

**2019-2020 Activity Report**

# Adapting for the Sake of Adopting Healthy Lifestyle Habits!



## Our Mission

The Fondation Tremplin Santé's mission is to support the development of environments that favour healthy lifestyle habits, facilitate access to recreational activities for youth from financially disadvantaged neighbourhoods, and help recreational organizations integrate healthy lifestyle habits into their activities.

## Our Vision

To ensure that all young Canadians can adopt a physically active lifestyle and good eating habits so that they can grow up healthy.

## Our Values

Cooperation

Integrity

Accessibility

Respect

Innovation

# Table of Contents

<b>4</b>	Message from the President and Executive Director	<b>18</b>	Camps Participating in the 2020 Program
<b>5</b>	Power Up According to Actors in the Field	<b>26</b>	Looking to the Future
<b>6</b>	Highlights and News	<b>27</b>	Expert Partners and Collaborators
<b>8</b>	Supporting Camps, Regardless of the Circumstances	<b>30</b>	Board of Directors
	An ally at every step	<b>32</b>	Management Team
	Sharing knowledge with joy		
	Tools that come alive		
	Celebrating healthy lifestyle habits through challenges	<b>34</b>	Summary of Financial Statements for 2019-2020
<b>14</b>	Bringing to Life and Promoting Grassroots Initiatives		
	Giving camps a place of honour		
	Offering more through the Accessibility Program		

## Message from the President and Executive Director

Dear friends, partners, loyal donors,

During this year of challenges and upheavals, the Fondation Tremplin Santé drew on its creativity, dynamism and adaptability to ensure that healthy lifestyle habits remain on the program at summer camps. Many camps continued to answer the call, in spite of the closures and the complex sanitary measures that had to be put in place. This summer, our 588 participating camps in Quebec and Ontario reported having raised awareness of the importance of healthy eating, daily physical activity and opportunities for well-being among close to 115,200 kids.

Summer camps, which are now recognized as an essential service, are the only summer option for many kids and their families. We're convinced that these camps, by virtue of their fun-centered approach, are also tools for promoting the adoption of healthy lifestyle habits among kids, particularly those that are most vulnerable.

Examples of the strategies we used this year to support camps through their transformational process included the shift towards digital communications and innovative trainings, through which we reached 24,800 people and trained more than 1,000 managers, coordinators and counselors, as well as the creation and online dissemination of 47 ludo-pedagogical tools, and the development of a network of influencers at camps. Our team also helps camps implement sustainable and mobilizing projects for campers.

Our heartfelt thanks go out to our loyal donors, collaborators and partners, and to the camp managers and counselors who help advance the movement. Let's continue pushing forward with our joint actions so that healthy lifestyle habits become the norm in tomorrow's society.



**Henri-Paul Rousseau**

President and Founder of the Fondation Tremplin Santé



**Tania Paracini**

Executive Director of the Fondation Tremplin Santé

## Power Up According to Actors in the Field

*For me, Power Up is a program that encourages camps to broaden their scope of action. Power Up gives camps the tools they need to adopt best practices in relation to healthy lifestyle habits, body diversity, well-being and a slew of other subjects that youth are passionate about and that help shape their development.*

*In addition to developing activities, Power Up also creates incredible and dynamic challenges.*

*Power Up should be the standard for all camps in Quebec. This would help build awareness and get youth interested in healthier lifestyle habits.*

Evgeni Nedelchev  
Coordinator  
Notre-Dame-de-Fatima camp

*Power Up offers new ways to approach healthy lifestyle habits and body diversity with youth. The Fondation supports counselors and camps by offering easily accessible online tools, trainings and turnkey activities. These tools let us properly prepare for our job of promoting healthy lifestyle habits throughout the summer.*

Félix Marmen  
Counselor  
Pointe-aux-Outardes camp

*The Fondation Tremplin Santé makes so many tools available to us, and each of them is relevant and adapted to our reality. The kinesiologist and nutritionist check with us to make sure the tools meet our needs and are adapted to our realities. The team is always available and willing to listen. A number of challenges and contests organized on the playing field stimulate our counselors and capture the interest of our campers. The training offered to counselors is complete and effective in demonstrating the importance of health lifestyle habits at day camp, and it encourages them to lead by example and teach the children about the subject.*

Marie-Claude Laberge  
Recreation Director  
Municipality of Cap-Saint-Ignace

# Highlights and News



**588 camps**

registered for the Power Up program, including

**60%** of camps registered for one of the two three-year formulas.

Large-scale virtual deployment:

**26 fun-filled and participative training webinars**

offered to trainers, camp managers, coordinators and counselors.

**17 new tools**

now available to participating camps.

**16 new videos**

distributed to reach more counselors and exert a real impact on the lives of youth.

**55%**

increase in the participation rate to the new version of the Power Up Challenge.

**1034**

camps managers, coordinators and counselors trained by the foundation team this year.



**14 special documents**

created in 2020 to inspire camps in the context of Covid-19 to present activities on healthy lifestyle habits.



Our logo was given a makeover.



**86 camps** took part in the **PAUSE Challenges** promoting efforts to disconnect from screens



**115 200**

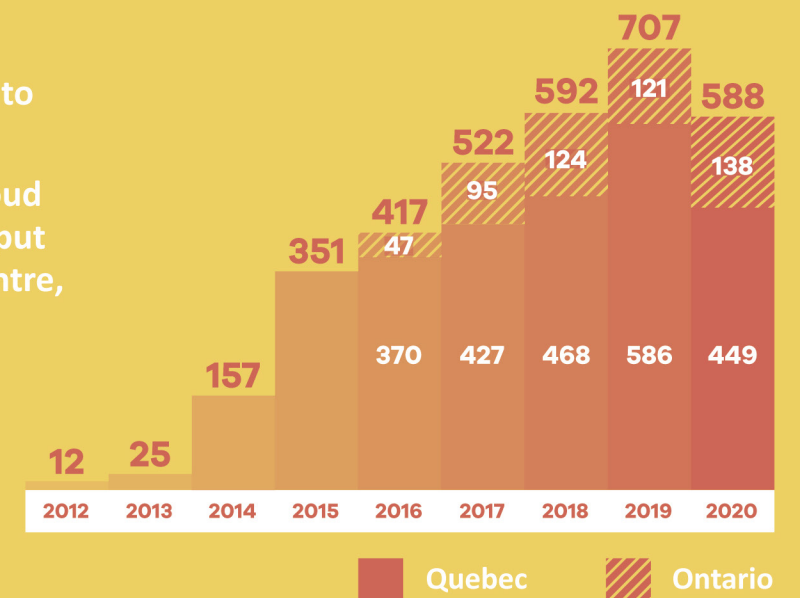
kids and families made more aware of the importance of healthy lifestyle habits.

This year, we recorded a **seven-fold increase** in the number of social media accounts reached.

## PARTICIPATING CAMPS 2012-2020

In 2020, many camps were not able to open due to the pandemic.

The Fondation Tremplin Santé is proud to report that some 588 camps still put healthy lifestyle habits front and centre, in spite of the circumstances.





# Supporting Camps, Regardless of the Circumstances

## An Ally at Every Step

When they join the Power Up program, each camp is first invited to assess its practices in relation to healthy nutrition, physical activity and well-being. In order to improve upon one of these aspects, the camp then sets out an objective to meet during the forthcoming summer. The objective must be simple, measurable, attainable in time, and, above all, it must be geared towards youth.

In order to help them meet their objective, the Fondation Tremplin Santé transmits to each camp a personalized toolbox that includes a list of adapted activities.

