



IMPACT REPORT 2025

PRESENCE POWER

CHOOSE
KINDNESS

"THE DAM IS
LIT"



SCAN ME



30th Damiversary
DEVELOP • ASSIST • MENTOR

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92%
OF YOUTH SAY
THEY HAVE BEEN
POSITIVELY IMPACTED
BY THE DAM!

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L5N 6A2



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Charitable #889327466 RR0001

GREETINGS

Dear Friends,

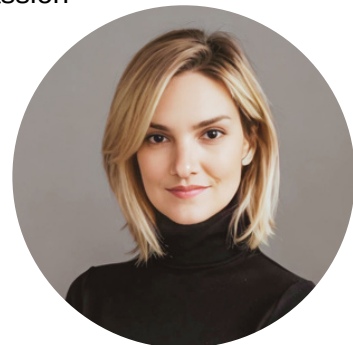
At The Dam, we believe that kindness changes everything. This past year reminded us that choosing kindness in every welcome, every listening ear, and every act of care can transform lives. When youth feel seen, safe, and valued, small gestures grow into deep trust, resilience, and hope for the future.

In 2025, youth told us that The Dam feels like a second home. They shared how mentors helped them overcome challenges, celebrate milestones, and discover their own resilience. More than 2,000 youth engaged with us, thousands of meals were shared, and young people gained vital life skills, mentorship, and belonging. From programs addressing food and housing insecurity to our Youth Employment Program and the launch of Terrafix, our youth-led circular economy project, we continue to walk alongside youth in building hopeful futures.

This year also brought milestones worth celebrating: our 30th Damiversary, the first Dam Distinction Awards, a refresh to our Cooksville site, and the community rallying together at events like the Coldest Night of the Year and the 10 x 10 Challenge. Each of these moments reminded us that kindness, generosity, and dedication can multiply impact far beyond what any one of us can achieve alone.

As we look ahead, our vision is clear: to ensure every youth who walks through our doors feels safe, seen, and connected. We will strengthen our focus on presence, grow youth leadership opportunities, and meet community needs with compassion and creativity. Together with our staff, volunteers, donors, and partners, we will continue creating spaces of belonging where kindness transforms lives.

Thank you for your powerful presence in our work for youth. The journey ahead is bright, and I am honoured to walk it with you.



Dagmar Morgan-Sinclair
Executive Director, The Dam

CIRCULAR ECONOMY
PROJECT
FIND OUT MORE ON PAGE 8



MEET THE TEAM

To our staff, volunteers, donors, and partners: your commitment makes this work possible.
Together, we are creating spaces where youth feel safe, seen, and celebrated.
We are deeply grateful for your generosity and care for the young people we serve.

