

# ANNUAL REPORT

2020-21



Canadian Mental  
Health Association  
Edmonton  
*Mental health for all*





## VISION

Stronger Communities. Smarter Systems. Simpler Journeys.



## MISSION

To ensure that all people experience good mental health and well-being.



## VALUES

We are:

• **INCLUSIVE**

We want all people to see themselves represented and served by CMHA Edmonton. We recognize a diverse range of mental health approaches.

• **PROACTIVE**

We are leaders. We value action over talk. We will innovate and think ahead to continue to address and improve mental health.

• **COMPASSIONATE**

We lead with the heart. We are compassionate, empathetic, and caring. We approach our mission with love and kindness.

• **STEADFAST**

We have long fought to improve the state of mental health, but our work is not done. We are champions of social justice. We remain as committed as ever to our task.

• **COLLABORATIVE**

We mobilize and marshal resources, partners, and people to come together to realize necessary changes in our communities and in the mental health system.

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# Message from the Board

## BOARD MEMBERS

PRESIDENT

**Nancy Reynolds**

VICE PRESIDENT;  
STRATEGY COMMITTEE CHAIR

**Hana Marinkovic**

TREASURER;  
FINANCE COMMITTEE CHAIR

**Michael Chorley**

SECRETARY; GOVERNANCE  
COMMITTEE CHAIR

**Jessica Buckwold**

DIRECTORS

**Joanne Berger**

**Anne Halldorson**

**Megan Kheong**

**Kel Knutson**

**Kathleen McCabe**

**Bobbi Menard**

**Emily Ruttan**

**Kevin Wong**

The past year has been unlike any other. Like other organizations, we have navigated the uncertain territory of a global pandemic, striving to meet the needs of community members through new tools and channels, and to respond to a growing need for mental health supports.

Throughout this year, we responded to the community's increasing need for information and services by growing our capacity within 211. Our Recovery College pilot continued to see increased participation, and we were thrilled to secure funding to make it permanent.

Our own organization went through significant change as well.

On the program and service-delivery side, our staff transitioned several programs from in-person delivery to online delivery. This ensured that key supports remained available, and what we saw was that many people who might have found these services hard to access in person were able to participate online. Some services continued unabated, like the Distress Line, but staff and volunteers were still forced to adapt their protocols on the fly to ensure service delivery was not disrupted as health regulations changed.

On the people side, our Board President, Terena Delaney, reached the end of her term in October and I was honoured to be chosen by the board to assume her role and welcome several new members to our board. Our staff team welcomed several new members as well, with new roles that support strategic goals and meet community needs.

Most significantly, after 14 years as Executive Director, Lone Challborn retired at the end of 2020. Lone's leadership was instrumental not just in guiding our organization through significant periods like the integration with The Support Network, and growing 211, but in community initiatives that promoted better mental health and built a stronger community. Lone's legacy and impact was honoured by the board through the creation of the Lone Challborn Bursary for Youth Volunteers, to be awarded annually to a current CMHA Edmonton volunteer aged 18-30 attending a post-secondary institution. We are forever grateful for Lone's service, and we were thrilled to have Giri Puligandla join us as Executive Director in January to lead the organization into its next chapter.

The last year has been challenging for everyone in different ways. On behalf of the Board, I thank you for your continued commitment to CMHA Edmonton and to supporting mental health.



**Nancy Reynolds**

PRESIDENT, BOARD OF DIRECTORS

## Message from the Executive Director

It is a great honour to write this message as the new Executive Director of CMHA Edmonton. I am privileged to be leading the organization at such a critical time, and to build on lone Challborn's legacy serving in this role for over a decade before me.

While an Annual Report usually serves as a reflection on the past year, it is hard to not be drawn to what lies ahead. In my 20 years in the sector, mental health has never been more top of mind for people. We know the pandemic has already created or aggravated mental health challenges for many, and as usual those most disadvantaged are feeling the weight more heavily. We are already seeing the predicted 'echo pandemic' of poor mental health take shape, one that will last for a long time after the pandemic is over. Friends, if we are not already in a mental health crisis, it is just around the corner.

When I started in January 2021, I immediately set out to learn all I could from service partners, community leaders, frontline staff, and people with lived experience to help shape my own thoughts on who and what CMHA Edmonton needs to be in the face of this reality. This Annual Report resonates with what I heard, painting a picture of the great value we contribute to our community, while also highlighting areas where we need to be doing more.

I am proud to work with an engaged Board of Directors and lead a committed team of staff and volunteers who want nothing more than to make a positive impact in the lives of people who are struggling. We see in front of us an opportunity to lead community mental health transformation that can set the stage for a better normal, not just a new one. This shared motivation is what drives our new Strategic Plan, which we released in the summer of 2021. It sets the course to a future where we equip communities so they can provide effective supports earlier, and we reorient systems so they simplify paths people can take to recovery and well-being, instead of complicating or impeding them.

