



**BE MIND FULL**

CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918



Canadian Mental  
Health Association  
Edmonton  
*Mental health for all*



### OUR VISION

Mentally healthy people  
in caring communities



### OUR MISSION

Building healthy and resilient  
communities by providing  
mental health services,  
education resources and  
crisis intervention



### OUR VALUES

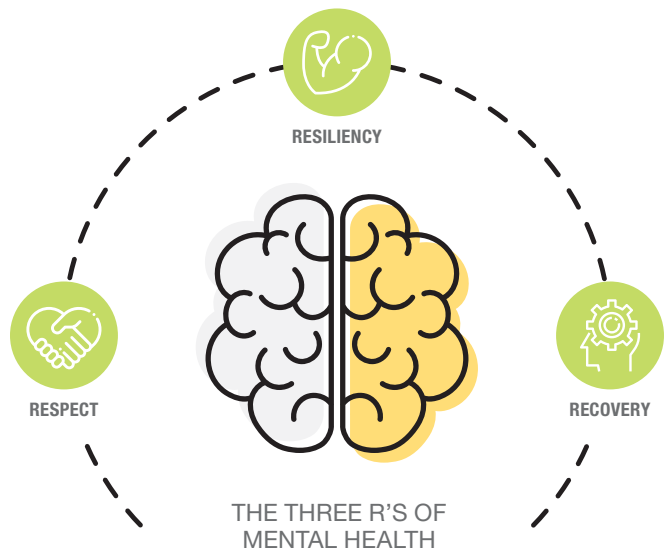
Social justice and inclusivity  
Empathetic, respectful  
relationships  
Collaboration and partnerships

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# Message from the President and Executive Director



Since the early 1800s, the three Rs (Reading, wRiting and aRithmetic) have been the foundation of the basic skills-oriented education curriculum within Canadian schools. Remember our parents talking about the three Rs as the solid foundation upon which to build our academic studies in order to ensure a successful career after graduation? How many of us have repeated that advice to our own children?

CMHA Edmonton also believes in other three Rs: **Respect, Resiliency and Recovery**. These are our cornerstones for a movement to build a community of hope, support and inclusion.

Our agency is founded on the value of respect for those whom we serve. By listening and appreciating those we encounter, our engagement and programming is enriched. This connectivity and the belief that our staff, volunteers, partners and program participants all make meaningful contributions animates us in our vision of the community we are striving to become.

To some degree, everyone of us has experienced trauma. How we interpret this situation and incorporate it into our individual stories is unique. As an agency we are there to assist individuals and families navigate the complex network of crisis, social, health, legal and basic needs resources and in so doing support and build resiliency. Support, navigation and advocacy are key to fostering this resiliency.

If the first step is navigating help, the next step is supporting the recovery journey of a person who seeks to improve their mental, emotional and physical wellness. One pillar is a stable and safe place to live; another is facilitating relationship building and social engagement; and a third is education which increases awareness and reduces stigma.

To our funders, donors, volunteers, board members, staff and community partners, who give so freely of their time and financial resources, we are grateful to count you as our mental health ambassadors. Because of your dedication, CMHA Edmonton is there for anyone who is in crisis or affected by mental health issues or mental illness: to get connected to help. Because of you we offer hope and a path forward.

**TERENA DELANEY**  
*Board President*

**IONE CHALLBORN**  
*Executive Director*

## Board of Directors

Doug Ballou  
Michael Chorley  
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Karen Galenzoski

Andrew Maclsaac  
Hana Marinkovic  
Kathleen McCabe  
Averie McNary

Bobbi Menard  
Nancy Reynolds  
Carol Robertson Baker  
Marilyn Thurston



**16,693**

CALLS TO DISTRESS LINE



**354**

ONLINE CRISIS CHATS



**868**

CALLS TO SENIORS' ABUSE HELP LINE



**900**

FAMILY VIOLENCE INFORMATION LINE CALLS



**266**

BULLYING HELPLINE CALLS



**85**

DROP-IN SINGLE SESSION COUNSELLING



TOP **5** CALLER CONCERNS

- 1 Mental Health
- 2 Domestic or Senior's Abuse
- 3 Loneliness
- 4 Bereavement or Loss
- 5 Relationships

## Crisis Services

The 24-Hour 7 days a week Distress Line and Seniors' Abuse Help Line provide confidential, non-judgmental and short-term crisis intervention, emotional support and resources to people in crisis or distress. Support is also provided to family, friends and caregivers of people in crisis. And when it's easier to type than to talk, our Crisis Chat is available with limited hours. Highly trained volunteers listen, support, explore options and connect callers/ chatters with local resources and referrals.

