



**TAKE A HIKE
FOUNDATION**

YEARBOOK

2022 - 2023





I am beyond grateful that a program like this exists because if it didn't then I wouldn't be graduating this year nor would I have a stable job or even a life.

Dear Take a Hike donors,

My name is Toby V, I am 17 years old, and I am graduating from Take a Hike after being in this program for 3 years. When I first entered this program, I was a scared kid trying to heal from the mental abuse I endured from past experiences, on top of childhood trauma and mental abuse at home. My grades were falling and so was my mental and physical health; being told by adults in my life that I'd never graduate and had the intelligence of a toddler. But all that changed when I found Take a Hike 3 years ago! I have received support and care, help with food, and access to counseling and many other opportunities that I never would've imagined. I have hiked the Island more than I knew I could and have become part of the next generation of drag performers and queer advocates. Until I got into Take a Hike, my grades on any of my work would average F and C-, then once I got the support I needed, my grades shot up to Bs and As on average. This program saved my education and my life, and I know it can and will do the same for others.

I am beyond grateful that a program like this exists because if it didn't then I wouldn't be graduating this year nor would I have a stable job or even a life.

Thank you for everything.

Sincerely,

TOBY

GROWING INTO THE

Next Chapter

You made great things happen this year! Take a Hike is at a very exciting chapter in our history. Thanks to the support of an incredible community, Take a Hike has been able to reach more young people than ever before. Thank you from the bottom of my heart for helping make this possible! It's clear that you care so deeply for the lives of vulnerable youth across BC. So, thank you for prioritizing their well-being, their hopes and dreams, and futures.

This year, we were grateful to receive support from the Federal Government and the Rideau Hall Foundation. Both allowed us to perfect and refine our program model and grow faster— something that has been an incredible accomplishment. Take a Hike has come so far over the past 23 years, and it's all because of the incredible growth and achievements of each and

every youth who have joined our program. They have come to see just how capable they are and have dared to dream, with many achieving those dreams.

“ We've seen youth build resilience and lasting relationships that have guided them on the journey of their lives, and I am so thrilled every time I get to hear from Take a Hike youth and what they've accomplished.

This year marks my last as Board Chair at Take a Hike. Although with mixed feelings, I'm excited to remain part of the organization as a donor, volunteer, and an enthusiastic champion. As I reflect on my time with Take a Hike, I realize the amazing work the staff, volunteers, and community members have done to make such a deep impact possible. As we know, the past few years have been hard. Young people have had it particularly challenging with uncertainty and changing environments. It has been incredible to see how the youth in Take a Hike have not only survived these difficult times but thrived to become empowered to take on the next stage of their lives.

Take a Hike started with a working board with our feet on the ground to support vulnerable youth in Vancouver to



achieve their dreams and find success. Now, we have been able to grow and share this mission with youth in 11 communities across the province. It is a testament to the power of this work that folks who were engaged at the beginning of Take a Hike are still very much involved today and eager to spread the word about the impact Take a Hike has had in our communities and across BC.

In my nearly 22 years with Take a Hike, something that continually stands out to me are the stories the youth share on the lasting effect of Take a Hike. The one that sticks out for me was Amanda's story. After receiving her Business degree from UBC, Amanda experienced some life challenges. She was able to lean on what she learned during her time at Take a Hike to pick herself back up and get her life on track. She succeeded despite her hardships and challenges and is proud of how far she has come. It has been so impactful for me and our community to hear from Take a Hike youth and alumni as they share their stories with us and how the program has changed their lives – from those who were with us in the first years to most recent grads. In the coming pages, you will hear from alumni Sasha and a Vancouver Island youth – two youth who represent so many – who have accomplished so much because of Take

a Hike and the amazing community who supports them.

Being a part of the leadership at Take a Hike has truly been a privilege and



I want to extend a heartfelt thank you to our committed community of donors, board members, volunteers, and staff who have made changing the lives of youth in BC possible.

Our sincerest gratitude to each of you who made a gift and supported Take a Hike throughout the year – you are truly empowering youth to change their lives!

NICOLE GEYER, BOARD CHAIR



ACHIEVING SUCCESS...

However They Define It

37 Grade 12s attended Take a Hike this year.

1 IS PLANNING ON ENGAGING IN MEANINGFUL WORK

27 RECEIVED THEIR DOGWOODS

2 RECEIVED THEIR ADULT DOGWOODS OR EVERGREENS

4 ARE COMING BACK TO TAKE A HIKE

3 ARE TAKING SOME TIME TO PLAN THEIR NEXT ADVENTURE

YOUTH AT TAKE A HIKE

176 YOUTH
PARTICIPATED
IN OUR PROGRAM
THIS YEAR.

Take a Hike youth engaged in:

148.5 DAYS

of programming
(Monday to Friday)

1442 HOURS

of individual clinical counselling
sessions (60-90min)

387 HOURS

of group counselling

3350 DAYS

of land-based learning
activities attended across all
programs

Youth mental health is in a heightened state of urgency. As we all know, being young is hard. Add to that the complexities of growing up in today's world, youth are struggling more than ever to cope with their mental health challenges.

Take a Hike's intentional approach has evolved to meet young people where they are at and ensure they gain access to the well-being supports they need to face the challenges that will meet them today and on the journey of their lives.



This remarkable success stands as a testament to the dedication of the TAH team, the unwavering commitment of youth, and the transformative potential of targeted responsive support. The TAH approach, which tailors its efforts to address the intricate needs of youth, not only fosters their school engagement but also nurtures their overall well-being, providing a solid foundation for their growth and success.

