

2025 Annual Report

Sask Girls United

MISSION

Through fostering an inclusive community, Sask Girls United provides skills, resources, and mentorship to inspire and empower the leaders of tomorrow.

VISION

A Saskatchewan that embraces and elevates female and gender diverse leaders

GUIDING PRINCIPLES

Empowerment. Community. Inclusion.

Executive Director Report

I truly cannot believe that the fifth year of Sask Girls United has come to an end – and what a year it has been! I am so proud of everything we've accomplished and everything we have in store for the years to come. In 2025, we expanded into 19 new communities across Saskatchewan, allowing us to reach even more girls and gender-diverse youth.

One of the most exciting updates from 2025 is the launch of RAISE, our newest pilot program. RAISE (Reach, Aspire, Inspire, Serve, and Empower) is a leadership-centered intensive program for ages 14-18. As this is our pilot year, we selected five incredible leaders from Saskatoon, Prince Albert, Unity, Central Butte, and North Battleford. The growth of these participants has been inspiring to witness and the feedback from their mentors is promising. We have plans to expand this program to be able to serve more youth in 2026. In addition to RAISE, we are excited to launch a few new programs in 2026, as well as some revamped versions of our classics. These programs will allow us to build on current progress and create more change throughout Saskatchewan.

Along with programming, we are diving into more research on the mental health experiences of girls and gender diverse youth in rural communities. This project will ramp up in 2026 with the launch of an official report, a campaign, and more ways for youth to be involved. Our goal, as always, is to ensure that our programming is as inclusive and accessible as possible and the research we have been doing will help to ensure this remains true.

I would like to extend a heartfelt thank you to the Sask Girls United team. Over the last five years, your dedication and hard work has allowed SGU to reach over 100 communities and serve over 1400 youth across the province. None of this would be possible without your commitment. To our generous partners, thank you for your belief in our work. Your support allows us to reach more youth and deliver even more meaningful programs. I would also like to thank the parents, guardians, and the teachers who share our programs and help young people to take part – you are so essential to the work that we do! Lastly, a special thank you to our amazing participants. Seeing your smiling faces, hearing your thoughtful questions, and having the opportunity to interact with you during our programs provides our team with an immense amount of hope for our future.

As we look forward, I am excited for what 2026 will bring. We are grateful for all that we have been able to achieve thus far and we are reinvigorated for the work that lies in front of us.

