

HOPE & HEALTH

2023
IMPACT
REPORT





In Recognition

The Hope and Health Executive Board wishes to provide recognition and respect to the Coast Salish peoples upon whose territory we respectfully live, play and work.

We hold our hands up and give thanks to all member nations partners for welcoming us onto their lands and communities- and for the local champions who guide us with everything we do.

Your trust in us working with your beautiful children means everything and we hold the relationship with you sacred in our hearts.

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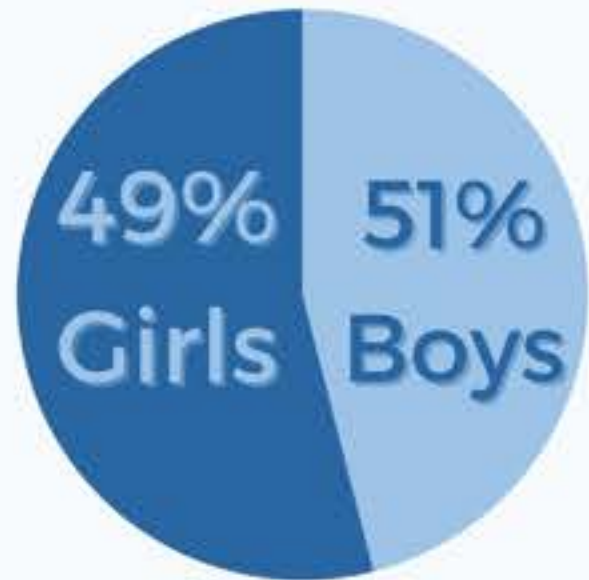
Call to Action



Executive Summary

 **1321** Total Participants in FY2023

 **59+** *Total Weeks of Programming*



- Ages 2 to 18
- Average Age 10 Years Old

 **15** Unique Key Activities and 52 Events including:

- 10 Year Anniversary Community Camp at BC Place (360+ Participants)
- Inaugural City of Burnaby-Truth and Reconciliation Camp (190+ Participants)
- Annual Santa on the Pitch (500+ Participants across 11 Recipient Communities)
- 3 Mini-Pitch Installations

 **94** Average Participants per Activity

 **62+** Nations Represented

 **26** Unique Host Locations Across British Columbia



Introduction

The purpose of this report is to provide the story of the overall impact of the Hope and Health movement for 2023 across all activities and communities from a “year at a glance” point of view, and to honor all partners, donors and dream team members who made this magic and significant impact possible.



Our Commitment: Truth & Reconciliation

Hope and Health is committed to the Truth and Reconciliation Commission's Calls to Action, both in sport-specific areas (87-91) and broader social impact, focusing on our "Champions for Life" outcomes. Our dedication extends to educating the public on reconciliation, honoring Indigenous knowledge, cultural protocols, amplifying voices, and building capacity within our community-based model.



CALL TO ACTION 87

PROVIDING PUBLIC EDUCATION ON ABORIGINAL ATHLETES IN HISTORY

What we're doing...

Through digital storytelling, we amplify Indigenous voices, including a 10-year anniversary community camp project honoring Terry Felix. We're producing a mini-documentary, "Road to NAIG," showcasing the journey of Indigenous athletes, furthering public education.

CALL TO ACTION 88

ENSURING LONG-TERM ABORIGINAL ATHLETE DEVELOPMENT AND SUPPORT FOR INDIGENOUS GAMES

What we're doing...

Our work focuses on access and development for Indigenous athletes, supporting the 2023 NAIG, fundraising for athletes, and creating a mini-documentary to spotlight Indigenous athletes' stories.

CALL TO ACTION 89

AMENDING PHYSICAL ACTIVITY AND SPORT ACT FOR INCLUSIVITY

What we're doing...

Hope and Health's core mission is providing community-based sport programming for indigenous children and youth, offering physical literacy, year-round community programming, and a virtual Champions Academy for high-potential athletes.

CALL TO ACTION 90

INCLUSIVE NATIONAL SPORTS POLICIES AND PROGRAMS

What we're doing...

Through the Champions Academy, "Hope and Health for Friends" Reconciliation program, and partnerships with BC Soccer, we contribute to elite athlete development, cultural training for coaches, and anti-racism awareness.

Hope and Health is working in partnership with BC Soccer to support the development and certification of Indigenous coaches.

CALL TO ACTION 91

RESPECTING INDIGENOUS TERRITORIAL PROTOCOLS IN INTERNATIONAL SPORTING EVENTS

What we're doing...

While we do not host international events, we promote land acknowledgments in local sports. We follow protocols in every activity, collaborating with local knowledge carriers and incorporating cultural teachings into our programs.



Our Vision

For Indigenous children and youth to carry themselves with pride and confidence to achieve their highest potential and dream big.

Our Mission

Hope and Health is a sport based program and social movement that engages Indigenous children and youth to improve long-term health and life outcomes.

Our Beliefs



1 We co-create trusting relationships built on reciprocity, transparency and accountability.

2 We recognize and honour local traditional protocol and knowledge with everything we do.

3 We approach everyday with an open mind and open heart - as co-creating new pathways towards reconciliation requires continuous reflection and learning.

4 We are committed to capacity building, sustainment and a long term vision.

Nautsa'mawt

A HUL'Q'UMI'NUM* TERM MEANING:

**“ONE HEART,
ONE MIND”**

Our Guiding Principle

This applies to how we lead, interact with others and come together as a community, with the beautiful children and youth at the center.

*Hul'q'umi'num' is a Coast Salish traditional language with a variety of dialects.

A photograph of children playing soccer on a grassy field. In the foreground, a girl with cat ears on her head and face paint is looking down. To her right, another girl in a pink cap is about to kick a soccer ball. Other children in green vests are visible in the background. The image has a dark blue diagonal overlay in the top right and bottom left corners.

