

SYNERGY 2022

IMPACT REPORT



We empower youth and community groups to build strong connections through relationships, education, leadership and programming.



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"Synergy has helped me grow and develop my leadership skills in so many different ways over the past years, and they have given me an appreciation for the community i live in that no other organization has. They look out for everyone, and are always trying to find new opportunities for people who need them. Synergy is for the community, and they have more than demonstrated that over the past decade with all of their programs and events."

Volunteer Youth Program Mentor

ABOUT US

Supporting and strengthening the wellness and leadership development of youth and the community has been a passion project for Synergy staff and Board of Directors for nearly 10 years, as we work toward our vision of connected, engaged, and healthy communities.



OUR BOARD

Sheryce Hains
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Director

Lori Persaud
Director

Rody Visotski
Director

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Director

Megan Desplanque
Director

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Director

OUR STAFF

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Executive Director

Coralee McIntosh
Leadership Team

Terry Gill
Leadership Team

Alicea Sproule
Leadership Team



COMMUNITY CONNECTIONS

YOUTH SAFER COMMUNITIES SURVEY & FOCUS GROUPS

Between November 2021 & January of 2022, the Chestermere and Area Community Coalition conducted the Youth Safer Communities Survey. Nearly 1700 Gr 5-12 students from Chestermere and Area and 350 adults who care about youth completed the survey. Following the MNP Youth Survey Workshop in March of 2022, the Chestermere and Area Community Coalition started a second phase of the Youth Safer Communities Project having received year 2 funding through the CMHS - Rural Mental Health Project. The second year of the project included conducting a series of focus groups to dig deeper into the physical, emotional, mental and social safety needs of youth in our community. Focus groups were held with over 100 youth from grades 5-12 and caring adults in Chestermere, Langdon, and South East Rocky View. The results of these focus groups, along with the survey results, will be shared with the community and key stakeholders in 2023.

"Synergy is a great place for anyone to be who they want to be and each year everyone breaks out of their shell, that to me is lasting for everyone."

Volunteer Youth Program Mentor



QUALICO COMMUNITY RESOURCE CENTRE

Throughout 2022, the Langdon Library Society, Langdon Community Association and Synergy worked collaboratively to develop the Qualico Community Resource Centre - a home for both the Library and a Youth Centre in the heart of Langdon. This new Centre, which consists of 3 repurposed ATCO trailers, was delivered in the fall and has undergone renovations to make it a warm and welcoming space for residents of all ages. With support from Rocky View County, Marigold Library Systems, and Qualico Homes, the Resource Centre will be open to the public in the spring of 2023. The Grand Opening is Thursday, June 14th at 6:00 pm.

SENIORS CHRISTMAS LUNCHEON

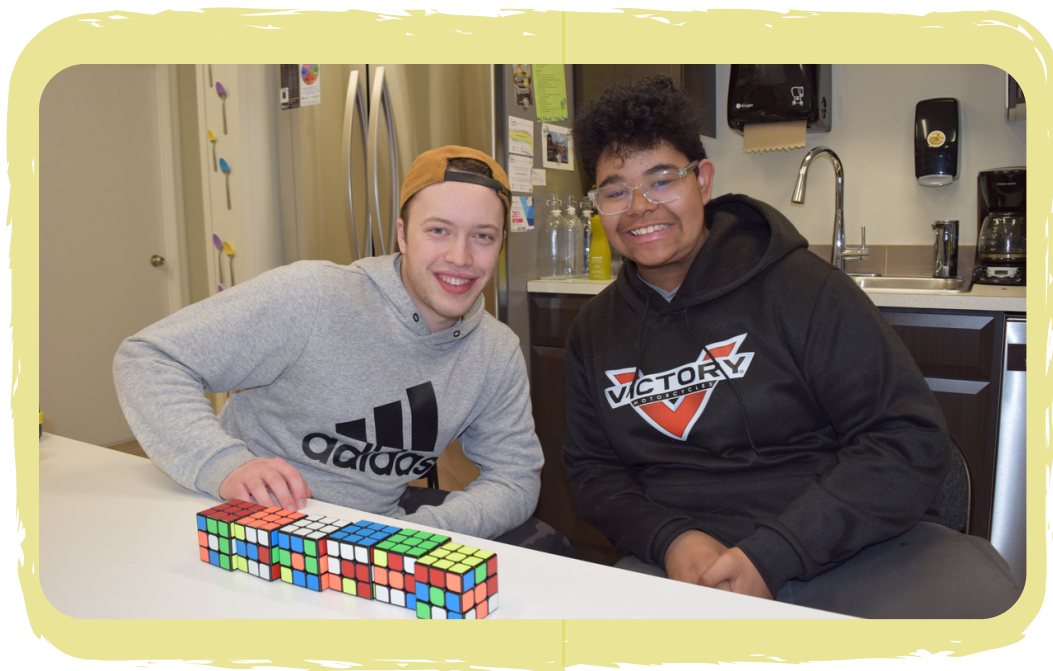
As Christmas approached a number of community groups came together to plan a special event for seniors in our community. Working collaboratively these groups were able to act quickly to organize a Christmas Luncheon complete with local entertainment hosted at the Chestermere Recreation Centre. On December 13th, over 150 seniors from Chestermere and area dined on a delicious turkey dinner complete with all the trimmings, served by loving volunteers. This Christmas Luncheon was an excellent opportunity for seniors, youth and community members to once again come together in fellowship and holiday spirit.

