



ACSA Cultural & Sport Association

Annual Report 2022

Canada |  <https://acsaorg.ca>

Executive Summary

The year 2022 marked a period of rapid expansion, strategic growth, and national recognition for ACSA Cultural & Sport Association. Building upon its strong foundation, ACSA significantly expanded its programming across British Columbia, delivering innovative sport, wellness, and social integration initiatives for refugee and newcomer women, youth, and families. Throughout 2022, ACSA successfully delivered four major community programs, directly benefiting over 550 participants, while strengthening strategic partnerships with leading national organizations including Canadian Parks & Recreation Association (CPRA), Canadian Women & Sport, ViaSport BC, and SIRC Coquitlam. This year, ACSA positioned as a trusted delivery partner for government, corporate, and national organizations, setting up a new benchmark for inclusive community programming.

Organizational Overview

Organization: ACSA Cultural & Sport Association

Legal Status: Non-Profit Organization

Country: Canada | Year: 2022

In 2022, ACSA focused on expanding its sport-based social development model to address key challenges faced by refugee and newcomer communities, including:

Social isolation

Mental health stress

Barriers to physical activity

Limited access to culturally safe programs

Gender-based participation gaps

Strategic Priorities – 2022

Refugee & Newcomer Social Integration
Women's Empowerment through Sport
Youth Development & Leadership
Physical & Mental Wellness
Community Engagement & Partnership Development

Major Programs & Projects – 2022

1. Mom's Get Game – Sport Training for Refugee Mothers

Partner: SIRC Coquitlam

Location: British Columbia | Duration: 2022

This pioneering program was designed to provide the first structured sport and wellness opportunity for refugee and newcomer mothers, many of whom faced cultural, social, and systemic barriers to participation.

Program Components:

Group fitness & sport training

Mental wellness workshops

Family health education

Social connection & peer support

Impact:

60+ mothers participated

95% reported improved physical health

90% reported reduced stress levels

Significant increase in confidence, social participation, and family wellbeing

2. Integration of Refugee Women through Sport

Partner: Canadian Parks & Recreation Association (CPRA)

Location: British Columbia | Duration: 2021–2022 (2022 delivery phase)

A province-wide sport-based social integration program designed to empower refugee women through structured physical activity and leadership development.

Program Components:

Multi-sport training

Leadership workshops

Community engagement activities

Mental wellbeing sessions

Impact (2022):

120+ women engaged

Formation of 5 community sport groups

88% reported increased confidence and social belonging

Enhanced leadership capacity and peer support networks

3. Yoga & Fitness Training for Newcomer Women

Partner: Canadian Women & Sport

Location: British Columbia | Duration: 2022

This program focused on mental health, trauma-informed wellness, and physical fitness, using culturally responsive yoga and fitness models.

Program Components:

12-week yoga & fitness cycles

Mental health & stress management workshops

Peer connection activities

Impact:

150+ participants

90% reported reduced anxiety and stress

Improved emotional resilience and physical wellbeing

4. Soccer Training for Newcomer Youth

Partner: ViaSport BC

Location: British Columbia | Duration: 2022

A youth leadership and development program using soccer as a tool for social integration, teamwork, discipline, and confidence building.

Program Components:

Weekly structured training

Community tournaments

Leadership mentoring

Life-skills workshops

Impact:

150+ youth participants

6 community teams formed

85% demonstrated improved confidence, teamwork, and school engagement

Partnership Development – 2022

In 2022, ACSA strengthened strategic collaborations with:

Canadian Parks & Recreation Association (CPRA)

Canadian Women & Sport

ViaSport BC

SIRC Coquitlam

Municipal governments

Community health & settlement agencies

These partnerships enhance program quality, geographic reach, and sustainability.

Impact Summary – 2022

550+ direct beneficiaries
330+ women empowered through sport & wellness
150+ youth engaged in leadership development
6 community youth teams established
90% mental health improvement rate reported
95% participant satisfaction rate

Organizational Growth – 2022

Expansion of full-time and volunteer teams
Enhanced monitoring & evaluation systems
Improved financial accountability frameworks
Increased digital engagement and outreach

Awards & Recognition – 2022

Recognized as an emerging leader in sport-based social integration within British Columbia
Invited partner in national CPRA community sport innovation network

Strategic Outlook

The achievements of 2022 laid the foundation for ACSA's major national expansion in 2023–2025, including large-scale partnerships with Canadian Red Cross, federal government programs, and international agencies.