



GRATITUDE :::: REPORT 2025

A place where everyone can 
Connect Belong Thrive

A Year of Connection Growth and Community Leadership



In 2025, we focused on three main pillars: **Connection, Growth, and Community Leadership.**

Malvern Family Resource Centre's 2025 Gratitude Report was more than a summary of the year. It reflected our community's resilience and leadership. In 2025, we focused on three main pillars: Connection, Growth, and Community Leadership. This report highlights the experiences of our community members, their choices, and the growing sense of ownership and pride within MFRC's spaces.

Progress was at the heart of all MFRC programs, from expansion of the Urban Farm, to increased participation in youth activities, to safe and thriving spaces for women and newcomers in Malvern. We saw impact not just in numbers, but in the well being and progress of the families we served. This shared sense of purpose drove change rooted in equity and dignity. None of it would have been possible without dedicated community members, supporters, funders, partners, and volunteers.

In 2025, this progress came from deeper integration and stronger community ownership. By creating more peer leadership roles across departments, we ensured community voices helped shape the programs they were part of. We also worked more closely across teams to provide better support to everyone who came through our doors. As a result, more people engaged in our seniors, youth, and food programs, while food support remained an integral component to keep basic needs at the centre.

As you read these highlights, we invite you to see how our community grew, led, and supported one another every step of the way.

Voices from the Community

For Kandiah Vimalanathan and his family, MFRC isn't just a place to sign up for programs - it's where real connection and belonging comes to life, making everyone feel like they truly matter.

For nearly two years, Kandiah has been attending EarlyON programs with his grandson (age 4) witnessing his little one bloom. Through play-based learning, his grandson has learned new concepts, developed social skills, and gained the confidence to participate and explore independently. What stands out most to Kandiah is the learning environment where children feel safe, encouraged and valued. These programs have not only supported his grandson's development but have also created meaningful opportunities for the family to connect with others and feel part of a welcoming community.

Beyond early years programming, Kandiah actively participates in Tamil seniors' programs, where he has found renewed purpose and connection after retirement. Through activities such as yoga, social gatherings, and shared meals, he has remained active, positive, and engaged with others. MFRC's programs have brought meaningful change to his daily life, helping him remain rooted in community and culture.

One moment has always stayed with Kandiah - during a seniors' program, as a dance performance was underway, he noticed children from the EarlyON program curiously watching from the second floor. A teacher gently invited them to sit together and enjoy the show. For Kandiah, that simple gesture captured everything he loves about MFRC - a place where care brings every generation closer.

I gained immense knowledge, met new people, and never had to worry about food or transit because of MFRC's support. For me and so many others, MFRC is a community that feels like family, where every person, young or old, is welcomed and celebrated.



Kandiah - Grandparent, EarlyON and Seniors Program

Nurturing Strong Foundations



Building healthy communities starts with caring for children. In 2025, MFRC's EarlyON and After School programs gave children an inclusive space to explore and engage in different activities. We wanted our youngest learners to get a strong start and help them thrive beyond school.

Our families matter, and we understand that caregiving isn't always easy. We supported families with school readiness and caregiving resources, so that they felt heard and confident from the start. Building on MFRC's food strategy, we remained committed to making nutritious food an integral part of our initiatives. Recognizing that every child needs nourishment to learn, we ensured wholesome food options were consistently included in all our in-person programs.

Key Programs

- We connected caregivers to resources, guided them through diagnoses, and worked together to find the best path forward.
- Baby Wonderland helped new mothers build connections and prepare for parenthood in a welcoming space.
- Kinder Ready gave children confidence and independence for school, using play and hands-on activities to build problem-solving and social skills.
- MFRC Summer Camp welcomed 650 children ages 4-13 for eight weeks of learning and adventure - helping younger kids with social skills and older ones with leadership, so every child could grow and thrive.

3,269

children participated across school programs from early years to after-school initiatives

1,400+

camp spots offered across Scarborough and Markham engaging 650 children

”

Our son's time at MFRC Kinder Ready Summer Camp was wonderful and memorable. The safe, inclusive environment and engaging activities helped him thrive and prepare for kindergarten. Our family always felt kindness and compassion from the staff." - Justin, Parent

“

Leadership in Action

At MFRC, we see every young person as a leader in the making. That's why, in 2025, we focused on creating opportunities where youth could discover themselves, share their ideas, and build confidence to shape their own futures. Through hands-on projects and collaborative activities, youth found their voices, expressed themselves and formed lasting friendships. We watched participants step up, support one another, and take pride in their growth.

