



ANNUAL REPORT

2022–23



**Canadian Mental
Health Association**
North and West Vancouver
Mental health for all

northwestvancouver.cmha.bc.ca

GET INVOLVED!

BECOME A MEMBER

Our members have a say in the future of CMHA, with the opportunity to run for and elect our governing board.

BECOME A MONTHLY DONOR

Our programs and services would not be possible without the support of our donors. By becoming a monthly donor, you are supporting crucial services, as well as the growth of our organization, so we can achieve our vision of a mentally healthy North Shore community and Sunshine Coast.

 northwestvancouver.cmha.bc.ca

SIGN UP FOR OUR E-NEWSLETTER

Get our free monthly newsletter delivered straight to your inbox each month. Learn about the latest news, activities, resources, programs, support groups and events in your community.

FOLLOW US ON SOCIAL MEDIA

 [CMHA.NWV](https://www.facebook.com/CMHA.NWV)

 [CMHA_NWV](https://twitter.com/CMHA_NWV)

 [cmhanorthwestvancouver](https://www.instagram.com/cmhanorthwestvancouver)

CONTENTS

- 
- 
- 
- 
- 5** Message from the Executive Director and Board Chair
 - 6** CMHA Values
 - 7** Peer Assisted Care Team (PACT)
 - 9** Recovery College YVR (RC YVR)
 - 10** Counselling
 - 11** Social Support Groups
 - 12** Housing
 - 13** Outreach Services
 - 14** Skookum Hi-Ya ' Ko-Pet—A Community Wellness Program
 - 15** Peer Navigation
 - 16** Family Navigation
 - 17** Youth Programs
 - 19** Employment
 - 20** Financial Breakdown
 - 21** Thank You to our Supporters

Message from the Executive Director and Board Chair

Sometimes you need to lift your head and look at the sky.

Running a non-profit organization is a lot like trail running. You are focused on the path ahead and the many bumps that threaten to trip you. The path is winding, so you always scan the periphery, but your eyes are on the path in front of you. It's not often that you stop, make your way to the lookout, and admire the view.

This year, we stopped. We made our way to the lookout to appreciate the beauty and reflect on the journey. We looked back at the path and acknowledged those who had walked the path with us. We took a moment to show our appreciation. It was a short break, but it was a moment. It was long enough for two of our wonderful elders and leaders to consider their lives and next steps. MJ Moore, Volunteer Coordinator, and Don Johansson, Finance Manager, identified the end of May 2023 to retire.

Understandably, their decision to retire made us feel uncertain. They had both been with the organization for the last five years, and their compassionate leadership and knowledge had transformed us and set CMHA on a path to wellness. Don had helped to transform the organization's financial foundation, and MJ's spirit and generosity changed everyone that chose to volunteer with her. To consider our workplace without them felt unsettling. And yet, it also gave us a sense of certainty about our place on the trail. They wouldn't leave if they didn't feel confident in our foundation. They knew we would be okay without them.



CMHA NWV group photo celebrating MJ & Don's retirement party

The journey that Don and MJ ran with us was a steady path uphill. Over the past five years, the organization has grown from 25 to 65 staff; we have increased our operating revenue from 1.8 to 3.5 million; and expanded our housing capacity from 19 beds to 32 beds as a result of our Circle of Care Housing Program. We have consolidated and added new programs, with some being scaled up across the province. We also focused on accessibility and the needs of our community. Today, for the first time, we are able to help community members in Farsi and English within our Peer Assisted Care Team (PACT), Outreach, and Counselling programs.

We are also firmly committed to raising the voices of people with lived experience to stand alongside and equal to mental health professionals. Our PACT and Recovery College YVR (RC YVR) are fully integrated peer programs, where lived experience and knowledge are held on equal footing to clinical knowledge. These programs stand on the shoulders of CMHA's peers that work across our programs: at the Foundry, where we hire and support the Family Navigator and the Youth Peer Support Worker; the peer navigator team at the Kelty Dennehy Mental Health Resource Centre; the indigenous peers in our Skookum Hi-Ya ' Ko-Pet program; and in our Steps Youth Program.

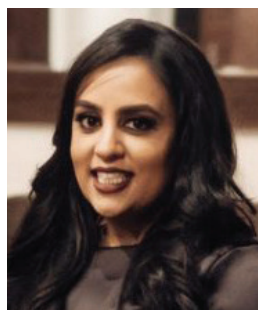
Meanwhile, our Board continues to experience stability and health while attracting excellent new candidates. Our Board Members are engaged, helping to build a new future for mental health in our community, and committed to working with management to build an organization that is healthy in all the ways that matter – financially, psychologically, and physically. We have worked to increase wages, specifically emphasizing some of our lower-paid roles. We have invested in new staff to help them build their leadership capacity; and have created new opportunities for people and many women of colour to thrive and lead; we have enhanced our benefits plan by reducing out of pocket expenses; we have added a matching program for RRSP to encourage savings; and we continue to make psychological benefits available to all staff regardless of part-time or full time status.

