and build their understanding of consent. The C-Word addresses an educational gap and improves skills in communication, ultimately combating and preventing sexual violence, and making real change in communities.

Learn more at [www.canvasprograms.ca](http://www.canvasprograms.ca)

## Hot Docs

*Sharing the art of documentary filmmaking for youth education*

### THE ORGANIZATION

Hot Docs presents and celebrates the art of the documentary as well as facilitates production, financing, and distribution opportunities for documentary makers. The organization has grown from a small industry-focused conference to an internationally recognized year-round hub for documentary film and the media arts.

### THE OPPORTUNITY

Docs For Schools is Hot Docs' youth education initiative using documentary films to build deep learning and engagement experiences for middle- and secondary-school students. The power of documentary film is in its ability to inspire and engage audiences, making it an effective educational tool that acts as a natural springboard for constructive discussion and debate, and an accessible narrative form through which students can explore, understand, and learn about key issues affecting them and their world.

Docs For Schools provides more than 128,000 students from over 387 schools the experience of outstanding documentaries during the festival and throughout the school year at the Hot Docs Ted Rogers Cinema, and other host venues throughout the city and across the province. Docs For Schools selections and accompanying educational resources engage students with the issues of the day, offering vital ideas, critical questions and new perspectives on topics that span the curriculum.

Learn more at [www.hotdocs.ca](http://www.hotdocs.ca)



## VIBE Arts

*Helping communities build youth art programs*

### THE ORGANIZATION

VIBE Arts engages young people living in marginalized, low-income Toronto neighbourhoods in high-quality and accessible arts education programs, collaboratively developed with community and education partners. VIBE positions arts programs in schools and neighbourhoods to strengthen communities and, provide children and youth with opportunities to become empowered and reach their full potential as artists, leaders, and social and cultural contributors.

### THE OPPORTUNITY

VIBE's annual Mentorship Program provides career building opportunities to young artists from diverse, equity seeking groups. These artists include those who identify as racialized, LGBTQ2S+, having disabilities, from under resourced neighbourhoods, Indigenous artists and newcomer artists. The program provides the tools to cultivate their careers as current and future creative leaders. It includes elements centered on employment, professional development, residencies, exhibition opportunities, micro-grants, and 1:1 mentorship.

Learn more at [www.vibearts.ca](http://www.vibearts.ca)

# HOUSING & SHELTER

## Eva's Initiatives for Homeless Youth

*Providing shelter and support to homeless youth*

### THE ORGANIZATION

Eva's provides safe shelter, training, counselling and a wide range of other innovative programs and services to help homeless youth reach their potential to lead productive, self-sufficient and healthy lives. Eva's operates three unique facilities — Eva's Place, Eva's Satellite, and Eva's Phoenix — supporting 123 youth aged 16–24 each night.

### THE OPPORTUNITY

Eva's is not only a shelter, but an organization with innovative programming and supports that enable youth to gain the skills and experience they need to leave the streets permanently. Eva's Print Shop, which runs out of Eva's Phoenix, provides youth with employable skills in the graphics and print sector. They reinvest every dollar of profit into shelter, food, caring support, and basic needs for homeless youth at Eva's. The organization has expanded its services by launching a program for Black youth, who are overrepresented in the shelter system.

Learn more at [www.evas.ca](http://www.evas.ca)

“The depth and influence of our impact is seen in the way the children and youth in our art programs grow into community leaders.”

– **Katie Hutchinson**, Executive Director, VIBE Arts



VIBE Arts and City of Toronto's youth employment and mentorship mural program.

## **Fred Victor**

*Helping homeless and low-income Torontonians of all ages*

### THE ORGANIZATION

Fred Victor is committed to ending homelessness. In the past 125 years, Fred Victor has grown from a single mission at Queen and Jarvis to a multi-service organization with 20 locations across Toronto. In addition to affordable housing, transitional housing, and emergency shelter, Fred Victor provides a constellation of supports to help people secure and maintain a safe place to live.