DENISE BUOTE,

Director at Arbor Educational and Clinical Consulting,
Take a Hike's external evaluator.

LEARNING TO THRIVE

Last year, 78% of youth felt they were better able to cope with their mental health challenges. A breathtaking result, as we see youth gain the tools they need to deal with the hard moments life will bring.

FINDING CONNECTION AND BELONGING

These hard moments in life became even more manageable as Take a Hike youth built important and strong relationships. 77% of youth felt connected to their peers and the adults in the Take a Hike program. This shows how having people you can lean on and feel safe around, can truly make an immense difference. In fact, 76% of youth reported feelings of belonging while in the program. These connections and relationships are true game changers in the lives of young people.

DARING TO DREAM

Finally, it doesn't stop there. Youth have not only gained the skills to cope with their mental health challenges and built important bonds with those around them, they also dared to dream. 82% of youth felt they had developed the knowledge and skills needed to fulfill their goals and prepare for employment. For many youth, this is the first time they've felt like they can achieve what they've only dreamed of and that they can go into the world knowing they can face it head on. And that is amazing.



EMPOWERING YOUTH. CHANGING LIVES.



92% had a mental health diagnosis or had an emerging mental health concern



63% had a special needs designation or serious mental illness



64% have experienced three or more ACEs*

*Adverse Childhood Experiences (ACEs) are stressful experiences that occur before age 18, such as: abuse (physical, emotional, sexual), neglect (physical, emotional), and household dysfunction (mental illness, mother treated violently, divorce, incarcerated relative, substance abuse).



YOUTH MENTAL HEALTH

In Crisis

“ Mental health and well-being have become a priority in all our lives.

This comes at a time when we, as a culture and society, have developed more awareness of this more holistic view of being. Our emotional well-being is directly linked to our physical well-being, and we therefore cannot address one without the other. For youth in BC, the mental health and substance use crisis has severely disrupted lives, with suicide continuing to be the leading cause of death among young people aged 15-24. This has had a deeply negative effect on families and communities. Youth who are struggling with addiction, early onset psychosis, eating disorders, and debilitating anxiety experience this crisis intensely, with many being hospitalized or finding it difficult to leave home. We don't have to go far to not only read about this issue but see it daily.

“ Young people aged 15-24 are more likely to experience mental

illness and substance use than any other age group.

For most of us, it has touched our own families and we feel the pain deeply. Without early intervention during this critical developmental time in a young person's life, their adult life becomes a far greater struggle, creating a larger challenge for society.

Take a Hike knows the progress we can make as a community to facilitate growth and healing for youth struggling with mental health. Our model provides developmentally appropriate, relational support that seeks to minimize the disruption in a young person's life. Because of the day-to-day nature of the program, staff provide consistency of care with a growth mindset. Ongoing healthy relationships are the number one indicator of positive mental health and change. This allows youth to develop their own agency as to how they define personal success and growth goals.

“ There is a need, now more than ever, for Take a Hike's unique mental health program to reach across BC and ensure young people have access to the support they crucially need in a barrier-free setting.



THEORY OF Change



Over the past two decades, Take a Hike has built a foundation of trauma-informed, evidenced-based approaches to support youth to make positive changes. This approach combined with existing knowledge from education and psychology has resulted in our one-of-a-kind program.

The Take a Hike model includes staffing each program with a multi-disciplinary team of a teacher, youth worker, and mental health clinician. Through the program, youth are offered an intentional opportunity to counter past negative experiences in school and improve mental health and resilience ahead of a critical transition time in their lives.

“ Youth stay engaged in school, receive support and treatment, and are referred to additional community-based services, empowering them to complete their goals and be successful in life – however they define it.

We believe that youth who have endured past adversity, which has negatively impacted their development, can thrive through engaging in learning and personal reflection if they experience the environment as safe, caring, and responsive to their individual needs. It is with this belief and evidence that we created our


Theory of Change. This year, we updated our Theory of Change to weave in new learnings and approaches including more trauma-informed language and attachment theory; a greater focus on culture, diversity, and the individual needs of youth across the province; and increased focus on youth development and personal growth.

This model shows the multifaceted way Take a Hike’s approach is woven through the program. The Five Core Elements flow with the Four Areas of Development along with the Avenues to Influence Development and Guiding Principles to achieve the Impact Goal. These elements take place simultaneously in the program and are experienced uniquely for each youth who attends Take a Hike. This enables each individual to determine their own experience at Take a Hike and how the program will guide them on the journey of their lives.



REFLECTIONS ON SCALING:

Supporting Vulnerable Youth Across BC



Sitting on a zoom meeting in early 2022, the Rideau Hall Foundation asked us: “why has Take a Hike been successful in scaling and growth, and how can what you’ve learned be applied to the education, mental health, and non-profit sectors?” What a gift their curiosity and investment has been.

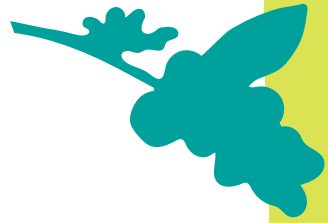
For nearly a year we spent time reflecting deeply. We spoke to staff across the organization, past and present board members, and school district partners. One of our big learnings was that Take a Hike is successful through continued investments in our organizational capacity.

“We could have never made the difference in the lives of youth across BC without the support of our long-standing donors.”

