2025-26 ANNUAL ACTIVITY REPORT





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> *I learned to take a moment to think before acting. It helped me make better choices and change many of my habits for the better.*
>
> — *Youth supported by Camp LIFT*



A MESSAGE FROM OUR CO-DIRECTORS

Every year, as we reflect on the past twelve months, we realize just how much Camp LIFT continues to grow, not only in reach, but also in maturity, community roots and recognition.

The 2025–26 year marks a major turning point in our organization's history. After ten years of supporting young people, Camp LIFT was officially recognized by the Ministry of Education as eligible for the Programme d'action communautaire sur le terrain de l'éducation (PACTE), opening the door to mission-based funding. This eligibility confirms the relevance of our mission to prevent school dropout and recognizes the essential role Camp LIFT plays in Quebec's education and community ecosystem.

Over the past year, Camp LIFT also reached several important milestones in its organizational development. Our partnership with *Avenues* strengthens our ties to the community sector and opens new opportunities for collaboration around the needs of young people. Our move into *Sun Youth's* offices also marks a new chapter for the team: a larger, more suitable space that better reflects our commitment to being present at the heart of the community.

We continued developing meaningful partnerships, including with *Groupe Probex,* which gives us access to Centre Percée Vers, a beautiful site in the Eastern Townships where we can hold our camps. This partnership helps broaden our young people's horizons and creates new, hands-on opportunities for learning, participation and engagement.

On the philanthropic front, the year was also marked by an extraordinary wave of generosity. Thanks to the commitment of our partners, donors, volunteers, Board of directors and friends of Camp LIFT, our *Efflorescence* fundraising event exceeded its fundraising target for the first time. This success means a great deal to us. It speaks to one simple but powerful truth: our community believes in this mission and chooses to carry it forward with us.

Behind every one of these achievements lies the same intention: to ensure Camp LIFT's long-term sustainability so that we can continue offering young people a stable, caring and meaningful presence throughout their educational and personal journeys.

We are proud of how far we have come, but above all, grateful to everyone who makes this work possible: our team, school and community partners, Board of Directors, funders, donors, volunteers and, of course, the young people who place their trust in us.

Thank you for continuing to be part of this journey with us.

Elvis Grahovic and Jonathan Strollini
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 schoolyouth by offering awareness and education activities on healthy lifestyle habits.

OUR VISION

We believe that nurturing a healthy mind in a healthy body is the best way to foster academic success. We are convinced that one day, all young people will have access to educational environments that allow them to develop every aspect 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 and personal development.

Camp LIFT is more than a service. It is a presence.

We walk alongside young people through the ups and downs of adolescence, offering genuine connection, an emotionally safe space and mentorship that leaves a lasting impact.



OUR ULTIMATE GOAL : SUPPORTING SCHOOL PERSEVERANCE

What students often experience :

- **Valued support :** Students appreciate the guidance and support offered by Camp LIFT mentors, which contributes to their emotional well-being and academic success.
- **Stronger relationships :** Initiatives promoting healthy interpersonal relationships can help students develop social skills and build positive connections with peers at school and in their communities.
- **Engaging activities :** Camp LIFT workshops offer enriching, engaging activities designed to broaden students' horizons. These experiences encourage open-mindedness, critical thinking and creativity, while giving students opportunities to explore new perspectives along their educational journey.

School teams see Camp LIFT's involvement as a valuable addition to the educational environment for three main reasons :

- **Complementary support :** LIFT mentors go beyond traditional classroom settings to promote students' overall well-being.
- **Addressing emotional needs :** By incorporating healthy lifestyle practices into their workshops, LIFT mentors address students' emotional needs and help create an environment conducive to learning.
- **Contributing to school culture :** LIFT mentors foster a positive school culture, encouraging students to stay active, care for their well-being and take a holistic approach to their education.

What we teach young people is simple, yet has an extraordinary impact : move more, eat better, develop self-awareness and emotional regulation, maintain healthy sleep habits, and cultivate healthy relationships with themselves, others and nature.

Without this foundation, successfully completing secondary school becomes increasingly difficult.

Below are some of the fundamental consequences of dropping out of school, supported by research :

{ Societal consequences }

- Greater dependence on social assistance
- Increased public healthcare costs (mental, physical and social health)
- Increased delinquency and crime
- Low-paying jobs with poor working conditions
- Intergenerational transmission of school disengagement
- Increased judicial system costs (prevention and intervention)

{ Personal consequences }

- Lower motivation and engagement
- Life expectancy reduced by seven years
- Increased poverty and job insecurity
- Low self-esteem
- Poor health
- Limited skills, knowledge and know-how

OVERVIEW OF THE 2025-26 SCHOOL YEAR



OCTOBER

- **Start of school-based workshop facilitation**
- Training to align EMSB and LIFT protocols; presentation of LIFT services to EMSB special education technicians
- Participation in the ROCLD AGM and the Interregional Gathering of Practitioners
- Presentation on youth substance use, in collaboration with the Regional Public Health Department (DRSP), for EMSB school professionals

DECEMBER

- **Participation in a panel at the East Island Network for English Language Services (REISA) Youth Forum**
- Presentation to EMSB school administrators
- Midyear meeting with student services and school management teams
- Team holiday celebration and holiday break

SEPTEMBER

- Training for the school-based intervention team
- Cross-sector professional development and collaborative learning between EMSB professionals and LIFT mentors
- Launch of ROCLD group meetings for executive directors of independent community organizations
- **Beginning of the rollout of our in-school presence across EMSB schools**

NOVEMBER

- **First-ever UpLIFT retreat for young adults!**
- Rollout of workshops in a new secondary school