### THE OPPORTUNITY

Mary Sheffield House supports older women (55 years+) in their journey out of homelessness. Women who have lived on the street and in shelters — many of whom are experiencing complex physical, mental health, developmental and/or substance-use issues — can stay for up to a year. It is a safe and welcoming space that restores dignity, fosters connection, and provides a foundation for women to begin rebuilding their lives.

Learn more at [www.fredvictor.org](http://www.fredvictor.org)

## Why I Give

“The terms ‘philanthropy’ and ‘foundation’ immediately conjure up images of large cheques and names on buildings. Working with the Toronto Foundation, we can make philanthropy accessible to a larger, more diverse audience.”

– **Craig Miller**,  
Toronto Foundation Fundholder



Craig Miller and Sabina Vohra-Miller with their son Aavir



## Homeless Connect Toronto

*Bringing hundreds of services under one roof for the homeless*

### THE ORGANIZATION

Homeless Connect Toronto runs large annual events that bring together essential service providers under one roof to make them easily accessible for those who are at risk of or are experiencing homelessness. Service providers in areas like housing support, employment, ID clinics, health care, and other dignity-restoring services, deliver as many of their services as they can on-site, minimizing the need for referral or follow-up. The organization also hosts workshops to raise awareness about homelessness with the community, and creates opportunities for cross-sectoral capacity building for attending service providers.

### THE OPPORTUNITY

Homeless Connect Toronto has seen exponential growth in community demand and sponsor support over the past five years at their events, but youth are underrepresented. By developing a youth-specific event, they will be able to connect youth to much-needed supports and help move them out of homelessness. In addition to the one-stop-shop event, youth participants will have access to youth-specific opportunities like leadership training to help youth to build confidence, gain tangible skills for the workforce, and establish touch points with supports and services they can access throughout the year.

Learn more at [www.hctoronto.org](http://www.hctoronto.org)



## North York Women's Shelter

*Helping women and children build lives free of violence*

### THE ORGANIZATION

North York Women's Shelter is at the forefront of anti-violence work in Toronto. Actively supporting women and children to build lives free of violence, they provide non-judgmental safe shelter, advocacy, and a range of other initiatives and services, including 24-hour crisis support and wrap-around services.

### THE OPPORTUNITY

North York Women's Shelter wants to deepen their impact by providing comprehensive legal support to women in crisis due to intimate partner violence. The organization will be establishing a multi-disciplinary working group to collaborate on high-risk cases. This work will create a model to provide basic legal information, referrals, and advocacy, to address physical safety and security issues of women experiencing intimate partner violence. The objective is to address unmet legal needs with an innovative, specialized response that goes beyond the limited capacity of most frontline shelters.

Learn more at [www.nyws.ca](http://www.nyws.ca)

# INDIGENOUS PEOPLES

## Aboriginal Legal Services

*Offering legal assistance to Indigenous people*

### THE ORGANIZATION

Aboriginal Legal Services strengthens the capacity of Toronto's Indigenous community to help them address justice issues and provide Indigenous controlled and culturally based justice alternatives. They help to ensure there is community involvement in the process and by integrating justice related services with complementary programs within the Indigenous community.

### THE OPPORTUNITY

The Giiwedini Anang (Anishinabemowin for "north star") program helps prevent the continued over-representation of Indigenous children in the child welfare system. The organization holds circles with all relevant parties and works, over time, to establish a relationship between parents, children and the child welfare agency to help increase the likelihood for children to be returned home. Elders and community volunteers participate in the circles along with staff. Parents and children also have access to traditional counselling and someone to talk to through the process and after as well.

Learn more at [www.aboriginallegal.ca](http://www.aboriginallegal.ca)

## Miziwe Biik Aboriginal Employment and Training

*Connecting Indigenous people with training and employment*

### THE ORGANIZATION

Miziwe Biik (Ojibway for "gathering water") provides unique training and employment supports for Indigenous people living in the GTA in a supportive environment where people can affirm their Indigenous identities and develop to their fullest potential. Miziwe Biik is committed to assisting all persons of Indigenous ancestry to attain a better quality of life and it is committed to strengthening the community through partnerships that promote equality and self-reliance. They offer employment counselling, supports for academic upgrading, monthly workshops like CPR and food handling, and training programs in the trades, from masonry to welding to chef training and beyond.

