



## **Thank you to Toronto Foundation & John and Jocelyn Barford Family Foundation**

Lay-Up is proud to be a recipient of *Toronto Foundation's Vital Ideas & Leadership Grant*.

The partnership, beginning in June 2019 will provide \$50,000 in funding for over one year. These funds will go towards building Lay-Up's internal capacity to administer programming that meets the mental health needs of children in our program. The partnership is broken down into a few core streams:

Study & Analysis: assess Lay-Up's desired mental health outcomes (see below), define new outcomes, and further develop internal evaluation mechanisms to ensure we measure the impact of future programming.

Workshop Series: run mental health workshops that educate and provide participants with the tools they need to address mental health challenges. Training will also be provided to Lay-Up staff to execute these workshops internally in the future.

Curriculum Development: identify and implement activities and teaching methods that can be linked into core basketball programming and support resiliency, communication, self-confidence and more.

Professional Development: invest in the education of Lay-Up staff to better understand and address best practices in the mental health space.

Evaluation: support the ongoing measurement of Lay-Up's mental health curriculum and identify opportunities to iterate in future years.

The project will support current and future children in Lay-Up programs by building 1) *improved relationship skills* 2) *improved perception of adults* and 3) *improved perception of self*. Together with The Toronto Foundation, we are empowering a generation of leaders that can have a positive effect on their communities for years to come.

### **About Toronto Foundation**

Established in 1981, Toronto Foundation is a registered charity and one of 191 Community Foundations in Canada. They pool philanthropic dollars and facilitate charitable donations for maximum community impact. Their individual, family and organizational funds number more than 500 and administer over \$400 million in assets. Through strategic granting, thought leadership, and convening they engage in city building to strengthen the quality of life in Toronto.

### **About Lay-Up**

Since 2013, Lay-Up has been running FREE leadership basketball programs in Toronto's priority communities. We deliver meaningful, customized off the court programming that will equip and inspire youth to overcome barriers in academia, life skills development and healthy living. We give our participants an equal opportunity to develop as basketball players, and more importantly, as people. To date, we have provided programming for over 1,600 youth and over 500 participated in year-round programming in 2018 alone.