CHAMPIONS FOR LIFE DEVELOPMENT MODEL

A holistic framework, introducing children to not only physical literacy and soccer technical skills/drills, but most importantly to developing life and leadership skills. This is outlined as: fitness for life, goals, ambitions and dreams, life & leadership skills, and confidence & self esteem.

Champions for Life Development Model

Participants in the program can follow three main pathways.

1. Successfully transition from H3 into non-sport life paths.
2. Progress directly into the Hope and Health Virtual Champions Academy, which emphasizes a holistic development approach.
3. Enter organized sports or soccer elite play, potentially advancing as a student athlete and/or into semi/professional soccer.

There's interchange among these pathways, providing flexibility.



H3 Development Model

This model honors an Indigenous worldview with the interconnection of mind (emotions and cognition), body, social and spirit.

Animal archetypes represent life and leadership behaviors, characteristics and skills known to contribute to positive life experience and outcomes.



Our Partnerships

Hope and Health graciously thanks all host nations, partners and donors for your care and support towards Indigenous children and youth realizing their greatest potential and achieving their dreams as champions for life- through the power of sport.



HOST NATION PARTNERS

Ahousaht
Malahat
Musqueam
'Namgis
Penelakut
Snaw-Naw-As
Snuneymuxw
Squamish

Stz'uminus
Teslin Tlingit
Tla'amin
Ts'uubaa-asatx
Tsleil-Waututh
Wei Wai Kum
We Wai Kai

New partners in 2024 include:
Cowichan Tribes and Sts'ailes Nation*

**this list continues to grow with the expansion of the
H&H network*

LEGACY PARTNERS

Kw'umut Lelum (**Life Giver*)
Vancouver Whitecaps FC
Helijet
Scotiabank
Binnie
BC Soccer
BC Place
EA SPORTS FC /Electronic Arts
Canadian Tire Jumpstart
City of Burnaby
Oddball Workshop
Kendor Textiles
Musco Global Lighting
Heart of America
Knox Contracting
UBC Thunderbirds

LOYALTY PARTNERS

Soccer Express
Shop First Nations
Richmond Firefighters
MLS WORKS
MLS Players Association
Adidas
Purdy's
LUSH Canada
First Nations
Health Authority (FNHA)
Sport Check
Station Street Tattoo
Powered by Pacific FC
Fortis BC
Entertainment Partners Canada
Forbes Hall Thetis Island

GRANTS

Civil Forfeiture (BC Gov) Grant
Sport Canada (Innovation Project)
Beyond Sport Courageous Use of
Sport Grant
PHE Access to Action Grant
UBC CUES Grant

OTHER FUNDRAISING INITIATIVES

Orange Shirt Sales
Santa on the Pitch
Hope and Health/Nautsa'mawt FC
Family & Friends Fundraiser
Website Donations
VWFC Online Jersey Auction

**Life Giver is a special category for Kw'umut Lelum as a founding and legacy partner*



Legacy Impact through Art

Holding our hands up in extreme gratitude to Coast Salish artist **Maynard Johnny Jr.** who has so generously shared his time and talent with Hope and Health for over a decade. Creating beautiful art, amplifying our mission and helping to create social impact through his artwork in so many special ways.



Our Executive Leadership

A diverse and accomplished group of individuals, all in active professional roles within their respective fields of expertise.

They each bring diverse skills, talents, and experiences with a common passion and vision for creating the most healthy and resilient future generation of Indigenous leaders- along with maximizing sport for reconciliation.



Bill Yoachim

*Co-Founder, President &
Executive Board Member*

Ed Georgica

*Co-Founder, Secretary / Treasurer,
Executive Board Member*

James Merriman

*Founding Head Coach,
Executive Board Member*

Deana Gill

Co-Founder, CEO

Our Dream Team

Hope and Health is blessed to offer an incredibly diverse team of talented team members, including experienced professionals and industry leaders, coaches and coordinators- many whom are current and former student athletes; along with community members with trusted connections to the beautiful children, youth and families at the centre of the Hope and Health movement.

There is a small core team who operate throughout the year to oversee the planning, fundraising and logistics of Hope and Health key activities- along with an incredible dedicated Executive team & SME advisors.

Our coaches/mentors are employed & deployed on a sessional basis with a significant hiring in the summer season to execute all of the summer programs and community camps.

Core Team: 6

CEO, Director of Community Projects & Partnerships, Technical Director & Head Coach, Executive Assistant and Administrative Lead, Provincial Program Coordinator and Coach, In House Videographer

Sessional Team: 60+

Social Media Community Manager, Summer Program Lead Coordinator x 2, Social Media in Community, Community Camp Coaches/Mentors x 50 across communities.

Many coaches/mentors travel to partake in community camps in other host nations. In addition, our annual community camps involve partner and local volunteers x 10-15 depending on the event.



2023 Year in Review

Top 4

The following initiatives were the top priorities for 2023:





H3 PROGRAMS

Continue to deliver and refine H3 programming in all shapes and forms (H3, Community Camps, Champions Academy, Mini-Pitch, 5V5 Champions League, Summer Program) and expand into 2-3 new communities through community camp model.



CHAMPIONS FOR LIFE

Enact further critical “Champions for Life” development opportunities for Indigenous youth athletes whilst piloting Nautsa’mawt FC for elite level athletes, coaches and other roles.



MAXIMIZE PARTNERSHIPS

Maximize existing partnerships towards our 2026 vision, and to achieve the greatest potential for all with the “Champions for Life” development model in mind.



DIGITAL STORY TELLING

Maintain a strong social media channel, and provide creative, inspiring + uplifting social impact content and digital story telling.

2023 Key Campaigns: Mental Health through “Bell Let’s Talk”, Anti-Bullying through “Pink Shirt Day”, 10 year Anniversary Jersey launch for Indigenous Peoples month/day, Orange Shirt Day + Changing Lives Giveaway.

