

LOVE (Quebec)

Annual Report 2024-2025



Greater
than
anything



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“ Thank you for being there when I truly needed someone. There was a time when I felt really lost, and your kindness, encouragement, or even just the way you believed in me made all the difference. You probably didn't know it at the time, but it gave me a reason to keep going. You helped me see my own worth when I couldn't. You gave me so much hope. Thank you for being such an amazing and caring person. I will truly never forget you. ”

-Anonymous youth, Beurling Academy

Message from the Executive Director & the Board President

Three years ago, LOVE Quebec launched an ambitious strategic plan to support more youth, expand our reach into new communities, and elevate the quality of our programs. As we reflect on the past three years—and especially the last year—we are proud to share the remarkable progress we’ve made, even amid ongoing challenges brought on by the pandemic.

Supporting More Youth

Our first objective was to increase the number of youth we serve. We are proud to report a 78% increase in participation in our weekly programs—from 372 youth in 2022 to 664 youth at the end of the 2024–2025 school year. This growth reflects not only increased demand but also our team’s dedication to scaling services responsibly and effectively.

We also doubled the number of programs offered, allowing more young people to benefit from our innovative, creative, and therapeutic activities. These programs are designed to support mental health, build emotional intelligence, and foster resilience.

Reaching New Communities

We expanded our reach into previously underserved regions, launching online programming in Montérégie and new in-person programs in Quebec City.

Our partnership with Batshaw Youth and Family Centres—supported by funding from the Government of Canada—enabled us to engage with some of the most vulnerable youth, while contributing our leadership skills and supportive approach to their Youth Advisory Council. We also began offering our programs at Ulluriaq, an organization that provides rehabilitation services to youth from the Inuit communities of Nunavik.

Innovating and Adapting for Excellence

This year, we adapted our sexology programs to align with the Quebec Government’s Citizenship and Culture Quebec Program, ensuring our educational content meets provincial standards while remaining youth-centered and engaging.

We also launched new in-house programs, including:

- Advanced Photography Club
- Life Skills Program for Older Youth
- Queer Book Club
- And more!

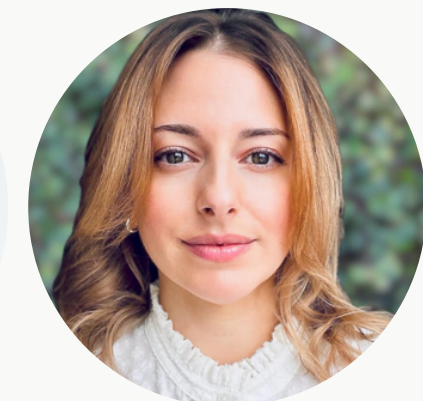
These initiatives are now delivered at our head office, which we’ve transformed into a safe, welcoming “third place.” Here, youth can engage in programming, access emergency food baskets, receive support, and build strong peer connections.

Looking Ahead

In the face of a growing youth mental health crisis and increasing social isolation, LOVE Quebec’s mission has never been more urgent. As we prepare to launch our next three-year strategic plan, we do so with renewed energy and a clear focus: to build on our successes, strengthen our impact, and keep youth firmly at the heart of all we do.

LOVE (Quebec)
Annual Report 2024–2025

Robyn Dalton
Executive Director



Isabel Valenta
President



Vision

To be a leader in building innovative and sustainable programs that promote the mental, emotional, and social health of youth.

Mission

LOVE supports youth to thrive through programs and healthy relationships that build emotional intelligence and help overcome the challenges they face. Program participants emerge with greater resilience, heightened skills, and the confidence to be inspirational leaders.

Engage

youth

Build

bridges

Realize

potential

Greater
than
anything



Our Story

LOVE was founded in 1993 by Sheila (Twinkle) Rudberg who was inspired to end the cycle of violence in the lives of youth following the death of her husband by a 14-year old boy, who himself was a victim of violence. LOVE quickly gained recognition in Quebec and has since launched successful programs in Halifax and Vancouver.

What started as a small, grassroots, youth photojournalism project running out of the basement of Montreal's Dawson College soon blossomed into a well-established national program, warmly recognized by governments, schools, corporate and community organizations for the meaningful impact it was having on young people. LOVE currently runs programs across Canada in Quebec, British Columbia and Nova Scotia.



Board members

Isabel Valenta

Board Chair
Lawyer

Alexandra Choquette

Board Vice-Chair
President, Owner at
Burovision

Mathieu Erard

Board Treasurer
Senior Manager – Private &
Alternative Investments

Ludmilla Manson

Leadership and Career
Development, CRHA

Justin G. Murgai

CEO, WaterAid Canada

Kate Cherry

Senior Product Manager,
ALDO Group

Lauren Burns

Board Secretary
Senior Director of Solution
Engineering Salesforce

Rachel Thorne

Senior Indigenous Relations
Specialist, Stantec

Behind every milestone we reach is a network of passionate, generous individuals whose work for the organization does not go unnoticed.

