



Camp LIFT

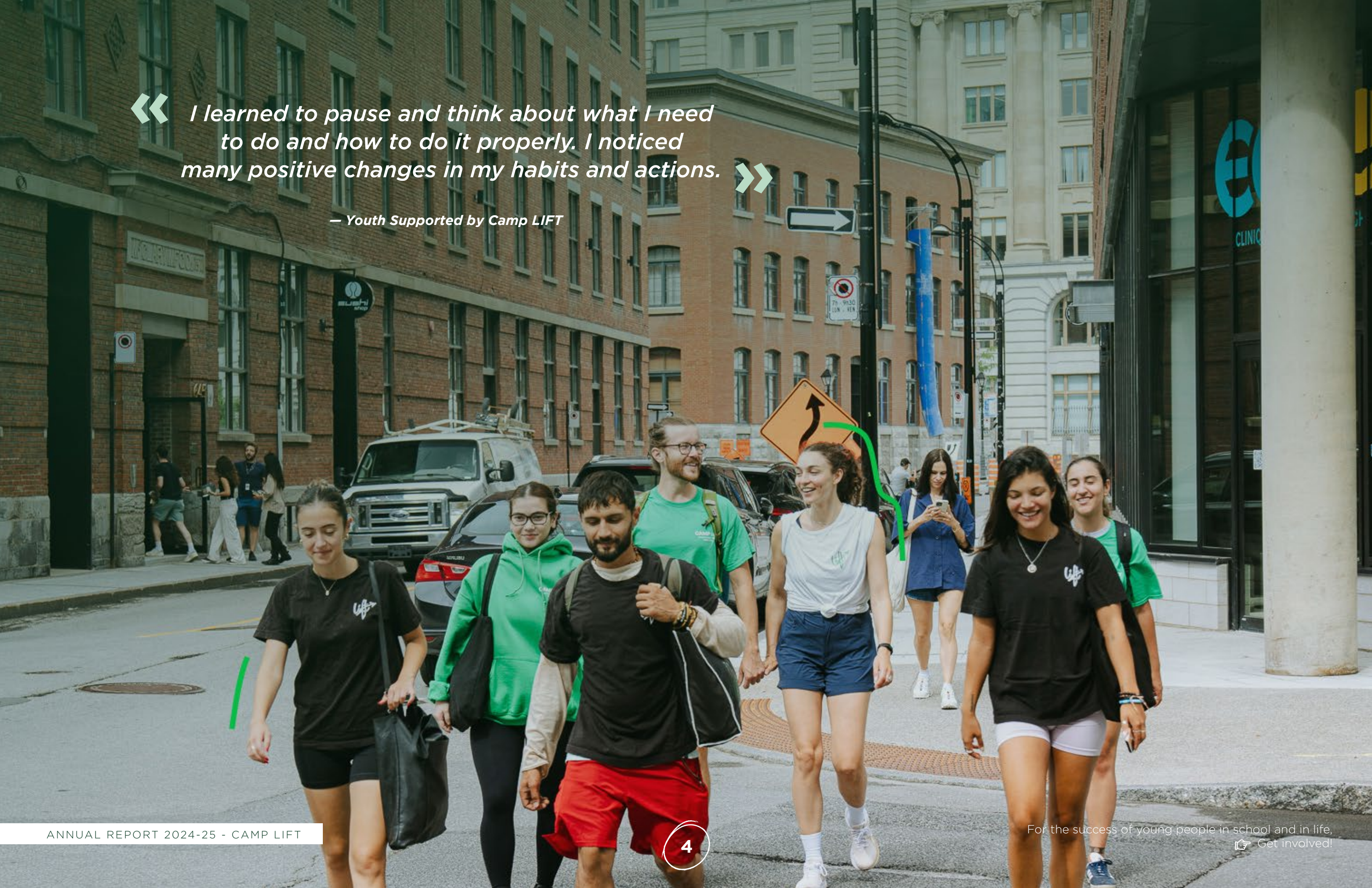
ANNUAL 2024 ACTIVITY REPORT 25

TABLE OF CONTENTS

5	Message from the directors	
6	Who are we?	
7	Our ultimate goal : Promoting school perseverance	
8	Overview of the 2023-24 school year	
10	Camp LIFT team 2024-25	
11	AXIS 1: OUR SERVICES	
12	Our approach to promoting academic perseverance	
13	School program	
14	Psychosocial Interventions through In-School Presence	
16	Workshops in schools	
18	Summer program	
20	Spring camp	
21	UpLIFT crew	
22	AXIS 2: OUR IMPACT	
23	Summary of 2023-24 activities in-school program	
24	Summary of 2023-24 activities in the summer program	
25	Appreciation of Workshops Supporting School Perseverance through Universal Prevention	
26	Appreciation of Services by School Teams	
27	Impact Study – Phase 2	
28	AXIS 3: OUR ASSOCIATIVE AND DEMOCRATIC LIFE	
29	LIFT updates	
30	AGM 2024-25	
31	Board members	
32	Main activities carried out by the Board of Directors in 2024-25	
33	Volunteer Contribution of Members within Camp LIFT	
34	Rooted in the Community	
35	AXIS 4: OUR FINANCES	
36	Summary 2024-25	
37	Philanthropy	
39	AXIS 5: ACKNOWLEDGMENTS	
40	Philanthropy, foundations and donors	
41	Acknowledgments to our partners	

« I learned to pause and think about what I need to do and how to do it properly. I noticed many positive changes in my habits and actions. »

— Youth Supported by Camp LIFT





MESSAGE FROM *the directors*

For nearly ten years now, it is with the same enthusiasm that we take a moment each year to measure the progress made. The 2024-25 year has once again proven to be rich in firsts and deepening experiences that strengthen our mission: promoting school perseverance through healthy lifestyle habits.

First, **our very first Spring Camp** gave ten young people the opportunity to spend four days immersed in nature, exploring the deep connection between nature, overall health, and educational success. These moments of mindful hiking, campfire cooking, and collective reflection have planted seeds of curiosity and confidence that are already bearing fruit in the schools.

At the same time, **Phase 2 of the impact study** conducted with the University of Montreal is underway. The data collected this year are promising; we eagerly await the results in the coming months, confident that they will further guide our interventions.

Our growth was also embodied in **our very first dedicated space for team training and urban camp workshops**. This new space has become a true learning laboratory where creativity, movement, and reflection intertwine.

Finally, we have marked a major milestone in our community rooting: **the creation of the UpLIFT Crew**. This committee brings together former beneficiaries who are now adults and wish, in turn, to guide future cohorts

and become engaged leaders in their communities. Their energy and experience demonstrate the lasting impact Camp LIFT can have well beyond adolescence.

These achievements would not have been possible without the passion of our team, the renewed trust of our institutional, financial, and community partners, and the unwavering support of our board of directors. To all of you, a heartfelt thank you!

We invite you to discover, page after page, the detailed accomplishments of 2024-25 and to continue this collective journey alongside us.

Happy reading!

Elvis Grahovic and Jonathan Sbrollini
Co-directors, Camp LIFT

WHO ARE *we?*

An autonomous community organization since 2016
(registered charity since 2020).

OUR MISSION

To contribute to the academic perseverance of high school youth by offering awareness and education activities on healthy lifestyle habits.

OUR VISION

We believe that cultivating a healthy mind in a healthy body is the best way to promote academic success. We are convinced that one day, all young people will have access to educational environments that will help them develop all facets of their humanity.

OUR UNIQUE VALUE PROPOSITION

*« From knowledge to wisdom,
from books to the art of living. »*

Most forms of education focus on knowledge and practical skills: Camp LIFT emphasizes life skills (soft skills).

Camp LIFT is more than a service — it's a presence.

We walk alongside youth through the ups and downs of adolescence, offering them authentic connection, a safe emotional space, and mentorship that leaves a lasting impact.



« Youth are not problems to be solved,
but human beings to be met. »

OUR ULTIMATE GOAL: PROMPTING *school perseverance*

HERE ARE SOME ASPECTS OFTEN PERCEIVED BY STUDENTS

Appreciation of support: Students appreciate the support and guidance offered by Camp LIFT’s facilitators, contributing to their emotional and academic well-being.

