

Sarnia-Lambton

ANNUAL REPORT 2023-24

# REBOUND



2023

HIGHLIGHTS AND  
SUCCESSSES

2491

YOUTH SERVED

A BIRTHDAY CELEBRATION

40 YEARS  
OF SERVING  
YOUTH &  
FAMILIES

YOUTH  
FIRST,  
ALWAYS



# Land Acknowledgement

Sarnia-Lambton Rebound recognizes that the land on which we support our youth was stolen from the Chippewa, Odawa, Potawatomi and Delaware nations through Treaty 29. We take a moment now to recognize the generational impact of this harm on our local Indigenous community. We as a staff commit to continue using our privilege to support all youth in our community and support the healing of Indigenous communities through intentional relationships and partnerships.



Artwork - Seven Grandfathers Teachings by: Kennady Osborne - Seventh Ryan Design Co.

## OUR VALUES

**SUPPORT** Every youth has the right to support in their developmental journey.

**COMMUNITY** That youth are equal and valued partners in the framework of the organization and our larger community.

**COLLABORATION** We are committed to ongoing program evaluation, knowledge exchange and community collaboration.

**SUCCESS** That every volunteer, staff and board member is vital to the success of our organization and equally valued for their contribution.

## OUR STORY

Founded in 1984 by Barry Symington, Dee Cox, and Terry Fitzgerald, Rebound is a grassroots agency based in Sarnia-Lambton. Our mission is to address the needs identified by youth and the community through responsive, evidence-informed prevention and early intervention services.

Recent trends in service requests have highlighted issues such as mental health, stigma, identity, isolation, bullying, and pressures from social media. Recognizing the need for safer spaces and caring guidance, Rebound leads The HUB and collaborates with the Youth Wellness Hub Ontario (YWHO).

Research shows that the brain continues to develop until around age 25, emphasizing the importance of supporting young people during adolescence. Through evidence-informed programs, we aim to strengthen youth before issues escalate. Our programs are accessible to all youth aged 8-24, with referrals from various sources including self-referrals.

At Rebound, all youth are welcome, and our customizable supports ensure that each individual's unique needs are addressed without lengthy wait times.

# EXECUTIVE DIRECTOR & BOARD PRESIDENT'S MESSAGE

Forty years of Rebound! We have been reflecting on the journey with immense pride and gratitude. Over the last four decades, we are incredibly grateful and privileged to have provided positive support to over 40,000 children, youth and families in our community. This milestone not only celebrates our past achievements but also serves as an opportunity to look forward and ensure the continued success of our mission.

In addition to the celebrations of our 40th anniversary, this past year we have been re-committed to youth engagement and relational practice. We truly believe that the voice of youth creates an environment where they feel valued and motivated to contribute meaningfully to Rebound and to our community as a whole. At the heart of our approach lies the concept of relational practice. This transcends merely building relationships with young people; it means being actively engaged with them as they navigate their daily lives. We believe this method is the foundation for their success. It is an approach that permeates every level of our organization. We are currently half-way through our current strategic plan which includes redefining our programs, rebooting after the pandemic, and reimagining the future. We have built upon our community collaborations to support these efforts.

Of course, we are not all work – Rebound is skilled at creating fun and having a great time while making memories with and for our youth. This year, our events have been nothing short of spectacular. From the first ever Youth Makers' Expo, to the many memorable nights the Red-Carpet Ready event supported, to the Swifty Sing-Along Paint Party and the Rebound Rocks Tour. Each event showcased the achievements, talents and creativity of our youth. Be sure to purchase your ACTII tickets as soon as you can, you won't want to miss the tremendous talent our youth will have on display at the Imperial Theatre again this year.

Our journey over the last 40 years has been shaped by the forward thinking of our founders, dedication of our staff and volunteers, commitment of the board, the generosity of our supporters and the strength and spirit of the young people and the families we are honoured to serve.

Thank you again for your many compassionate actions, support, partnership, and dedication to all that is Rebound over the past 40 years, and for the years to come. You have embodied the belief that we can, and always will, do more together than we do alone. We continue to be in awe, and remain grateful, humbled, and inspired.

Thank you for being an integral part of our mission and for your unwavering support.

Michelle Holbrook  
Executive Director

Meghan Realsmith  
President of the Board



# 2023-2024 HIGHLIGHTS

**208** Youth served  
at the Hub.

**10**  
Year anniversary  
of the Spectrum  
Program.

**2491**  
Youth Served in  
20 programs

**219**  
Youth received  
formal wear at  
Red Carpet  
Ready events.



# YOUTH TESTIMONIALS ON THE IMPACT OF REBOUND

"As a pre-teen I came to the spectrum program for the first time barely knowing what LGBTQIA+ even was, over the past 6 years I've learned an incredible amount not just about myself but about others, the community, supports etc. I've made many friends over the years and the Spectrum program encouraged me to become the person I've grown to be and I couldn't have done it without Ky, Julie, Zibby, Shea, and all the placement students that have rotated around the program through the years!"

