



# ANNUAL REPORT

BUILDING HEALTHY, VIBRANT  
COMMUNITIES STARTS HERE

PRESENTED BY  
**Play Forever**

# TABLE OF CONTENTS

- 3** ABOUT US
- 4** IMPACT
- 5** PRESENCE
- 6** COVID - 19
- 7** STORIES
- 11** SERVICES
- 12** WEEKLY PROGRAMS
- 13** SENIORS PROGRAM
- 14** PARTNERSHIPS
- 15** BOARD OF DIRECTORS
- 16** CONTACT US



## ABOUT US

Play Forever, a non-profit organization providing structured and accessible recreation, education & mental health services to the youth of Toronto, Ontario. Play Forever currently serves youth ages 6-29 with weekly programs, primarily focused on helping youth from marginalized communities and low-income families.



# IMPACT

BUILDING HEALTHY & VIBRANT COMMUNITIES START HERE!



**\$10,000+**

Given in Awards &  
Scholarships



**120**

Programs and Events



**1250+**

Program Participants



**100+**

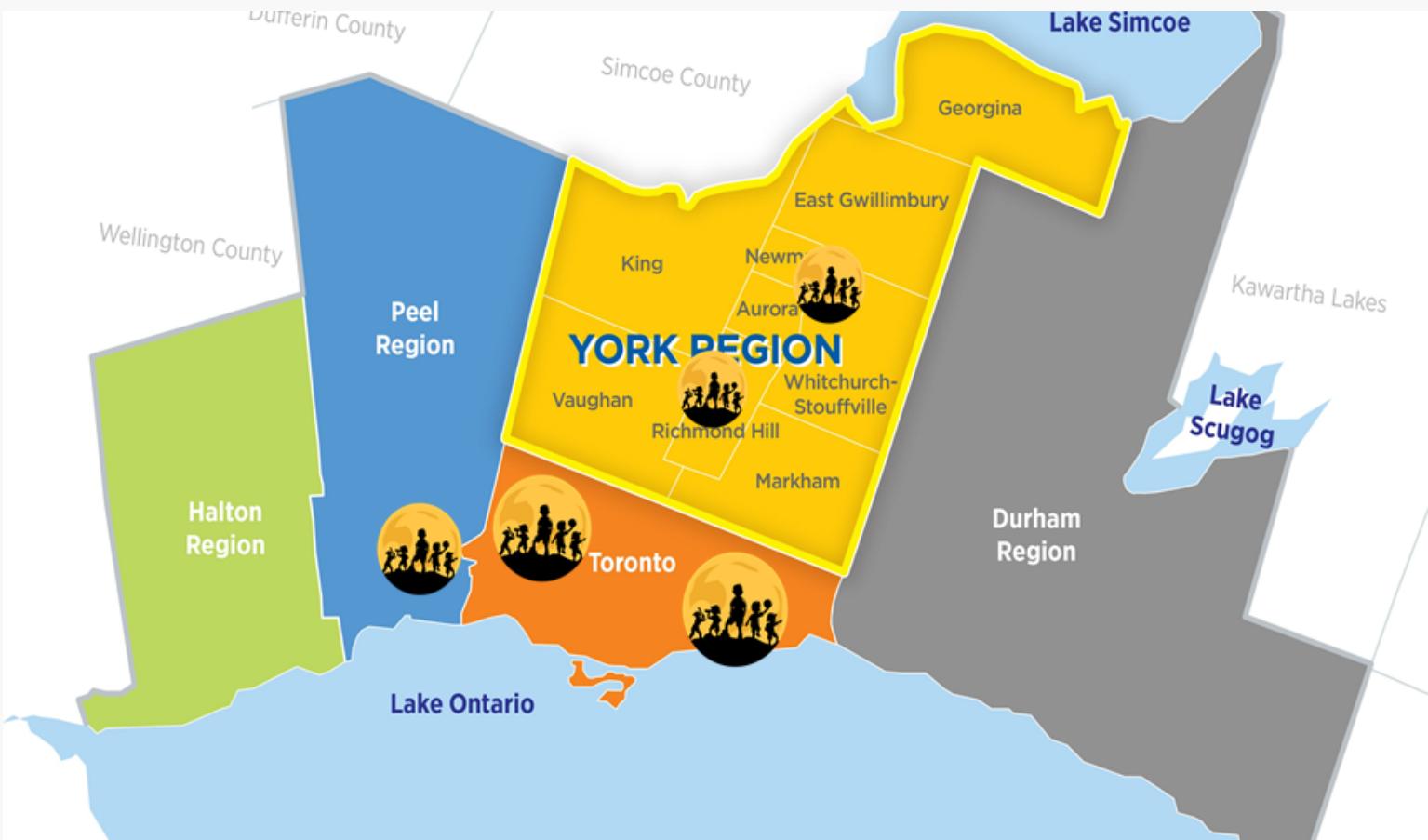
Trained Youth Mentors

Through our sponsors, partners, and volunteers, we have successfully mentored and trained thousands of youths in our community. Our programs educate, empower, and elevate youth and families from marginalized communities and low-income families, to change their course and protect themselves from growth stagnation, to be mentored, graduate from school and create a healthy, structured and, exciting future.



