

**MALVERN FAMILY
RESOURCE CENTRE**

20

24



GRATITUDE REPORT





YOU MADE IT POSSIBLE

In Malvern, progress doesn't happen alone. It's something we build together—every time someone shows up, lends a hand, or simply listens. Programs play a role, but it's people who shape community. And this year, we felt that more than ever.

In 2024, over 19,000 of us found support, connection, and moments that reminded us we belong. We shared 125,047 meals and snacks—food, yes, but also time, conversation, and care. What looked like a lunch break or a group circle often became something more: a reminder that we are stronger together.

So instead of a typical annual report, this one has a different name—because that's what it deserves. A Gratitude Report. A reflection of what we've built, together.

Every number you see here has a story. And I know, because I'm one of them.



*Isabella Walker,
Malvern Youth Leader*





You're Helping Children Build Connection and Confidence

At MFRC, it's never just about offering programs—it's about what those programs create: routines that comfort, spaces that welcome, and relationships that last.

Through EarlyON, After-School programs and Camps, MFRC supports children during their most formative years, when small moments like a shared book, a familiar face, or a snack after play can shape how they learn and how they feel. Because of your support, families continue to return—not just for activities, but for connection.

Caregivers are joining workshops, celebrating cultural festivals and community occasions, and watching their children grow alongside others. With nutrition now part of every session, families—especially those navigating food insecurity—are staying longer and engaging more fully.





You're Helping Children Build Connection and Confidence

In 2024, MFRC reached **5,241 children**—offering safe, consistent spaces where kids are exploring, expressing themselves, and building confidence every day.

“

Some days, we'd just make it out the door—and knowing there'd be snacks meant we could stay. That helped more than I can explain.

Ammara, Parent

”

Through summer camp spots and after-school programs, MFRC provided children with consistent opportunities to play, learn, and build a sense of belonging. Whether it's a parent easing into a new routine or a child forming their very first friendship on their own—your support is making space for children and families to connect, belong, and thrive.

“

My son asked me every week when camp would start again. I hadn't seen him light up like that in a long time.

Rahini, Parent

”





You're Creating Space for Youth to Lead and Belong

At MFRC Youth Hubs, youth are finding more than just a program—they're finding people who listen, spaces where they feel seen, and moments where they take the lead. Because of your support, young people across Malvern are returning regularly to hubs, sports sessions, and drop-ins—building trust and shaping the space as their own.

They're helping prepare meals, co-leading activities, welcoming new faces, and stepping into new roles. From Girls Run to weekend tournaments, from cooking circles to wellness sessions, youth are showing up—for themselves and for each other.

In 2024, MFRC's youth reached more than **1,000 young people** through recreation, mentorship, and leadership opportunities. Participation grew by 20% over the previous year. Youth contributed over 1,500 volunteer hours—leading, supporting, and sharing what community looks like when it's shaped together.



You could see it—they weren't just playing better, they were starting to believe in themselves. That's what stayed with me

Masai Ujiri, Coach - Giants of Africa Dream Big Clinic





You're Creating Space for Youth to Lead and Belong

In 2024, we also launched our first Malvern Youth Advocacy and Action Program (MYAAP)—a space for youth to explore policy, challenge systems, and lead conversations that matter. Participants took on issues like housing, education, and food insecurity—writing briefs, starting projects, and turning ideas into action.

Youth mental health supports are also growing. From school-based workshops to culturally relevant counselling, programs are creating safe spaces for youth to name their struggles, explore tools, and practice self-care—often for the first time. In 2024, MFRC delivered over **300 counselling sessions, reached 358 youth** through classroom workshops, and provided crucial support to families navigating transitions and trauma.

Food continues to bring young people together. Whether it's cooking nights, meal kits, or programs like Scarborough Foodies and kitchens of Malvern, food is creating space for connection, conversation, and care.

“

At first I came for the food—but it's the people that made me want to come back.

Shem, Youth (name changed)

”





You're Walking Families Through Times of Change

The Community & Family department supports individuals across all walks of life—women navigating transition, newcomers adjusting to a new country, older adults seeking connection, and residents working toward food security. Each program responds to different needs—but all of them offer trust, connection, and care.