SECTOR CONNECTIONS

CONTINUED COMMUNITY COLLABORATION

2022 was another year of connection and collaboration as we continued to facilitate the Community Nonprofit Meetings, the Chestermere and Area Mental Health Coalition, and the Langdon Community Collaborative. The conversations and connections established and nurtured through these meetings have further strengthened the capacity of our local nonprofit sector and led to initiatives such as the Seniors Christmas Luncheon, the Qualico Community Resource Centre in Langdon, the Community Wellness Challenge, Go Girl, and other partnerships. We are excited to continue to bring local community groups together with the goal of supporting the mental health and wellness, leadership development, and community spirit of residents of all ages.

SYNERGY SPOTLIGHT - TREY ZIMMERMAN



Trey Zimmerman started out as a valued member of our summer staff in 2017 and quickly became the star volunteer mentor within our SHOUT Boys program throughout the years. What makes Trey stand out from others, besides being the gifted athlete and academic achiever he is, is his natural ability to connect with youth and inspire them to be their best selves. His dedication as a volunteer is admirable as he would be ready at 7:45am on Monday mornings to head out and volunteer in Langdon in the winter while attending school, and still making it to hockey, all the while having the most heartwarming smile on his face. Although Trey had to leave us this fall to attend AECC University College in Bournemouth, England to earn his chiropractic degree, he still made time to visit our youth groups during winter break. He is living proof that you can do it all while still being a positive role model, helping out the community, and having a true heart of gold. Words can not express how proud we are of him! We all miss and love you Trey!!!

KEY ACCOMPLISHMENTS

SYNERGY SILENT AUCTION FUNDRAISER

In March of 2022, 40 Hockey Players took to the ice at the Chestermere Recreation Centre to once again claim the Guinness Book of World Record for the World's Longest Hockey Game - 161 hours of continuous hockey. The main goal of the event is to raise funds for the Alberta Children's Hospital in Calgary. However, Synergy was fortunate to be chosen as the organizer of the Silent Auction Fundraiser. Thanks to dozens of donations from incredibly generous business owners and local donors, we were able to auction off over 100 items. The community responded in generosity and we were able to raise over \$20,000.00, which was partially matched by Shaw Birdies for Kids presented by Altalink. We are forever grateful to the community for their support and encouragement. During the 10-day fundraiser we were blessed to meet so many new people and catch up with friends. We also had the opportunity to get to know the amazing players and cheer them on.



PROJECT REWRITE RESTORATIVE JUSTICE PROGRAM

In the spring of 2022, we were excited to receive notice that Synergy had been awarded funding from the Alberta Solicitor General to pilot a Restorative Justice program in Chestermere. This was a brand new program for Synergy and a much needed program for youth in our community. In May, Evan Dewald joined the Synergy Team as the Restorative Justice Program Facilitator and we began to build the program, now known as Project Rewrite, including participating in a variety of trainings. In October, we were joined by a number of community leaders to participate in Restorative Justice Facilitator Training with Gayle Desmeules, a Canadian expert in Restorative Justice and Practice. Project Rewrite is a restorative justice program inviting participants to rewrite their story. It gives an opportunity for those harmed and those who cause harm to take responsibility in the aftermath of a crime. We also offer restorative practice facilitation in schools and the community. We are happy to share that we have received funding to continue Project Rewrite in 2023.

WHAT'S NEXT

AN EVENING WITH ROYALTY FUNDRAISER

As we look forward to 2023, the Fund Development Committee is busy planning a number of fundraising activities that will help support the financial sustainability of Synergy. The Committee is always looking for fun, innovative events to host alongside our annual fundraisers. We are eagerly awaiting an events being held on our behalf in May 2023. Dunn and Company Kitchen and Mercantile will be hosting "An Evening with Royalty" in Chestermere. This 18+ event will offer a fun, entertaining evening for residents while raising funds for our community youth programs.