The camps can also count on support from a kinesiologist with the Fondation for purposes of implementing a physical activity project, and a nutritionist to carry out multiple initiatives in relation to health eating and body diversity.

**56  
camps**

carried out projects on healthy lifestyle habits this summer thanks to support from the Fondation.

This year, to ensure that campers can benefit from experiences that are both rewarding and fun, the camps, with support from the Fondation team, have set up projects related to gardening, free play and self-esteem building, to go along with cooking and yoga workshops for all ages.

*The Vallée camp has received support from Power Up in the last few years. We appreciate that their team was available, attentive and proactive. We feel that they truly care about promoting health lifestyle habits, but also that they value our opinion."*

Marc-Olivier Bouchard  
Officer in charge of Recreation and Culture  
Ville de Baie-Saint-Paul

# Sharing Knowledge with Joy

The Fondation Tremplin Santé bases its educational approach on a direct experience of healthy lifestyle habits in order to ensure that experience leads to action. The shift towards virtual training in 2020 was designed to maximize the participation and engagement of each participant by holding interactive quizzes, collective challenges, active pauses and exchange periods. The objective was to provide community actors with the tools required to optimize the number of opportunities that campers have for play related to healthy lifestyle habits during the summer. Regional trainings were offered to promote exchanges between camps and allow local initiatives to stand out with the objective of inspiring peers.

Healthy eating, physical activity and body diversity are at the heart of formative sessions. The focus is on the simplicity of implementing activities and projects revolving around these themes, regardless of the circumstances and the requirements facing camps.

Training evaluations confirm that this year's virtual formula was a success, with a higher satisfaction rate than in previous years.

## Trainings

<b>Power Up Summits</b>	16 trainings	357 camp managers and coordinators trained
<b>Counselor trainings</b>	7 trainings	677 counselors trained

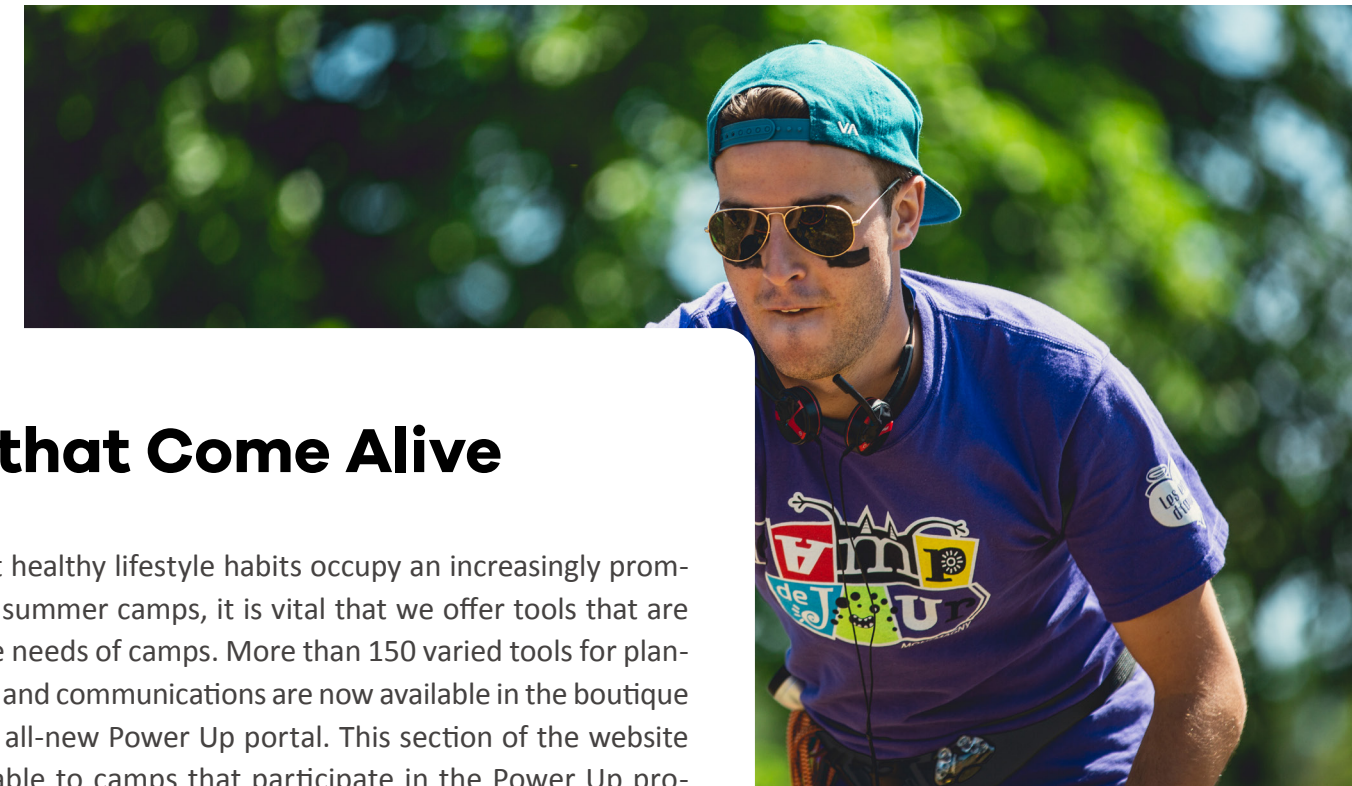
*For me, the challenge of presenting a virtual summit by making it as dynamic as possible was met with flying colours, and I'll be glad to take part the next time such an opportunity presents itself.*

Fabrice Lorenz  
Technician, Department of Sports,  
Culture and Community Life  
Municipality of Saint-Épiphanie

1. Yessis J., Chen M. (2020). Rapport d'évaluation des formations de la Fondation Tremplin Santé. Faculty of Applied Health Sciences, University of Waterloo.

The virtual formula reached **2,5 times more** managers and coordinators than in 2019.

More than **99%** of coordinators and counselors were satisfied with the training they received.<sup>1</sup>



# Tools that Come Alive

To ensure that healthy lifestyle habits occupy an increasingly prominent place at summer camps, it is vital that we offer tools that are adapted to the needs of camps. More than 150 varied tools for planning, activities and communications are now available in the boutique section of the all-new Power Up portal. This section of the website is made available to camps that participate in the Power Up program. This year, some 37 camps helped develop, test and approve the games, activities and planning tools produced.

More than 35 training videos are made available to camp coordinators, managers and counselors. The tools are meant to inspire them as they present activities and emphasize the importance of being a role model at camp, and much more!

To keep up to date and satisfy the desire for all things new, original tools are being developed each year to meet the requirements of camps. Thus, in 2020, some 17 activities and planning tools were shared, along with 14 special documents intended to help coordinators and counselors promote the experience of healthy lifestyle habits at camp in the context of Covid-19. Some 16 new ludo-pedagogical videos were also launched.

The tools were downloaded from the Power Up website and portal more than **4 200** times in 2020.

*In addition to having an impact on the health of all the campers, we were astonished to see how much more motivated and interested they were in the activities. The kids look forward to their participation at camp, and they're proud to tell their parents about their days. Activities like these motivate them and strengthen their sense of belonging at camp.*

Saint-Elzéar camp

# Celebrating Healthy Lifestyle Habits Through Challenges

In order to lend dynamism to healthy eating, physical activity and well-being, and because summer camps revolve around themes, camps are given three weeks of challenges.