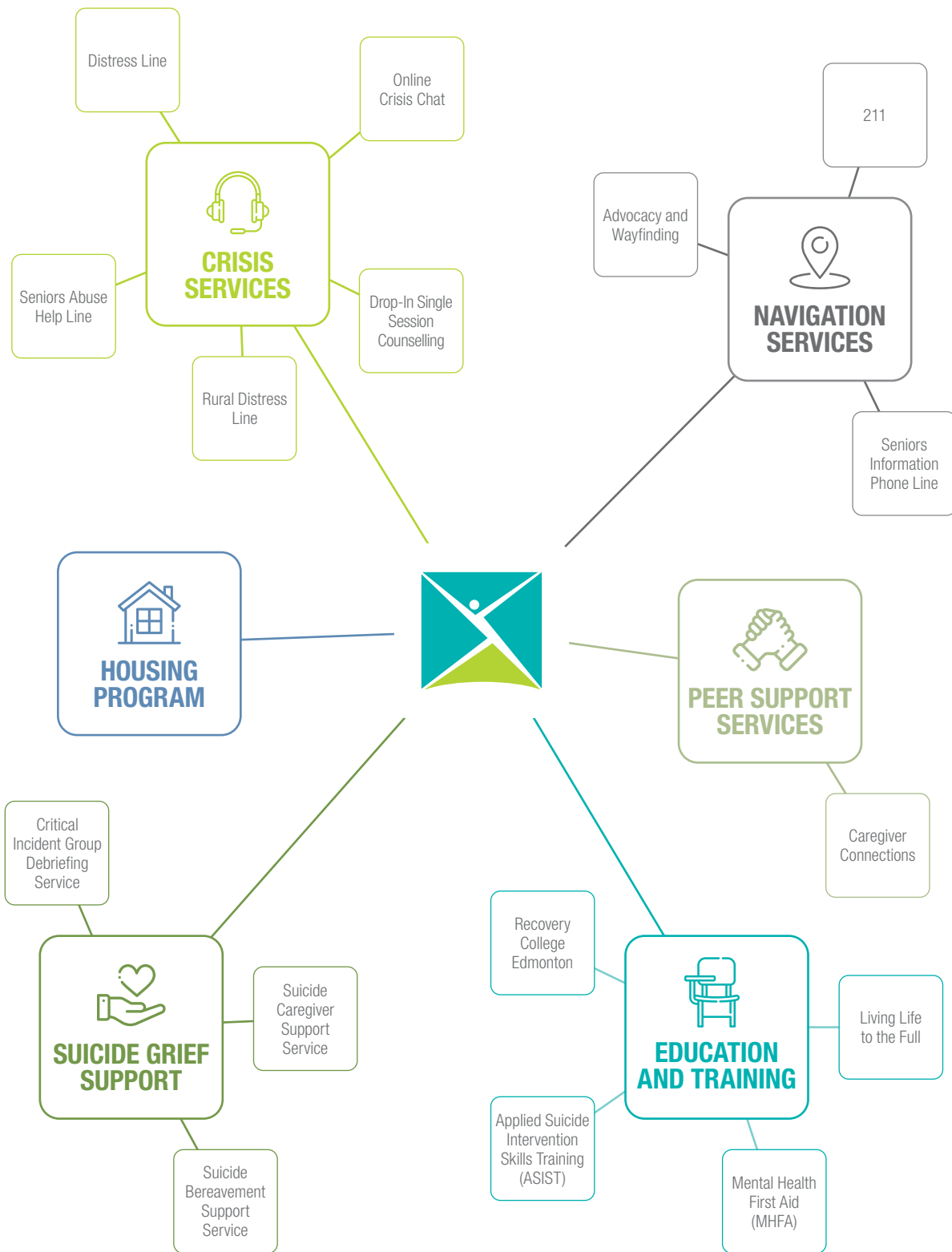
As much as our organization's own evolution will be core to realizing these goals, they will only be achievable if this is a shared, community-wide commitment. Everyone reading this has an important role to play in achieving successes that can only be measured in better experiences and outcomes for people, families, and communities. On behalf of our team at CMHA Edmonton, we are excited to build this better future for mental health together with you.



**Giri Puligandla**  
EXECUTIVE DIRECTOR



# Programs



# Distress Line

When experiencing a crisis, asking for help can be the hardest step. Distress Line staff and volunteers understand this vulnerability and the strength it takes to reach out. The 24-hour Distress Line provides confidential, non-judgmental, and short-term crisis intervention, emotional support, and resources to community members in need. Callers can connect with trained volunteers who will listen to their situation with an empathetic ear, provide emotional support, explore options, and connect callers with local resources and referrals.

Distress Line volunteers are passionate advocates for mental health and support our community every time they pick up the phone. Our volunteers and staff provide suicide and domestic violence risk assessments and offer follow-up check-in calls to support the resiliency plan and bolster a sense of a caring community. The combination of a compassionate voice on the end of the line combined with an action plan and community supports helps callers in need know they're not alone and help is available.



“

TO BE ABLE TO BE PART OF SOMEONE ELSE'S VULNERABILITY IS AN HONOUR AND GREAT RESPONSIBILITY... A REMINDER THAT WE ARE ALL HUMAN. A REMINDER OF THE VALUE AND NECESSITY OF COMPASSION.

– DISTRESS LINE VOLUNTEER

”



**14,820**  
Calls Answered



**617**  
Online Crisis Chats



**11,958**  
Referrals Provided



**1,033**  
Seniors Abuse  
Help Line Calls



**1,334**  
Rural Distress  
Line Calls



**52**  
Volunteers Trained



**160**  
Total Volunteers



**11,713**  
Volunteer Hours



# 211



**73,243**  
Calls



**5,658**  
Online Contacts



**76,218**  
Referral Provided



**78,730**  
Needs Identified



**74,113**  
Needs Met



**4,617**  
Needs Unmet



- TOP NEED CATEGORIES**
- Mental Health/Addictions
  - Information Services
  - Housing
  - Health
  - Income Support/Financial Assistance

When community members don't know where to turn, 211 is here to offer support. 211 is a free, confidential service providing information and referrals to an expansive network of community, social, health, and government services. Certified community resource specialists are trained to help community members navigate the complex network of social services. The service is available over the phone, through text messaging, and as an online chat 24 hours a day, seven days a week in over 150 languages.

“ I HAVE CALLED 211 MANY TIMES OVER THE LAST 20 YEARS AND YOU HAVE SAVED MY LIFE. YOU'VE HELPED ME MULTIPLE TIMES AND GOT ME RESOURCES TO GET THE HELP THAT I NEEDED. ”

– 211 CLIENT



## 24/7 Crisis Diversion

24/7 Crisis Diversion provides comprehensive, coordinated access to 24-hour services for vulnerable community members and anyone experiencing a crisis. The program aims to reduce the need for expensive medical, judicial, and police interventions. Teams work around the clock to respond and provide support to people in our community who are in distress. 24/7 Crisis Diversion is a collaborative service with partners including Boyle Street Community Services, Hope Mission, and REACH Edmonton.



**24,460**  
Calls



# Advocacy and Wayfinding

Navigating health and social services can be a daunting task. The systems in place can be complex and can even create barriers for those in need of assistance. Our Advocacy and Wayfinding team work with people living with mental illness as well as their families and caregivers to find the services and supports they need.