These gifts have allowed us to invest in the impact of our program and focus on what we know is going to improve our ability to serve more youth effectively in the future. We also learned how well-respected we are in the education community. The Reflections on Scaling conversations with our school district partners really gave us the confidence to change the narrative and allowed us to be the experts in what we do.

“We explored with our school district partners if there was any part of the program that wasn’t working and should be cut out and the answer was a resounding “no.”

Our school district partners acknowledged the comprehensive model that makes up Take a Hike with so many interdependent parts that support the development of youth. Removing one piece would impact the entire program and its powerful impact on young people in the program. This response enforced our approach and how we support the mental health and well-being of youth across BC. We were advised by many experts in education and scaling that we are on the right track with the program and in changing the lives of youth.



“Thank you to donors for truly believing in vulnerable youth.”

It’s so impactful for a young person to realize that there are people they don’t even know who care for them. When we tell youth this, at first, they don’t really believe it, but when they’ve been in the program for a year, they see it and really start to appreciate the role of donors and what support from people like you makes possible for them.

Thank you for prioritizing the lives of vulnerable youth in BC.



GORDON MATCHETT, CEO



TAKE A HIKE

Changed My Life

Take a Hike alumni, Sasha went through a lot of life changes very quickly before coming to Take a Hike. A first-generation kid growing up in a new country with an abusive step-dad was hard on him and he made some bad decisions that led him down a path he realized he didn't want to be on. When Sasha joined Take a Hike, everything changed for him, and he grew to become someone he had only dreamed he could be.

Before attending Take a Hike, I was a kid, who attended honour courses and loved sports like kickboxing and swimming. Until one day someone asked me if I wanted to make money. I went down a bad path and chose money over education. I ended up selling drugs and eventually got caught by the police. Growing up, my life was far from easy. My mother and biological father split up

before I was even born, and my mother ended up meeting someone else who lived in Canada. She moved here first, and I followed her from Estonia a couple years later. I was only a few years old. I remember meeting him on their wedding day and I already knew I didn't like him. I was right, he turned out to be abusive towards me. I hated his guts.

After years of abuse, things took a turn one night and child services were called. My stepfather ended up in handcuffs. I remember being happy that finally something was being done. Going into high school it was just me and my mum and we went from a dual-income household to one. She was having a tough time keeping up and that is in part the reason why I decided to make those choices.

I started skipping class, hanging out with my friends real late and going to classes late. At first, my mother didn't experience the effects of my decisions, until my principal called her...

“...they knew a change had to be made so I was introduced to Take a Hike.

When I started at Take a Hike, it was a reality check, and I was given the opportunity to do what I wanted to do



from the beginning without making any more mistakes. I realized that no one there knew me, so I could be anyone I wanted to be. I wanted to finish high school, but I was lost and didn't know what to do with this new opportunity. It was easier to go back to selling drugs than to figure out what I really wanted to do.

Take a Hike was a unique experience from mainstream high school. My high school had about 2,600 students, and it was hard to build a relationship with teachers because of how many other kids were in the classroom. But at Take a Hike, the classroom had not only a teacher to support you, but also a youth and family worker and a mental health counsellor. There were no distractions, and the adults in the classroom were extremely interested in helping me to succeed and achieve my goals. I realized I needed to buckle down and for the first time, had the support to achieve what I wanted.

“ Through the support of Take a Hike, I realized just how much potential I had and that I could not only finish high school, but that I actually loved learning.

Through guidance from the counsellor in the program and the teacher, I finished my coursework ahead of schedule and I

became so ambitious about what I wanted to achieve. Take a Hike was there to guide me and see me thrive.

Take a Hike met me where I was and helped me get to where I wanted to be. I am overwhelmed with gratitude towards the donors who have made it possible for me and so many others to transform our lives.

During my time at Take a Hike, I learned a lot. I took on a leadership role in the program and helped guide the new youth in the program about what was possible at Take a Hike. I became a straight A student – something I never thought I would be able to do before.

“ Take a Hike changed my life.

The program helped me to become a leader and mentor to the other kids, and I am proud of the impact that I was able to make with my peers.

As I sit reflecting on my time at Take a Hike Foundation, it's hard to put into words just how much of an impact Take a Hike has had on me. It's been a journey filled with challenges and triumphs, but through it all, I've been able to find my own path and take control of my life.

One of the things that I love most about

Take a Hike is how the program is tailored to everyone's needs. For me, that meant getting the support I needed to succeed academically while also addressing the emotional and mental health challenges I was facing. But for someone else, it might mean something completely different.

“ And that's the beauty of it – Take a Hike meets you where you're at and helps you get to where you want to go.