### THE OPPORTUNITY

As part of its efforts to eliminate the education and employment gaps between Indigenous and non-Indigenous Canadians, Miziwe Biik is expanding by building a new training facility that will include a multi-purpose workshop for the skilled trades, classrooms and other multi-purpose spaces. In expanding classroom space and programs, Miziwe Biik will increase the opportunities for training and employment for Indigenous people living in the GTA.

Learn more at [www.miziwebiik.com](http://www.miziwebiik.com)



## Na-Me-Res

*Offering housing, culture  
and support to Indigenous men*

### THE ORGANIZATION

Na-Me-Res (Native Men's Residence) is an Indigenous social service agency that provides supports for Indigenous men who are homeless or facing homelessness. They provide shelter, mental health support, outreach, and affordable housing for men, which fosters and maintains a healthy sense of community, cooperation, and self-worth through the promotion of Indigenous culture and values. Their objective is to reduce the number of homeless and to prevent those at risk of becoming homeless, by equipping them with tools of empowerment, self-reliance, and economic independence.

### THE OPPORTUNITY

Over the years, through generous donations from supporters, Na-Me-Res has purchased and distributed much needed necessities using backpacks filled with socks, underwear, mitts, scarves, hats, and hygienic items, as well as stockings stuffed with candies and nuts, gift cards and movie passes. Food hampers are also distributed to clients who have secured permanent, affordable housing.

Learn more at [www.nameres.org](http://www.nameres.org)

### *Why I Give*



“There are pressing environmental and socio-economic issues that require all of us to find solutions. Working with Toronto Foundation is my small contribution to addressing the challenges our city faces today and tomorrow.”

– Yen To, Toronto Foundation Fundholder



“Native Canadian Centre of Toronto is building a robust, sustainable model of economic development, and we’re excited to build new relationships with philanthropists to help make that happen.”

– **Larry Frost**, Executive Director,  
Native Canadian Centre of Toronto



*Native Canadian Centre of Toronto's Indigenous Marketplace program*

## Native Canadian Centre of Toronto

*Facilitating Indigenous cultural, recreational, and spiritual services*

### THE ORGANIZATION

The Native Canadian Centre of Toronto strives to empower the Indigenous community in Toronto by providing programs that support their spiritual, emotional, physical and mental well-being. They offer a wide range of services based on Indigenous cultural traditions and teachings, providing social, recreational, cultural and spiritual services for the Indigenous community and visitors alike. It is also a key meeting place for all people, of all nations, from across Canada and all over the world.

### THE OPPORTUNITY

N'dodemnaanik Naandwechigegamig (Anishnaabemowin for “healing our families”) program assists urban Indigenous peoples access services with holistic wellness planning, counselling, housing assistance, culture reclamation and service coordination and navigation. The program provides culturally appropriate peer-based group programming such as life skills, recovery, art therapy, health clinics, resiliency and outdoor education to support the cultural interventions required for successful healing.

Learn more at <https://ncct.on.ca>

## **Toronto Council Fire Native Cultural Centre**

*Championing Indigenous culture*

### **THE ORGANIZATION**

Toronto Council Fire Native Cultural Centre is an autonomous, vibrant cultural agency that involves and serves Toronto's Indigenous community. They provide counselling, material assistance and other direct services to Indigenous people, to encourage and enhance their spiritual and personal growth.

### **THE OPPORTUNITY**

The Truth and Reconciliation Commission of Canada's Call to Action 82 states: "We call upon provincial and territorial governments, in collaboration with Survivors and their organizations, and other parties to the Settlement Agreement, to commission and install a publicly accessible, highly visible, Residential Schools Monument in each capital city to honour Survivors and all the children who were lost to their families and communities." In response, Toronto Council Fire is working with partners across sectors, including residential school survivors and the wider Indigenous community, to have a monument built in Toronto at Nathan Phillips Square.