Staff assist with identifying programs for mental health recovery, education, employment training, or other supports unique to each client's needs. Assistance is also provided for completing and submitting forms, applications, and understanding appeal processes for financial assistance or landlord or tenant concerns.

Advocacy and Wayfinding staff provide one-on-one support and provide mentorship to help clients become champions of their own causes.



**903**  
Unique Clients



**73%**  
of clients reported feeling heard, understood, and respected while working with staff members.

“

THE SYSTEM OUT THERE IS VERY COMPLEX. THE HELP I HAVE GOTTEN FROM THE ADVOCACY TEAM HAS BEEN EXTRAORDINARY. I HAVE NO DOUBT I WOULD BE ON THE STREET NOW HAD IT NOT BEEN FOR THE HELP I RECEIVED.

— ADVOCACY AND WAYFINDING PARTICIPANT

”



# Housing



**146**  
Units



**140**  
Adult Tenants



**13**  
Child Tenants



**20%**  
Stay 6 – 9 Years



**28%**  
Stay 10+ Years

Having a roof over one's head can be the difference between thriving and falling between the cracks. Access to safe and affordable housing is crucial for everyone, and especially for those living with a mental health concern. Having a sense of connection to one's community can be a pivotal factor for good mental health and positive well-being. CMHA Edmonton's Housing Program provides safe and affordable housing for people in our community living with mental health challenges and/or on low income. Our housing team works with each tenant to create a safe space they can call home.

“ I FEEL SAFE AND SOUND IN CMHA HOUSING. I HAVE A QUIET, SIMPLE LIFE. I HAVE PUT MY ROOTS DOWN. I PLAN TO LIVE IN MY APARTMENT AS LONG AS I AM ABLE. ”  
– HOUSING RESIDENT



“ I FEEL WELCOME, SAFE, AND IT'S EASY FOR ME TO ACCESS SERVICES. I FEEL LIKE THERE IS A MULTICULTURAL SPIRIT IN THIS NEIGHBOURHOOD. ”  
– HOUSING RESIDENT

# Peer Support Services

Peer support services consists of programs for caregivers as well as a peer-to-peer support program. Each support group connects individuals with peers in the community who can come together and share their experiences, challenges, and successes in a supportive environment.

While some services were able to adapt to virtual offerings, several peer support programs were suspended during the 2020 – 2021 period due to the global health pandemic.

“ I FEEL THAT THIS GROUP HAS GIVEN ME THE TOOLS TO BE ABLE TO BALANCE MY LIFE AS A CAREGIVER AND MY LIFE. IT HAS MADE ME STRONGER AND ABLE TO MAKE DECISIONS THAT I WOULD HAVE NOT OTHERWISE BEEN ABLE TO DO. ”

– PEER SUPPORT ATTENDEE



**5**  
Peer Activity Groups



**407**  
Attendees,  
**100** Unique



**46**  
Sessions



**72**  
Individuals Received  
1-1 Peer Support



“ CAREGIVER CONNECTIONS PROVIDED ME WITH COPING TOOLS AND TIPS TO HELP ME FOCUS ON MY OWN SELF CARE WHICH ALLOWS ME TO SHOW UP BETTER AS A CAREGIVER TO MY PARTNER. I LOVE THE RESOURCES AND KNOWLEDGE THAT IS SHARED BY NOT ONLY THE FACILITATORS, BUT BY THE REST OF THE GROUP. IT IS THE HIGHLIGHT OF MY WEEK AND MY SAVING GRACE. THANK YOU FOR THIS AMAZING SUPPORT SYSTEM! ”

– CAREGIVER CONNECTIONS PARTICIPANT

# Suicide Grief Support Services



**15** clients served through individual support within Suicide Caregiver Support Services.

The grieving process is never easy and grieving a loss to suicide comes with unique challenges. Our suicide grief support services provide free group support for adults in the community who have lost someone to suicide. Additionally, we provide group support for those taking care of someone who has attempted suicide or is at risk of suicide. Our support groups provide a safe place for community members to come and share their stories, learn from others, and receive resources and guidance from trained professionals.



**27** support sessions offered to clients within Suicide Caregiver Support Services.



IT IS VERY RE-ASSURING AND COMFORTING FOR ME TO KNOW THAT I HAVE SOMEONE TO SHARE MY FEARS WITH AND HELP ME DEAL WITH THE DESPAIR I HAVE BEEN EXPERIENCING.

– SUICIDE GRIEF SUPPORT GROUP PARTICIPANT



**295** clients received support through Suicide Bereavement Support Services.



**151** support group sessions provided through Suicide Bereavement Support Services.



**6** Critical Incident Group Debriefing sessions were provided.



## Evening to Remember

Each year, Evening to Remember is held in honour of those we have lost to suicide. The event provides a safe and welcoming environment for community members to heal. This year was the ninth annual Evening to Remember. The virtual event included a photo display of loved ones lost, live music, guest speakers, a jingle dance, and a drum song and teachings from local Indigenous leaders.



THANK YOU FOR THE CONTINUED SUPPORT. AS GRIEF IS SUCH A JOURNEY, I BELIEVE HAVING THE DROP-IN SESSIONS GIVES US A SENSE OF SUPPORT AND A SAFE PLACE WHENEVER WE HAVE DOWN DAYS.

– SUICIDE GRIEF SUPPORT GROUP PARTICIPANT



# Training and Education

CMHA Edmonton provides mental health training throughout the year alongside community partners. These courses focus on educating community members about mental health concerns, how to identify when someone is at risk of developing a mental health concern, and how we as individuals can best support our community and our loved ones. Public health restrictions disrupted several training and education programs this year; however, our teams worked to adjust to virtual settings where possible and continue to provide high-quality mental health training to the community.

Our education and training programs focus on prevention and equipping community members with the tools they need to support someone living with or at risk of developing a mental health concern. Through a community-based care model, we can lessen the dependency on formal supports and help community members get the care they need when they need it.