2<sup>nd</sup> Week of July

**202 camps**  
**11 844 campers**  
**1 974 counselors**

Expert Partner



3<sup>rd</sup> Week of July

**188 camps**  
**11 316 campers**  
**1 923 counselors**

Expert Partner



Week Chosen by the Camp

**86 camps**  
**838 counselors**

Expert Partner



Theme-based activities, promotional materials as well as missions are offered to counselors, groups or any camp to ensure that campers experience festive and memorable moments around health-related themes. The objective of these challenges is to ensure that campers have fun with healthy hydration, discover and eat a variety of fruits and vegetables, and spend more time being active.

*Since we presented the Tchin-Tchin Challenge in my camp, we've observed an increase in the number of water bottles in the kids' lunch boxes. Now they almost always bring it with them, and the counselor doesn't have to remind them."*

Sainte-Hénédine camp

*We all met the 24h challenge. Rather than spending time in front of their screens, our counselors gathered in the evening to hold a sports activity and forge closer ties with one another. We're proud of this initiative!"*

Day camp in the municipality of Saint-Damien



# Bringing to Life and Promoting Grassroots Initiatives

## Giving Camps a Place of Honour

Each year, camps create incredible projects. The Fondation Tremplin Santé highlights these innovative initiatives, notably on social media networks, in order to inspire the camps.

Some activities invented by the camps are even part of the directory of online tools. Such is the case for the Colourful Circuit activity designed by My French club and the Remote-control Race developed by the Montmagny day camp.

### A Change Taking Place in the Power Up Challenge

A new version of the Power Up Challenge was launched this year. To participate, camps were invited to list the most remarkable activities experienced by campers in connection with healthy lifestyle habits. The rate of participation in the contest increased by 55%.

The activities listed included the discovery of new sports (gaga ball, slackline, etc.), the book of recipes created by campers and the cooking workshops on playful and varied themes, and the many games held to foster a positive body image among the campers.

The prizes: Six grants valued at \$1,000 to carry out a project in connection with healthy lifestyle habits at your camp next summer.

The rate of  
participation in  
the contest  
increased by

**55%**

#### The prize winners

**Saint-Elzéar - Chaudière-Appalaches day camp**

**ExploNature - Côte-Nord camp**

**Ville de Châteauguay - Montérégie day camp**

**Baie-Saint-Paul - Capitale-Nationale day camp**

**Saint-Gédéon - Saguenay - Lac-Saint-Jean day camp**

**Kinéactif - Outaouais camp**



# Offering more Through the Accessibility Program

Since 2015, support from the Fondation Marcelle et Jean Coutu has allowed 522 kids in vulnerable situations to benefit from the summer camp experience and take part in activities intended to promote the adoption of healthy lifestyle habits. These magical moments let campers enjoy new experiences and acquire various skills.

The camps also implemented some 62 projects related to healthy eating, physical activity and well-being. Thanks to the financing provided, camps were able to deploy sustainable large-scale projects.

One such project was **Camp Amy Molson**, which each year gives disadvantaged youth from the city a chance to experience a new adventure full of discoveries in the country. Tracking food from garden to table was among the camp's central themes. Related activities allowed campers to foster gardening knowledge and skills, acquire cooking skills, and much more.

Financial Partner



FONDATION  
MARCELLE ET JEAN COUTU

*The Fondation Tremplin Santé did an amazing job of supporting our agriculture program and helped us make positive changes to our programs and infrastructure. The funds we received were extremely helpful, of course, but their commitment to properly executing the projects is no less important. By visiting us to understand our project needs and helping us consistently improve our programming for projects ranging from mobile poultry houses to salad counters, the Fondation Tremplin Santé helped us meet our objectives for connecting our campers with their food and nature, year after year!*

Liang Cheng  
Coordinator of Gardening Activities  
Camp Amy Molson

*Financial assistance from the Fondation Tremplin Santé helped us complete our culinary project, which we were then able to carry over, beyond the day camp, and directly into the campers' families.*

Fabrice Lorenz  
Technician, Department of Sports,  
Culture and Community Life  
Municipality of Saint-Épiphanie



**2012** : Creation of a garden and edible plant beds, and planting of fruit-bearing trees



**2017** : The camp joins the Power Up program



**2018** : Construction of an outdoor kitchen using recycled objects



**2019** : Addition of a poultry house to optimize learning in connection with the food production and transformation chain



**2020** : Construction of a salad counter to serve and highlight the foods harvested and prepared by the campers: homemade pesto, colourful salad, etc.

To make a difference in 2020, some **47 grants of \$500** were offered to camps in order to allow them to present activities in connection with healthy lifestyle habits in the context of Covid-19.



# List of Participating Camps in 2020

## Liste of Participating Camps in Quebec

### Bas-Saint-Laurent

- Camp ado Témiscouata-sur-le-Lac
- Camp de jour d'Amqui
- Camp de jour de Baie-des-Sables
- Camp de jour de Causapscal
- Camp de jour de la Maison des Familles de La Matanie
- Camp de jour de la municipalité de Biencourt
- Camp de jour de la municipalité de Lac-des-Aigles
- Camp de jour de la municipalité de Les Méchins
- Camp de jour de la municipalité de Squatec
- Camp de jour de la municipalité Saint-Alexandre-de-Kamouraska
- Camp de jour de la ville de La Pocatière
- Camp de jour de l'aréna de Saint-Fabien
- Camp de jour de Métis-sur-Mer
- Camp de jour de Mont-Carmel
- Camp de jour de Rimouski
- Camp de jour de Rivière-Ouelle
- Camp de jour de Saint-Donat
- Camp de jour de Sainte-Hélène-de-Kamouraska
- Camp de jour de Saint-Épiphane
- Camp de jour de Saint-Mathieu-de-Rioux
- Camp de jour de St-Narcisse-de-Rimouski
- Camp de jour des loisirs Saint-Arsène
- Camp de jour du centre sportif de Saint-Antonin
- Camp de jour Sainte-Florence
- Camp de jour Saint-Honoré
- Camp de jour Saint-Louis-du-Ha! Ha!
- Camp de jour Saint-Ulric
- Camp de jour St-Adelme
- Camp de jour Témiscouata-sur-le-Lac
- Camp municipal d'Hébertville
- Camp Musical Saint-Alexandre-de-Kamouraska
- Centre communautaire Michel-Desrosiers
- Terrain de jeu de St-Vianney
- Terrain de jeux de la municipalité de St-Jean-de-Dieu
- Terrain de jeux de Saint-Clément
- Terrain de Jeux Dégelis

### Capitale-Nationale

- Camp de jour de Donnacona
- Camp de jour de L'Ange-Gardien
- Camp de jour de Saint-Ferréol-les-Neiges
- Camp de jour du centre écologique de Port-au-Saumon
- Camp de jour Loisirs Duberger Les Saules
- Camp de jour parc Ferland
- Camp de jour parc Marchand
- Camp de jour YMCA Saint-Roch
- Camp de la Vallée
- Camp de Pont-Rouge
- Camp Kéno - Arbrisseau
- Camp Kéno - Bocages
- Camp Kéno - Campus Notre-Dame-de-Foy
- Camp Kéno - Fernad-Séguin
- Camp Kéno - Les Sources
- Camp Kéno - Noël-Brûlard
- Camp Kéno - Pionniers
- Camp Kéno - Primevères
- Camp Kéno - Saint-Benoît
- Camp Kéno - Sainte-Geneviève
- Camp Kéno - Saint-Louis-de-France
- Camp Kéno - Saint-Ursule
- Camp Kéno - Séminaire des Pères Maristes
- Camp Kéno - Trois-Saisons
- Camp le Manoir - CJ
- Camp Le Manoir - CV
- Camp le Manoir - English Camp
- Camp le Manoir - Isle-aux-Coudres
- Camp le Manoir - Notre-Dame-des-Monts
- Camp le Manoir - Saint-Hilarion
- Camp le Manoir - Saint-Urbain
- Camp le Pivot - Centre communautaire des Chutes
- Camp le Pivot - Centre de loisirs Le pavillon Royal
- Camp le Pivot - Centre de loisirs Ulric-Turcotte
- Camp le Pivot - École de la Ribambelle
- Camp le Pivot - École des Cimes
- Camp le Pivot - École du Sous-Bois
- Camp le Pivot - École secondaire Samuel-de-Champlai
- Patro-Vacances

