

**From:** Larissa Hayes <[larissa@takeahikefoundation.org](mailto:larissa@takeahikefoundation.org)>

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**To:** Vracar, Nikolina <[Nikolina.Vracar@burnaby.ca](mailto:Nikolina.Vracar@burnaby.ca)>

**Cc:** Deb Abma-Sluggett <[deb@takeahikefoundation.org](mailto:deb@takeahikefoundation.org)>

**Subject:** What a year! We want to share these incredible accomplishments with you.

Hi Nikolina,

Take a Hike is elated to celebrate the incredible accomplishments of the youth in our program and the community of supporters who stood beside them - especially after a year that has seen its fair share of anxiety and fears, and a lot of unknowns. Without you, this year would have been so much more difficult. Thank you for your commitment to Take a Hike youth, and to all the kids in our communities that need you.



This year has been full of challenges, including the COVID-19 pandemic negatively impacting the mental health of 70% of our youth, **but with your help they have confronted these challenges head on.** They worked through barriers, physically, mentally and emotionally, increasing their self-awareness.

85% of youth at Take a Hike indicated increased mental health and well-being - even during a pandemic – and reached their goals.

- **134 youth participated in Take a Hike this year**, 126 in the full intensive program in our Vancouver, Burnaby, Delta, West Kootenay and Nanaimo locations, and 8 in our modified program for younger teens in the West Kootenays
- The Nanaimo program doubled it's capacity, and we opened in Cowichan increasing our reach across Vancouver Island
- **91% graduation rate** – 39 of our youth graduated this spring, and an additional 4 will be completely high school this fall

**This is Take a Hike's largest ever graduating class – and it couldn't have happened without you.**

Take a Hike staff has been amazed this year by the resilience and passion of our youth. We have seen incredibly high attendance rates all year, and just last week we had youth telling us they didn't want to be leaving the program at the end of the year.

By supporting Take a Hike you have changed lives. Just hear Evan, one youth of many, whose life you have helped transform.

Hello my name is Evan, I'm writing this to tell whoever wants to know that Take A Hike has completely changed my life.

On my first day my nerves were swept away as I was accepted into what is known as the Take A Hike family. The kids there had accepted me with open arms because all they wanted to do was go hiking, biking and most importantly pass their classes. These kids forced me out of my comfort zone and into the person that I always wanted to be.

I owe my repossessed passion to achieve my goals to Take a Hike. The kids and staff have taught me so much that I'll take with me for the rest of my life along with every out trip. So please don't just send your kids to Take A Hike because it teaches them about outdoors survival and wildlife, send your kids here for the bonds that they'll make and memories they won't forget.

To read Evan's full story, [click here](#).

As our youth leave for the summer, we hope you are also making plans for your own adventures. To help you make the most of our beautiful province, our supporters at BC Adventure Company have generously offered to provide Take a Hike supporters with 15% of any of their tours (plus 5% will be donated back to Take a Hike). Simply book your tour at <http://www.BCAdventureCompany.CA> before July 30<sup>th</sup> and use the promo code TAH21.

Have a lovely summer,

**Larissa Hayes (she/her/hers)**  
Director of Development



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