Programs & Initiatives

2023 Year In Review



- “H3” Programs: Hope and Health at Home community based programs, including:
 - Champions for Life Spring & Summer Programs, and
 - Little Champions
- Virtual Champions Academy
- Nautsa’mawt FC
- Community Camps
- Be the Change Mini-Pitch Initiative
- 5V5 Champions League (Sport Canada Innovation Project)
- Awareness Campaigns
- Special Opportunities
- Hope and Health Associated Awards
- Santa on the Pitch

2023

Hope and Health at Home - H3

The H3 program uses sports to develop Indigenous youth holistically, both on/off the field.

Beyond physical literacy, we address social issues, nurturing life and leadership skills through our "Champions for Life" curriculum.

The term "home" signifies our commitment to community-based programming, eliminating barriers for accessible opportunities. It reflects our dedication to bringing together displaced Indigenous youth, fostering unity, connection, and a sense of belonging.

8 programs hosted:
Stz'uminus, Penelakut,
Snaw-Naw-As, Malahat,
Tsleil-Waututh, Ts'uubaa-
asaatx, Xpey and Britannia
Schools.

228 Total Participants

4.8/5 Average Rating

81.25% - "Very Happy" w/program

"IT'S MUCH MORE
THAN SOCCER, YOU'RE
TEACHING THEM WHAT
SOCCER CAN TEACH
US AND WHERE IT CAN
TAKE US."

“ H3 Feedback

“I APPRECIATE THE EFFORT OF THE WHOLE ORGANIZATION FOR BEING CONSISTENT AND GIVING MY CHILDREN WONDERFUL AND POSITIVE INSTRUCTION. BOOSTS THEIR SELF ESTEEM.”

“MY DAUGHTER HAS OPENED UP MORE ABOUT HOW SHE IS FEELING OR WHY.”

“MY SON HAS MORE DETERMINATION, MORE RESPECTFUL, LEARNING TO SPEAK UP, HE IS MORE FOCUSED”

“I NOTICE THAT CHILDREN JOIN IN AND ARE ACTIVE IN THE COMMUNITY AND I PERSONALLY BELIEVE WE NEED MORE OF THAT IN OUR COMMUNITY FOR OUR FUTURE GENERATION”

“H3 IS MORE VITAL IN A COMMUNITY THAN THEY PROBABLY KNOW, OR EVER IMAGINED. THANK YOU FOR ALL THOSE INVOLVED AND WE LOOK FORWARD TO SEEING YOU BACK!”

“H3 GETS THE CHILDREN OUT TO PLAY A SPORT THAT IS VERY DEAR TO THE COMMUNITY. IT CONNECTS CHILDREN TO EACH OTHER AND INCREASES SELF ESTEEM! IT'S SUCH A GREAT PROGRAM!”

“APPRECIATE USING SPORT AS AN INTERACTION OPPORTUNITY WITH INDIGENOUS YOUTH TO NOT ONLY PROMOTE EXERCISE AND HEALTHY LIVING BUT ALSO AS CONTEXT FOR THE TEACHINGS (E.G. GOAL SETTING) THAT WERE INCORPORATED THROUGHOUT.”



2023

Champions for Life Spring Break Boot Camp @ UBC

Spring Break Boot Camp at UBC

4 sessions

120 participants

Ages 3-17 | 58 Female | 62 Male

89% - Very Happy with Program

4.8/5 Average Rating



"MY SON LEARNED AND GAINED SKILLS IN NOT ONLY SOCCER BUT BUILDING FRIENDSHIPS WITH OTHERS..."

2023

Champions for Life Summer Programs

- Collaboration with Stz'uminus & Penelakut Nations
- Included cultural teachings, language, and practice, as well as creating dream catchers, drumming, singing, adventure based learning and drum making
- Partnership with indigenous and non-indigenous coaches to ensure there was a variety of physical activities including: basketball, street soccer, lacrosse, boxing, canoeing, kayaking, paddle boarding, and swimming



Summer Program

2 programs: Stz'uminus + Penelakut
Hosted over 5-6 weeks



107 participants
Ages 4 - 15

57 Female | 50 Male

4.4/5 Average Rating

"MY KIDS SAID THAT THE COACHES TREAT THEM WITH SO MUCH LOVE AND HAVE SO MUCH FUN WITH THEM."



“ —

CFL Summer Program Feedback

“You guys create a positive impact on our children and generate exercise.”

The workers were family to our children. They treated them like family & loved them like family”

“The kids absolutely LOVE being welcomed with open arms.”

“She is always gaining more confidence to go out & participate.”

“Please never stop being a safe place for our future generations”

“It helped my child get out of his bubble. Get more connected with physical activity.”

“My children keep telling me over and over that they can't wait until next summer to go back to Hope and Health that tells me that they really enjoyed their summer.”

2023

Little Champions

Early years physical literacy and intro to soccer

Valuable sport specific technical training and leadership lessons for kids from 2-5 years old - incorporating values such as: kindness, respect, teamwork, patience, self-love (self-confidence, self-belief)!



4 Programs hosted:

Penelakut

Stz'uminus

Snaw-Naw-As

Ts'uubaa-asatx

40+ Total Participants





“ Hope & Health is an amazing program. The Indigenous youth are lucky to get a first hand look at where sport can bring you in life. What dedication, will power, perseverance and love of the game can get you... my son talks about it for days after and it helps me to use motivation for my son to do well in his league and native ball. He wants to be a professional soccer player and I tell him all the time he can do whatever he puts his mind to. Thanks for everything! **Hope & Health is the best program for Indigenous children in sports.**

— *Parent, Hope and Health Community Camp*

2023

Hope and Health's Virtual Champions Academy

- Full year program with monthly mentorship and group learning sessions.
- Gen 3 commencing in January 2024.
- 2024 aiming to add sport and culture adventure with travel teams.
- 31 Participants Registered for 2024
 - Ages 11-17
- 15 Female, 16 Male
- 20 Mentors- current & former university student athletes, professional coaches, inclusive of Indigenous athletes (current/former)



CALLING ALL ASPIRING BC INDIGENOUS ATHLETES

The Hope and Health Champions for Life Virtual Academy connects driven Indigenous youth soccer players across the province with our amazing network of coaches + exclusive development experiences.