Sincerely,



Isabella Grajczyk
Sask Girls United

Our Team



Isabella Grajczyk
*Co-founder and
Executive Director*



Kendall Bistretzan
*Co-founder and
Director of Communications*



Sasha Valgardsson
*Co-founder and
Director of Marketing*



Zahin Rahman
*Co-founder and Director
of Transformation
and Inclusion*



Jaylyn Kim
General Manager



Hannah Elich
Director



Gillian Francis
Director



Lauren Hill
Director



Mariah Perkins
Director

Impact

37%

of our participants live in a rural community

21%

21% of our participants are 11 years old

25%

Nearly 25% of our participants self-identified as Indigenous or First Nations

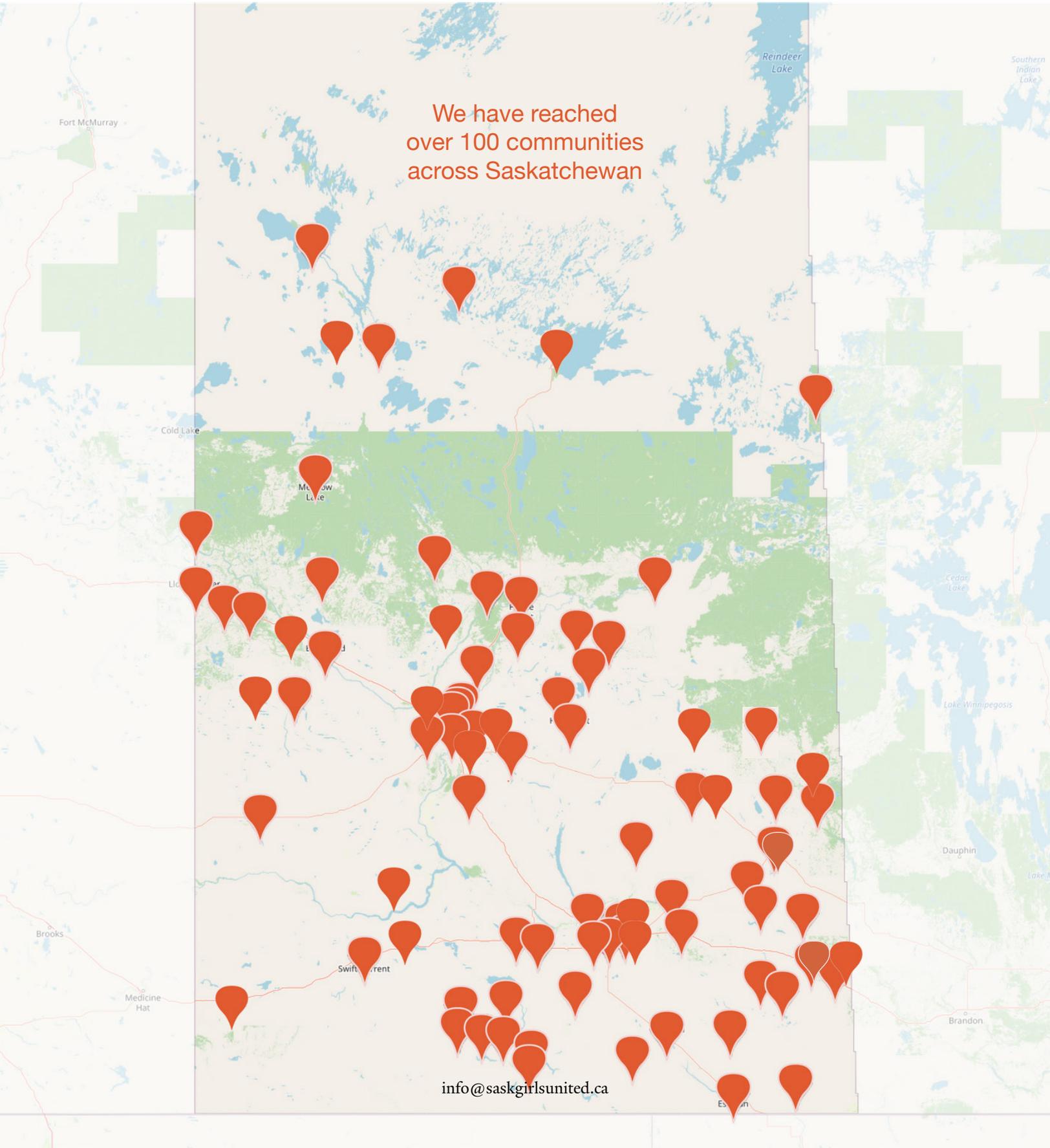
We hosted 8 programs this year: with our most popular in # of registrations being: Empowerment through Art and Creativity (86)

220

Over 220 total registrations from youth across the province. We reached 19 new communities in 2025.

Our Reach

We have reached
over 100 communities
across Saskatchewan



info@saskgirlsunited.ca

Our Programming

Self Expression: A New Year a New Way

We were again able to explore the enjoyment of emotional freedom through self-expression. In this program, youth were given a guided opportunity to engage in writing, drawing and collage activities to gain awareness of their originality. Participants also created their own vision board with scrapbooking materials that were mailed out.

Mindfulness Matters

In this program, participants were exposed to a holistic wellness model. They were able to explore the importance of mental health and included teaching effective strategies to cope with stressful situations. Participants were able to reflect on their own thoughts, feelings, and actions through the lens of mental, physical, emotional and spiritual wellbeing. They were also taught a variety of research-backed tools to support mental health such as short movement breaks, gratitude practice, meditation, and tapping.

A Moment of Science, Please: AgriStem

This was a new program for 2025, made possible by the generous support of Insurance Brokers Association of Saskatchewan, Cargill, and Nutrien. With their sponsorship, we were able to send individual soil sampling kits to every participant. Participants also learned about a number of different modern and historical women in STEM careers, and were able to hear first hand about soil science from Saskatchewan farmer and environmental engineer, Jocelyn Velestuk. In addition to learning about soil science, participants were able to conduct a variety of different nutrient tests on soil, using their soil sampling kits.

Empowerment with Art & Creativity

This was our most popular session of 2025, and was made possible through the generous sponsorship of our partners at Insurance Brokers of Saskatchewan, Cargill, and the Regina Public Interest Research Group (RPIRG). Saskatchewan-born artist Alexis Valgardsson led this session, teaching participants about the importance of supporting others and embracing creativity. Participants also got to create self-portraits that explored the use of colour, texture, and pattern using the scrapbooking materials provided by SGU.