**72**  
People Received  
ASIST Training



**92**  
People Received  
Mental Health First  
Aid Training



**72**  
People Received  
ASIST Tune Up  
Training



“

THE TRAINING FACILITATION WAS GREAT. THE LEARNING PROCESS WAS NATURAL AND WENT IN A SMOOTH FLOW WITH MANY ACTIVITIES AND MEANINGFUL INTERACTIONS. ASIST TRAINING HAS EQUIPPED ME WITH TOOLS AND TECHNIQUES FOR INTERVENING SUICIDE.

– ASIST PARTICIPANT

”

# Recovery College



**79**  
Courses Offered



**696**  
Learners

Recovery College Edmonton provides free courses on mental health recovery led by facilitators with lived experience. Using a person-centred approach, Recovery College creates accessible opportunities for community members to learn from peers in a safe and supportive environment. Courses are offered throughout the year in virtual formats or in-person. Private sessions for businesses and organizations are also available to the community.

With consideration to the COVID-19 pandemic, Recovery College classes went fully virtual beginning with the summer session. Despite the distance, our facilitators continued to offer full and bite-sized virtual lessons to our community.

“  
SHARING OUR EXPERIENCES AND TALKING HELPS US FEEL NOT SO ALONE.  
THANKS FOR MAKING THESE SESSIONS AVAILABLE.  
LEARN MORE AND YOU WILL GROW!  
– RECOVERY COLLEGE PARTICIPANT  
”



**Community  
Partners**

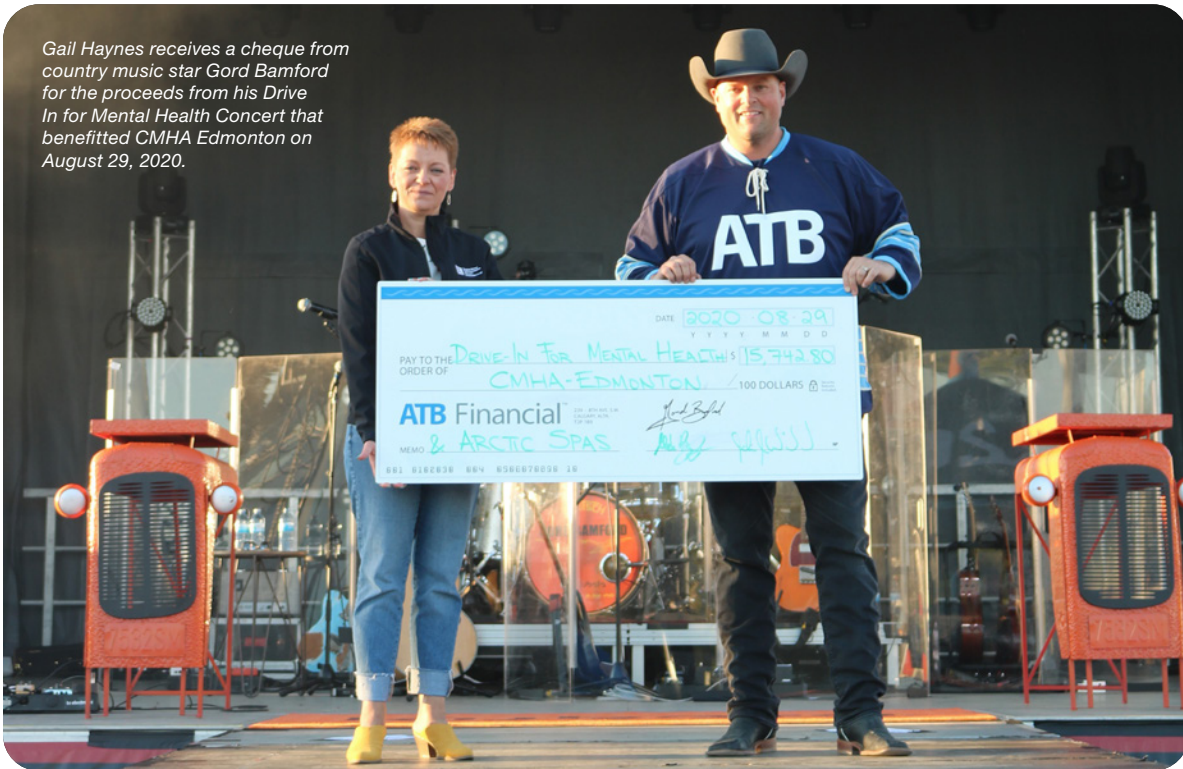


## Events and Community Support

CMHA Edmonton hosts numerous events throughout the year to raise awareness and critical funds needed to support our programs and services. While the COVID-19 pandemic resulted in many events being adjusted or cancelled altogether, we continued to connect with our community and garner support for better mental health care for all.

Beyond our own annual events, CMHA Edmonton is supported by our community through third-party events, fundraisers, and donation drives. Not only do these events contribute to maintaining and growing our programs and services, but they further connect us to our community. Whether through a Facebook birthday fundraiser or a month-long awareness campaign, our supporters invite us into their lives and become champions for mental health in their own right.

*Gail Haynes receives a cheque from country music star Gord Bamford for the proceeds from his Drive In for Mental Health Concert that benefitted CMHA Edmonton on August 29, 2020.*



## Annual Distress Line Fundraiser

The annual Distress Line Fundraiser went virtual for the first time in our history. Guest speaker Dr. Lisa Belanger led the webinar as our keynote speaker and presented her workshop, “Mental Health: Creating Strong and Agile Workplaces” to 117 online guests. In total, \$13,000 was raised for the Distress Line.



# Volunteer Support

CMHA Edmonton could not fulfill our mission without the dedication and support of our volunteers. Our volunteers support crisis services, provide on the ground people-power at fundraisers and events, and help us connect to our community. We would like to extend our gratitude to every volunteer who has supported their community with their time, effort, and compassion. Your commitment to mental health does not go unnoticed!



I FEEL I AM MAKING A DIFFERENCE  
IN PEOPLE'S LIVES AND MY OWN. IT IS  
THE MOST SATISFYING VOLUNTEERING  
I HAVE DONE.