-Spectrum Youth

"That's such big news I'd just like to thank you for all the help, you've been a great support for me, and I feel you may be taken for granted sometimes but I'd just like to express how much you've helped me from taking me to appointments to helping me fill out and apply for things and even just be somebody I can talk to. These last few years have been insanely hard, but you've helped me not only survive but be able to get to a place I can take care of myself in a real and healthy way. Without your encouragement and support I know I'd be on a far much harder path if not gone by this point. Thank you so much for everything. And being generous with your time and energy. You are dearly appreciated and I always wish the best for you. You are awesome! You have changed and touched many lives and we are all very lucky to have somebody like you!"

-Youth in Transition Participant

"Everyone in the Rebound Rocks program is some of the nicest people that I've ever talked to, and I feel like playing music together has helped us all create a special connection. I was incredibly nervous as I walked into my first rehearsal and took a look around at my new bandmates. At first, I thought that there was no way I was either cool enough or talented enough to play with them, and at times, I still have my moments of doubt. However, I've never had a group of people other than family who have accepted me for exactly who I am, and who I felt like I could truly be myself with. A very cliché thing to say, I know, but it's true."

-Rebound Rocks Youth

"you cannot undo a do"

-T.A.G. Program Youth

"You have all been such amazing help and have truly made a great impact on my thoughts and actions! Thank you".

-T2 Classroom Youth

"I want you to know I had a really good time here in the T2 classroom"

- T2 Classroom Youth

" Not only that, but I can't begin to describe just how immense the change has been in my confidence. I am a completely different person than when I started, and I've slowly been re-connecting with my younger, louder and crazier self again. Suddenly, I feel more whole, and happier on a day-to-day basis. I will still have off days because after all, I'm only human, but the good days significantly outnumber the bad ones. I know that whenever I show up at a gig or practice, even if I'm having one of the worst days of my life, I'm always gonna come home with a smile on my face."

-Rebound Rocks Youth





## CHOICES

Rebound’s Choices Jr. program, spanning 10 weeks, caters to youth aged 8-12, emphasizing decision-making and coping skills. This engaging program equips participants with essential tools to navigate informed decisions, increase awareness of substances, prioritize self-care, and better understand emotions.

Throughout the program, youth are encouraged to explore coping strategies and enhance their emotional self-awareness while fostering connections with peers and volunteers.

In 2023, this program served a total of 14 youth, with an impressive 88% reporting an increase in understanding the importance of self-care, showcasing the program’s positive impact on participants.

Similarly, the Choices SR Program, tailored for youth aged 13-17, offers a 10-week journey focusing on harm reduction skills. Covering topics such as substance education, vaping education, youth and the law, and self-care, this program provides vital support to young individuals.

**26**  
youth served



## LIFE CHOICES

Our flagship program, Life Choices, has been a cornerstone of our services since its inception in 1984, generously supported in part by the United Way of Sarnia-Lambton. This nationally recognized 10-week social skills program is tailored for youth aged 13 to 18, aiming to foster personal growth and development.

Utilizing interactive activities, behaviour rehearsals, and video clips, our dedicated staff and volunteers guide participants through weekly topics, including self-esteem, relationship improvement, and pro-social skill development. The program creates a relaxed and safe environment where youth can learn and have fun simultaneously.

In 2023, Life Choices ran twice, serving a total of 30 youth aged 12-17. Each session is customized based on the unique needs of the participants, covering a range of topics such as self-respect, resiliency, youth and the law, social media, substance education, goal setting, and communication. Notably, one graduate of the program has transitioned into a junior coaching role in another program, showcasing the program’s lasting impact on youth development.

**30**  
youth served



## T.A.G. PROGRAM

The T.A.G. Program (Tools For Achieving Growth) was exceptionally popular this year, with a waitlist for every session, reflecting its value and impact in the community.

The T.A.G. Program supports boys aged 8-12 in developing essential skills and techniques to manage impulse control, aggression, decision-making, bullying, and building healthy friendships. Staff and volunteers use games, activities, behavior rehearsals, and video clips to help youth develop effective long-term strategies.

Weekly Topics Include:

- Physical Aggression
- Communication
- Healthy Friendships
- Teamwork
- Respect
- Bullying/Cyber Bullying
- Positive Decision-Making
- Impulse Control
- Peer Pressure

In 2023, the T.A.G. Program served 34 youth.

**34**  
youth served



## P.A.S.S. PROGRAM

The P.A.S.S. Program (Positive Alternative to School Suspension) provides an alternative to home suspension for students in grades 4 through 12 in both Sarnia (LKDSB & SCCDSB) and Chatham (LKDSB). Designed for youth facing school suspensions of 1-10 days, PASS focuses on developing positive social and cognitive skills while ensuring students maintain their academic progress.

The P.A.S.S. Program outcomes speak for themselves. 86% of youth found attending the PASS Program more useful than being sent home. 80% of youth reported that the P.A.S.S. Program helped them address the reasons for their suspension.

By offering structured support and guidance, the P.A.S.S. Program helps students stay on track academically and develop the skills needed to succeed, making a positive impact on their school experience and personal growth.

