



**PLANNED  
PARENTHOOD  
TORONTO**



**2024**

# **ANNUAL REPORT**

**A Year of Connections**

# LAND ACKNOWLEDGEMENT

## **Reproductive Justice (RJ)**

is a term coined by the Black feminist organization SisterSong and a ground principle at PPT. RJ recognizes that the ability to control one's reproductive destiny is directly linked to the conditions that are present in communities. RJ exists when all people have the power, information, and resources to make healthy decisions about their bodies, sexuality and reproduction, regardless of race, income, sexual orientation, gender identity, age, immigration status, ability, geography, etc. It includes the right to maintain personal bodily autonomy, have children, not have children and parent children in safe and sustainable communities.

Planned Parenthood Toronto is located on the traditional territory of the Anishnaabe, Mississaugas of the Credit First Nation, the Haudenosaunee, and the Huron-Wendat. Indigenous peoples have lived on and cared for this land for time immemorial. This territory is covered by the Dish With One Spoon Wampum Belt Treaty. Today, Toronto is still home to many Indigenous people from across Turtle Island. We acknowledge that settlers on the land directly benefit from the process of colonization, and that PPT's presence on this land is a direct result of the displacement and violence endured by Indigenous communities. We also acknowledge the Black communities on this due to forced displacement from Africa and the Trans-Atlantic Slave Trade, and all those who are in the nation-state of Canada due to forced displacement from their homelands due to violence, climate change, and other crises rooted in imperialist violence and made worse by Canada's border control.

As our work is rooted in Reproductive Justice and in advocating for Youth Futures, we must make connections between the sexual and reproductive health concerns of the youth we serve and the ongoing systems of settler colonialism, white supremacy, and border control that impact sexual and reproductive health. We are committed to reflecting on and taking action in the ways that PPT participates in ongoing settler colonialism.



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## OUR **MISSION**

PPT is a youth-driven, anti-racist, culturally-responsive community health centre that advances reproductive justice, health and well-being for young people through primary, sexual, and mental health care, community programs, research, and advocacy.

## OUR **VISION**

Healthy, supportive, and equitable communities that promote youth's autonomy in building their lives.

# LETTER FROM THE BOARD CHAIR AND EXECUTIVE DIRECTOR

## 2023/2024 was a big one for Planned Parenthood Toronto.

As Toronto's only youth community health centre, and with a unique city-wide mandate, we are a small organization carrying a tremendous responsibility. We are trusted with providing high quality primary care, sexual and reproductive health services, mental health supports and responsive community programs to the city's youth between the ages of 13-29. For the last 63 years, we are proud to have cultivated a reputation as a non-judgemental and compassionate place for youth to access both care and community.

As we navigated an increasingly hostile and shifting socio-political landscape, we also began the urgent and inspiring work of bringing to life *Building Youth Futures*—our ambitious strategic plan and roadmap to 2027. *Building Youth Futures* calls us to meet the moment.

To deepen our impact. To fight for youth futures with unwavering clarity. And to build on the generations of bold, innovative and principled work that brought us here.

*Building Youth Futures* asks us to be intentional in lifting up youth who need PPT the most and therefore compels us to broaden our reach. The plan is grounded in four strategic priorities:

- 1 Reimagine** PPT's program, capacity building and service delivery model for greater reach and impact
- 2 Advocate** boldly for youth futures and reproductive justice
- 3 Centre** 2SLGBTQIA+, racialized and marginalized youth and expand programs and services to respond to their needs
- 4 Build** a strong, stable and reputable organization

And, so, we rolled up our sleeves and got to work.

**We Reimagined:** redesigning our fund development approach, restructuring programming and collaborating with sibling organizations to design a satellite health clinic in North Toronto, where data tells us that Black and racialized youth face some of the highest health inequities in the city.

**We Advocated:** pushing for universal pharmacare and stronger reproductive health access at all levels of government; marched alongside Indigenous land defenders for Grassy Narrows; spoke at a number

of gatherings and conferences on reproductive justice; and proudly supported PPT staff when they joined many other community health centres in the city and unionized.