– DISTRESS LINE VOLUNTEER



Abner B.	Catherine (Cat) W.	Erica L.	Jenessa G.	Madison E.	Nayoung R.	Samira Z.
Adelle M.	Chloe K.	Erica P.	Jenna B.	Madison M.	Neely S.	Samu N.
Alec W.	Chris F.	Erin G.	Jenna P.	Maks T.	Nicola B.	Sanj B.
Alex K.	Chris M.	Eva H.	Jennifer F-S.	Manpreet V.	Nicole H.	Sarah A.
Alex T.	Chris S.	Ewa J.	Jennifer Z.	Marilyn O.	Nicole R.	Sarah F.
Alexa B.	Christie T.	Fatme E.	Jenny (Yue Xin) G.	Marion R.	Norah W.	Sarah G.
Alix J.	Christina R.	Femke D.	Jeremy F.	Marissa K.	Oana H.	Sarah S.
Allison R.	Christina S.	First name	Jihe L.	Mark H.	Olga G.	Scott N.
Aly K.	Claire D.	Gloria P.	Joc A.	Mark K.	Parand M.	Sean C.
Amanda P.	Colleen C.	Greg S.	Jonn K.	Mark S.	Parishi T.	Seyda Y.
Amy G.	Courtney S.	Gurjeet G.	Josee C.	Marla P.	Patricia M.	Sharon S.
Amy L.	Crystal K.	Hailey C.	Joseph J.	Martene W.	Patrick K.	Shawna E.
Amy P.	Cynthia B.	Hang H.	Joyce H.	Marysia S.	Payton C.	Shiona C.
Ana C.	Dana C.	Hanh-Thuc T.	Karri M.	Mat G.	Percy P.	Stephanie B.
Anamari K.	Daniel A.	Hannah M.	Karyna H.	Matt L.	Petra L.	Sue N.
Andrea M.	Daniel E.	Haris A.	Kass S.	Matthew M.	Phil H.	Sunny (Sunpreet) D.
Andrea V.	Danielle B.	Harleen K.	Katelyn D.	McKenna G.	Priyanka M.	Susan Z.
Anne W.	Darryl W.	Harpreet C.	Katelyn F.	Meaghan O.	Rachael D.	Sydney M.
Ashley A.	Dave H.	Heide S.	Katherine A.	Megan P.	Rachael K.	Syed A.
Ashley C.	David K.	Holly H.	Kayla A.	Melissa T.	Rachel K.	Sylvia F.
Ashley T.	David P.	Hunter V.	Keith A.	Melissa Th.	Rachel T.	Tanaura S.
Aurora A.	Deanna M.	Irene B.	Kelsey S.	Mia V.	Rae B.	Tanner R.
Ben W.	Debbie D.	Isabel F.	Kristin H.	Michael H.	Rahim M.	Tara R.
Bill M.	Delfina G.	Jade P.	Kristin M.	Michael L.	Raj B.	Teresa N.
Billy W.	Denae D.	Jake D.	Kyneeshaw B.	Michelle G.	Reshma S.	Teresa P.
Bonnie G.	Denelle G.	Jakia J.	Larissa O.	Michelle Z.	Richard B.	Terri B.
Brett E.	Desmond B.	Jane C.	Larry I.	Mitch C.	Robert S.	Terry S.
Brian C.	Devin S.	Jaqueline B.	Larry K.	Mitchell B.	Rose S.	Thomas T.
Bridget J.	Dilasha J.	Jasmine N.	Leslie T.	Mona R.	Russell C.	Tommy T.
Burgandy G.	Divya P.	Jasmine S.	Lina M.	Morgan D.	Ryaan E.	Tyler S.
Cameron D.	Donna C.	Jason G.	Lindsay H.	Myrna B.	Ryan G.	Viktoria W.
Camille T.	Dora L.	Jason P.	Lisa W.	Naima R.	Ryan W.	Violet G.
Cara-Joy R.	Duc P.	Jason Y.	Lorelie H.	Nancy D.	Sadra A.	Zhengqi Z.
Carice B.	Elena C.	Jeanette L.	Lorraine S.	Nancy H.	Sam B.	Zoe S.
Carrie W.	Eman T.	Jeff T.	Luan W.	Nancy R.	Samantha F.	
Cassie S.	Emily U.	Jenaya T.	Lucas P.	Natalia L.	Samantha W.	



# Financial Support



## FUNDERS AND GRANTS 2020/21

Alberta Childrens Services  
Alberta Community  
and Social Services  
Alberta Health Services  
Alberta Seniors and Housing  
City of Edmonton-Family and  
Community Support Services  
City of Edmonton-Living Hope  
Civida  
CMHA Alberta Division  
CMHA Calgary  
Edmonton Public Teachers  
Association

EPCOR Heart and Soul Fund  
Homeward Trust  
Johnson and Johnson  
Mental Health Foundation  
REACH Edmonton Council  
Royal Alexandra Hospital Employees'  
Charitable Fund  
Some Other Solutions  
TD Bank  
The Family Centre of Northern  
Alberta  
The Home Depot  
The United Way Alberta Capital Region



## SPONSORS

Alberta Blue Cross  
Altitude Communications  
ATB Financial  
Bell Let's Talk  
Cameron Corporation  
Cashco Financial  
Pacesetter Homes  
Sterling Homes Ltd.



# Financial Support



## DONATIONS

### \$5,000+

Alison Thiele  
 ATCO Gas EPIC  
 Benevity Online Giving  
 Byram Family Foundation  
 Debbie Neumann  
 Dentons Canada LLP  
 Estate of Dorothy MacDonald  
 Estate of Nicholas Stack  
 GWB Musical Enterprises Inc.  
 Inter Pipeline/Quest Disposal & Recycling  
 ISL Engineering and Land Services Ltd.  
 James and Nancy Hutton  
 Patricia Metcalfe  
 PayPal Giving Fund

### \$1,000 to \$4,999

1363150 Alberta Ltd. o/a  
 AB & B Holdings Ltd.  
 AlumaSafway  
 Andrew Earle  
 Armour Insurance  
 ATCO Ltd.  
 Captain's Ride  
 CarePros  
 Carolynne McCaughey  
 CES Corporation  
 Charities Aid Foundation  
 Craig Ryan  
 Darren Rawson  
 Doug VandenBoogaard  
 Dr. Michael Fiorino  
 Edmonton Community Foundation  
 – Delaney-Chapple Support Network Fund

