



With  
support  
comes  
strength.



The  
**Teresa  
Group**

Advancing the dignity and well-being of children, youth, and their families affected by HIV and AIDS through supports, services and programs.



With  
support  
comes  
hope.

For over three decades The Teresa Group has been providing a broad range of compassionate frontline services to children, youth, and their families affected by HIV/AIDS, including counselling and case management, practical supports, children and youth focused programs, provincial infant formula program, and support groups for children, youth, and their families.



# Our story.

Despite the incredible advances in HIV treatment, little has changed in terms of the stigma and discrimination people living with HIV continue to face every day. This is particularly true for children, youth, and their families. The Teresa Group's programs and services support both the emotional and physical well-being and advances the dignity of children, youth, and their families living with or affected by HIV.

As one of the few organizations in North America providing HIV care and support programs that are focused on children, youth and their families, we have built a solid reputation for over 34 years offering a broad range of programs reaching approximately 900 children of all ages in the GTA and across Ontario each year. Imagine being a child facing the reality of HIV or AIDS. The psychological effects of an HIV diagnosis are deep and far ranging. Poverty, culture, stigma, fear... they all become barriers to living the life of a child.

Many of the families we serve are newcomers to Canada, often coming as refugees fleeing situations of violence and war. Families are deeply affected by poverty, inadequate housing, food insecurity, and the added fear of discrimination and isolation due to HIV-related stigma. As Canada's oldest community-based charitable organization specifically serving children, youth and their families, The Teresa Group has been and continues to be a safe haven for the vulnerable communities it serves.

**We provide meaningful support through the generosity of individual donors, funders and key corporate partners. Every donation matters to what we do.**





# Giving is at the heart of what we do.

Giving is at the heart of the Teresa Group to support children, youth, and their families living with HIV/AIDS. We offer a variety of ways for donors to make contributions. Donors and sponsors are key partners in fundraising for compassionate and health care supports. Your generous gift enables The Teresa Group to continuously support the diverse needs of those in our community affected by HIV. Our Foundation is fortunate to have passionate and caring donors who believe in the work we do.

## There are many ways to give:



**General Donations:** A general financial donation to support all the work of the Foundation.



**Monthly Donations:** Become a monthly donor, or a group of donors, who make it possible for programs and services to thrive.



**Legacy Giving:** Leave a lasting legacy with a planned gift to The Teresa Group.



**In-Kind Donations:** Donate gifts in kind such as toys, games, food gift cards, baby supplies, or new clothes.



**Corporate and Foundation Donations & Partnerships:** Make a philanthropic donation to a core program. Supporting core programs allows us to deliver practical supports directly to those in need, such as the diaper program, our warm winter clothing program, or post-secondary education scholarships.

**1,500+**

**families receive support through our practical assistance programs annually**

## Family Support Programs

### Counselling & Case Management Program

Individual or family counselling is available for children, youth, and adults who feel they need support. In-depth counselling, crisis management and ongoing support are offered, depending on the needs of the person/family.

### Ontario Infant Formula Program

This essential program eliminates the risk of HIV vertical transmission through breast milk by offering free infant formula for a full year to all HIV+ new mothers in Ontario.

The Ontario Infant Formula Program is implemented by The Teresa Group with funding from the Ontario Ministry of Health and Long-Term Care.

### Welcome Home

#### Baby Bag Program

The Welcome Home Baby Bag program delivers a new baby bag, filled with baby clothes, a toy, a blanket, diapers and feeding bottles to new mothers while in the hospital or at home.

#### Diaper Program

Diapers are available for infants and toddlers aged 0–2 years.

### Emergency Medical

#### Transport Program

TTC public transit tokens are available to make it easier for our families to get to support groups at The Teresa Group, in addition to medical appointments.

### Clarins Scholarship Program

This program offers partial tuition support to youth who have completed high school and have been accepted into a post-secondary program at a College or University.

This program is funded through a generous donation from Clarins Canada.

### The Loutfy University Completion Scholarship Program

This program offers partial tuition support to youth who have completed high school and have been accepted

**9,000+**

**cases of infant formula are supplied annually to new parents**

into a post-secondary program at a college or University. This scholarship will assist with third- and fourth-year programs.

This program is funded through a generous donation from a private donor.

### The Stewardship Scholarship Program

This program offers partial tuition support to youth who have completed high school and have been accepted into a post-secondary program at a college or University.