### Centre-du-Québec

- Camp de jour CPA Élités sur glace Drummond St-Cyrille
- Camp de jour Daveluyville
- Camp de jour de Bécancour - Bécancour
- Camp de jour de Bécancour - Camp de jour Plessisville
- Camp de jour de Bécancour - Gentilly
- Camp de jour de Bécancour - Sainte-Angèle
- Camp de jour de Bécancour - Sainte-Gertrude

Camp de jour de Bécancour - Saint-Grégoire 1  
 Camp de jour de Bécancour - Saint-Grégoire 2  
 Camp de jour de la municipalité de la Paroisse de Plessisville  
 Camp de jour de la municipalité de Saint-Edmond-de-Grantham  
 Camp de jour de la municipalité de Saint-Félix-de-Kingsey  
 Camp de jour de la municipalité de Saint-Pie-de-Guire  
 Camp de jour de Laurierville et Inverness  
 Camp de jour de Nicolet  
 Camp de jour de Sainte-Eulalie, ICI pour S'AMUSER!  
 Camp de jour de Saint-Norbert d'Arthabaska  
 Camp de jour de Saint-Wenceslas  
 Camp de jour de Victoriaville - Assomption  
 Camp de jour de Victoriaville - Carré-Versailles  
 Camp de jour de Victoriaville - Club Ados  
 Camp de jour de Victoriaville - Des Goélands  
 Camp de jour de Victoriaville - Mgr. Grenier  
 Camp de jour de Victoriaville - Mgr. Milot  
 Camp de jour de Victoriaville - Pie X  
 Camp de jour de Victoriaville - Sainte-Famille  
 Camp de jour de Victoriaville - Suzor-Côté  
 Camp de jour Dekhockey Drummond  
 Camp de jour du Centre Communautaire d'Arthabaska  
 Camp de jour Saint-Rosaire  
 Camp de jour Saint-Samuel  
 Camp de jour Saint-Valère  
 Camp de jour Wickham  
 Camp Les aventuriers de Chester  
 Camp NDH  
 OTJ de Ham-Nord

### Chaudière-Appalaches

Camp de jour de Berthier-sur-Mer  
 Camp de jour de L'Islet  
 Camp de jour de la municipalité de Joly  
 Camp de jour de la municipalité de Saint-Honoré  
 Camp de jour de la Ville de Sainte-Marie  
 Camp de jour de Lévis - Breakeyville  
 Camp de jour de Lévis - Centre communautaire La Sorbonne  
 Camp de jour de Lévis - Centre communautaire Le Carrefour  
 Camp de jour de Lévis - Centre des Loisirs  
 Camp de jour de Lévis - Centre Raymond Blais  
 Camp de jour de Lévis - Charny  
 Camp de jour de Lévis - École du Grand-Voilier Pavillon Saint-Laurent  
 Camp de jour de Lévis - École Envol  
 Camp de jour de Lévis - École Rose-des-Vents  
 Camp de jour de Lévis - Quatre-Saisons  
 Camp de jour de Lévis - Saint-Étienne  
 Camp de jour de Lévis - Saint-Romuald  
 Camp de jour de Montmagny

Camp de jour de Saint-Elzéar  
 Camp de jour de Saint-François de la Rivière-du-Sud  
 Camp de jour Sainte-Hénédine  
 Camp de jour Sainte-Marguerite  
 Camp de jour Saint-Joseph-de-Beauce  
 Camp de jour Vallée-Jonction  
 Camp de la Ferme Pédagogique Marichel  
 Camp de la jour de la municipalité de St-Henri  
 Camp en folie de Frampton  
 Camp Halte-garderie Maternelle 4 ans  
 Camp Jeunesse en Vacances  
 Camp Lac-Etchemin  
 Camp Les cours de Mme Marie-Eve  
 Société Grand Village  
 TDJ Saint-Agapit  
 Terrain de jeux de Beaumont  
 Terrain de jeux de Cap-Saint-Ignace  
 Terrain de jeux de Notre-Dame-du-Rosaire  
 Terrain de jeux de Saint Fabien de Panet  
 Terrain de jeux de Sainte-Apoline-de-Patton  
 Terrain de jeux de Sainte-Euphémie-de-la-Rivière-du-Sud  
 Terrain de jeux de Sainte-Lucie-de-Beauregard  
 Terrain de jeux de Saint-Isidore de Beauce  
 Terrain de jeux de Saint-Just-de-Bretenières  
 Terrain de jeux de Saint-Paul-de-Montminy  
 Terrain de jeux de St-Pamphile  
 Terrain de jeux Dosquet  
 Terrain de jeux Ste-Agathe-de-Lotbinière  
 Terrain de jeux unifié Saint-Camille, Saint-Magloire, Sainte-Sabine  
 Woodoolicamp

### Côte-Nord

Camp AnimaSport  
 Camp Bande estivale  
 Camp de jour de Foorestville  
 Camp de jour de Pointe-aux-Outardes  
 Camp de jour de Sacré-Coeur  
 Camp de jour d'Ekuanitshit  
 Camp de jour d'Explos-Nature  
 Camp de Les Escoumins  
 Camp Écolo-Jour  
 Terrain de jeux de Havre-Saint-Pierre  
 Terrain de jeux de Longue-Rive

### Estrie

Camp de jour de Bishop's  
 Camp de jour de Sutton  
 Camp de jour Eastman  
 Camp de vacances Massawipi

Camp Loisirs Act-Famille  
 Camp Viens t'amuser j'ai une place pour toi  
 SAE de Ste-Cécile-de-Whitton  
 Service d'animation estivale de la municipalité de Saint-Claude

### Gaspésie-Îles-de-la-Madeleine

Camp Chanson  
 Camp de jour de Maria  
 Camp de jour Intermunicipal AJHC (Mont-Louis)  
 Camp de jour Lions  
 Camp Été Jeunesse Gaspé  
 Le Camplinôt

### Lanaudière

Camp de jour Cirkana  
 Camp de jour de Crabtree  
 Camp de jour de la municipalité de Saint-Didace  
 Camp de jour de la ville de Joliette  
 Camp de jour de la ville de l'Assomption  
 Camp de jour de Mascouche  
 Camp de jour de Notre-Dame-des-Prairies  
 Camp de jour de Saint-Thomas  
 Camp de jour estival du Service de Loisirs St-Sulpice  
 Camp de jour Saint-Ambroise  
 Camp de jour Saint-Damien  
 Camp de jour Sainte-Béatrix  
 Camp de jour Saint-Gabriel  
 Camp de jour Saint-Norbert  
 Camp de jour Ste-Marcelline  
 Camp de Saint-Félix-de-Valois  
 Camp GymnO Lanaudière  
 Camp Héron  
 Camp Mariste  
 Camp musical Père Lindsay  
 Camp parc Amyot