Over the last year, we formalized our values and are delighted to see our staff living our values every day. They have brought their integrity, kindness, and great ideas to their work on a daily basis. A new walking therapy program was initiated in the fall, and over the next year, the counselling program will delve more deeply into trauma care.

Meanwhile, our outreach and housing teams have continued championing agency for our clients and for people with lived experience to make decisions about their lives and health. Skookum Hi-Ya ' Ko-Pet, our Indigenous peer support program, which we coordinate in partnership with First Nations Health Authority, Tseil Waututh Nation, Tla-Amin Nation, and Shishahl Nation, concluded its three-year pilot phase and has more than doubled in size.

Throughout the year, we have worked to rebuild connections across our programs and our communities after a pandemic year that resulted in increased isolation for many. Re-establishing connections is not a perfect science, but it can be simple. Sometimes it can start with a conversation on a bench, as it did when MJ approached a community member who has now become one of CMHA's most engaged and dependable volunteers.

As we stop to appreciate the view, we are profoundly grateful to MJ and Don for their leadership and care. We also want to acknowledge and appreciate all of the volunteers, including volunteer board members and the staff team, who cared enough about our communities and our vision of mental health for all to run the trail with us.



Jas Dhillon Gupta
Chair, Board of Directors
CMHA NWV



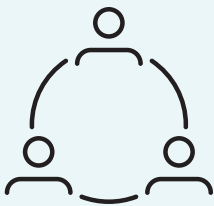
Julia Kaisla
Executive Director
CMHA NWV

CMHA Values



Agency

- We meet people where they are at.
- We acknowledge each person is an expert on themselves and the life they want to lead.
- We intentionally choose to create environments where people can learn to trust their inner wisdom.
- We believe each person is valued and respected for their own sake.



Connection

- We see ourselves as part of an ecosystem that collectively supports wellbeing, and recognize that flourishing requires that community be at the centre.
- We seek and harness diversity of thought because it makes our community stronger.
- We pursue collaboration.
- We see the present as rooted in the past and we acknowledge our shared history as we take steps forward.



Integrity

- We create conditions that make all people feel safe and trusted including our clients, our staff, other organizations, and our funders.
- We are accountable to others and ourselves.
- We honour and respect the trust that is bestowed on us.
- We believe that acting with integrity is a choice; a choice to be guided by the principles of honesty, fairness, and decency.



Kindness

- We recognize that kindness is more than being nice; it's about supporting growth.
- We choose to build each other up.
- We are thoughtful about how our words and actions impact others.
- We shine a light on people's strengths when they are unable to see them.



Social Innovation

- We create an environment where people feel safe to share new ideas and approaches.
- We are committed to identifying and giving voice to the systemic gaps and injustices and to respond to them through innovative programs and actions.
- We advocate with care and compassion.
- We use stories to create change.

Peer Assisted Care Team (PACT)

The Peer Assisted Care Team (PACT) is an in-person, community-led mobile team responding to crisis calls related to mental health and/or substance use on the North Shore to individuals age 13+. PACT is an alternative response to emergency services, with the team comprising of mental health professionals and peer workers available in Farsi and English. As BC's first PACT launched in November 2021, the program has undergone many meaningful transitions in the past year.

In response to PACT's success, we expanded operating hours to five days a week, eight hours a day in May 2023. We are currently working towards structuring the program to run 24 hours, offering clients improved flexibility and convenience to access services.

This expansion is fully funded by the Ministry of Mental Health and Addictions through CMHA BC Division. Their investment in our team and in the expansion of PACTs across BC will be transformative.

Our community roots continue to strengthen, with PACT participating in the Nowruz Fire Festival, setting up community tables at various libraries across the North Shore, and actively reaching out to community organizations. Trust doesn't happen overnight. It requires consistency, integrity, and showing up. This past year, PACT continued to show up. We're building a strong foundation by embodying our values of integrity and proactively creating conditions that make people feel safe and trusted. This commitment produces tangible outcomes, with more clients contacting PACT when they need support.