Youth Feedback:

"Honestly, I wouldn't change anything about PASS. It's the perfect ratio of work, breaks, and talking with the staff."

**115**  
youth served



## IN -SCHOOL DETENTION

For the past seventeen years, Rebound has been delivering in-school suspension and detention services to secondary schools in the St. Clair Catholic District School Board in Sarnia and Chatham. Instead of being sent home, students are referred to this program by school administration and participate in on-site detention within a classroom setting. During their time in the program, students receive support to complete their schoolwork and engage in social skills development.

Staff members hold reflective conversations with the students, discussing the reasons for their detention and exploring alternative choices for the future. This approach not only helps students stay on track academically but also fosters personal growth and better decision-making. Additionally, the program provides a quiet space for students to catch up on missed work.

Rebound's in-school suspension and detention services play a crucial role in supporting students' academic progress and personal development, ensuring they have the tools and guidance needed to make positive changes and succeed in their educational journey.

**1288**  
youth served



## HOUSING SUPPORTS

Rebound continues to provide supports to the youth living at Ohana Landing, a transitional housing building for youth aged 16-24, and youth in the community who have experienced homelessness. Currently there are 8 youth (and 3 children) living in Transitional Housing and 4 living within the community. The Housing Support Worker offers supports to youth that include; strengthening life skills, goal setting, support in maintaining stable housing and working towards independent living, mental health supports, community integration and stabilization.

The Housing Support Worker also regularly connects youth to their community supports. Over the last year, some of the connections and collaborations that were made include: Lambton Public Health, West Lambton Community Health Centre, Lambton County Social Services, Family Counselling Centre, Canadian Mental Health Association (Housing & Case management), Youth Job Connection, LEADS, Sarnia-Lambton Children's Aid Society, Native Friendship Centre (Addiction Navigator, Red Path & Life Long Care Worker), Lambton College, The Inn of the Good Shepherd, Ontario Works, Ontario Disability Support Plan, Youth in Transition worker (Rebound), The Hub and Bluewater Health (Withdrawal Management, Mental Health & Addictions) as well as YWHO.

**18**  
youth served



## TRANSITIONS 2 CLASSROOM (T2)

T2 provides a specialized learning environment for students disengaged from traditional high school settings. Referrals come from the Children’s Aid Society and Youth Probation. T2 collaborates with numerous community agencies, including Youth Probation, St. Clair Child and Youth Services, Lambton Kent District School Board, and John Howard Society, to support youth and their diverse needs.

T2 serves high school students aged 14-18, offering therapeutic activities to help them achieve their academic and personal goals. The program coordinator works closely with a teacher to ensure students remain engaged in their learning. Activities include life skills development, coping mechanisms, informational meetings with community partners, resume building, cooking, field trips, and more.

In 2023, T2 successfully helped 25 youth re-engage with their education, demonstrating significant progress by completing 42 credits. This program is crucial in providing the support and resources needed for youth to succeed academically and personally.

**25**  
youth served



## INTERSECTIONALITY TO INCLUSIVITY (i2i)

In its second year i2i has flourished. Two standout events defined our year: an amazing theater viewing of “The Little Mermaid,” fostering community engagement and celebrating diversity, followed by the Connecting Cultures Through Cuisine event. This fall festivity showcased global culinary delights from Sarnia itself, including Caribbean flavors from Dolly’s Jerk Joint, Indian delicacies from Natural Spice Multi-Cuisine, Japanese cuisine from Kitano Japanese Cuisine, Italian fare from Alfredo’s Pasta Boutique & More, and Middle Eastern delights from Barakat Restaurant.

To foster greater inclusivity, our fall drop-in program evolved to include all-age nights alongside focused age-specific sessions (8-12, 13-17, 18-24), facilitating varied connections within appropriate peer groupings.

Throughout the year, we engaged with local schools, Sarnia-Lambton CAS, and maintained partnerships with the Sarnia Lambton Alliance Against Hate through information booths, interactions, and presentations.

In 2023, we served a total of 148 youth through drop-in programs, booths, and events. Noteworthy outcomes include youth’s increased willingness to engage in conversations surrounding race, identity, and personal experiences.

**148**  
youth served



## S.T.A.G.E.

Our S.T.A.G.E (Strategies Towards Achieving Girl Empowerment) Jr. & Sr. program spans 10 weeks and is tailored for young female identifying, with Jr. sessions catering to ages 8-11 and Sr. sessions to ages 12-15. This program addresses key issues such as relational aggression and body image, meeting the developmental needs of participants across both age groups.

Offered in response to community demand, the program provides a vital platform for young girls to navigate societal pressures in a healthy manner. Topics covered include relational aggression, unhealthy media messages, self-esteem, safety, healthy body image, bullying, and cyberbullying.

In 2023, this program ran twice, offering invaluable support and guidance to 24 youth. Participants engage in various activities, including making friendship beads to cherish their experiences in the S.T.A.G.E. Program.