In 2024, the Women's Program engaged **1,167 women**, marking a **22%** increase from the previous year. With new offerings like evening support sessions, child-friendly drop-ins, and wellness activities, women are finding space to reflect, rebuild, and reconnect.

“

*It felt like someone actually understood what I was going through—
like they saw me. That alone helped me keep going.*

Tina, Community Member

”





You're Walking Families Through Times of Change

The Newcomers Program served **1,823 individuals**, offering supports that ranged from settlement and housing guidance to employment readiness and digital access. New initiatives like the Fall Family Dinner and Kitchens of Malvern brought people together around culture, food, and shared experience.

The Seniors Program supported **1,510 older adults**, offering culturally responsive spaces to move, learn, and reconnect. With meals integrated into all in-person programs, seniors are participating in yoga, wellness sessions, and community dinners—returning each week not just for activity, but for companionship.

“

*I never thought I'd ride a bike. Not at 55+. But there I was—
laughing, pedaling, actually doing it.*

Merlyn, Community Member

”





You're Walking Families Through Times of Change

MFRC's Food Justice work is taking root across Malvern—growing **40,000 lbs of culturally appropriate food** at Malvern Urban Farm and serving thousands of meals across Scarborough through markets, programs, and donations.

Through the Future Farming youth program, participants gained hands-on experience and certifications—one even returned to co-facilitate, inspiring the next cohort.

The Malvern Urban Farmers' Market flourished as a community hub and business platform, with the Market Bucks program helping **200 families** access fresh food while boosting sales for local vendors.

Together, these initiatives are growing a Malvern where food, connection, and community go hand in hand.





You're Making IDEA a Daily Practice

At MFRC, inclusion is not a checkbox—it's a daily commitment embedded in how we show up and who we center. Through the Inclusion, Diversity, Equity and Accessibility (IDEA) team, over **1,200** Black and racialized individuals have engaged in programs that don't just serve—they respond, evolve, and reflect.

In 2024, MFRC's Student Family Advocacy initiative supported dozens of families navigating systemic barriers in education. Through advocacy, workshops, and direct intervention, families accessed information, had their voices heard, and received equitable support in school environments that too often overlook them.

Women's Diverse Voices brought together over **100 community members** for sessions focused on skill-building, leadership, and access to legal and health supports. In one session facilitated in partnership with Scarborough Community Legal Services, a woman seeking refugee status found the legal pathway to begin reunification with her children.

Wellness Wednesday sessions welcomed over **150 participants**, offering culturally rooted mental health and self-care tools that reflected the realities and rhythms of Black and racialized life. As demand grew, MFRC partnered with local practitioners to create responsive, healing-centered spaces for collective care.





You're Making IDEA a Daily Practice

At the Malvern Urban Farmers' Market, the IDEA team prioritized inclusion by supporting local Black and racialized vendors—creating pathways for income generation while also increasing access to culturally appropriate produce. This work strengthened both economic and food justice in the heart of Malvern.

“

When I joined the program, I was overwhelmed and didn't know how to navigate the systems. Over time, I found guidance, support, and people who helped me understand my rights. I don't feel alone in this anymore—I see a path forward.

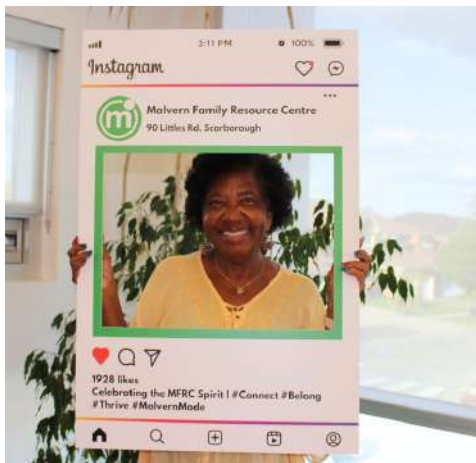
Princess, Community Member

”

Across MFRC, the IDEA team also worked behind the scenes—guiding programs, advising teams, and embedding equity across systems, including hiring practices, program design, staff training, and organizational culture.