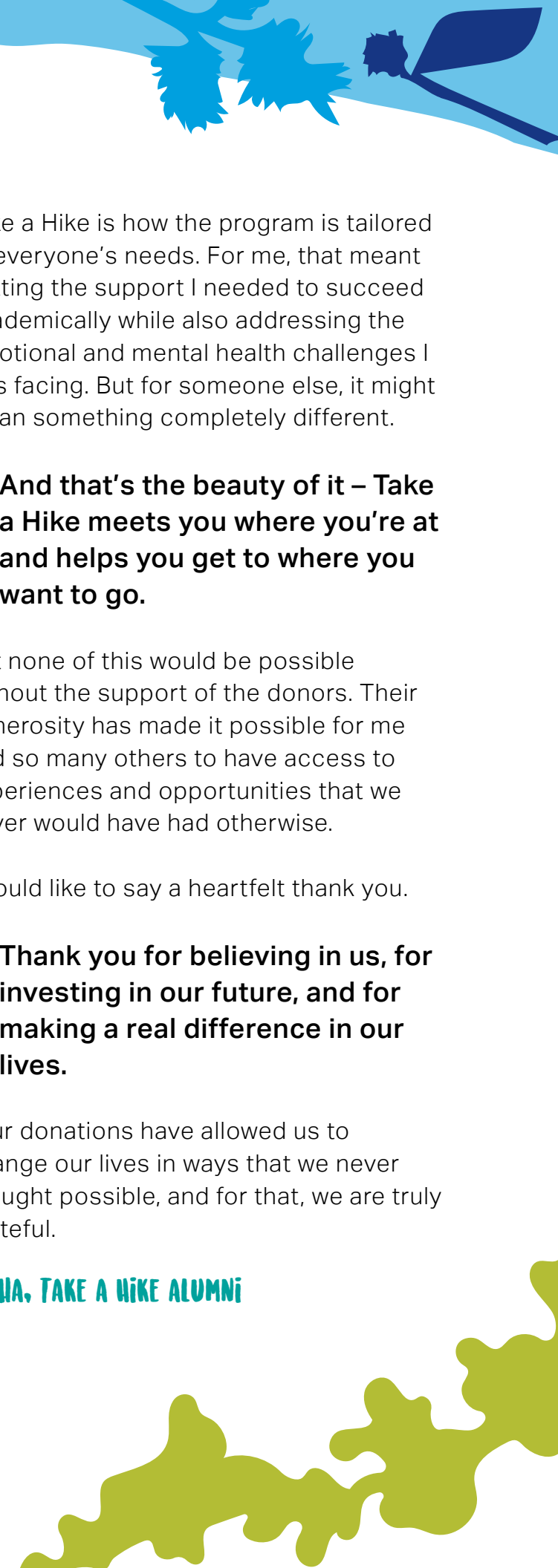
But none of this would be possible without the support of the donors. Their generosity has made it possible for me and so many others to have access to experiences and opportunities that we never would have had otherwise.

I would like to say a heartfelt thank you.

“ Thank you for believing in us, for investing in our future, and for making a real difference in our lives.

Your donations have allowed us to change our lives in ways that we never thought possible, and for that, we are truly grateful.

SASHA, TAKE A HIKE ALUMNI



GIVING BACK

Is In Purdy Chocolatier's DNA



All kids are unique and some have support systems while others don't, support is such a core value for Purdys Chocolatier, and I can see how it makes a difference in the lives of the youth at Take a Hike.



A little over 100 years ago, Purdys Chocolatier was born. Handmade chocolates were delicately crafted in downtown Vancouver, the original home of Purdys Chocolatier back in 1907. Community-minded from the start, Purdys Chocolatier strives to give back to organizations who share their values and passion. A family-owned company, Purdys Chocolatier is proud to include Take a Hike in their philanthropic initiative, Purple Partnerships, and has been a steadfast supporter for over a decade.

The Flavelle family and Purdys Chocolatier have always had a passion for chocolate, people, and giving back. Sitting down with Lawrence Eade, President of Purdys Chocolatier, it was clear why Purdys Chocolatier and Take a Hike were a match made in chocolate heaven. It all started when Karen Flavelle, CEO of Purdys Chocolatier, was invited by a friend to attend Take a Hike's annual Moonlight Snowshoe event, back when the event was just 20 people out on a casual snowshoe hearing stories from Take a Hike's alumni, youth, and team. Their stories stayed with Karen and the following year, Purdys Chocolatier officially became a sponsor of Moonlight Snowshoe. Since then, Purdys Chocolatier and their delicious hot chocolate have been a mainstay of the event. Purdys Chocolatier has taken

every opportunity to support Take a Hike in other unique ways through attending events, engaging staff and members, sharing our stories, amplifying our message, and more.

For Lawrence, this solid partnership comes from Purdys Chocolatier's core values of quality and never compromising. It's the reason why they have been able to thrive over the past century and why a partnership with Take a Hike made so much sense,