1,500+

youth discovered their innate potential and passion through diverse programs

1,500+

nourishing meals fueled participation, connection and well-being

200+

sessions and activities sparked curiosity and confidence

You Made This Possible



Sports & Recreation: MFRC's sports and recreation spaces gave youth more than just a place to be active. They became places of connection, confidence and shared joy. At events like the Community Athletic Banquet and Annual Sports Day, youth supported one another and stepped into leadership. In doing so, they made these spaces their own.

MFRC Youth Hub: At MFRC's three Youth Hubs, young people helped shape the space around them. They welcomed new faces, shared meals, led activities, and built the kind of friendships that made these spaces feel like their own. Through programs like LEAD Malvern and Food Fridays, they also built confidence, leadership, and everyday skills in ways that felt meaningful and real.



Youth Mental Health: MFRC's programs were welcoming and responsive to the needs of youth and their families. Through counselling, mentorship, workshops and support, we helped young people build resilience. Youth told us these programs made them feel safe, heard, and supported. By bringing services like counselling, mentorship, and harm reduction workshops into schools and community spaces, we made help accessible and barrier-free.

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My counsellor has been an amazing catalyst for my success. She has been extremely helpful and supportive during my journey at MFRC. I appreciate the support heavily and my mental health has improved greatly. Thank you very much to an astounding counsellor! - MFRC Counselling Client

Supporting Connections & Belonging

Strong communities are built through connection, shared leadership and equal access to opportunities. In our seniors, newcomers, and women's programs, people became contributors, leaders and changemakers. Seniors stepped up as peer leaders and built stronger bonds. Newcomers gained skills to navigate life in Canada and shared their cultures. Women found spaces to reconnect, and grow as advocates. These programs built a healthier and more connected community.

30,793+

resources shared to make sure folks had what they needed

6,762

meals served so everyone could join in and feel included

5,772

people took part in newcomers, women and seniors programs

You Made This Possible

Newcomers Program: We stood beside newcomers and their families as they found their footing in Canada, offering support with language, settlement, and confidence building in their new community. Programs like Speak Easy Conversation, Word Play, Kitchens of Malvern, Charcuterie and library visits, helped people strengthen language skills, connect with others, and feel more at home.

We also created hands on opportunities to build skills through workshops on job readiness, financial literacy, digital skills, sewing, henna, and jewelry making. Wellness programs, cultural celebrations, community events, and one on one support helped newcomers access services and settle into life in Canada. Along the way, they shared their own cultures and stories, making Malvern even warmer and more welcoming for everyone.



Women's Program: MFRC's women's programs gave women room to focus on themselves, try new things, and step into leadership. We wanted every woman to rediscover her strengths and find the support she needed to move forward. Some came for fitness classes or life coaching, while others joined family well being workshops or spent time in the Women's Lounge. Programs like Women's Diverse Voices, 16 Days of Activism, and the Women's Advisory Group created space for women to share their stories and grow as leaders. We saw women become more confident and independent while finding strength in community.



Seniors Program: Our seniors' programs created spaces where older adults could stay active, connected and surrounded by community. Through yoga, Qigong, line dancing, badminton, and pickleball, seniors cared for their health while sharing laughter, conversation, and time together. Programs like seniors' lunches, caregiver support groups, and Tamil Seniors offered comfort, familiarity, and connection. Workshops on mental health, digital skills, AI, and smartphone use opened doors to continued learning. What made these spaces especially meaningful was the way seniors showed up for one another, helping create a strong and lasting sense of belonging.



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*I gained immense knowledge, met new people and never had to worry about food or transit because of your support. **Nadia - Women's Program***

Voices from the Community

When Beeva arrived in Canada from Nepal in February 2022, she came with the hopes so many newcomers carry: to build a better future for her family. What she did not expect was how overwhelming those first few months would feel. She was adjusting to a new country, a harsh winter, financial strain, and the uncertainty of starting over from scratch. Without clear information about where to turn for support, even the smallest steps felt difficult.