Learn more at [www.councilfire.ca](http://www.councilfire.ca)

# LOCAL INNOVATION

## **Big Brothers Big Sisters of Toronto**

*Fostering mentorship relationships*

### **THE ORGANIZATION**

Big Brothers Big Sisters of Toronto builds thriving communities by empowering lives through mentorship. The group enables life-changing mentoring relationships to ignite the power and potential of young people. Their work has been proven to help break the cycles of violence, drug abuse, poverty and inequality. When youth are shown that they are heard and valued, and that people are willing to defend their potential they become thriving adults. They build up the individual to build up their community and create lasting systemic change throughout Toronto.

### **THE OPPORTUNITY**

The organization's core work is its one-to-one community-based program that matches kids with volunteer adults based on mutual experiences and shared interests. The pair meet for eight hours per month in the community and build a healthy, caring relationship that can last a lifetime.

Learn more at [toronto.bigbrothersbigsisters.ca](http://toronto.bigbrothersbigsisters.ca)



## Toronto Rehab Foundation

*Bettering the lives of those living with illness, injury, and aging*

### THE ORGANIZATION

Toronto Rehab Foundation supports the Toronto Rehabilitation Institute's work in developing solutions for people living with the consequence of illness, injury, and aging through excellence, innovation, and integration of discovery and care. As part of University Health Network (UHN), Toronto Rehab is home to the number one rehabilitation research centre in the world, pioneering health innovations focused on prevention, recovery, and enabling independence. Philanthropy plays a vital role in bolstering the infrastructure that Toronto Rehab requires to turn the ideas of its clinicians and scientists into home, community, and hospital-based advancements and innovations.

### THE OPPORTUNITY

Toronto Rehab's Relational Caring & the Arts research program focuses on improving quality of care for people living with dementia, brain injury, and other complex impairments. The program team produces research-based dramas and films as a novel approach to engage people living with dementia, the people who care for them, and others who need to better understand the complexity of the disease. It aims to reduce stigma associated with dementia by making explicit the centrality of relationships to quality of life and quality of care, and by more fully sharing the humanity of people living with dementia. Toronto Rehab is working on a web-based educational program that will offer more targeted and guided critical reflections about its films' key messages to a variety of stakeholders: family caregivers, formal health care practitioners, and trainees from a variety of clinical programs.

Learn more at  
[www.torontorehabfoundation.com](http://www.torontorehabfoundation.com)



## Toronto Tool Library

(Trustee: Institute for a Resource Based Economy)

*Providing free access to thousands of tools*

### THE ORGANIZATION

Toronto Tool Library is a sharing depot for thousands of tools for home renovations, gardening and lawn maintenance, repairs, DIY projects and more. The organization empowers Torontonians to share resources with their community, reduce consumption, and build connections towards an economy based on access rather than ownership. They provide individuals, community organizations and priority neighbourhoods with access to over 10,000 inventory items, with the goal of reducing waste, and they support local green economies through zero waste repair, swapping and maker programs.

### THE OPPORTUNITY

Toronto Tool Library works with the Institute for a Resource-Based Economy Makerspace to deliver educational workshops for children, adults, and seniors. Since few Toronto households have their own workshop or a 3D printer, the Makerspace provides the supportive community and accessible workshop facilities necessary to develop hands-on skills. As the circular economy and sharing economy become popular buzzwords, the Toronto Tool Library builds tangible and lasting impacts through programming that empowers a new generation of makers, regardless of economic barriers.

Learn more at [www.torontotoollibrary.com](http://www.torontotoollibrary.com)



## Why I Give



“Philanthropy for me is a way to be connected to humankind through my talents, time and financial investment; to reach beyond myself and the structural limits of our society, in pursuit of something for the greater good.”

– **Anita Ghosh**, Toronto Foundation Fundholder

## Visions of Science Network for Learning

*Running STEM programs for underserved youth*

### THE ORGANIZATION

Visions of Science Network for Learning advances the educational achievements and positive development of youth from low-income and marginalized communities through meaningful engagement in Science, Technology, Engineering, and Mathematics (STEM) fields. They support youth by providing free and consistent access to experiential STEM programming, directly in their communities. They also connect youth to broader learning networks.