- Join a community of champions focused on achieving their greatest potential on their soccer development journey.
- Get active support from a dynamic group of mentors/experienced professionals to support you to achieve your development goals.
- Have access to a core mentor (daily, weekly and on-demand).
- Gain opportunities for video review & specialized skill/mindset development.
- Receive a full set of Champions Academy training kit, including cleats.
- Exclusive elite development experiences including a global sport and culture exchange for 2024 (NEW!)

Our Collective Champion Vision



2023

Nautsa'mawt FC



- The first ever semi-professional soccer team in Canada (League 1 BC) created for the purpose of reconciliation
- Created in partnership with UBC Athletics with the commitment towards Indigenous athlete and coach access and development
- Lead sponsor EA SPORTS with supporting sponsors KL Foundation, Oddball Workshop and Kendor Textiles
- Advisory Circle included: Jay Demerit, David Ousted, Terry Felix and Amy Bobb
- Indigenous designed logo + jerseys by Coast Salish artist Maynard Johnny Jr.



Key Accomplishments

- Ground breaking Indigenous Player Trials at BC Place
- Signed 7 men and 4 women Indigenous athletes
- Community impact through Nautsa'mawt FC players participating in community project, community camps and the creation and delivery of "Pathway to Pro" Program
- 3 Indigenous athletes went on to secure U Sports & PacWest Student Athlete signings
- Amplifying reconciliation education through social media campaigns

Nautsa'mawt FC: Pilot Discoveries

- Readiness requirements across all realms (coach, athlete, supporters, sponsorship) were not at the commitment caliber required to sustain ongoing
- Primary focus partnering with UBC was on the U Sports athletes-creating a two tiered experience
- Spring & Summer Native tournaments & League 1 BC schedules in conflict



2023

Nautsa'mawt FC



2023

Pathway to Pro

Participant Profile

- **77** participants
- Ages 5 - 18
- **22** Female | **55** Male

4 sessions delivered on game days prior to Nautsa'mawt FC matches at UBC Thunderbird Stadium

- Participants received an orange jersey, participated in pre-match training session with Nautsa'mawt FC players and then enjoyed the game in VIP section.



2023

10 year Anniversary Community Camp

- Primary community camp - 10 year anniversary at BC Place hosted in partnership with BC Place and BC Soccer
- Special Edition "Titanium" Jersey and ball sponsored by Vancouver Whitecaps FC - gifted to each participant and all 2023 community camp participants. KL logo on sleeve version as well to commemorate them as founding/life giver partner.



369 Total Participants

175 Female | **194** Male

Ages: **3-17**



2023

Community Camps

- Camp locations include: 'Namgis, Wei Wai Kum & We Wai Kai, Tla'amin, Teslin and Ahousaht
- Inagural Community Camp with City of Burnaby to honour Truth & Reconciliation.



444 Total Participants

201 Female | **243** Male

Ages: **3-17**



2023

Mini-Pitch Initiative

The purpose of the Mini-Pitch Initiative is to provide innovative, high quality and inspiring play environments to engage Indigenous children and youth in the beautiful game, develop physical literacy and soccer technical skills, and develop life and leadership competencies through the "Champions for Life" program and the "5V5 Champions" League

As of December 31st, 2023 Mini-Pitches have been activated in the following communities:

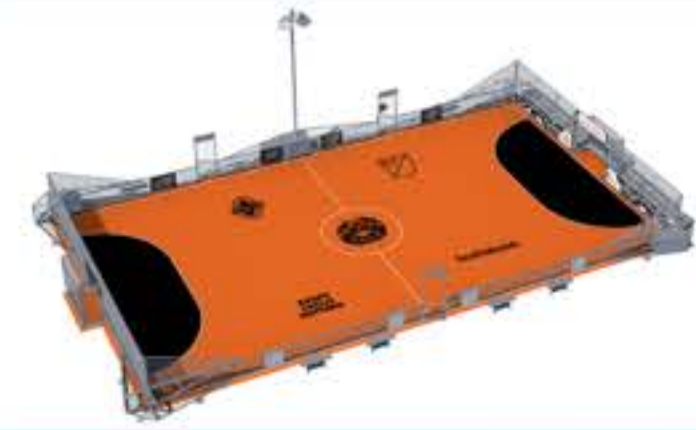
- Penelakut
- Snaw-Naw-As
- Stz'uminus
- Tla'amin
- Snuneymuxw
- Ts'uubaa-asaatx

We hold our hands up in gratitude for Mini-Pitch partners: Vancouver Whitecaps FC, Kw'umut Lelum, Scotiabank, Binnie, Musco, Knox Contracting + other site specific partners such as: Helijet, MLS WORKS



2023

Mini-Pitch Locations



2023

Playground Installation

In partnership with Snuneymuxw Nation and Heart of America, Hope & Health built our second playground alongside the Snuneymuxw Mini-Pitch.



2023

Coach Development

Hope and Health, in partnership with BC Soccer and other partners, facilitated four coach development key activities for Hope and Health coaches in 2023:

- Respect in Sport Series
- “Soccer For Life” Certification
- “Learn to Train” Certification
- C License - Youth



“Learn to Train” Certification at Snuneymuxw Mini-Pitch facilitated by Technical Director Jesse Symons

2023

5V5 Champions League Sport Canada Innovation Project

- Hosted in Penelakut
- 6 week community competitive league
- 2x training and 1 game night per week
- Tracking point and trophy/award finish
- 49 Participants: Ages 5-18
- 25 Female, 24 Male
- First round completed in January 2023.
- Second round of program incorporated a pilot of our newly refined “Healing Centered Sport Practices” as a key activity for our Sport Canada Innovation Project.