862

total contacts
including calls
and texts

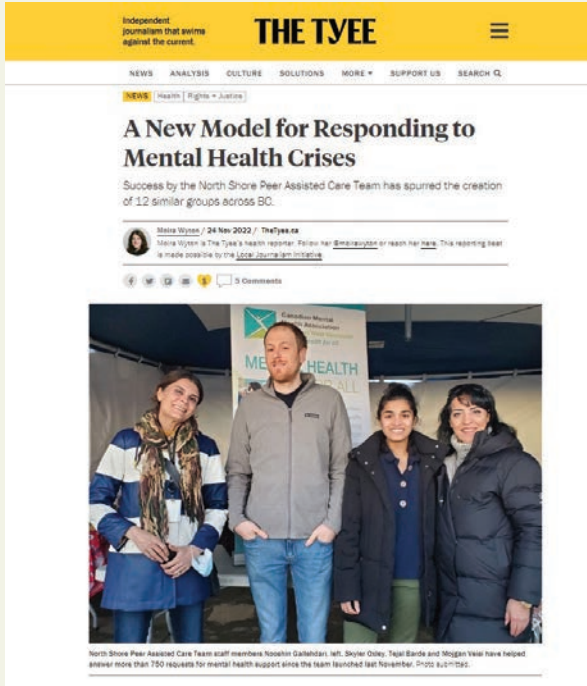


110

Farsi-speaking
contacts



CMHA team (left to right) Tejal Bardé, Nilrose Caluna and Ruth Bacani participating in community outreach set up during Mental Health Week



North Shore Peer Assisted Care Team staff members (left to right) Nooshin Gallehdari, Skyley Oxley, Tejal Bardé and Mojgan Veisi featured in an article in The Tyee



Left to right: Mojgan Veisi, MLA Bowinn Ma, Julia Kaisla, Daniel Leung, and Tejal Bardé

As we expand our presence on the North Shore, community engagement and educating the public about PACT continue to be a priority. While discourse between police intervention and mental health challenges is ongoing, PACT offers an alternative to police and emergency services. Clients reach us through phone numbers distinct from 911; we do not involve the police or share information with them. We believe each person is an expert on themselves, and unless the situation is so severe, they pose an immediate risk to themselves or others; they get to choose what kind of help they want and when they want it.



We had a client, a single mother struggling with family conflict and multiple social barriers. We checked in on her often and attended to her in person at the ER when she was overwhelmed and anxious and not provided with a cause of her deteriorating physical health. We also supported her with food insecurity. She told us that if we did not check in on her, there was no one else who would do that.”

—Tejal Bardé, PACT Program Manager

Recovery College YVR (RC YVR)

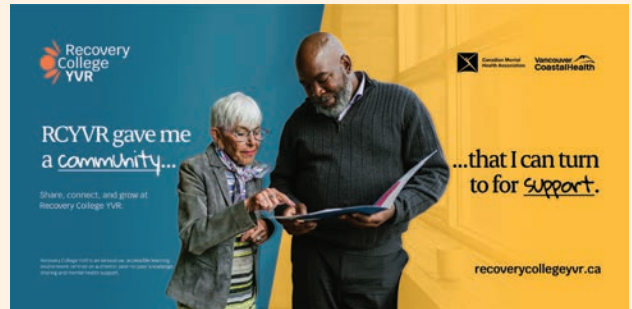
We are delighted to add an exciting new program to CMHW NWW. RC YVR is a community wellness learning centre developed collaboratively by CMHA and Vancouver Coastal Health's (VCH) Consumer Involvement and Initiatives program. The program offers free courses and social support groups that cover a wide range of mental health and/or substance use related topics aimed at helping people improve their wellbeing. Course categories include:

- Arts
- Self-discovery
- Wellness
- Training
- Social connection

RC YVR is designed to be low barrier; no clinical referral is required; courses are free and with options to participate in-person or virtually. Offering resources with minimal barriers to entry like RC YVR is vital to fill the gaps in mental health and recovery systems. Following the success of sixteen Recovery Colleges in other Canadian provinces, and thanks to the funding provided by the Ministry of Mental Health and Addictions, we're pleased to launch the first in Greater Vancouver.

RC YVR is a place where the expertise of peer facilitators, service providers, and content experts are blended to help participants develop meaningful goals for themselves. The beating heart of the program is the lived experience of its peers; people who live with mental health and substance use challenges. Peers are embedded in many ways, from planners, organizers, facilitators to participants.

During Mental Health Week in May 2023, we held an official program launch event with the Minister of Mental Health and Addictions Honourable Jennifer Whiteside in attendance. The event was a success, with powerful stories shared by our former volunteer coordinator MJ Moore, who was the first person to plant the seed for a local Recovery College.