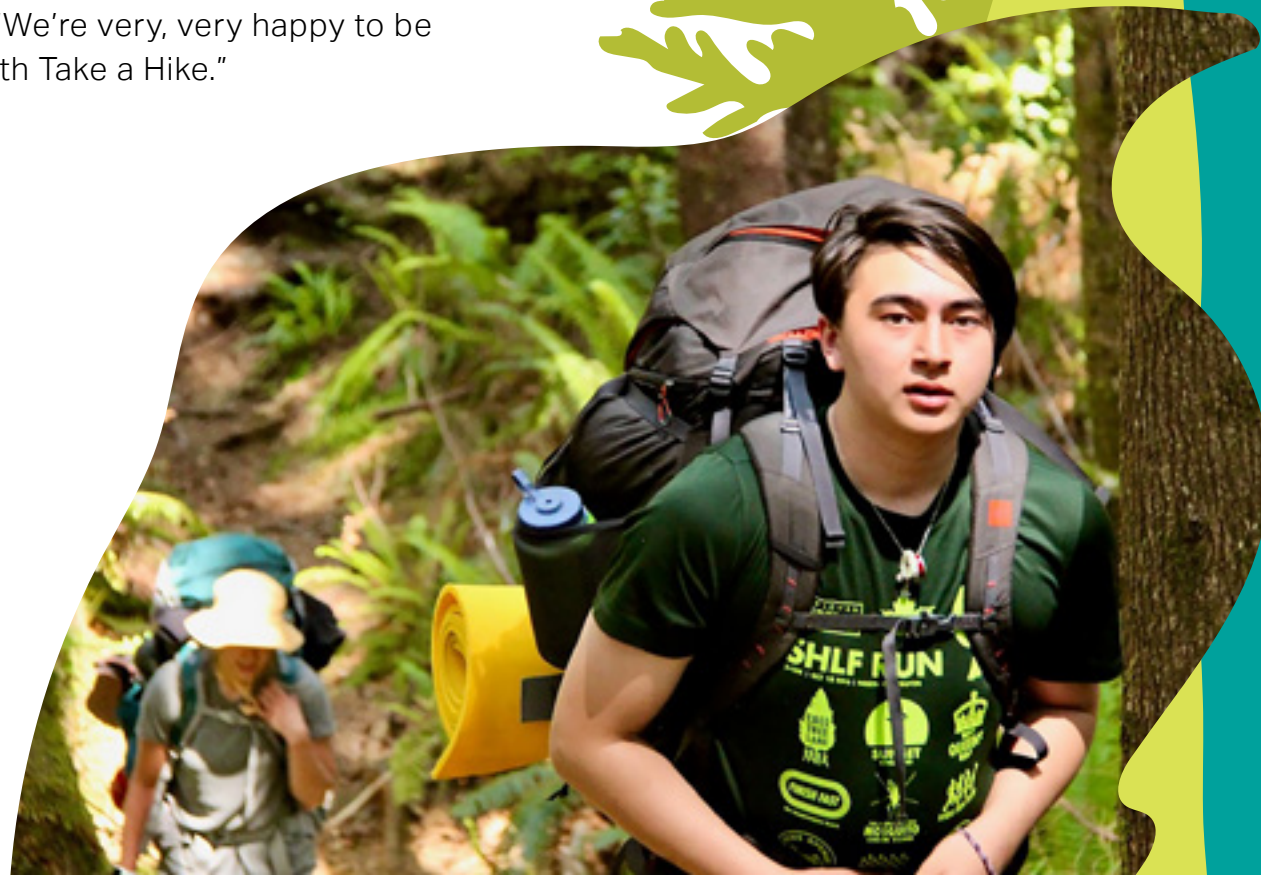
“ Take a Hike fits so well with our mission to create connection and joy. For us, it's through the power of chocolate but for Take a Hike, it's through the power of support and care given to the youth in the program.

When he started participating in Moonlight Snowshoe, Lawrence saw what happens when connections are made with the youth that need it most. "I've got three kids as well, and I see how they all learn differently." Lawrence reflected, "All kids are unique and some have support systems while others don't, support is such a core value for Purdys Chocolatier, and I can see how it makes a difference in the lives of the youth at Take a Hike." Attending Moonlight



Snowshoe with his daughters, Lawrence was struck by how many people were involved in changing the lives of youth, “for me personally, seeing all the different teachers, counsellors and even the youth themselves, it showed how powerful Take a Hike is for vulnerable youth.” This also meant a lot for Lawrence’s daughters who got to hear from their peers about their different experiences and what they achieved while in the program.

In 2021, Take a Hike was thrilled to join Purdys Chocolatier’s philanthropic initiative, Purple Partnerships. “Take a Hike represents a key pillar of our Purple Partnerships,” Lawrence shares, “and supporting youth who live in our communities means a lot to Purdys and our mission.” Caring about people and community comes naturally at Purdys Chocolatier and for Lawrence and the entire team, it means a lot to be able to give back. “We’re very, very happy to be partners with Take a Hike.”



FINDING SAFETY

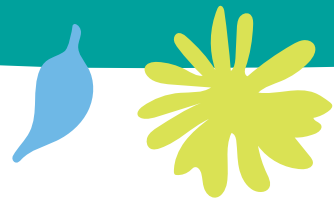
And Belonging



K joined Take a Hike a little over a year ago and the impact of the program on her life and well-being has been incredible to witness. K shares her story and how much Take a Hike has made possible for her.

Before Take a Hike, I was in another high school program, and it wasn’t really going anywhere, and I wasn’t moving forward. When I was in class, I wasn’t getting any work done because the class was not for me. The teachers didn’t have time to spend with me and I didn’t have much motivation and therefore wasn’t doing well. When I came to Take a Hike, all that changed.

When I started at Take a Hike, it was amazing. I came from a place where school was always hard, and the teachers struggled to understand how I learn. But when I came to Take a Hike, I was able to gain control back and have my voice heard. I was able to do things the way



that worked for me and I started to gain confidence. I gained more freedom and was able to do things like take the bus by myself because I had this new-found confidence I didn't have before. I knew I could rely on the support I received from the adults in the classroom, like Liam, and through that, Take a Hike started to really feel like a family. I feel much better, and I feel safe at Take a Hike.

So far, I have been most surprised by the confidence I have been able to gain at Take a Hike. I'm getting better at asking for help. I also used to feel unsafe speaking to males, and I didn't like talking to them. But after being at Take a Hike and taking part in counselling with Liam, I have started feeling comfortable around males and feel safe to speak up.

“ Counselling has really helped me feel validated.

I find the way that you are validated during counselling sessions and the relaxed environment really helps. It makes me realize coming to school isn't that bad.