**24**  
youth served



## EDUCATION & COMMUNITY PARTNERSHIP PROGRAM (ECPP)

The ECPP Program caters to students who, due to various reasons, require specialized educational support outside the conventional school system. These students, who are clients of local agencies and the community, are taught by a Lambton Kent District School Board teacher following the Ontario Ministry of Education curriculum.

Supported by Rebound staff, an LKDSB Teacher, and an Educational Assistant, the ECPP at Sarnia Lambton Rebound and within Northern Collegiate Institute & Vocational School provides a therapeutic environment for students to fulfill their educational requirements at a pace tailored to their individual needs. This school year included the addition of Intensive treatment based in Dialectical Behaviour Therapy lead by St Clair Child and Youth with the support of our Rebound facilitator within the NCISS classroom.

In the past school year, the ECPP served 25 high school students and 3 elementary students over both locations.

**28**  
youth served



## STAND & COUNTY PROGRAMMING

The STAND (Stop Think Act & Decide) Programming in the county continues to provide invaluable support to youth aged 8-18, offering one-on-one guidance on crucial topics such as decision-making, strengths, and emotional regulation. Many referred youth expressed a desire to continue or return for additional services beyond their required sessions, underscoring the program's effectiveness and impact.

In addition to individual support, our In-School Programs reached elementary school youth through five sessions this fiscal year. These sessions, including STAGE Jr. in Plympton-Wyoming, THRIVE at Hillcrest School, and THRIVE and Choices Jr. at Bridgeview, have been enhanced to encourage greater youth engagement.

Furthermore, with the support of the Petrolia Community Foundation, we hosted a movie event in Petrolia, fostering community connections and providing a fun, inclusive experience for local youth.

100% of youth reported an increase in decision-making capacity

95% of youth reported an improvement in coping skills

100% of youth reported an increase in understanding the importance of self-care.

**22**  
youth served in S.T.A.N.D.

**81**  
youth served (in school)



## YOUTH IN TRANSITION (YIT)

The Youth in Transition Program empowers youth aged 16-24 involved with a Children's Aid Society, guiding them in accessing and navigating essential services as they move towards adulthood. This program provides comprehensive support, including service navigation, life skills programming, and goal setting, to foster better outcomes for these youth, who often face significant challenges compared to their peers.

In 2023, the program saw remarkable success, with 80% of participants reporting improvements in key areas such as housing, education, and employment. There was a significant increase in life skills and wellness group offerings, with 12 groups accommodating 57 participants, compared to just 3 groups with 7 participants the previous year. Additionally, there was a growing interest among youth to facilitate or co-facilitate these groups, sharing their knowledge and experiences with peers.

Key Areas of Support for youth in the YIT program include Housing, Education, Employment, Health Care, Mental Health, Life Skills & Food Security. By addressing these critical areas, the Youth in Transition Program ensures that youth involved with child welfare are better equipped for a successful transition to adulthood.

**65**  
youth served



## PROJECT 1 IN 3

Project 1 in 3 is a vital diversion program for male-identifying youth aged 12-17 who have engaged in minor sexual offenses, such as sharing intimate images, non-penetrative touching, sexual harassment, and invitation to touching. Developed in collaboration with Lambton OPP, Sexual Assault Survivors Centre, Youth Probation, and Sarnia-Lambton Rebound, this program aims to educate youth in a supportive environment.

Project 1 in 3 focuses on helping participants understand the importance of consent and respectful behavior. In 2023, 100% of the youth reported that the program significantly improved their understanding of consent.

By providing this crucial education, Project 1 in 3 supports positive behavior change and helps prevent future offenses.

**7**  
youth served

## CARE PROGRAM

The C.A.R.E. program emerged from insights gained through the 1 in 3 program, aiming to foster healthy relationships among youth aged 12-17. It welcomes referrals from caregivers, schools, and community agencies, empowering participants with essential skills for effective communication, boundary setting, and recognizing unhealthy behaviors. Jointly operated by Sarnia-Lambton Rebound, Women's Interval Home, and Sexual Assault Survivors

**10**  
youth served



## REBOUND ROCKS

As Rebound Rocks marks its sixth year, we're proud of our enduring presence and impact. Embedded within our community, we've gained recognition in the local music scene, offering youth an unparalleled musical journey, drawing aspiring talents from all corners of Lambton County.

Throughout 2023, Rebound Rocks maintained its regular rehearsal schedule on Thursday evenings, supplemented by occasional sessions on Wednesdays, totaling 40 band practices. This consistent dedication to honing skills and fostering collaboration among our participants is central to our mission.

Our program's success is not only measured by musical achievements but also by the unwavering support of our parents, who continue to engage actively, with 100% participation. Their involvement, from attending concerts to assisting with equipment logistics, underscores the invaluable role they play in nurturing our young musicians.

In December, we hosted a heartfelt year-end celebration to express gratitude to the parents and caregivers whose dedication and support made the season possible. The event resonated deeply within our community, serving as a testament to the collective spirit that drives Rebound Rocks forward.