“ —

5V5 Champions League Feedback

100% said they would register their children in the 5V5 Champions League again

Parents: What was the most significant improvement in your kids?

“Being part of a team”

“Cultural connection”

“Stress Level”

“Dreaming Big”

Youth: What was your biggest takeaway from the program?

“I have someone I can trust in my life”

“I care for others”

“I believe I have strengths”

“I have someone I can turn to when I need support”

This program is important to the children that play organized soccer, to enhance their skills. But it is vital to the kids that don't have the opportunity to play organized sports because it gives them a sense of teamwork and belonging. To see the smiles of those kids when they get a medal or trophy is priceless!

2023

Awareness Campaigns

- Bell Let's Talk Day
- Pink Shirt Day
- Indigenous Peoples Day
- National Truth & Reconciliation/Orange Shirt Day
- Motivational Mondays

- 3 areas of focus:
 - Indigenous knowledge sharing, Indigenous cultural safety and anti-racism specific to decolonization
 - Mental health and suicide prevention
 - Anti-bullying



2023

Motivation Mondays

Hope and Health is committed to starting the week off in a good way...

We share quotes and teachings through social media platforms that we embed in our work across communities to encourage youth and their families to stay motivated, take perspective and reinforce just how special each and every person is.

“Failure is not the opposite of success, it is part of success”



“It is often the small steps, not the giant leaps, that bring about the most lasting change”



“The future belongs to those who believe in the beauty of their dreams”



“Every star shines a little differently”



2023

Special Opportunities

- Vancouver Whitecaps Kid Captain x 2
- Vancouver Whitecaps Community Tickets
- Scotiabank sponsored CONCACAF Player Walk Out Experience
- Canada Day at Canada Place
- Subway "Yes Way" Meet and Greet with Christine Sinclair.



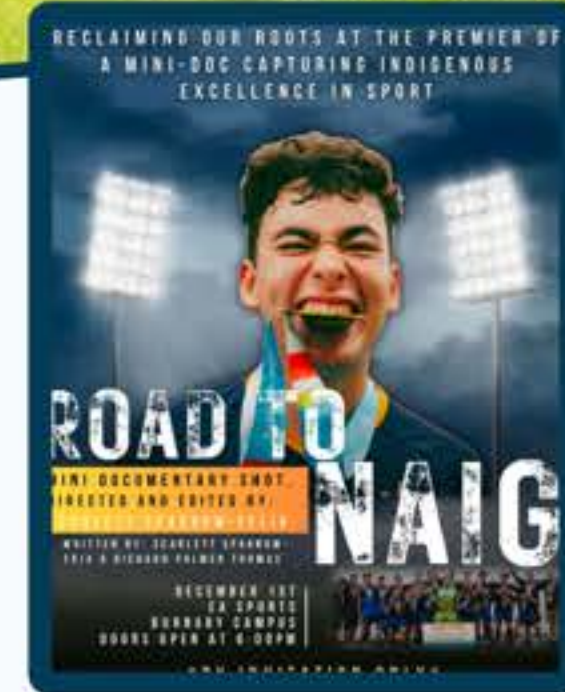
VANCOUVER
WHITECAPS
F.C.
2023
KID CAPTAIN
SAJE PAUL



2023

Associated Awards

- Beyond Sport + WWE “Courageous Use of Sport” global award to HH youth ambassador Richard Palmer Thomas
- Grant supported the creation of “Road to NAIG” mini-documentary (North American Indigenous Games)
- CPL VW “Game Changer” award to Executive Board Member James Merriman and Hope and Health’s Head Coach/Technical Director Jesse Symons



“I had the feeling I was at the right place, and I wanted to be a part of it [HH] because they were doing something great for people like me.”

Richard Palmer Thomas



2023

Santa on the Pitch

- 3rd Annual "Santa On The Pitch" Initiative
- Stocking Building Workshop hosted by EA Sports
- "Dream stockings" filled with essential items (toothbrushes, toothpaste, toques), books, toys, & treats!

500 stockings filled and distributed to 11 communities that participated in/hosted Hope and Health camps and programs in 2023.

Including 2 remote communities:

- Ahousaht Nation
- Penelakut Tribe





Impact Metrics

2023 Key Achievements

Expansion of Programs - Little Champions:

Expansion of the Little Champions Early Years Physical Literacy program into 3 more KL member nations.

Investing in Program Infrastructure:

Enhanced community sports infrastructure with 4 new mini-pitch installations in 2023 (1 carry over from 2022). 3 were in Kw'umut Lelum member nations communities.

Northern Expansion:

Extended outreach to Teslin, Yukon, engaging with diverse communities across vast distances.

Consistent Community Connection:

Established our commitment with the third visit to Ahousaht within 18 months, emphasizing ongoing engagement.

Collaborative Community Building:

Inaugurated a new community camp, partnering with the City of Burnaby to serve 190 participants honoring National Truth and Reconciliation.

Milestone Celebration:

Commemorated a decade of community camps at BC Place, distributing WC-sponsored special edition jerseys and balls across 11 communities.

Community Spirit in Adversity:

Adapted "Halloween on the Pitch" for direct delivery to families, ensuring Halloween joy despite unforeseen power outages.

continued **2023 Key Achievements**

Cultural and Athletic Fusion:

The HH Virtual Champions Academy, with its 29 participants, evolves to integrate sport and cultural travel adventures by 2024.

Coaching Excellence:

Advanced coaching development for 29 participants through the Grassroots Coach Education Program, aligning with national coaching certification standards.