BOARD

Brian Sequeira
Chair

Jabari Lindsay
Director

Jelena Momirov
Vice-Chair

Jim Raakman
Director

John Sully
Treasurer

Latasha Mcfarlane
Director

Melanie Ty
Director

Saeed Walji
Director

Takudzwa Andrea
Director



**CHANGE BEGINS
WHEN SOMEONE
SHOWS UP!**

STAFF

Chanel Banate
Youth Mentor

Chris Williams
Cooksville
Program Coordinator

Dagmar Morgan-Sinclair
Executive Director

Deanna Vongsaly
CASP & YEP

Eli Fakaua
Youth Mentor

Jenelle Lambshead
Executive Assistant

Jill deJager
Meadowvale
Program Coordinator

Josephine Ang Go
Youth Mentor

Ken Dryfhout
Program Director

Khemroy Daley
Youth Mentor

Melodie Telfer
Marketing &
Communications

Stewart Vander Velden
Operations Manager

VOLUNTEERS

51 volunteers
invested **5276** hours;
equivalent to **\$196,000!***

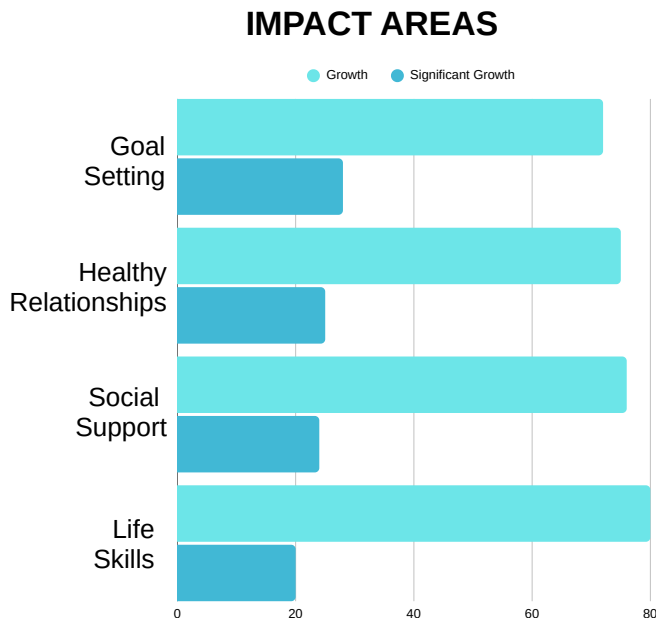
*according to the average
hourly wage in Ontario.



CHOOSE KINDNESS

2025 THEME

"As a Result of my time at The Dam I feel that I have grown in the following areas:"



84%

of youth report a positive relationship with at least one adult at The Dam.

64%

of youth consider a staff member to be a mentor



"I like it here. I feel safe."

AIDEN'S STORY

Aiden, 15, came to The Dam carrying the weight of social anxiety and **feeling invisible at school and even at home**. Conversation didn't come easily, and at first he stayed on the sidelines, unsure if he belonged.

But week after week staff and volunteers greeted him by name, asked how his day was, and created space for him to feel noticed. Other youth began inviting him to join in, and those **small acts of kindness slowly built trust**.

Over time, Aiden started showing up more often, engaging in activities, and finding comfort in knowing there was always someone ready to listen without judgment. One day, during a busy drop-in, he shared with another youth: "I like it here. I feel safe."

Today, Aiden describes The Dam as **"a second home."** What made the difference wasn't grand gestures, but consistent welcomes, shared laughter, and mentors who showed up again and again. Small acts of kindness made a big impact—helping Aiden feel seen, valued, and never alone.

#CHOOSEKINDNESS



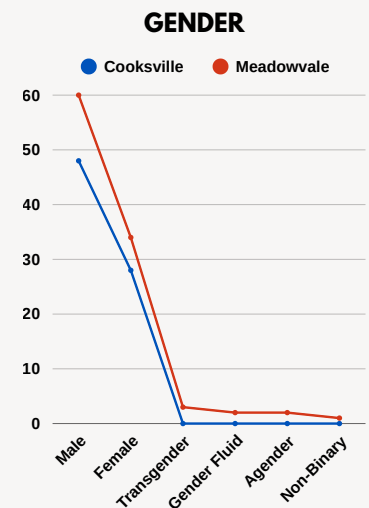
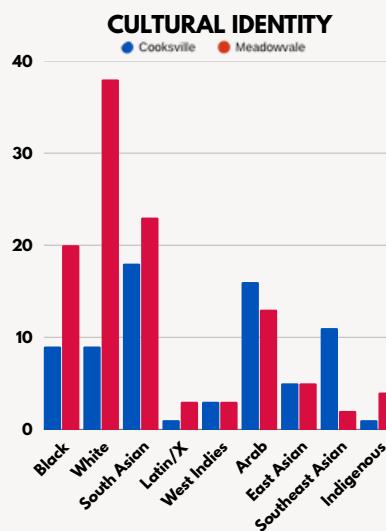
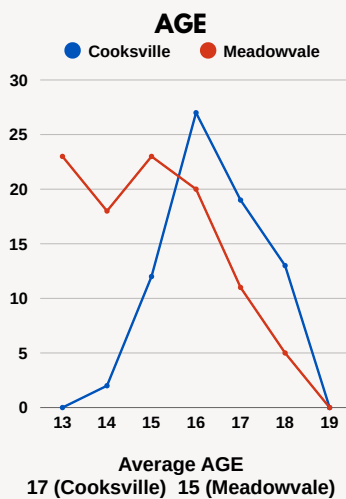
A SPACE FOR ALL YOUTH SINCE 1995