**We Centred:** showing up for youth experiencing the greatest levels of health inequity, such as trans youth seeking gender affirming care, uninsured youth locked out of the healthcare system and Black and racialized youth persistently experiencing health inequities and disparities. We grew our team with intentionality, increasing the complement of racialized staff and management at the organization by threefold. We built partnerships, engaged in trainings together, read books, held discussions and showed up in solidarity and radical joy at the Trans and Dyke marches during Toronto Pride.

**We Built:** laying the foundation for a stronger future. With resourcefulness and determination we tackled long-standing spacing issues in our beautiful Victorian house on Prince Arthur Avenue. We overhauled our ancient and vulnerable infrastructure with a complete IT transformation and modernized our data management and financial systems. This freed up PPT's resources to do what we do best—build trust with the youth who need our services and deepen the solidarity of those who want to build better futures alongside with us.

We are so proud of the immense work we do and also recognize and are deeply troubled by the moment that we are in: the resurgence of the culture wars; the endless misinformation; the ongoing attacks on hard-won human rights; the precarity of healthcare funding. We see its impacts in the youth that come through our doors. We see it in the tables we share with our sister organizations.

It is also in moments like this, as we reflect on the year that was and all that we have struggled for and achieved that we are reminded of

the immense power we have when we come together. We are forever grounded and inspired by the youth around us who have never stopped dreaming, organizing, and mobilizing for brighter futures and for a just world.

So we too keep building. After all, *Building Youth Futures* is both a strategic plan and our *raison d'être*. In the midst of this polycrisis we find ourselves in, we say thank you for believing in this work. And thank you for continuing to build youth futures alongside us. We hope you'll stay awhile with us! There's a long road ahead.

With gratitude and in solidarity,



**Mohini Datta-Ray**  
Executive Director  
Planned Parenthood Toronto



**Adam Morrison**  
Board Chair (Interim)  
Planned Parenthood Toronto

# YOUTH FUTURES NOW: A REFLECTION ON CONNECTIVITY

Okay. So Annual Reports are reflections of the year we've just had. And the year we've had felt hard, right?

In communities across Canada, we've been witnessing a well-organized and well-funded movement against important issues like Indigenous sovereignty, reproductive healthcare, student movements alongside the privatization of healthcare\*. What we also saw was attacks on evidence-based sexual health promotion, established school curriculums and on hard-won policies supporting queer and trans youth. Attacks like we've never seen before.

And yet, youth futures tell us that there's always more to the story. And reproductive justice encourages us to find and build upon it. In the tapestry of the last year, there are both small and significant moments that shimmer with promise; where the threads of connection weave together to provide us with a glimpse of a future bright with possibility.

This is because of the power in the connections we've forged — with communities, with allies, and with each other — that have been at the heart of our work. These connections have made a world of difference. Connection allows us to smash isolation for youth and be in solidarity with youth movements. It allows us to expand our programs and services and reach underserved communities in priority neighbourhoods. And it allows us to continue to make a tangible difference in the lives of countless youth.

## **\*Canada has a system of Universal Healthcare.**

In theory, that means that everyone covered by your province's public health insurance (OHIP in Ontario) can access healthcare. Privatization of health care means bringing in a model of for-profit healthcare, that either you or your private insurance provider (if you are lucky to have one) have to pay for. Some services like medication, mental health counselling and physiotherapy are already privatized (they are "out of pocket"). As more areas of the healthcare system become "out of pocket", in the provinces, free universal public healthcare is under threat.

This year, we launched what we are still calling The North York Collaborative (stay tuned for an official name!), a partnership with Black Creek Community Health Centre and North York Women's Shelter. The new relationship allows us to make PPT's services accessible in northwest Toronto, through a satellite clinic that offers health services and community programs. This brings some of our beloved services into communities that experience some of the highest levels of health inequities\* in Toronto. Although PPT serves youth across all of Toronto, we know that it can be very hard to reach us when you live a couple of hours away on the TTC.

Despite the challenges in the healthcare system, our connections with other Community Health Centres allowed us to serve many more youth who don't have adequate health insurance. Everyone deserves free and accessible healthcare when they need it!

Our connections with youth, schools and universities allowed us to have student learners in our clinic, our mental health program and our community programs, allowing PPT to learn from and build up the skills of a new generation of youth leaders.