Edmonton Korean Lions Club  
 Enviro-Works Inc.  
 FVLL Circle Apparel  
 Gen Segger  
 Kathleen McCabe  
 Kathleen Powell  
 Local Waste Services  
 Maggie Baird  
 Martha Taylor  
 McLennan Ross LLP  
 Melcor  
 Michael Beckett  
 Northern Alberta Shopping Centre  
 Olio Inc.  
 Par2Pro  
 Peter and Cheryl Ernst  
 Salim Esmail  
 Sandra M. Anderson  
 Silver Icing  
 Susan Hsu  
 TD Bank  
 Tim Battle  
 Tony Gnanasiamany

### \$500 to \$999

Alan Vladicka  
 Alberta School Employee Benefit Plan  
 Ames Tile & Stone Ltd.  
 Arkam Transportation Systems  
 Autodesk  
 Averie McNary  
 Brina Debalinhard Photography  
 Brittani Adamson  
 Bruce Buckwold  
 Calvert Home Mortgage Investment Corp  
 Cassie Gallant  
 Catherine McConnell  
 Chad Fellows

Christine Hoskins  
 David Bell  
 David Martin  
 Edmonton Community Foundation  
 Emily Dietrich  
 Fraser Anderson  
 James Muldowney  
 Jan Young  
 Janice Rennie  
 Joanne Berger  
 Jodi Willoughby  
 Kenneth Abernathy  
 Linda McLean  
 LM Pharmacy Holdings Ltd/The Medicine Shoppe #315  
 Lori Olafson  
 McC Calder Mental Wellness Foundation  
 Michel Soetaert  
 Patrick & Edna Ledgerwood  
 Pelmorex Corp.  
 Peter Ernst  
 Peter Wright  
 Robbie Gibson  
 Robert R. Berget  
 Ryan Skinner  
 Scott Endres  
 Strathcona Bottle Depot  
 Tanis Stamatelakis  
 Tazmin Nawla  
 Terena Delaney  
 Tina and Shawn Viney  
 YYS Cannabis and Sweet Tree

### \$250 to \$499

Alyson Smith-Haining  
 Ashley Mielke  
 Ayre & Oxford Inc.  
 Bonnie Holte  
 Bonnie Molstad

Brenden Manichoose  
 Brian Countryman  
 Bryce & Clara Dzenick  
 C. Ross Mackenzie  
 Caroline Land  
 Champs Boxing Studio  
 Dale Blue  
 David Laurie  
 Diane Wirtz  
 Emergency Response Management Consulting Ltd.  
 Eric Budd  
 Field LLP  
 Francois Kohlman-Asselin  
 Gillian Caldwell  
 Hahn Lukey Houle LLP  
 Hana Marinkovic  
 Harvey Ford  
 Heidi Schubert  
 Javaid and Henrietta Naqvi  
 Jessilyn Persson  
 John Wissell  
 Karen Cox  
 Karen Galenzoski  
 Karim Kennedy  
 Kevin Gutsch  
 Krista Boulton  
 Lauren Styles  
 Leanne Vanderheim  
 Mary Lister  
 Mary Pattullo  
 Monica Comba  
 Nancy Reynolds  
 Neil Gower  
 Nicole Nawrot  
 Palm Tree Investments  
 Plumb Boss Ltd.  
 PTC Consulting Inc.  
 Richard Boulet  
 Richard Houle

## Financial Support

Ronald Galagan  
 Scott Lauren  
 Suzanne Brown  
 The Pint Whyte  
 UK Benevity Online Giving

Colin MacIntyre  
 Colina Taylor  
 Coral Stoyko  
 Crystal Willie  
 Culture Shift Consulting  
 Curt and Eleanore Goulet

Glen Baptie Memorial  
 Grace Bokenfohr  
 Harvey Russell  
 Henry Bosch  
 Intact Insurance Company

Kevin McDowell  
 Kevin Smith  
 Kim Phan  
 Kimberly Gutsche  
 Koreen Roberts  
 Kouame Georges N'dri

### \$100 to \$249

Adam Yeske  
 Adnan Shaben  
 Alexandra Dempsey  
 Alistair Harding  
 Alyson Hodson  
 Amy Speers  
 Andrea Jane Bilodeau  
 Andrew Chai  
 Ann Laucher  
 Anna Derkach  
 Anna Nera  
 Anna Opryshko  
 Anne Stevenson  
 Anthony Biamonte  
 April Connolly  
 Armeen Ahmadian  
 Arthur D Phillips  
 Audrey Ursuliak  
 Bill Tanasichuk  
 Bonavista Energy Corporation  
 Bonnie Abel  
 Bonnie Lakusta  
 Brenda Brindle  
 Cameron McCulloch  
 Catherine Wenschlag  
 Cathy Simpson  
 Chris Jager  
 Christina Huey  
 Christine Mackiewicz  
 Christopher Onishi  
 Clarence Reimer  
 Colette Benoit

Cynthia Dickins  
 Dale Degner  
 Danene Coles  
 Daniel Nana Asiedu  
 Darlene Wright  
 Deborah J Stahn  
 Debra Hall  
 Delta Upsilon  
 Dena Gillies  
 Devin Formaniuk  
 Diane Zinyk  
 Dianne Oberg  
 Donald Mckie  
 Donna Erskine  
 Duncan and Craig  
 EA  
 Elaine Anna Chiu  
 Elena Sacluti  
 Elizabeth Dedels  
 Elizabeth Watkins  
 Elizabeth Werthmann  
 Elyse Coleman  
 Emerging Health Leaders  
 Edmonton  
 Estelle Asselin  
 Evan Mazur  
 Ferdinand Mendita  
 Francesco Naboulsi  
 G.W. Rocholl  
 Garrett Spelliscy  
 Generations Planning Group Inc.  
 Geoffrey Hanowski  
 Gigi Balkan  
 Gina Roline