Inspirational Encounters:

Provided 11 youth coaches with an unforgettable experience to meet soccer legend Christine Sinclair, fostering inspiration.

Fostering Competition and Growth:

Successfully initiated the 5V5 Champions League for 49 participants, blending competition with training and game nights.

Cultural Commemoration:

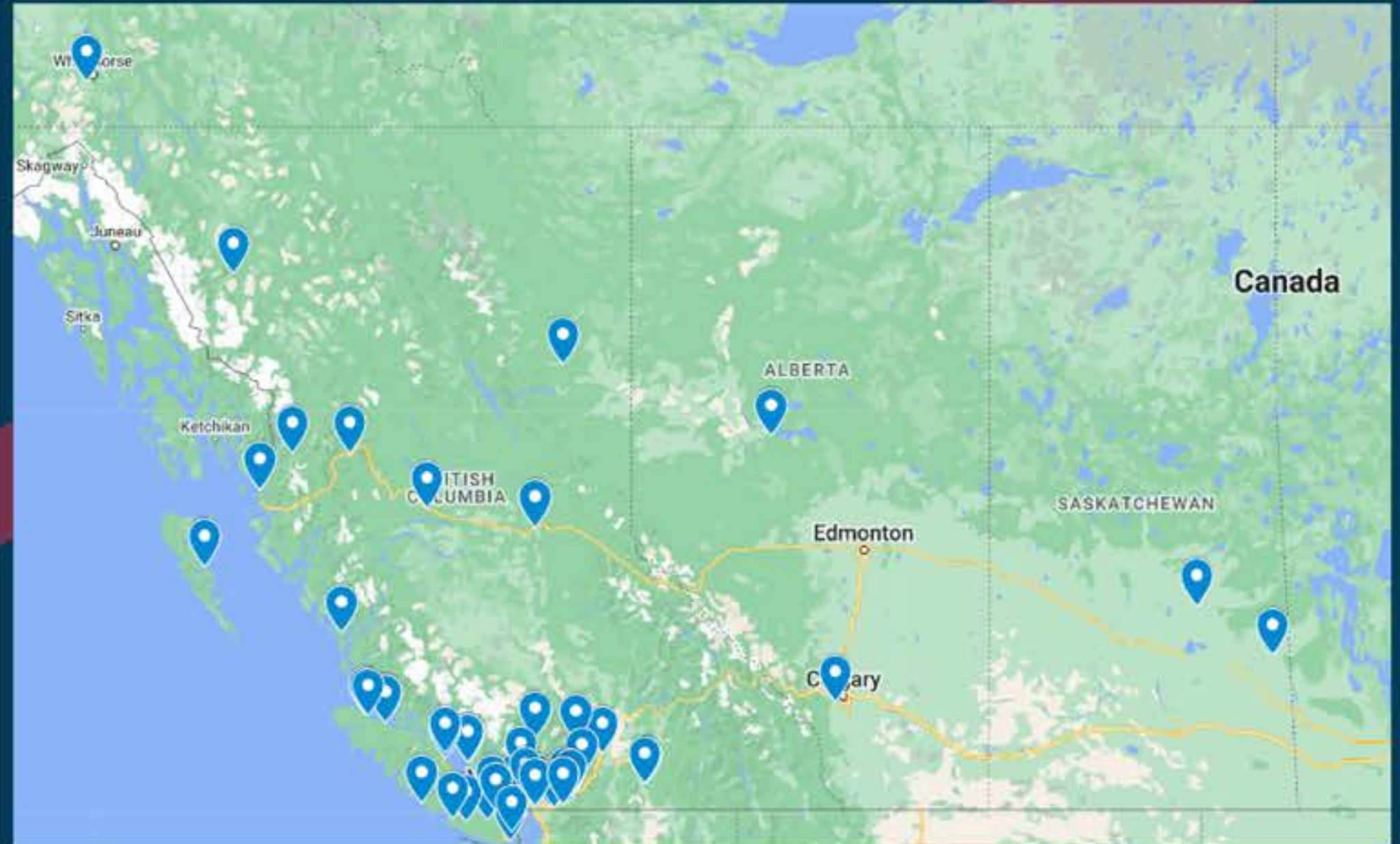
Launched the inaugural City of Burnaby community camp with 190 participants, recognizing National Truth and Reconciliation.

Santa Dreams Delivered:

Distributed 500 "dream stockings" filled with educational and essential items to all participants involved in Hope and Health programming, ensuring a festive spirit reaches every child.

