

## **Junior League of Toronto Backgrounder:**

While the Junior League of Toronto (JLT) was established in 1926, it began to form in 1921 when a public health nurse in Toronto was desperately in need of extra help in staffing well baby clinics in the city. Volunteers were enlisted and soon founded the Junior Organization, which later sought membership in the Association of Junior Leagues of America. On January 5, 1926, with a membership of 176, the Junior League of Toronto, a non-profit and charitable organization was incorporated as the 2nd League in Canada,

The Junior League of Toronto (JLT) is a small but powerful chapter under the Association of Junior Leagues International Inc. (AJLI). This organization guides and supports the leadership development opportunities to over 170,000 women in 292 Junior Leagues in Canada, Mexico, the United Kingdom and the United States.

While each league has their own unique characteristics in areas of social focus and diverse community projects, all are mutually committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers.

Junior League of Toronto volunteers come from a broad range of professional backgrounds, varied interests and represent communities throughout the Greater Toronto region, including Oakville, Durham and York regions.

Leadership development is an important part of the Junior League of Toronto experience. Through the 83 year history the organization has provided avenues for women to acquire leadership skills, community board experience and unique networking in the community. As well, members are able to transfer professional business skills to the not-for-profit sector.

## **Beneficiaries Page Junior League of Toronto Community Projects:**

Since 1926 The Junior League of Toronto has stepped forward to meet the changing needs of our community by contributing more than \$4-million and over 40-million volunteer hours to over 400 community agencies and projects.

Today, their volunteer energy is focused on projects and programs in the focus area of HEALTHY LIVING. We have projects running concurrently in the three areas of Central Toronto, York Region and West Toronto.

### **1) Tiaras and Ties in Partnership with Maple's Closet Program**

In the spirit of empowering youth in York Region, this program celebrates the achievements of high school students who have overcome adversity

and reached the milestone of graduation. Financial support provides graduating students, in need, with formal attire so they can attend their graduation with pride. Students are identified through confidential referrals from school guidance counselors and social service agencies in York Region.

### **Tea for Teens:**

- 2) November 2008, the fourth annual JLT Tea for Teens fundraising event, benefiting teens in crisis by providing them with hope and holiday gifts, provided gifts for over 400 teens at several west end shelters, including Women's Habitat, Oakville Community Youth, Youth Without Shelter, Interim House, Our Place Peel, and Pelletier Homes for Youth, all within the GTA. In Spring 2007, the JLT Tea for Teens was the recipient of the CFJL/Talbots Canada Community Impact Award, recognizing the development of this strong responsive community project

### **Kickstart for Health:**

In Toronto's downtown core, the Junior League of Toronto (JLT) is tackling the issue of childhood obesity and nutrition.

Kickstart for Health is a model developed by the Junior League of Toronto that empowers teenage girls and their families to embrace healthy lifestyles by building confidence, developing new skills, and inspiring positive life choices. Our financial support will enable the delivery of the following programs:

Healthy Living workshops provides adolescent girls in the St. Alban's "Girls on the Move" program the opportunity to develop and learn age-appropriate skills relating to cooking and nutrition.

Girls Just Want to Run...a 10K! provides adolescent girls in the St. Alban's "Sistahood" group the opportunity to train for and complete a 10 km run with Junior League of Toronto members.

Speaker Series: arranging and sponsoring speakers to both educate and inspire teens at St Alban's Boys' and Girls' Club. –

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For more information: Mary Mahoney, Special Assignment Inc. 416-923-9448 or [mahoney@specialassignment.com](mailto:mahoney@specialassignment.com)