Improvement of Relationships: Initiatives aimed at promoting healthy interpersonal relationships can help students develop social skills and establish positive connections with their peers at school and in the community.

Participation in Stimulating Activities: Camp LIFT workshops offer enriching and engaging activities aimed at broadening students’ horizons. These experiences encourage open-mindedness, critical thinking, and creativity, while providing them with the opportunity to explore new perspectives in their academic journey.

For school staff, Camp LIFT’s involvement is seen as a valuable addition to the educational environment for three main reasons :

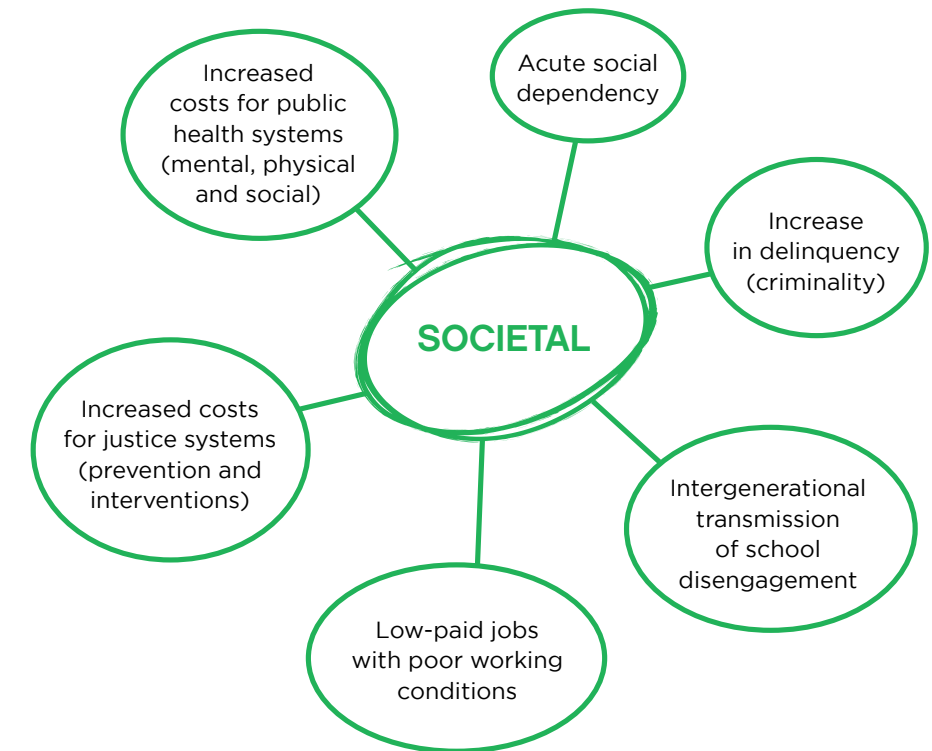
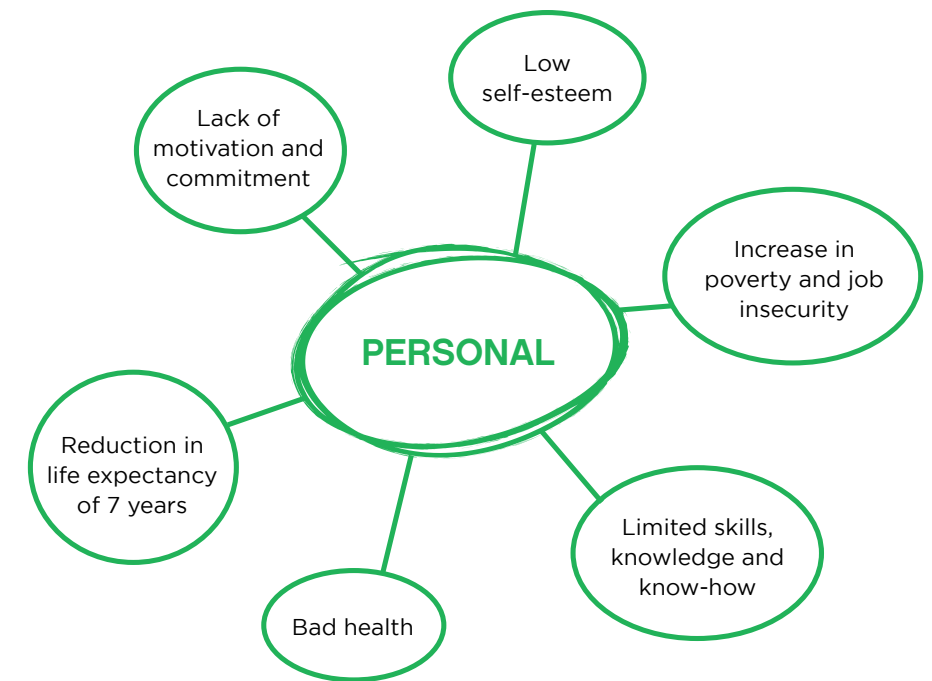
Complementary Support: LIFT mentors go beyond traditional classrooms to promote the overall well-being of students

Addressing Emotional Needs : By integrating healthy living practices into their workshops, LIFT mentors address the emotional needs of students, creating an environment conducive to learning.

Contribution to School Culture: LIFT mentors establish a positive school culture, encouraging students to be active, take care of their well-being, and engage holistically in their education.

What we pass on to young people is simple but has an extraordinary impact. It comes down to moving more, eating better, developing self-awareness and emotional regulation, sleeping at appropriate times, and cultivating healthy relationships with oneself, others, and nature.

Without this foundation, successfully completing high school becomes increasingly difficult. Here are some key consequences of dropping out, supported by research :



For the success of young people in school and in life,
👉 Get involved!

OVERVIEW OF THE 2024 school year

OCTOBER

Start of workshop facilitation in schools

Deployment of Phase 2 of Camp LIFT's impact study led by UdeM

Intersectoral training by the Public Health Directorate featuring a presentation by researcher Myriam Laventure (University of Sherbrooke), including the impacts and scope of Camp LIFT's interventions

Participation of leadership in the Annual General Meeting of the Regroupement d'organismes communautaires en lutte au décrochage scolaire (ROCLD)



Recruitment of three new psychosocial workers
 Training of the school intervention team
 Co-development and intersectoral training between CSEM professionals and Camp LIFT workers
 Start of ROCLD group meetings among directors of autonomous community organizations
Beginning of the rollout of school presence in CSEM schools
 Meeting between LIFT workers and CSEM educational advisors

SEPTEMBER

Deployment of a new internal system for certification and supervision of our programs, workshops, and interventions
Beginning participation in the DRSP community of practice meetings

NOVEMBER

Participation of co-director Jonathan Sbrillini as speaker and panelist at the Youth Forum of the East Island Network for English Services
 Beginning of Camp LIFT workers' participation in the Youth Mental Health community of practice organized by the Community Health and Social Services Network
 Mid-year meeting with student services and school management teams
 Team holiday celebration and holiday break

DECEMBER

OVERVIEW OF THE 2025 school year

FEBRUARY

Participation in the Montreal launch of the 2025 School Perseverance Days

Participation in the community event RÉSILIENCE on youth mental health, organized by the Community Health and Social Services Network

Creation of a new program on Nonviolent Communication

Conference by Jonathan Sbrollini and panel discussion participation with Lina Heid (coordinator) and a Camp LIFT alumnus at the RISQ Cross-Training event (UQTR, Quebec campus), for the INSPIRING PRACTICES segment

APRIL

Wellness retreat for employees

Data compilation for the Camp LIFT impact study led by UdeM

Compilation of satisfaction survey data from youth participants in Camp LIFT services

Promotion and achievement of full enrollment capacity for our urban and nature camps

JUNE

2nd edition of our Efflorescence benefit event

End-of-year meetings and review with schools and CSEM

Three-week break for the Camp LIFT intervention team

Recruitment of four new employees

Setup of our first dedicated premises

Launch of the fundraising campaign for the Efflorescence 2025 benefit event

Integration of a Dietetics intern from McGill University

Reintegration of Camp LIFT psychosocial workers into schools

Mid-year evaluation of Camp LIFT workers

Overhaul and improvement of the Inner Warrior program

First spring camp focused on nature connection

Outing organized by Camp LIFT and partners for youth participation at the G-League Basketball event

