



# ANNUAL REPORT

2022 - 2023



*Centre* de ressources  
communautaires de la *Basse-Ville*  
*Lowertown* Community  
Resource *Centre*

# Thank you to our many generous donors and supporters!

## Our Funders



Of course, many of our accomplishments would not have been possible without the invaluable help of **111 volunteers** who generously contributed **3,562 hours** of their time and energy. We are deeply grateful for their involvement.

## Our Partners

- Action Housing
- Alliance to End Homelessness Ottawa
- Assemblée de la francophonie de l'Ontario (AFO)
- Boys and Girls Club Ottawa (BGCO)
- the Caring and Sharing Exchange
- Centre de services Guigues
- City for All Women Initiative (CAWI)
- Coalition of Community Health and Resource Centres of Ottawa
- Community Development Framework (CDF)
- Conseil des écoles publiques de l'Est de l'Ontario (CEPEO)
- École secondaire publique De La Salle
- Food for Thought
- La Cité collégiale
- Lowertown Community Association (LCA)
- Lowertown East Residents Committee (LERC)
- Multicultural Arts in Schools and Communities (MASC)
- Options Bytown
- Ottawa-Carleton District School Board
- Ottawa Coalition Community Houses
- Ottawa Community Housing (OCH)
- Ottawa Suzuki Strings
- Patro d'Ottawa
- Prezdenial
- Sandy Hill Community Health Centre
- Social Planning Council of Ottawa
- Toy Mountain
- United Nations Association in Canada
- University of Ottawa
- Vanier Community Services Centre
- York Street Public School
- Youth Services Bureau (YSB)

## Word from the President of the Board of Directors and Executive Director



*Jolane T. Lauzon*

**Jolane T Lauzon**  
PRESIDENT OF THE BOARD OF DIRECTORS



*Matthew Beutel*

**Matthew Beutel**  
EXECUTIVE DIRECTOR

THE YEAR 2022-2023 was one of **hard work**, in which our team continued to support Lowertown residents and help them fight for their **rights** individually and collectively. The year was characterized by transition, solidification, growth and **success**.

First, and as always, the Lowertown Community Resource Centre (LCRC) stood up against the inequities affecting the residents and the neighbourhood of Lowertown, whether in terms of issues of racism, housing or access to space and services for young people. We never give up!

Like everyone else, we have also had to continue to **manage the tensions** stemming from the pandemic, and we constantly adapted to the needs of the community. It's easy to forget that we were still in the midst of restrictions and anti-COVID measures at the beginning of April 2022.

Our team and the community had to say "au revoir" to two important members of the LCRC, Nancy Darisse and Alain Lutala, long-time employees who have made career transitions and whom we would like to **thank** for their invaluable contributions over the years. We have also welcomed new members to the team with open arms.

The year 2022-2023 also allowed us to **solidify the internal structure** of the LCRC, among other things by creating and filling the key position of Program Director. It is also important to note that the organization's budget **exceeded \$2M** for the first time in its history, with revenues totalling \$2.1M. We now have a team of over 40 employees, including 17 permanent positions.

We are most pleased to highlight one of our greatest successes for 2022-2023, namely the **expansion of sports and recreational activities** for young people thanks to the Lowertown / Strathcona Rising initiative. Thanks to donations and a grant from the City of Ottawa's Community Safety and Well-Being Fund, there are now several time slots for **basketball**, indoor and outdoor **soccer**, **multi-sport** for both boys and girls!

Like the residents of Lowertown, the LCRC team, its staff and volunteers have faced **adversity** over the past year. Nevertheless, we continued to be **creative** and **flexible** in finding **solutions**. We worked miracles with the resources we had, all the while keeping the fires of justice burning and smiling all the way.

Finally, we would like to note that the coming year is not going to be easy. The organization and residents face **inequitable access** to existing facilities and infrastructure in their own neighbourhood. Access to gyms is inconsistent and our food bank operates in spaces that are **inadequate**. We intend to double our efforts to find adequate and appropriate solutions.