### THE OPPORTUNITY

Community STEM Clubs run weekly workshops, throughout the school year, for youth in grades 3-8 that provide hands-on STEM experiments and activities focused on developing student-led inquiry, team building, and project-based learning that connects to relevant real-world applications. High retention and a demand from youth aging out of the clubs led to the creation of the STEM Community Leaders program a few years ago. This popular program provides advanced and immersive STEM-based experiential learning and community-based leadership opportunities, directed towards the pursuit of post-secondary education and enhanced career aspirations. The program also provides a forum for leadership and skills-building, as participants are re-engaged to be “youth facilitators.” Visions of Science is looking to expand the community leader program to dozens of other low-income communities where demand is high.

Learn more at [www.vosnl.org](http://www.vosnl.org)

# WoodGreen Community Services

*Programming to support Torontonians facing barriers*

## THE ORGANIZATION

WoodGreen Community Services is a sector leader in providing a host of social services across Toronto. They address barriers faced by Torontonians by offering innovative programs across 36 locations. They help people find safe, affordable housing, seniors live independently, internationally-trained professionals enter the job market, parents access childcare, children and youth access after-school programs, newcomers settle in to Canadian life, homeless and marginalized people get off the streets, youth find meaningful employment and training and provide a wide range of mental health supports.

## THE OPPORTUNITY

Woodgreen's Innovation Hub facilitates new program design and enhancement of existing services to deepen their impact. By applying principles of human-centered design, the Innovation Hub ensures that the voices of clients and community members directly shape and inform services that will improve their quality of life. It uses evidence-based approaches and sector best practices to build and test new solutions to emerging and persistent social issues in Toronto. For example, the Financial Empowerment Clinic grew out of their Tax Clinic after discovering that beyond filing taxes, Woodgreen was uniquely positioned to have social work counsellors provide clients with additional financial counselling and empowerment services. This led to the creation of their Financial Empowerment Clinic which now houses the Tax Clinic and other financial counselling services. Through this expansion of services, they scaled from serving 858 clients, to over 5,560.

Learn more at [www.woodgreen.org](http://www.woodgreen.org)



WoodGreen Community Services Meal Program

“The face of poverty is changing and inequity is increasing. Consider supporting social service organizations like WoodGreen through your corporate or philanthropic networks.”

– **Teresa Vasilopoulos**, Executive Director,  
the WoodGreen Foundation

# NEWCOMERS & REFUGEES

## Centre for Community Learning & Development

*Fostering adult education, training and development*

### THE ORGANIZATION

The Centre for Community Learning and Development offers programs in adult literacy, leadership development, immigrant integration, civic engagement, and other skills development for residents in Regent Park, St. James Town, and Moss Park. They equip individuals with tools for growth and empower them to promote positive change in their community by introducing them to a cycle of learning and community engagement, building social capital and a broader perspective on social conditions.

### THE OPPORTUNITY

The Immigrant Women Integration Program is a free, full-time program that provides newcomer women with training, certificate courses, workplace experience, workshop delivery skills, and hands-on experience researching and running a community project. Increasingly, new immigrants are locating in neighbourhoods outside the downtown core, and the organization wants to increase access to this program by implementing distance learning technology to create Virtual Social Change Hubs across underserved neighbourhoods in the inner suburbs. They will use web and video conferencing, chat rooms, and live-streaming across all sites so participants and instructors can collaborate and interact in real time.

Learn more at [www.tcclcd.org](http://www.tcclcd.org)

## COSTI Immigrant Services

*Providing educational, social, and employment services for newcomers*

### THE ORGANIZATION

COSTI Immigrant Services provides immigrants and refugees in the Greater Toronto Area with opportunities to become self-sufficient members of society by teaching them English, helping them find work, providing shelter for refugees, and providing settlement and mental health counselling.

### THE OPPORTUNITY

COSTI's Refugee Youth Leadership Program focuses on refugee youth in Mississauga and Scarborough who are at risk of becoming marginalized and potentially dropping out of high school. They focus on youth who have difficulty with English, who have had a disruption in their education because of their refugee status, and who have been identified by their teachers as struggling in engaging with other youth. The program focuses on language skills development, social interaction, community involvement and academic support. It provides youth with greater confidence to successfully integrate into the Canadian educational environment, social circles, as well as the community. Activities are guided by a Youth Council and include community service and engagement with Indigenous youth.