### **Health inequity**

refers to differences in people's and communities' health that are caused by social inequities, such as income, housing, and racial discrimination.

Something powerful happens when we come together as organizations, as neighbours, as allies and as co-conspirators. More than just services, we build trust. We build belonging. We build the kind of access that isn't just about proximity,

but about building a future where all youth are seen, heard, and cared for.

Now more than ever, we are reminded that we cannot wait any longer to ensure that every young person has the resources, support, and opportunities they need to thrive.

With hope in our hearts, and a little bass in our throats, we say Youth Futures Now. Reproductive Justice Now! Thank you for standing with us and helping guard the future of youth.





# OUR WORK IN NUMBERS

**2919**  
patients

**780+**  
uninsured  
patients\*

**582**  
IUD  
placements

**504**  
abortion access  
support\*\*

**15**  
medical abortions

**318**  
case coordination  
clients

**141**  
patients received  
gender-affirming  
care

**125**  
mental health  
counselling  
patients

**14**  
PrEP  
patients



## TOP SERVICES OFFERED

- 1** Contraception & Birth Control
- 2** STIs - Sexually Transmitted Infections
- 3** Mental Health
- 4** Referrals to Other Services
- 5** Pregnancy

**\*Nearly 1 in 4 patients at PPT do not have access to health insurance.** As a Community Health Centre, we are proud to provide compassionate and culturally relevant health care services to all of Toronto's youth including young people who are undocumented and may have precarious immigration status.

**\*\*Since 1961, access to birth control and safe abortions has been a cornerstone of the work we do.** This year, we had 14 peer volunteers educated and supported over 500 youth explore options for exploring safe medical abortion—from understanding access, navigating the system, and even covering costs for uninsured youth.



# CENTERING YOUTH AND THEIR COMMUNITIES

## Community Connections

Early last year, our clinicians reported that the mental health needs of our clients were increasing. It became clear then that the pandemic continued to leave many youth feeling isolated and lonely—disconnected from a community of support.

As a response, we developed Community Connections, a holistic program for youth ages 16 to 29 that uplifts and centers queer and trans youth of colour who were looking for fun and creative ways to connect with peers about mental health. The group met up for mood walks, discovered new neighbourhoods, participated in arts and crafts and learned more about the history of Toronto's 2SLGBTQ+ communities.

Having the space to meet new friends, build healthy relationships and talk through the things that are affecting them has made an incredibly important impact on their happiness and well-being.

## Mental Health Counselling

Since the 1980s, we've worked hard to build trust among Toronto's youth communities. They've pushed us to continually think about how we provide services in ways that honour the diversity of youth in a city as large as Toronto. And of course, diverse youth means diverse needs. Our rockstar therapists support teens from all walks of life to build the skills and strategies they need to navigate challenging times.

In addition to one-on-one counselling, we also offer groups for youth that help them explore a topic in a supportive group environment. This year, youth wanted to learn more about managing ADHD, somatic trauma therapy, ethical-non-monogamy, and so much more. Being responsive to youth's needs and giving them space to strengthen their relationship skills is one of the many ways we're providing holistic care.

## Case Coordination

The case coordination program is one of the unique approaches we take to ensure better health outcomes for youth across the city. By focusing on the social determinants of health — finances, education, employment, food security, housing, and social inclusion — we are making important connections that impact a young person's health and wellness. PPT's longtime Case Coordinator does exactly that, she looks at the needs that a youth has and connects them with those services. From support in finding housing and help in applying for social assistance, to advocating to their family doctor for gender affirming care services and figuring out pregnancy options. Our Case Coordination program is one of the unique approaches PPT takes to a holistic, sustainable and affirming health care model.



## MORE ON PEER EDUCATION: AN INTERVIEW WITH MARY

Meet Mary, our wonderful Peer Education Coordinator, who has been a part of the PPT community for years. They were a volunteer at the SHARP program, a satellite program run out of their neighbourhood health centre that provided youth the sexual health information relevant and necessary to build self-esteem and capacity to be peer educators. She then became a participant in SNAP, a PPT program designed

for newcomers (which they were at the time), and later became a placement student at Teen Health Source (which you can learn more about in this report!), going on to become relief staff supervisor supporting peer volunteers on the lines where young people could call in with any question they had about sex and sexuality. Mary came back to PPT to be a receptionist at the clinic, and finally one of the Health Services Peer Education coordinators. We know what you're thinking: wow, she's an all star! And you're right! Mary is. She has seen so many sides of PPT—from community programs to clinic administration to peer education—and it's these types of unique perspectives that informs her work and strengthens our work as a youth centric, community focused, and client facing organization.