62 Nations Represented

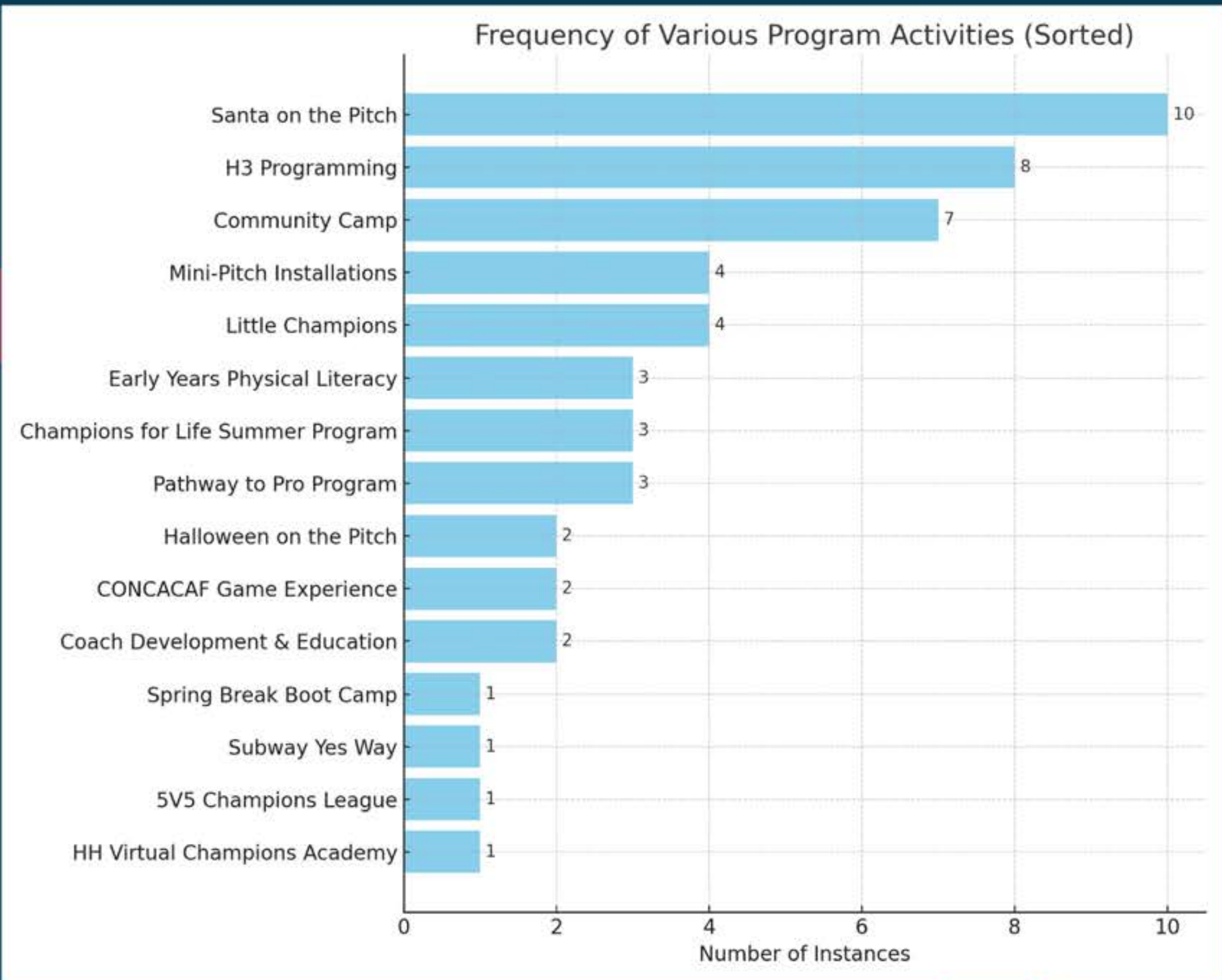
#	First Nation	Province	#	First Nation	Province
1	Burrard	BC	32	Seabird Island Band	BC
2	Chawathil	BC	33	Skowkale	BC
3	Cheam First Nation	BC	34	Sliammon (Tla'amin Nation)	BC
4	Coldwater First Nation	BC	35	Snuneymuxw First Nation	BC
5	Cowichan	BC	36	Spuzzum	BC
6	Ditidaht First Nation	BC	37	Squamish Nation	BC
7	Esquimalt First Nation	BC	38	Squiala FN	BC
8	Gitxsan (Gitksan or Gitksen)	BC	39	Sto:lo Nation	BC
9	Haida	BC	40	Stsailies	BC
10	Halfway River	BC	41	Stz'uminus First Nation	BC
11	Heiltsuk	BC	42	Stz'uminus	BC
12	Huu Ay Aht First Nations	BC	43	Sumas	BC
13	Katzie	BC	44	Tahltan Nation	BC
14	Keys Reserve	BC	45	Tla'amin Nation	BC
15	Kwagul	BC	46	Tla-o-qui-aht First Nations	BC
16	Kwakiutl	BC	47	Tlowitsis Nation	BC
17	Kwakwaka'wakw	BC	48	Tsawout	BC
18	Lake Babine Nation	BC	49	Tsleil-Waututh Nation	BC
19	Lax Kw'alaams (Port Simpson)	BC	50	Twalatis	BC
20	Leqamel First Nation	BC	51	Tzeachten First Nation	BC
21	Lheidli T'enneh	BC	52	Waceya Métis	BC
22	Lil'wat Nation	BC	53	Wei Wai Kum First Nation	BC
23	Matsqui	BC	54	Yakwekwioose	BC
24	Matsqui & Skowkale	BC	55	Sucker Creek	AB
25	Musqueam Nation	BC	56	TsuuT'ina Nation	AB
26	Namgis First Nation	BC	57	Kinistin Saulteaux Nation	SK
27	Nisga'a	BC	58	Red Pheasant Cree Nation	SK
28	Nlaka'pamux	BC	59	Kwanlin Dun	NWT
29	Okanagan Nation Alliance (Syilx people)	BC	60	Teslin	YK
30	Penelakut Tribes	BC	61	Algonquin (Kitigan Zibi)	QC
31	Penticton Indian Band	BC	61	Cree	QC



54 BC 2 SK 2 AB 2 QC
1 NWT 1 YK

Representing 4 provinces and 2 territories
 across a wide geographical reach within Canada

15 unique
activities
delivered over
52 events
of at least
59 weeks of
programming



+1321 participants

across all Hope & Heath Programs

Female participants: 647 (49%) | Male participants: 674 (51%)

