

## Programs

At Project Canoe, we offer a variety of year-round program activities in the Greater Toronto Area, as well as our signature Summer Wilderness Canoe Program.

To learn more about each program, and what we have on the schedule coming up, visit: [www.canoe.org/programs](http://www.canoe.org/programs)



**"Everything is easier when you have a good supporter."**

## What Caregivers Say

**"He used the outdoors to reflect on his life and learned to be a better person."**

**"She loved it, it was her first time being away from the city and it was amazing for her."**

**"The trip gave him an opportunity to contribute to a community that values his skills; he felt important and gained a sense of self-worth."**



**building a positive future for youth**



**"Everyone must believe in something. I believe I'll go canoeing"**

**—Henry David Thoreau**

[www.canoe.org](http://www.canoe.org)

## Our Mission

We use the outdoors, including wilderness canoe trips, to create a transformative environment in which our youth develop life skills, social competencies, and resiliency, thereby fostering their own personal success.

We partner with our youth, supporting them as they carry these skills and successes forward to manage the complex challenges of their lives.

## Our Vision

We will empower youth who face barriers in their lives to identify their unique and individual strengths and to build their capacities to chart positive futures for themselves and their communities.

We will advocate for our youth and build broader support for alternative, dynamic approaches to youth development.



**"I learned I am brave and can do anything I put my mind to."**

## Why Support Project Canoe?

We have more than 35 years of experience transforming the lives of youth.

- We offer an unmatched, comprehensive six-week staff training program.
- We ensure personalized attention for youth with our 1 to 2 staff to youth ratio.
- We focus on youth age 13-18 who live with a variety of complex barriers.
- We create a positive experience in a safe group setting so youth can learn, grow, and thrive.
- We provide healthy adult role models for youth.



**"One of the best experiences I can remember."**

## Support Project Canoe Now

### Volunteer

Interested in getting more involved? Contact [info@canoe.org](mailto:info@canoe.org) to learn more!

### Donate Equipment

We have a wish list for new or slightly used equipment and goods.

Check out our current wish list at:  
[www.canoe.org/donate/in-kind-donations](http://www.canoe.org/donate/in-kind-donations)

### Become a Supporter

You can donate online by visiting:  
[www.canoe.org/donate](http://www.canoe.org/donate)

You can also find information for mailing in a donation at our web address.



**"I feel accomplished, like I can do anything now after I did this!"**