“ Take a Hike makes me feel safe and what I mean by that is I'm surrounded by trusted adults who make me feel relaxed and able to be around people without

thinking the worst.

It means that I can come to school and not have to worry, of course, there are still good days and bad days but I'm finding there are more good days now.

Since starting at Take a Hike, my mental health has definitely improved! It is way better than what it was a year ago. My mental health went from being way down to quite high. I don't have as many episodes anymore and while I'm still here and there with my mental health, coming to Take a Hike I was able to learn what worked for my mental health and how to start healing and deal with things that had happened in my past. I was able to start the next steps of my healing journey. Thanks to Take a Hike, I actually look forward to school and having someone to talk to about what's going on.

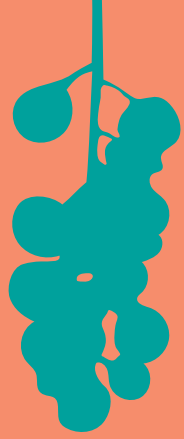
“ I now have plans to graduate, and I have trust that the Take a Hike program will guide me there.

I'm interested in psychology and am thinking of going into the mental health field. I know that Take a Hike will give me the tools I need to get there. Take a Hike is really amazing. It gives people like me a second chance to live my life and take care of myself.

I came from a town where there were no resources and I didn't have many friends and now I have the most friends I've had since elementary school, and I actually have such amazing friends in this program who care about me and validate me, and I do the same for them. You find people that stick and that's why I love this program so much because of all the amazing things that happen and the amazing people you meet.

K. TAKE A HIKE YOUTH





TAKE A HIKE

To The Interior

Thanks to the support of our generous community of donors, Take a Hike will be opening two new programs in the Interior region bringing life-changing supports to youth who need it most.



Our next regional hub is here! Thanks to the support of our generous community of donors, Take a Hike will be opening two new programs in the Interior region bringing life-changing supports to youth who need it most. The Interior region was chosen specifically as we saw unprecedented demand for Take a Hike as the youth mental health crisis has become more evident over the past years. Rates of suicide among young people in this region are nearly double the rate when compared to the rest of the province. Combined with the continuing effects from the pandemic, it is clear that Interior youth need mental health and well-being support now more than ever.

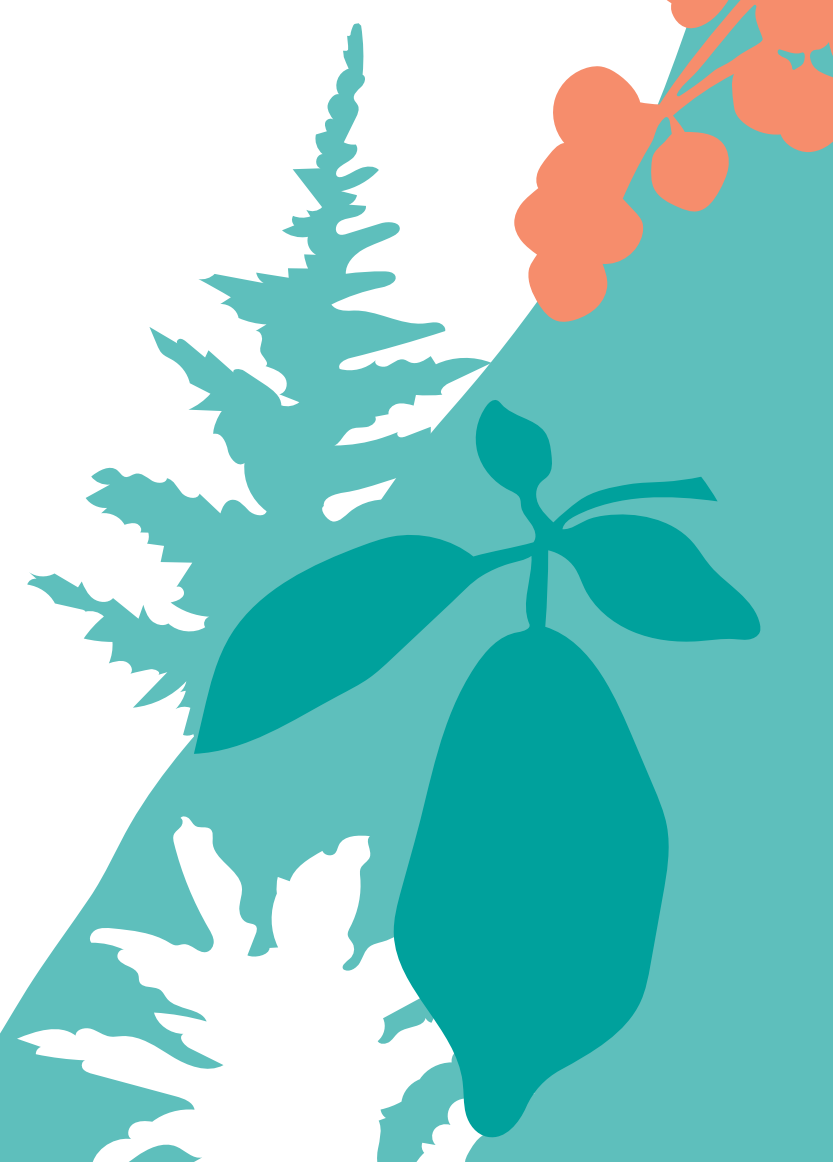
“ We understand that the supports youth have now will determine their resilience and ability to continue on a path towards social and academic success – with lasting impacts for their future.

