



SPRUCE MEADOWS®
LEG UP FOUNDATION

2021 COMMUNITY
REPORT

W. KAMM

Contents

3	Letter from the Chairman
4	School Tours & Education Programs
6	Calgary Reads
8	Lucy Tries Soccer
10	Food Security
11	Calgary and Area Food Banks
12	Youth Centres of Calgary
14	I Can for Kids
15	Discovery House
16	YMCA Lethbridge
17	Calgary Drop-In Centre
19	Hospice Calgary–Children’s Grief Centre
20	Inn from the Cold
23	Hull Services
24	Mothers Against Drunk Driving
25	The Mustard Seed
26	RCMP Foundation
27	Sagesse Domestic Violence Prevention Soc.
28	Spirit North
30	Canadian Pony Club (De Winton)
32	Arthritis Society
35	Breast Cancer Society of Canada
36	Calgary Silver Linings Foundation
39	Can Praxis
40	Canadian Mental Health Assoc.–Alberta Div.
42	Calgary Women’s Shelter



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Spruce Meadows Leg Up Foundation

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Spruce Meadows

Dear Spruce Meadows Leg Up Foundation Supporters,

As I reflect on 2021 and the challenges we have all faced, I can't help but feel incredibly grateful for the support of our generous and loyal donors, volunteers and champions who stood by us in a year like no other. Be it our UNSTOPPABLE Fundraiser in support of Indigenous children and youth, our Purple Poppy Fundraiser in support of the Veterans Association Food Bank, or 50/50 raffles – you continued to show up for us. We are so proud of the Spruce Meadows Leg Up Foundation community.

As always at this time of year, I reflect on where we are and where we started.

The Spruce Meadows Leg Up Foundation is the official charitable arm of Spruce Meadows. Since our inception in 2015, our ultimate vision and goal has always been the same - a thriving community. We have been working with a number of great local organizations whose important work aligns with this vision, as well as running our own programs.

In 2021, the Spruce Meadows Leg Up Foundation, together with its long-standing partner Nutrien, held our ever popular 'Growing the Next Generation' School Tours Education Program virtually. We did our best to keep children engaged, motivated to learn and connected to their peers.

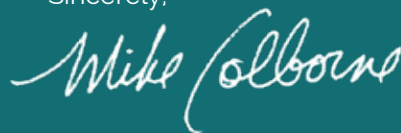
It is our sincere hope to be able to host the 2022 School Tours Program in person.

Committed to its five pillars - Education, Health & Wellness, Community, Amateur & Grassroots Sports and Agriculture - the Foundation has donated more than \$1,000,000 over the last 6 years to a variety of charitable groups, along with running our own programs. This would not be possible without you – our loyal supporters.

Please accept our heartfelt gratitude for your support and dedication in 2021. Along with a number of organizations that we support on a regular basis, we were fortunate to have donated to 17 new charities in 2021.

Together, we look forward to continuing the good work of bringing joy, meaningful connections and creating positive impact in our community in 2022 and beyond.

Sincerely,



Mike Colborne
Chairman
Spruce Meadows Leg Up Foundation



Education



Health &
Wellness



Amateur &
Grassroots
Sport



Community



Agriculture

School Tours + Education Programs

The Spruce Meadows Leg Up Foundation, together with our long-standing partner Nutrien, presents the GROWING THE NEXT GENERATION® School Tours Education Program.

Initiated in 1976 by one of the co-founders of Spruce Meadows, Mrs. Marg Southern, the program has evolved over time and continues to incorporate Alberta-based curriculum within its five stations. Spruce Meadows and the Leg Up Foundation work together to operate the School Tours program and provide a continued journey toward a lifelong love of horses, education and the environment.

The School Tours Program features highly interactive sessions geared toward the curriculum of grades 4-6, focusing on agriculture, wetland ecosystems, horse anatomy, health and welfare, equine history and the importance of bees to our ecosystem.

Since its inception, tens of thousands of Calgary and surrounding area students have participated in the School Tours Program.

In 2021, we offered the School Tours programming to teachers, parents and students virtually - on Spruce Meadows website. This allowed us to keep children engaged and motivated to learn while keeping teachers, students, facilitators and Spruce Meadows staff safe.

All five of our facilitators provided materials for students to learn at home, as well as home activities.

In 2022, we are hoping to be able to return to in-person delivery of the program.