That began to change when Beeva was connected to MFRC. What first brought her through the doors was a pregnancy support program, but over time, MFRC became much more than a place to access services. It became a space where she felt welcomed, informed, and encouraged. Through English classes, preparation for citizenship, wellness programs, and community events, Beeva slowly began to rebuild her confidence and find her footing in a new country. Support for her children, including diapers and school supplies, also helped ease some of the pressures her family was carrying.

At MFRC, Beeva connected with people from many different cultures and backgrounds, learning from others while feeling seen in her own journey. Her story is a reminder that when newcomers are met with care, dignity, and the right support, they are able not only to settle, but to truly thrive.

MFRC gave me more than support. It gave me confidence, connection, and the feeling that I was not alone in starting a new life in Canada.



Beeva - Participant, Newcomers Program

From Food to Flourishing Communities

Building on the success of 2024, food remained central to MFRC's in-person programs in 2025. Our urban farm and our other food initiatives turned community members into growers, learners, and leaders, helping create a more connected, food-secure Malvern. The Who's Hungry 2023 Report noted, "Food bank visits in the GTA increased by 51%, with visits in Scarborough more than doubling." That's why we kept food access at the heart of our work, meeting urgent community needs. Children, youth, families, seniors, and newcomers could count on a healthy meal or snack when they came to a program. Through Future Farming, the farmer's market, and food distribution, youth learned to grow food and explore sustainability. MFRC also hosted its third Community Iftar, welcoming over 250 community members to share a meal and celebrate Nourish Malvern's success.



You Made This Possible

Malvern Farmers' Market: A lively hub where neighbours, farmers, and small vendors shared food and culture. We felt real pride as local growers brought their best to the market.

Market Bucks: An alternate currency distributed at the market made fresh, culturally appropriate food more affordable, giving families dignity and choice. Families could use Market Bucks to purchase produce and groceries from local vendors, while vendors redeemed them to support their businesses. Food recovery and local sourcing reduced waste and improved access to healthy food.

Farm Expansion: A major milestone was expanding Malvern Urban Farm to three acres, boosting community-led food production. We kept advocating for long-term solutions to food insecurity grounded in equity, access, and community voices.

135,000+

meals and snacks served across 18 program sites

60,000+

lbs. of food sourced and rescued, including 15,000 lbs. through partnership

200+

community members and youth engaged

50%+

increase in Farmers' Market participation with 40+ vendors

Advocating MFRC

Strengthening Community-Led Change

MYAAP is MFRC's youth advocacy program, inspiring and equipping young people in Malvern to see themselves as changemakers in their community.

By offering interactive learning sessions, supportive peer discussions, and real opportunities to connect with decision-makers, MYAAP empowers youth to explore critical issues such as housing, education, employment, mental health, and belonging. Through this journey, participants grow into confident leaders, skilled communicators, and passionate advocates, all within a safe and welcoming community.

The impact of MYAAP reaches well beyond each cohort, igniting a lasting spark for leadership and advocacy in every participant. Alumni continue their journey with MFRC, staying deeply engaged in mentorship and community leadership, and building a vibrant pathway for the next generation. Stories like those of Kiethan Theva, who spoke at HSPA Ignite: IDEA, launched Responsible Cafes TO, and was recognized at Toronto City Hall as part of the 30 Under 30, and Shathvahi Ramesh, who spoke on CBC about food insecurity in Malvern and presented to the City of Toronto's Executive Committee on the Universal School Food Program, show how MYAAP alumni are driving positive change and championing a brighter future for Malvern and beyond.



Advocating MFRC

Building a Food-Secure Malvern

While meals, snacks, pantry supports, and food donations provide vital relief, MFRC is committed to tackling the deeper issues behind food insecurity in Malvern.

MFRC's Food Strategy boldly recognizes that food insecurity is not just about access, but about justice and long-term systemic change. Through its Food Advocacy priority, MFRC is amplifying community voices, building staff capacity for advocacy, and standing alongside residents and partner organizations to demand lasting solutions that address root causes such as income inequality, housing, and social exclusion. This work is strengthened by MFRC's leadership in the wider Right to Food movement, including its recognition as a Good Food Organization and active participation in national food justice learning spaces.