PREPARATIONS FOR SYNERGY'S 10TH ANNIVERSARY

In some ways it seems like Synergy was born yesterday and at times, it feels as if we have been part of the community forever. We dreamed, for many years, of an agency that would provide a range of youth programming and community services, prior to Synergy becoming a reality. It was a great deal of work to get us there, but it was and still is, a labour of love. We started with two programs, YELL and SHOUT and grew from there. It would be fair to say we are a soft touch when it comes to identifying needs and doing whatever it takes to meet them. On too many occasions to count, we have taken on new challenges and/or maintained current ones, having no idea where we would find the funding to support them, but it has always worked out. Many small to medium sized non-profits sadly do not sustain long enough to reach their ten-year anniversary mainly due to a lack of sustainable funding. What makes us unique? We are blessed with an extraordinarily committed and hard-working team of Board Members, Volunteers and Staff who recognize that the successes of our kids and the community far outweigh the challenges. Synergy's tenth anniversary is truly a milestone to be celebrated!

THE NUMBERS

PROGRAM PARTICIPANTS & ENGAGEMENT

SERVE Leadership

Total - 36

Teen SHOUT

Total - 30

SHOUT Boys/Girls

Total - 58

Langdon Drop In

Total - 92

Friday Fam

Total - 24

Youth Workshops

Total - 870

Dabble

Total - 10

Pancakes in the Park

Total - 150

Langdon Video Game Nights

Total - 550

Dungeons & Dragons

Total - 41

Volunteer Hours

Total - 5991

Key Mentors

Total - 21

General Volunteers

Total - 425

Youth Internship

Total - 8

Positive Ticketing

Total - 320 Tickets Given



"My time volunteering with the youth leaves me feeling fulfilled as I've gotten countless opportunities to give back in a small way while also being part of a community which I reside in."

Volunteer Youth Program Mentor

THE NUMBERS

COMMUNITY SUPPORTS

Connection and Care Clients

Total - 41

Wellness Support Clients

Total - 23

Mental Health Coalition

Total - 59

MNP Youth Survey Workshop

Total - 40

Nonprofit Meeting Members

Total - 32

Healing Circle

Total - 26

Seniors Luncheon

Total - 150

Christmas Dinners Delivered

Total - 61 Homes

TOTAL NUMBER OF PEOPLE SERVED

Total - 6094



5,991 Volunteer Hrs

Synergy volunteers contributed over 5,991 volunteer hours towards the community in 2022



\$203,694

Economic value of volunteering was calculated using \$34/hour

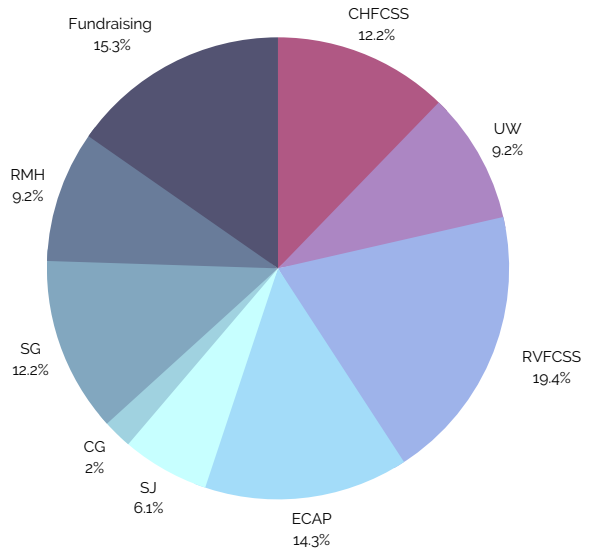
Value of Synergy Volunteers

FUNDING

GRANT FUNDING

Total Grant Funding
\$371,000

(CHFCSS) Chestermere Family and Community Support Services
 (RVFCSS) Rocky View Family and Community Support Services
 (UW) United Way/Chestermere Partnership
 (ECAP) Enhanced Capacity Advancement Program
 (RMH) Rural Mental Health Project
 (SJ) Canada Summer Jobs
 (CG) Community Grants
 (SG) Smaller Grants

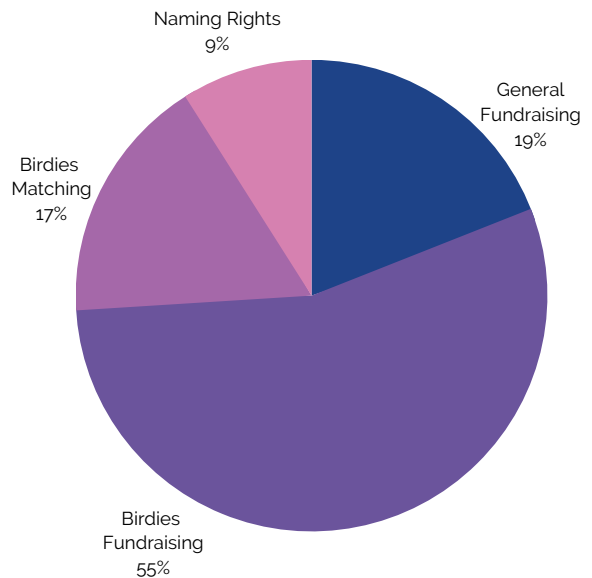


FUNDRAISING

Total Fundraising
\$67,990



Shaw Birdies Chip in for Kids
Text-to-Donate raised \$2,600



\$355,800

Synergy's approximate dedicated budget in 2022 for youth and community development