# PRESENCE

## Franchise Locations and Play Forever Hub



The yellow represents locations already occupied by York Region. This map evidently shows that Play Forever is established in Toronto and Peel as a part of a partnership with Toronto Community Housing, with some establishments set up in York Region.

Partnership between the two can allow for a greater reach for both programs, while allowing Play Forever to expand and cover all of York Region.



# COVID-19

The global pandemic of 2020 was a difficult period for young people and seniors at large, as well as the Play Forever organization.



Isolation was a significant issue for youths and seniors. The lack of interaction affects people's mental health. Play Forever started online, safe and interactive activities to enjoy at home. We also provided food drop-offs and care packages which included first-aid supplies.



Young people faced mental health issues, school closures, unemployment, and stigma surrounding the coronavirus. Play Forever was one first responder of help for many communities.

## FUN HOME ACTIVITIES

- |  |  |  |
|--|--|--|
|  READ A BOOK                                    |  EXERCISE       |  ARTS & CRAFTS    |
|  BOARD GAMES                                    |  JIGSAW PUZZLES |  FACETIME FRIENDS |
|  VIDEO GAMES                                    |  WATCH MOVIES   |  SOCK BASKETBALL  |
|  START A NEW CHALLENGE AND HASHTAG #PLAYFOREVER |  |  |



# STORIES



“ Being part of Play Forever is a honour. All the initiatives Play Forever has provided, led to new friendships and joys. I was fortunate to be part of the work placement an training opportunity provided by Play Forever and now I work at Shoppers Drug Mart! ”

- Ali A

“ I am a firm believer in giving back and helping the community. Play Forever has allowed me to take on leadership roles and get more involved allowing me to help others. I was able to meet new people and build skills that would benefit me in the future as a result of the many activities and initiatives. ”

- Hajra Abdullah



# STORIES

“ Play Forever has always been a safe place for many. Providing endless opportunities and events for people of all ages to enjoy. It's an honor to say that I've been here from the beginning and see Play Forever flourish into the amazing program that it is.



- Sukaina Rizvi



“ Play Forever allowed me to adapt many skills through volunteering in a variety of programs and really showed me how important it is to help others. I am also very passionate about the Play Forever organization because I was not only showing myself the importance of being a part of a community but I was able to show others as well while still having fun.



- Hemeed Al-Zoubadi



# STORIES



“ It was a great pleasure to be able to participate in the Play Forever programs. Through the many activities I was able to develop various skills that can be applied in the future. Additionally I was provided with the opportunity to be able to give back to my community while having fun as well.



- **Masood Abeid**

“ I am grateful to Play Forever for allowing me to do programs that make me be fit, connect with new people and grow as a kid which will help me in the future. Also in the newest Play Forever Basketball league, I got to be the GM of a team which allows me to be the person who decides the decisions of the team, which is a big role that teaches me leadership and management skills



- **Hassan Al-Khafaji**



# STORIES

I'd like to introduce our future...



"Say Play Forever on 3"  
"1...2...3..."  
"PLAY FORVER"

“ I am more than fortunate to have Play Forever not only in my life, but my families as well. ”

- Alamdar-Ali Abidi



# PROGRAMS & SERVICES

Arts & Crafts | Homework Club | Academic Tutoring | Professional Grant-Writing | Professional Resumé Writing | After-school programs (Physical/Virtual) | Seniors' technology classes | Health and Wellness Workshops | Parks & Recreation Revitalization | Education and Volunteer Mentorship | University/College Co-op Opportunities | Youth Basketball Leagues/Camps (Aged 13+)

Play Forever offers a range of programs and services aimed to fulfill the needs of youth, families and communities. These are collectively designed to boost academic performance, promote physical health, integrate communities, and provide a safe and structured environment to learn and grow.



# WEEKLY WORKSHOPS

Each one of our workshops are partnered with an organization

## Mental Health Monday

### OCD

What is it?  
Short for Obsessive-Compulsive Disorder, is when people have a tendency towards excessive perfectionism, orderliness, and great attention to detail.



