



## **\$379,000 OTF GRANT HELPS LAUNCH OUTWARD BOUND CANADA'S MOBILE URBAN PROGRAM**

For Immediate Release

Hamilton, Ontario, September 16, 2016 – Outward Bound Canada has taken its successful urban program model on the road in 2016, launching the new Mobile Urban Program for communities across Ontario, beginning with the Hamilton and Burlington region. Officially launching in Hamilton today as part of the city's annual Building Momentum event, OTF Grant Review Team member Nancy McKibbin Gray and Hamilton mayor Fred Eisenberger were on hand to congratulate the group and hear more about how the Mobile Urban Program provides innovative outdoor education and adventure for youth in urban centres across the country.

"I'm delighted to see MEC and Ontario Trillium Foundation working together to offer Outward Bound's new Mobile Urban Program to youth in the McQuesten neighbourhood. As MPP for Hamilton East – Stoney Creek, I'm always happy to see young people learning in an environment that engages them with the outdoors and promotes personal growth. It's wonderful to see this type of initiative and I'm really pleased that such a deserving community will benefit from it," said Paul Miller, MPP for Hamilton East – Stoney Creek.

In the Hamilton and Burlington region, Outward Bound Canada will offer the Mobile Urban Program for vulnerable youth in grades 5 to 12, including underserved, Indigenous, and newcomer youth. By 2018, Outward Bound Canada plans to deliver the Mobile Urban Program to an additional 4,200 youth through the expansion of this model to other regions of Ontario.

"The urban programming we've built and refined over the past six years in Toronto and Vancouver has allowed us to increase access to the authentic, adventure-based outdoor experiences that Canadians have come to expect from Outward Bound Canada," says Sarah Wiley, Executive Director of Outward Bound Canada. "With the support of the Ontario Trillium Foundation and MEC, we are now able to offer this programming to even more Canadians, and to bring outdoor adventure to them in their own backyards. These programs have the capacity to not only foster personal growth and physical and mental challenge, but to connect individuals to the natural world immediately around them, cultivating a greater understanding of and appreciation for the environment in which they live."

The expeditions offered through the Mobile Urban Program, each with eight to 10 students and one or two instructors, are based on a 'challenge by choice' model, giving youth an opportunity to take initiative and demonstrate leadership, while at the same time building connection and community amongst the group. The program takes students out of their comfort zone and into the natural landscape, where education-based activities combine with a physical and mental journey that aims to show youth what they are capable of. The program aims to build skills, resiliency and a newfound confidence that students can then transfer to their lives back at school and in their community.

Outward Bound Canada prides itself on offering transformational journeys that encourage participants to push beyond their limits and discover their true potential. Through specialized charitable initiatives, Outward Bound Canada offers life-changing programming to vulnerable individuals and populations across the country, including at-risk youth, Aboriginal youth, women survivors of violence, and military veterans transitioning to civilian life. For more information on Outward Bound Canada, visit [www.outwardbound.ca](http://www.outwardbound.ca)

The Ontario Trillium Foundation (OTF) is an agency of the Government of Ontario, and one of Canada's largest granting foundations. With a budget of over \$136 million, OTF awards grants to some 1,000 projects every year to build healthy and vibrant Ontario communities: [www.otf.ca](http://www.otf.ca)



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