### Laurentides

Camp Amy Molson  
 Camp de jour Bon départ  
 Camp de jour de Blainville - Centre RécréoAquatique  
 Camp de jour de Blainville - École de la Renaissance  
 Camp de jour de Blainville - École de l'Envolée  
 Camp de jour de Blainville - École Henri-Dunant  
 Camp de jour de Blainville - Parc Équestre  
 Camp de jour de Ferme-Neuve  
 Camp de jour de la Ville de Rosemère  
 Camp de jour de la ville de Saint-Colomban

Camp de jour d'Oka  
 Camp de jour Saint-Donat  
 Camp de jour ville de Lachute  
 Camp de jour YMCA Kanawana  
 Camp de vacances Base de Plein Air Jean-Jeune  
 Camp de vacances Bon départ  
 Camp Evolution trilingue et innovation  
 Camp Les aventuriers de Brébeuf  
 Camp L'été à La Zone  
 Camp Quatre Saisons  
 Camp Soleil  
 Camp SOS Intégration  
 Campuces de Piedmont  
 Le P'tit Bonheur

### Laval

Camp Bouffe-Nature  
 Camp de jour cycliste Espoirs  
 Camp de jour de Laval - Alfred-Pellan  
 Camp de jour de Laval - Des Ormeaux  
 Camp de jour de Laval - Jean-Lemondé  
 Camp de jour de Laval - L'Harmonie  
 Camp de jour de Laval - L'Orée-des-Bois  
 Camp de jour de Laval - Saint-Julien  
 Camp de la Maison de la Famille de St-François  
 Camp GymnO Laval  
 Camp La Halte de l'Orchidbleue  
 Camp Sport-Laval - Concentration Sportive  
 Camp Sport-Laval - Initiation Sportive

### Mauricie

Camp de jour de la municipalité de Champlain  
 Camp de jour de la municipalité de Grandes-Piles  
 Camp de jour de la Municipalité de Saint-Élie-de-Caxton  
 Camp de jour de la ville de Shawinigan  
 Camp de jour de St-Adelphé  
 Camp de jour Mont-Carmel  
 Camp de jour Saint-Alexis-des-Monts  
 Camp de jour Saint-Tite  
 Camp des Mini Pats  
 Camp les migrants  
 Camp Ressource Parent-Ailes Boucamp  
 Camp SAE La Pérade

### Montérégie

Camp Adrénaline  
 Camp Amis et Oméga  
 Camp Base de Plein Air Jean-Jeune - École primaire de Normandie

Camp Base de Plein Air Jean-Jeune - L'École des Petits Explorateurs  
 Camp Base de Plein Air Jean-Jeune - Parc Michel-Chartrand  
 Camp Centre de Plein Air l'Estacade 1  
 Camp Centre de Plein Air l'Estacade 2  
 Camp de jour AES Rive - Otterburn Park  
 Camp de jour AES Rive - RécréOFUN  
 Camp de jour AES Rive - Saint-Jude  
 Camp de jour AES Rive - St-Amable (Régulier)  
 Camp de jour AES Rive - St-Amable (Spécialisé)  
 Camp de jour AES Rive - St-Antoine-sur-Richelieu  
 Camp de jour AES Rive - St-Charles-sur-Richelieu  
 Camp de jour AES Rive - St-Denis-sur-Richelieu  
 Camp de jour AES Rive - St-Mathias-sur-Richelieu  
 Camp de jour AES Rive - St-Paul-d'Abbotsford  
 Camp de jour AES Rive - Sud Kidzone  
 Camp de jour AES Rive - Varennes  
 Camp de jour AES Rive - Waterloo  
 Camp de jour AES Rive-Sud - Bienville  
 Camp de jour AES Rive-Sud - Boisvert  
 Camp de jour AES Rive-Sud - Charles-Lemoyne  
 Camp de jour AES Rive-Sud - École de la Mosaïque  
 Camp de jour AES Rive-Sud - École Marie-Victorin du Jardin  
 Camp de jour AES Rive-Sud - École nationale d'aérotechnique  
 Camp de jour AES Rive-Sud - Immaculée-Conception  
 Camp de jour AES Rive-Sud - Labrosse  
 Camp de jour AES Rive-Sud - Meunier  
 Camp de jour AES Rive-Sud - Mgr-A.-M.-Parent  
 Camp de jour AES Rive-Sud - Mille-Fleurs  
 Camp de jour AES Rive-Sud - René-Veillet  
 Camp de jour AES Rive-Sud - Sainte-Agnès  
 Camp de jour AES Rive-Sud - St-Thomas-de-Villeneuve  
 Camp de jour Anima-Jeunes  
 Camp de jour Assomption  
 Camp de jour de Bedford  
 Camp de jour de Châteauguay - École Billings  
 Camp de jour de Châteauguay - École Centennial Park  
 Camp de jour de Châteauguay - École de la Rive  
 Camp de jour de Châteauguay - École des Trois-Sources  
 Camp de jour de Châteauguay - École Gabrielle-Roy  
 Camp de jour de Châteauguay - École Harmony  
 Camp de jour de Châteauguay - École Laberge  
 Camp de jour de Châteauguay - École Marc-André-Fortier  
 Camp de jour de Châteauguay - École Marguerite-Bourgeois  
 Camp de jour de Châteauguay - École Notre-Dame-de-l'Assomption  
 Camp de jour de Châteauguay - École Saint-Jean-Baptiste  
 Camp de jour de Châteauguay - École Saint-Jude  
 Camp de jour de Châteauguay - Gérin-Lajoie  
 Camp de jour de Châteauguay - Louis-Philippe-Paré  
 Camp de jour de Contrecoeur  
 Camp de jour de Granby - Avé Maria  
 Camp de jour de Granby - Bâtisseurs  
 Camp de jour de Granby - Du Phénix

Camp de jour de Granby - Escalé  
 Camp de jour de Granby - Étincelle  
 Camp de jour de Granby - Eurêka  
 Camp de jour de Granby - Joseph-Poitevin  
 Camp de jour de Granby - Sainte-Famille  
 Camp de jour de Granby - St-André  
 Camp de jour de Granby - St-Jean  
 Camp de jour de Granby - Envolée  
 Camp de jour de la ville de l'Île-Perrot  
 Camp de jour de la ville de Saint-Jean-sur-Richelieu  
 Camp de jour de Marieville  
 Camp de jour de Saint-Zotique  
 Camp de jour du Domaine naturel du lac Gale  
 Camp de jour Granby - Aréna Léonard-Grondin  
 Camp de jour Granby - Assomption  
 Camp de jour les Coteaux  
 Camp de jour Multisports et plein air  
 Camp de jour Rivière-Beaudette  
 Camp de jour Sac-Ado  
 Camp de jour Sainte-Angèle-de-Monnoir  
 Camp de jour Sainte-Marie-Madeleine  
 Camp de la ville de Candiac  
 Camp de la ville de Saint-Césaire  
 Camp Le Blaisir Fou (Complexe sportif)  
 Camp Loisirs La Providence  
 Camp POUF !  
 Camp Ribonjeux  
 CDJ Ste-Victoire  
 Colonie des Grèves  
 La Colonie Sainte-Jeanne d'Arc  
 Maison des Jeunes Le Break

## Montréal

Camp Atelier 850  
 Camp Centre du Plateau  
 Camp Centre Père-Marquette  
 Camp Centre Plein Air l'Étincelle  
 Camp Centre Sablon  
 Camp Chemins du Soleil  
 Camp de jour d'été de La Maisonnette des parents  
 Camp de jour Jardin William  
 Camp de jour Lajeunesse  
 Camp de jour Loisirs Rosemont - Alphonse-Desjardins  
 Camp de jour Loisirs Rosemont - Masson  
 Camp de jour Loisirs Rosemont - Sainte-Bernadette  
 Camp de jour Loisirs Saint-Henri  
 Camp de la Corporation du Centre Jean-Claude-Malépart  
 Camp des Loisirs St-Justin  
 Camp du service des loisirs St-Fabien  
 Camp Flic et Flac  
 Camp Jeune Aire