JANUARY

- **Launch of the fundraising campaign for *Efflorescence 2026***
- Motivational interviewing training for our mentors
- Return of LIFT psychosocial mentors to schools
- Midyear evaluations of LIFT mentors
- Contribution to the ROCLD's best-practices guide for managing community organizations working to prevent school dropout

OVERVIEW OF THE 2025-26 SCHOOL YEAR

FEBRUARY

- Co-Director Jonathan Sbrollini served as a panel moderator, and Lina Heid as a panelist, at the CHSSN Mental Health Forum
- **Co-Director Elvis Grahovic delivered nonviolent communication training to the DRSP community of practice**
- Appointment of an occupational health and safety officer and start of work on a health and safety action plan
- Launch of an extracurricular jiu-jitsu program for youth

MARCH

- Spring nature connection camp
- **Confirmation of LIFT's eligibility for PACTE mission-based funding (no funding amount available at this time)**
- Participation in ROCLD advocacy efforts with the Commissioner for Children's Well-Being

APRIL

- Participation in the ROCLD Special General Meeting
- Employee wellness retreat
- **First edition of a new service: LIFT Weekends**
- Compilation of youth satisfaction survey data on LIFT services
- Promotion of and full registration for our urban and nature camps

MAY

- **End of school-based workshops and intervention activities**
- Year-end meetings with EMSB management teams and schools to assess satisfaction with LIFT services and plan the 2026–27 school year
- Recording of a podcast with UpLIFT youth

JUNE

- **3rd edition of our *Efflorescence* fundraising event**
- Year-end meetings and reviews with schools and the EMSB
- Three-week break for the intervention team
- Move into our new offices

JULY

- **Urban Camp program**
- Strategic reflection sessions with an expert on our brand positioning

AUGUST

- **Nature Camp program**
- Training for the school-based intervention team
- Planning and rollout meeting for the 2026–27 school year

CAMP LIFT TEAM 2025-26

CO-DIRECTORS

Elvis Grahovic
Jonathan Sbrollini

COORDINATION TEAM

Lina Heid (director of programs)
Joëlle Latour (director of camps)
Elwin Parker-Morris (director of school integration)

PSYCHOSOCIAL INTERVENTION TEAM

Adam Aktas
Julia Abi-Youssef
Karen Betancourt
Camille Caputo Messier
Alexandre Croteau
Manuela Flores Denti
Alex Fulford
Dina Mahmalat
Luyao Zhang

EFFLORESCENCE FUNDRAISING EVENT ORGANIZING TEAM

Chanelle Brisson
Jonathan Sbrollini
Charles-William De Melo



AXIS 1 | OUR SERVICES



OUR APPROACH TO SUPPORTING **SCHOOL PERSEVERANCE**

Support that grows with young people.

During high school

SCHOOL PROGRAM



Psychosocial support through our presence in schools

- Informal hallway interactions
- Targeted interventions
- Workshop facilitation

Referral

School-based support services

- Social workers
- Guidance counsellors
- Others

School teams refer young people to Camp LIFT's summer program and activities

SUMMER PROGRAM

- Urban camp
- Nature camp



Putting what they have learned into practice at school

After high school

UPLIFT PROGRAM

- Twice-monthly peer support meetings
- Two wellness retreats per year
- Training and professional opportunities
- Volunteering and representation opportunities with government institutions and community organizations



SCHOOL PROGRAM

Since 2016, the psychosocial support offered by Camp LIFT mentors has played an essential role in preventing school dropout. We believe that young people are not problems to be solved, but mysteries to be explored. They are already whole, full of immense potential, and our role is to accompany them on that journey of discovery. We treat them as equals, fostering mentorship. Our holistic approach focuses on protective factors, strengthening not only their skills but also their overall well-being, so they can thrive both in school and in life.

PSYCHOSOCIAL SUPPORT THROUGH OUR PRESENCE IN SCHOOLS

Having our psychosocial mentors present in schools helps build trust with students at risk of dropping out, support them through challenges and connect them with specialized resources when needed.

Our intervention team is trained in active listening and motivational interviewing to help young people make changes in their attitudes, beliefs and behaviours, increasing their motivation and engagement at school.

Our team draws on the following tools in its school-based activities:

- Motivational interviewing to support school perseverance
- Education and awareness about healthy lifestyle habits
- Informational workshops
- Mindfulness-based stress management
- Nonviolent communication and conflict resolution
- Prevention of psychoactive substance use in schools
- Referrals to professional healthcare services

Our team also actively collaborates with schools and other community stakeholders through monthly meetings with school teams and/or coordination tables to develop coordinated, effective strategies.

> *“Students who rarely attended school have started showing up more regularly since Camp LIFT began working here.”*
>
> *— Teacher, EMSB*

PSYCHOSOCIAL SUPPORT THROUGH **OUR PRESENCE IN SCHOOLS**

The three main ways our team supports youth:

01 HALLWAY INTERVENTIONS

- Moments of connection with young people during recess and lunch (2–10 minutes)
- Building trusting relationships
- Listening and support
- Identifying risk factors
- Strengthening protective factors related to school engagement and motivation

02 TARGETED INTERVENTIONS

- Interactions at any time during or after school (10–75 minutes)
- Follow-up meetings with young people identified as at risk of dropping out
- Listening, support and guidance
- Referrals to other school professionals