Thank you to our board members and volunteers for your guidance, vision, time, care and unwavering belief in our mission. We continue to grow thanks to your work and support!

Program Advisory Committee

The objective of the Program Advisory Committee is to continually evaluate, evolve and improve our programs to meet the needs of youth at risk, drawing on the expertise of a variety of professionals in the field and the experience of community members, staff, youth and alumni.

Members

Satoko Ingram

Kate Cherry

Dr. Franco A. Carnevale

Rachel Thorne

Vanessa Cheong

Robyn Dalton

Sean McLean (LOVE Alumni)

Cedric Joseph

Marketing and Fundraising Committee

The objective of the Marketing and Fundraising Committee is to support the organization's fundraising efforts and to oversee fundraising events and initiatives in order to diversify LOVE's donor base.

Members

Isabel Valenta

Véronique Beaulieu-Fowler

Alexandra Choquette

Deeva Bowry

Ashley Dere

Robyn Dalton

Kate Cherry

Katherine Zhang

Our staff

Leadership

Robyn Dalton

Executive Director

Audrey Brunette

Co-Director of Programs

Cedric Joseph

Co-Director of programs

Liezl Lee

Director of Strategic Initiatives

Communications and Outreach

Katherine Zhang

Communications and Marketing Coordinator

Maiya Olney

Community Outreach Coordinator

Program Staff

Oliver Zakhour

Senior Program Coordinator

Aymée Bray

Senior Program Coordinator

Elio Rifaat

Program Coordinator

Aïssatou Dieng

Program Coordinator

Holly Hayden Habib

Program Coordinator

Ayaka Monzen

Intern, As Iz Japan

Isis Albert

Senior Program Coordinator, sexology component

Véronique Gagné-Greffard

Program coordinator, sexology component

Irène Seppey

Program coordinator, sexology component

Behind every success story at LOVE is a team of dedicated, hardworking staff who bring our mission to life each day.

Thank you for giving it your all to work, the safe spaces you create, and the impact you make on young people through every interaction. Our continued growth is a direct result of your passion and presence.

Celebrating identity at the MEM

LOVE's year-end event
highlighted youth voices
in a vibrant photo expo

id/entity

AN ART EXHIBITION

*Taco
Locale*

ID/ENTITY was a heartfelt celebration of LOVE's young artists, showcasing the photography they created through our LOVE programs.

The event was a celebration of community, creativity, and powerful storytelling through photography. The evening created a space where youth felt truly seen, heard, and **celebrated**.

A huge thank you to Annabelle Agnew, Bastik, Nicolas Munn Rico, and the ever-inspiring Tranna Wintour for adding their magic and talents to the night.