MFRC's advocacy is not just theoretical. It is brought to life by the stories, ideas, and actions of the Malvern community. In initiatives like The Great Big Crunch, after school participants took a bite of a local apple and shared why school food matters to them, sparking conversations about the importance of nutritious food in every child's life. Staff and community members have also spoken at city consultations, contributed to research, and collaborated with partners to advocate for school meal programs and greater food sovereignty in Malvern.

These collective efforts reflect MFRC's vision: moving beyond emergency food support to champion a future where every person in Malvern has access to food that is healthy, culturally meaningful, and truly dignified. By uniting programs, partnerships, and the power of community voice, MFRC is helping to build a more just, inclusive, and food-secure Malvern for all.



Advancing MFRC

#MalvernMade: Voices That Inspire



In 2025, we brought back #MalvernMade for its second year-a storytelling initiative all about celebrating the voices, journeys and leadership of people rooted in Malvern.

Building on the excitement from the 2024 launch, this year's event drew not only community members, partners and local leaders, but also caught the attention of people from across the GTA. It was amazing to see how far Malvern's impact had reached!

The evening's lineup featured a truly inspiring group of speakers:

- Tamara Tatham, Olympian and Canadian Women's Basketball Team member
- Ron Dias, film director of Morningside and Bite of a Mango
- Yanique Williams, Public Policy Manager at Uber Canada
- Shem Parkinson, Executive Producer of the Roz & Mocha Show
- Saye Sathiyakumar, President & CEO of Power Staffing Solutions

Each of them shared stories about resilience, identity and making a difference-giving everyone in the room with a chance to walk away inspired. #MalvernMade was more than just a celebration. It helped community voices be heard, build stronger relationships and show MFRC's ongoing commitment to supporting local leaders with dignity and pride.

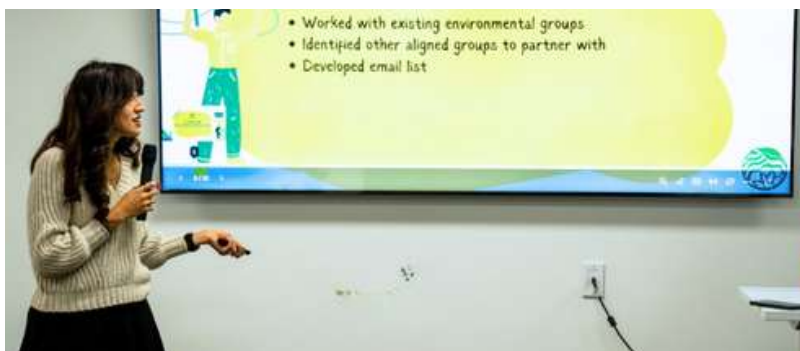
Advancing MFRC

Nonprofit Mic Check: Sector Reflections

In 2025, we launched something new at MFRC; our very first Nonprofit Mic Check. We wanted to do more than just host another event- the goal was to bring together voices from across the nonprofit world and spark a real conversation about how we tell MFRC's stories. It turned out we weren't alone; over 45 communications professionals, storytellers and community leaders from more than 30 organizations joined us to talk about amplifying nonprofit communications.

The energy in the room was incredible-people swapped ideas, shared what's working and what was not and built connections that stretched well beyond the event itself. By creating this space, MFRC stepped up as a leader-not just in delivering services, but in shaping how the sector talks about its impact. We built strong partnerships with groups, making sure that even the voices from smaller, community-based organizations are heard and valued.

That's the kind of collaborative partnership we are proud to have brought to the sector.



MFRC In The News



The Indiana Pacers point guard donated a basketball shooting machine to the Malvern Family Resource Centre in Scarborough on Tuesday.

CityNews Toronto · Nov 29, 2025



Scarborough urban farm expanding to help more people grow their own food | CBC News

An urban farm that helps address food insecurity in Toronto's east end is about to get bigger, allowing more people to grow their own food within city limits.

CBC · May 4, 2025



Government of Canada invests in youth crime prevention in Scarborough

From: Public Safety Canada

News release

January 12, 2026 - Toronto, Ontario

The Honourable Gary Anandasangaree, Minister of Public Safety, today announced over \$1.16 million in federal support to the Malvern Family Resource Centre (MFRC) through the Crime Prevention Action Fund (CPAF).