"The Dam has improved my ability to converse with other people and **make important connections**. I feel like I have had an improvement on my metal health as well"

16 year old agender queer youth dealing with an undiagnosed disability who struggles with their mental health

"I **always** have somewhere to go after school and see my friends. The mentors are very kind and you feel like you can talk to them"

17 year old South Asian female youth who struggles with their mental health



2025 Spring survey (180 youth surveyed)

"At one point I was gonna drop out and Jill helped me get back on track, now I'm fast tracking high school and going to college soon, and I have an extra credit"

17 year old female

"The Dam helps me **learn the language better** and I can hang out with my friends"

16 year old Arabic male youth who is a landed immigrant



30th Damiversary

DEVELOP • ASSIST • MENTOR

DINNER & DESSERT AUCTION!

The Dam's 30th Damiversary Dinner & Dessert Auction was a night to remember—old friends reconnected, new friends were welcomed, and everyone enjoyed a delicious meal catered by Elevation Church. The room was filled with laughter, community spirit, and irresistible desserts that were auctioned off in typical Dam-style by our very own “gerosity facilitator”, Ken Dryfhout!

The evening also marked a milestone as we presented the inaugural Dam Distinction Awards —a.k.a. “The Dammys” — celebrating those who make an extraordinary impact at The Dam



2025 Recipients:

Sarah Harnett - Michael Clarke Legacy Award
Dam Alumni who is pursuing a career in Social Work.

Youth Leadership Awards
Sudhanshu Kimbahune - Cooksville Leadership
Jay Chaloupova - Meadowvale Leadership
Current Youth who exemplify Leadership at The Dam

Kelly Breitner - Youth Champion Award
A dedicated ally who actively supports, empowers, and champions young people and youth causes in their community.

Randal Lankheet - Volunteer of the Year
Current volunteer at The Dam



*Bill Crawford (The Dam's first Executive Director)
Presenting **The Legacy Award** to Sarah Harnett*

Thank you to everyone who made the night so special!





YOUTH TODAY: STRUGGLING BUT RESILIENT



Youth in Canada face a challenging reality and our 2025 Dam Survey brings their experiences into sharp focus.

Unemployment Hits Hard

“The unemployment rate for Canadians between 15 and 24 is at 15%, the highest it's been since 2010, not including the pandemic” (CBC News). The Dam has supported Youth Employment since the beginning, however, since we started the **Youth Employment Program (YEP)**, we have been able to **expand this support**. The YEP provides tailored skills training, mentorship, and job placement support—helping youth gain the confidence and experience they need to secure and keep a job.

Food Insecurity Is Real

Food insecurity is on the rise across Canada. Locally, 1 in 13 Mississauga residents rely on Food assistance (Food Banks Mississauga).

Among youth surveyed, **44% reported running out of food or relying on cheaper, less healthy options** - almost a 20% increase from FY24.

The Dam responds by partnering with food banks and other food rescue organizations, ensuring that youth, and their families, have reliable access to nutritious meals.



776 of the 860 programs we offered included food.

(in addition to our food cupboards and pantries)



Job skills training at Boston Pizza

Housing pressures

Our spring survey shows that **13% of youth experienced housing insecurity this year**. The Dam is a part of the Region of Peel's **Community Agency Subsidy Program (CASP)**. This program provides practical support through rent subsidies and wrap-around supports (mentoring, YEP and food support, for example) that help youth secure safe, stable homes—a critical first step toward independence.

Supporting Whole-Person Wellbeing

Beyond employment, food, and housing, The Dam addresses broader youth challenges through the **Planet Youth Mississauga (PYM)**. -Read more on the next page.

Turning Challenges into Action

The Dam's integrated approach—employment support, housing assistance, nutrition programs, and substance abuse prevention—empowers youth to move **from surviving to thriving**. By addressing these interconnected needs, we give young people the tools, resources, and confidence to build a hopeful, sustainable future.