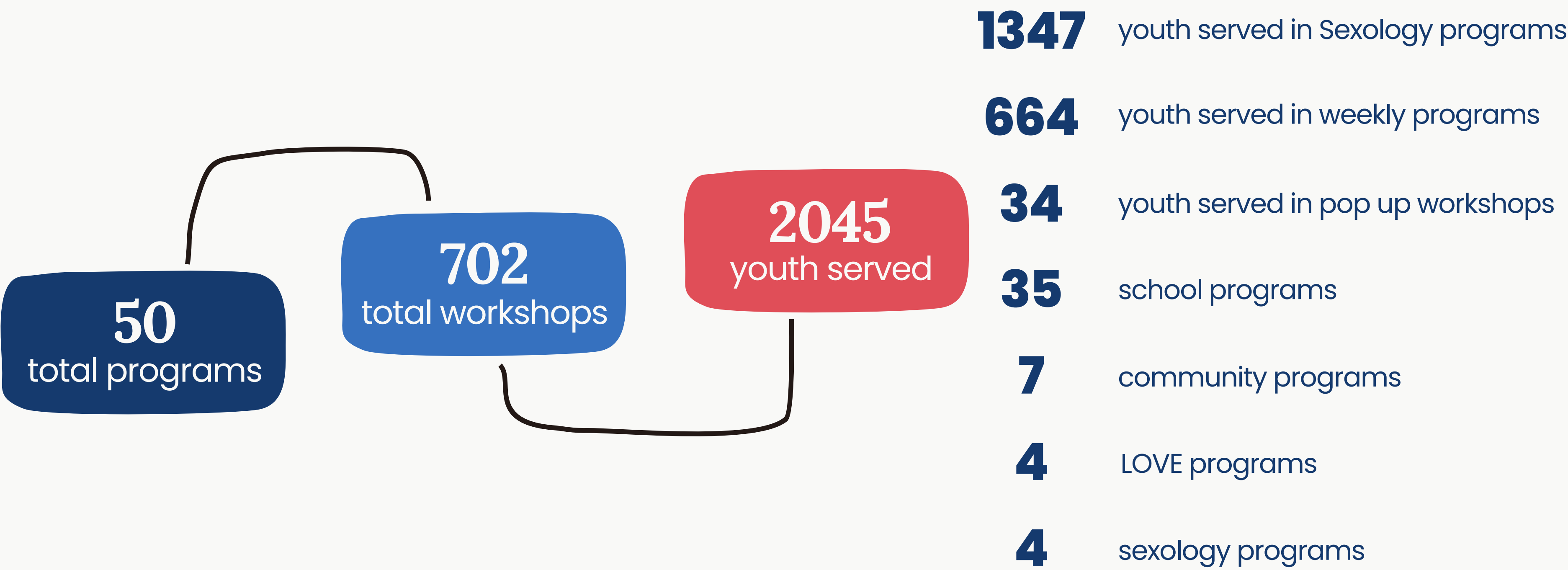
id/entity

AN ART EXHIBITION

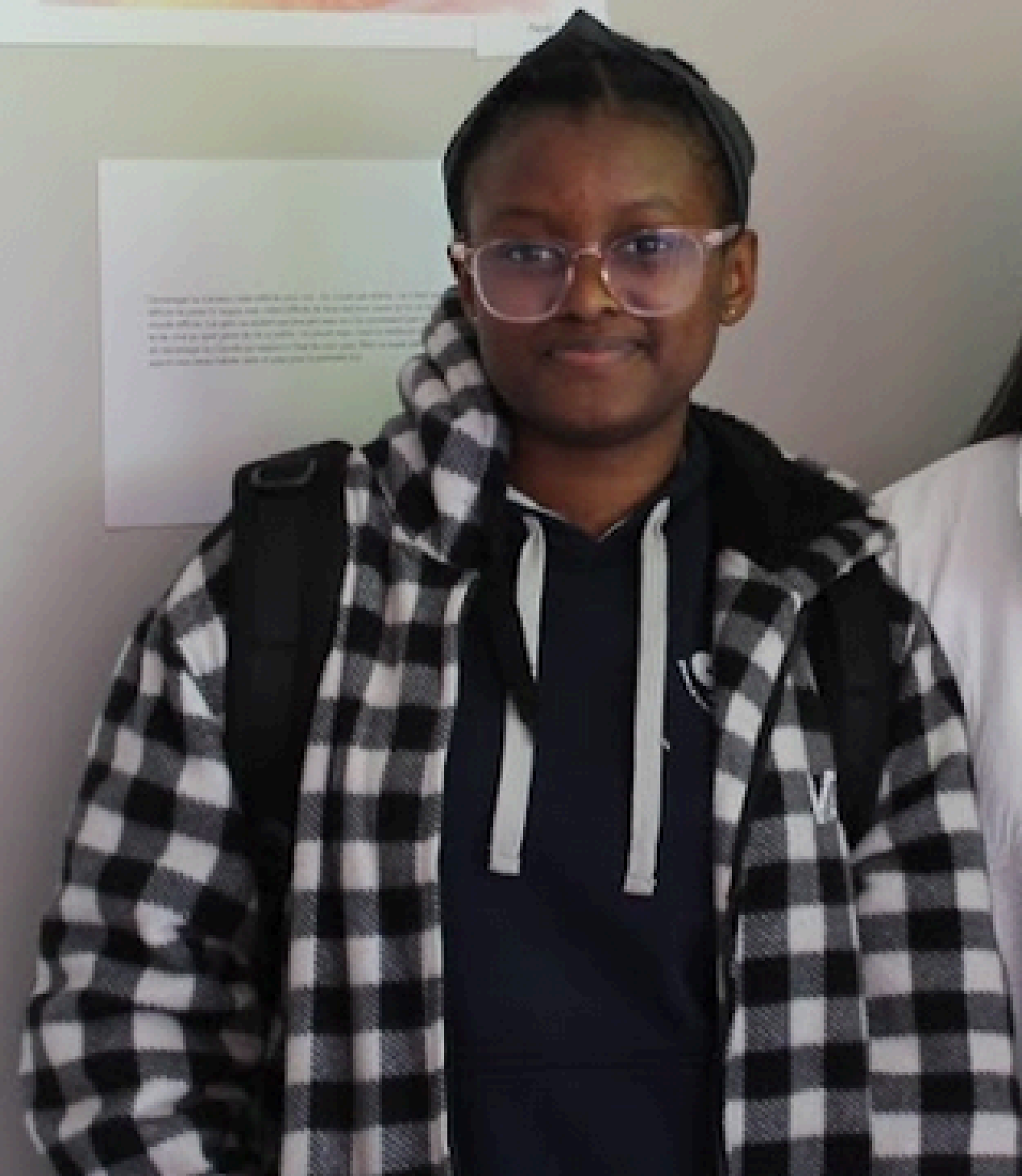
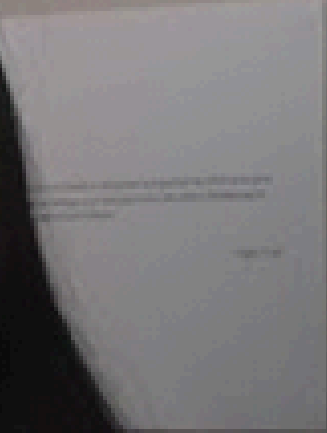
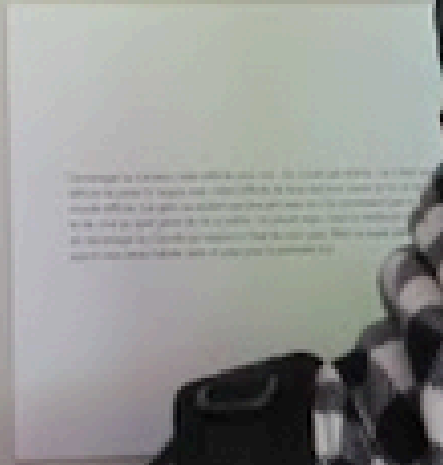
The event also helped raise funds for LOVE which could not have been made possible without our generous in-kind donors Hotel William Gray, The Montreal Museum of Fine Arts, Colliers, Maxi, MTL Pilates Lab and Keurig