"I'm proud of where I'm from": Olympian joins film, industry changemakers to celebrate Malvern | CBC News

Changemakers with Scarborough were in the spotlight this week, with the Malvern Family Resource Centre (MFRC) giving them the stage to tell their success stories in the hopes others in the community follow in their footsteps.

CBC · Mar 2, 2025



MalvernMade 2025 honors Changemakers shaping community resilience

MalvernMade 2025 celebrates changemakers shaping Malvern's future, highlighting inspiring stories of resilience, leadership, and community impact in Scarborough.

The Caribbean Camera | Mar 7, 2025

Your Commitment Makes Impact Possible

We continued to strengthen MFRC's partnerships, creating a vital foundation for our community to truly thrive. For us, donors and collaborators are more than supporters - they are partners who believe in MFRC's cause and drive lasting change through their generosity. We are deeply grateful to everyone who has invested in our collective growth and the shared sense of belonging that defines the spirit of MFRC.

Our Donors and Partners

Government of Canada
Ontario Government
City of Toronto
United Way Greater Toronto

ABC Life Literacy
ACSA
Baby Love
Balsam Foundation
CAMH
Canadian Tire Jumpstart Charities
Centre for Immigrant and Community
Services (CICS)
Children's Fitness Centres of Canada
Community Volunteer Income Tax
Program
Cycle Toronto
Cyber AI
Dr. Anthony Mair
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Enbridge
Eyetelligence
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MedicAlert
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Muslim Welfare Centre
Native Child and Family Services
Vi & Yu Ling's NOFRILLS

Northpine Foundation
Period Purse
Peter Giligan
Royal Bank of Canada
Royal Ontario Museum
Rooted in Resilience
Scarborough Centre for Healthy Communities (SCHC)
Scarborough Museum
Service Canada
Shoppers Foundation for Women's Health
Skills for Change
Strides Toronto
TAIBU
Talk It Out Toronto
Toronto Crime Stoppers
Toronto District School Board
Toronto Fire Services
Toronto Public Health
Toronto Public Library
TransCare Community Support Services
University Health Network
Uber Canada
University of Toronto Scarborough
White Ribbon
YMCA
YWCA



Beyond these donors and partners, we are deeply grateful to the individuals, families, and community supporters whose generosity makes our work possible every day.

Leadership Reflections

Every day, we see the strength, resilience, and heart of the people we serve, and it's all grounded in what matters most to us: Connection, Growth, and Community Leadership. This year at Malvern Family Resource Centre has been a powerful reflection of what happens when community leads the way.

In every program, we felt connection deepen - children laughing and learning together, youth finding their voice and stepping up, and seniors, newcomers, and women creating spaces where everyone belonged. These weren't just programs; they were safe places for people to lift each other up and find their own path forward.

Growth this year wasn't just something you could count. It was in the new confidence we saw, the gentle encouragement between neighbours, and families growing stronger together. We expanded opportunities for people to lead and shape programs, so everyone felt they truly belonged and had something to give. Food was at the heart of so much this year - not just something to eat, but a way to connect, show respect, and invite everyone in. Whether it was sharing a meal, tending the Urban Farm, or coming together at the Farmers' Market, food brought us closer and made MFRC's community feel more like home.

Looking ahead, we promise to keep building spaces where everyone can connect, belong, and thrive. Thank you for believing in this work, for showing up, and for making Malvern stronger - together.



Judene Stewart, Board Chair



Dominique Robinson, Executive Director (Interim)