Transit ad to promote the launch of the RC YVR program



Andrew MacFarlane from Vancouver Coastal Health (left), Squamish Nation member and former elected councillor and VCH board member k'ana (Deborah Baker), Volunteer Coordinator MJ Moore, Minister of Mental Health and Addictions Jennifer Whiteside (second from right) and Julia Kaisla, executive director of CMHA NWW (right)



MJ Moore, our volunteer coordinator and Julia Kaisla, executive director of CMHA NWW

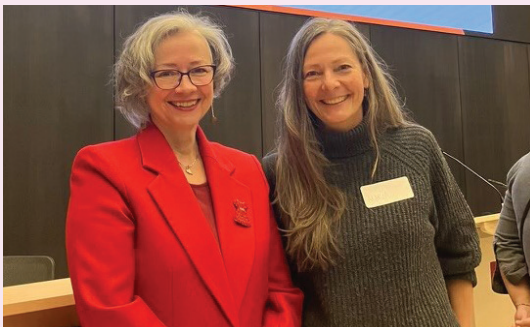


1,583
counselling sessions



My experience with CMHA has been very positive and life-changing. I am grateful for the counselling sessions. I was stuck in a place of despair, and now feel like I have more of an understanding, hope, and plan for the future. I feel this time was pivotal in my healing process. Thank you so much.”

—Counselling client



Our counselling manager Maria Watson and Honourable Minister Jennifer Whiteside attended the Cross-Cultural Mental Health Research and Practice Forum during Mental Health Week

Counselling

The counselling program is yet another example of CMHA NWV living our values each day. We continue to exemplify agency by meeting clients where they are at on their wellness journey and offer low-cost, one-to-one support with in-person or virtual sessions. Our dedicated team of counsellors help clients explore key concerns, identify opportunities for growth and develop strategies for meaningful change.

This past year, we have seen renewed stability in the program by securing an additional two years of funding through the BC Government’s Community Action Initiative. The stability has made it possible to hire more staff including a Farsi-speaking counsellor. Having more counsellors has allowed for supervising more interns. This year we had seven dedicated interns from various universities who donated 868 counselling sessions.

By continuing to grow meaningfully, we offer more varied treatment approaches, including Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Internal Family Systems Therapy, Schema Therapy, Somatic Therapy, Art Therapy, and walking therapy. For example, walking therapy has been a welcome addition during the current post-lockdown pandemic phase. Many counsellors have regular walking sessions with clients, walking on trails, meeting in a park, or walking in the neighborhood. This is a program we are continuing to expand by collaborating with other partners in our community.

Despite offering short-term counselling support for up to eight sessions, we aim to create longer-term support by connecting clients with additional services. These include:

- Individual peer support and social support groups through Recovery College YVR
- Free counselling at WorkBC for clients ready to return to work
- Peer Assisted Care Team (PACT) for after-hours mental health crisis support
- Outreach services (including assistance with housing applications, completing tax and disability forms, rent supplements, free food, and transit passes)

Social Support Groups

Our social support groups symbolize connection; they are part and parcel of an ecosystem that collectively supports well-being while recognizing that flourishing requires a community to be at the forefront. The Kelty Dennehy Mental Health Resource Centre in the HOpe Centre continues to play a foundational role and offers a drop-in space for community members to gather and connect. Over the past year, we continued to provide a large variety of peer-facilitated support groups, both in person and online. These groups include:

- Circle of Hope Farsi Speaking Women's Group
- Knitting
- Chronic Pain Support Group
- Mindfulness and Meditation and Movement
- SMART (Self Management And Recovery Training) Recovery
- Art Therapy for Wellness
- Watercolour Painting
- Pet Therapy
- Men's Lets Talk
- Monthly Book Club
- Guided Meditation with Erin

This year, we added:

- Origami
- Qigong
- Cowboy Lounge

A recurring thread interwoven at CMHA NWV is the cyclical stories of transformations and transitions. Before her retirement, Rachel worked as a Development Officer at the CMHA NWV branch. She built long-lasting relationships with donors and engaged with stakeholders to promote the well-being of our community. She now volunteers at the Kelty Dennehy Centre and leads the Qigong social support group. Rachel's CMHA experience thus far embodies a full-circle journey where the concept of service and giving back to the community is ever-evolving.



2,637

virtual and in-person
social support group
participants



Pet therapy social support group gathered at the HOpe Centre lobby, outside the Kelty Centre



Facilitator Barry Rich (left) and participant Augusto Almenara Wilson (right) during the weekly watercolour social support group



35

beds



6

group homes



3

homes are Circle of Care group homes (privately funded)



3

licensed mental health group homes with residents receiving 24-hour care (under contract from Vancouver Coastal Health)

Housing

It is often underestimated how significant the role of safe, secure housing plays in the mental well-being and stability of individuals in our communities. Our program aims to improve our client's quality of life and seek sustainable practices for long-term success. This often involves advocating for additional support for aging clients or assisting them in developing required life skills. We have witnessed remarkable transformations in our clients' lives, such as pursuing higher education, securing stable employment, participating in support groups, and rebuilding relationships with their families.