In 2024, over **18 resident-led groups** were supported to design and run their own grassroots initiatives, expanding the reach and relevance of MFRC's work from the inside out.

Inclusion at MFRC is a living process—built with intention and powered by trust. From safer spaces for 2SLGBTQIA+ youth to advancing accessibility, it's about showing up for each other, every day.





You're Turning Food Into a Bridge to Community

At MFRC, food is part of every in-person program. Whether it's EarlyON, After-School, Youth, Women's, Seniors, or Newcomers programming—meals and snacks are built into the experience.

We cannot expect a child to focus in an after-school session or a youth to thrive in a sports program if they are hungry. MFRC's model acknowledges that hunger is a barrier to participation—and addresses it by integrating consistent, nutritious, and culturally appropriate food into our programming. Food is a core part of how we create safe, accessible, and impactful spaces.

125,040 MEALS AND SNACKS SERVED IN 2024





TO EVERYONE WHO MADE THIS YEAR POSSIBLE—THANK YOU



The pages you've just read reflect more than numbers or programs. Every meal shared, every story told, every child who walked through our doors this year was part of something bigger than a service—they were part of a community showing up for one another.

At MFR, we believe community-led work is long-term work. And the only way forward is together—with you.

We're proud of what we've built, and determined to keep building what comes next.

With gratitude,

Judene Stewart
Board Chair



Josh Berman
Executive Director



You're Fueling Change With Your Generosity

Donors

- City of Toronto
- Ontario Government
- Government of Canada
- United Way of Greater Toronto
- BGC East Scarborough
- CAMH
- Canadian Tire Jumpstart
- Community Food Centres Canada
- CP24 Chum Christmas Wish
- Dr. Anthony Mair
- Dr. Sheridan Cyrus
- Enbridge Fueling Futures
- Good Companions Seniors Centre
- Imagine Canada
- Jays Care Foundation
- Kassam Foundation
- Malvern Christian Assembly
- Maytree Foundation
- Northpine Foundation
- Ontario Trillium Foundation
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- RESCON
- Strides
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- TD Friends of the Environment
- The Charles H. Ivey Foundation
- The Lewitt Foundation
- Toronto Crime Stoppers
- Toronto Firefighters
- Toronto Star Fresh Air Fund and Santa Claus Fund
- Trisura Insurance Company
- Uber Canada
- Unifor Social Justice Fund
- Weston Family Foundation

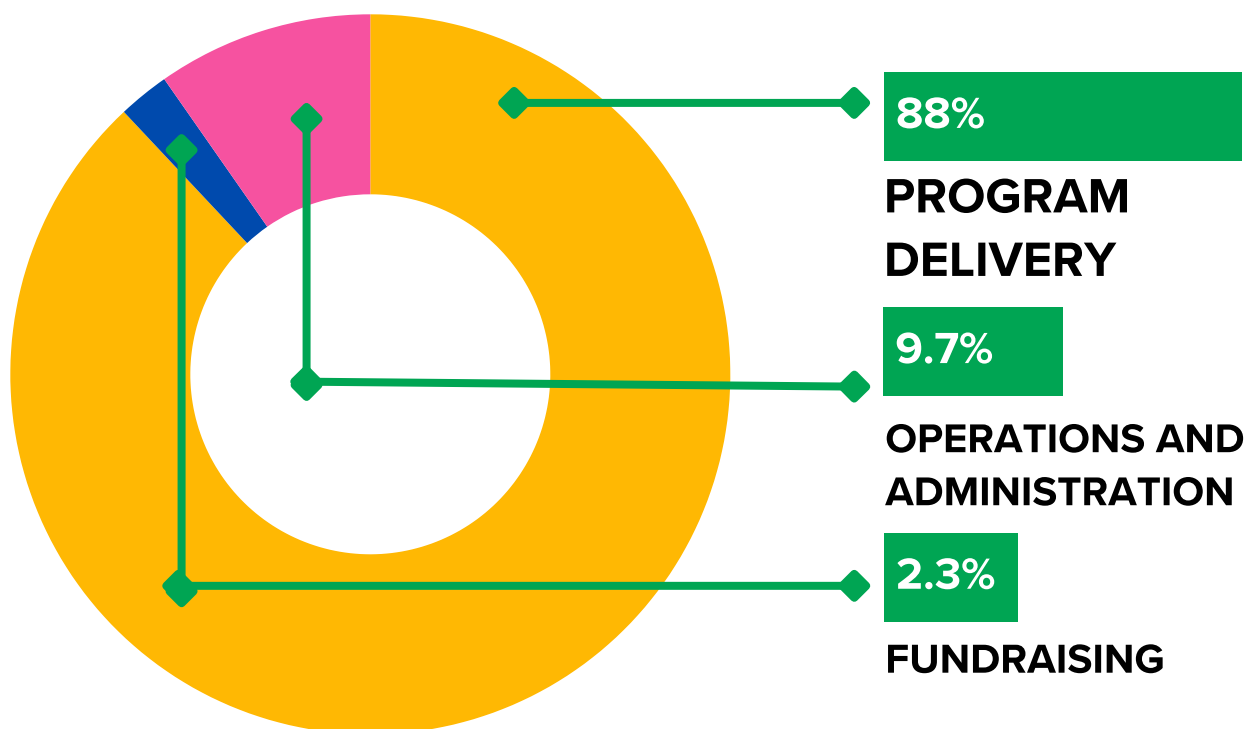
Beyond this list of major donors, we extend our heartfelt thanks to the individuals, families, and community supporters whose generosity fuels our work every day.