### What brings you joy in your role?

The clients and the volunteers. Having been both not so long ago, it is not lost on me the impact that the care and capacity this program holds for its clients. It's truly moving to have the opportunity to give back in this way, and holding the trust and care of folks is not a responsibility/privilege I take lightly! I also really enjoy fostering space for volunteers to gain experience and self-efficacy.

### What does a typical day look like for you?

A typical day varies! If there are volunteers around, the day starts with catching up with them, encouraging them to grab snacks and giving them a sense of the appointments we have that day—in doing so, we gauge their comfort levels and capacities and then leave them to taking the appointments, staying nearby to support as needed! In that time, I'd do administrative tasks like emails and

**“In this current moment, with misinformation campaigns running rampant, programs like ours try to serve as reprieve, not just informationally but also, to a degree and within scope, emotionally.”**

**– Mary, Peer Educator Coordinator**

client follow-up as needed. With no vols present, those things happen somewhat simultaneously. I also almost always have some kind of tea going!

### **What do you consider to be an accomplishment in Peer Ed?**

I think the program's capacity to work in tandem with different teams with respect to client care is a big accomplishment—when clients have no idea, for example, about the different kinds of birth control available or what they may want to take or how (daily? Weekly? Monthly? etc), we have the space to really sit and explore these things with them in a way that allows clients to come to clinicians and have more directive and informed conversations and asks that we couldn't address, like medical advice and/or actual prescriptions.

### **How do you see Peer Education's role in healthcare in our current moment?**

I think that programs like ours are a necessary stopgap to support clients in the journey to access accurate, peer-reviewed information and support from peers in community! In this current moment, with misinformation campaigns running rampant, programs like ours try to serve as reprieve, not just informationally but also, to a degree and within scope, emotionally. Holding space for the feelings that come up for folks as they process (in whatever way it comes up) what it means to be collateral damage in the larger, corporate/capital pursuit of the continued oppression of the most vulnerable of us is an integral part of Peer Ed. In this moment, I hope that Peer Ed allows clients to leave feeling less disempowered and/or more empowered to keep navigating through our healthcare climate as it is in this moment in time.

# WORKSHOPS

From schools and community centres to virtual living rooms all of the city, once again, PPT was everywhere! Thanks to our three incredible Health Promoters, we held nearly 1 workshop every other day on topics such as homophobia and transphobia, sexual health, healthier relationships and all things mental health!

## TEACH — Teens Educating and Confronting Homophobia

For 29 years, PPT has been transforming the minds and hearts of teens in school through peer-based anti-homophobia, biphobia and transphobia education. They make schools safer for queer, trans and questioning youth by confronting bias, prejudice and hate head on.

**46**  
workshops

**1227**  
youth participants

## Health Promotion

We have three Health Promoters who run amazing workshops about sexual health, healthier relationships, and mental health.

**160**  
workshops

**1282**  
youth participants



**“Thank you for this space and opportunity to grow, contribute and show up! It has been incredibly appreciated, especially as a consistent moment of stability and low barrier gathering towards something that can impact community throughout the pandemic, and a way to connect with a range of people in my community of intersecting demographics that only existed in that moment of time.”**

– PPT Client

# DROP-INS AND HANGOUTS

## Nonbinary BIPOC Drop-in

NBD (Nonbinary BIPOC Drop-in) is a bi-weekly virtual hang out space for youth ages 13-29 who are nonbinary and gender diverse youth who are Black, Indigenous, or a person of colour. This year, the drop-in program also launched a book club that centres the stories of BIPOC nonbinary people.

**21**  
sessions

**50**  
youth participants

## Time Out

Time Out brings together young parents in Toronto to talk through the joys and challenges of parenting while learning concrete life skills that help them manage their emotional well-being. Facilitated and guided by one of PPT's all star Health Promoters, Time Out provides an invaluable space for young parents to find community free from shame and stigma.