J. Brett Hammerlindl  
 Jacqueline Czaja  
 Jacqueline Fetter  
 Jamie Miller  
 Janet Tecklenborg  
 Jay Vanderpas  
 Jeffrey Hoyem  
 Jeffrey Whissell  
 Jennifer Donohue  
 Jennifer Gratrix  
 Jeremy Cheng  
 Jessica Buckwold  
 Jill Belland  
 Jill Hodges  
 Jim Busch  
 Joan Shaben  
 Joan Wright  
 John Yeske  
 Joshua Eberhart  
 Josie Cancian  
 Joy Higgins  
 Joyce and John Van Essen  
 Joyce Purdy  
 Joyce Tang  
 JR MacIsaac  
 Judy Bourassa  
 Justin Deonaraine  
 Justin Vion  
 Karen Bolstler  
 Karen Jones  
 Karen Kerr  
 Kathie Eberhart  
 Kathleen Johnston  
 Kathleen Navis  
 Kenneth Reap

Kris Markusson  
 Krystal Stevely  
 Kyrsten Lofts  
 Larry & Mary Stevens  
 Laura Verbeek  
 Laurel Sadownik  
 Leslie Baller  
 Linda Harriss  
 Linda Moir  
 Linn Newton  
 Lisa Caputo  
 Lisa Locher  
 Lori Bosworth  
 Lorraine Forseth  
 Lorraine Turchansky  
 Louise Butler  
 Lukas Jonson  
 Lynda Wesolowski  
 Lynn Rock  
 Lynne Fiisher  
 Lynne or Otto Mack  
 Marcel Dulangon  
 Marco Poretti  
 Margaret Reiersen-Kendi  
 Marilyn Thurston  
 Marion Donald  
 Mark Seville  
 Markus Weber  
 Marlene Smulki  
 Maryruth Diaz  
 Matthew Labas  
 Megan Pharo  
 Melissa Bishop  
 Merv Cushman

# Financial Support

Michael Wooley  
Michelle Brandt  
Morgan Boyle  
Morgan Gagnon  
Muninder Lotay  
Myles Spires  
Nathan Retzer  
Neil Gordon  
Nermine Dorcas  
Nick Lampos  
Olga Messinis  
Pamela Brown  
Paroda Investments Ltd.  
Pat Dunn  
Patricia Brooks  
Peter Daly  
Peter Mastorakos  
Ramona Whyte  
Randall Yatscoff  
RCS Inc  
Richard Kolodziej  
Rima Caputo  
Robert McBain  
Rostyk and Lorraine Sadownik  
Roy Nickerson  
Ryan Chan  
Ryan Pollard  
Sandra Holowaty  
Sandra Anne MacPhail  
Sandra Wagner  
Sarah Chileen  
Sarah Dumont  
Scott Torrance  
Sergio and Karen Faraone  
Servus Credit Union  
Seth Mutch  
SGI-CANADA  
Sharon Bach  
Sheila Smith  
Sondra Dunbar

Steve and Diane Sands  
Sue Sohnle  
Sungwoo Byun  
Susan Rockwood  
Tate Locke  
Terry Mahoney  
Tim Osborne  
Timothy McIntosh  
Tracy Shaben  
Trail Appliances Ltd.  
Trevor Lukey  
Valerie Downing  
Vanessa Croissant  
Veneta Isfeld  
Viktorija Gray  
Virginia de Jong  
Yardstick Technologies Inc.  
Yesfit  
Zackary Jansen  
Zohreh Saher

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## Up to \$99

Agnes Mendes  
Alex Abboud  
Alex Chony  
Alexander Dumansky  
Alison Bloski  
Alison Oldford  
Alrksandra Nenadic  
Amanda Au  
Andra Hasenbank  
Andreas Koros  
Andrew Thistlethwaite  
Anita Zolkavich  
Armstrong Victoria  
Arnold Matechuk  
Avelina Rathbone  
Barbara Hubscher  
Beverley Royer

Blushed Beaute  
Breanna Boros  
Brenda White  
Brett Majeski  
Brian Hodson  
Brieanne Graham  
Brittany Hodges  
Calvin Ostapiuk  
Camden Chabot  
Cara McCargar  
Carlo Caputo  
Carol Shaben  
Chad Patry  
Chelsea Draeger  
Cheryl Carson  
Cheryl Wightman  
CHIMP Charitable Impact  
Foundation  
Chris Connelly  
Christina L Bruce  
Christina Reid  
Christopher DJ Batdorf  
Christopher Footz  
Christy Middleton  
Cindy Mercier  
Clare Bonnyman  
Claudio De Marco  
Coery Hill  
Colin McBride  
Colleen Stratton  
Colm Heaney  
Connie Nikiforuk  
Courtney Johnson  
Courtney Nielson  
Craig Challborn  
Cynthia Hamilton  
Daardi and Nadine Almberg  
Danelle Fash  
Daniel Cato  
Danielle Blackwell

Danielle Jody  
Danielle Kiltz  
Danielle Larivee  
Danielle Thompson  
Dao Huynh  
Darlene Cyr  
Darryl Stein  
David Darmovzal  
Deborah Choi  
Deborah Gosche  
Devin Doherty  
Donna McKay  
Dustin Pfeifer  
Ed Andrews  
Emma Yerichuk  
Erin Tessier  
Felicity Li  
FitU  
Francis G French  
Francis Pallier  
G. Allan Carlson  
G. Gilmore  
Garret Mazur  
Gord Manton  
Gordon Little  
Gordon Ponak  
Harvey Heinz  
Hayden Zaplachinski  
Hector L. Campos  
Hopeful Heart Solutions  
Howard Goldford  
Irene Lerohl  
Irv and Carol Zemrau  
Jaclyn Robertson  
Jacqueline Alderton  
Jacqueline Doll  
James Hamm  
Jane Vanderbleek  
Janis Irwin  
Jarvis Popovich