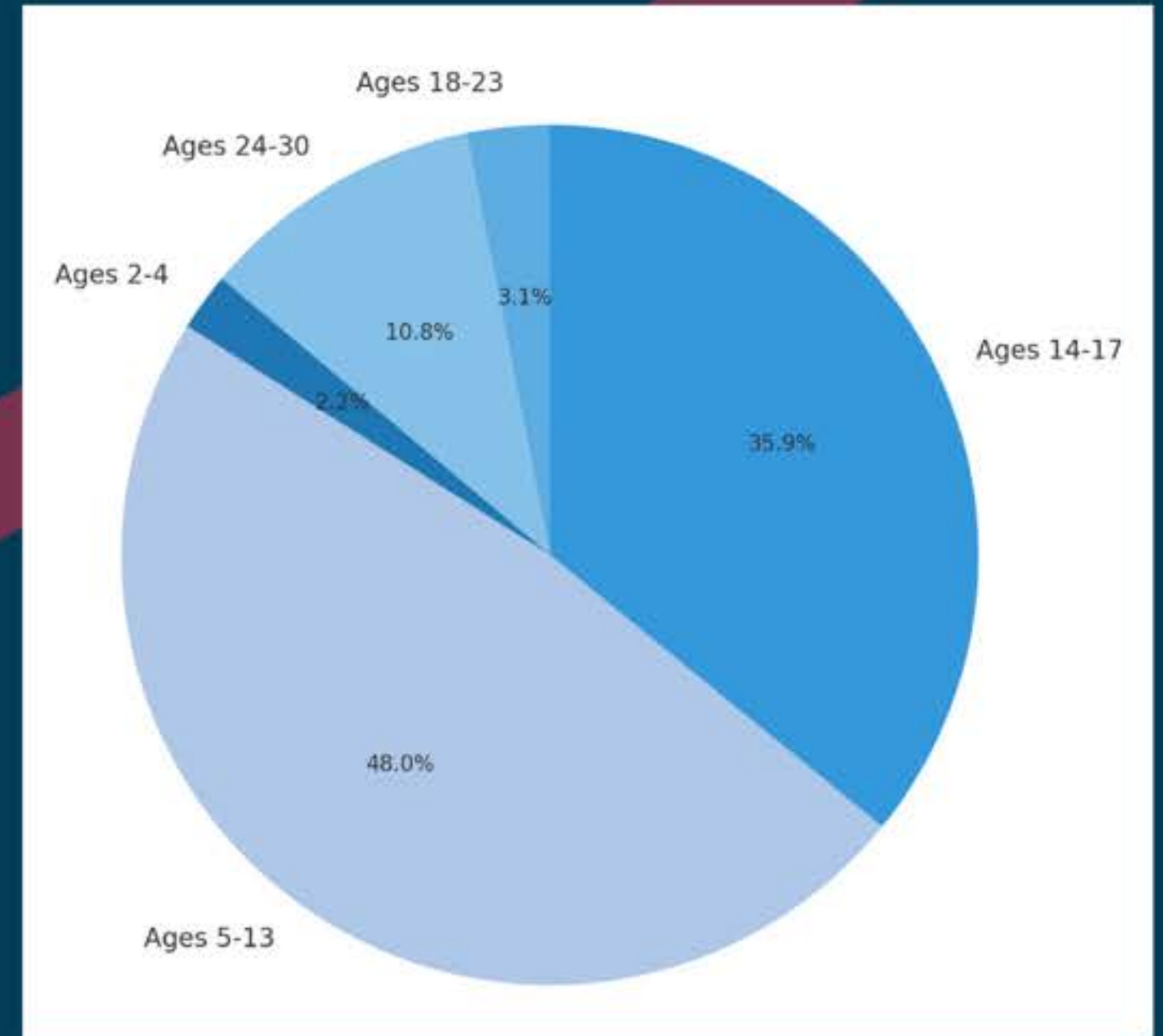
Age group distribution:

- Ages 2-4: 14 participants (2.2%)
- Ages 5-13: 308 participants (48%)
- Ages 14-17: 230 participants (35.9%)
- Ages 18-23: 20 participants (3.1%)
- Ages 24-30: 69 participants (10.8%)

11 Youth coaches involved (5 Female, 6 Male)

Largest single group at one event: 369 participants
(Ages 3-17)

"Dream Stockings" initiative: 500 stockings filled with essential items and educational materials delivered



2023 Financial Summary

Total Income*:
\$1,500,000

Total Expenses:
\$1,423,100

\$300,000 Core Funding

\$839,000 Donations &
Sponsorship

\$371,000 Grants

\$190,000 Value in Kind

*financial/cash income only

2024 Future Plans

OUR VISION REMAINS THE SAME: DEVELOPING “CHAMPIONS FOR LIFE”
AND MAXIMIZING SPORT AS A PLATFORM - ENGAGING LITTLE
CHAMPIONS TO YOUNG ADULTS.



2024 Focus

“Maximize Impact”

1 Maximize Community Based Programming & Community Camps

- Continue to provide high impact community based programming across communities and community camps with host nation partners.
- Continue to mentor & develop local coaches.
- Continue to expand 5V5 Champions League.
- Incorporate “healing centered practices” from Sport Canada Innovative project findings.

1

2

2 Maximize Champions Academy Impact

- Fully activate the Hope and Health Virtual Champions Academy and support our youth champions to achieve their goals.
- Put into play the “Sport and Culture Development Adventure” & Nautsa'mawt FC travel teams in 2024.

3

3 Maximize Mini-Pitch Impact

- Achieve proof of concept with new ball hockey prototype.
- Expand into new communities securing strategic partners for future growth and legacy “26 by 26”.

4

4 Maximize Partnership Potential

- Layer in opportunities for partner volunteer experiences within Hope and Health Initiatives.
- Partners to participate in & amplify Hope and Health campaigns & fundraisers.
- Activate mentorship/career pathing/internship/special development opportunities for Hope and Health'ers where possible.

Ways to Support

DONATE using our online donation link or etransfer to bethechange@hopeandhealth.org

PURCHASE an Orange Shirt (two Indigenous designed options available).

HOST a community camp.

SPONSOR a community camp.

Become a **CORPORATE PARTNER** in our Mini-Pitch Initiative.

OFFER in kind goods and services.

COORDINATE a “Santa on the Pitch” donation drive.

VOLUNTEER as a coach.

JOIN our Dream Team.



Get in Touch

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*Thank
you!*