LOVE by the numbers



Our schools and partners



Empowering youth, hand in hand with our schools and community partners

School partners

Beurling Academy
Bilings High School
Châteauguay Valley Regional High School
F.A.C.E. Elementary and Secondary School (EN - Sexo)
Gerald McShane Elementary School
Heritage Regional High School
James Lyng Adult Education Centre
John F. Kennedy High School
John Rennie High School
Lakeside Academy
LaurenHill Academy
Lasalle Community Comprehensive High School
Options High School
Parkdale Elementary School
Pierrefonds Community High School (Visions)
Perspectives II High School
Place Cartier Adult Education Center
St. Patrick's High School
St. Raphael Elementary School
University of Toronto Schools
Westmount Park Elementary School
Vezina High School

École secondaire Cavelier-De LaSalle
École secondaire Cavelier-De LaSalle (sexo)
École secondaire Dorval-Jean-XXIII
École Secondaire Saint-Luc
École secondaire Édouard-Montpetit
L'école primaire et secondaire F.A.C.E. (FR - Sexo)
École secondaire Père-Marquette
École secondaire Robert-Gravel (Sexo)
École La Voie
École secondaire Robert-Gravel
École secondaire Saint-Henri

Community partners

Baobab Familial
Batshaw Bailey & Oasis
Batshaw Beaconsfield
Batshaw Bourbonniere
Batshaw de Maisonneuve
Centre Lasallien
CJE Pointe Claire
YMCA - Healthy Relationships
Projet Lyuba - Table de concertation jeunesse de Rosemont
Ulluriaq

In-house programs

Advanced Photo Club
LOVE Leadership Camp
LOVE Life Skills
LOVE MAP
LOVE Pop UPs

Our core programs

Media Arts Program

The Media Arts Program uses photography, journaling, and group discussions to help youth build emotional intelligence, critical thinking, and confidence. The program is delivered weekly over 8 to 22 weeks by LOVE coordinators, adapted to each school's students and needs. The program offers guided workshops, all necessary materials including cameras and journals, and personalized support to ensure each participant thrives.

Leadership Program

The Leadership Program builds on the Media Arts Program, offering year-round workshops that empower youth to become changemakers in their communities. Participants strengthen their confidence, communication skills, and leadership abilities. The program culminates in a Leadership Camp where participants get the chance to connect with peers from across LOVE programs and further hone their skills at the retreat.

Sexology and Sexual Education Program

Led by coordinators with sexology degrees from UQAM's renowned program, our sexology and sexual education programs are tailored to meet the unique needs of each school or institution, covering topics required by the Quebec Ministry of Education. The content is continually adapted, recognizing that there's no one-size-fits-all approach in this field.

**Our core
programs**

After-school pop-ups

LOVE’s after-school pop-ups offer a free, inclusive and welcoming space where youth can connect, create, and explore topics like identity, diversity, and self-love. With over 40 sessions this year, ranging from art and cooking to group outings and discussions, these workshops help youth build confidence, relationships, and essential life skills.

Thanks to donor support, all activities include supplies and snacks to keep the program accessible and welcoming.

Pop-up workshops include

- Photography
- Writing and poetry
- Discussions
- Internet literacy workshop
- Practical skills workshops such as sewing, paper-making, cooking and more
- Group outings
- Community collaborations
- And more!

Life Skills Program

The Life Skills program is LOVE’s newest program, aimed specifically at helping older youth transition into adulthood through practical workshops on CV writing, interviews, budgeting, and more. Guest panelists from various fields share real-world insights and tips, as we hope to inspire the next generation to explore diverse paths with confidence.

Participants are also welcome to access LOVE’s professional clothing rack for job interview attire and the pantry which is stocked with essentials like food and hygiene products—thanks to the generous support of our donors.

