



GET A GRIP



PROGRAM IMPACT REPORT

May 2026

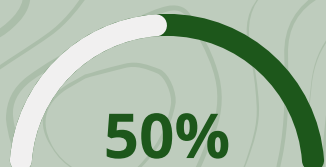
THE PROGRAM

Program Description

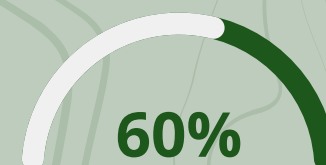
In 2026, our Get A Grip program served 10 equity-deserving youth, exploring themes like Trust, Communication, and Self-Confidence. With two days of climbing outside in Skaha Bluffs Provincial Park, participants were able to practice what they learned in real-world scenarios and deepen their connection with nature and one another.

Our Goals are to...

1. Use outdoor activity to experience presence and mindfulness.
2. Enhance physical health through outdoor activity.
3. Improve confidence, resilience, and emotional regulation.
4. Strengthen social connections and reduce isolation.
5. Spark a lasting passion for healthy outdoor recreation



of program participants identified as female



of youth were returning participants who had completed at least one other program, allowing us to create deeper impacts.



ELEVATION
OUTDOORS

SPOTLIGHT

3 years of climbing

To help participants stick with climbing, they each receive climbing chalk, a chalk bag, and are eligible to access a prepaid punch pass at Beyond the Crux climbing gym for 3 years after they finish the program. This further supports their physical and mental health, and offers the youth a fun activity to do together in a safe environment.



Nature Connections

Youth celebrate all their hard work in the gym by going to climb outside on real rock! Youth enjoyed two days of climbing in Skaha Bluffs Provincial Park connecting with the land and exploring some wild landscapes close to home.



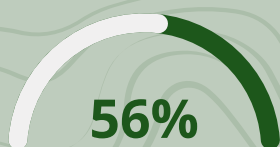
ELEVATION
OUTDOORS

THE IMPACT

Moving the Needle

90%

rating of belonging in the program, showing that youth made connections and increase their perceived sense of inclusion



of participants reported above average improvements in coping with failure

In their own words...

"This program has helped me grow, learn new skills, and become more confident!" - Participant

"It helped my physical health get a bit better and I also had something to look forward to!!" - Participant

"I now love climbing. I wish [the program] was longer." - Participant

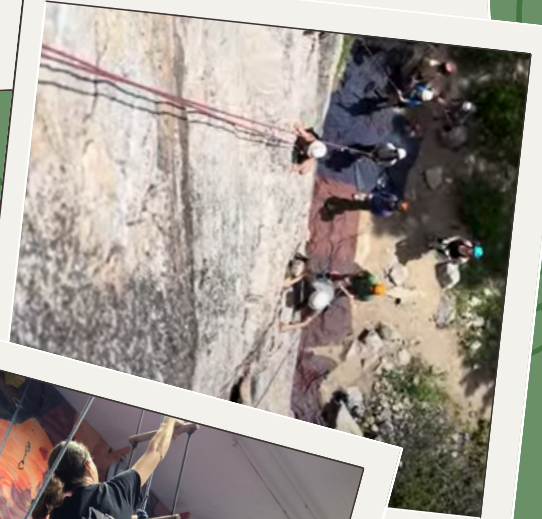
"The best part has been meeting new people and gaining new experiences." - Participant

"Making friends and having something to look forward to instead of just laying in bed all day." - Participant



ELEVATION
OUTDOORS

GALLERY



ELEVATION
OUTDOORS

THANK YOU!

None of this would be possible without supporters like you. Thank you for all that you do! To continue to support this work in your community, visit: elevationoutdoors.ca/donate



Government
of Canada

Gouvernement
du Canada



Want to see the fun we had?
Check out our Instagram [here](#)!