**37**  
workshops

**14**  
youth participants

# TEEN HEALTH SOURCE

**TeenHealthSource.com** is Canada's go-to website for all things youth sexual health. Written by teens for teens, youth from across Canada can chat online anonymously with a teen peer educator and receive medically-accurate and judgement-free information about sexual health in real time.

This year, **TeenHealthSource.com** had:

**791,106**  
visitors from

**220**  
different countries

**3,000**  
questions received by our volunteers

**3,500**  
youth engaged through community events

In response to all of the questions and concerns raised over the past year, our incredible volunteers created **25 brand new articles** on sexual and reproductive health.

# A CELEBRATION WITH PURPOSE

**In a world where birthdays typically mean cake and confetti, one special donor took a different route: a birthday celebration that doesn't just light up candles but sparks change for young women.**

This past year, Alexandra used her birthday as a springboard for something really special. She harnessed the joy of her day to raise funds for Planned Parenthood Toronto and drive home her passion for reproductive justice and mental health.

I had the chance to chat with Alexandra—her passion and dedication radiated through every word. Her story of why she gives to PPT is not only heartwarming but also a testament to the meaningful connections we strive to foster with our donors.

With supporters like Alexandra, we're not just advancing our mission; we're creating a community-driven movement that champions access to essential healthcare services for youth. If you'd like to join in, send

us a message at [development@ppt.on.ca](mailto:development@ppt.on.ca) and we'd love to help celebrate your birthday!

**Lali:** Alexandra! Hi! Hello! It's so good to chat with you today! Let's jump right in! What are you most proud of to date in your life?

**Alexandra:** There was this one time I created a human. Grew it from scratch. It's pretty amazing. Seriously, I love my daughter and everything I do is for her.

I am deeply proud of the relationships that I have built and maintained in my life, like with my amazing husband, my family, and my friends. I am proud that I have become the person I wanted to be in many ways when I was younger. I'm proud that I don't give up easily, and I can make things happen when I try.

I want to continue to grow and be a role model for my daughter. That is what pushes me to do a lot of things that make me uncomfortable, and that scare me. Nothing could be more worth it.

**Lali:** A birthday fundraiser is such a powerful way to share your values with your friends and family. Why did you celebrate your birthday this way?

**Alexandra:** My birthday fundraiser was one step for me in being a bigger part of the solution to ensure we are standing up for reproductive freedom, and empowering those who know me to be a part of the solution as well. I was so lucky that there was an organization like PPT who put resources and time behind this event so I could make it a success—it truly would not have been the same without their involvement. It was genuinely more difficult to book the venue for the party than it was to work with PPT to get the ball rolling on planning for and executing the event.



**Lali:** I'm so glad you found the experience to be so easy and supportive. Which of our programs do you find most compelling?

**Alexandra:** When I first heard of Planned Parenthood [Toronto] I was in high school. I think I, like most people, conflated Planned Parenthood with free condoms and sexual education. Planned Parenthood [Toronto] is so much more than reproductive care and sexual health information. It is a valuable community resource because of all of the work they do to enhance access to education, knowledge, safe health care, and their values. In light of continued conservative pushback on sexual education in schools, it's extremely important that PPT continue this work.

The toll on general mental health that acquiring reproductive care can bring, at any point in one's journey, is of particular interest to me. After one of my friends went through an abortion and struggled to find a therapist, I started [postabortiontherapy.ca](http://postabortiontherapy.ca) as a way to assist those looking for assistance in finding safe, non-judgemental therapy after abortions. This work is also as a response to the misinformation available online from Crisis Pregnancy Centers and other bad actors which can detract from people being able to find help when they need it.

All this is another reason I am so supportive of PPT. Planned Parenthood [Toronto] has excellent mental health resources of its own, which demonstrates further their dedication to serving their community in every way they can.

**Lali:** What's the most pressing issue facing young women?

**Alexandra:** I think the biggest issue would be the potential for any government to reopen the abortion debate. The freedom that we have as people who can get pregnant in Canada is something that

is massively popular, and so vital to protect. It isn't hyperbole to say that making abortions harder to access ruins lives.