Camp Les Amis du Parc  
 Camp Les Snorows  
 Camp Les Stoukises  
 Camp Loisirs Laurendeau-Dunton  
 Camp Mes Premiers Jeux  
 Camp Simonne-Monet  
 Camp sportif Côte-des-Neiges-Notre-Dame-de-Grâce  
 Camp YMCA - Cartierville  
 Camp YMCA - Centre-Ville  
 Camp YMCA - Concordia-Camp Beaux-Arts  
 Camp YMCA - Notre-Dame-de-Grâce  
 Camp YMCA - Ouest-de-l'île  
 Camp YMCA - Parc  
 Camp YMCA - Westmount  
 Chrysalis camps  
 Club Basketball St-Léonard - Camp Académique  
 Club Basketball St-Léonard - Camp Sportif  
 Les camps d'été LBI  
 Re-crea  
 Westmount YMCA Preschool Camp

## Outaouais

Camp Altitude Gym - Gatineau  
 Camp Altitude Gym - Kanata  
 Camp de jour de Gatineau - Centre communautaire des Trembles  
 Camp de jour de Gatineau - Centre communautaire le Baron  
 Camp de jour de Gatineau - Centre communautaire Limbour  
 Camp de jour de Gatineau - Centre communautaire St-Gérard  
 Camp de jour de Gatineau - De la Forêt  
 Camp de jour de Gatineau - Des Cavaliers  
 Camp de jour de Gatineau - Des Tournesols  
 Camp de jour de Gatineau - Du Marais  
 Camp de jour de Gatineau - Du Village - Limoges  
 Camp de jour de Gatineau - École primaire Côte-du-Nord  
 Camp de jour de Gatineau - École primaire de la Traversée (Lavigne)  
 Camp de jour de Gatineau - École primaire de l'Escalade  
 Camp de jour de Gatineau - École primaire de l'Oiseau bleu  
 Camp de jour de Gatineau - École primaire de Touraine (GEC)  
 Camp de jour de Gatineau - École primaire de Touraine (Riviera)  
 Camp de jour de Gatineau - École primaire des Deux-Ruisseaux  
 Camp de jour de Gatineau - École primaire des Trois-Saisons (Lavictoire)  
 Camp de jour de Gatineau - École primaire du Dôme  
 Camp de jour de Gatineau - École primaire du Parc-de-la-Montagne  
 Camp de jour de Gatineau - École primaire du Plateau  
 Camp de jour de Gatineau - École primaire Jean-de-Brébeuf  
 Camp de jour de Gatineau - École primaire La Source  
 Camp de jour de Gatineau - École primaire Pierre Elliott Trudeau  
 Camp de jour de Gatineau - École primaire Saint-Jean-Bosco  
 Camp de jour de Gatineau - Édifice Jean-René-Monette  
 Camp de jour de Gatineau - Pavillon La Vérendrye  
 Camp de jour de Gatineau - Petite Ourse

Camp de jour de Gatineau - South Hull  
 Camp de jour de Gatineau - Trois Portages  
 Camp de jour de Gatineau - Vieux Verger  
 Camp de jour Groupe Communautaire Deschênes  
 Camp de jour Kinéactif  
 Camp de jour Les Formidables  
 Camp de l'Amitié  
 Camp de quartier  
 Camp des Bouleaux  
 Camp FC Gatineau - camp de jour  
 Camp FC Gatineau - stage avancé  
 Camp La clémentine  
 Camp Le Terrier 1  
 Camp Le Terrier 2  
 Camp Ozanam  
 Camp SAJO  
 Camps de jour du Relais

## Saguenay-Lac-Saint-Jean

Camp de jour Chicoutimi-Nord  
 Camp de jour Chicoutimi-Sud  
 Camp de jour de Larouche  
 Camp de jour de Petit-Saguenay  
 Camp de jour de Sainte-Rose-du-Nord  
 Camp de jour de Saint-Gédéon  
 Camp de jour de Saint-Prime  
 Camp de jour Jonquière  
 Camp de jour la Grande aventure  
 Camp de jour municipal de l'Ascension-de-Notre-Seigneur  
 Camp de jour municipal st-thomas-didyme  
 Camp de jour Rivière-Éternité  
 Camp de jour Roberval  
 Camp de jour Saint-François-de-Sales  
 Camp de l'Université de Québec à Chicoutimi  
 Camp du service des Loisirs de Saint-Félicien  
 Camp la petite école  
 Camp Les Mini-Loups  
 Camp Patro-Été  
 Camps de jour La Baie

# Liste of Participating Camps in Ontario

## Hamilton-Niagara Peninsula

Camp Jeunesse en mouvement  
 Camp Royal Soccer City Club - Brantford  
 Camp Royal Soccer City Club - Hamilton-MacNab  
 Camp Royal Soccer City Club - Hamilton-Valley Park  
 Camp Royal Soccer City Club - Niagara Falls  
 Camp Royal Soccer City Club - St. Catharines

## Kitchener-Waterloo-Barrie

Camp Royal Soccer City Club - Barrie  
 Camp Royal Soccer City Club - Bradford  
 Camp Royal Soccer City Club - Cambridge  
 Camp Royal Soccer City Club - Guelph  
 Camp Royal Soccer City Club - Kitchener-Forest Heights  
 Camp Royal Soccer City Club - Kitchener-Idlewood Park  
 Camp Royal Soccer City Club - Kitchener-Wilson Park  
 Camp Royal Soccer City Club - Waterloo-Moses Springer  
 Camp Royal Soccer City Club - Waterloo-Waterloo Park

## London

Camp Royal Soccer City Club - London-Banting  
 Camp Royal Soccer City Club - London-Evelyn Harrison  
 Camp Royal Soccer City Club - London-White Oaks

## Ottawa

Camp centre éducatif les petits trésors  
 Camp Centre Parascolaire Alpha 3-12  
 Camp d'été 4 Saisons  
 Camp d'été Alain Fortin  
 Camp d'été L'Original  
 Camp du Patro d'Ottawa  
 Camp la clémentine - Gabrielle Roy  
 Camp la clémentine - La clémentine