*"The Distress Line was a life-saver ... I understand there is a purpose to this life. I am very glad that you took the time to follow up with me by calling me back as you said you would. It makes me feel like I was not forgotten."*

– JANE

We are a member of an inter-agency partnership, led by the Family Centre, each offering Drop-In Single Session Counselling one timeslot a week at our respective locations throughout the city. Individuals, couples and families receive the help they need when they need it. When someone is in crisis, being able to walk in and talk with an intern therapist, means support is provided immediately without having to schedule an appointment.



# Navigation Services

This service links both the general public and service providers with the broad range of community, social and government services available in our community. As the curator of this vital community resource, it is our responsibility to continually update and expand the information contained in our database to better serve the needs of our callers. To many this service is simply known as 211. Our certified community resource specialists are trained to help callers navigate the complex network of services: basic needs (food, clothing, shelter and financial support), employment resources, parenting support, counselling/support groups, health care, legal services and MUCH more!

*"I am glad that 211 is there so I don't have to go from agency to agency trying to find the right information."*

– DIANNE

This past winter, 211 received extensive traditional and social media attention and became synonymous with the place to call to report vulnerable individuals who were at risk due to the extreme cold. By phoning 211+3, operators dispatched mobile 24 hour trained Crisis Diversion Teams to individuals and provided a warm hand-off to the services they required, when they required. We joined REACH Edmonton's social media campaign to spread the word about this service and to educate the public on when to phone 211 vs 911. This partnership, led by REACH Edmonton, is building a larger and stronger social safety net.

Our Advocacy and Wayfinding staff work with families and other caregivers, to find needed services and supports. Services are provided in person, over the phone or by email. Help is available with financial assistance applications and appeals, referrals to free and low-cost therapy and counseling services, mental health education and support for caregivers, locating affordable housing and subsidies, landlord/tenant concerns, locating programs for mental health recovery and education and employment training.

*"I was struggling with system access and you are one of the only places that would listen and give me the time to share my struggles."*

– RAJAN

**211**® **73,231**  
211 CALLS AND CHATS

**21,586**   
24/7 CRISIS  
DIVERSION TEAM CALLS

 **3,874**  
SENIORS INFORMATION  
PHONE LINE CALLS

**1,136**   
ADVOCACY AND  
WAYFINDING CLIENTS

 **90%**  
OF ADVOCACY AND  
WAYFINDING CLIENTS  
WITH MENTAL HEALTH  
ISSUES NEED HELP  
ACCESSING SERVICES



## Suicide Grief Support Services

Losing a loved one to suicide is different than losing someone to illness or even a sudden and tragic accident. Feelings of sadness and grief are often complicated by other feelings: guilt, embarrassment, shame, despair, anger and denial. Within a group setting, we support family members, colleagues and friends in their journey of grief and healing which can often feel like a roller coaster of emotional ups and downs.

Suicidal thinking or behavior in someone you care about is one of the most difficult realities that anyone can face. It's hard to see someone in pain, and even harder when that person is in so much distress that suicide seems like an option. We provide support for caregivers of those at risk for suicide. Working together we can help loved ones stay safe.

*“The support group we have been attending has been helpful so far. I never thought I could cope after my loss. Thank you for walking alongside with me.”*

– KIM

**368**

INDIVIDUALS IN SUICIDE  
BEREAVEMENT SUPPORT



**212**

SESSIONS



**27** INDIVIDUALS IN SUICIDE  
CAREGIVERS SUPPORT



# Education Services and Training

Presentations are offered for youth on mental health, mental illness, stigma and suicide. Students are challenged to confront stigmatizing beliefs and are provided with insights into the recovery journey, thereby increasing awareness and building a society of inclusion for those with lived experience with mental illness. Similarly, our adult community education program helps adult groups in the workplace and community organizations focus on mental wellness by providing skills.

*“Students can choose what presentations they wish to attend. As some of our students choose to attend Light Up Your Mind sessions which they had previously attended, this indicates to us that the content is engaging and helpful to our students.”*

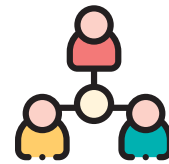
– JORDAN

Mental Health First Aid and Applied Suicide Intervention Skills Training are intensive two-day workshops which ensure that like first aid in general, individuals are trained to act when the need arises. The former helps individuals provide initial support to a person who may be developing a mental health problem or experiencing a mental health crisis. The latter helps individuals recognize and review risk and intervene to prevent the immediate risk of suicide.