Short term, the most pressing issue is definitely understanding where to find accurate sources of information about sexual and reproductive health. Generally, younger demographics are relying on information from their friends, people they know directly and trust, or getting information online from sources that may or may not be trustworthy.

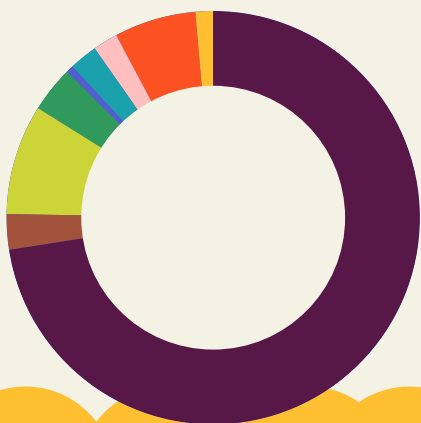
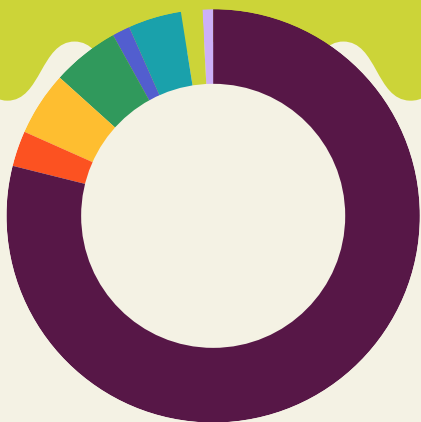


# 63 VOLUNTEERS

## 1400 HOURS



**Productive Enterprise** refers to activities that make money for an organization. At PPT, our productive enterprises are the birth control we sell at cost and the instances where we do paid workshops. However, we are a non-profit so any funds we make go back into investing in our programs and services.



**Amortization**, also called depreciation, is a technique used by accountants to spread out the costs for the use of assets with long shelf lives (think: computers or vehicles) over the expected lifetime of their use.

# FINANCIAL STATEMENTS & ACCOUNTABILITY

Revenues	General	Capital	Health Services	Total
● Ontario Health		\$65,603	\$3,474,795	\$3,540,398
● City of Toronto	\$117,708			\$117,708
● United Way	\$230,289			\$230,289
● Other Project Revenue	\$229,287			\$229,287
● Recovery of administrative overhead			\$63,768	\$63,768
● Fundraising	\$189,618			\$189,618
● Productive Enterprise	\$76,049			\$76,049
● Investment Income	\$30,694			\$30,694
<b>Total Income</b>	<b>\$873,645</b>	<b>\$65,603</b>	<b>\$3,538,563</b>	<b>\$4,477,811</b>

Expenses	General	Capital	Health Services	Total
● Salaries and Benefits	\$ 670,533		\$ 2,670,926	\$ 3,341,459
● Building			\$ 129,054	\$ 129,054
● Purchased and Contractual Services	\$ 165,139		\$ 222,290	\$ 387,429
● Operating	\$ 34,554		\$ 132,445	\$ 166,999
● Administrative	\$ 15,477		\$ 21,740	\$ 37,217
● Cost of resale contraceptives	\$ 76,686		\$ 18,120	\$ 94,806
● Fundraising	\$ 3,578		\$ 325	\$ 3,903
● Programming	\$ 38,536		\$ 42,000	\$ 80,536
● Non-insured			\$ 301,663	\$ 301,663
● Amortization		\$ 55,660		\$ 55,660
<b>Total Expenses</b>	<b>\$ 1,004,503</b>	<b>\$ 55,660</b>	<b>\$ 3,538,563</b>	<b>\$ 4,598,726</b>
<b>Excess of Revenue</b>	<b>\$(130,858)</b>	<b>\$ 9,943</b>		<b>\$(120,915)</b>
<b>Amount Repayable to LHIN</b>				
<b>Excess of Revenue over Expenses, net</b>	<b>\$(130,858)</b>	<b>\$ 9,943</b>		<b>\$(120,915)</b>



# PLANNED PARENTHOOD TORONTO



## STAY CONNECTED!

Stay in touch and hear about what we're working on as it happens!

📷 @PPToronto

🎵 @plannedparenthoodtoronto

📘 @PPToronto

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