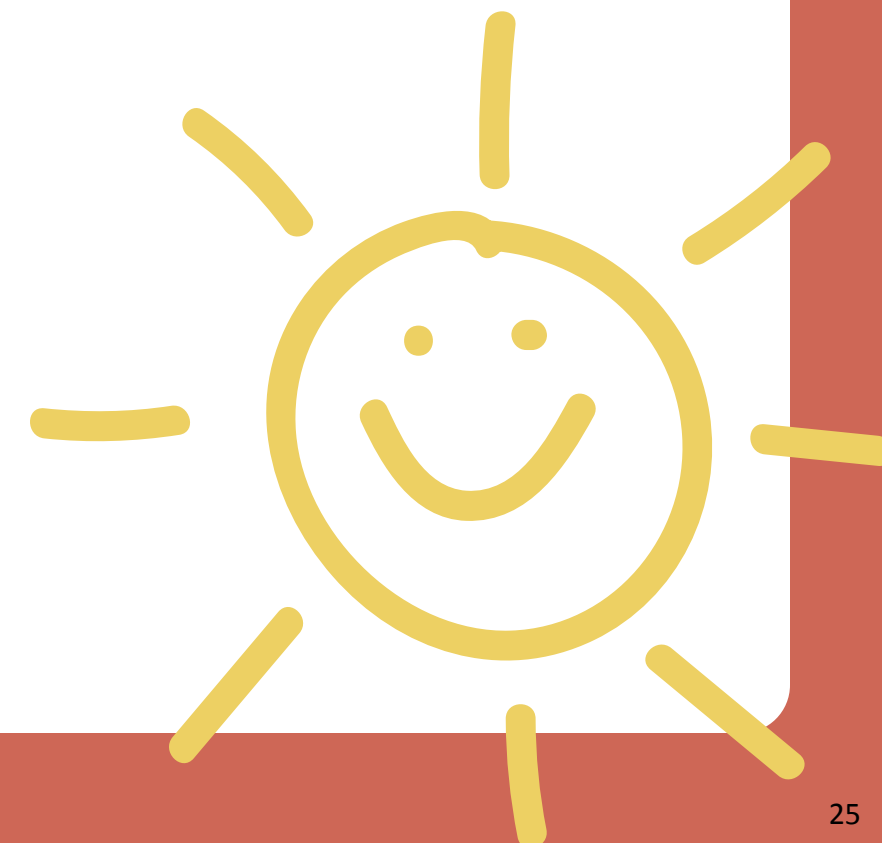
Camp la clémentine - Marie-Curie  
 Camp la clémentine - Michel-Dupuis  
 Camp La Coccinelle - De La Découverte  
 Camp Les Petits Trésors  
 Camp Pavillon Limoges  
 Camp Pierre-Elliott-Trudeau  
 Camp Royal Soccer City Club - Nepean  
 Camp Royal Soccer City Club - Ottawa - Brewer Park  
 Camp Royal Soccer City Club - Ottawa-Pinecrest Park  
 Camp soleil des petits - Nouvel-Horizon  
 Camp soleil des petits - PAUL VI  
 Camp STG  
 Champlain Day Camp VH  
 Garderie Carrefour Jeunesse  
 Garderie Rockland Public  
 Garderie Sacre-Coeur  
 Garderie Ste-Felicite  
 Garderie Ste-Trinite  
 Garderie St-Mathieu  
 Garderie St-Patrick  
 St-Isidore Summer Camp

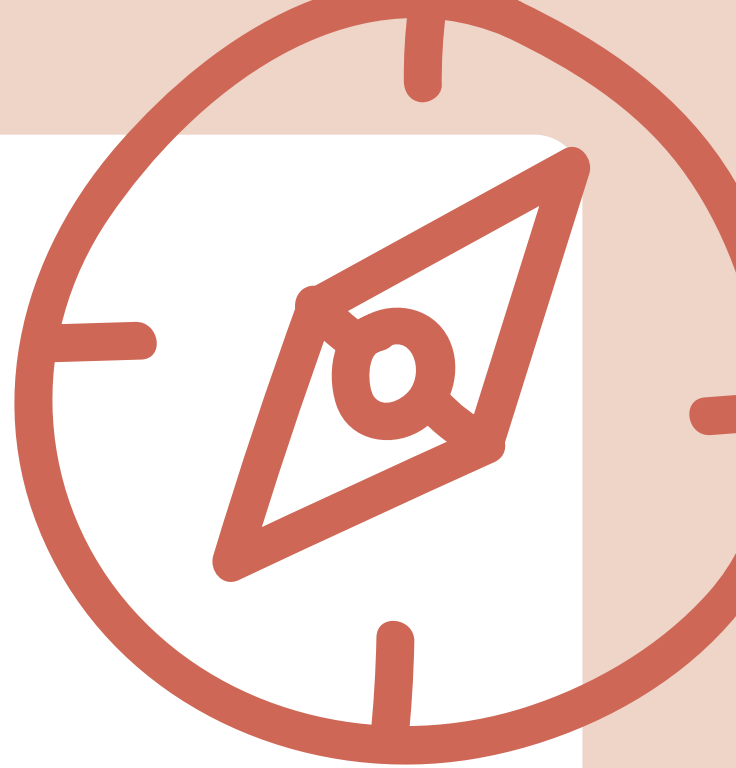
## Toronto

Camp Alliance Française Toronto - Mississauga Campus  
 Camp d'été du Csc MonAvenir  
 Camp du centre franco  
 Camp My French Club - Hamilton  
 Camp My French Club - Mississauga  
 Camp Royal Soccer City Club - Ajax  
 Camp Royal Soccer City Club - Aurora  
 Camp Royal Soccer City Club - Brampton-Century Gardens  
 Camp Royal Soccer City Club - Brampton-Earnscliffe  
 Camp Royal Soccer City Club - Burlington - Nelson  
 Camp Royal Soccer City Club - Burlington-Central  
 Camp Royal Soccer City Club - Etobicoke-Parkfield  
 Camp Royal Soccer City Club - Etobicoke-Westmount  
 Camp Royal Soccer City Club - Kanata  
 Camp Royal Soccer City Club - Maple  
 Camp Royal Soccer City Club - Markham  
 Camp Royal Soccer City Club - Milton  
 Camp Royal Soccer City Club - Mississauga- Iroquois Flats  
 Camp Royal Soccer City Club - Mississauga- Lake Aquitaine  
 Camp Royal Soccer City Club - Mississauga-Cawthra  
 Camp Royal Soccer City Club - Mississauga-River Grove  
 Camp Royal Soccer City Club - Newmarket  
 Camp Royal Soccer City Club - North York- Cummer  
 Camp Royal Soccer City Club - North York- Van Horne  
 Camp Royal Soccer City Club - North York-Irving Chapley  
 Camp Royal Soccer City Club - Oakville

Camp Royal Soccer City Club - Orléans  
 Camp Royal Soccer City Club - Oshawa  
 Camp Royal Soccer City Club - Pickering  
 Camp Royal Soccer City Club - Richmond Hill-Ross Doan  
 Camp Royal Soccer City Club - Richmond Hill-Trillium Woods  
 Camp Royal Soccer City Club - Scarborough  
 Camp Royal Soccer City Club - Thornhill  
 Camp Royal Soccer City Club - Whitby  
 Camp Royal Soccer City Club - Woodbridge  
 Camp YMCA GTA - Acton Park Avenue  
 Camp YMCA GTA - Aurora St.Jerome YMCA  
 Camp YMCA GTA - Brampton Edenbrook Hill YMCA  
 Camp YMCA GTA - Brampton Heart Lake YMCA  
 Camp YMCA GTA - Brampton Madoc YMCA  
 Camp YMCA GTA - Brampton Union St. YMCA  
 Camp YMCA GTA - Cedar Glen Outdoor Centre  
 Camp YMCA GTA - Cedar Glen YMCA  
 Camp YMCA GTA - Etobicoke our Lady of Sorrows YMCA  
 Camp YMCA GTA - Georgetown Silvercreek YMCA  
 Camp YMCA GTA - Glebe Road Y Day  
 Camp YMCA GTA - Goodwood Clarendon  
 Camp YMCA GTA - Jack Miner  
 Camp YMCA GTA - Marham\_Rudy\_Bratty  
 Camp YMCA GTA - Markham Fairgrounds YMCA  
 Camp YMCA GTA - Markham Unionville Ashton Meadows YMCA  
 Camp YMCA GTA - Markham YMCA  
 Camp YMCA GTA - Milton E.C. Drury Y  
 Camp YMCA GTA - Milton Hitherfield YMCA  
 Camp YMCA GTA - Milton Kelso YMCA  
 Camp YMCA GTA - Mississauga Burnhamthorpe YMCA  
 Camp YMCA GTA - Mississauga Churchill Meadows YMCA  
 Camp YMCA GTA - Mississauga Derrywest YMCA  
 Camp YMCA GTA - Mississauga Janet McDougald Y Day Camp  
 Camp YMCA GTA - North York  
 Camp YMCA GTA - Oshawa Maxwell Heights YMCA  
 Camp YMCA GTA - Pickering E B Phin  
 Camp YMCA GTA - Pickering Petticoat Creek YMCA  
 Camp YMCA GTA - Richmond Hill Lake St. George YMCA  
 Camp YMCA GTA - Stouffville Bruce's Mill YMCA  
 Camp YMCA GTA - Toronto Academy YMCA  
 Camp YMCA GTA - Toronto Beaches YMCA  
 Camp YMCA GTA - Toronto Central YMCA  
 Camp YMCA GTA - Toronto Cooper Koo YMCA  
 Camp YMCA GTA - Toronto Fieldstone  
 Camp YMCA GTA - Toronto Island East YMCA  
 Camp YMCA GTA - Toronto Island West YMCA  
 Camp YMCA GTA - Toronto Leslie StreetYMCA  
 Camp YMCA GTA - Toronto Queen Alexandra YMCA  
 Camp YMCA GTA - Toronto Roxborough Drive  
 Camp YMCA GTA - Toronto Scarborough Town YMCA