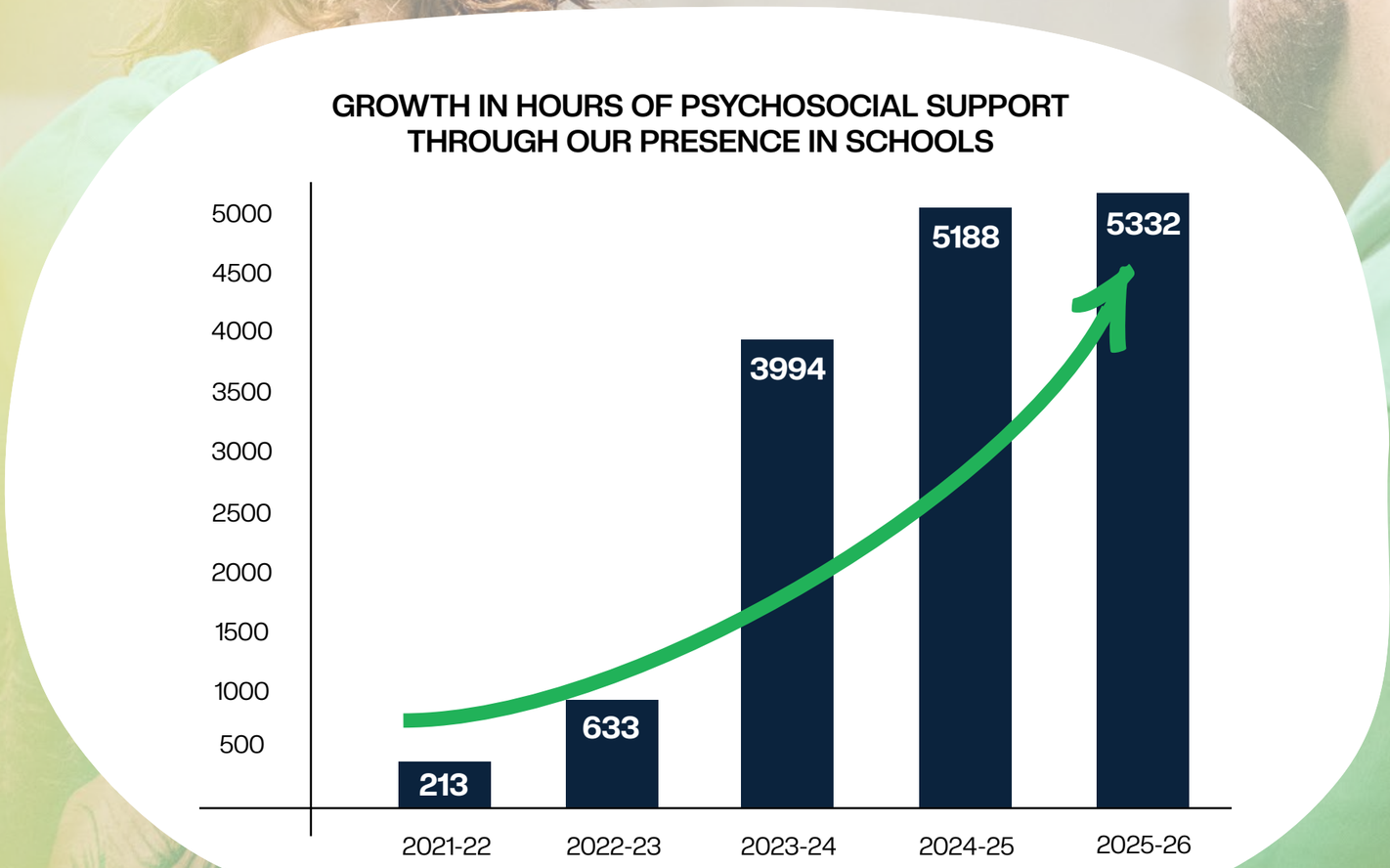
03 WORKSHOP FACILITATION

- During class, lunch or extracurricular activities (1–12 weeks, 60–65 minutes per week)
- Strengthening protective factors and reducing risk factors related to school perseverance

5332 hours

OF IN-SCHOOL PRESENCE BY OUR MENTORS IN 2025–26

PSYCHOSOCIAL SUPPORT THROUGH **OUR PRESENCE IN SCHOOLS**



SCHOOL-BASED WORKSHOPS

DURING CLASS TIME

APTE

Managing Social Influences — Help-Seeking

Designed by Maison Jean Lapointe, the APTE 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

Developed by Camp LIFT in collaboration with CIUSSS Centre-Sud and the Centre québécois Tabac et Société, the Vaping workshop is a one-time presentation and discussion with students. It takes a universal prevention approach, exploring the nuances of vaping and its potential consequences.

PORNOGRAPHY

An innovative Camp LIFT workshop, this program explores the often-taboo subject of pornography addiction and its potential impact on youth and society. By demystifying the pornography industry, the workshop highlights associated harms to better inform youth and the wider community.

EIGHT-WEEK PROGRAMS

LIFT

Making informed choices — Self-awareness

Sparking a commitment to fundamental healthy lifestyle habits in every young person by exploring topics such as:

- Connexion
- Potential
- Stress
- Procrastination
- Movement, nutrition and sleep
- Digital well-being
- Communication
- The future

INNER WARRIOR

Adopting prosocial behaviours — Stress management

Building self-awareness, emotional regulation, resilience and emotional intelligence among at-risk youth.

GREEN LEADER

Social engagement

Nurturing a connection with nature and empowering youth to promote environmental initiatives at their school.