**186**

LIGHT UP YOUR MIND PRESENTATIONS IN SCHOOLS WITH **5,520** STUDENTS



**38** ADULT COMMUNITY

EDUCATION PRESENTATIONS WITH **625** PARTICIPANTS



**48**

INFORMATION DISPLAYS AT COMMUNITY EVENTS VISITED BY **3,321** INDIVIDUALS



**24** APPLIED SUICIDE INTERVENTION SKILLS TRAINING WORKSHOPS WITH **638** PARTICIPANTS



**9**

MENTAL HEALTH FIRST AID WORKSHOPS WITH **186** PARTICIPANTS



**4** ASIST TUNE UP WORKSHOPS WITH **71** PARTICIPANTS

## Housing Services



**152** TENANTS



**18** APPLICANTS PLACED



**100** APPLICATIONS  
WERE COMPLETED



**52%** TENANCY  
OF **6+** YEARS

Life at times can be a struggle and we provide secure, affordable, long-term housing for those in our community living with mental illness and/or low income. Working with our tenants' community supports, our Advocacy and Wayfinding staff promote integrated living which assists in building independence. As a supportive landlord, if a tenant falls behind in rent, because mental illness causes them to miss a number of days at their part-time job or they are hospitalized, we create a payment plan for back rent. This means that our tenants can focus on symptom management and their recovery journeys; and peace of mind for their loved ones.

Due to our generous donors, we were able to renovate one of our apartment buildings, Northern Arms, by replacing all the windows and exterior doors. This \$91,638 initiative will facilitate long-term energy savings for the agency, increase the curb appeal of our buildings and thus build stronger community league relationships and provide our tenants with a more comfortable living environment.

*"My goal is to age in place, for my apartment continues to be the primary location for rebuilding my life and to become connected to others. I have peace of mind that is only possible because I've been able to live with CMHA Edmonton for six years."*

– MATT







## Peer Support Services

Caregiver Connections, a drop-in support group, helps parents, partners and caregivers learn new skills, gain support and cope with the unique challenges of caring for a loved one with a mental health concern and/or addiction. Groups are facilitated by a trained peer who has experience caring for someone with mental illness.

Peer Connections offers people with lived experience with mental illness an opportunity to develop their leadership skills and talents in a variety of social, leisure and recreational activities. Led by trained peer leaders, this drop-in program promotes social interaction and a sense of belonging to a community of care. The twice annual craft sale is one of the highlights of this program with participants showcasing their talents to the wider community.



**5** PEER ACTIVITY GROUPS



**FREE** TO ATTEND

*“This program provides a safe space to gather and creatively work on projects that encourage mindfulness and recovery. Meeting weekly over the years, we have developed a strong sense of community. Friendships have further developed outside of group time and we check in on one another regarding our mental wellness.”*

– LUCIA

# Volunteer Services

Our dedicated volunteers come from all walks of life and are active throughout our services and programs. Some are living with mental illness who are on their own recovery journey and some have family members with lived experience who want to share what they have learned. Students, professionals and community members have partnered with us to make mental health matter in our community. Their dedication and passion are gratefully acknowledged.

VOLUNTEER ROLES	NUMBER	HOURS
Distress Line	201	12,941
Administrative	14	941
Board	12	1,728
Events	40	244
Gaming	72	2,155
Information Booth	25	285
Peer	8	1,016
Practicum	4	1,295
Suicide Grief Support Services	2	23
<b>Total</b>	<b>378</b>	<b>20,628</b>