\$1,000 DONATION



\$10,000 DONATION

Calgary Reads

“When children have a home library, as little as 20 books of their own, they achieve three more years of schooling than children who don't have any books at home.”

WeAreTeachers

The Spruce Meadows Leg Up Foundation continues to be a contributor to Calgary Reads' mission of equipping communities with the books, knowledge and inspiration they need to support every child reading by grade 3.

Our most recent donation went directly towards the Book Bank, housed in the basement of the Little Red Reading House, which furthers the ongoing book ownership strategy.

The Book Bank supplies books to Calgary Reads' partner agencies across the city, ensuring children furthest from opportunity have their very own books, which is a proven way of growing future readers.

In 2021, Calgary Reads gave away a record 55,573 books.

As the pandemic continues, so does the mental health crisis, but books are a powerful antidote to this problem. The financial assistance of the Spruce Meadows Leg Up Foundation has also allowed Calgary Reads to purchase 400 brand new books for distribution to Immigrant Services Calgary and the Centre for Newcomers to help welcome the incoming refugees to our city.

“This is absolutely wonderful. Thank you so much!”

Anila Umar Lee Yuen, President and CEO,
Centre for Newcomers

Lucy Tries Soccer

Vision: Active, Healthy Children

Mission: Inspiring children to be active and try sport, so they can lead healthier and happier lives

An important element of our Education Program is the Lucy Tries Soccer initiative. Lucy Tries Soccer connects children with athletic role models, promotes diversity and inclusivity, encourages children to read, reinforces the benefits of being active and inspires children to try sports, so that they can lead healthier, more engaged and happier lives.

Lucy Tries Soccer supports the physical and emotional wellbeing of children, as well as their reading literacy by using positive sport, education and social experiences.

Due to the ongoing global pandemic and associated challenges, we were not able to run our Lucy Tries Soccer initiatives on site in 2021. The virtual productions of 2020 continued to be used and shared by Calgary and area boards of education.

Restricted community access for First Nations activation was a challenge. ATCO's First Nations community liaisons will be engaging with the students with the program and deliverable when circumstances allow.

Cavalry FC, in partnership with ATCO, Marmot Construction, Lisa Bowes (the author of Lucy Tries Soccer) and the Spruce Meadows Leg Up Foundation are currently exploring ways of bringing Lucy Tries Soccer back into the community and classrooms in a safe and effective manner in 2022.

86%

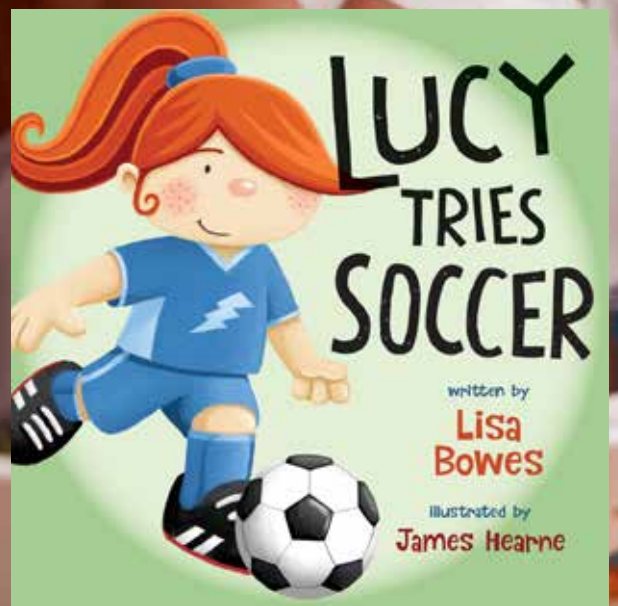
of Canadian children (5-11) are not getting the recommended activity levels for their age group.

Girls

as young as 2.5 years old are already less active than boys their age—and this gap widens with age.

Age 7

sedentary behaviour now begins in children.



Food Security

Since inception of the Foundation, food security has been a focus. In 2021, the Spruce Meadows Leg Up Foundation was proud to support Calgary and Area Food Banks with funds raised through the Foundation's fundraising campaign during the holidays:

\$3,000

AIRDRIE
FOOD BANK

\$11,000

CALGARY
FOOD BANK

\$3,000

COCHRANE
ACTIVETTES



Thank you to all our wonderful patrons for the incredible support, as our Food Banks continue to work hard to meet the drastically increased demand for food, services and programs in the community.