Conference and training on mental health at Lester B. Pearson School, delivered by our co-director Jonathan Sbrollini

Start of youth recruitment for our UpLIFT Youth Committee

Participation in the ROCLD school intervention workers' symposium

Conclusion of workshop facilitation and interventions in schools

End-of-year meetings with CSEM management teams and their schools to assess satisfaction with Camp LIFT services and plan for the 2025-26 school year

Launch of the UpLIFT Crew

Deployment of the Nature Camp
Training of the school intervention team with an additional week added
Planning meetings and rollout for the 2025-26 school year

JANUARY

MARCH

MAY

AUGUST

JULY

Deployment of the Urban Camp
Camp LIFT Annual General Meeting (AGM)
Philanthropic strategic reflection and planning

CAMP LIFT TEAM 2024-25

CO-DIRECTORS TEAM

Elvis Grahovic
Jonathan Sbrollini

COORDINATION TEAM

Lina Heid
Elwin Parker-Morris

PSYCHOSOCIAL INTERVENTION TEAM

Adam Atkas
Julia Abi-Youssef
Bianca Fabrizio
Louis-Philippe Raymond
Karen Betancourt
Bethany Hogan
Will Charbonneau

ORGANIZING COMMITTEE - EFFLORESCENCE BENEFIT EVENT

Chanelle Brisson
Jonathan Sbrollini
Charles-William De Melo

« A big thank you to all our volunteers who generously gave their time to support Camp LIFT's activities! »

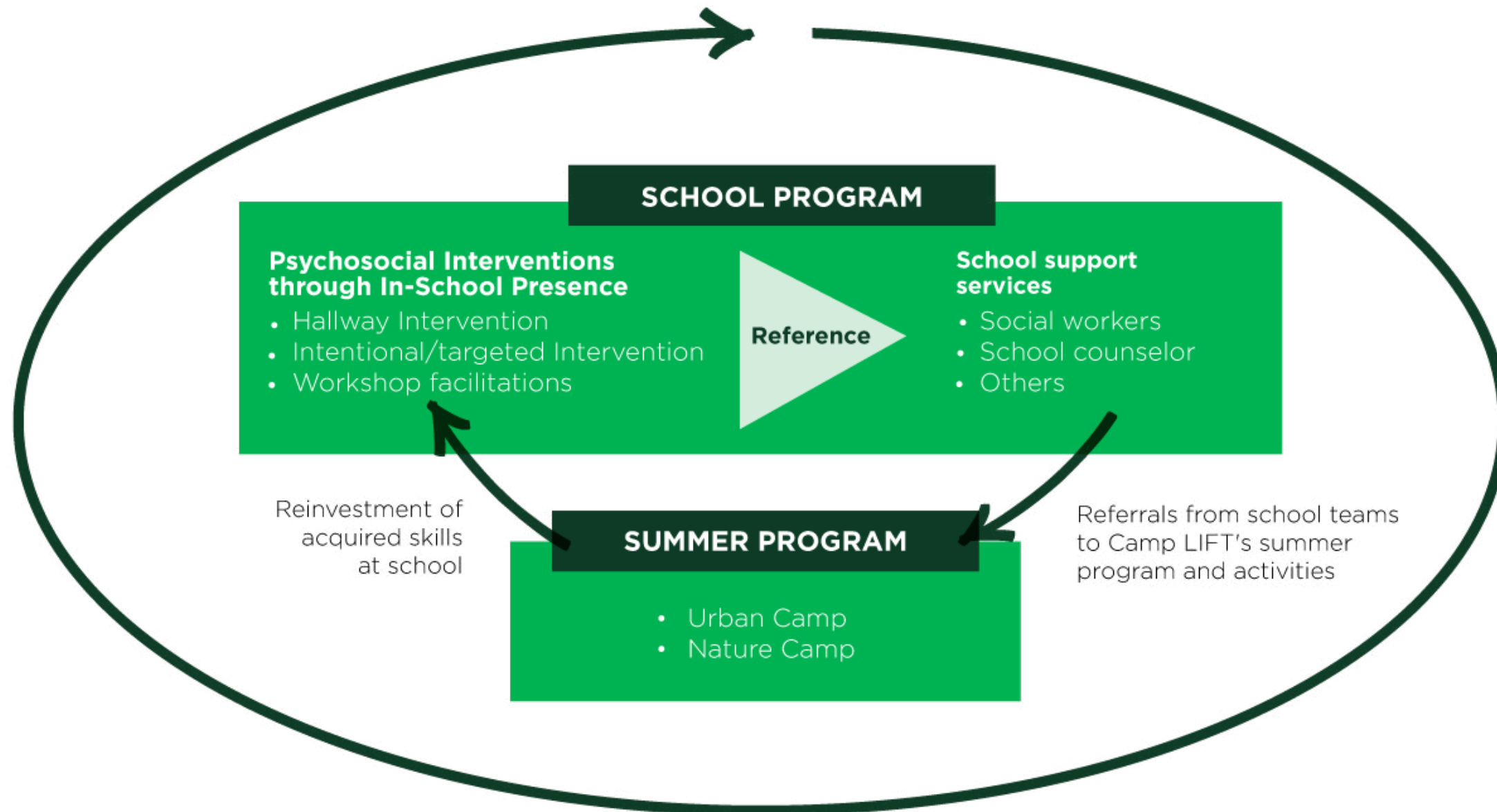


AXIS 1 OUR SERVICES



OUR APPROACH TO PROMOTING *academic perseverance*

Supporting youth throughout the year, from the start of high school to their graduation.



SCHOOL program

Since 2016, the psychosocial support offered by Camp LIFT facilitators has played a key role in preventing school dropout. We believe that young people are not a problem to be solved, but a mystery to be explored. They are already whole, carrying immense potential, and our role is to accompany them in this discovery. We see them as equals, fostering mentorship. Our holistic vision focuses on protective factors, strengthening not only their skills but also their overall well-being, to help them fully thrive at school and in life.

PSYCHOSOCIAL INTERVENTIONS THROUGH SCHOOL PRESENCE

The presence of our psychosocial facilitators in schools **helps build a relationship of trust with students at risk of dropping out**, supporting and guiding them through their challenges, and referring them to specialized resources when needed.

Our intervention team is trained in active listening and motivational interviewing to foster change processes among youth, focusing on attitudes, beliefs, and behaviors, in order to strengthen their level of motivation and school engagement.