## Our Volunteers

- |               |              |              |              |                |                |             |              |
|---------------|--------------|--------------|--------------|----------------|----------------|-------------|--------------|
| Aaron L.      | Ashley P.    | Cynthia B.   | Erica L.     | Janelle V.     | Krystal K.     | Morgan D.   | Sarah F.     |
| Adelle M.     | Ashley T.    | Daniel A.    | Erica P.     | Janice C.      | Kyneeshaw B.   | Mya L.      | Sarah G.     |
| Aisha Y.      | Ashlyn D.    | Darcy S.     | Erin H.      | Janice L.      | Larry I.       | Naima R.    | Sareena K.   |
| Akshya B.     | Brad M.      | David H.     | Eva H.       | Jaqueline B.   | Lauren E.      | Nancy Y.    | Shaheer R.   |
| Alandra K.    | Brett B.     | David K.     | Eva V.       | Jasbir G.      | Lawrence T.    | Natalie M.  | Shainika M.  |
| Alec W.       | Caleb L.     | David K.     | Farah J.     | Jason G.       | Leigh-Marie F. | Natasha M.  | Shanna C.    |
| Alessandra S. | Carley H.    | Dawn F.      | Farella A.   | Jason Y.       | Leslie T.      | Nathan M.   | Sherry B.    |
| Alex E.       | Carrie R.    | Daya M.      | Farzaneh R.  | JD M.          | Lindsay C.     | Navkiran B. | Shiona C.    |
| Amanda C.     | Carvin P.    | Deanna M.    | Filza S.     | Jeannine G.    | Lindsay H.     | Neha B.     | Shreya P.    |
| Amber N.      | Cassandra H. | Deborah L.   | Garima K.    | Jen M.R.       | Lindsay W.     | Nelson G.   | Sciida I.    |
| Amy L.        | Cassandra W. | Denae D.     | Geesoo Y.    | Jen S.         | Lorelie H.     | Niamh L.    | Simran A.    |
| Amy M.        | Catherine D. | Denelle G.   | Hanh-Thuc T. | Jenessa G.     | Loryanne S.    | Nichole Z.  | Skye M.      |
| Amy P.B.      | Catherine W. | Denise H.    | Haris A.     | Jenna P.       | Luan W.        | Nicole H.   | Stacey B.    |
| Ana C.        | Celia K.     | Denise V.    | Holly A.     | Jennifer B.    | Luke S.        | Nicole O.   | Stacy E.     |
| Ana H.        | Celina C.    | Desiree B.   | Holly H.     | Jennifer C.    | Maria K.       | Nicole R.   | Stephanie B. |
| Andrea B.     | Chelsea B.   | Devin S.     | Hunter V.    | Jennifer H.    | Marianne C.    | Nicole W.   | Stephany P.  |
| Angela J.     | Cheryl S.    | Diana L.     | Inderdeep M. | Jennifer J.    | Marilyn O.     | Norah W.    | Sumana F.    |
| Angelina B.   | Chris F.     | Donna C.     | Isha O.      | Jennifer L.    | Mark E.        | Oana H.     | Susan Y.     |
| Ann B.        | Christie T.  | Duc P.       | Isha O.      | Jeremy F.      | Mark M.        | Olga G.     | Susan Z.     |
| Anna B.       | Christine E. | Eden R.      | Jaala P.     | Jesse H.       | Mark H.        | Omar C.     | Suzanne R.   |
| Anne G.       | Christine O. | Elena C.     | Jacob Z.     | Jesse S.       | Martene W.     | Parand M.   | Svitlana K.  |
| Anusha L.     | Cindi G.     | Elizabeth V. | Jade P.      | Jessica C.     | Marvick C.     | Patricia M. | Sydney B.    |
| Arielle B.    | Courtney S.  | Emma H.      | Jaehun P.    | Jessica G.     | Matthew C.     | Peris W.    | Sylvia R.    |
| Ashley A.     | Crystal W.   | Emma P.      | Jagdeep G.   | Jessie K.      | Matthew M.     | Phillip H.  | Taelina A.   |
| Ashley C.     | Cybil V.     | Emma R.      | Jake D.      | Jiheil L.      | Matthew P.     | Pierre D.   | Tammy M.     |
|               |              | Emrys J.     | Jane C.      | Johanna I.     | Maya R.        | Pola R.     | Tara R.      |
|               |              |              |              | Jonathan S.    | McKenna G.     | Purvesh R.  | Taylor F.    |
|               |              |              |              | Jonn K.        | Meagan C.      | Rachel D.   | Teresa P.    |
|               |              |              |              | Joyce H.       | Meaghan O.     | Rachel M.   | Terry S.     |
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|               |              |              |              | Khojesta R.    | Michael H.     | Sam K.      | Venessa W.   |
|               |              |              |              | Kiara L.       | Michelle B.    | Samira Z.   | Virginia L.  |
|               |              |              |              | Krisanthini R. | Michelle E.    | Sanda F.    | Vivian L.    |
|               |              |              |              | Kristeen B.    | Michelle G.    | Sandy X.    | Vytautas J.  |
|               |              |              |              | Kristianna P.  | Michelle P.    | Sara C.     | Yasmeen K.   |
|               |              |              |              | Kristina B.    | Miriam W.      | Sarah D.    | Zachary B.   |