Life Skills workshops include

- CV and cover letter building
- Budgeting 101
- Interview prep
- Financial literacy
- Giving back and volunteering
- Emotional intelligence
- Kitchen/cooking basics

New initiatives: Advanced Photo Club

Beyond the Basics: How LOVE is using photography as a tool for voice and vision

APC is a social photography club that bridges together emotional intelligence and photography. Created as an initiative to combat social isolation and summertime teenage ennui, APC utilizes the camera as a tool to examine the role and impact of perspective and how photography becomes an act of noticing.

Over eight weeks of photography workshops, youth sharpened their existing skills, explored new techniques, and connected with one another through creativity and artistic expression.



LOVE
Leadership
Camp



Twinkle!

Honouring a year of youth leadership, one campfire at a time

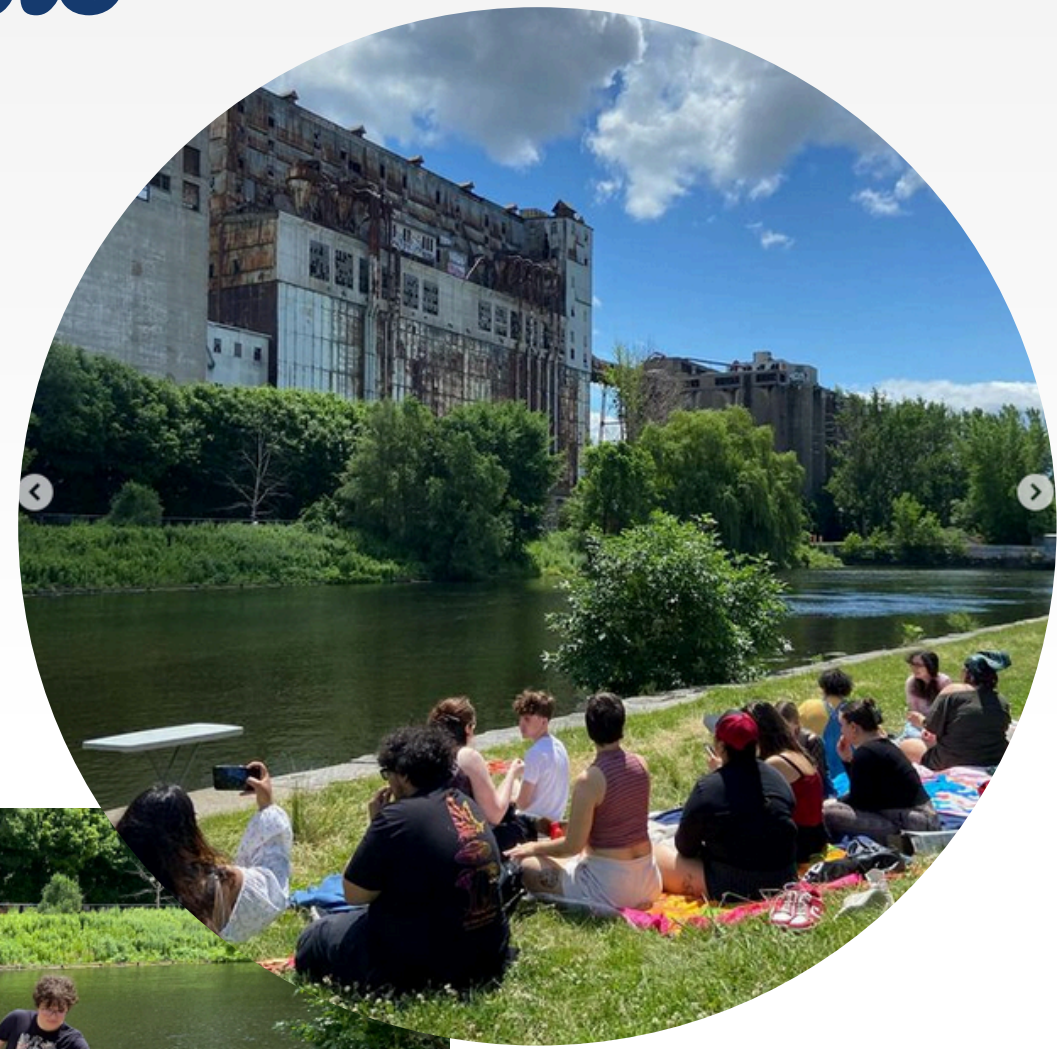
Each year, LOVE programs culminate in our unforgettable Leadership Camp, a three-day journey in nature at Camp Kinkora where youth come together to strengthen their leadership skills, build lasting connections, and take part in connection, with a camp-wide activity.

This year was made even more special by the presence of our founder, Twinkle, whose continued support and vision inspire everything we do.



Summer at LOVE: Programs in Toronto and a summer picnic

In July 2024, we had the honour of hosting a summer camp at the University of Toronto Schools (UTS). With a theme of community and connection, we spent the week exploring photography, creative writing, and other media arts, all while building on emotional intelligence, leadership, and communication skills. Participants reflected on what it means to be a community, discussed their goals for the upcoming year, and talked about the transition into high school, fostering an environment that celebrated identity and self-esteem. The vibrant downtown backdrop inspired our photo walks and outdoor activities, as participants built connections and got to know each other. The week concluded with a vernissage that showcased the creativity and accomplishments of UTS' young leaders—a truly memorable experience!



