



Community Foundation
for Kingston & Area

Ripples

Your generosity has a ripple effect

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Resiliency is a lifelong key to community wellbeing



Serve and Return clients and program staff.

The Foundation learned that creating lifelong resiliency starts at birth. And, donors have stepped up to provide funding to support infant mental health. They answered the challenge put forward at our November 2019 *Speaker Series* by CFKA supporter Alicia Gordon, initiating the birth of the **Infant Mental**

Health: Building Resiliency for a Lifetime Fund. It is intended “... to provide education to parents on the importance of infant mental health. Early intervention will shape a child’s development and have lifelong effects,” says Ms. Gordon.

We are now able to report that this fund distributed its **inaugural** grant this spring to Kingston Community Health Centres to support the *Serve and Return* program; it helps to build responsive parent-child relationships and mitigate the impact of Adverse Childhood Experiences (ACEs).

“I have been in rehab twice and therapy for over six years. *Serve and Return* is the first program I have been to that talks about why I am feeling this way from a scientific point of view. Once I learned about ACEs, everything made sense. My kids are not repeating what I have gone through,” says Natalie, a participant in the *Serve and Return* program.

“Serve” and “return” works like a game of tennis or volleyball between child and caregiver. The child “serves” by reaching out for interaction — with eye contact, facial expressions, gestures, babbling, or touch. A responsive caregiver will “return the serve” by speaking back, playing peekaboo, or sharing a toy or a laugh.

For an engaging TED Talk go to www.youtube.com/watch?v=aISXCwOPi94

Your Community Foundation: **For Good ∞ For Ever ∞ For All**
Learn more at www.cfka.org

2021 Highlights

(January 1 – December 31)

Donations

\$6,336,805 in gifts.

616 unique donors.

14 new funds established.



Investments

\$33.5 million of funds under management (at year end 2021).

Granting

\$1,051,668 million granted in total.

155 unique organizations received grants.

\$479,227 of the total was granted in 2021 through our **Community Grants Program**.

Operations

Expenditures **\$464,952**

Revenues **\$625,427**

37 local organizations supported through the **Community Grants Program**. See opposite page.

Cumulative Impact since 1995

For Good ∞ **\$14 million** granted.

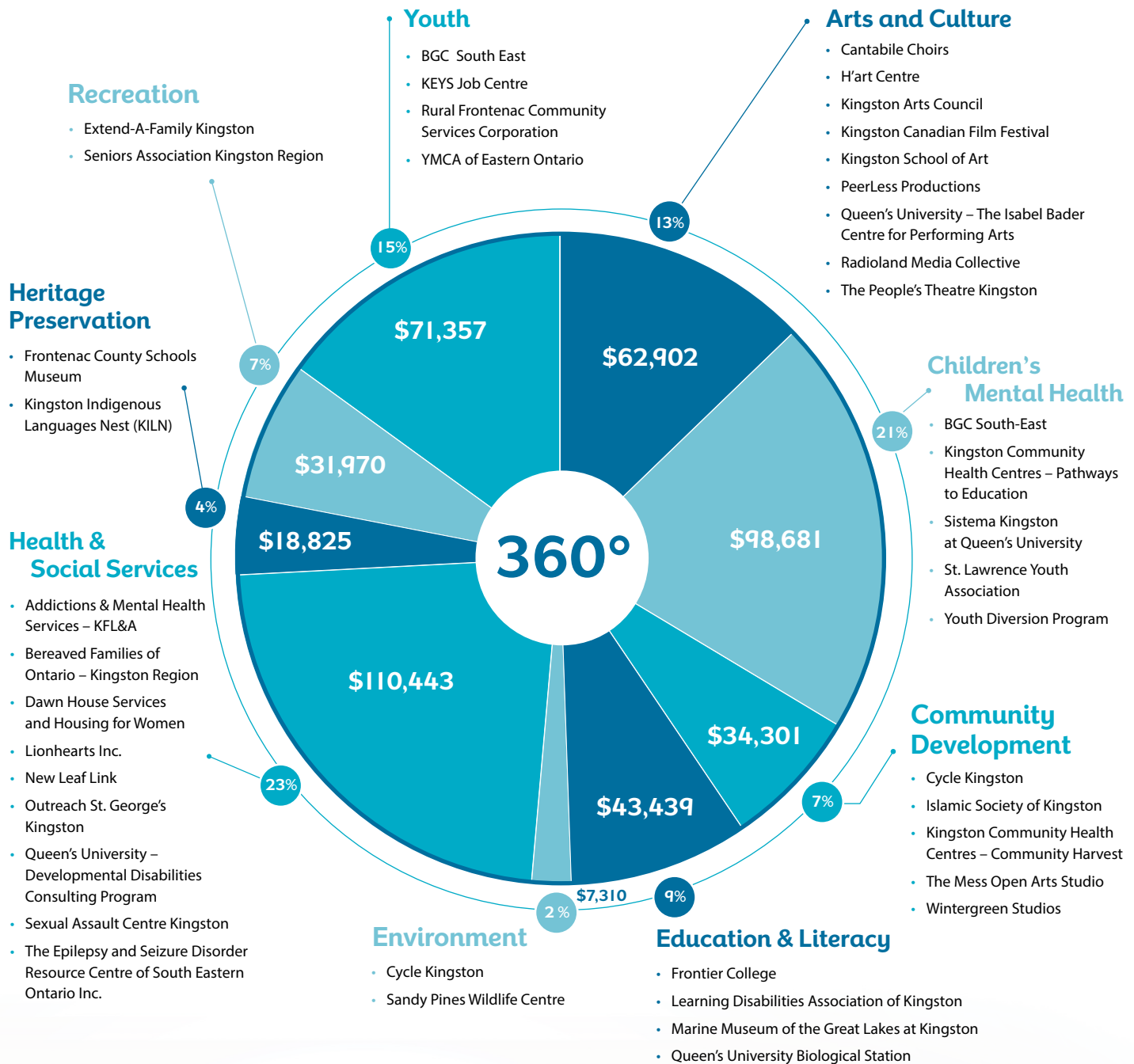
For Ever ∞ **\$33.5 million** endowed.