# Financial Support



## FUNDERS AND GRANTS

Alberta Advanced Education  
 Alberta Health Services  
 Alberta Health Services Addiction and  
 Mental Health Edmonton Zone  
 Alberta Human Services  
 Alberta Seniors and Housing  
 Capital Region Housing  
 City of Edmonton Family and  
 Community Support Services  
 City of Leduc  
 City of Spruce Grove Family and  
 Community Support Services  
 CMHA Alberta Division  
 CMHA Calgary  
 Edmonton Community Foundation  
 Epcor  
 Homeward Trust  
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Mental Health Commission  
 Mental Health Foundation  
 No Room at the Inn Campaign  
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 REACH Edmonton Council  
 Royal Alexandra Hospital  
 Employees' Charitable Fund  
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 St. Paul Foundation  
 The Family Centre  
 The Home Depot  
 Town of Banff  
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 United Way of the  
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 Vermillion and Area Crisis and Kids  
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 Yellowhead County



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### Presenting

Bell Let's Talk

### Table

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### Event

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## MENTAL HEALTH CLASSIC GOLF SPONSORS

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### Printing

Pioneer Press



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 Tyler Ellis

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Kathleen Howard  
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Kelly Patricia Koronko  
Kenna Houncaren  
Kenneth Abernathy

Kevin Kovacic  
Kevin Sundquist  
Kim Graf  
Kirsty Spurrell  
Krista Boulton  
Larissa Predy  
Larry Brownoff  
Leigh Wincott  
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Leta Shannon  
Liana Belhumeur  
Lisa Marillier  
Liz Hill  
Logan Begalke  
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MDC Lions Cavalcade for  
Diabetes  
Megan Karlowsky  
Michael Chorley  
Michael Kennedy  
Michael Lee  
Michelle Myroniuk  
Mikaela Lazarenko  
Mike Sandare  
Miranda Nobbs  
Mosca Renerie  
Nancy Reynolds  
Nathan Terlesky  
Norah Wasylkiewicz  
Olive Spillet  
Ottaura Easingwood  
Paul & Rita Kieller  
Randy & Nancy Yatscoff  
Richard Anderson  
Richard Copeland  
Richard Lucid  
Rick Lansing  
Rita Power  
Robert Hahn  
Robert Robinson &  
Marie Lucile Belzil  
Robert Stauffer

Rod Connop  
Rodney Kurylo  
Russell Elford  
Salim Esmail  
Setsuko Kikuchi  
Shalaine Vachon  
Shannon Frederick  
Sheila Smith  
Shelly Chubb  
Sherri-Lyn Shaw  
Susan Tanghe  
Susan Rockwood  
Susan Tripp  
Suzanne Kos  
Suzanne Sparrow  
Tara Dika  
Tara Singleton  
Thomas Pomerleau  
Tina Guilfoyle  
Tracey Scarlett  
Trevor Lucky  
Tristan Patterson  
Tyler Snow  
United Nurses of Alberta  
Vanessa Stack  
Vincent Gallant  
William Powell  
William Severs  
Windsor Park Condo Association

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### Up to \$99

Caroline Land  
Adam Fujii  
Aimee Bijeau  
Alan Leung  
Alana LaPerle  
Alex & Cindy Plant  
Alexander Whitney  
Alfonso Mejia  
Amanda Lee  
Amber McKinnon  
Amy Mambourquette  
Andrea Stebens  
Andrew Chen  
Armeen Ahmadian  
Aulora Oleynick  
AUPE Local 38 NAIT  
Barb Haluza  
Benjamin Sperling  
Beth Watkins  
Betty Woytenko  
Beverly Esslinger  
Blaine Alexander  
Brad Nelson  
Brad Thoreson

Bradley Bekkeheim  
Breanna Twist  
Brenda Shackleton  
Buddy Nowicki  
Caitlin Sekhon  
Campbell Rea  
Candis Lavishe  
Cara McCargar  
Carl & Sharon Haltli  
Carly Hamdon  
Carol Haley  
Carrie Armstrong  
Cathy MacDonell  
Caylie Prochnau  
Chris & Jane Christensen  
Chris Cartier  
Chris Knowler  
Chris Stauffer  
Christi Meddleton  
Christian Hazell  
Christina Bruce  
Christina Roth  
Christine Berrisford  
Christine Lai  
Christopher Fairman  
Christopher Footz  
Claudette Provencal  
Cody Ziegler  
Corinne Borgel  
Craig & Darlene Hafso  
Curtis Coon  
Danesh Zonoobi  
Daniel Chicoine  
Daniel McDonald  
Darren Crawford  
Darryn Roser  
David & Darlene Dickau  
David Chowne  
David Friedland  
David Grauwiler  
deBoer's Golf Shoppes  
Deborah Barrett  
Denis Gaulin  
Denise Brown  
Diane Buffel  
Diane Carstair  
Diane Chesney  
Diane Cunningham  
Diane Motkoski  
Donald & Evelyn Chappell  
Donna Burvill  
Donna Jane Pickard  
Douglas Maltby  
Dr. Chris Bjorndal  
Dr. Craig Monk