We thank all our team members, funders, partners, donors and the thousands of Lowertown residents who support us! We know that 2023-24 will see us continue our **social struggles**. We will continue to face the challenges with our usual relentlessness and **optimism!**

# LCRC Board of Directors (2022–2023)



- Jolane T. Lauzon, President (Member)
- Marty Mudie, Vice-President (Resident Member)
- Désiré Kabore, Secretary-Treasurer (Member and Lowertown business owner)
- Dominique Boulais (Resident Member)
- Jean-Paul Gagnon (Resident Member)
- Kendra Hughes (Resident Member)
- Christopher Knight (Resident Member)
- Martha Labarge (Member)
- Janhabi Nandy (Resident Member)
- Herman Ntawe (Resident Member)
- Valerie Proctor (Resident Member)
- Dalia Tejeda Alix (Resident Member)
- Matthew Beutel, Executive Director (*ex officio*)
- Marie-Christine Gauthier, Staff Representative (*ex officio*)



## Team Members

### Programmes for youth: After-School/ Summer Camp/ Sports

- Ryan Chan
- Maeva Chanvin
- Chanelle Chatelin
- Olivia Comeau
- Hannah Gauthier-MacDonald
- Amanda Graham
- Shannon Greco
- Diarra Gueye
- Mahinul Haque
- Anthia Ineza
- Maria del Carmen Lazzaro
- Jacob McIsaac
- Alana Mulrain
- Kas Mwenyimali

- Djenny Myrbel
- Hanna Omar
- Chanzo Osei Greenidge
- Phoenix Plessas
- Sara Saidi
- Joseph Jethro Sérémé
- Emily Trolley
- Grantha Wadud
- Suhaib Yusuf

### Community Development and Social Support

- Marie-Emmanuelle Adoumel
- Nancy Darisse
- Alain Lutala
- Juan José Manzo Ramirez
- Sarah McGirr
- Joséphine Nzabara

- Shoon Omar
- Bianca Perceval
- Alexandra Van Mil
- Bermuda Vilbrun

### Community House and Food Bank

- Flora Engbe
- Gratia Kadja
- Marie Robert
- Yann Tangba
- Mélissa Thibeault-Canas

### Administration and Management

- Karina Ah-Yu
- Matthew Beutel
- Yasmina Boubezari
- Marie-Christine Gauthier
- Sabine Jean-Gilles
- Catherine Mageau-Walker
- Carmen Oprea

*“The people at the food bank are respectful and listen to the clients.... Really, I don’t know what I would have done without their help. All my money goes to rent and bills. God bless them.”*

CHRISTINE, 50, SINGLE MOTHER OF THREE



# Social Support

Providing immediate support while empowering residents

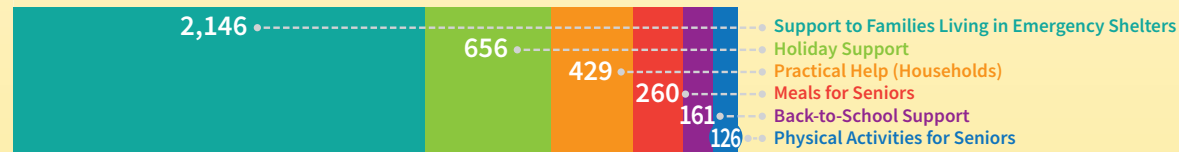
In addition to interventions, practical assistance\*, accompaniment, advocacy, referrals and short-term counselling to residents in need, our social support workers have initiated and implemented several activities aimed at supporting families by reducing their stress levels during critical periods such as Back-to-School and holiday seasons.

During 2022-23, **the number of contacts with Lowertowners amounted to 3,778.**

*“The free bus tickets have allowed me to go to training meetings or community events that I would not otherwise attend if I had to pay for transportation.”*

MIRIAM, LOWERTOWN RESIDENT

## NUMBER OF SUPPORTS



\* Practical assistance includes any occasional support such as bus tickets, grocery cards, diapers, and bed bug bedding protectors.



# Youth Connected

By and for Lowertown youth

The group that created the **Youth Action Plan** has evolved into a committee whose mission is to raise awareness among organizations about the need to create spaces and programs for youth. In addition to its vision and mission, the committee also adopted a new visual identity, becoming **Lowertown Youth Connected**.

