



MEDIA ADVISORY:

Beat the Streets receives Canada Post Community Foundation support

October 26, 2022

Mississauga - Today, Beat the Streets (BTS) received \$12,144 from the Canada Post Community Foundation for an important project, You Grow Girl, in the Greater Toronto Area.

You Grow Girl is a fun and unique fitness and resiliency-building program that uses combat-sports to level up physical skills and experiential learning activities to level up the social-emotional skills of low-income girls ages 13-18.

This project will reach 80 girls in low-income communities. Starting in November, participants will learn the fundamentals of boxing and kickboxing to improve physical skills and confidence while learning tools and strategies to promote mental health and resilience.

"This grant creates more opportunities for low-income girls to learn tools and strategies to develop healthy bodies and minds and realize their full potential," said Neal Ewers, Executive Director of Beat the Streets.

"Canada Post is proud to help organizations and projects that make a difference in the lives of Canadian children and youth. Through the generosity of our customers, the Canada Post Community Foundation is able to fund important programs in communities across the country every year," says Doug Ettinger, President and Chief Executive Officer of Canada Post.

Notes to editors

About Beat the Streets

Beat the Streets is a youth development charity whose mission is to advance the education of low-income children and youth in the Greater Toronto Area through fun and unique sports, life skills and employment-based development programs. Since 2015, BTS has served over 21,000 low-income children and youth through its programs. To learn more about Beat the Streets, visit beatthestreets.ca.

About the Canada Post Community Foundation

The Canada Post Community Foundation for Children's vision is to help ensure every child in Canada is happy, healthy and part of a community that supports and cares for them. Its mission is to have a positive effect in the lives of children in the communities Canada Post serves by supporting registered charities, school programs or local initiatives that benefit children. It has granted 12.3 million to almost 1,100 community organizations across Canada. To learn more about the Foundation, visit canadapost.ca/community.

Further information

For further information, images and interviews, please contact Neal Ewers at Beat the Streets at 416-893-4476 or neal@beatthestreets.ca.