YOUR EVERY DOLLAR COUNTS!

Because of your support, we're able to dedicate nearly 90% of our resources directly to delivering impactful programs in our shared communities.

FOR EVERY \$1 THAT COMES TO MFRC



FOR DETAILED FINANCIALS AND AUDIT STATEMENT, PLEASE
SCAN THE QR CODE



FINANCIALS

Statement of Financial Position	2024	2023
As of December 31st		
Current Assets	\$994,479	\$1,640,504
Marketable securities, at fair value	\$856,275	\$511,212
Capital assets	\$4,612,648	\$4,791,845
	\$6,463,402	\$6,943,561
Liabilities and Net Assets		
Current Liabilities	\$1,080,551	\$1,408,343
Mortgage Payable	\$150,574	\$228,832
Deferred government grant	\$2,517,050	\$2,645,030
	\$3,748,175	\$4,282,205
Net Assets		
Invested in capital assets	\$464,954	\$516,170
Internally restricted	\$443,473	\$443,473
Unrestricted	\$1,806,800	\$1,701,713
	\$6,463,402	\$6,943,561



FINANCIALS

Statement of Operations and Unrestricted Net Assets		
As of December 31		
Revenue		
Government grants	\$2,630,267	\$2,449,646
Foundations, corporations and other agencies grants	\$1,373,307	\$1,346,186
Fundraising	\$336,318	\$55,331
Programs registration fees	\$142,367	\$163,800
Other income	\$136,869	\$103,620
Amortization of deferred government grant	\$127,980	\$127,980
Investment income	12,972	\$19,149
Total Revenue	\$4,760,080	\$4,265,712
Expenses	\$4,838,378	\$4,151,821
Excess (deficiency) of revenue over expenses from operations	-78,298	\$113,891
Net change in fair value of marketable securities	132,169	\$47,260
Excess of revenue over expenses for the year	\$53,871	\$161,151
Statement of Changes in Net Assets		
For the Year Ended December 31		
Balance, beginning of year	\$2,661,356	\$2,500,205
Excess (deficiency) of revenue over expenses	\$53,871	\$161,151
Balance, end of year	\$2,715,227	\$2,661,356

Bringing Our Space to Life

We are proud to feature two of the powerful graffiti artworks that now live on the walls of MFRC—each a bold expression of creativity, culture, and community.



Mural at
MFRC, 90 Littles Rd. Reception
Made by: Scarbrite Collective



Mural at
MFRC, 90 Littles Rd. Gym
Made by: Canada Climate Challenge

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