Supported by the LCRC, the committee remains dedicated to representing the voice of Lowertown’s youth. In addition to volunteering, the young people have had a busy year of tangible achievements.

- **Community Garden:** With the support of the LCRC and Ottawa Community Housing, youth now have their own garden plot in Lowertown. They focused on growing organic garlic whose harvest will be made available to the community through our food bank.
- **Collective Kitchen:** Sensitive to the challenges faced by families living in emergency shelters (motels), youth prepared **80 warm desserts** and distributed them to families.
- **Different Paths** is the title of the song composed by Youth Connected through which the youth affirmed their sense of belonging, shared their challenges and showcased the innovation they are capable of when given the opportunity. This initiative was made possible through funding from Crime Prevention Ottawa and mentoring from MASC and LCRC.
- **Volunteering:** During the year covered by this report, members of the Youth Connected committee were able to mobilize other youth to lend a hand in several community initiatives such as Movies in the Park, Holiday Program, Lowertown Celebration, Haunted House, and more.

*“Organizing this kind of activity in our community, builds our self-esteem and also proves that we have the ability to get more involved in initiatives for the advancement of the neighborhood.”*

JACKIE, 20 YEARS OLD



# After-School Program

**Club310 After-School Program** has several objectives: to provide children aged 6 to 12 with a safe, **caring environment** in which they can complete their homework and learn skills in arts, culture and sports while building **self-confidence**. This program has a dual purpose as it allows many low-income parents to end their work or school day knowing that their children are in good hands. Thanks to the dedication and empathetic approach of our youth workers, **90 children** had **182 days** of professional and loving care.

Our Afterschool program is complemented by the **Transitions group**, which involves **20 youth**, aged 13-14 years old, three times a week for the duration of the school year. Transitions focuses on help with schoolwork and on the **acquisition of essential skills**.

An evaluation of the program, conducted by doctoral students at the University of Ottawa, found that the parents interviewed reported that the **After-School Program contributed to their children's increased self-esteem and independence**. Other parents stated that without the program, their children would not have access to arts and cultural activities.



# Summer Camp

*Kids in Lowertown deserve it*

Our summer camp offered fun activities to **103 children**, aged 6 to 12, while also developing their self-confidence and social skills. With access to the local pool, outings to the parks, exposure to the arts, and the building of friendships, joyful moments were created.





# Sports Activities

An outlet for Lowertown's youth

More than a roadmap, the **Youth Action Plan** produced in 2021-2022 was a call to action. Our Centre responded by mobilizing partners around the **Lowertown / Strathcona Rising** initiative. Coordinated by the LCRC, this initiative also includes BGC0, Prezdenial, and Sandy Hill Community Health Centre.

Through this partnership, sports activities are offered on several days of the week for all age groups from 6 to 18 years old.

- **Basketball:** Youth from Lowertown and Strathcona Heights aged 12 to 18+ participate in bilingual, age-appropriate basketball training sessions in a safe environment with qualified coaches from Prezdenial. There is also a weekly basketball session for girls.

Basketball remains the most popular sport with **210** unique participants from **120** sessions.

- **Soccer and Futsal:** Soccer and Futsal: Participants aged 6 to 10 receive bilingual, age-appropriate instruction in the basic and intermediate levels of futsal and soccer with two qualified coaches hired by the LCRC.

**85 futsal sessions** involved a total of **81 participants** over 5 months with an average of 55 participants per month. The summer Lowertown soccer league was made up of **160 children**.



- **Training Soccer Coaches:** The Lowertown / Strathcona Rising initiative has not only made sport accessible to youth in the community, but it has also created local expertise through the training of 5 residents to be soccer instructors/coaches.
- **Girls' Night:** Delivered by BGC0 (Boys and Girls Club Ottawa), this weekly event offers a safe space and a variety of activities for girls aged 14-18.



## LOWERTOWN-STRATHCONA RISING 1,266 CONTACTS OVER A 6-MONTH PERIOD



# Community House

A different kind of gathering place

Despite its limited space, much of which is currently occupied by our food bank, the Community House continues to support residents in their daily needs by offering a **laundry service** as well as the **Millennium Learning Centre** which provides residents with access to computers and a printer.