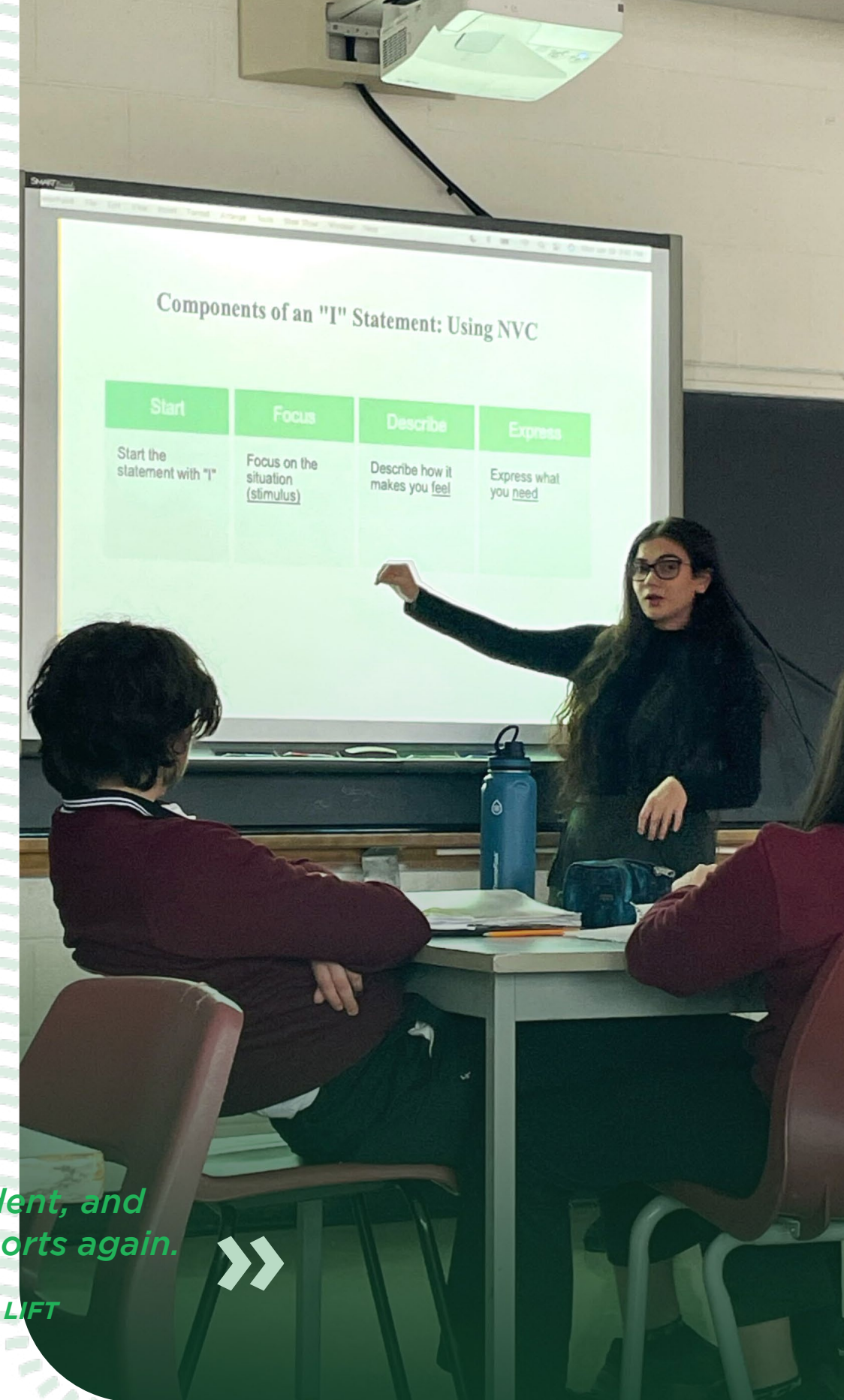
Here are the tools our team uses in their school-based activities:

- Motivational interviewing for school perseverance
- Education and awareness on healthy lifestyle habits
- Facilitation of informational workshops
- Stress management through mindfulness
- Non-violent communication and conflict resolution
- Prevention of psychoactive substance use in schools
- Referral of youth to professional health services

Our team also takes an active part in collaboration with schools and other community stakeholders through monthly meetings, either with school teams and/or roundtables, to develop harmonious and effective strategies.

« I feel much more independent, and I enjoy science, math, and sports again. »

— Youth supported by Camp LIFT



PSYCHOSOCIAL INTERVENTIONS THROUGH *school presence*

The three main ways our team supports youth:

01 HALLWAY INTERVENTIONS

- Short connection moments with youth lasting around 2 to 10 minutes during break times, recess, and lunch
- Building trust
- Listening, providing information
- Screening for risk factors
- Strengthening protective factors for engagement and school motivation

02 INTENTIONAL/TARGETED INTERVENTIONS

- Interactions lasting between 10 and 75 minutes, occurring at any time during or after school
- Follow-up meetings with a previously identified at-risk youth
- Listening, support, guidance
- Referral to other professionals in the school

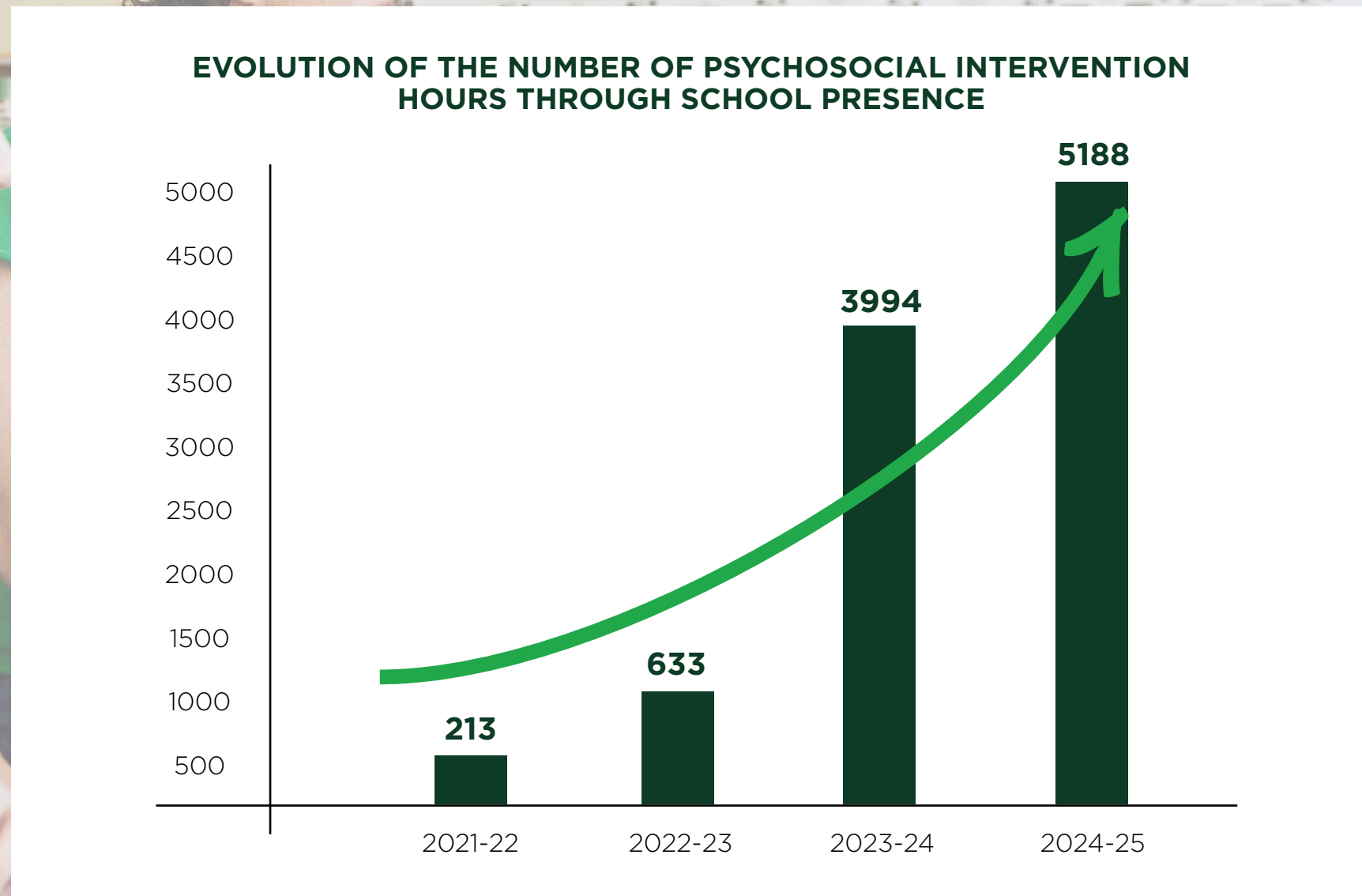
03 WORKSHOP FACILITATIONS

- During class time, lunch breaks, or extracurricular activities
- Duration: 1 to 12 weeks, 60-65 minutes per week
- Focuses on strengthening protective factors and reducing risk factors related to school perseverance

5188

hours of in-schools presence
in 2024-25 by
our interventionists

PSYCHOSOCIAL INTERVENTIONS THROUGH *school presence*



IN-SCHOOL workshops

DURING CLASS TIME

YOUTH APT

Managing Social Influences — Help-Seeking

Designed by Maison Jean Lapointe, the APT Program offers three distinct workshops — Environments, Friends, and Media. This universal prevention initiative aims to provide information on psychoactive substance use while fostering critical thinking through engaging conversations with students. Tailored to the general school population, these workshops seek to empower students with knowledge to make better decisions.

VAPING

Designed by Camp LIFT in collaboration with CIUSSS Centre-Sud and the Quebec Tobacco and Health Center, the VAPING workshop is a unique presentation and discussion session with students. It takes a universal prevention approach, addressing the complexities of vaping and its potential consequences.