\$5,000

OKOTOKS
FOOD BANK

\$3,000

TSUUT'INA
FOOD BANK

\$10,000

VETERANS
ASSOCIATION
FOOD BANK



Youth Centres of Calgary

Youth Centres of Calgary (YCC) provide food, safety, academic support, access to technology, athletic opportunities, mentorship and friendship to kids living in lower income communities.

In 2019, YCC opened a centre in the heart of Ogden, based on a home-like environment model. The centre's activities offer youth living in poverty a greater chance of growing into happy, productive, self-reliant adults. YCC is focused on working with teens and preteens at a critical stage in their brain development, during after school hours when they're known to be the most vulnerable. Programs and activities are specifically designed to help participants experience healthy social, emotional, physical and academic development. These include serving and eating healthy hot food and snacks, literacy guidance, academic encouragement and homework help, access to games, sports, arts, music, books, mentorship and other opportunities for healthy development and consistent, safe and nurturing personal relationships with compassionate and qualified adult mentors and role models.

The funds provided by the Spruce Meadows Leg Up Foundation will be used to purchase and distribute healthy

food to youth and families who are otherwise struggling with food insecurity in 10 tipping point communities in Calgary. Vulnerable youth in the underserved communities of Ogden, Bowness, Penbrooke, Radisson Heights, Dover, Shaganappi, Applewood, Pineridge, Forest Lawn/ Forest Heights, Abbeydale are now particularly challenged by the impact of COVID-19. Many parents are unemployed or underemployed and cannot provide the most basic needs to their children. Youth Centres of Calgary's current focus is on providing the families of these communities with food (lunch bags and groceries), sports equipment and reading materials. With these supports, YCC are addressing the impact of COVID-19 and the socio-economic divide it has created. Many of their pop up sites are at schools with significant Indigenous and new immigrant populations.

The Leg Up Foundation believes in the value of investing in social supports for children and their parents, and is proud to support Youth Centres of Calgary in the important work that they do. Thanks to you, our supporters, we are able to give children what they need and deserve and otherwise do not have – a consistent, safe and welcoming home-away-from-home, where they can just "be a kid".



\$13,640 DONATION

I Can for Kids

As a direct result of limited household income, too many children and youth are going hungry every day in Calgary.

50,000+ children and youth are living in poverty in Calgary.
12.9% of children and youth in our province live in a house that is food insecure which means meals are skipped and nutritious foods are often missing from a family's diet.

I Can for Kids is a Calgary-based charitable organization whose mission is to address and put an end to childhood hunger in Calgary's communities. Since the onset of the pandemic, I Can for Kids helped feed more than 30,000 hungry children and youth in 145 communities across the city.

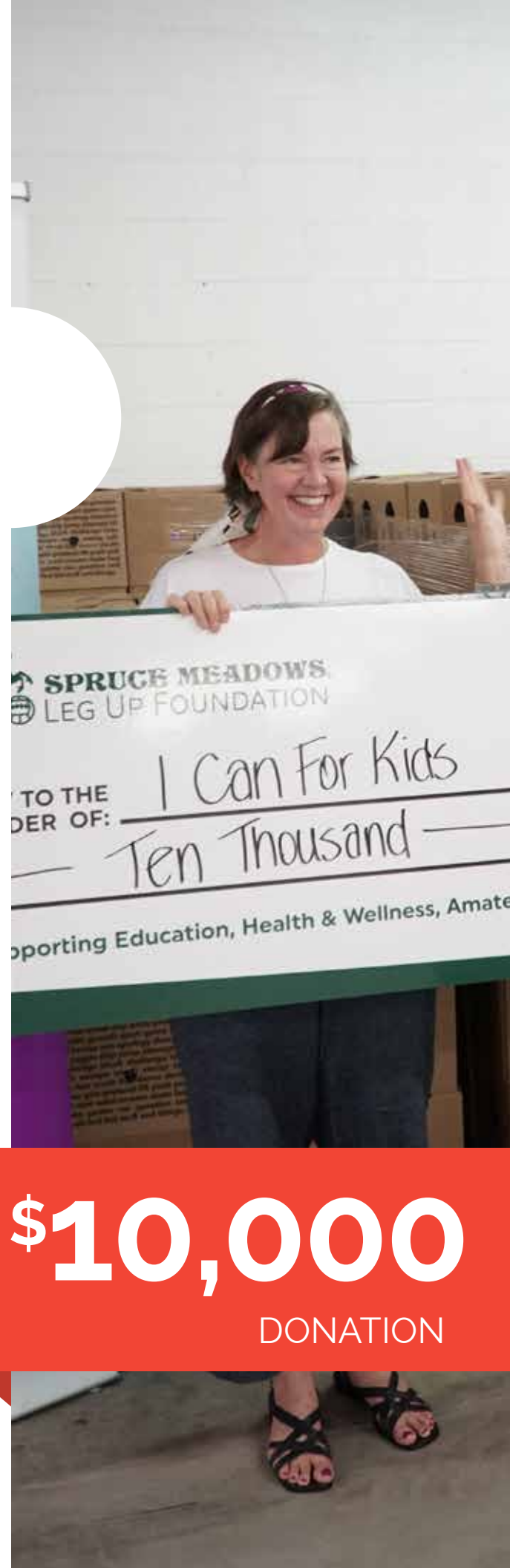
“It is difficult time for our family, everything is difficult, paying bills, buying foods, worried for my kids' education, and for our health. What you are doing is great and unforgettable. You put a smile on my kids' faces. There were no words to describe the way I felt at this time. My kids' smiles are worth a million words.”

