



**YMCA Northumberland**

339 Elgin Street West

Cobourg, ON

905.372.0161

[www.ymcanrt.org](http://www.ymcanrt.org)

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## **YMCA Northumberland Celebrates One-Year Anniversary of UpTurn Program**

Cobourg, Ontario, November 2, 2023 — On Nov. 1, 2023, YMCA Northumberland marked the one-year anniversary of the UpTurn program; a remarkable initiative aimed at supporting individuals living with addiction. The event, held at the Cobourg Y and attended by community members and program supporters, featured several inspiring speeches.

Eunice Kirkpatrick, CEO of YMCA Northumberland, commenced the celebration with a warm welcome, expressing gratitude to the UpTurn program's Founder and Sponsor, Ryan Huffman, along with Marketing Manager, Ashley Crews and the Ryan Huffman Foundation. Kirkpatrick also extended heartfelt thanks to the YMCA's Program Coordinator, Kim Jaye, for her dedication over the past year.

Since its inception, the UpTurn program, a partnership between YMCA Northumberland and the Ryan Huffman Foundation has welcomed 44 individuals seeking support on their journey to recovery. Kirkpatrick shared several powerful testimonies during the event. One especially emotional quote highlighted the life-saving impact, stating, "the UpTurn program helped save my son's life."

These personal stories shed light on the profound impact of the UpTurn program within the community. Program Founder and generous donor, Ryan Huffman, then shared his personal experiences and hopes for the program, emphasizing the importance of giving back.

"Please reach out," offered Ashley Crews, "if I can't help you, I can put you in contact with someone who can," further illustrating the significance of community support in fostering recovery. Program participant Gavin Dee provided a firsthand account of the positive changes he experienced, while mental health expert Alex McPhee underscored the critical role of initiatives like UpTurn in addressing addiction and mental health challenges.

The event showcased the success of the UpTurn program over the past year and highlighted the essential role it continues to play in providing support, hope, and inspiration to those living with addiction within Northumberland County. The event concluded with a commitment to the program's continuous growth and success.

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For more information, please contact:

Kim Jaye, Coordinator, Community Relations and Development

905.373.6389

[kim.jaye@nrt.ymca.ca](mailto:kim.jaye@nrt.ymca.ca)

### **ABOUT YMCA Northumberland**

As a charity, YMCA Northumberland provides vital community services that have a positive impact on pressing social issues—from chronic disease to unemployment, social isolation, poverty, inequality and more. The Strong Community Campaign helps countless children, teens, adults, and seniors in the community.

YMCA Canada is one of the longest standing and largest charities nationally, with a presence in Canada since 1851 and now serving more than 2.1 million people annually across 1,700 program locations.



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