PRESENCE POWER

When Grade 11 youth Jess began meeting with a mentor, she shared, “**I really see the power of presence.**” Her simple reflection captures the heart of our work: building relationships that matter. From this, our 2026 theme was born—The Power of Presence. Every space we create, partnership we nurture, and program we design is about **ensuring youth feel seen, supported, and safe.** Our new Planet Youth Mississauga (PYM) is one example of this principle in action.

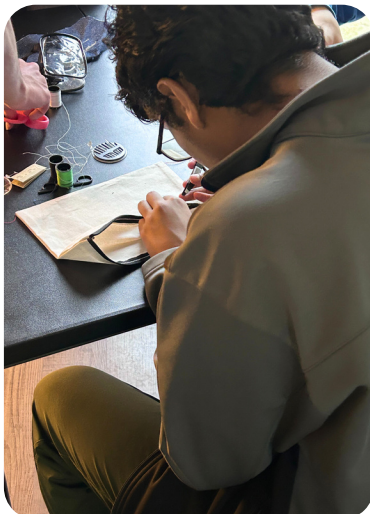
The Dam along with Erin Mills Connects, are moving the Planet Youth Mississauga process forward with funding from the Public Health Agency of Canada. Focused on prevention and community engagement, we are partnering with local school boards and community stakeholders to launch the data collection phase. These insights will shape a collaborative action plan to support young people in building resilience, overcoming risks, and making healthier choices. Planet Youth Mississauga is one of seven pilots in Canada.



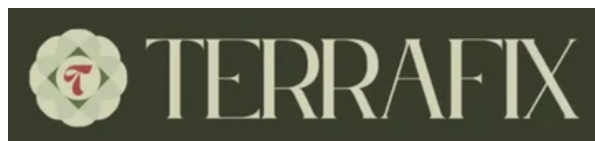
CIRCULAR ECONOMY PROJECT



@terra._.fix



Textile recycling & sewing workshop



Circular Economy is a forward-looking model of production and consumption that extends the life cycle of materials and products. Instead of following the traditional “take-make-dispose” pattern, the **circular economy emphasizes reusing, repairing, refurbishing, and recycling—keeping resources in use for as long as possible.** This approach reduces waste, conserves valuable materials, and creates lasting value for both the economy and the environment.

Introducing Terrafix - a youth-led circular economy project. **Terrafix empowers young people to design and implement creative solutions that reduce waste and repurpose resources within our community.** By engaging youth in hands-on learning and innovation, the project not only diverts materials from landfills but also builds leadership, skills, and environmental awareness.

10 X 10 EVENT - SMALL GIFT - BIG IMPACT!

FOOD SECURITY 2024 - YEAR 1 SEPT 10 - OCT 10



25%*

Have experienced
**FOOD
INSECURITY**
*39% when we include
"prefer not to answer"
or "Don't Know"

Goal: \$10,000
Matching Donor: 1
Total Grand: \$24,480!!

That's **6,370 lunches!**
#meetingREALneeds



THANK YOU!

Our first 10x10 Event was a huge success! With a \$10,000 goal, we raised \$15,480—and with a generous match, reached an incredible \$25,480. That's 6,370 lunches for hungry youth!

This year, the 10x10 Event turns it's focus to housing insecurity. Safe, affordable housing is vital to every young person's wellbeing.

To our staff, volunteers, donors, and partners—your commitment makes this possible. Together, we're building spaces where youth feel safe, seen, and celebrated. Thank you for your generosity and care.

HOUSING 2025 - YEAR 2 SEPT 10 - OCT 10

13%

Are experiencing
**HOUSING
INSECURITY**

Goal: \$10,000



THE COLDEST NIGHT OF THE YEAR 2025

Tune into Kindness!

Walk for youth Mental health

This year, our community came together for the Coldest Night of the Year walkathon and showed what it truly means to Choose Kindness. With the support of 221 walkers on 40 teams, alongside 54 dedicated volunteers and 9 generous sponsors, we raised an incredible \$60,780. Each step taken was an act of kindness—building hope, strengthening community, and reminding us that together, we can make a lasting difference.