**11**  
youth served



## DUNGEONS & DRAGONS

In another successful year, Rebound's Dungeons & Dragons Program continued to engage and inspire youth through interactive storytelling and shared imagination. As a team, they embarked on epic quests, all the while developing life skills through a subconscious lens. To capture the essence of their adventures, we introduced a Quote of the Week section, where youth offered suggestions from each week's game. One memorable quote was- "I see trees of green, more trees of green and I think to myself...I am lost in these woods." – Risk, Elf Rogue/Fighter (Context: They got lost in the woods.)

After four years of D&D Rebound, we've discovered that the greatest stories our youth tell are their own, and we feel privileged to be part of their journey in life.

75% of youth at the end of the program in summer 2023 experienced significant personal growth in Self-Awareness, Sense of Belonging, Empathy, and Social Connectivity directly tied to D&D Rebound.

Youth Quote about the program: "It was a lot of fun. A lot of my friends play D&D, and it helped us bond so maybe it'll help others."

**24**  
youth served



## S.T.A.N.D.

The S.T.A.N.D. (Stop, Think & Decide) Program offers therapeutic support and early intervention through private sessions, catering to individual youth needs or as a transitional option while awaiting group programming. Specifically designed for ages 8 to 17, S.T.A.N.D. sessions provide a safe environment for youth to navigate the complexities of the teen years.

Unlike many group-oriented programs at Rebound, S.T.A.N.D. recognizes the value of one-on-one communication. It serves as a crucial bridge for youth who may find solace in individual sessions or are awaiting other Rebound services. Importantly, S.T.A.N.D. sessions are provided free of charge, ensuring accessibility to all.

In 2023, S.T.A.N.D. served a total of 16 youth, highlighting its importance as a personalized and supportive resource for young individuals navigating challenges during their formative years.

**16**  
youth served



## SPECTRUM

Spectrum is an inclusive drop-in program for 2SLGBTQIA+ youth in Sarnia-Lambton, providing a safe space for those aged 12-24 to find community, express their identities, and engage in educational and fun activities free from judgment.

Spectrum's over-arching goals are to ensure a safe space for all 2SLGBTQIA+ youth, combat homophobia and transphobia through community outreach and educational campaigns & help youth gain self-confidence and feel comfortable in their identities.

Youth experience includes One-on-one support, acceptance and understanding, knowledge of 2SLGBTQIA+ history, building friendships, guest speakers who identify as 2SLGBTQIA+, fun through art, board games, movie nights and opportunities to participate in community events.

Celebrating 10 years at Sarnia-Lambton Rebound, the Spectrum program had 280 visits from 53 individual youth with 13 new intakes.

Spectrum continues to be a vital resource for 2SLGBTQIA+ youth, fostering a supportive environment where they can thrive.

**53**  
youth served



## THE HUB

The HUB is a safe, welcoming drop-in space for youth aged 12-24 to gather and hang out in a supportive environment. Staying current with trends and needs, our staff designs relevant programming tailored to today's youth.

The success brought in the 2023-24 year was made possible by multiple community partners including: Canadian Mental Health Association, West Lambton Community Health Centre (Housing & Harm Reduction), Rapids Family Health Team, John Howard Society, Sexual Assault Survivor Centre, St. Clair Child & Youth Services, Goodwill Career Centre.

We are deeply grateful to our community partners and volunteers for facilitating various programs at The HUB, including Weir Active, Sarnia Library, Sarnia Police, Lambton Employment Services, WLCHC, Lambton College Empowering Minds, Therapy Dogs, Indigenous Storytelling, Haircuts, and more.

Since the opening of Youth Wellness Hubs Ontario – Sarnia, Rebound has partnered to provide a two-day-a-week drop-in. This initiative has served 39 individual youth and held 75 drop-in nights.

This year's special events included Fill the Tub for The HUB as well as a Gym Box Collection campaign for The HUB's 7th birthday.

**208**  
youth served



## ACT II THEATRE PROGRAM

This year, the Act II Program showcased the talent and dedication of 39 young individuals who participated in the Finding Nemo Jr. production. With the support of 20 dedicated volunteers, the production successfully sold 1,110 tickets at the Imperial Theatre. The cast and crew devoted 11 weeks to rehearsals, totaling more than 100 hours.

Our ACT II program continues to provide vital supportive services for youth through a variety of performing, visual, expressive, and musical arts-based activities. This program offers young people the opportunity to develop a stronger sense of self-worth and belonging through a youth-engaged expressive arts model.

ACT II remains accessible at no cost to participants, incorporating skill-building exercises led by Rebound's staff team. These professionals work in conjunction with trained adult allies from the arts community, ensuring a comprehensive and enriching experience.

**39**  
Youth Participants

## RED CARPET READY

This year The Cinderella Project became Red Carpet Ready – A Rebound Community Project. We hosted our last boutique days as The Cinderella Project at Lambton Mall in April 2023. 108 youth were successful in saying yes to the dress!

During the wrap up of our 2023 event we decided it was time to make this program inclusive to all in the community. We expanded our project to embrace the diversity of our youth. Red Carpet Ready now not only provides dresses and accessories but also includes suits and masculine clothing. Every young person deserves to feel confident, celebrated, and empowered, regardless of gender identity.