PORNOGRAPHY

An innovative workshop by Camp LIFT, this program explores the often taboo topic of pornography addiction, examining its potential impact on youth and society. Aiming to demystify the pornography industry, the workshop highlights the associated harms to better inform young people and the community.

8 WEEKS PROGRAMS

LIFT

Informed Decision-Making Exercises — Self-Awareness

Igniting the Spark of Fundamental Healthy Lifestyle Habits in every young individual by addressing various topics:

- Connection
- Potential
- Stress
- Procrastination
- Movement, nutrition and sleep
- Digital well-being
- Communication
- Future

INNER WARRIOR

Adoption of Prosocial Behaviors — Stress Management

Fostering self-awareness, emotional regulation, resilience, and emotional intelligence in at-risk youth.

GREEN LEADER

Social engagement

Cultivating a connection with nature and empowering youth to promote environmental initiatives within their school.

NONVIOLENT COMMUNICATION

Managing Emotions and Needs

Learning to communicate with respect and authenticity to nurture the connection with oneself and others.

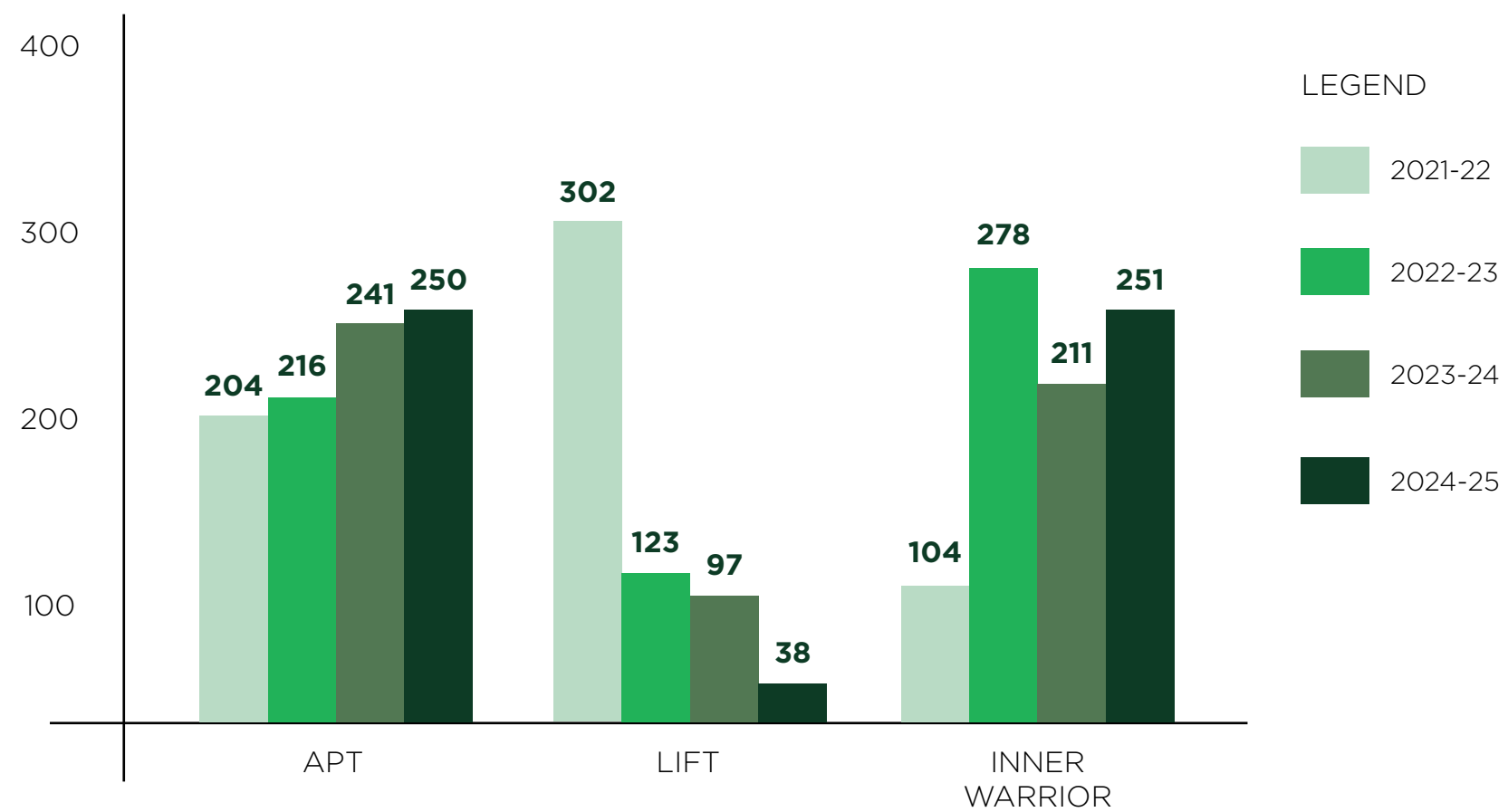
« Every time we finish our workshop,
I leave the classroom feeling less stressed. »

— Youth supported by Camp LIFT



IN-SCHOOL workshops

EVOLUTION OF AWARENESS AND EDUCATIONAL WORKSHOPS ON HEALTHY LIFESTYLE HABITS OVER THE YEARS





SUMMER program

It has been scientifically proven numerous times that summer vacations can have many negative consequences on overall physical health, increase risky behavior (Tygart, 1992), and even slow down certain cognitive skills such as reading comprehension (Kindchyr, 2017). The summer break has also been linked to weight gain (Wang, 2015) and lower academic performance, particularly in less advantaged populations. The need for structured and attractive activities promoting healthy lifestyle habits for youth aged 12-17 is immense during the summer period, and there is virtually no accessible service for families and teenagers to address this need.

Camp LIFT's summer program aims to fill this gap by creating a bridge of intervention and support between two school years, a particularly high-risk period for motivation and school engagement. The two main ways Camp LIFT supports youth during the summer are Urban Camp and Nature Camp.

LIFT'S DIFFERENCE

- A 3:1 youth/mentor ratio.
- Trained and experienced psychosocial interventionists.
- Certified professionals with experience in each activity we facilitate.
- Keeping students close to their schools, neighborhoods, and communities during the summer.

« *I felt motivated to do things I enjoy, and it helped me focus on myself.* »

— Youth supported by Camp LIFT

URBAN Camp

WHEN?

In July, on the Island of Montreal

NATURE Camp

WHEN?

In August, outside Montreal

ACTIVITIES

- Yoga by certified trainers
- Martial arts by certified trainers
- Physical conditioning by certified trainers
- Jogging with professional runners
- Hiking and connecting to nature

- Group workshops and discussions on topics such as :
 - Stress management through mindfulness
 - Communication and conflict management
 - Responsible psychoactive substance use through harm reduction
 - Creating routines for healthy lifestyle habits
 - How to support oneself and/or a loved one with mental health challenges

PARTNERS

Réseau Réussite Montréal
CIUSS Sud-Ouest
English Montreal School Board
Quebec Ministry of Public Security
Various professional partners (chef, trainers, speakers)

PARTNERS

CIUSSS Centre-Sud et CIUSSS Sud-Ouest
and CIUSSS Montérégie-Ouest
English Montreal School Board
Various professional partners (chef, trainers, speakers)





SPRING *Camp*

We are very proud to introduce this year a major new addition to our service offerings, aimed at creating a year-round continuum of support.

Our first spring camp **welcomed 10 young people** during the March break at the beginning of March. With a theme centered on connecting with nature, participants had the opportunity to experience various activities that allowed them to (re)discover this vital connection for their well-being and personal growth:

- Building a fire using ancestral friction methods (without a lighter)
- Identifying plants and their nutritional and medicinal properties
- Tracking and identifying animal signs (hares, foxes, deer, etc.)
- Snowshoeing and forest meditation

« *I spend less time playing video games.* »

— Youth supported by Camp LIFT

UPLIFT *Crew*

This year, Camp LIFT reached a new milestone by launching the **UpLIFT Crew**, a brand-new initiative that allows former participants of our school programs—now young adults—to continue growing with us. The goal is simple yet powerful: to develop the next generation of leaders by providing concrete opportunities to get involved, build their skills, and make a real impact.

Members of the UpLIFT Crew actively participate in the organization’s governance, program design, and awareness-raising activities—enabling Camp LIFT to **continue evolving with and for the young people** it supports.