Science Rocks!

Our Science Rocks! – Geology program was another new program this year that wound up being especially popular. Participants learned about geology, the difference between rocks and minerals, and women in the geology field. We wrapped up the session with participants “mining” their own rocks and minerals out of slabs created by SGU and mailed out to participants.

Hand in Hand: Navigating Healthy Relationships

This program is a repeat program for SGU, and was done in collaboration with United for Literacy. Participants learned about healthy friendships/relationships and conflict management. We explored the ideas of consent, gender, sexuality, self-love, and how to establish healthy boundaries. Participants were engaged throughout the session and were able to practice conflict management skills through discussions about real-life scenarios. Everyone also had the option to take part in our Pen Pal Program to explore the joys of writing letters while making a new friend in Saskatchewan. Each registrant was provided with a comprehensive kit to be able to make and send fun letters.

Our Programming

Let's Get Social: The Power of Social Media

In this session, participants learned how to navigate social media in a safe and moderate way. This program was offered last year, and touches on internet safety, the benefits of social media, how to use social media in a healthy way, and the tools needed to navigate the online world. We expanded on this program by including a section on Artificial Intelligence. This program was made possible this year through the generous support of our partners at Sasktel, Insurance Brokers of Saskatchewan, and Cargill.

RAISE

This year we launched a pilot of RAISE, our first teen-specific leadership program. The application process included a form and an interview with SGU board members. 14 people applied, and give were selected to participate. The program runs from September to April, and includes monthly informational sessions, journaling requirements, and a monthly task related to the corresponding focus. Topics covered in 2025 included: Introduction to Leadership, Effective Communication & Public Speaking, Board Governance & Decision Making, and Community Outreach & Volunteerism. Participants attended an SGU board meeting, completed a volunteer project in their community, and helped facilitate a number of different SGU programs. Individuals in the program were also paired with mentors for monthly meetings to receive support with their individual goals.

Community Collaboration Highlight

Pen Pal Program with United for Literacy

In 2025 we worked closely with United for Literacy on our Pen Pal Program. Together, we developed a Pen Pal Guidebook complete with stamps, stickers, envelopes, and more, that we mailed to participants. The guidebook contained information on how to write a letter, how to fill out an envelope, where to mail a letter, safety information, and other fun writing prompts. While we have hosted this program before, we had never created a guidebook to accompany it.

This collaboration also allowed us to reach more participants. In 2024, our pen pal program had seven youth registered. In 2025 we more than doubled that with 17. The collaboration with United for Literacy was successful and we look forward to pursuing more collaborations in 2026.



EST. 1899
United for Literacy
Littératie Ensemble



Transformation and Inclusion Report

In 2025, Sask Girls United completed an analysis of its inaugural research study, *Health and Self: Understanding Barriers to Accessing Community Programming and Supports by Rural and Remote Girls Ages 8–14 in Saskatchewan*. Final outputs from this project are currently being prepared for submission to peer-reviewed journals, alongside the development of accessible materials intended for community dissemination.

This year also marked the launch of a new advocacy campaign addressing the mental health crisis for girls in rural Saskatchewan. Through a province-wide survey, Sask Girls United collected over 50 responses from rural girls and gender-diverse youth ages 8–18. These insights will inform the development of a youth-informed awareness and advocacy campaign aimed at addressing stigma, isolation, and gaps in access to mental health supports in rural and remote communities. This work will guide future programming and contribute to broader conversations around equitable mental health access for rural youth across the province.

Social Media Report

As of December 31, 2025, Sask Girls United had 1018 followers on Facebook and 454 followers on Instagram. This is a 15% all-time increase for Facebook and 9% all-time increase for Instagram from 2024. This is a greater increase across both platforms than 2024, which saw increases of 2.6% and 7%, respectively.

Facebook saw a major increase in content interactions (167.8%), link clicks (290.6%) and page visits (223%) from 2024. Instagram had comparable success with major increases in reach (139.8%), content interactions (100%), page visits (125.7%), and an unprecedentedly large increase in link clicks, which was more than 2000% higher than 2024.

Facebook had a total 228,775 views, with 70% of these coming from paid advertisements. On the flipside, Instagram had a total of 58,402 views; only 10% of which came from advertising. This is likely because the demographic our ads are targeted towards (parents of preteens) are more likely to use Facebook than Instagram.

