

MULTIGENERATIONAL AND YOUNG ADULT PILOT PROJECT REPORT
2024/2025
August 1, 2025

SUMMARY OF OUTCOMES FOR THE FIRST YEAR

Why family-based programming?

Studies consistently show that multigenerational support systems; where Elders, caregivers, and young people engage together, lead to improved mental health, resilience, and long-term stability for vulnerable youth (Harvard Center on the Developing Child, 2016; Public Health Agency of Canada, 2021). Programming that includes families, not just individuals, creates webs of care and belonging that amplify outcomes and foster intergenerational healing.

Scope of the Evaluation

A more formal and data-driven evaluation will take place after the first three years of the projects outlined herein. In the meantime, we will issue annual reports and summaries of our learnings and outcomes. Below is our first installment.

Our Goals

The plan called for the creation of a multigenerational project to work with Indigenous families, Elders, Knowledge Keepers, and struggling teens. We also focused on young adults. It soon became clear and inevitable that we were working with whole families.

The hope was to encircle youth with the care of their culture and community. The idea was to strengthen the support structures around some of society's most vulnerable young people. Boundless would provide leadership, as well as all resources, facilities, and logistics to make it work. No participant, including the community agencies that made referrals, would pay a dime.

We committed to working with the Native Canadian Centre of Toronto and Inuuqatigiit Centre for Youth and Families, serving 100 people in 2024, with programming concluding at the end of that summer. In 2025, we added StepStones for Youth, the Christie Street Refugee Centre, the Gerstein Centre, and the San Lorenzo Church.

Outcomes

- For our first year, we served 104 young adults and 154 family members. In 2026 we plan to serve 125 young adults and up to 200 family members
 - We were surprised by how many young adults (ages 18–30) participated, beyond just teens and parents. In post-program discussions, partners identified this age group as having the highest need.
 - Delightfully, we worked with children as young as 10 months old. Young families with parents in their twenties comprised about two-thirds of all participants; the rest were largely seniors (grandparents and Elders).
 - We successfully balanced the program costs with revenue from donations.
 - Interest in expanded programming for 2026 and beyond is ballooning. In its early stages, this program appears to be loved.
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What We've Learned So Far

- To be candid, we've only begun to grasp the depth and impact of this new project. However, community partners overwhelmingly expressed how much their participants benefitted from being together.
 - Partners emphasized the importance of including young adults and young families.
 - We did not anticipate the sheer enthusiasm partners would bring. They are already clamouring for larger, more ambitious programming next year.
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Oops

- One cohort of young adults in a bereavement program asked to use cannabis, “green medicine”, as part of their healing. We allowed it. Who were we to deny it? The outcome, unfortunately, was dismal. The group lost all motivation to participate. After two days, we had to course-correct. We've since resolved to maintain a drug-free environment, no exceptions.
- At times, disjointed leadership from some community partners led to chaotic moments in groups of 25–50 people. Our fix: build in clearer structure and coordination.