\$8,183,400

Social Return on Investment (SROI) (The economic value of social and environmental outcomes)*

*Research shows every \$1 invested into mentoring returns \$23 to the community

PROGRAMS

LANGDON DROP-IN DAY CAMP

A structured outdoor program for youth to engage and connect through physical literacy games, problem-solving activities, creative art projects and be mentored by Synergy Staff, Youth Interns and volunteers in a safe and encouraging environment.

LIFE SKILLS WORKSHOPS

Workshops are provided to the community as well as schools to support youth in learning life skills. Sessions such as Suicide Prevention, Nutrition, Resume Writing, Job Interview Skills, Mindfulness, Diversity and Financial Literacy are offered regularly.

POSITIVE TICKETING

With the support of Synergy and Stepping Stones to Mental Health, Chestermere RCMP and Peace Officers hand out Positive Tickets with prizes in them to children and youth "CAUGHT" in the act of doing positive things in Chestermere.

CONNECTION & CARE COUNSELLING

Local Counselling Support with reduced barriers for youth, young adults, individuals, and families experiencing anxiety, stress, depression, family challenges and more. Full and partially subsidized counselling available online or in person in Chestermere and Langdon.

VOLUNTEER INITIATIVE SUPPORT

Synergy has a variety of volunteer roles for community members of all ages. We work with our volunteers to determine their passion and assign volunteer roles that are of interest to them and they would benefit from. Synergy helps support local not-for-profits by connecting them with volunteers to help with their events and initiatives.



PROGRAMS

SHOUT BOYS, GIRLS & TEEN

SHOUT Boys and Girls (ages 10 - 13) is an introduction to leadership with a focus on social-emotional support, and experiential learning through a large variety of skill-building activities. Teen SHOUT (ages 13+) provides the chance to connect and share with peers in a fun and welcoming space.

SERVE LEADERSHIP

Empowers youth (ages 13+) to learn and demonstrate their leadership skills while becoming conscientious members of the South East Rocky View community through social activism, volunteerism, and self-determination.

YOUTH INTERNSHIP

Gives local youth (age 15 - 21) an opportunity to gain hands-on work experience and real-life job skills. Interns also have the chance to participate in a multitude of trainings, all while making a difference in the community.

DABBLE

An experiential learning program (ages 7-9) that provides opportunities to try activities participants may not get the chance to otherwise. Typically offered as a week long Day Camp during the summer.

FRIDAY FAM

Friday Fam (ages 10+) helps build healthy relationships with peers and mentors through fun team-building, recreational games and facilitated activities. Takes place in Langdon.

GAME NIGHTS

Game Nights are offered in Langdon on the first Friday of the month with a variety of video gaming systems and board games for youth to choose from. This free event is a chance for youth to meet new people and practice their social skills.

Working on projects that give youth in my community a place to be themselves and gives them resources that they may need in life has been really fun and meaningful to me. Since joining, I feel like I belong and that I am making the community a better place.

Program Participant



ACKNOWLEDGEMENTS

We would like to take this opportunity to thank our amazing funders, sponsors and donors that make it possible for us to provide programs, services and supports to the community. We cannot thank you enough for your continued support and generosity through the years. We would also like to thank our participants, parents, volunteers, and community partners who continue to support us on a monthly, weekly, and even daily basis. Thank you!

Chestermere FCSS
Rocky View FCSS
United Way/Chestermere Partnership
Government of Alberta Culture & Status of Women
Rural Mental Health - CMHA Alberta Division
Alberta Solicitor General
The Government of Canada
Rocky View County
City of Chestermere
Calgary Foundation
Shaw Birdies for Kids presented by Altalink
Langdon Community Association
Qualico Communities
Tim Horton's Smile Cookie - Andrew Marriott
Westjet

Chestermere Lifepath Wellness
Blair Foundation
Lake City Cannabis
Langdon Bottle Depot
TD Canada Trust Chestermere
Communities Choosewell
Oilmen's Association - Hockey Marathon
Rotary Chestermere
RGO Products Ltd
ATB Financial
Werklund Foundation
Chestermere Heating and Cooling
Blaire Cote
Briane Sproule
And all of our other amazing individual donors!



Synergy

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