For All ∞ **367** unique organizations funded.

Thank you to each and every donor since 1995.

Together is Better: Have a question about the Community Foundation for Kingston & Area?
Contact us at info@cfka.org or 613.546.9696

2021 Community Grants For All: A 360° Snapshot



For our Granting Updates: **Go to cfka.org/whats-new**
Application deadlines: March 15 and October 15 of each year

Community Grants Spring 2022: \$518,328 awarded

During the pandemic our partners provided essential services where and when they were needed most. They now face new challenges as restrictions ease and each of us, facing our own COVID outcomes and challenges, return to active community participation. This makes the Community Foundation for Kingston & Area's milestone Spring 2022 granting of \$518K to 36 local charities a hopeful demonstration of the GOOD that occurs when charities, donors, and our community come together to meet the challenges of restoring community wellbeing.

GRANTS WERE AWARDED IN NINE FIELDS OF INTEREST:

Arts & Culture (12%) Children's Mental Health (15%) Community Development (7%) Education & Literacy (15%) Environment (4%) Health and Social Services (32%) Heritage Preservation (3%) Recreation (3%) Youth (10%).



Next Community Grants Program Application Deadline: 15 October 2022

\$25,000	Alzheimer Society of Kingston, Frontenac, Lennox and Addington	\$6,000	KPP Concerts (Charitable Partner: The Joe Chithalen Memorial Musical Instrument Lending Library)
\$18,650	Autism Ontario	\$10,000	Lionhearts Inc.
\$12,150	Beyond Classrooms Kingston	\$29,973	Loving Spoonful (2 projects)
\$28,320	BGC South East	\$18,417	Youth Diversion Program
\$10,000	Book Club for Inmates	\$27,000	Marine Museum of the Great Lakes at Kingston
\$4,500	Cantabile Choirs	\$15,000	Martha's Table Community Program
\$12,500	Children Youth & Family Services Collaboration (Charitable Partner: Maltby Centre)	\$1,500	Ontario Registered Music Teachers' Association – Kingston Branch
\$15,000	Dress for Success Kingston	\$7,092	Queen's University Biological Station, Elbow Lake Environmental Education Centre
\$15,000	Extend-A-Family Kingston	\$15,000	Salon Theatre
\$10,212	Food Sharing Project	\$8,417	Sandy Pines Wildlife Centre
\$15,352	Frontenac – Kingston Council on Aging	\$8,635	Southern Frontenac Community Services Corporation
\$15,000	Frontier College	\$9,000	St. Andrew's Presbyterian Church
\$3,312	Hospice Kingston	\$25,000	St. Lawrence Youth Association
\$56,200	Kingston Community Health Centres (3 projects)	\$4,325	The Corporation of Loyalist Township
\$9,680	Kingston Historical Society	\$850	The Kidney Foundation
\$32,988	Kingston Literacy & Skills (2 projects)	\$10,104	The Mess Open Arts Studio
\$10,000	Kingston School of Art	\$15,000	Victim Services of Kingston and Frontenac
		\$3,150	Wintergreen Studios
		\$10,000	YMCA of Eastern Ontario



Lionhearts Inc. Community Food Redistribution Warehouse's newly installed pallet racking holding 47,500 lbs of potatoes that will go towards supporting food security within our community.

"We are just so grateful to the Community Foundation and our whole community for making this happen. It really highlights what can be achieved collaboratively."

— Shawn Seargeant,
Director of Operations for Lionhearts Inc.

Community Foundation for Kingston & Area

The Community Foundation is a public charitable foundation, created by and for the people of our community. It enhances community well-being by providing grants to a wide range of local charities each year. Grants are made from earnings on its endowment funds: A donation to the Foundation will continue to benefit the community FOR EVER.