Success looks different for each person, just as it does for all of us, and our dedicated housing team works closely with clients to help identify their unique health and life goals. We take a client-centered approach, guided by our values of kindness and shining a light on people's strengths when they are unable to see them.



We take a client-centered approach, guided by our values of kindness and shining a light on people's strengths when they are unable to see them

Outreach Services

At CMHA NWV, we have transformed our outreach services into a case management-focused approach centered around the needs of our clients. Our dedicated outreach workers conduct thorough assessments to understand each client's specific needs, including psychosocial limitations, economic challenges, and barriers they may face. Working collaboratively with the clients, our outreach workers develop individualized care plans based on the available services and the client's short and long-term goals. While this approach may limit our capacity to serve more individuals, it significantly enhances our ability to provide ongoing support and ensure clients maintain stable housing. Our support continues even after clients secure housing and once immediate physical and safety needs are addressed.

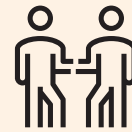
The outreach program assists clients with essential life skills such as budgeting, grocery shopping, and home maintenance, ensuring they have the necessary tools to thrive in their new homes. The increasing cost of living and housing limitations on the North Shore presents significant challenges for our outreach clients. By meeting people where they are at, we continue to bridge the gap clients often face.

Our branch also actively supports individuals through our food program. We have witnessed this initiative's positive impact on many families within our community. By providing access to essential food resources, we address a critical need and contribute to the well-being of those we serve. We are committed to continuously improving our outreach services and addressing the evolving needs of our clients while working towards enhancing the availability of affordable housing and support in our communities.



695

total clients supported



230

new clients served



The outreach program assists clients with essential life skills such as budgeting, grocery shopping, and home maintenance, ensuring they have the necessary tools to thrive in their new homes

Skookum Hi-Ya’ Ko-Pet— A Community Wellness Program

For the last three years, CMHA NWV has been a key partner in the Skookum Hi-Ya’ Ko-Pet (“strong enough” in Chinook) program, also known as the Sub-Regional Peer Support Initiative. It’s a community-driven, harm reduction approach to addressing substance use and contributing to First Nations’ mental wellness in a sub-region of the Vancouver Coastal area. This program is supported by funding from the First Nations Health Authority (FNHA), and CMHA NWV is subcontracted to provide program coordination and training by Tsleil Waututh Nation.

The program is supported by a Peer Support Coordinator at CMHA NWV and is guided by a steering committee that includes crucial partners in the work. The Peer Support Coordinator engages with and supports communities to develop and implement

their own harm reduction initiatives. The Peer Support Coordinator also supports the peers engaging in the work with coaching, support and by delivering Re-Energizing Wellness, a CMHA NWV 3-day training course in Indigenous peer support.

The program concluded a three-year pilot in the 2022-2023 year. Reciprocal Consulting conducted the evaluation. They told the story of the growth of the peer program and how peers have become firmly embedded in the nations of Tla-Amin, Shishahl, and Tsleil-Waututh. It also showcased the coming together of people with lived and living experiences across nation boundaries, the importance of harm reduction, and the role that culture plays in creating healing.

During this year, the peers also came together in Loon Lake, Katzie territory, to celebrate each other, the land, healing, and traditional knowledge. At the end of the retreat, the peers were blanketed in a ceremony hosted by Squamish Nation healers and leaders. They also received blessings from Katzie community members and elders. Throughout the retreat and the year, the peers learned how to bring culture into their work in supporting nation members who use substances and how to take care of their spirits.



Participants attending a drum making workshop



Group photo from the blanket ceremony during the Skookum Hi-Ya’ Ko-Pet retreat

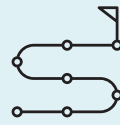
Peer Navigation

Our Peer Navigators are available as a listening ear and support for life's many obstacles you may be facing. Peer Navigators are grounded in their lived experience with mental health challenges and can connect with you to offer guidance on your journey. Connecting with Peer Navigators is free, with no formal intake process or eligibility criteria. The program connects with individuals within a week of contacting us over the phone, email, or in person. It offers flexibility where people can choose to connect with a Peer Navigator once or on an ongoing basis. Peers are driven by acknowledging that each person is an expert on themselves and the life they want to lead.

Peer Navigation's foundation centres on connection, mental health and wellness. Our staff and volunteer Peer Navigators have been there virtually and in person to offer a sense of connection. Over the last year, we are proud to have doubled our Peer Navigation team – from five to ten skilled, compassionate, and experienced volunteers and Peer Support practicum students. This growth has allowed us to reach more people needing connection and increase the team's diversity of experience, skills, and knowledge. Some of the most common challenges our team supports people with include social isolation, anxiety, work or school concerns, grief, transitions, chronic pain, relationships, and self-care.



