



2022

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Carol's Light

Year-end report



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www.carolslight.org



WHAT WE ACCOMPLISHED IN 2022...

In 2022, Carol's Light prioritized individuals living with illnesses as well as their families and caregivers to build on the strength of our communities. We pursued this goal by providing spa gift baskets and gift cards, and partnering with Bamba Box to deliver additional gift boxes. Carol's Light also provided gifts of money and books to organizations that offer counseling during sensitive times. For the first time, Carol's Light hosted a Book Drive, and raised roughly \$500 to donate 57 books to hospitals, schools, and social workers.

For the second year in a row, Carol's Light hosted a virtual fundraiser called the Wag-and-Walkathon. Six-hundred and fifty dollars were raised, half of which was dedicated to the I Am Brave program in honor of Breast Cancer Awareness. Fundraising was also held on Giving Tuesday and the End of Year Fundraiser. Carol's Light was also happy to add two new programs: Stewardship of Footprints and the Ryla B. Pay-it-Forward Program.

We continue to provide free educational content online in English and Spanish, covering topics like mindfulness, yoga, art, and wellness. In-person yoga classes were offered to children, teens, and seniors in Canada and the United States. Our team members are highly engaged, demonstrating that Carol's Light is a small but mighty non-profit.

OUR FOCUS IN 2023...

Carol's Light will focus on cultivating a community of care through the development of new and existing programs. Video content will increase to promote accessible wellness. In-person yoga classes, including specialized classes such as Yoga for Athletes and the 3-in-1 Yogi after school program, will be offered.





HERE ARE SOME OF THE NUMBERS WE REACHED...

FUNDRAISING:



We are proud to report our financial goals were exceeded with the generosity of our community donors, corporate partners, fundraisers and private donors.

We ran four fundraisers: the World Book Day Book Drive, the Wag-and-Walkathon, Giving Tuesday, and the End of Year Fundraiser

GIFTS:

\$2,850 We delivered \$2,850 to a Ukrainian family for safe housing and supplies after leaving Kyiv

\$1,125 We dedicated \$1,125 to the making and delivery of I Am Brave baskets

\$500+ We provided over \$500 in assistance to families fighting cancer

\$1,000 We distributed \$1,000 to community members in need through Random Acts of Kindness

\$300 We provided a deserving individual with \$300 through the Ryla B. Program

\$250 We gave \$250 to teachers to help their classrooms

\$150 We gave a \$150 grant to a promising musician in honor of Ryan Hamner

SERVICES:

18 We taught 18 yoga classes to children, teens and seniors with our partners Joyga and Six Hearts Yoga

17 We created 17 free print-outs to encourage mindfulness and family fun

5 We coordinated the delivery of 5 Bamba Boxes to families fighting cancer

13,800+ Our English- and Spanish-language YouTube videos about mindfulness gained over 13,800 views

Join our community

As a non-profit organization, Carol's Light is designed to support community members. If you would like to engage with one of our programs, we would be thrilled to make that happen. Please send us a message.



Email: info@carolslight.org

Website: www.carolslight.org/donate

YouTube: www.youtube.com/@carolslightorg

Instagram & Facebook: [@carolslightorg](https://www.instagram.com/carolslightorg)