NONVIOLENT COMMUNICATION

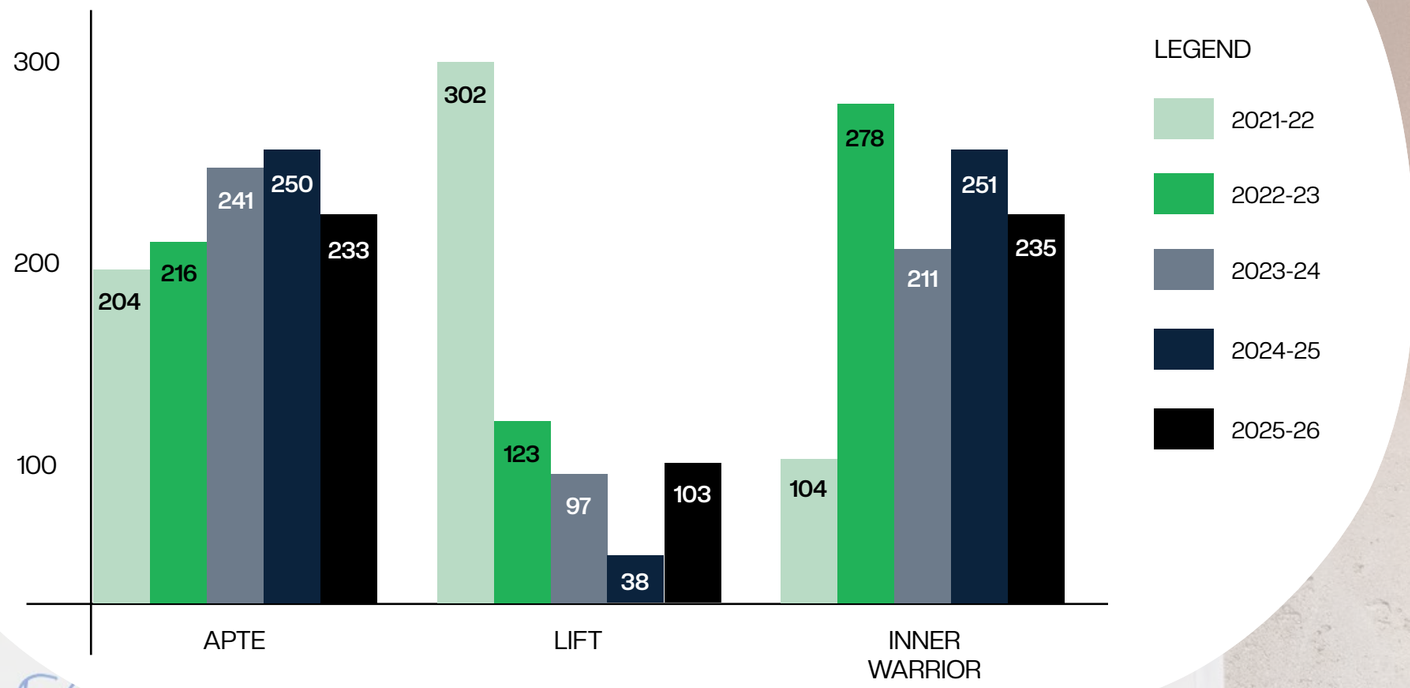
Managing emotions and needs

Learning to communicate with respect and authenticity to nurture relationships with oneself and others.



SCHOOL-BASED WORKSHOPS

EVOLUTION OF HEALTHY LIFESTYLE AWARENESS AND EDUCATION WORKSHOPS OVER THE YEARS



Supporting youth success in school and in life.
☞ Get involved!



> *Camp LIFT transformed my teenage years by teaching me that a focused, responsible mindset today builds a better future.*
>
> — *Youth supported by Camp LIFT*

CAMP PROGRAM

Research has repeatedly shown that summer vacation can have several negative effects on overall physical health, increase delinquent behaviour (Tygart, 1992) and even slow certain cognitive skills, such as reading comprehension (Kindschyr, 2017). The summer break has also been associated with weight gain (Wang, 2015) and poorer academic performance, particularly among disadvantaged populations. The need for structured, engaging activities promoting healthy habits for 12- to 17-year-olds is immense during the summer, yet accessible options for families and teenagers are almost nonexistent.

Camp LIFT's summer program aims to fill this gap by bridging the support and intervention provided between school years, a period of particular risk for academic motivation and engagement. Camp LIFT supports youth during the summer primarily through Urban Camp and Nature Camp.

THE LIFT DIFFERENCE

- A 3:1 youth-to-mentor ratio, with trained, experienced psychosocial mentors.
- Certified, experienced professionals leading every activity.
- Keeping students connected to their schools, neighbourhoods and communities during the summer.
- Collaborating with local organizations and businesses across the Island of Montreal to offer activities and services.

01

NATURE CAMP

During July, on the Island of Montreal.

02

URBAN CAMP

During August, outside the city of Montreal.

ACTIVITIES

- Yoga led by certified instructors
- Martial arts led by certified instructors
- Fitness training led by certified instructors
- Jogging with professional runners
- Nature hikes
- Discussion and reflection workshops on stress management, communication, healthy lifestyle habits, responsible substance use and mental health

PARTNERS

- CIUSSS Centre-Sud
- English Montreal School Board
- Probex through Centre Percée Vers
- Various professional partners (chefs, coaches, speakers)







03

SPRING CAMP

During spring break,
in the spring.

Our second spring camp welcomed 11 young people (with another 13 on the waiting list!) during spring break in early March. With nature connection as its theme, participants enjoyed a range of experiences that helped them (re)discover this essential connection to well-being and personal growth.

ACTIVITIES

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

PARTNER

- Probex through Centre Percée Vers

> *I had an amazing time. Thank you, Camp LIFT, and thank you, Julia.*
>
> *— Youth supported by Camp LIFT*

Supporting youth success in school and in life.
☞ Get involved!