### Symptoms

- Fear being contaminated with dirt
- Doubts on whether you've locked the door
- Intense stress when objects are facing a certain way

### Compulsion Disorders

These are repetitive behaviors that a person suffering from OCD feels driven to perform.

Such as...



playforever.ca • Follow  
playforever.ca Introducing Mental Health Monday led by Anchal. Every week, we strive to inform about many different mental health topics, conditions & resources for youth and others to learn more. This week it's OCD - Obsessive Compulsive Disorder #youth #mentalhealth #resources  
@anchals095 Edited - 4w  
abidieh Much needed information thank you  
4m 1 like Reply  
41 likes MARCH 28 Post Add a comment...

## #MENTALHEALTH MONDAY



Canadian Mental Health Association  
*Mental health for all*

## #HEALTHISWEALTH WEDNESDAY



## LOWERING YOUR ECOLOGICAL FOOTPRINT ~ ECO-FRIENDLY FRIDAY ~

ONLY BUY WHAT YOU NEED



USE REUSABLE SHOPPING BAGS

RECYCLE AND REUSE WHENEVER POSSIBLE

USE ENERGY FROM RENEWABLE SOURCES



BIKE, WALK OR CARPOOL



playforever.ca • Follow

playforever.ca How to become #ecofriendly - An initiative from our youth volunteer Ally 🌱

This week it's about how to lower your ecological footprint. #EcofriendlyFriday #Playforever  
Edited - 14m

Liked by reginita.suing and others

APRIL 8

Add a comment...



playforever.ca • Follow  
playforever.ca #HealthIsWealthWednesday 🌱  
Here are 3 everyday detox drinks to help improve skin, digestion and weight management! Add in Sea Buckthorn Berry oil, Iron it Out & Irish Sea Moss to your lime water drink for added cleansing benefits along with 30-60 minutes of daily exercise! 💪  
@farmacyforlife  
Edited - 4w  
farmacyforlife 3w 1 like Reply  
lemonaidgta 35 likes MARCH 30 Post Add a comment...

## #ECOFRIENDLY FRIDAY SSES

Simply Sustainable Energy Solutions



# SENIORS

THE NEW HORIZONS FOR SENIORS PROGRAM



The NHSF grant was provided by the Canadian Government

- Helping seniors virtually and in-person
- Addressing isolation via internet and apps
- Digital health and entertainment
- Social media
- Blogging
- Cookies and cybersecurity literacy.
- Virtual help with hardware and software application
- Reading Pal, on the call volunteer to assist or talk with seniors



Our goals for 2022 & 2023 are to increase tech services and develop new and existing health & wellness programs for over 100 seniors.

## Virtual Senior & Youth Tech Support REVIEW



Hemeed, my tech buddy, was very prompt and contacted me via text and eventually, in a very short period of time, he was responsive and we were able to talk on the phone, whereby, I was able to explain to him what my needs are and where he could help. He sounds like a very diligent, responsible chap.

Take care and stay safe,



## Virtual Senior & Youth Tech Support REVIEW



Hasan was v kind to pass by my apartment to help me with tech support. I wanted to open Facebook account and understand its issues but since the FBserver was closed or not working we couldn't proceed to open the account. He will come back to reapply next week. But Hasan was v very helpful and patient and helped me with my tv channel issues as I now have switched to Ignite from Rogers. Thanks to all of you for supporting us seniors. God bless you.



# PARTNERSHIPS

They have helped make the incredible possibilities for the communities around Toronto. With their partnerships, Youth and families from uniquely challenged communities across the city have now successfully completed our Community Programs – helping empower children today, and for years to come



Employment and  
Social Development Canada



Seneca

SSES

SOHO



# BOARD OF DIRECTORS

## MEET OUR BOARD OF DIRECTORS

The members who make up our team at Play Forever and serve on the Board of Directors all play a vital role in making sure that the heart of GTA keeps on beating. Their dedication to our mission is what has allowed us to provide life-changing programming and services for over 100 Youth in Greater Toronto Area.



Founder and Lead Director of Play Forever, Mohammed Al-Salem. Over 10 years experience within municipal government and community organizations to oversee Community Relations, Community Development, and Communications portfolios.

Shiyao Li | Azad Gulam | Sahal Abdi | Said Abdi | Kenny Au | Anyanle Omar | Ahmed Osman | Anthoine Walters | Malik Cox | Hamud Mbaarak | Dawood Akhtar | Nabil Jama | Adam Osman



# THANK YOU!

PLAY FOREVER



647.280.2531



Info@Playforever.ca



Playforever.ca



www.PlayForever.ca



Linkedin.com/company/Play-Forever/