Social media demographics remain consistent across time, with women making up 96.9% and 86.4% of our Facebook and Instagram followers, respectively. Nearly half of our Facebook followers are in the 35 to 44 age range (the average age of participant parents) while Instagram is split more evenly between that age group and 25-34 year-olds.

Our top three Facebook-follower communities are Saskatoon (14.7%), Regina (13.8%), and Moose Jaw (6.5%) while on Instagram they're Pilot Butte (11%), Regina (10.8%), and Warman (9.9%). These percentages are all down from 2024 which implies improved demographic diversity amongst our audiences.

Governance Report

This past year, Sask Girls United undertook a comprehensive review and revision of the organization's Bylaws and Committee Terms of Reference. The revised documents now more accurately reflect actual governance practices, procedures, and preferences of the Board of Directors and its Committees, providing greater clarity around roles, responsibilities, and operations. It is expected that these revisions will enhance accountability and support more streamlined, effective decision-making and governance.

In 2026, Sask Girls United plans to apply for charitable status, a significant milestone that will expand the organization's capacity to serve Saskatchewan girls and gender-diverse youth and strengthen its long-term organizational sustainability. Achieving charitable status will permit us to further our reach and impact in Saskatchewan communities.

General Manager Report

2025 focused on strengthening day-to-day operations and improving financial and administrative systems. The goal was to ensure Sask Girls United remains compliant, organized, and able to deliver programs effectively across Saskatchewan.

Financial and CRA Administration

This year, we strengthened accounting and compliance processes by working with a new accountant who is reliable, responsive, and transparent. This improved financial workflows, supported timely and faster filings, and provided clearer guidance on taxes and financial reporting.

We also improved our Canada Revenue Agency (CRA) processes by streamlining internal access management and how we handle CRA correspondence and required filings. A Director Reimbursement Form was introduced to standardize expense claims and improve clarity and consistency.

Ongoing financial operations included expense tracking, monthly financial reporting, bill payments, and administrative tasks required for federal and provincial filings.

Grants and Funding

Our primary corporate sponsors continue to be the Insurance Brokers Association of Saskatchewan and Cargill, whose sustained support remains a cornerstone of SGU's operations. Corporate sponsorship support grew significantly in 2025, increasing by \$3,000 from the previous year. Cargill played a major role in this growth, raising its contribution from \$7,000 in 2024 to \$10,000 in 2025. In addition to sponsorships, SaskGirls United secured \$2,750 in community grant funding through successful applications to SaskTel and RPIRG.

Program and Operational Support

Program delivery continued to be supported together with Directors, which included facilitating programs, coordinating and mailing supplies, and maintaining communication with parents and participants – particularly those needing extra support during the program – with a focus on reaching youth in rural and remote communities.

Our Partners

Our Saskatchewan-wide impact is made possible by the generous support of our partners. We are deeply grateful for the contributions of our sponsors:

With your invaluable support, we are able to offer impactful programs, engage with more youth, and inspire the next generation of leaders in Saskatchewan.

Thank you for being a meaningful part of our journey!

LEADER

\$7500+



INSURANCE BROKERS
ASSOCIATION OF SASKATCHEWAN



SUPPORTER

\$1000–5000



rpirg

FRIEND

\$1000 & Under



Testimonials from Our Community

CORE PROGRAMMING TESTIMONIALS

“It is so incredible! It’s great to learn about all the different parts of leadership and it’s great on Zoom because of travel.”

“I recommend this program because it was really fun and it talked about new strategies and friendships for girls.”

“I think the program was pretty fun and I really enjoyed it throughout!”

“It was a nice program, I’d really recommend it if you wanna share experiences or ideas.”

“It was fun and I learned alot!!!”

Testimonials from Our Community

RAISE TESTIMONIALS

“My favourite part of RAISE has been connecting with mentors and learning new skills in a supportive environment.”

“RAISE has been a really positive experience for me, and I appreciate the support and opportunities it provides.”

“My mentor is really encouraging and always reminds me to believe in myself, which helps me feel more confident and motivated.”

MENTOR HIGHLIGHT



Aya Ibrahim
RAISE Mentor
Regina, SK

“The most rewarding part about being a RAISE mentor is that I get to help others and share my experience and knowledge while also learning from them. I get to have the experience working with youth and being able to watch them grow as a mentee is so rewarding. I look forward to our monthly meetings. A career goal of mine is to work with youth so when I got this opportunity it was such a dream come true because I would be able to step into a role that is youth-based.”

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Sask*Girls United

Thank you for
another wonderful year.