UPLIFT : FROM PARTICIPANTS TO MENTORS

Launched in May 2025, the UpLIFT Youth Committee marks an important new chapter in Camp LIFT's history. This initiative allows former participants in our school programs, now young adults, to continue growing with us, no longer only as beneficiaries, but as members, collaborators, ambassadors and future leaders.

The goal is simple : to give these young adults tangible opportunities to get involved, develop their skills, find their place and make a real impact in their communities.

One year later, the initiative is already flourishing. UpLIFT now brings together around ten registered members, as well as some thirty additional participants who have taken part in various engagement, training and community involvement activities.

Over the past year, UpLIFT members have participated in :

- Twice-monthly support and discussion groups at our offices;
- Volunteering at the *Efflorescence* fundraising event;
- Camp LIFT's Annual General Meeting;
- Establishing and developing the Youth Committee's governance structure;
- Two wellness retreats, in November 2025 and August 2026, bringing together nearly 40 young adults in total;
- Producing two podcast episodes highlighting UpLIFT members' voices, journeys and reflections;
- Hiring an UpLIFT member as a mentor at our summer camps, a powerful symbol of the transition from receiving support to supporting others;
- Several other special events in collaboration with Joy Wellness Spa, Be Human Club Event, Bell and RBC.

This evolution reflects exactly what Camp LIFT has sought to build from the beginning : a journey that does not end at secondary school, but continues to equip young people as they transition into adulthood.

UpLIFT Youth Committee members actively participate in the organization's associative life, contribute to discussions about our programs and take part in awareness initiatives. Their presence keeps us grounded in the realities of the youth we support, while creating a space where their experiences become a source of strength for the next generation.



WHAT'S NEXT FOR UPLIFT

Over the coming year, we hope to continue developing this initiative by focusing on:

- Organizing new wellness retreats;
- Launching youth-led fundraising initiatives;
- Involving UpLIFT members in Camp LIFT's annual training alongside school-based mentors;
- Developing mentorship opportunities in our youth camps and community activities.

With UpLIFT, we are seeing a new generation of engaged young adults emerge, capable of turning their own experiences into meaningful contributions to others.



AXIS 2 | OUR IMPACT



SUMMARY OF 2025–26
SCHOOL PROGRAM ACTIVITIES

Thanks to our presence in 22 partner schools within the EMSB, here is the impact of our school program in 2025–26:

5332 HOURS OF IN-SCHOOL SUPPORT

2376 HALLWAY INTERVENTIONS

214 TARGETED INTERVENTIONS

29 REFERRALS TO SPECIALIZED SERVICES

148 EXTRACURRICULAR ACTIVITIES

2595 YOUTH MET INDIVIDUALLY

4978 youth REACHED THROUGH WORKSHOPS

SUMMARY OF 2025–26
CAMP PROGRAM ACTIVITIES

60 YOUTH PARTICIPATED IN OUR CAMP PROGRAMS

30 YOUTH IN URBAN CAMP
(15 on the waiting list)

- **15** DAYS OVER 5 WEEKS
- **4** PSYCHOSOCIAL MENTORS
- **8** PARTICIPANTS FROM DIFFERENT SCHOOLS

19 YOUTH IN NATURE CAMP
(25 on the waiting list)

- **10** DAYS OVER 2 WEEKS
- **4** PSYCHOSOCIAL MENTORS
- **7** PARTICIPANTS FROM DIFFERENT SCHOOLS

11 YOUTH IN SPRING CAMP
(13 on the waiting list)

- **4** DAYS
- **5** PSYCHOSOCIAL MENTORS
- **8** PARTICIPANTS FROM DIFFERENT SCHOOLS

FEEDBACK ON UNIVERSAL **PREVENTION WORKSHOPS SUPPORTING SCHOOL PERSEVERANCE**

4.5/5
The workshop was useful

4.4/5
I had fun

4.2/5
I felt safe in the group

4.2/5
I saw myself reflected in the workshop

4.4/5
The mentors were relatable role models

4.2/5
I felt heard by the group

4.4/5
I would recommend the workshop to my peers

4.7/5
The mentor was fun

4.4/5
I want to continue participating in Camp LIFT programs

55%
Percentage of students who may be interested in a summer camp after attending the workshop.



FEEDBACK FROM SCHOOL TEAMS

The students responded very well to the program, and both classes and teachers felt that the workshops were relevant and had a positive educational impact.

— Special Education Technician, John F. Kennedy High School

Thank you so much for being there for our students in a way that allows them to be themselves, question themselves and flourish. Many of the challenges they face at this stage of life are beyond their control, and the unconditional positive regard and support your mentors bring to the school provide a real anchor as they do the difficult work of moving forward.

— Teacher, Mile End High School

This year's program was exceptional. Our on-site LIFT mentor built excellent relationships with both staff and students. She took part in lunchtime activities and even helped her group create a piece of artwork for the school's annual exhibition. Truly remarkable work!!

— Teacher, EMSB

IMPACT STUDY

For the past two years, Camp LIFT has been conducting an impact evaluation in collaboration with the Université de Montréal, with support from the EMSB and CHSSN. The goal is to better document the effects of our school perseverance workshops on young people aged 12 to 17, while deepening our understanding of the experiences of former participants who are now young adults.

In 2024–25, phase two of the study continued quantitative data collection while adding an important qualitative component. In total, 272 surveys were collected from secondary school students, primarily in Secondary 4 and 5, and 10 individual interviews were conducted with former Camp LIFT participants. Beyond the numbers, these testimonials help us better understand how our approach can support personal development, school motivation, healthy lifestyle habits and seeking help at the right time.

Preliminary findings are encouraging. Youth who completed two years of the Inner Warrior program showed a marked improvement in school motivation, particularly in self-confidence and self-determination.