Launched in May, this initiative already brings together **about ten official members and around fifteen additional participants** who have taken part in several activities, including:

- Biweekly support and discussion groups at our offices
- Volunteering at the *Efflorescence* benefit evening
- Participation in the Annual General Meeting and the governance committee of the UpLIFT Crew

COMING UP FOR THE UPLIFT TEAM:

- Organization of a wellness retreat in the fall
- Implementation of a fundraising campaign
- Participation in Camp LIFT training with school facilitators for professional development — and, hopefully, becoming a mentor at our youth camps!



AXIS 2 OUR IMPACT



SUMMARY OF 2023-24 ACTIVITIES IN-SCHOOL

Program

21

Partner schools

539

Workshops facilitated

5188

hours of presence in school

2693

Hallway interventions

239

Intentional/targeted
Interventions

11

Referrals to school youth
support services

157

Extracurricular
activities

5291 Distinct
youth

2542 Distinct
youth

SUMMARY OF 2024-25 ACTIVITIES IN SUMMER *program*

*Our 2024-25 annual report had to be produced this year in June, so the figures for the Urban and Nature Camps are projections based on confirmed registrations. For last summer's data and satisfaction surveys, please refer to the 2023-24 annual report.

55

youth participating to our summer programs

33

youth attending Urban Camp
(22 youth on the waiting list)

22

youth at Urban Camp
(30 youth on the waiting list)

15

Days over 5 weeks

5

Psychosocial workers

2

Volunteer from the UpLIFT Crew

3

Expert volunteers from the community

9

The youths' different schools

10

Days over 2 weeks

6

Psychosocial workers

1

Volunteer from the UpLIFT Crew

2

Expert volunteers from the community

9

The youths' different schools

EVALUATION OF SCHOOL PERSEVERANCE SUPPORT WORKSHOPS

VIA *universal prevention*

4.6 / 5

Program usefulness

4.5 / 5

Enjoyment

4.2 / 5

Feeling safe in the group

4.3 / 5

Could relate to the workshop

4.6 / 5

Mentors as relatable role models

4.4 / 5

Feeling heard by the group

4.6 / 5

Recommending the program to peers

4.7 / 5

Mentors being fun

4.5 / 5

Desire to continue with Camp LIFT programs

54 %

Percentage of students likely to be interested in a summer camp after the workshop

Survey completed by 158 youth

SATISFACTION FROM SCHOOL STAFF *members*

We have a few students who do not open up at all. There have been times where they have shared very important information with the mentors at Camp LIFT. They weren't in students' faces. They didn't push. They just joined in—and let it come naturally. Camp LIFT brought a safety net. For some kids, more than my office ever could. After a fitness session, you could see it — less agitation, more calm. They could actually get through the rest of their day.

— Mountainview staff member

It's a program. It's a need. And it fills a gap no one else is addressing.

— Outreach staff member

They're not just outside support — they became part of the school.

— James Lyng staff member

Camp LIFT is a lot like counseling for the kids. It gives them a trusted person to talk to about everything and anything. They are closer to kids' age and dressed more like young people. It's a positive experience for students to have that. They come in with a lot of knowledge about teen issues. I truly believe in the program. The kids need it. The admin is not always the right person. The presence is really needed.

— FACE staff member

IMPACT STUDY

phase 2

For the second year in a row, Camp LIFT had the privilege of collaborating with Amel Guedidi, Caroline Levasseur, and Diana Miconi from the Faculty of Education at the Université de Montréal. This partnership, supported by the English Montreal School Board (EMSB) and the CHSSN, aims to deepen our understanding of the impact of our school perseverance workshops with youth aged 12 to 17.

OBJECTIVE OF PHASE 2

This phase aimed to continue the collection of quantitative data and to enrich the analysis with a qualitative dimension, by documenting the experiences of young adults who received support from Camp LIFT during their high school years. To date, we have gathered:

- 272 surveys with students in school settings, mainly in grades 10 and 11;
- 10 individual interviews with former participants, now young adults, conducted by researcher Amel Guedidi.

Complementary interviews (2 or 3), as well as focus groups, are also planned in the coming weeks. These rich and moving testimonies shed a human and profound light on the concrete effects of our approach

Here is a particularly eloquent excerpt:



« *I wasn't a good student. I had a lot of personal problems at that time... Camp LIFT really gave me a solid foundation when it comes to mindfulness techniques... It really helped me develop healthy habits... I remember the first time I went to Camp LIFT — I was so excited to go back to school. [...] I think Camp LIFT was an important springboard that helped me go to therapy and take that step. Overall, it gave me a lot of motivation — both academically and personally.* »

— Youth supported by Camp LIFT

PROFILE OF THE YOUTH surveyed

ETHNOCULTURAL DIVERSITY

- 10% of respondents identify as Indigenous (including Métis and Inuit)
- 25% identify as a visible minority (excluding Indigenous peoples)
- 92.5% were born in Canada

SOCIOECONOMIC SITUATION

- 70% of youth report that their parents experience financial difficulties (50% sometimes, 20% often)

RISK BEHAVIORS

- 50% have consumed alcohol or cannabis at least once in the past month
- 25% showed up to school or work under the influence of substances

SCHOOL ENGAGEMENT

- A more pronounced disengagement is observed in grade 10: less interest in school and lower classroom participation

OBSERVED EFFECTS AMONG YOUTH AFTER TWO YEARS of participation

SCHOOL MOTIVATION

Youth who have completed two years of the Inner Warrior program show a marked improvement in their academic motivation, particularly in terms of **self-confidence** and **self-determination**.

- *76% of grade 11 students who completed two years of participation report strong confidence in their ability to achieve their academic goals, compared to 58% before participation.*

CLASSROOM ENGAGEMENT

Youth arrive on time more often, ask more questions, seek support, and review their work more frequently. There is a clear increase in **accountability**, **attendance**, and **effort** in class, reflecting a more active engagement in their academic success.

SCHOOL INTEREST

No significant change is observed regarding overall appreciation of school. Many youth, nearing the end of their program, already seem focused on the future—a common phenomenon in end-of-high-school data: “It’s boring... I’m ready for the next step.”

The final analysis of the data is still ongoing, but the findings already visible are profoundly **inspiring**. They demonstrate the **transformative power** of an approach like Camp LIFT’s: a constant, human presence, grounded in the reality of young people.

We are **proud** of the progress made and **deeply encouraged** by the tangible outcomes observed academically, personally, and emotionally. These results fuel our commitment to continue our mission and reinforce our belief that, yes, **change is possible—and it begins with each young person**.



AXIS 3 OUR ASSOCIATIVE AND DEMOCRATIC LIFE





LIFT updates

This year, we have made tremendous efforts to further strengthen the principles of autonomous community action (ACA) within our organization. Our goal is to give even more space and power to the community we serve and come from. Here are the key initiatives:

- Creation of a “Become a Member” tab on the Camp LIFT website
- Increase in membership, from 10 to 47 **(a 470% increase!)**
- Revision of Camp LIFT’s general bylaws, notably to make board decision-making completely independent from the executive
- Creation of the UpLIFT Crew to further involve former beneficiaries of our services in LIFT’s governance (see p. 21 of the annual report)

AGM 2024-25

- Highlights

In addition to the usual items, Camp LIFT members adopted the new general bylaws.

Event held on *July 14th at 7:00 PM* in person at the Bibliothèque et Archives nationales du Québec.

26

members present

ALL

represent the target community: they have experienced issues related to school dropout

7

are former participants in Camp LIFT services, aged 19 to 24

4

sit on one or more boards of community organizations

8

work in the community sector

4

comes from a visible minority community

BOARD members

2024-25

ANTHONY QUEVILLON

Lawyer at Hub6, President

CYNTHIA MORISSETTE

Secondary School Physical
Education Teacher, Administrator

**Departure in May 2025 - position left vacant*

JONATHAN SBROLLINI

Co-director at Camp LIFT, Administrator

ELVIS GRAHOVIC

Co-director at Camp LIFT, Secretary

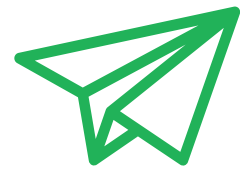
*Under the new bylaws, the co-directorship will sit on the board of directors without being a board member and without voting rights.