And we are very excited to be partnering with the Vernon School District and the Central Okanagan School District to bring our program to each community.

A first for Take a Hike, the Central Okanagan program will be a pilot program to support younger youth in grades 8-9.

Early intervention and mental health supports are key in the growth of youth throughout their development in high school. This program will allow Take a Hike to support vulnerable youth who are starting an important chapter and guide them on the journey of their young lives.

The Central Okanagan and Vernon programs will join our existing programs in the West Kootenays, which will be celebrating 10 years of supporting vulnerable youth this September and Merritt, which opened its doors in September 2022.



MAKING MEMORIES



NANAIMO

Enjoyed a trip on tall ships with SALTS.

COWICHAN

Celebrated graduation with a therapeutic ceremony for graduating youth.

SOOKE

An amazing first year of the program including great sea kayaking skills building.

SAANICH

Ventured out on an amazing fall trip on the Juan De Fuca.

STZ'UMINUS

Opened Take a Hike to their community and supported 8 youth in its first year.



MERRITT

Launched in September 2022, adding a second Take a Hike program in the Interior region.

CENTRAL OKANAGAN

Opening in September 2023.

VERNON

Opening in September 2023.

VANCOUVER

A big thank you to Canadian Western Bank Foundation who came out on a sunny day to organize 23 years of gear and supplies! Youth will come back this school year to a freshly clean space.

WEST VANCOUVER

Opening in September 2023.

BURNABY

Many thanks to the Coast Capital team who rolled up their sleeves and cleaned up the gear room – the youth were so happy to have organized gear!

DELTA

An incredible 4-day, 50 km hike on the Juan de Fuca trail was achieved and was touted as a top life experience for youth in the program.



WEST KOOTENAYS

Celebrated 10 years of empowering youth in the Trail and West Kootenay communities.

5K A DAY

For Youth

For his 40th birthday, Robin Carkett took on the challenge of running 5k a day in support of Take a Hike. Robin not only made a huge impact on Take a Hike, but inspired others to learn more and support youth in their communities. Robin raised over \$5600 for Take a Hike.

I was introduced to Take a Hike about 6 years ago by a Take a Hike staffer, who was very excited about the work happening and the impact that was being achieved for youth at Take a Hike and she asked if I wanted to get to know about the organization and get involved.

“ Take a Hike is such a unique organization, I knew very quickly that I wanted to get involved and give back however I could to the mission of Take a Hike.

Something that has always stood out to me is how nature and the outdoors are embedded within the program. I've seen

the impact being out in nature can have on the mental health of youth and how unplugging and engaging with the land can make a huge difference. Take a Hike supports youth to develop resilience and the skills they need to thrive, and the program gives young people a chance that they might not have received anywhere else.

“ What I love about Take a Hike is that the program helps kids to develop themselves and achieve whatever might be next for them.

From this, I knew I wanted to help however I could and sometimes it has been a formal role with the organization and other times it's just me letting folks know about the great work at Take a Hike and what it makes possible for youth.

I was lucky, I had a stable family home and didn't want for anything. When I reflect on this, I wonder, what if everyone had the same opportunities, where would they be now? You never really know what someone is struggling with and might not have the supports they need.

“ Everyone deserves to have the tools and skills they need to build confidence and achieve their dreams.



Robin Carkett and his pup

Being able to do that is huge and truly life changing. The mainstream school system is not able to meet the needs of every young person but that's where Take a Hike is able to give them a place where they can thrive, gain the supports they need and to accomplish things they never thought they would be able to before.

I've always been a runner and completed my first marathon a few years ago in support of Take a Hike. I turned 40 over Christmas in 2021 and I was in the UK visiting family and I knew I wanted to do something big for my 40th year. I wanted a challenge, and I wasn't quite sure what it was yet. I happened to be listening to a podcast and was inspired to run a 5k every day for a year. I mentioned it to my brother who decided to up the ante and bet me £500 to a charity of my choice if I achieved this new challenge. Immediately, I knew exactly what charity I would give to and took him up on the bet. We decided that I would post my run each day to

social media to stay accountable and we were on! Running every day takes a lot of discipline and I quickly learned it was more mentally challenging than it was physically. I would have to think about the day ahead and plan my run to make it a reality each and every day.

As I started posting on social media, I would share something positive about my run and after not too long, started to gain a lot of attention from people who were following along with my journey. I was even hearing from people I hadn't heard from in a while! As my posts started to gain popularity, I started to mix up my routes to show different parts of my community and I started to share about Take a Hike. I was happily surprised to learn that there were a lot of people who dug deep to support Take a Hike. One person even donated a dollar for every run I achieved for the year. It was nice to see how much support I was able to get for Take a Hike and how much I could

share about the impact the program was having on youth and people really started to get interested in the program.

To anyone interested in Take a Hike, I would say get involved! Attend an event, check out an alumni video, or learn about the program. Take a Hike is in a lot of communities across BC, and I feel everyone can identify with the work the organization is doing and the achievements of youth in the program.

“ Young people have changed their lives in the program, and I would encourage anyone to learn about these incredible youth.

Their accomplishments are so impressive!