221 Walkers
 40 Teams
 54 Volunteers
 9 Sponsors
 \$60,780 Raised

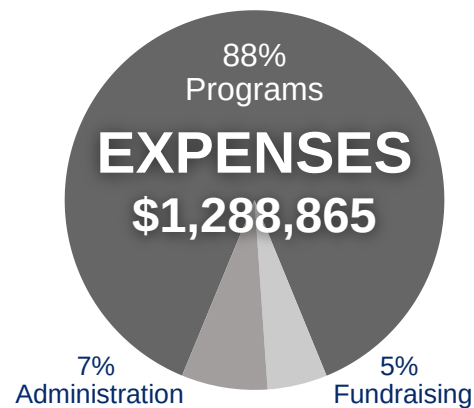


FINANCIALS

REVENUE

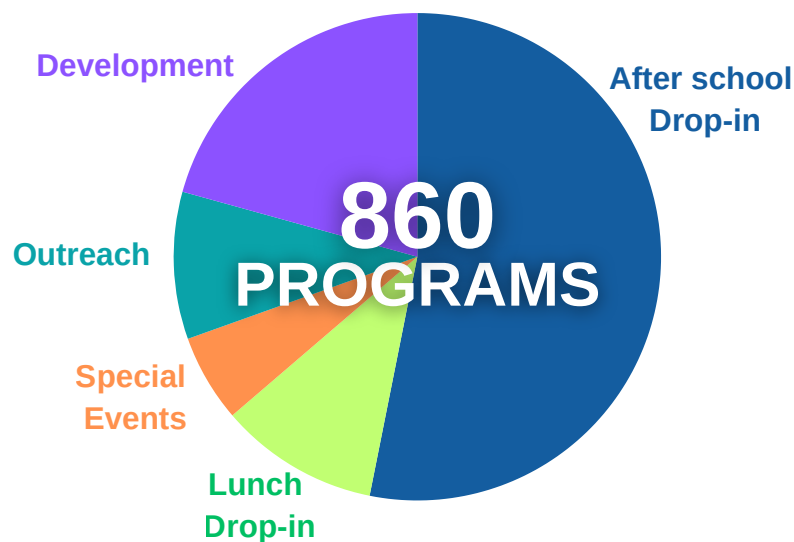
\$ 1,309,156

- 45% Government
- 8% Foundations
- 13% Individuals, Events & other
- 8% Faith Communities
- 16% Corporations
- 10% Community



EMPOWERED...

- 27,980 Youth drop-in visits!
- 2,072 Unique youth served!
- 146 Daily average attendance!
- 192 Youth mentored!
- 127 Youth volunteers!
- 858 Youth volunteer hours



\$1,309,156

-\$1,288, 865

\$20,291

(Reserve Fund)



DONOR CONTRIBUTIONS



**SIGN UP FOR
E-NEWS!**



WAYS TO GIVE



For more information, please visit
www.TheDam.org

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Info@TheDam.org

\$25K+

- Regional Municipality of Peel
- Ministry of Children, Community and Social Services
- Public Health Agency of Canada
- The Corporation of the City of Mississauga
- OLG Rama Gaming House - Mississauga
- Anglican Diocese of Toronto - FaithWorks
- Clearbrook Developments
- Blue Sea Philanthropy Inc.
- United Way of Greater Toronto
- Employment and Social Development Canada (ESDC)
- Citi Financial

\$878,688

\$10K - 24,999K

- York Catholic District School Board (YCDSB)
- Meadowvale Community Christian Reformed Church
- The Charis Foundation
- Ministry of Labour, Immigration, Training and Skills Development (MLTSD)
- Trinity Anglican (Streetsville)
- Wordham Family Fund at Mississauga Foundation
- Jordan Kuyvenhoven Professional Corporation

\$114,895

\$5K - 9,999K

- Canadian Tire Jumpstart Charities
- Lions Club of Streetsville
- Streetsville Royal Canadian Army Cadets
- Alectra Utilities

\$25,500

264 household partners **\$112,945**

39 Partner Organizations **\$47,065**

*The Dam is registered with the Canada Revenue Agency (CRA)
as a charitable organization, registration number 889327466 RR0001*