Learn more at [www.costi.org](http://www.costi.org)

“Sometimes all it takes is a simple intervention to help newcomers get on a solid track to finding meaningful employment and a place in our community.”

–**Mario J. Calla**, Executive Director,  
COSTI Immigrant Services



COSTI Immigrant Services' Refugee Youth Leadership program  
Photo credit: Aly Manji

## **Together Project** (a project of TIDES Canada)

*Connecting refugee newcomers and Canadians*

### **THE ORGANIZATION**

Not all of us can sponsor a refugee family. But just about anyone can be a friend. That's the premise behind The Together Project. The program matches Government-Assisted Refugee families with volunteers. They match volunteer Welcome Groups of five or more Canadians with these newcomers who typically only receive support from government bureaucracy, in order to enhance newcomer independence and rapid and durable integration.

### **THE OPPORTUNITY**

Welcome Groups are the backbone of Together Project's work and are supported with training, resources, and feedback sessions for effectively supporting this higher-needs group of refugee newcomers. They work closely with local community agencies, cultivating networks of newcomers, volunteers, and partners. Its volunteer training curriculum educates and inspires program participants to become effective advocates for newcomers.

Learn more at [www.togetherproject.ca](http://www.togetherproject.ca)



# SKILLS & KNOWLEDGE

## Canadian National Institute for the Blind (CNIB)

*Supporting blind and partially-sighted Canadians*

### THE ORGANIZATION

CNIB is a volunteer agency and charitable organization dedicated to assisting Canadians who are blind or living with vision loss, and providing information about vision health for all Canadians. They deliver innovative programs and powerful advocacy, empowering people impacted by blindness to live their dreams and tear down barriers to inclusion.

### THE OPPORTUNITY

CNIB is looking to formalize and develop an organizational-wide diversity strategy aimed at increasing their programs' accessibility and cultural sensitivity, in order to better serve racialized communities. People of Colour and newcomers have had lower representation in CNIB programs, yet blindness affects everyone. An advisory group of grassroots community leaders will guide the strategy.

Learn more at [www.cnib.ca](http://www.cnib.ca)

## Facing History and Ourselves

*Helping educators use history to stop violence and racism*

### THE ORGANIZATION

Facing History and Ourselves provides professional development and classroom resources to middle and high school educators. The organization helps educators teach about the consequences of racism, Anti-Semitism, and violence through the lens of historical case studies. Through safe classroom environments that encourage conversations about difficult issues, students are encouraged to become "upstanders," who are committed to promoting positive social change in their communities, rather than passive bystanders.

### THE OPPORTUNITY

While Toronto has a reputation as a welcoming, diverse, multicultural city, there are still, on average, three hate crimes reported to police each week. Schools are key environments to promote openness and inclusion, and the organization wants to enhance its impact by launching a Toronto-based network of Facing History partner schools. The Facing History approach is most effective when it is infused into programming throughout an entire school, rather than a classroom-to-classroom basis, so that the majority of students in the school address themes like identity, "othering," ethics, justice, and civic engagement at multiple points during their school experience.

Learn more at [www.facinghistory.org](http://www.facinghistory.org)



## L'Arche

*Fostering community for people with intellectual disabilities*

### THE ORGANIZATION

L'Arche Toronto brings to life the vision of Jean Vanier, where people with and without intellectual disabilities share life in community with a wide circle of family, friends, and neighbours. L'Arche provides homes and supports for daily living, learning life skills, employment, volunteerism and community participation, as well as a creative and performance arts program. They help individuals with intellectual disabilities discover their abilities and gifts, and support them to achieve their goals for a meaningful life.

### THE OPPORTUNITY

L'Arche Toronto's Trying It on For Size (TIFS) program is an innovative and comprehensive approach to exploring how to live more independently. This year-long person-centred curriculum and experiential learning helps women and men with intellectual disabilities increase their confidence and capacity to discover their own places of belonging. As part of the program, participants can "move in" to the TIFS apartment for 24 to 120 hours, and while they are there, they receive up to six hours of one-to-one coaching each day. During their overnight stay, life skills are learnt that are needed for independence. Participants create their meal plans for their overnight stay, grocery shop, cook, clean, do their laundry, and learn first aid and kitchen, fire and internet safety.