LOVE's annual picnic is a beloved celebration where youth from all programs come together to mark the end of the school year and our programs. They are invited to enjoy a picnic, play games and connect with each other, capping off the year with fun, friendship, and community spirit.



“ Many thanks for the wonderful times you've shared with us.

With you, photography has become a chance to express our emotions and a time for sharing with each other! ”

-Youth from the St-Luc school group

LOVE Quebec as a safer space

Bringing “the third place” back

LOVE’s offices are more than just a workspace: they’re a safer space for youth. Whether it’s popping in for study club, joining a pop-up workshop or simply coming by during drop-in sessions, young people are always welcome. It’s a judgement-free zone where inclusion, creativity, and connection thrive.

The youth pantry at the office is another example of the safe space that LOVE has created for youth. Countless young people have felt comfortable enough to come to the office asking for supplies such as condoms and menstrual hygiene products, as well as binders and more.

LOVE's youth pantry!



Uplifted by community

Our community partners

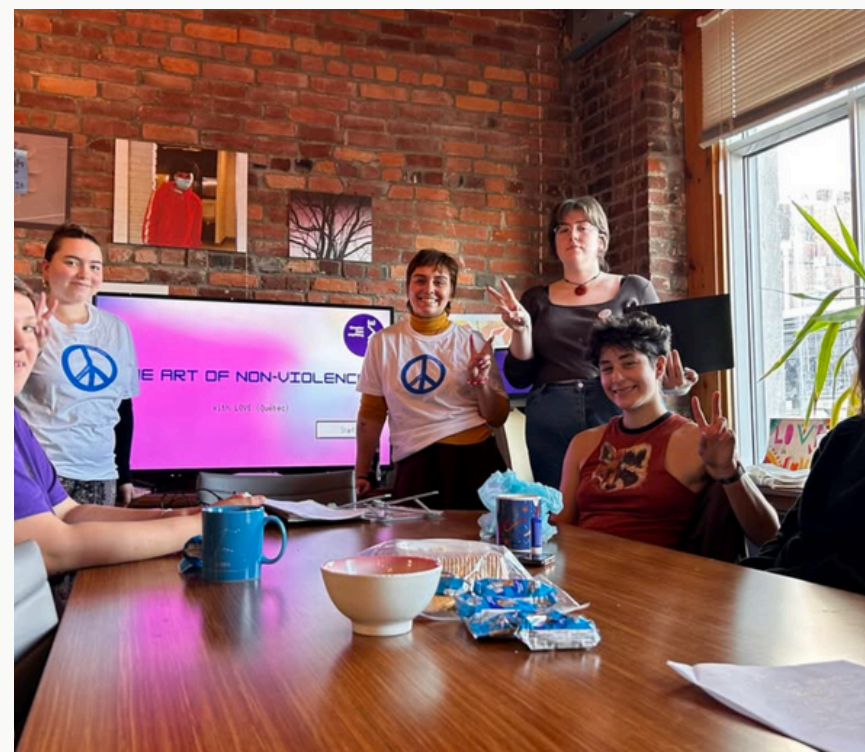


- Aire Ouverte
- Austria in Montreal's Viennese Ball
- Baobab Familial
- Batshaw Youth Advisory Council
- BLOOM Project from the Centre of excellence in Youth Mental Health
- CAJ
- CIUSSS L'Ouest de l'Île
- CJE l'Ouest de l'Île
- Centre Greene
- CPRMV
- Cugini's West Island
- Fornix
- Giverise
- Groupe Harmonie
- Grossesse Secours
- HLM
- Journées de la Paix
- Journées de la Persévérance Scolaire
- Librairie Bertrand
- One Young World
- Peace Network for Social Harmony
- POP Montreal
- Projet Lyuba
- Réseau Réussite Montréal
- Table de Concertation Jeunesse de Rosemont
- Tools of Peace
- YMCA Centre-Ville



Celebrating the people and partnerships that make LOVE's impact grow

Thanks to the leadership of our Community Outreach team, we expanded our network of community partnerships this year, creating more meaningful opportunities for youth to learn, grow, and thrive. These collaborations provided youth with valuable experiences, new tools, and connections to other inspiring organizations that share our commitment to empowerment and support.



LOVE in the News

In 2024-2025, LOVE was proud to be featured in the media, helping share our youth's voices and stories.

We are grateful for the spotlight, and most of all excited to keep the conversation going around our mission.

The more people talk about LOVE, the more our impact grows.