We hosted our first pop-up shop at The Dante Club as Red Carpet Ready in March 2024. We were able to support all youth in our community who were looking for formal attire to celebrate their special day. 111 youth went home with a curated outfit that made them look and feel their best.

This program is a community project as it would not be possible without all the support we receive. Thank you to everyone who supports this project each year by donating formal wear, space, overhead items, and time! Our volunteer committee works on this project year-round.

**219**  
youth supported in 2023 & 2024

# VOLUNTEERS

We were excited to see our volunteer list grow to over 150 active members this year with the addition of The ReFound Store. Not only did our list grow but the number of youth volunteering within our organization quadrupled! This year's goal was to carve out space for youth to take up more room as volunteers at Rebound and we absolutely met that goal!

Volunteers help support our organization in many ways including supporting youth in our programs, planning on committees, sitting on our board of directors, assisting at our fundraising/community events, and assisting at The ReFound Store. This year our volunteers collectively donated 14,036 hours to us and we are beyond grateful! We can not do everything we do without them. Thank you to each one of you who supported Rebound this year by gifting us your time and commitment.



## 2023-2024 Volunteer Service Awards

### 125 hours

Brennah Freer  
Chelsia Dunn  
Jan Seabrook  
Josephine Castle  
Leslee Hornett  
Matt Joosse  
Meghan Reale  
Melissa Vandervies  
Nancy Bedard  
Tracy Chrisopher

### 250 Hours

Dave Schoch

### 10 Years

Rosaleen O'Mahony

### 1000 Hours

Julie Ferguson  
Mary-Lou Goodacre

**42** Youth  
volunteers

**150** Agency  
Volunteers

# 14,036

**Volunteer hours donated in the 2023-24 year.**

# CHOICES PROVINCIAL & MEMBER SITES

The Choices program is funded by the Ministry of Health to provide a Best Practice early intervention & prevention, mental health & addictions program within eight locations across Ontario:

- Thunder Bay Counselling Center in Thunder Bay
- Algoma Family Services in Sault Ste. Marie
- RNJ Youth Services in Lanark, Leeds & Grenville
- Lake of the Woods District Hospital in Kenora
- Shkagamik-kwe Health Center in Sudbury
- Hong Fook Mental Health Association in Scarborough
- Malvern Family Resource Center in Scarborough
- Canadian Mental Health Association in York Region

Rebound provides consultation and support through quarterly virtual calls, email/phone support, and a bi-annual retreat. This June we will be hosting the first Bi-Annual Retreat since the pandemic.

There are four Member Sites who have purchased Sarnia Lambton Rebound programming to facilitate within their organizations.

The locations are:

- RNJ Youth Services in Lanark, Leeds & Grenville
- Algoma Family Services in Sault Ste. Marie
- Youth Diversion Program in Kingston
- Essex County Diversion in Windsor

## THE REFOUND STORE



After a successful one-year trial period, we have made the decision to close the ReFound Store. ReFound's journey has been filled with valuable lessons, successes, and unwavering support from our community.

Since our inception, The Refound Store has been more than just a social enterprise; it has been a beacon of hope and opportunity.

Our staff members, both adult and youth have embraced every challenge with resilience and determination, turning obstacles into opportunities for personal and professional growth. Their commitment to our mission has been nothing short of inspiring, and we are immensely proud of all they have accomplished.

We are also incredibly grateful for the outpouring of support we have received from our community, partners, and customers. Your belief in our vision and your patronage have sustained us through this journey, and for that, we are eternally grateful.

While our decision to close may be unexpected, it is not without reason. The challenging environment has presented significant obstacles to our success. Despite our best efforts, these external factors have made it increasingly difficult for customers to visit our store, spend their hard-earned money and engage with our mission. While The Refound Store may be closing, our impact will continue to live on in the hearts and minds of our community. We are immensely proud of all we have accomplished together, and we look forward to celebrating our achievements and the memories we have created.

# FUNDRAISING

It's been a pleasure to kick off Rebound's 40th Anniversary! Throughout this past year we've hosted some incredible events. Such as the Forever Young Prom fundraiser in June 2023. We gathered at Lambton College to embrace a night of reliving youthful moments alongside the ones we love. We were able to raise \$26,000 towards our essential programs. Before we knew it, it was the Back to the 80's Gala. With 250 guests, we celebrated the history of Rebound on February 10, 2024 at the Four Points by Sheraton. The night was a nostalgic tribute to big hair, leg warmers, and neon everything! We were able to raise over \$65,000 for the agency with the help of our sponsors. Especially the Carpenters Union Local 1256 who were the lead sponsor for both major fundraisers.

Throughout the year we collaborated on other fundraisers such as a Progressive Auto Sales Summer Fundraiser, The Hub's Collection Box Drive, Rock for A Cause with The Fealers, and continuous grant writing to support Rebound's programs. Not to mention the donations we have received from generous community members. We are grateful to those who continue to support Rebound and our mission. We have been blessed with a community that takes time to contribute to youth success.