Kelty volunteer appreciation night, celebrating our treasured volunteers for the crucial role they play in supporting wellness in our community



250+

Peer Navigation sessions



I look at the role of peer navigation as a bridge for a person's journey of recovery or growing. There's sometimes a gap between clinical support and loved ones. The beauty is that we're not friends or doctors and peer navigation gives space for people to unload and talk about things they aren't comfortable talking about with their doctor or friends/family yet. The act of talking with a peer has the potential to help start getting more comfortable discussing topics that are hard to voice."

—Simon Walmsley, Peer Navigator



400+

families supported by
our Family Navigator



Our Family Navigator Dana Warburton

Family Navigation

Our Family Navigator assists parents and caregivers of young individuals aged 12-24 in navigating the mental health system, making referrals to services, and advocating for families during challenging times. They also offer one-on-one peer support to families, aiding them in connecting and communicating with youth who may be experiencing difficulties. The program is conducted through virtual, phone, and in-person sessions. This encompasses drop-in scheduling, outreach, and appointments at the Foundry North Shore campus.

Independently managing referrals from community sources, schools, parents, hospitals, and a range of service providers on the North Shore, the program has witnessed a continuous increase in the number of referrals. In a post-pandemic world, parents are grappling with the lingering effects. Youth and families are now confronted with the challenges of reintegrating into activities after a long hiatus, accompanied by the anxieties that come with such a transition. There are also new and different pressures relating to familial conflicts after spending extensive periods in confined spaces. Parents frequently express concerns about their relationship quality and connection, seeking ways to support their youth's mental health.

Furthermore, family navigation actively supports Emotional Focused Family Therapy (EFFT) by participating in coursework, facilitating workshops and support groups, and receiving monthly clinical supervision. Proficiency in coaching parents has been essential in addressing the concerns through an accessible, solution-focused approach. Parents have provided encouraging feedback, noting that it offers alternative methods for managing conflict and facilitates easy-to-access dialogue during crisis or stress. Additionally, the Family Navigator contributes to community events for parents, such as Let's Talk Shop and the Mental Health Education Series, and offers information sessions on other community resources, including Impact North Shore, Pathways, and Parent Advisory Council (PAC) meetings throughout the district.

Youth Programs

Youth Peer Support

The Youth Peer Support program at Foundry North Shore offers Peer Navigation services tailored for young individuals in the North Shore community. Our dedicated Youth Peer Navigators provide valuable support to youth aged 12-24 facing mental health and addiction challenges. During the fall of 2022, we hosted two peer groups called Tea Spill (ages 17-24) and Teen Spill (ages 12-16). These groups were specifically designed for youth who identified with the feminine experience, providing them with a safe space to discuss self-care, personal challenges, and much more. The groups attracted a consistent attendance of 3-6 regular participants, occasionally welcoming new faces seeking support and connection.

While we see youth enthusiastically embracing a return to a more unrestricted lifestyle, they also find themselves confronted with new challenges previously unheard of. The lifting of masks and social distancing measures has sparked health anxiety among many, while social anxiety prevails as some youth missed out on significant opportunities for peer interaction over the past few years—many express difficulties in reintegrating into their communities and rebuilding social connections.

STEPS Youth Program

Steps is a recreational group that emphasizes nature-based activities for North Shore youth facing mental health challenges. The program aims to lessen anxiety and depression, combat isolation, and aid in the recovery process through regular physical activity and nature experiences. CMHA NWW coordinates two cohorts within Steps: one for individuals aged 13-18 and another for those aged 19-29. Additionally, participants have access to one-on-one support from the Steps Peer Support Worker. Steps has been running for the past seven years and is offered free of charge to all participants. Funding for the program is reliant on fundraising efforts and grants.

This year, we were very fortunate to receive several generous contributions to fund Steps, from RBC donating \$10,000 to Stormtech Apparel, providing over 300 items, including jackets, waterproof shells, pants, and drawstring bags to help keep our participants warm and dry outside in nature while working on their mental wellness.



45

youth served
one-on-one



32

Steps participants
registered



STEPS participants during group photo during summer camp 2022



STEPS participants practicing their archery skills



STEPS participants during art activity using beautiful moss materials

“

A long-term participant of over two years ceased attending Steps after expanding her peer connections and support system. She felt ready and able to move on from the group and share the space with a new participant. For me, this is the end goal of the program: being a support for youth and young adults while they need it, but ultimately supporting them in building up their abilities to connect with a community and resources until they no longer require the program.”