IC4K Program Recipient

”

\$10,000

DONATION



Discovery House

Since opening its doors in 1980, Discovery House has served thousands of women and children fleeing domestic violence, helping them rebuild their lives. This would not have been possible without the women who fought for second-stage shelter space in Calgary 40 years ago.

It was a radical idea at the time: creating long-term shelter space for women and children experiencing domestic violence and abuse.

Calgary had an emergency women's shelter by the late 1970s, but there was nowhere for those in need to go after the maximum three-week stay – nowhere that was just for women and children. Too often their only option was to return to their abusers.

“Discovery House not only taught me how to be safe, but also to be strong. I know that if we did not leave him, it would be like telling my kids it's ok to be with someone who hurts you. I needed to respect myself and be strong, so they would know they are worthy of respect, too”

Joy, a former Discovery House client

”



\$16,000

DONATION

YMCA of Lethbridge

This state-of-the-art facility is located on the west side of Lethbridge and is proudly named the Cor Van Raay YMCA at ATB Centre, built by the City of Lethbridge.

The YMCA of Lethbridge runs a Before and After School Care Program for elementary school children in the surrounding neighbourhoods.

In order to combat food insecurity and ensure that every child in the program has access to proper and adequate nutrition, YMCA of Lethbridge offers a hot breakfast for the students they care for before school and a snack for the after school crowd.

The Leg Up Foundation's donation will cover food costs for 3 months.



\$9,600

DONATION

Calgary Drop-In Center

Vision—a community where everyone can find their home.

Calgary Drop-in and Rehab Centre (the DI) exists to serve the most vulnerable Calgarians who are at risk of, or are experiencing homelessness. Working collaboratively, the organization provides access to a spectrum of care that supports each person's transition to the most independent living possible - including emergency shelter, programs and services, affordable and supported housing. Each year, approximately 10,000 unique individuals come to the DI all of whom need a place to rest, refuel, access housing support and health services.

Calgary Drop-in Centre has been providing three meals per day, 365 days a year for nearly 60 years. In 2021, the Spruce Meadows Leg Up Foundation supported the DI's Food Security Program. The funding will provide nourishment and empowerment to hundreds of people, which is integral to helping them on their journey to find their own housing, develop a support system and regain independence.



\$15,000
DONATION



\$20,000 DONATION

Hospice Calgary— Children's Grief Centre

The Children's Grief Centre offers professional, specialized services for grieving children in Southern Alberta.

Using individual, family counselling and group support, Children's Grief Centre compassionately supports children and youth through grief. Counsellors are recognized experts in end-of-life, grief and trauma counselling for those aged 19 years and younger.

“

“Thank you for being so extremely kind and understanding towards me. You make me feel welcome and calm when I have sessions with you...I hope you can bring your positivity and energy to many, many more people.”

Teenage client in a note to their counsellor.