LOVE's Sean McLean talks about loneliness on Radio-Canada's Pénélope Show with Pénélope McQuade
December 2023

LOVE Quebec media arts program helps youth navigate online pressures

Ariana Orrego, Amalia Lemesianou, Zach Cheung - CBC News -
Posted: May 03, 2025 4:00 AM EDT | Last Updated: May 3



CBC News highlights LOVE's work to help youth break social isolation
May 2025



LOVE's intergenerational holiday event was featured on CityNews
December 2024



LOVE sexology and sexual education coordinators invited on the podcast Mieux Vivre Ses Menstruations by Fornix to talk about body image and menstrual health!
March 2025

Looking forward

As we look forward, we are guided by renewed commitment to youth mental health, nonviolence, and school perseverance. This next chapter is fuelled by collaboration, growth, inclusion, and the voices of the youth at the heart of our mission. We're excited to continue serving at-risk youth in our communities, expanding our impact and strengthening our partnerships along the way.

Thank you for your continued support!



Financial report

Financial statements

The information listed here has been extracted from the 24-25 financial statements of LOVE (Quebec)

Total revenues

\$1 283 961

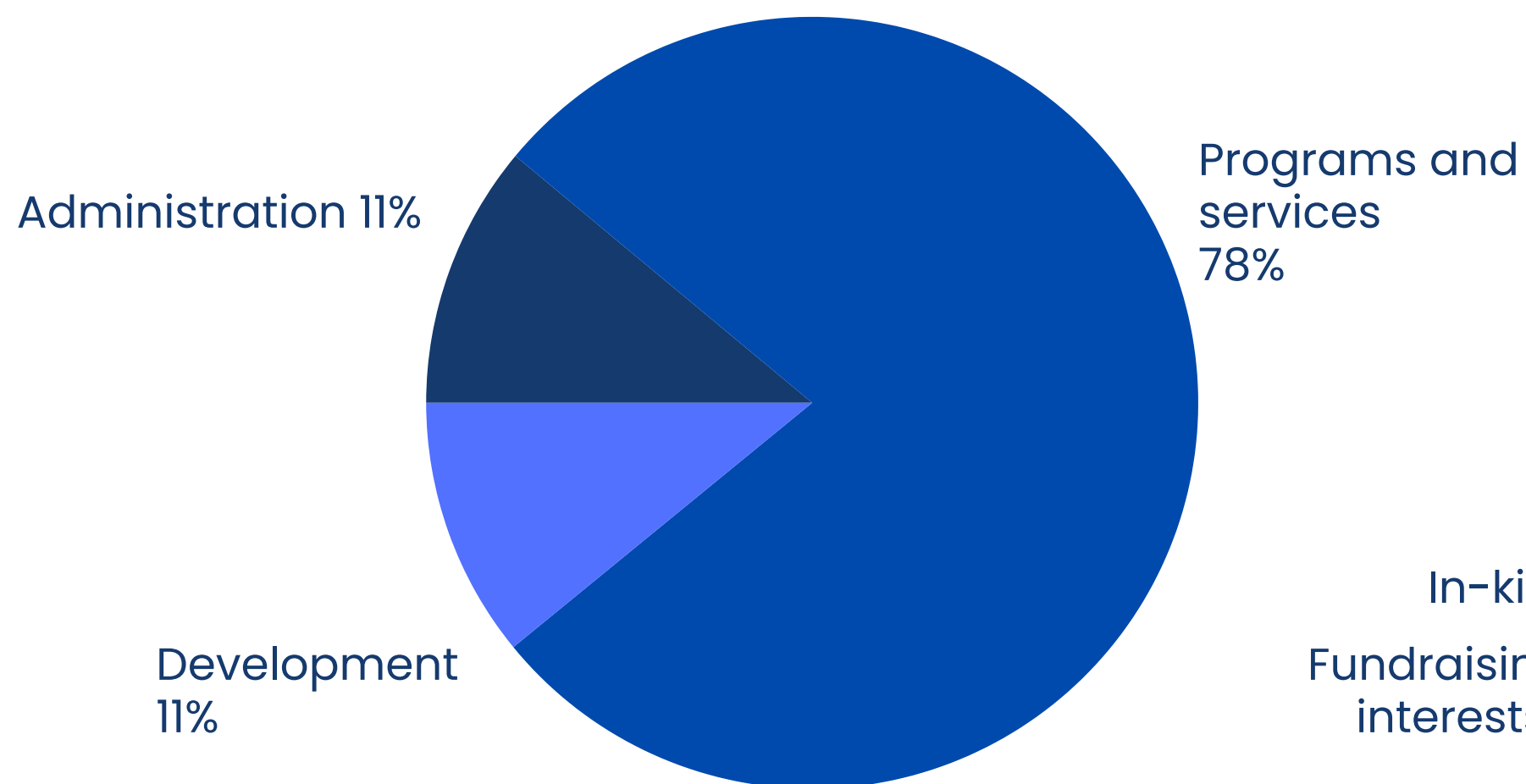
Total expenses

\$1 163 871

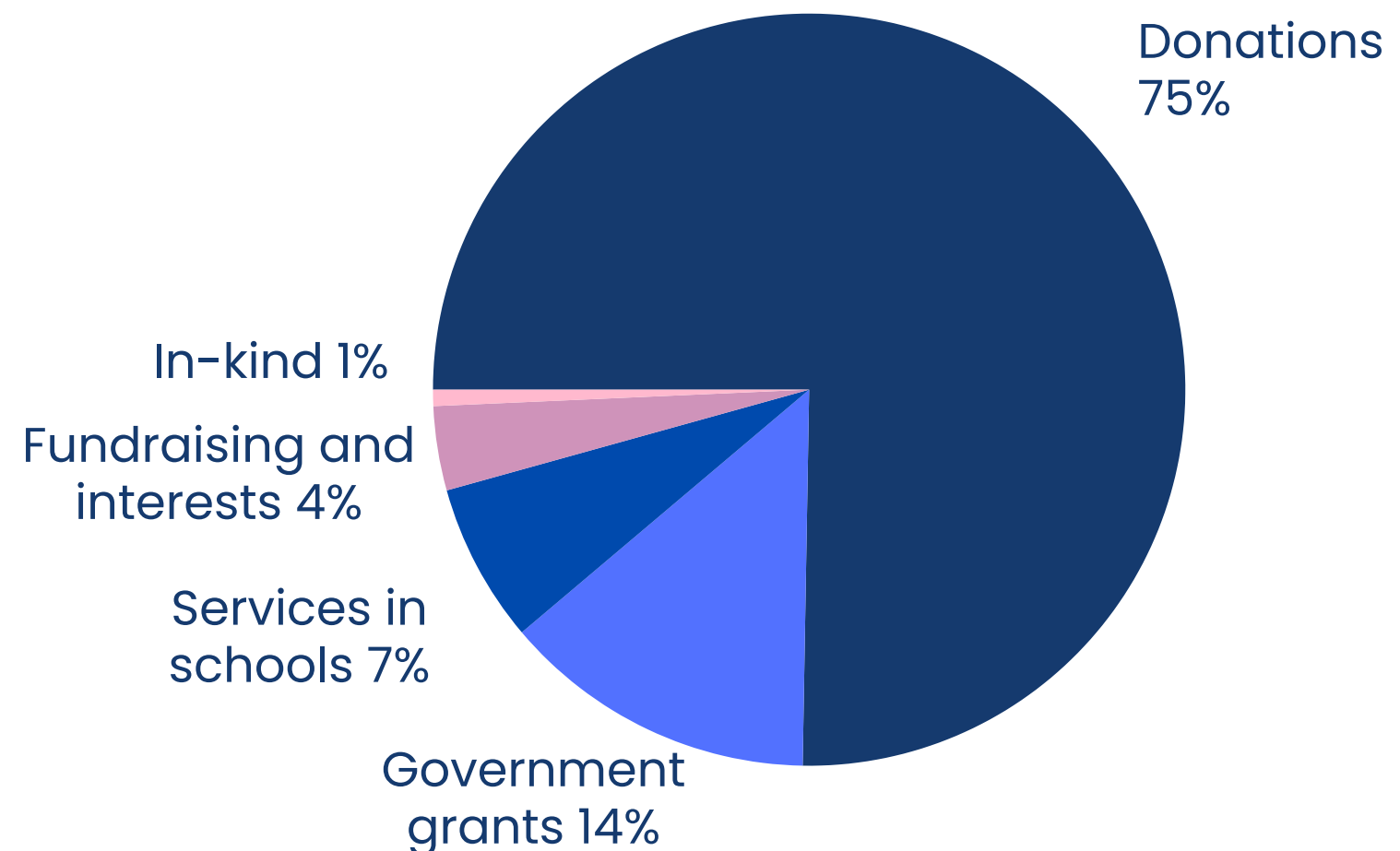
Excess revenue over expenses

\$120 090

Distribution of expenses



Income distribution



Acknowledgements

The donors behind the impact

To our incredible donors—thank you for standing with us. Every story, every breakthrough, every moment of growth is powered by your support. Your generosity helps young people build emotional intelligence, strengthen connections, and thrive.

Diamond (\$100,000+)

Coveo
Pathy Foundation
Rossy Foundation
Government of Quebec

Platinum (\$50,000\$)

Hewitt Foundation
Newton Foundation
Somers Foundation
Mouvement Desjardins

Gold (\$20,000+)

Doggone Foundation
Government of Canada
Réseau Réussite Montréal
Rio Tinto Alcan Inc.

Silver (\$15,000+)

George Hogg Family Foundation
Tenaquip Foundation
Les Sœurs de la Congrégation de Notre Dame

Bronze (\$5,000+)

Batshaw Foundation
Connor, Clark et Lunn Foundation
Brian Bronfman Family Foundation
Zellers Family Foundation
Montreal Real Estate Foundation for Youth
Fondation P'tit Coeur
Moisson Montreal (in-kind donation)
Partage Action

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