Positive signs were also observed in classroom engagement, including more consistent attendance, greater willingness to seek support and a more active sense of responsibility for their success.

The final data analysis is still underway, and these findings must be interpreted carefully and rigorously. Nevertheless, they represent an important step in our efforts to better understand what works, for whom and in which contexts.

Over the coming years, Camp LIFT hopes to continue this process by strengthening its evaluation tools, improving the quality of its data collection and working with research partners to take the necessary steps toward scientifically validating the impact of its interventions. Our goal is to keep evolving our practices based on rigorous data, our team's hands-on experience and the voices of the youth we support.

> *Among secondary 5 students who completed two years of the program, 76% reported strong confidence in their ability to achieve their academic goals, compared with 58% before participating.*



AXIS 3

OUR ASSOCIATIVE AND DEMOCRATIC LIFE



AGM 2025 HIGHLIGHTS

Event held in person on July 14 at 7 p.m. at Bibliothèque et Archives nationales du Québec.

26 MEMBERS IN ATTENDANCE

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

4 SERVE ON ONE OR MORE BOARDS OF COMMUNITY ORGANIZATIONS

8 WORK IN THE COMMUNITY SECTOR

TOUS REPRESENT THE TARGET COMMUNITY AND HAVE EXPERIENCED CHALLENGES RELATED TO SCHOOL DROPOUT

7 ARE FORMER CAMP LIFT SERVICE PARTICIPANTS BETWEEN THE AGES OF 19 AND 24

4 ARE MEMBERS OF VISIBLE MINORITY COMMUNITIES

Under the new general bylaws, the Co-Directors will attend board meetings without being board of directors or having voting rights.

2025-26
BOARD OF DIRECTORS



ANTHONY QUEVILLON
President



CLAUDIA BAILLARGEON
Vice-president



JOSÉE BOUCHARD
Treasurer



MATTHEW WISEBLATT
Secretary



LINA-MARIE HEID-RAMOS
Board member



ROBERTO LECLERC
Board member

KEY ACTIVITIES OF THE **BOARD OF DIRECTORS IN 2025-26**

The board of directors held four meetings during the 2025–26 year. In addition to its regular responsibilities, the board worked on the following matters:

Reviewed and decided to submit a proposal to the next Annual General Meeting to change the organization's name so that it better reflects the breadth and scope of its activities

Set broad strategic directions and completed budget planning for 2026–27

VOLUNTEER CONTRIBUTIONS BY CAMP LIFT MEMBERS

COMMITTEES AND GOVERNING BODIES	MEETINGS (PEOPLE × HOURS)	TOTAL MEMBER HOURS
BOARD OF DIRECTORS		
Virtual meetings	6 people x 2 hours x 4 meetings	48 hours
Representation	2 people x 2 hours x 2 meetings	8 hours
EXPERT VOLUNTEER COMMITTEE		
Virtual meetings	3 people x 1.5 hours x 21 meetings	94.5 hours
In-person meetings	3 people x 2 hours x 4 meetings	24 hours
PHILANTHROPIC VOLUNTEER COMMITTEE		
Virtual meetings	3 people X 2 hours X 36 meetings	216 hours
In-person meetings	5 people X 2 hours X 6 meetings	60 hours
UPLIFT YOUTH COMMITTEE		
Virtual meetings	5 youth X 1.5 hours X 4 meetings	30 hours
In-person meetings	11 youth X 2 hours X 3 events	66 hours
Representation	11 youth X 3 hours X 2 events	66 hours
	TOTAL VOLUNTEER HOURS CONTRIBUTED	**612.5 hours**



ROOTED IN THE COMMUNITY

In 2025–26, LIFT continued to strengthen its roots in the community, school and institutional ecosystem by increasing its involvement in coordination, representation and collaboration with stakeholders committed to supporting young people.

Here is an overview :

- **Recruited a team of five interns from Concordia University's Department of Applied Human Sciences** to support LIFT's organizational development. The interns will contribute to various strategic projects while putting their skills to work for the organization's mission and growth.
- **Recruited an intern from the Youth Work Graduate Certificate Program for a six-month placement** to support LIFT's intervention team and contribute directly to youth support and service development.
- Regularly participated in **ROCLD** executive director meetings, including sector-wide coordination spaces for independent community organizations working to prevent school dropout.
- Participated in the **ROCLD's 2025 AGM** and the **Interregional Gathering of Practitioners,** an important networking, training and sector mobilization event.
- Participated in the **ROCLD's Special General Meeting** on its 2026–29 policy positions, including school-related issues, community funding and pre-election priorities.
- Participated in **DRSP** follow-up meetings for the **SPA 12–17 Project,** including the back-to-school meeting, follow-up committees with the EMSB and regional follow-up committees with partner organizations.
- Presented and collaborated with the **DRSP** and **EMSB** on a workshop about youth substance use and prevention.
- Continued collaborating with **REISA** on youth programs, the English-speaking network and the development of youth engagement initiatives.
- Participated in the **REISA Youth Forum,** a space for representation and collaboration around the realities, needs and aspirations of young people in English-speaking communities.
- Participated in **CHSSN** activities, particularly youth mental health initiatives and the **Reflect & Rise event.**
- Contributed to discussions and panels on youth mental health, notably with **CHSS**N and community partners.
- Developed collaborative relationships with the **Black Healing Centre,** particularly around mental health, representation and community support.
- Held collaborative meetings with **CyberCap** to explore youth partnership opportunities.
- Held a coordination meeting with **Réseau Réussite Montréal** on school perseverance and potential collaboration within Montreal's ecosystem.
- Participated in training with **Hélys** to develop skills and share tools with partners.