Through fundraising, we not only sustain our mission but also plant the seeds for future growth and greater impact.

# THE TEAM

**At our Rebound, our strength lies in the passion, dedication, and expertise of our team. Each member brings unique skills and a shared commitment to empowering and uplifting the youth in our community. Together, we work tirelessly to create a supportive and nurturing environment where every young person can thrive and realize their full potential.**

**Michelle Holbrook**, Executive Director  
**Sarah McCann**, Business Manager  
**Andraya MacMillan**, Client Services Team Manager  
**Tiffany D'Angela**, Client Services Team Manager  
**Maddisyn Fisher**, Fund Development & Marketing Coordinator  
**Tara Anderson**, Administrative Assistant  
**Brook Freer-Wiles**, Creative Design Lead  
**Nicole McLean**, Volunteer Coordinator  
**Julie Claeys**, ECPP Classroom Support  
**Paige Creasor** - T2 Program Support  
**Ron Smith**, 1 in 3, T.A.G. & CARE Program Coordinator  
**Zack Roos**, Program Assistant D&D Program Coordinator  
**Zibby Blanchard**, Program Support, Spectrum Coordinator  
**Shea Silvestri**, Peer Navigator, Spectrum Support  
**Brandon Tokley**, P.A.S.S. Coordinator Sarnia  
**Stephanie Hyde**, Rebound Rocks Coordinator & S.T.A.N.D.  
**Tiffany Mazerolle**, In-School Suspension & Detention Coordinator UCC  
**Sarah Bainbridge**, County Lead  
**Kelly Jubenville**, T2 Program Coordinator  
**Kristen Clendenning**, HUB Supervisor  
**Cereena Heffer**, Youth In Transitions Worker  
**Sonja Hotke**, In-School Suspension & Detention Coordinator- St.Pat's  
**Logan Cassista**, HUB Program Assistant  
**Sami Kameka**, S.T.A.N.D. & Program Coordinator  
**Myckayla Boileau**, i2i Program Coordinator  
**Robyn Gore-Legue**, PASS Coordinator Chatham  
**Justin Roussy**, ReFound Store Manager  
**Jasmine Kalsi**, ReFound Staff  
**Jess Vekh**, ReFound Staff  
**Mairi Macintyre**, Intake, Research & Development, CST Supervisor  
**Tracy MacDonald**, Housing Support  
**Jenna Capes**, ECPP Support & ACT II Coordinator  
**James Leigh**, Youth Advisor  
**Olivia Freer**, Youth Advisor  
**Nicole Elliott**, HUB Program Coordinator

## **On Call Program Support Staff**

Makayla Hadwyn  
Liam Bradshaw  
Shekanah Slade  
Tyler Mitchell-Clark

The following staff moved on to other journeys throughout this fiscal year. Each of you made a significant impact during your time with Rebound. Your dedication and hard work never went unnoticed. As you take on new challenges and embrace new adventures, we have no doubt that you will excel and make a positive impact wherever you go.

Erica Black, Eve Astolfi, Deeptha Wijerathna, Kyraith Wright, Ryan Kozlov, Katlyn Montgomery

## Field Placement Students

By embracing the opportunities presented through on-the-job learning, field placement students not only contribute to the immediate well-being of youth at Rebound but also prepare themselves for a meaningful and impactful career in youth support. We are proud to support our field placement students as they grow into compassionate, skilled professionals dedicated to empowering the next generation.

Olivia Rivait	Ryan Beatson	Mary-Ann Caron
Jordon D'arcy	Makayla Beauvais	Paige Douglas
Ryan McKee	TJ Chartrand	Aiden Broderick
Eli Ducharme	Sierra Cottrelle	Sarah Timperley
Gillian Johnston	Devon Craig	Meeghan McCann



## Summer Staff

Our exceptional summer staff team made possible an unforgettable season of fun and learning! Each member of the 2023 group brought a unique set of skills, passion, and dedication to help create a memorable experience for every young person at Rebound.

Jordan Cox  
Sierra Cottrelle  
Janessa Labadie  
Esmay Vanhaastregt  
Olivia Freer  
Ezekiel Pietrasik



## Board of Directors

The Board of Directors plays a vital role in the overall governance, strategic direction, and successes of a nonprofit organization. Their expertise, leadership and accountability are crucial in ensuring the organization's mission is fulfilled and that it operates effectively and responsibly. Our dedicated Board of Directors for the 2023/2024 fiscal year are:

Meghan Reale, President  
Allison Pilat, Vice-President  
Leanne Kember, Past President  
Melissa Vandervies, Treasurer  
Matt Josse, Secretary  
Josephine Castle, Youth Director  
James Leigh, Youth Director  
Victoria Edwards  
Chris Kehoe  
Teri Thomas-Vanos  
Samantha Saucier  
Julie Craddock  
Lo-Anne Chan