—Elysia Dalgarno, STEPS Program Coordinator

Employment

A service offered in partnership with YWCA Metro Vancouver, the WorkBC Centre – North Vancouver provides services, programs, and support to help North Shore residents find meaningful employment.



I worked alongside a client who was a young adult diagnosed with dyslexia. Dyslexia is a learning disorder that affects a person's ability to understand number-based information and math. Her client's interests, strengths, and challenges were identified during the discovery process. It was evident her main themes were health, wellness, and nutrition.

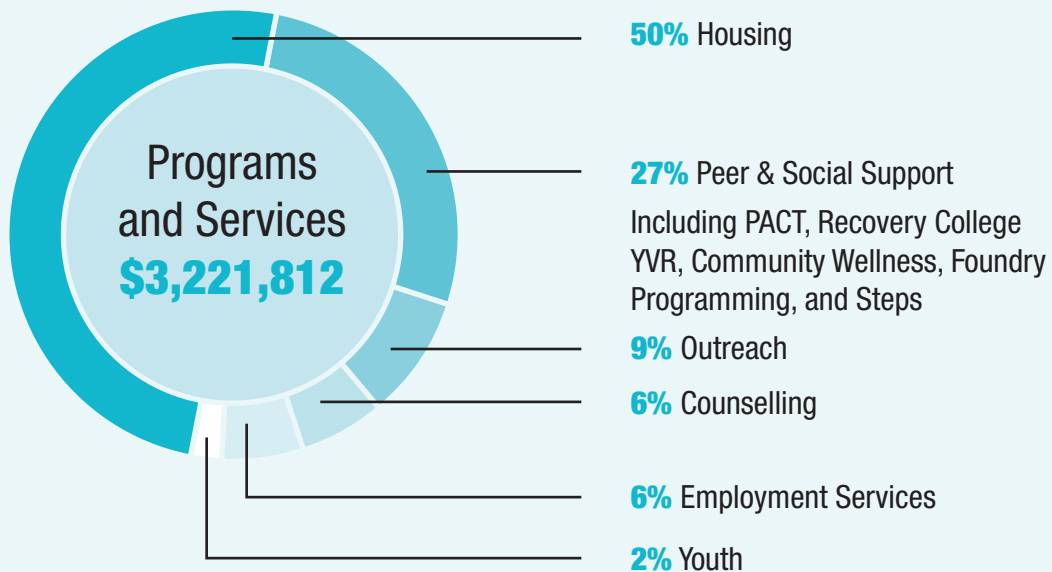
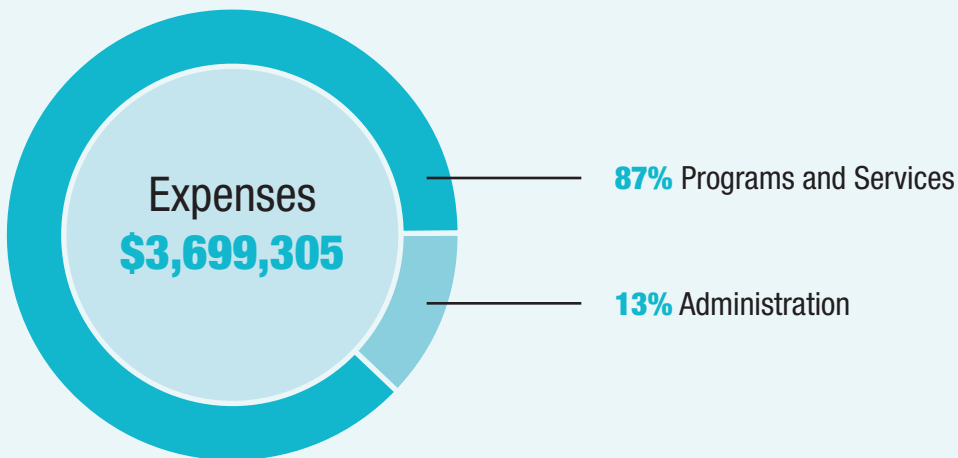
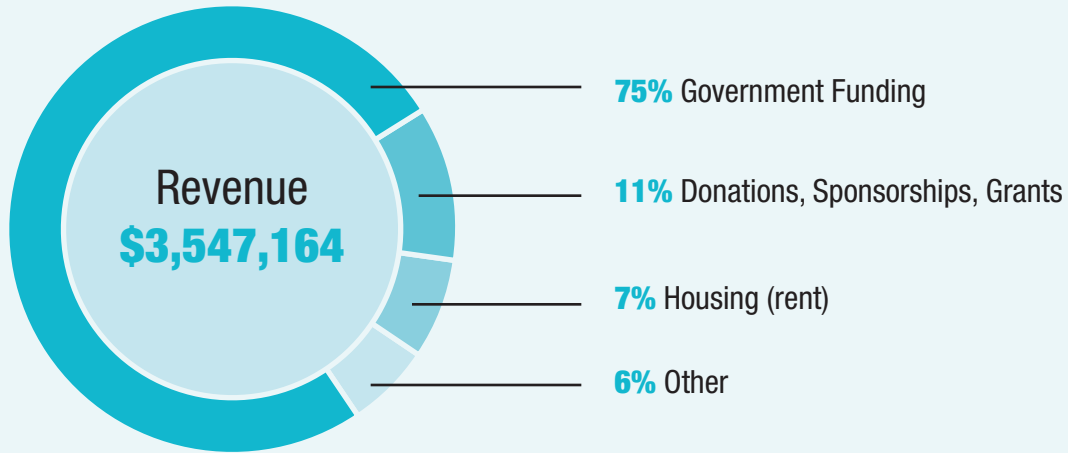
Her strengths were immense. She spoke eloquently, possessed strong skills, listened attentively, and was open to feedback. She was determined to obtain a job that would fit her well and showed a willingness to adapt.