”

385

TEENS SUPPORTED

493

KIDS SUPPORTED

729

ADULTS SUPPORTED

1,607

TOTAL CLIENTS SUPPORTED



Inn from the Cold

Age ranges of children in the emergency shelter and housing programs from April 1, 2020 to March 31, 2021

19% TEEN (13-17 YEARS)

43% CHILDHOOD (5-12 YEARS)

8% PRESCHOOL (3-4 YEARS)

18% TODDLER (1-2 YEARS)

12% BABY (<1 YEAR)

The Inn from the Cold began out of a community concern for the growing number of people facing homelessness during the bitterly cold winter of 1996/97. Volunteers from several local churches met to discuss how they could help.

In the beginning, St. Stephen's Anglican Church opened its doors to provide shelter and hope to Calgary's homeless families and others in need. In the years following, support grew with a number of inter-denominational churches, synagogues, mosques, community associations and organizations coming together to provide emergency shelter and resources for Calgary's homeless.

In October 2008, a new chapter unfolded where Inn from the Cold opened Calgary's first Emergency Family Shelter, located in the heart of the Beltline community. Since then the organization has expanded its services to offer holistic support that helps a family wherever they are on their housing journey.

Today, Inn from the Cold supports families through its prevention and diversion program, temporary emergency shelter and supportive housing programs with the help of over 2,700 committed volunteers.

A close-up photograph of two hands cupped together, holding a white paper cutout of a family. The cutout depicts a man, a woman, and two children, all holding hands. The hands are positioned as if presenting the family cutout. A white circular graphic is visible on the left side of the image.

\$3,700 DONATION



\$18,360 DONATION

Hull Services

7,158

CHILDREN, YOUTH AND FAMILIES WERE SUPPORTED BY ONE OF HULL'S 26 PROGRAMS AND SERVICES IN 2021.

88%

OF CHILDREN AND YOUTH DEMONSTRATED IMPROVED WELLBEING.

93%

OF CHILDREN, YOUTH, YOUNG ADULTS, AND FAMILIES WERE ABLE TO DEVELOP AND MAINTAIN IMPORTANT NATURAL SUPPORTS AND COMMUNITY CONNECTIONS.

Creating connections has never been so challenging or so essential to the wellbeing of young people and their families.

For over 58 years, Hull Services has been responding to the mental health needs of Calgary's most vulnerable and at risk children, and their families.

Connection is one of core values at Hull Services. Healing happens through authentic, respectful and nurturing relationships.

The Leg Up Foundation's donation will fund Equine Assisted Learning (EAL) Therapy Program for adolescents with serious emotional and/or behavioral difficulties. The EAL program promotes social-emotional learning by developing

self-awareness, self-control, and interpersonal skills that are vital for school, work and life success. Youth participating in the groups have been able to increase their social-emotional skills and are better able to cope with everyday challenges.

The impact of the EAL program has been remarkable - a welcomed therapeutic support and a wonderful outlet for the youth during the pandemic. The program continues to be a highlight and youth are experiencing positive mental health benefits.



"Cash is the best horse ever. I love when he rubs his head against me and follows me. I'm his best human!"

Testimonial from a youth



Mothers Against Drunk Driving

MADD Canada was formed in 1989 to create a national network of victims/survivors and concerned citizens working to stop impaired driving and to support victims of this crime.

The exact number of lives saved as a result of the work done by MADD Canada, its predecessor organizations and many other groups cannot be known with absolute certainty. But based on scientific formulas developed for the United States National Highway Traffic Safety Administration, MADD Canada estimates the number of lives saved between 1982 and 2013 at 42,526. While such numbers provide an important perspective on the progress that has been made, it is critical to remember that 45,394 Canadians were killed in alcohol-related crashes in this same period and impaired driving remains the leading criminal cause of death in this country.



\$4,000

DONATION

The Mustard Seed

The Spruce Meadows Leg Up Foundation's donation will go towards The Mustard Seed's new Neighbour Centre in the community of Manchester, which helps families, children, seniors and other individuals experiencing poverty. The Calgary neighbourhood of Manchester is a high-needs area where few social services are locally available. According to the City of Calgary community profile for the neighbourhood, the median household income for Manchester is around \$36,000, and 44% of households spend more than 30% of their income on shelter. In total, 43% of residents are immigrants. The goal of the new Neighbour Centre is to alleviate poverty, prevent homelessness and create a more resilient community through services such as employment coaching, wellness advocacy, and mental health counselling. Programming for youth, families and adults such as homework clubs, collective kitchens, bingo nights, and craft groups will also be available.

The goal is for this centre to have around 4,800 visits in its first year.