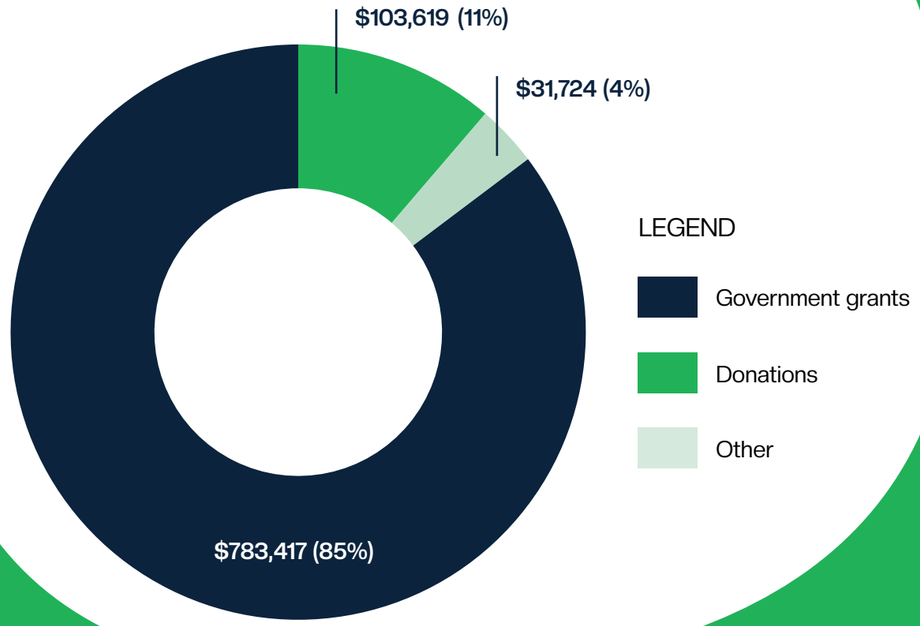
AXIS 4 | OUR FINANCES



2025-26
FINANCIAL SUMMARY

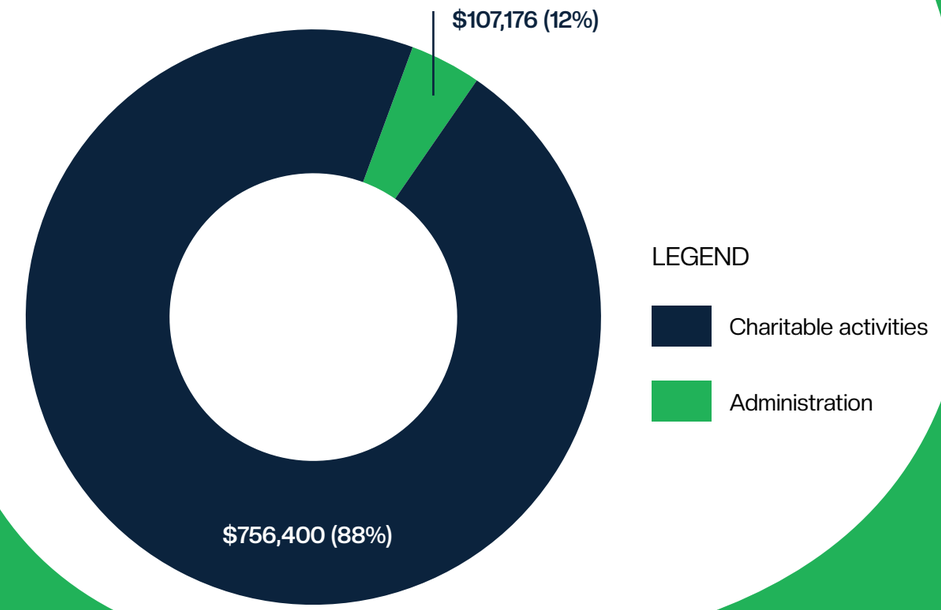
Revenue

$918,760



Expenses

$863,576



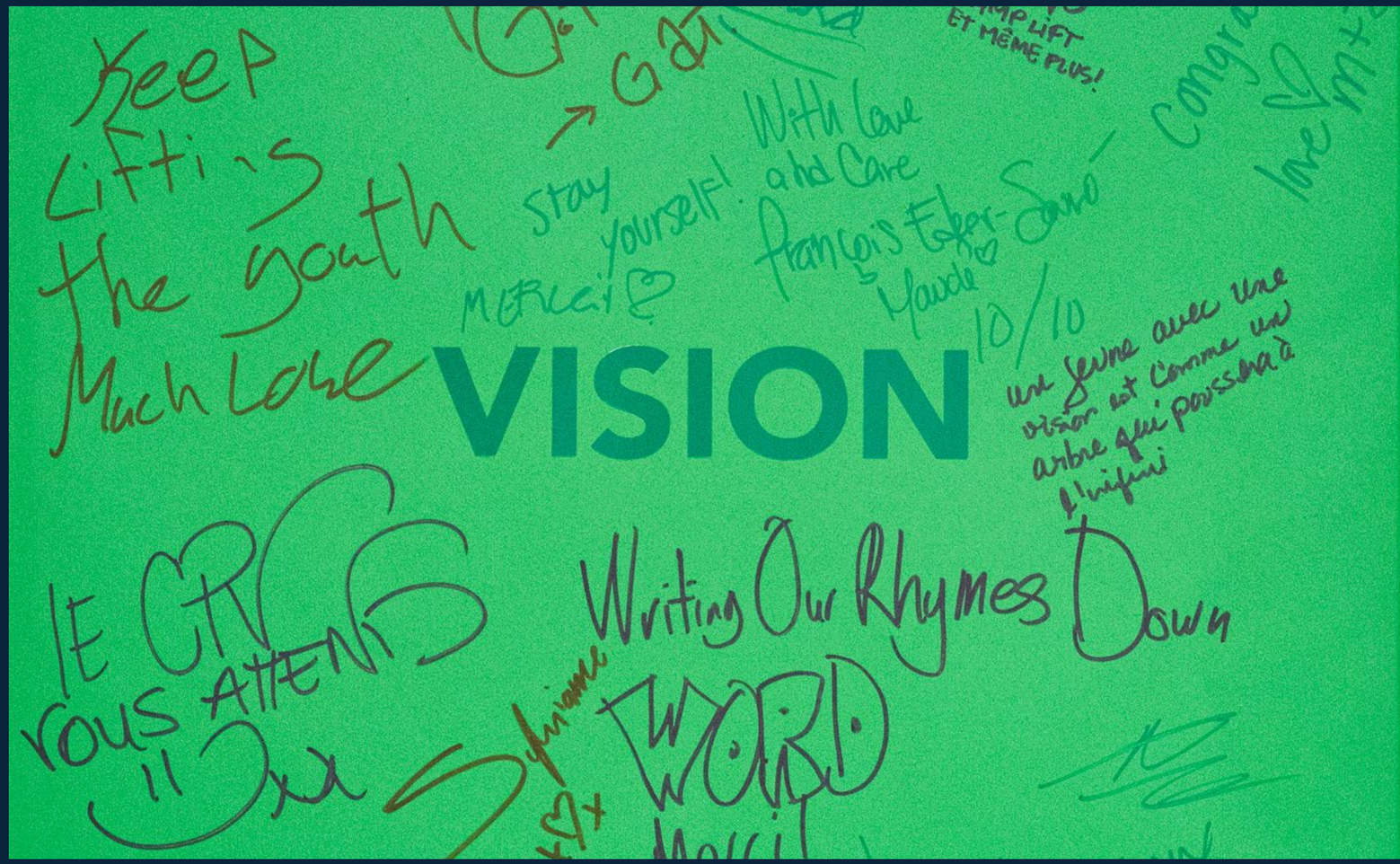
PHILANTHROPY

Thank you to the donors, partners and volunteers who generously contribute their time, expertise and networks to support youth.

For the past three years, our team has been working to diversify LIFT's funding sources to ensure the long-term sustainability of our mission and continuity of services for youth.

Here are the main advances in 2025–26:

- **We developed a strategic plan and mobilized a team** under the leadership of our Co-Director, Jonathan Sbrollini.
- **We are reaching out to major donors** with a new philanthropic presentation and the identification of initial prospective supporters.
- **We are strengthening corporate partnerships,** particularly with PINC Collectif, with whom we began a three-year collaboration.
- **Efflorescence 2026 exceeded our goals!** Discover the highlights on the following page.
- **We created a donor database (CRM)** to better support our donors, personalize our communications and highlight their impact.
- **Our first monthly donors have joined us!** Their commitment helps build more stable, predictable funding.
- **We are exploring third-party fundraising initiatives** and mobilizing our network around new ways to give.
- **Young adults are helping LIFT shine and giving back!** Through UPLIFT CREW, two podcasts and around twenty short videos showcase their voices and journeys.



EFFLORESCENCE — 3RD EDITION

Ten years of commitment. A community united for youth.

The third edition of *Efflorescence* celebrated LIFT's tenth anniversary! Our major annual celebration brought together donors, partners, volunteers and friends of the organization to honour how far we have come and support the next chapter of our mission.