Learn more at [www.larchetoronto.org](http://www.larchetoronto.org).



## Lay-Up Youth Basketball

*Using basketball to cultivate future leaders*

### THE ORGANIZATION

Lay-Up Youth Basketball offers year-round after-school programming and summer camps in underserved neighbourhoods. Lay-Up targets beginners and non-elite players, offering a core basketball leadership program for youth aged 6-14 and a coach's trainee employment program for youth aged 15-18. Both programs involve on-the-court basketball skill development and off-court programming, including workshops and speaker series that promote healthy lifestyles, community citizenship, career and academic opportunities, and life skill development.

### THE OPPORTUNITY

Lay-Up has identified mental health supports as an overarching constant need in their programming. They informally began embedding mindfulness into their programs, conducting workshops and bringing in speakers to discuss topics such as anger management, mental health, and addiction. Lay-Up has found that they can better support participants' mental health needs by formalizing mental health initiatives and curriculum, and incorporating them directly into their programming.

Learn more at [www.layup.ca](http://www.layup.ca)

# URBAN NATURE & FOOD

## Greenest City

*Growing and sharing good food  
and a green community*

### THE ORGANIZATION

Greenest City, rooted in the diverse neighbourhood of South Parkdale, is dedicated to growing and sharing good food, and connecting people with the environment and community. They do this through building projects that promote health, support community action, and enhance social and environmental justice in Toronto.

### THE OPPORTUNITY

Their Parkdale Outdoor Good Food Market presents a low-cost alternative for healthy food for low-income and otherwise marginalized families. Greenest City partners with eight different organizations as well as residents to create these weekly markets. A Good Food Market, with produce bought from FoodShare Toronto, looks much like a farmer's market but has two important distinctions: the price is much lower and more local and imported culturally appropriate vegetables and fruits are available. Greenest City has used the market to catalyze support of local community members in creating a vibrant place to start up businesses, to connect to each other over Caribbean drumming, yoga, community arts projects, and learning about health, wellbeing and advocacy. It has become a weekly hub for residents and organizations to connect, learn and access healthy food.

Learn more at [www.greenestcity.ca](http://www.greenestcity.ca)

## Park People

*Helping neighbours activate  
the power of parks*

### THE ORGANIZATION

Park People builds stronger communities by working with local residents to animate and improve parks. Working with a diverse range of Toronto residents, community groups and organizations, with a special focus on the city's underserved neighbourhoods and the City of Toronto's identified, "Neighbourhood Improvement Areas," they host hundreds of community-driven initiatives each year, ranging from community gardens and walking groups, to park clean-ups and art programs.

### THE OPPORTUNITY

Park People works with residents in communities to establish Park Friends' groups, which are resident-driven volunteer groups who care for, activate, and advocate on behalf of their local greenspaces. This work is often concentrated downtown, but there is growing community participation and demand from residents and community groups from outside the city's core. The organization will be expanding their proven model to two underserved areas of the city in Scarborough and Etobicoke. Thus far, advocacy by Park Friends' groups has resulted in over \$4 million being invested in park improvements and programming shaped by community members.

Learn more at [www.parkpeople.ca](http://www.parkpeople.ca)

“Philanthropists have been behind some of our most innovative initiatives, allowing us to research, test, learn, and grow. Consider how you can be bold, flexible and sustained in your support for smaller organizations.”

–**Dave Harvey**, Executive Director and Founder, Park People



*Community volunteers come together to plant trees and steward habitat in Marie Curtis Park. Photo Credit: Matt Forsythe*

## Second Harvest

*Capturing surplus food and sharing it with nonprofits*

### THE ORGANIZATION

Toronto-based Second Harvest is the largest food rescue organization in Canada and is a global thought leader on food recovery. They work to capture surplus food before it ends up in the landfill. Every year, over 12 million pounds of nutritious, unsold food is recovered before it becomes waste, and is distributed to a network of 373 social service organizations.

