



TAKE A HIKE FOUNDATION

Town of Lake Cowichan
204 Cowichan Avenue East
Lake Cowichan, BC
Canada V0R 2G1

Hello Tim McGonigle,

This has been a year worth celebrating, all because of you.

“Before Take a Hike, Nevada struggled to feel safe in the world. She found it hard to connect, to trust, and to step outside her comfort zone. But now, she’s blossoming into a young person who feels grounded, supported, and ready to face the future. We need more programs like Take a Hike. It truly works wonders.” – Natasha, Parent of Take a Hike Youth, Nevada.

Thank you for making a powerful difference this year! With your generosity, 271 young people across British Columbia were surrounded by caring adults and had access to vital supports for their mental health and well-being. With their resilience and your commitment, youth found belonging, built tools to navigate challenges, and stepped forward with renewed confidence.

One of the most inspiring outcomes this year was seeing 90% of grade 12 youth graduate and embark on their next chapter. In Cowichan, youth continued to grow in confidence and community, **celebrating a 100% graduation rate, with three youth honoured as valedictorians!** Behind that number are stories of young people discovering their strengths, building resilience, and realizing they have the power to shape their futures. This milestone is a powerful reminder of what’s possible when youth are supported and believed in.

These results come to life through the lived experiences of youth and their families. In this Yearbook, you’ll meet Natasha, parent of Nevada, a Take a Hike youth, who reflects on the impact the program has had on them both. You’ll also see glimpses of ‘impact moments’ from classrooms, meaningful experiences on the land, and the connections that remind youth they are not alone.

Your commitment fueled growth this year, welcoming more youth than ever into the Take a Hike community. And our work is far from done. **Many young people are still waiting for the chance to access the mental health, and well-being supports they need and deserve.**

The challenges youth face today are real. **But thanks to caring communities like Cowichan, hope is real too.** You are part of every breakthrough, every moment of courage, every story of resilience, and we are so grateful.

With gratitude,

Gordon Matchett
CEO

Thank you to all involved in supporting vulnerable Cowichan youth in the Take a Hike program. We hope the Yearbook illustrates the impact of your generosity.

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