After contacting the STAGE program (Supportive Transition Adult Group Education), which is part of the North Shore Disability Resource Centre, we developed an opportunity. The client began teaching young adults with disabilities virtually about healthy recipes, lifestyle, and wellness programs. Eventually, she conducted these activities in person and was offered a full-time position. The client has also extended her reach to support participants in community activities.

During the WorkBC Job Fair in February, the client spoke at the panel about her success and confidence. She has now become a mentor for people experiencing similar challenges and is thriving in her role!”

—Anar Virani, Customized Employment Specialist from WorkBC

2022–2023 Financial Breakdown



Thank You to our Supporters

Within our community, a diverse tapestry of individuals and organizations intertwines, providing invaluable support that enables our mission of mental health for all. We extend our sincere gratitude to all our funders and sponsor supporters, including governments, businesses, foundations, community friends, and individual donors. Your financial contributions and generous in-kind support plays a pivotal role in sustaining our values. With heartfelt appreciation, we express our thanks for bolstering the well-being of our community. We acknowledge and appreciate how your kindness continues to build up our community.

This past year, we also received several anonymous contributions to our various programs and services. To our anonymous donors, your generosity of spirit speaks volumes with your support echoing in a way that is both seen and felt.

Government Funders

- BC Housing
- City of North Vancouver
- Community Action Initiative
- District of North Vancouver
- District of West Vancouver
- Government of Canada
- Province of BC – Ministry of Mental Health and Addictions
- Reaching Home—Lu'ma Native Housing Society
- Tsleil-Waututh Nation
- Vancouver Coastal Health

Foundation Support

- Federation of Community Social Services
- Fiera Capital Foundation
- Greer Pratt Family Fund
- Nicola Wealth Private Giving Foundation
- North Shore Community Foundation
- RBC Foundation
- Reay and Lynda Mackay in memory of Kiera Walsh
- The Wheelbarrow Foundation
- West Vancouver Community Foundation

Business Support

Contributions and in kind

- City of North Vancouver Library
- Denley Enterprises
- Google
- Health Connection Clinic
- HSBC
- Lawson Lundell
- Lynn Valley Library
- Polygon Gallery
- Roper Greyell LLP
- Sarah Jane Photography
- Shoppers Drug Mart
- Stormtech
- The Strongman Group
- Translink
- Urban Impact
- West Vancouver Memorial Library

Organizations

- Canada Helps
- Canadian Red Cross
- Capilano Christian Community
- CMHA BC Division
- Greater Vancouver Food Bank
- North Shore Alliance Church
- Provincial Employees Community Services
- Rotary Club Lions Gate
- Royal Canadian Legion Branch 114
- Run Like a Girl
- Seymour Golf & Country Club
- Soroptimist International
- St. Catherine's Church
- Uldeane Fountain
- United Way of Greater Toronto
- University Women's Club
- Women's Wisdom Circle
- YWCA



Debbie Light (Branch Manager, RBC), Carson Loh (Regional Manager, Advisor Enablement RBC), Kirsten Ueland (Development Officer, CMHA NWV), Ashley Grant (Peer Support Programs Manager, CMHA NWV), Julia Kaisla (Executive Director CMHA NWV) Jim Payn (West Vancouver Community Manager, RBC)



**Canadian Mental
Health Association**
North and West Vancouver
Mental health for all

CMHA North and West Vancouver
300-1835 Lonsdale Ave.
North Vancouver, BC V7M 2J8

Charitable Number: 10686 4143 RR0001