### THE OPPORTUNITY

Second Harvest's Foodrescue.ca is a free, user-friendly online platform that helps businesses with excess food connect with community agencies offering food

programs, ensuring that good food can be rescued on demand and used to help those living with hunger in our city. Agencies retrieve food directly from food donors by claiming food being offered through the platform. Having the ability to quickly find food suitable for their own programs, at no cost, helps organizations operate more efficiently on limited budgets and redirect saved funds towards their programs. The system eliminates the need for businesses to research where to donate, a major barrier for potential food donors. Businesses can track the amount of food they donate, allowing them to share their impact with customers. Second Harvest has identified Scarborough as a high priority area for expansion.

Learn more at [www.secondharvest.ca](http://www.secondharvest.ca)



## The Stop Community Food Centre

*Using good food to bring people together*

### THE ORGANIZATION

The Stop develops and delivers dignified, innovative programs that provide access to healthy food-building skills, health, hope, and community, and confronts the underlying issues that lead to poverty and hunger. Programming includes drop-in meals, a food bank, community kitchens and gardens, perinatal and family support, and civic engagement delivered across their Davenport West and Christie/St. Clair sites.

### THE OPPORTUNITY

The Drop-In Centre is often the first point of contact with the organization. It is a core program for individuals to meet immediate needs and receive access to healthy food, dignified service, and a welcoming space. Drop-in visitors are largely unemployed and living on social assistance. The Drop-In Space provides

peer counselling, referrals and general assistance to fellow community members (e.g. housing, legal issues, health care, and settlement services), serves two daily meals, and operates a Good Food Bank, which provides healthy, nutritious food baskets for those in need. Despite its success, The Stop has found that women are underrepresented in those who frequent The Stop, overall. The Stop has made program changes to attempt to address this gap, but the Drop-In maintains a heavily weighted male to female ratio. The women who come to The Stop for the Food Bank or Healthy Beginnings Program would benefit from a deeper engagement with the organization's activities and networks. To address this imbalance, The Stop is developing a comprehensive redesign of the Drop-In service and spaces to provide a more equitable and secure environment for female-identifying community members.

Learn more at [www.thestop.org](http://www.thestop.org)

## Why I Give



“I want to see the city be as great as it can possibly be. I want to see the housing crisis end, I want to see child poverty changing. The only way to do that is to take some accountability.”

– **Serena Hak**, Toronto Foundation Fundholder



## Thorncliffe Park Women's Committee

(Trustee: Scadding Court Community Centre)

*Driving public space and community development*

### THE ORGANIZATION

Thorncliffe Park Women's Committee is a culturally diverse grassroots organization working on public space enhancement and community development projects in Thorncliffe Park. It began as a group of local women coming together to transform R.V. Burgess Park into an inclusive place to foster the strengths of the community. Working with the City, they were able to get the park revitalized, with new installations of infrastructure like picnic tables and landscaping, as well as updated playground and splash pad equipment, and paved paths and power outlets. Building off this successful work, the initiative has grown to offer a number of programs to community members, including programs for seniors, youth and children, gardening and fitness initiatives, ravine walks, a sewing studio, community markets, and more.

### Why I Give



“Philanthropy forces you to think outside of yourself, and to question how you can have impact in both small and large ways.”

– **Nancy McCain**, Toronto Foundation Fundholder

### THE OPPORTUNITY

The committee's Park Café is a community based enterprise reducing the barriers for low-income newcomer women and youth to enter the path to entrepreneurship, while providing healthy, affordable, and culturally appropriate food to a low-income community. The café acts as a platform to hone business management and operations skills, creating a pipeline for independent business ownership and growth beyond the collective.

Learn more at [www.tpwomenscomm.org](http://www.tpwomenscomm.org)

Introducing Vision Next – a program at Toronto  
Foundation for emerging philanthropists



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- Keen to network with intelligent, motivated peers to make real change?
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Our vision is to 'graduate' 100 new philanthropists at the end of 2020.



## FOR MORE INFORMATION

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**Are you inspired by philanthropists Anita, Craig, Nancy, Serena and Yen profiled inside?**

Contact Aneil to find out how you can start your own philanthropic journey like they did.

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