Camp YMCA GTA - Toronto Shaw Street YMCA  
 Camp YMCA GTA - Toronto West End College St. YMCA  
 Camp YMCA GTA - Toronto Winona Drive YMCA  
 Camp YMCA GTA - Toronto Broadview Avenue  
 Camp YMCA GTA - YMCA-Ajax-Nottingham  
 Camp YMCA GTA - YMCA-Brooklyn-Chris-Hadfield  
 Camp YMCA GTA - YMCA-Courtice-North  
 Camp YMCA GTA - YMCA-Oshawa-Mary-Street  
 Camps d'été de l'AFRY  
 Camps d'été de l'AFRY : campus Holland-Landing  
 Camps d'été de l'AFRY : campus Maple  
 Camps d'été de l'AFRY : campus Richmond Hill  
 Gaderie La Flambeau  
 Gaderie Saint-Noel-Chabanel  
 Garderie Carrefour des jeunes-Brampton





# Looking to the Future

The Fondation Tremplin Santé is committed to pursuing its actions in 2021 in order to offer updated tools and do even more to support camps.

En route towards new provinces: Camps in New Brunswick will join the ranks of the Power Up camps.

Development of a targeted offer for teens: An all-new project to come entitled Influencers in Action.

Establishment of an advisory committee composed of counselors to address needs in the field.

Production of more than 15 new formative and ludo-pedagogical videos.

Creation of more than 20 new activity tools.

Focus on eating local

# Building Together

The Fondation Tremplin Santé wishes to thank all its partners and collaborators for their invaluable collaboration in the development of high-quality tools and services for summer camp staff.

Aliments du Québec  
 Alliance sherbrookoise pour des jeunes en santé  
 Association des camps du Québec (ACQ)  
 Association québécoise de la garde scolaire (AQGS)  
 Association québécoise du loisir municipal (AQLM)  
 Association québécoise pour le loisir des personnes handicapées (AQLPH)  
 Association régionale de loisir pour personnes handicapées (ARLPH)  
 Durham Health Unit  
 Eastern Ontario Health Unit  
 Heath unit of the district of North Bay-Parry Sound  
 Capsana  
 Centre d'intégration à la vie active (CIVA)  
 CIUSSS Capitale-Nationale  
 CISSS Chaudière-Appalaches  
 CIUSSS Estrie-CHUS  
 Croquarium  
 Coalition Poids  
 United Counties of Prescott and Russell  
 Équilibre  
 Équiterre  
 Fédération de Baseball du Québec  
 Champions for Life Foundation  
 La Tablée des chefs  
 Le lion et la souris (The Lion and the Mouse)  
 Sport for Life  
 Les Ateliers cinq épices

Dietitians of Canada  
 Dairy Farmers of Canada  
 Ministère de la Santé et des Services sociaux du Québec  
 Ministère de l'Environnement et de la Lutte contre les changements climatiques du Québec  
 Ontario Public Health Association (OPHA)  
 PLAYLearnThink  
 Réseau du sport étudiant du Québec - Capitale-Nationale et Chaudière-Appalaches (RSEQ Q-CA)  
 Rugby Québec  
 Ottawa Public Health  
 Table intersectorielle régionale en saines habitudes de vie de Chaudière-Appalaches (TIR-SHV CA)  
 City of Burlington  
 Unités régionales de loisir et de sport (URLS)  
 Université de Montréal, Department of Kinesiology and Department of Nutritional Science  
 University of Ottawa, School of Nutrition Sciences  
 Université Laval, École de nutrition, Department of Kinesiology & Department of Physical Education  
 University of Waterloo, PROPEL – Centre Population Health Impact  
 YMCA du Québec





27  
Saint-Jacques

100 St-Jacques

# Board of Directors



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**Marie-Christine Murphy**  
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**Marion Hamel**  
Communications Director



**Anne-Julie Belley**  
Administrative Assistant

Thank you to our trainees for contributing to the creation of our tools and trainings, and for helping promote the Fondation Tremplin Santé:

Mohamed Alaoui, Céline Pozzi, Gabrielle Anne Desjardins, Roxane Dufresne, Mélia Grégoire-Poirier, Alicia Fabbro, Frédérique Nolin, Myriam Beaudry, Raphaëlle Laroche-Nantel, Léa Bertrand, Catherine Marchand, Rebecca Uhland



# Summary of Financial Statements

## Statement of Income

	2020	2019
<b>PRODUCT</b>		
Donations	417 500 \$	384 350 \$
Grants	429 476 \$	575 024 \$
Other	10 724 \$	10 221 \$
	<b>857 700 \$</b>	<b>969 595 \$</b>
<b>CHARGES</b>		
Direct charges	492 494 \$	556 156 \$
Evaluation fees	42 412 \$	85 023 \$
Administration fees	124 842 \$	113 859 \$
	<b>659 748 \$</b>	<b>755 038 \$</b>
<b>EXCESS OF REVENUES OVER EXPENSES</b>	<b>197 952 \$</b>	<b>214 557 \$</b>

## Balance Sheet September 30

	2020	2019
<b>ASSET</b>		
Short-term asset		
Treasury	696 898 \$	449 556 \$
Deposit at term	-	5 023 \$
Deptor	51 427 \$	190 108 \$
Prepaid expenses	-	13 797 \$
	<b>748 325 \$</b>	<b>658 484 \$</b>
Tangible asset	9 751 \$	7 095 \$
	<b>758 076 \$</b>	<b>665 579 \$</b>
<b>LIABILITIES</b>		
Current liabilities		
Creditors	27 493 \$	52 035 \$
Deferred revenue	74 956 \$	155 869 \$
	<b>102 449 \$</b>	<b>207 904 \$</b>
<b>NET ASSETS</b>		
Unallocated net assets	655 627 \$	457 675 \$
	<b>758 076 \$</b>	<b>665 579 \$</b>

# Thank you to our Donors

The Fondation Tremplin Santé extends a warm word of thanks to its financial partners.

## Platinum



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Secrétariat  
à la jeunesse

Québec 



POWER CORPORATION  
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## Gold



FONDATION  
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## Merit