Thanks to this collective effort, we exceeded our fundraising goal.

$123,406 raised

THESE RESULTS REPRESENT A 43% INCREASE IN REVENUE COMPARED WITH 2025.

THANK YOU TO OUR ORGANIZING COMMITTEE!

A special thank you to Chanelle Brisson, Charles-William De Melo and Jonathan Sbrollini for their creativity, commitment and hard work in making this celebration possible.

Thank you also to our sponsors, donors, volunteers and participants. Your generosity allows LIFT to continue supporting youth.



AXIS 5 | ACKNOWLEDGEMENTS



A HEARTFELT THANK YOU TO OUR PHILANTHROPIC PARTNERS

Your trust and commitment allow LIFT to pursue its mission, expand its services and support even more young people.

CORPORATE PARTNERS

- PINC Collectif
- Banque RBC
- Beneva
- Barilla
- Valsef Dream Big
- Bell

FOUNDATIONS

- Fondation Rainville
- Fondation Benoît Lemieux
- Fondation Souligny
- Fondation Yann Martel
- Fondation Mon Monde en Mieux

Thank you for believing in our mission and making a tangible investment in the potential of youth.

Supporting youth success in school and in life.
☞ Get involved!

… AND TO OUR COMMUNITY PARTNERS

Thank you for teaming up with LIFT to create stronger, more caring and more supportive environments for youth.

When we join forces, youth can go further.

Our impact is built on the power of collaboration. Thank you to our community partners who share our commitment to youth and who each contribute, in their own way, to strengthening the support network around them.

Commission scolaire English-Montréal

English Montreal School Board

ROCLD

REGROUPEMENT DES ORGANISMES COMMUNAUTAIRES QUÉBÉCOIS DE LUTTE AU DÉCROCHAGE

Centre intégré universitaire de santé et de services sociaux du Centre-Sud-de-l'Île-de-Montréal

Québec

AVENUES

CHSSN

Centre éducatif Percée vers

REISA

Réseau réussite Montréal

be human club