This program is funded through a generous donation from a private donor.

### Leap for Success

The Leap for Success tutor/mentor program aims to improve the academic performance of children and youth affected by HIV, to help them meet their educational and career aspirations.

### Back-to-School Backpack Program

The Back to School Backpack Program provides new backpacks, lunch boxes and water bottles for children and youth from Kindergarten to grade 12 on an annual basis.

### Family Holiday Food Hamper Program

This program provides the families we serve with a holiday food hamper during the festive season.

### Get Ready for Winter Clothing Holiday Program

We offer new warm clothing and accessories in the winter months for children, youth, and their families.

### Childrens Holiday Toy Program

Each child of the family receives a toy during the holiday season festivities.

### Youth Holiday Gift Card Program

Each teenager of the family receives a gift card during the holiday season festivities.

**2,500+**

**individuals access  
counselling and  
support group  
services annually**

## **Support Groups for Children, Youth, and Parents provide a safe and supportive environment to connect, engage, and learn.**

### **Prenatal Group**

The Prenatal Support Group focuses on expectant mothers and issues specific to HIV and pregnancy. Specialists from other community agencies and health care professionals work with The Teresa Group to present the information through different activities.

### **New Moms and Toddlers Group**

The New Moms and Toddlers Support Group provides a safe space for moms to connect with other moms who have a baby and who also live with HIV. The activities are designed to engage new moms and their babies to get to know one another in their first year together.

### **Parents Club**

Parents have an opportunity to meet and learn parenting skills from each other. The activities are designed to engage, teach, and encourage parents to get to know one another. Many topics are covered including parenting, self-care, and child development. This support group helps reduce the isolation many parents experience while raising a family.

### **Fathers Group**

Fathers Group provides a safe space for dads and their children who are affected by HIV to connect with one another. The activities are designed to engage, teach, and encourage dads and their kids to get to know one another. Many topics are covered including parenting, self-care, and child development. This support group helps reduce the isolation many fathers experience while raising a family.

### **Leading the Way**

Leading the Way is a support group for children and youth living with HIV and AIDS. The support group is available to children/youth ages 9-18 each spring and fall. Children and youth have the chance to meet others in similar situations in a fun, safe and supportive environment.

**Your support enables us  
to create a positive impact.  
You can choose a program  
you would like to support and  
make a meaningful impact.**

### **Power Project Program**



### **Positive Women Empowerment and Resilience (POWER) Peer Support Program**

The POWER program is a consortium of five AIDS service organizations, including The AIDS Committee of Toronto (ACT), Black Coalition for AIDS Prevention (Black CAP), PASAN, PWA, and The Teresa Group. This program is grounded in the principles of the Greater Involvement of People Living with HIV and/or AIDS and the Meaningful Engagement of People Living with HIV and/or AIDS (GIPA/MEPA). The goal of POWER is to create opportunities to empower women living with HIV through knowledge exchange, capacity building, and to receive peer support that contributes to the health and well being of women living with HIV.



**Camp Mandala offers a camp experience for children and youth living with or affected by HIV providing a shared experience and an opportunity to connect, engage, and have fun!**

### **Camp Mandala**

The Teresa Group offers a summer camp experience for children between the ages of 9 and 18 from the Greater Toronto Area and Ottawa. This one-week program allows children and youth who are affected by HIV a chance to connect with their peers. They will have opportunities to build support, learn life skills that will empower them to live self-sufficient, independent, productive lives, and most importantly, have fun!

"I felt really good when I told my story at the open stage and after... everyone was saying 'good story' and high-fiving me." (Camp Participant; age 11)

### **Camp Counsellors Youth Leadership Development Program**

The Counsellors in Training (CIT) program is an exciting opportunity for our older youth and focuses on leadership and team building. It gives teens an opportunity to develop leadership skills and experience.



Program enrollment numbers are based on 2023.

Together we can make a difference.

**Please give generously—thank you.**

To donate, visit [teresagroup.ca](https://teresagroup.ca) or reach out to discuss the many ways to contribute to our work:

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The  
**Teresa  
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## Hearing the Voices of Children

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Interested in Volunteering?  
The Teresa Group relies on the support of our volunteers. If you would like to join our volunteer program, please reach out to us at [info@ttgtoronto.ca](mailto:info@ttgtoronto.ca) or call 416-596-7703. Thank you.

Charitable business number:  
133699959RR0001