MFRC's Board of Directors 2025-26

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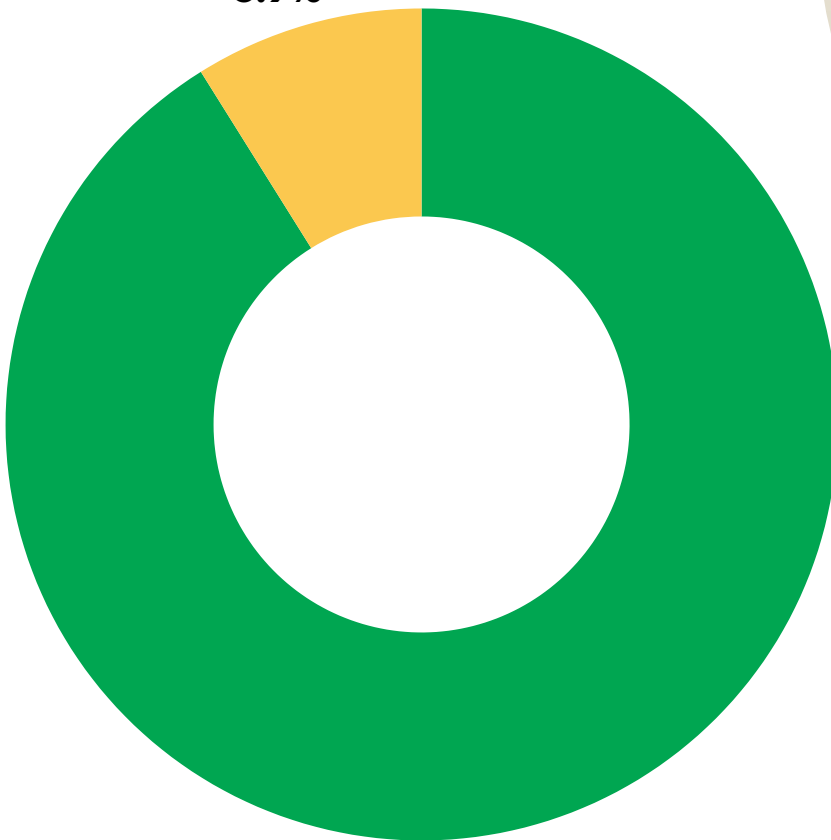
Sabrina Wright

Where Every Dollar Made a Difference

Your support helps keep community at the centre, with over 91% of our resources going directly toward programs that create connection, care and opportunities for community members.



**Operations,
Administration and
Fundraising**
8.9%



Program Delivery
91.1%



For detailed financials and
audit statement, please
scan the QR code.



Scan Me 

Where Every Dollar Made a Difference

Statement of Financial Position	2025	2024
As of December 31st		
Current assets	\$1,463,911	\$994,479
Marketable securities, at fair value	\$954,185	\$856,275
Capital assets	\$4,528,120	\$4,612,648
	\$6,946,216	\$6,463,402
Liabilities and Net Assets		
Current Liabilities	\$1,492,405	\$1,080,551
Mortgage Payable	\$86,403	\$150,574
Deferred government grant	\$2,389,070	\$2,517,050
	\$3,967,878	\$3,748,175
Net Assets		
Invested in capital assets	\$413,738	\$464,954
Internally restricted	\$443,473	\$443,473
Unrestricted	\$2,121,127	\$1,806,800
	\$6,946,216	\$6,463,402

Where Every Dollar Made a Difference

Statement of Operations and Unrestricted Net Assets	2025	2024
As of December 31		
Revenue		
Government grants	\$3,145,147	\$2,630,267
Foundations, corporations and other agencies grants	\$1,166,764	\$1,373,307
Fundraising	\$342,444	\$336,318
Programs registration fees	\$255,847	\$142,367
Other income	\$154,094	\$136,869
Amortization of deferred government grant	\$127,980	\$127,980
Investment income	\$21,393	12,972
Total Revenue	\$5,213,669	\$4,760,080
Expenses	\$5,033,544	\$4,838,378
Excess (deficiency) of revenue over expenses from operations	\$180,125	\$(78,298)
Net change in fair value of marketable securities	\$82,986	\$132,169
Excess of revenue over expenses for the year	\$263,111	\$53,871
Statement of Changes in Net Assets		
For the Year Ended December 31		
Balance, beginning of year	\$2,715,227	\$2,661,356
Excess (deficiency) of revenue over expenses	\$263,111	\$53,871
Balance, end of year	\$2,978,338	\$2,715,227

Looking Ahead

MFRC's Continued Commitment

As we look ahead to 2026, MFRC will continue supporting the community-driven programs that make Malvern stronger. We aim to build on MFRC's food initiatives, encourage youth leadership and strengthen the partnerships that help our neighbourhood thrive. We will remain focused on creating spaces where everyone can feel a sense of belonging. We look forward to another year of connection, belonging and thriving together!



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🌐 www.mfrc.org

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