



# Media Release

May 18, 2023

## Celebrating Banyan's \$184,500 Ontario Trillium Foundation GROW Grant Success

**Hamilton, ON** – On Wednesday, community youth and their families gathered at Banyan Community Services to hear more about the \$184,500 Grow grant from the Ontario Trillium Foundation (OTF) that was used for developing their **Self-Understanding and Regulating Emotions (SURE) Program**.

“Banyan Community Services continues to provide a much-needed program here in Hamilton with their SURE program for youth aged 12 -14 and their families,” said Monique Taylor, MPP for Hamilton Mountain. “This program fills a vital gap in youth services and builds on the family connection by teaching transferrable life skills including regulation, mindfulness and building healthy relationships. The grants received from the Ontario Trillium Foundation Grow Grant have helped develop the SURE program within our community and demonstrates the commitment Banyan Community Services has for our youth’s emotional resilience and future.”

Awarded over 36 months starting in March of 2020, this \$184,500 grant from the Ontario Trillium Foundation helped ensure youth and their families in the Hamilton community have a safe place to come together and learn how to grow and thrive through emotional regulation. As an evidence informed program, SURE has proven itself to be a dynamic group program that provides young people with appropriate anger management and emotional regulation skills and supports, which are essential for building emotional resilience.

“The impact of this Ontario Trillium Foundation grant cannot be overstated,” said Kim Ciavarella, CEO Banyan Community Services. “This grant has allowed Banyan to deepen the evidence-base for SURE, positioning it as a viable prevention option for youth and their family members. We want to thank the Ontario Trillium Foundation for providing Banyan with the needed funding which allowed us the opportunity to develop our SURE program as an essential component of the continuum of services we offer.”

Banyan’s SURE program helps youth aged 12-14 and their families address emotional dysregulation, poor coping skills or strategies, and argumentative communication and defiant behaviour. Banyan Community Services is committed to advancing the SURE program with Ministry funders and leaders. If you wish to learn more about Banyan’s SURE program, please visit our website at: [www.banyancommunityservices.org](http://www.banyancommunityservices.org)

The Ontario Trillium Foundation (OTF), an agency of the Government of Ontario, and one of Canada’s leading granting foundations celebrates 40 years of grant-making in Ontario and making a lasting impact in communities. Last year, OTF invested over \$110M into 1,022 community projects and partnerships. Visit [otf.ca](http://otf.ca) to learn more.

### For more information, please contact:

Executive Assistant,  
Banyan Community Services  
905-545-0133 Ext 2237  
[bmortensen@banyanacs.org](mailto:bmortensen@banyanacs.org)

The vision to inspire. The passion to care.

Accredited by  
Canadian Centre  
for Accreditation



Agréé par  
Centre canadien  
de l'agrément

**SURE**

Helping young  
people today.  
Changing lives  
tomorrow.