\$20,000

DONATION

RCMP Foundation

In 2021, the Spruce Meadows Leg Up Foundation was proud to support the Grande Cache Youth Equestrian Program, which was being run in partnership with Grande Cache Rotary Club, MD of Greenview, MD of Greenview FCSS, Grande Cache Youth Connections, Kids Sport and the Grande Cache RCMP.

The program was designed for youth between the age of 11-18 who are experiencing or have experienced family violence, lack positive adult role models at home, have started on the path to drug addiction or substance abuse, are involved in unhealthy peer groups, have been victims of bullying, are isolated and lack positive connection to peers, are experiencing mental health issues (i.e. anxiety, depression etc.), and are restricted by economic barriers.

Equine-assisted learning via an RCMP led program has been shown to benefit youth tremendously. Participants expressed the program inspired several significant life changes, including a reduction in their overall level of anger; less interest in using illicit drugs; improvements in their home life; a more positive attitude, increased levels of self-respect and self-esteem; and an increased ability to set, and work towards, personal goals and make better lifestyle choices.



\$5,000
DONATION



Sagesse Domestic Violence Prevention Society

Heal, Learn, Grow

Sagesse empowers individuals, organizations and communities to break the cycle of domestic violence by creating an environment to heal and lead safe, healthy lives. The literal translation of Sagesse is wisdom. The agency encourages the wisdom to seek help, to support and connect, to share knowledge, to self-reflect, and lastly, to mindfully create space for healing, learning, and growth.

With innovation as their cornerstone, Sagesse Domestic Violence Prevention Society works to make a difference one life at a time through intervention and prevention. Their capacity-building workshops focus on educating all members of society about abuse to help make us all better at recognizing, responding to, and preventing abuse.

\$10,000
DONATION

Spirit North

Last Fall, during the Spruce Meadows 2021 September Series, Leg Up Foundation ran our UNSTOPPABLE Virtual Fundraiser in support of Spirit North.

Spirit North is a charitable organization that uses land-based activities to improve the health and wellbeing of Indigenous children and youth, empowering them to become unstoppable in sport, school and life. Last year, Spirit North delivered programs to over 6,300 Indigenous children and youth in 62 communities and 77 schools.

Beckie Scott, Canada's most decorated cross-country skier is the founder of Spirit North. In 2015, the federal government published the Truth and Reconciliation report and in reading

the 94 Calls to Action, Beckie saw an opportunity to help, which sparked the creation of Spirit North.

Meaningful connection to the land is pivotal, and regular access to sport and land-based activity improves physical, mental, spiritual and community health. Spirit North's programs have had transformative power – Indigenous youth becoming leaders, achieving academic success and becoming vibrant, engaged members of their communities.

We were absolutely thrilled and humbled by the support companies, individuals and general public showed our fundraiser. It takes a caring, generous and open-hearted community to create the conditions and environment where the most vulnerable can thrive.

On behalf of the Spruce Meadows Leg Up Foundation, please accept our most sincere gratitude:

UNSTOPPABLE Friends

B&A Planning Group

Dan & Molly Wares

Highfield Investment Group

Lockwood Family Fund

Lou McEachern

Lux by Luxuria

Lynne Brennan

Michael & Barbara Colborne

PwC Canada

Red Arrow Motorcoach

Remington Development Corporation

Sheryl Faulkner

The Knapp Family

The Ockey Family

The Thompson Family

Valentine Volvo



\$126,362.36 DONATION

Auction Item Donors

ATCO Blue Flame Kitchen
Banff Sunshine Resort
Big Rock Brewery
Bow Valley Ranche
Brass Monocle

Calgary Flames
Cavalry FC
Courtyard by Marriott
Jayman BUILT
Maritime Travel

Master Chocolat
Milk Jar Candle Co.
Mud Urban Potters
Pursuit Collection
Resorts of the Canadian Rockies

Spruce Meadows
Suncor Energy
Village Brewery
Whitewater Ski Resort
Willow Park Wine

Canadian Pony Club (DeWinton)



\$10,000 DONATION

The DeWinton Pony Club is a branch of the Canadian Pony Club, Alberta South Region that has been developing young Equestrians since 1971. Its mission is to develop young equestrians and citizens who are confident, competent, and knowledgeable about their sport, safety, and care of their equestrian partners. The organization values and promotes education, health and wellness for children and their equine partners, all while providing an opportunity for youth to grow and excel in grass roots equestrian sports.

