



The Junior League of Calgary (JLC) is an organization of women committed to promoting voluntarism, developing the potential of women, and improving the community through the effective action and leadership of trained volunteers. Our purpose is exclusively educational and charitable.

YOUTH AT RISK

Empowering Calgary's vulnerable youth through education and support as they transition to adulthood.

13% of Calgarians are between the ages of **15 and 24**

1 in 5 are vulnerable due to factors such as poverty, domestic instability, and traumatic experiences.

The JLC's community-based programs are dedicated to providing youth with life skills, parenting skills and healthy lifestyle knowledge.

1950

BY THE NUMBERS

2021

71



71 YEARS

1,784,136

\$3,185,827

IN THE CALGARY COMMUNITY

♥ LUNTEER HOURS

PROVIDED TO THE COMMUNITY



The JLC maximizes community impact by combining the personal and professional experience of trained volunteers with financial resources to address community needs.

- The JLC researches community needs within its issue and focus areas and then initiates projects and programs designed to directly address these needs
- The JLC collaborates with other organizations to maximize community impact
- The JLC raises funds to support these programs and its own operations
- The JLC operates through a team structure, led by a Board of Directors

FUNDRAISING

To ensure the financial health of the organization, the JLC has established two funding vehicles:

- The Annual Fund**
- The Lasting Legacies Fund**

For information on the Annual Fund, please call the JLC Office.
For the Lasting Legacies Fund, contact The Calgary Foundation at 403.802.7700

The JLC also receives funds from member dues, donations, casino events, and rental office space within its building. The JLC also may secure funds by applying for available grants.



COMMUNITY IMPACT

LITTLE BLACK DRESS INITIATIVE



JLC members wear black dresses for a week to raise awareness for women affected by **generational poverty**.

In 2021 we are celebrating our 4th event supporting this worthy cause.

NOURISH

In support of our community impact mission to provide at-risk youth with opportunities to acquire effective parenting skills, life skills, and nutritional health and wellness skills, the JLC partners with **Highbanks Society** and **Elizabeth House** to present the NOURISH program.



This program helps young mothers learn about nutrition, meal planning and budgeting and learn cooking skills to support a healthy family.

YOUTH IN THE KITCHEN

After 10 years of successfully supporting the Kids in the Kitchen initiative, the JLC transitioned to the Youth in the Kitchen program in 2016

The program focuses **on nutrition and healthy lifestyles** and permits further collaboration with our community partners.

JLC members and youth from our partner agencies prepare meals that will be distributed to youth at risk served by various agencies in Calgary.

PAST PROGRAMS AND PROJECTS:

Assisting Young Mothers at The Alex Avenue 15
Boys and Girls Clubs of Calgary
Calgary Reads
Children's Cottage Crisis Nursery
Deane House Restoration
Family Violence Prevention Program
The Golden Age Club
Junior Chefs
Kids Help Phone
Kids in the Kitchen
Making Changes / My Best Friend's Closet
Ronald McDonald House
Star Club
Treasure Trunk
Volunteer Calgary (Propellus)

GEAR UP

JLC members donate items and time to assist Calgary's youth in obtaining **clothing and essential items for winter**.



TEEN TOTES

JLC provides gift totes to Calgary teens who have been traditionally underserved during the holiday season.



Members gather donations, purchase items, and fill totes containing a variety of items to promote healthy and active lifestyles.

MENTORING PROGRAM



Our Mentoring Program is a fun, engaging and educational program to **promote wellness, life skills, and help build confidence and resiliency** in its participants.

The Mentoring Program is a monthly program for Indigenous girls that includes a mentorship component and is a chance for the participants to foster relationships with women role models in a safe environment.

The JLC is a member of the Association of Junior Leagues International, an organization of more than 125,000 women in 295 Junior Leagues in Canada, Mexico, the United Kingdom, and the United States, who make a difference in their communities through their volunteer efforts.

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JUNIOR LEAGUE OF CALGARY