MAIN ACTIVITIES CARRIED OUT BY THE BOARD MEMBERS

in 2024-25

The board members held 7 meetings (via videoconference) during the 2024-25 year. In addition to its regular duties, the board notably worked on the following matters during the year:



Drafted a revised version of the general bylaws for submission to the members for approval at the AGM



Determined the main priorities and carried out budget planning for the 2025-26 year



Drafted a grant application to the Ministry of Education under the Community Action Program in the Field of Education (PACTE) - not awarded



VOLUNTEER CONTRIBUTION OF MEMBERS WITHIN *Camp LIFT*

BOARDS AND COMMITTEES	MEETINGS (person/hour)	TOTAL HOURS INVESTED BY MEMBERS
BOARD MEMBERS		
Videoconference Meetings	4 people x 2 hours x 7 meetings	56 hours
Representation	3 people x 2 hours x 6 meetings	36 hours
Draft general bylaws	2 people x 30 hours x 3 meetings	60 hours
VOLUNTEER COMMITTEE		
Videoconference meetings	4 people x 2 hours x 12 meetings	96 hours
In-Person meetings	4 people x 3 hours x 4 meetings 12 people x 8 hours x 2 meetings	240 hours
UPLIFT CREW		
In-Person meetings	25 people X 3 hours 13 people X 3 hours 5 people X 3 hours 3 people X 6 hours x 2 meetings 8 people X 3 hours	171 hours
TOTAL HOURS VOLUNTEERED BY CAMP LIFT	40 meetings	659 hours

« *Studies bring hope, light, and help break the glass ceiling. My motivation to volunteer at Camp LIFT is to help others, grow alongside them, and contribute to a better world.* »

— Nabrissa, volunteer at Camp LIFT

ROOTED IN THE *community*

With nearly 10 years of experience in preventing school dropout through the promotion of healthy lifestyle habits among youth aged 12 to 17, Camp LIFT has established itself as a key and respected player in Quebec's community and school ecosystem. Thanks to this recognition, our team is regularly invited to share its expertise and practices related to school perseverance.

Here are some notable examples of events we participated in during the 2024-25 school year:

- Participation of Elvis Grahovic, co-director, in the two **AGM days of the Regroupement d'organismes communautaires en lutte au décrochage scolaire (ROCLD)**.
- Our coordinator Lina Heid represented Camp LIFT at meetings of the **Public Health Regional Directorate Community of Practice** and facilitated co-development sessions among community partners.
- Participation of our school facilitators and youth in the G-League Basketball outing in collaboration with community and philanthropic partners.
- Participation of our coordinator Lina Heid in the Intervenants Colloquium organized by the Coalition Interjeunes.
- Participation of Jonathan Sbrollini, co-director, in **Quebec's School Perseverance Day (JPS)** organized by the **Réseau Réussite Montréal (RRM)** and meetings with various community and school stakeholders.
- Camp LIFT's participation in the **"Here with Youth for Educational Success"** communication campaign by the ROCLD.
- Camp LIFT's presence at community booths during the **Youth Meetings on School Democracy**.
- Conferences on school perseverance and mental health delivered by our co-director Jonathan Sbrollini, coordinator Lina Heid, and school facilitator Adam Atkas at Westmount, Laurier MacDonald, John F. Kennedy, and Lester B. Pearson schools.
- Conference and participation of Jonathan Sbrollini, Lina Heid, and a former Camp LIFT youth in the discussion panel of the **Montreal Partners Tour event, co-organized by Recherche et Intervention sur les Substances psychoactives Québec (RISQ)**, Douglas Research Centre, Institut Universitaire en Dépendances (IUD), CIUSSS-Centre Sud, and the Michel Perreault Research Team.
- Continued engagement of Jonathan Sbrollini on the **Board of Directors of James Lyng High School of the EMSB**.
- Conference and panel participation by Jonathan Sbrollini, co-director, at the Youth Network **Forum of the Regroupement de l'Est de l'Île for English Services (REISA)**, including participation in REISA's AGM.
- Contribution and participation of Jonathan Sbrollini in the **Youth Mental Health Community of Practice** and presence at both days of the Youth Mental Health Forum **RÉSILIENCE 2025** organized by the Community Health and Social Services Network.
- Second year of evaluating the impact of psychosocial programs in schools, in partnership with researchers Diana Miconi, Amel Guedidi, and Caroline Levasseur from the **Department of Education at the Université de Montréal**.
- **Partnership with the non-profit Avenues** to allow their youth to participate in activities of the UpLIFT Crew project.