In 2021, through the implementation of the Canadian Pony Club curriculum, the DeWinton Pony Club was focusing on 'Horse and Rider Safety'. The funds donated by the Spruce Meadows Leg Up Foundation were used to run a 'Landing Smart – Helping You Prevent Fall Injuries' Equestrian Training Clinic to educate the DeWinton Pony Club's members on proper fit and use of safety equipment for the rider and their equine partner and also provided the club with an opportunity to purchase some of this equipment.



Arthritis Society

The Arthritis Society is Canada's national charity dedicated to eliminating arthritis. They represent the six million Canadians living with arthritis today, and the millions more who are impacted or at risk.

Recent data suggests that approximately 3 in 1,000 children of all ages have childhood arthritis and as many as 25,000 children aged 18 and under are affected with childhood arthritis in Canada. Approximately 650 children in Alberta receive treatment through the pediatric rheumatology clinics. The majority are young girls. The Arthritis Society believes that no child should have to live with the unnecessary pain of arthritis. Arthritis can strike children of all ages and the majority face daily chronic pain preventing them from living life to the fullest. Many children and youth with childhood arthritis experience anxiety and depression at higher rates than children without a chronic condition. Arthritis can be painful and debilitating, posing challenges with day-to-day activities, bullying and as young adults begin to plan for their future, influence decisions on education, employment, relationships and family.

Funds donated by the Leg Up Foundation will be used to provide summer camp at no cost for approximately 2 of the 55 Alberta children with arthritis registered for Summer Camp 2022. This support ensures that a family's financial situation is not a barrier for children to attend this specialized camp. Many children are not able to attend traditional camps as they need to be in an environment with enhanced medical support. Activities also need to be modified to meet their specific needs.

“Knowing you're not alone and having others like you to surround yourself with and support you, makes the world of difference and I have the camp to thank for that.”

Camper testimonial





\$3,000 DONATION



\$4,500 DONATION

Breast Cancer Society of Canada

The Breast Cancer Society of Canada is a national organization with family roots. It was established in 1991 by Lawrence and Kay Greenaway, in memory of their daughter Pam who died of breast cancer at 38 years old. She left behind two small children and a loving husband. The Greenaway and Kohlmeier families positively transformed their deep loss into a mission to raise money for research to cure this devastating disease.

Today, Pam's legacy to fund breast cancer research is saving lives. The BCSC approach is focusing on rapid movement of research findings from bench to bedside and improving patient outcomes by accelerating the delivery of and access to novel therapies.

Breast cancer research is improving the lives of breast cancer patients through the development of precision oncology treatments, and new diagnostic tests – like a simple blood test that will detect the presence of some types of breast cancers.

The aim of precision oncology, also known as personalized medicine is to provide more targeted therapies for patients. Receiving an accurate diagnosis, avoiding unnecessary treatments such as chemotherapy and knowing how a patient will respond to their treatment before it begins offers new hope to patients and their families.

Calgary Silver Linings Foundation

Founded in the spring of 2014 by concerned parents and community members, Calgary Silver Linings Foundation builds awareness for eating disorders in Alberta and advances the development of urgently needed treatment programs and services.

Eating disorders are not a choice, a phase, or self-inflicted, attention seeking behavior, but rather, serious illnesses with both mental and physical manifestations that deserve serious attention. Recovery is possible with appropriate treatment, support and empowerment.

Support groups address the many challenges of eating disorders with expert facilitators using evidence-based knowledge. During the pandemic, all support groups were held virtually, and participants are continuing to seek such flexibility as restrictions lift.

The funds provided by the Leg Up Foundation were used to purchase the necessary technology to allow expansion of support groups to include a hybrid model - a blend of in-person and online participation. This will increase and enable better access to Calgarians experiencing eating disorders by having support groups available in ways that best fit how they wish to engage in their recovery plan. Furthermore, a hybrid delivery will help reduce barriers for participants, such as transportation, both in terms of time and cost



\$15,000 DONATION



\$20,000 DONATION

Can Praxis

Hope renewed. Lives restored.

Can Praxis EAL is a Canadian registered charity that provides mental health recovery programs for Canadian Veterans and First Responders (serving and retired) living with an Operational Stress Injury (OSI), such as Post Traumatic Stress Disorder (PTSD).