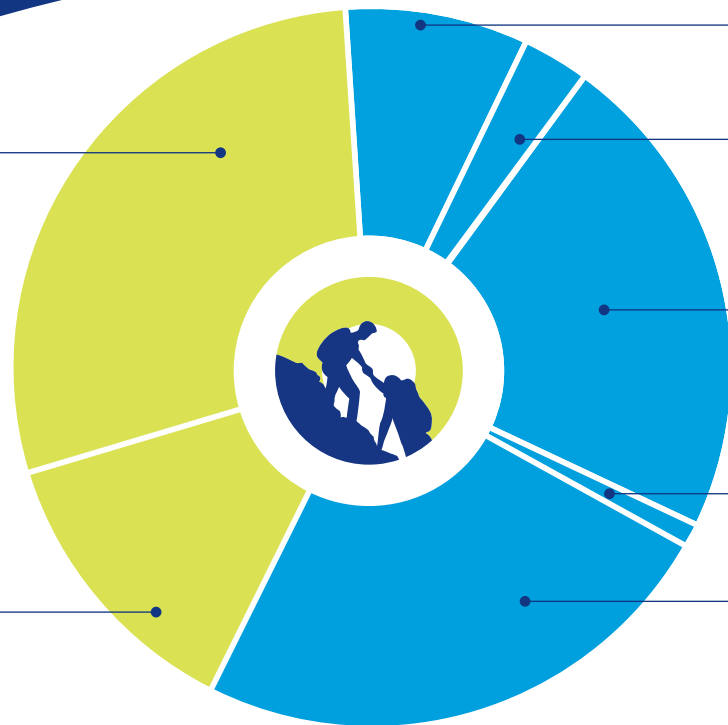


FINANCIAL NEED

PROGRAM COSTS

FUND DEVELOPMENT:
\$943,114

ORGANIZATIONAL CAPACITY:
\$101,619



LAND-BASED LEARNING:
\$261,065

MEAL PROGRAM AND STUDENT ENGAGEMENT:
\$37,392

PROGRAM SUPPORT AND EXPANSION:
\$727,074

TRANSPORTATION:
\$101,619

CLINICAL COUNSELLING:
\$790,549

YOUR GIFT IS LIFE-CHANGING.



Thank you for your ongoing support and interest.

Take a Hike would like to extend a heartfelt thanks to everyone who generously supported Take a Hike with a gift in 2022 – 2023.

Your generosity makes change possible; it represents your commitment to empowering youth to achieve success – however they define it.

THANK YOU

LEADERSHIP CIRCLE (Lifetime Giving \$100,000+)

Allan & Gill Gray Philanthropy
Ames Family Foundation
BC Civil Forfeitures
BC Gaming
Bob & Judy Hager Family Fund
Dick & Val Bradshaw
Burnaby Board of Education SD 41
Canadian Tire Jumpstart Charities
Canucks For Kids Fund
CIBC Children's Foundation
Coast Capital Savings
Connor, Clark & Lunn Foundation
The Co-operators
Phillip Cotterill & Janice O'Sullivan
Delta School District
Employment & Social Development Canada
Jean & Ken Finch
Flavelle McTavish Charitable Gift Fund
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Stormtech Performance
SVP Vancouver
Barb Sweeney
Paul Sweeney
Teck Metals Ltd - Trail Operations
TELUS Friendly Future Foundation
United Way British Columbia
Vancouver Foundation
Variety - The Children's Charity
Y.P. Heung Foundation
Young Foundation

\$50,000+

Allan & Gill Gray Philanthropy
BC Gaming

Canadian Tire Jumpstart Charities
Canucks For Kids Fund
Coast Capital Savings
Delta School District
Jean & Ken Finch
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Flavelle McTavish Charitable Gift Fund
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Nicola Family Foundation
Nicola Wealth Private Giving Foundation
Pacific Spirit Foundation
Paper Excellence
Rideau Hall Foundation
RBC Foundation
United Way British Columbia
Variety - The Children's Charity
Y.P. Heung Foundation
YVR - Vancouver Airport Authority

\$25,000 - \$49,999

BC Civil Forfeitures
Dick & Val Bradshaw
Burnaby Board of Education SD 41
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R.C. Purdy's Chocolatier Ltd
Rogers Communication
Seedlings Foundation
Paul Sweeney
Barb Sweeney
TELUS Friendly Future Foundation
United Way Central & Northern Vancouver Island
Victoria Foundation

\$10,000 - \$24,999

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ATCO Wood Products
Betty Averbach Foundation
Canadian Western Bank (CWB) Foundation
City of Burnaby
City of Nanaimo
Community Foundation Of The North Okanagan
Diamond Foundation
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Sutherland Foundation Inc
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\$1,000 - \$9,999

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Nanaimo Lions Club
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Provincial Employees Community Services Fund
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Royal Canadian Legion Branch #210
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Toni Stovel
The Sisters of Saint Ann
Thomas Tutsch
Lois Vincent
West Point Grey Academy
Margot Suzanne Woeller
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The Zacks Family Foundation

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Natalie Wilson
Cameron Wong
Graham Young
Deborah Yuen

GET INVOLVED WITH



TAKE A HIKE
FOUNDATION

CONNECT

Stay connected with youth stories, Take a Hike updates and more by signing up for our newsletter and following us on social media.

SHARE

Take a Hike thrives when it is integrated within communities that allows us to build a network of support around each youth. We want more people and organizations to know about us so that we can offer our resources and collaborate with them to leverage their strengths and resources as well.

VOLUNTEER

Passionate about the outdoors or interested in tutoring or mentoring youth? Volunteer in our program or introduce our work to someone you might know.

DONATE

Change the lives of youth today by becoming a supporter of Take a Hike.

INFO@TAKEAHIKEFOUNDATION.ORG * 604-638-3385