Much to the delight of **160 children** from Lowertown, the Community House was once again transformed into a **Haunted House** for Halloween.

For **Winterfest**, staff and interns organized a tasting experience for the residents, introducing them to simple and tasty recipes made with canned beans, a food item that seems less familiar to newcomers.



## COMMUNITY HOUSE NUMBER OF VISITS





**15,805**  
contacts in  
2022

**1,731**  
households  
used the services of  
our food bank

# Food Security

Access to food in times of inflation

## Food Bank

Not surprisingly, the number of people using our food bank has increased significantly given the current inflation situation. Our team has worked hard to innovate in managing space and setting up processes while maintaining the goal of providing equitable service. The support provided by volunteers and interns has been invaluable.



Of note, timely support from the City of Ottawa has enabled the Centre to respond to the post-pandemic needs of residents, while additional support from the Ottawa Food Bank has allowed us to be more inclusive by introducing some vegetables that are highly valued by ethno-cultural communities (plantains, cassava, etc.).

## Other Initiatives

Families living in emergency shelters were able to access **5,017 warm meals** from April to December 2022. This initiative of support and solidarity was the result of a partnership between Food for Thought and the LCRC.

Thanks to a great collaboration with the Centre de services Guigues, the LCRC was able to offer **260 meals** to seniors.

*“ I went to the food bank for assistance and found more than that. They directed me to the most helpful resources that I needed because we were beginning to feel lost after coming to Canada. It was much more than a service. I will give back to the community as soon as I am able.”*

ANISSA, 43, NEWCOMER



# Community Development

Building Community Capacity

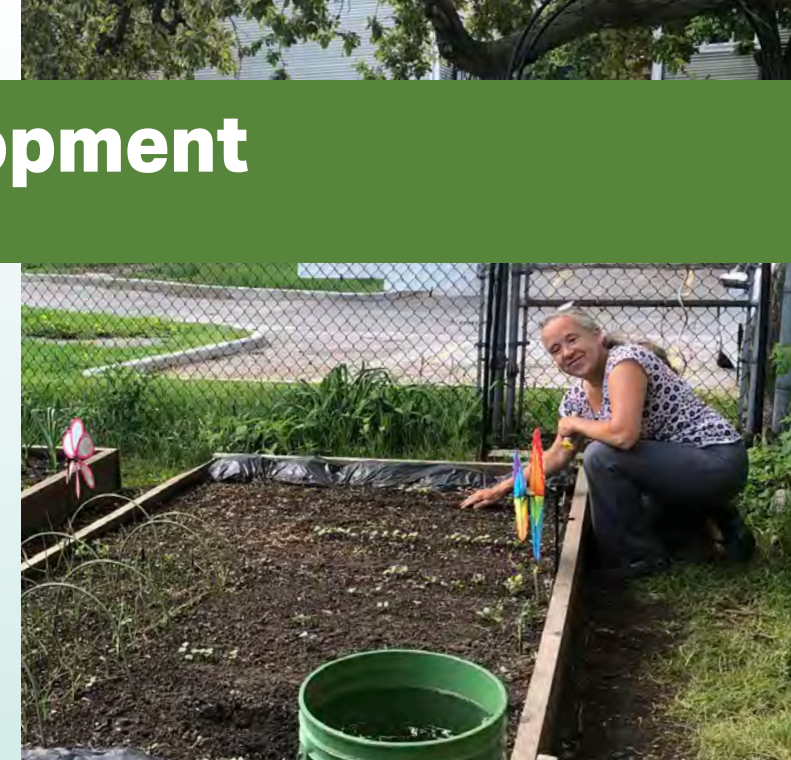
Beyond individual and family support services, the LCRC remains committed to fostering the creation of community spaces for reflection and consultation. The municipal elections were a key opportunity to demonstrate citizen empowerment. The Centre also supported a resident-led **Anti-Racism** Committee to define its outreach strategies through a better understanding of the dynamics of change and citizen engagement.