## Financial Support

Jason Goudreau	Lane Abrams	Miranda Nobbs	Shayla Mckenzie
Jeff Kenny	Lars Callieou	Mischa Taylor	Sheila McNary
Jen Barrett	Laura Townsend	Molly McGillis	Sherri Beauchamp
Jenn LaFrance	Lauren Storey	Muhammad Shahzad	Sherri-Lyn Shaw
Jenna Kluthe	Laurie Hynes	Nalaka Morugama	Sherry Krozser
Jennifer Blais	Lavonne Hailes	Nancy Whistance-Smith	Sherry McConaghie
Jennifer Heisler	Leanne Boerefyn	Natalia Chai	St. Albert Public Library Gift Fund
Jessica Leaman	Leanne Kenny	Natalie Unger	Stacy Berry
Jiaqiang Yi	Leanne Smith	Natash Chiam	Stephanie Bach
Jiayu Chen	Leanne Thomson	Neil Kemp	Stephanie Bodnar
Joanne Miller	Lena BouFakhreddin	Nicole Bouclin-Graves	Stephanie Chong
Jocelyn Jee	Lillian Ireland	Oliver Fowler	Stephanie Danger
Joe Pavone	Linda Harmata	Pam Weiss	Stephen Lines
Joel Anderson	Linda Shaben	Patricia E. Heller	Steve So
John C. Carr	Lisa Belanger	Paul Hawirko	Stuart Reay
Joshua Brindza	Logan Jaques	Peeranut Visetsuth	Susan Haas
Judy Doyle	Lorna Middleton	Peres Wasonga	Tanis Nicholson
Julia Aiken	Louise Van Brabant	Peter Elder	Taran Pabla
Juliette Bradley	Lynn Gosche	Peter Lee	Terri Davidson
Kaitlin Strome	Mara Cairo	Peter Pham	The Charity 5050 Raffle Inc
Kaly Yeske	Maria-Elizabeth Vicente	Raj Boora	Theodore Bendel
Karalee Desilets	Marilyn and Don Giesbrecht	Raphael Tolentino	Thor Gilbertson and Michelle Balen
Karen Chisholm Bale	Marilyn and Paul Siminoski	Reizelle Malenab	Timothy Scott
Karen Gouge	Marilyn Doyle	Richard Dickerson	Toni Gannon
Karen Marina Matthes	Marjorie Bakewell	Robert Magee	Tony Thai
Kat Herman	Mark Coles	Ron Tourangeau	Tori Coulic
Katherine Strob	Maureen and James Ruzycy	Rosalie Gelderman	Tracy Feschuk
Kathleen Zeissler	Maureen Miller	Roxby and Sandra Hughes	Tracy Quantz
Katlin N. Jorstad	Megan Kroschinski	Roy Nickerson	Travis Yeske
Kelly Ruhland	Megan Lafferty	Ruth Coppens	Tristan Gilbertson
Kelsey Gritten	Meghan Dusseault	Ryan Harrison	Tylar LeBlanc
Kevin Wong	Meghan Ward	Ryan Wight	Tyler Gamblin
Kim Alcorn	Melanie Behm	Samantha Dover	Tyler Pastor
Kim Tom	Melanie Murray	Samantha Gurney	Valeria Jansen
Kiran Pain	Michael Chorley	Samantha McKerrall	Vince Di Luigi
Kirby O'Connor	Michael Yaceyko	Sandra Smith	Wayne Paulsen
Kirstin Klitz	Michal Wawrykowicz	Saule Russell	Wendy Tanaka Collins
Kristin Walsh	Michelle Pinto	Semion Sinyavsky	Will and Elsie Schaffrick
Kristina McLean	Mike Wightman	Shauna Gibbons	Yustra Batool
Lana Ngan	Mingjia Helen Hou	Shawna Truong	

## Financial Statement

<b>STATEMENT OF FINANCIAL POSITION</b> As at March 31	2021	2020
<b>CURRENT ASSETS</b>		
Cash	\$2,714,110	\$2,893,313
Receivables	206,927	219,088
Prepaid expenses	151,622	120,136
<b>Total</b>	<b>3,072,659</b>	<b>3,232,537</b>
<b>INVESTMENTS</b>	1,932,809	1,465,184
<b>CAPITAL ASSETS</b>	5,850,617	6,021,900
<b>Total Assets</b>	<b>10,856,085</b>	<b>10,719,621</b>
<b>LIABILITIES</b>		
Accounts payable	\$324,857	\$266,292
Deferred contributions	4,317,930	4,332,279
Debt	1,611,239	1,665,195
<b>Total Liabilities</b>	<b>6,254,026</b>	<b>6,263,766</b>
<b>NET ASSETS</b>		
Invested in capital assets	\$1,173,604	\$1,171,428
Unrestricted	1,212,950	1,068,922
Internally restricted	987,154	987,154
Endowment	1,228,351	1,228,351
<b>Total Net Assets</b>	<b>4,602,059</b>	<b>4,455,855</b>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$10,856,085</b>	<b>\$10,719,621</b>

<b>STATEMENT OF OPERATIONS</b> Year Ended March 31	2021		2020	
<b>REVENUE</b>				
Grants	77%	\$3,773,764	64%	\$3,088,299
Rent		517,105		524,119
Fundraising		454,326		722,057
Management fees		97,956		97,725
Fees for service		69,320		364,736
		<b>4,912,471</b>		<b>4,796,936</b>
<b>EXPENSES</b>				
Salaries & benefits	71%	3,610,628	58%	2,715,687
Building occupancy	11%	543,327	14%	658,327
Office and administration		321,065		305,362
Amortization		220,080		235,325
Program and educational		137,357		393,245
Consulting and professional fees		94,281		100,929
Interest on debt		50,176		51,761
All other expenditures		183,575		300,025
		<b>5,110,313</b>		<b>4,708,900</b>
<b>EXCESS OF REVENUE OVER EXPENSES FROM OPERATIONS</b>		<b>(197,842)</b>		<b>88,036</b>
INVESTMENT INCOME		344,046		(9,332)
<b>EXCESS OF REVENUE OVER EXPENSES</b>		<b>\$146,204</b>		<b>\$78,704</b>



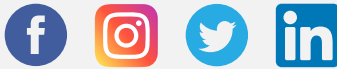


**Canadian Mental  
Health Association**  
Edmonton  
*Mental health for all*

**Canadian Mental Health Association Edmonton**

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