Founded in 2013 by a Canadian Military Veteran and a Trauma-focused clinician, Can Praxis is the leading Equine-Assisted Therapy provider for the Veteran and First Responder communities.

Can Praxis incorporate equine therapy into their programs because horses understand us and can teach us about ourselves. Horses are experts at reading body language and pick up on all the non-verbal cues we bring to an interaction.

“I am the spouse of a veteran who has been in the Canadian Navy for 27 years, 18 of which he served as a submariner. He will retire medically this year and we know that this transition will not be without challenges. He suffers from PTSD and has seen Military psychologists and psychiatrists for the past 4 years.

This ONE weekend at Can Praxis was more valuable than all the sessions with the military doctors combined. We both learned many practical life skills for communication and how to look at the coming days with a renewed sense of hope and commitment to work through it all, together.”

Susan

”

Canadian Mental Health Association - Alberta Division

The Canadian Mental Health Association (CMHA) is the most established, most extensive community mental health organization in Canada where people find compassionate support, responsible care and accessible resources.

CMHA began its advocacy work in 1917 based on evident community needs. Families and individuals brought their desire for better mental health outcomes into an association which today spans our country. For 99 years CMHA has operated as a registered charity within the not-for-profit sector. They work at the intersection of clinical and local mental health care. The programs and services are developed to address the unique needs of individuals and communities.

For more than 60 years in Alberta, CMHA has focused on recovery and support for Albertans impacted by mental illness. The organization stands with people living in the community as they achieve their wellness goals. Hundreds of CMHA staff and volunteers engage clients in activity and navigation within the complex matrix of mental health services.

Today eight CMHA regional offices and the Centre for Suicide Prevention continue to focus on a better future for all people living with mental health challenges.

Reported a decline in their mental health since the onset of COVID-19:

41%

OF ADULTS

61%

UNEMPLOYED DUE TO COVID-19

46%

IDENTIFY AS 2SLGBTQQA+

54%

EXISTING MENTAL HEALTH ISSUES





\$2,100 DONATION

50%

THOSE
AGED 18-24

48%

OF STUDENTS

47%

THOSE WITH
DISABILITY

Calgary Women's Emergency Shelter

During COVID-19, the Calgary Women's Emergency Shelter's clients have been facing additional challenges when trying to escape the family violence and abuse in their home. Challenges like extreme financial stress or the constant physical presence of their partner due to COVID-related isolation can prevent women from seeking help.

The funds donated by the Leg Up Foundation went towards supporting the influx of clients that are seeking therapeutic counselling in the Community Services Counselling Program, and the additional staffing this influx entails.

Adult clients in this program range in age from 19 to 80. In the 2020-2021 fiscal year the Community Services Counselling Program helped 821 women create safer lives for themselves. This represents a 27% increase over the previous year.

“ 'My time at the Shelter kept me from harm. It also gave me the hope I thought I had lost'.

Jan

'It's still amazing to me that such a simple step as one phone call could so dramatically change a person's life'.

Catherine

'It felt great to break the silence. I told my counsellor things about my marriage that I have never told anyone because I felt so ashamed'.

Sierra

”

1 in 2

women will experience at least one incident of physical or sexualized violence.

5 days

every 5 days a woman in Canada is killed by her intimate partner.

75%

of Albertans know at least one woman who has been physically or sexually assaulted.

20,000

domestic violence calls that the Calgary Police Service respond to each year.

A photograph of two women laughing together outdoors. The woman on the left is older, with short white hair and glasses, wearing an orange zip-up jacket over a blue shirt. The woman on the right is younger, with braided hair, wearing a maroon long-sleeved shirt. They are both smiling broadly and looking towards the left. The background is a blurred outdoor setting with trees. A teal circular graphic is on the left side of the image.

\$15,000 DONATION



THE FOUNDATION

The Spruce Meadows Leg Up Foundation is committed to giving back to the community in meaningful ways and supporting initiatives that bring positive change to the lives of Albertans. If you are interested in donating or if you would like to find out more about the Foundation, please visit: legupfoundation.sprucemeadows.com

ON THE COVER

Equine Artist Jody Skinner is a self-taught artist. Raised on a ranch in the foothills of the Rocky Mountains, Jody's love of horses provides the foundation upon which she creates her limited number of equine art paintings each year. Jody's piece on the cover was the winner of the Masterpieces at the 'Masters' in 2019.

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