# STATEMENT OF OPERATIONS

For the year ended March 31

REVENUE	2024	2023
Amortization of deferred Capital contribution	\$5,616	\$7,948
Donations	144,809	196,851
Fundraising	174,056	292,897
Grants	1,548,793	1,165,180
Interest	21,742	11,080
Bequests (Note 3)	150,000	-
Membership	7,000	9,000
Other	3,442	28,927
Store Sales	54,507	-
	<b>2,109,965</b>	<b>1,711,883</b>
<b>EXPENSES</b>		
Amortization	18,811	20,109
Bank charges	4,707,	4,027
Fundraising	44,373	47,762
Insurance	15,358	14,066
Office and misc.	57,598	65,909
Professional fees	31,467	29,462
Programs	180,542	157,978
Public Relations	4,722	11,956
Refound Store Expenditures	71,165	69,745
Rent	70,566	63,746
Staff development	16,035	30,139
Telephone	17,791	16,335
Travel & Promotion	6,531	8,776
Wages and benefits	1,455,664	1,207,236
	<b>1,995,330</b>	<b>1,747,246</b>
	<b>\$114,635</b>	<b>\$(35,363)</b>

## Management Notes to the Financial Statements

1. Cost allocation notes: In terms of our expenses, each expense (with the exception of the three noted below) is allocated to the program for which the monies were expended. Each department is able to keep an accurate accounting of their expenditures.
2. Investment Notes: All investments are placed into interest-bearing, money market funds to ensure minimal risk of financial losses. The past year we earned a total of \$21,742 on our investments.
3. Volunteer Contributions: This past year, volunteers donated a total of 14036 hours or 7.75 full time equivalent staff positions valued at \$241,420 ( based on Ont. minimum wage). These numbers are not reflected in the financial statements.
4. Fundraising Expenses: Through policy direction from the Board of Directors, Sarnia Lambton Rebound details full disclosure of all gross fundraising costs of the agency. No fundraising expenses are allocated to other functions. The fundraising expenses that are detailed in the financial statements include the gross expenses of producing special events. The actual costs of salaries and benefits of our fundraiser are \$52,300 for a total of \$96,673 spent on raising a total of \$2,109,965 in revenues.
5. The organization recognized a bequest receivable in the year 2023/24.

# STATEMENT OF FINANCIAL POSITION

As at March 31

ASSETS CURRENT	2024	2023
Cash	\$543,804	\$562,026
Short -term investments	283,769	271,502
Accounts receivable	177,902	113,678
Inventory	23,301	11,141
Prepaid expenses	7,715	6,965
	<b>1,036,491</b>	<b>965,312</b>
Equip. & Improvements	47,214	54,954
	<b>\$1,083,705</b>	<b>\$1,020,266</b>
<b>LIABILITIES CURRENT</b>		
Accounts payable and Accrued liabilities	\$56,556	\$41,629
Deferred revenue (the HUB \$120,269)	414,933	475,439
	<b>482,506</b>	<b>517,068</b>
<b>DEFERRED CAPITAL CONTRIBUTION (THE HUB \$8,124)</b>		
	<b>482,506</b>	<b>533,702</b>
<b>NET ASSETS</b>	<b>\$425,000</b>	<b>\$425,000</b>
Invested in equipment	36,197	38,320
Unrestricted surplus	(84,998)	(51,756)
Internally Restricted	225,000	75,000
	<b>601,199</b>	<b>486,564</b>
	<b>\$1,083,705</b>	<b>\$1,020,266</b>

Revenue & Expenses for "The Hub" for the year end March 31

## 2024 THE HUB Revenue

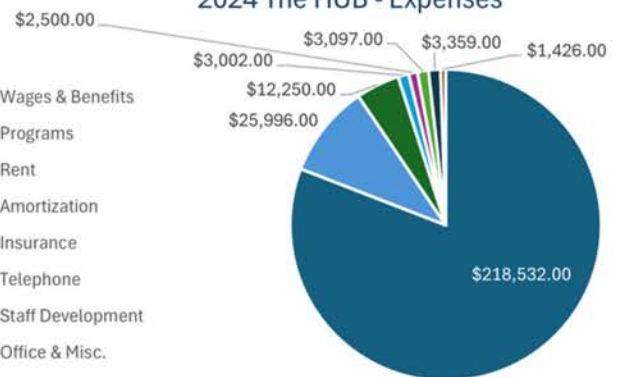
- Donations
- Grants
- Amortization of Deferred Capital Contribution



Total Revenue \$207,162

## 2024 The HUB - Expenses

- Wages & Benefits
- Programs
- Rent
- Amortization
- Insurance
- Telephone
- Staff Development
- Office & Misc.



Total Expenses \$207,162

## OUR VISION

We will maintain our focus on the well-being of young people and their families.

We will promote changed attitudes and behaviours that assist young people in achieving their full potential.

We will network young people and mentors to create meaningful opportunities for discovery and purpose.

We will strive for excellence in all areas of our organization through competency and commitment to youth and families.

**Sarnia-Lambton Rebound**  
c/o DOW Centre for Youth  
10 Lorne Cres. , Sarnia, ON  
N7S 1H8

phone: 1-519-344-2841 fax:1-519-344-8024  
email: [info@reboundonline.com](mailto:info@reboundonline.com)

**reboundonline.com**

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