AXIS 4 OUR FINANCES

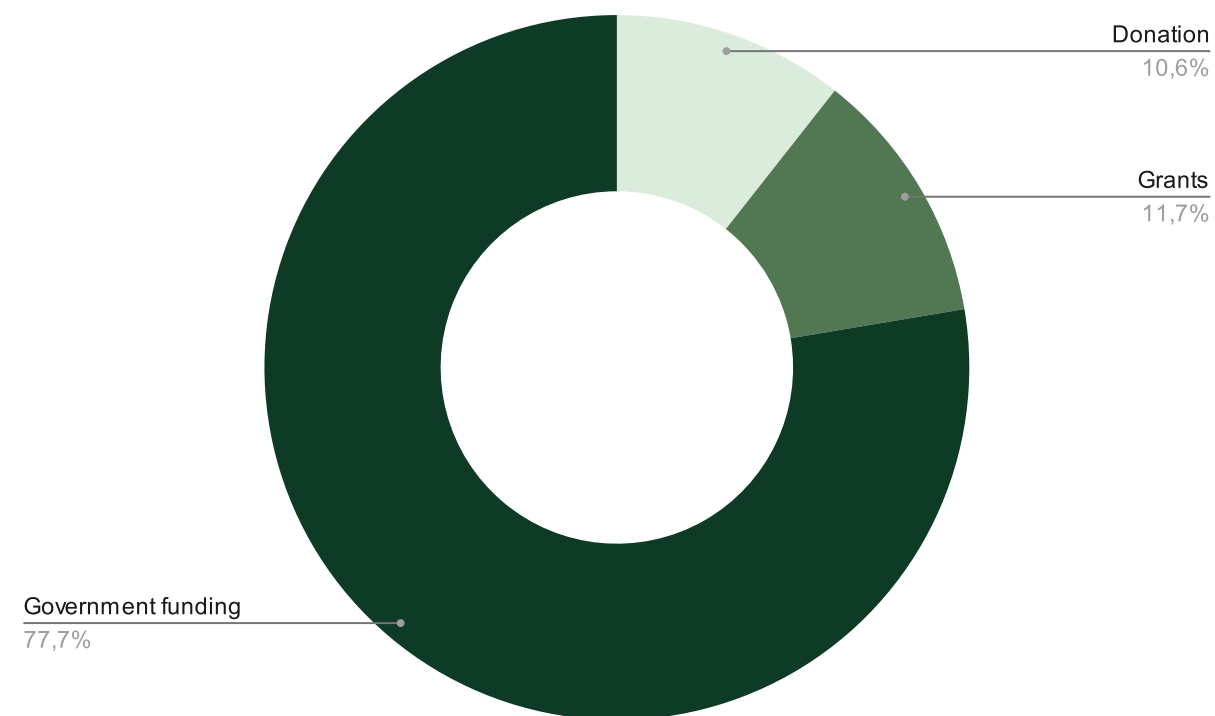


SUMMARY

2024-25

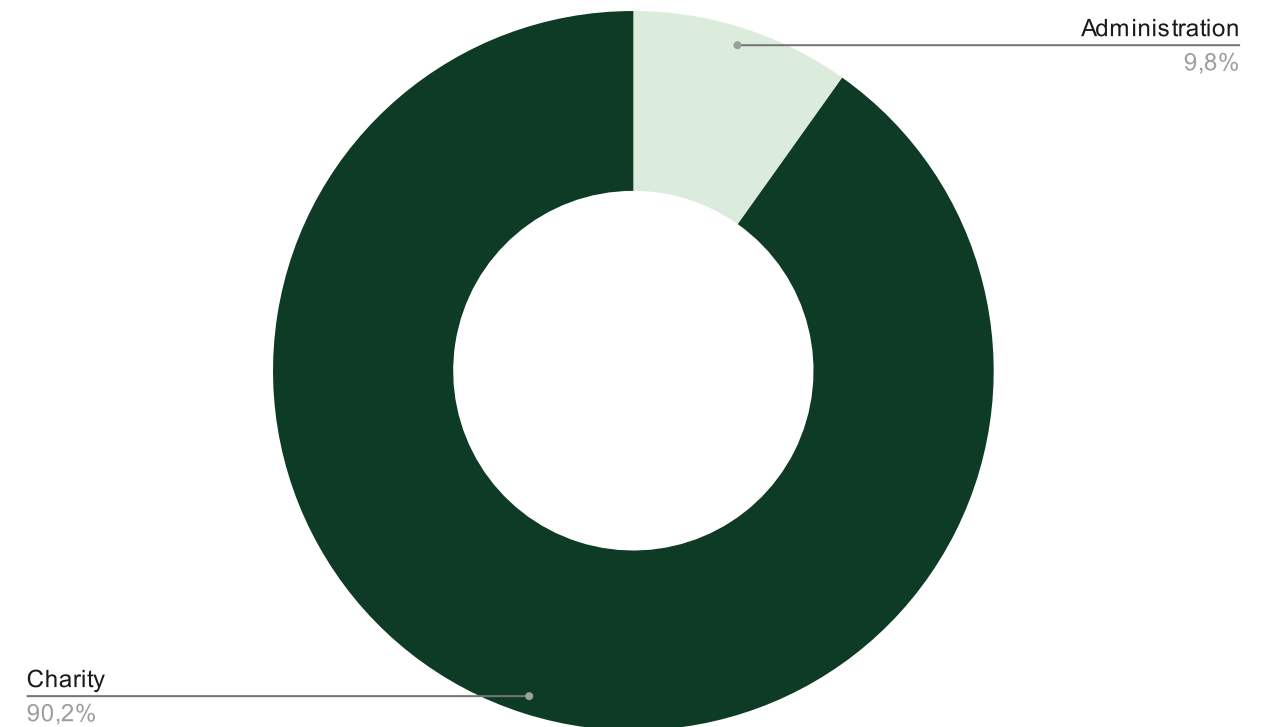
REVENUES

\$721,979



EXPENSES

\$717,387



PHILAN thropu

Efflorescence: A memorable evening marked by connection, warmth, and art

On June 6, we celebrated the 2nd edition of our benefit event: Efflorescence. Thanks to the incredible generosity of our community, we raised **\$84,300**, proudly surpassing last year's total. Whether you attended the evening in person or contributed from afar, your support made a real impact — and we thank you sincerely.

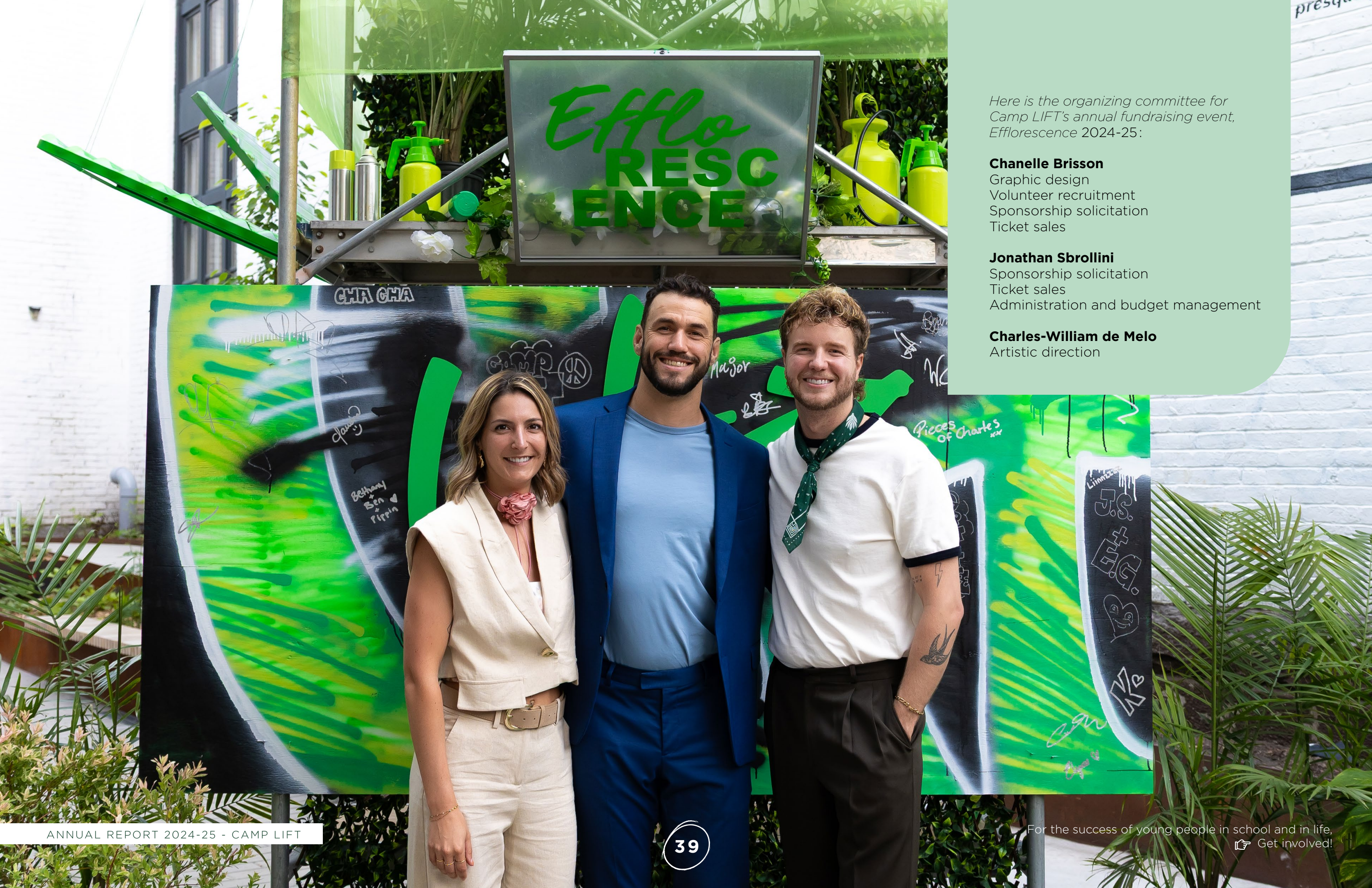
We would like to express our heartfelt gratitude to our valued partners, donors, and volunteers. Your involvement brought an unforgettable sense of heart and humanity to the evening. Thanks to you, Camp LIFT can continue supporting youth on their journey toward school perseverance and overall well-being.

**The funds raised from the event will be reflected in the 2025-26 financial statements.*



84 300 \$

« *A huge thank you to the 12 volunteers — including 6 dedicated youth from the UpLIFT Crew — who gave an impressive total of 192 hours of their time and boundless energy with heart and commitment! You truly ignited this human adventure.* »



Here is the organizing committee for Camp LIFT's annual fundraising event, Efflorescence 2024-25:

Chanelle Brisson

Graphic design
Volunteer recruitment
Sponsorship solicitation
Ticket sales

Jonathan Sbrollini

Sponsorship solicitation
Ticket sales
Administration and budget management

Charles-William de Melo

Artistic direction

AXIS 5 ACKNOWLEDGMENTS



PHILANTHROPIC PARTNER

Pinc. collectif

FOUNDATIONS

Fondation Rainville

CORPORATE DONORS

Banque RBC

Barilla

Beneva

Construction Trivia

MJA Entrepreneur Général

And a huge thank you to all our sowers of hope — especially our individual donors — who, through their generosity, plant the seeds of our mission's sustainability every day. Thanks to you, the impact takes root and grows.



ACKNOWLEDGMENTS TO OUR *partners*

A huge thank you to our valued partners. Thanks to your unwavering support, Camp LIFT can carry out its initiatives on the ground, at the heart of schools. It is because of you that lives continue to be positively transformed, and our mission truly comes to life. Together, we are shaping a better future.



Commission scolaire English-Montréal
English Montreal School Board