## Peace in the Streets

The organization of the first Peace in the **Streets Basketball Tournament** with Prezidental is further proof of the community's commitment to a vision of peace, justice and equity. **Eight teams** from Ottawa communities Vanier, Russell Heights, Sandy Hill, Overbrook, Southeast, Pinecrest-Queensway and Lowertown took part.

## Docu-series in partnership with Bell Media

A **five-part** documentary series on Lowertown was produced through a contract with Bell Media and the expertise of documentary filmmaker Lévy L. Marquis.



## Community Gardens

**43 families** had access to the two community gardens supported by the LCRC. The results were as impressive as their efforts. Not only did they have fruits and vegetables to share, but they also had the opportunity to exchange knowledge, build relationships and have fun.

### Results of the LCRC's Community Garden Survey

- 90% of clients say that community gardens have allowed them to access **fresh healthy food**
- 100% of respondents believe that gardening has an **impact on their well-being** and mental health
- 100% say they have learned new **gardening skills** that they would not otherwise have had
- 90% of respondents said that they have **connected** with their neighbors through the community garden

## Income Tax Clinics

Thanks to the coordination of the LCRC and the dedication of our volunteers, **295 residents** were able to submit their tax returns through the LCRC's tax clinic. The result is several thousand dollars back in residents' bank accounts.

## Lowertown Celebration

A long-standing tradition, **Lowertown Celebration**, the annual community event in Jules-Morin Park had been temporarily put on hold during the pandemic. It was with great enthusiasm that the community partners mobilized for its return in June 2022. Residents joined in enthusiastically –there were more than **300 Lowertowners** celebrating the beginnings of a return to normalcy.

# Financial Report

END OF FINANCIAL YEAR MARCH 31, 2023

## INCOME STATEMENT

	2023	2022
<b>PRODUCTS</b>		
Grants and contributions	1 895 396 \$	1 830 426 \$
Administrative fees	120 000	-
Donations, fundraising, etc.	88 956	46 871
	<b>2 104 352</b>	<b>1 877 297</b>
<b>OPERATING COSTS</b>		
Salaries and social benefits	1 568 723	1 485 352
Program supplies	153 285	166 071
IT costs	38 316	29 849
Program supplies	29 849	40 132
Maintenance and repairs	17 799	33 855
Telecommunications	17 082	14 917
Rent	16 235	11 126
Community projects	15 981	7 836
Travel and meeting costs	14 203	9 619
Emergency fund	14 071	19 824
Insurance	8 041	8 870
Training	6 087	570
Fundraising costs	5 220	3 000
Professional fees	189 004	104 986
Service fees	4 991	3 625
Amortization of capital assets	5 465	1 815
	<b>2 104 352</b>	<b>1 941 447</b>
<b>EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSE</b>	<b>- \$</b>	<b>(64150 \$)</b>

## STATEMENT OF FINANCIAL POSITION

	2023	2022
<b>ASSETS</b>		
<b>Current Assets</b>		
Cash and bank	239 671 \$	360 936 \$
Debtors	57 126	41 550
Fixed deposit – 1%, redeemable and expires February 2025	50 000	50 000
Prepayments	2 998	-
	<b>349 795</b>	<b>452 486</b>
<b>Fixed Assets</b>		
	<b>24 968</b>	<b>6 660</b>
	<b>374 763 \$</b>	<b>459 146 \$</b>
<b>LIABILITIES</b>		
<b>Current Liabilities</b>		
Accounts payable and accrued liabilities	80 404 \$	82 274 \$
Deferred contributions	70 885	153 398
	<b>151 289</b>	<b>235 672</b>
<b>NET ASSETS</b>		
<b>Restricted fund</b>		
Contingency reserve	104 561	104 561
Reserve for contingency wages	46 022	46 022
Reserve for IVTF/CAWI contingency	24 968	6 660
Unrestricted fund	47 923	66 231
	<b>223 474</b>	<b>223 474</b>
	<b>374 763 \$</b>	<b>459 146 \$</b>



Lowertown  
Community Resource  
Centre  
40 Cobourg Street



Lowertown Good  
Neighbours  
Community House  
145 Beausoleil Street



613.789.3930  
reception@crcbv.ca  
www.crcbv.ca



Charitable Number:  
896719796RR0001