## DONORS

*continued*

Elaine & Neil Meachem  
Elizabeth Duke  
Elizabeth Housch  
Elizabeth Hunka  
Elizabeth Thompson  
Elizabeth Zutter  
Elsie and Will Schaffrick  
Elyse Colman  
Eric Biasini  
Erin Kalansky  
Erin Tessier  
Eugene Chau  
Eugene Parent  
Evan Braun  
Evelina Kohlman  
Faith Wierenta  
Farhan Ali  
Fiona Winter  
Frances Jenkins  
George Fielding  
Gerrit & Eleanor Snyders  
Gezina Baehr  
Gillian Stauffer  
Gisele Dumonceaux  
Graham Barsi  
Gregg Beever  
Hannah Haugen  
Harsha Raghuraman  
Harvey & Mary Yoder  
Heather & Brian Summers  
Hodgson Schilf Evans  
Architects Inc.  
Hoiyin Chan  
Hyun-Ah Song  
Ian Belliveau  
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Irene Berube  
Isabel Golightly  
Jack & Gwen McBride  
James Wincott  
James Lord  
Janelle Lussier  
Janet Hussey  
Janine Kerry Mulholland  
Jared VanderMeer  
Jason Holtz  
Jason Tran  
Jenna Patterson  
Jessica Musslewhite  
Jessica Culling

Jessie Quang  
John & Marilyn Carr  
John Harvard  
John Housch  
Jordan Rattai  
Jordan Simao  
Judith Boyle  
Judy Ames  
Judy Harley  
Justin Badger  
Justine Martinson  
Lipstick Empire  
Karen & Calvin Bendfeld  
Karen Chisholm Bale  
Katherina Christiansen  
Kathleen Bosse  
Kathleen Houncaren  
Katie Allen  
Kayla Pineau  
Keith Davis  
Kelli Botrie  
Kelsey Won  
Kim Lawrence  
Kirsten Eeuwes  
Kristen Koser  
Lance Draper  
Lauren Engelking  
Laurette & Kenneth Benson  
Laurie Sutherland  
Leanne Struve  
Lee Liziak  
Leo Bruseker  
Lil O'Reilly  
Linda Edwards  
Linda Ewoniak  
Lisa Mikhail  
Loretta Sanders  
Lynn & Helen Abbott  
Lynne Meyer  
Margaret Reckin  
Marguerite Scott-Vanbeek &  
John Vanbeek  
Maria Camila Franco  
Maria Khan  
Mariah McConnell  
Marie Kohlman  
Marilyn & Wes Doyle  
Marilyn Thurston  
Marjan Ghotbizadeh  
Mark Hill

Mark St. Arnaud  
Marni Pearce  
Marqueita Maynard  
Martin Friedrich  
Marty Harris  
Mary Butterworth School  
Mary Grekul  
Maryanne Valentini  
Matthew St. Onge  
Maureen Collins  
Mauro Baldini  
Mediation Services  
Megan Cameron  
Megan Kheong  
Megan Schellenberg  
Melanie Maltby  
Michael Maltby  
Michael Owtrim  
Michelle Flasha  
Miles Peterson  
Mishaela Houle  
Nabi Goudarzi  
Nadia Halabi  
Nancy & Andrew  
Whistance-Smith  
Natalie Klinger  
Natalie Ouimet  
Natasha Pasemko  
Nathan Doraty  
Nelda Wilkenson  
Noel Constantin  
Norman Scheetz  
Otto & Margaret Mestinek  
Patricia Borgersen  
Patricia Geusebroek  
Patricia Heller  
Patrick Drapeau  
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Philip & Carol Ulliac  
Quenton Zalzar  
Quinn Wilkie  
Randy Partaker  
Raphael Tolentino  
Raymond Boudreau  
RE Hair & Co.  
Rebecca Kostiuk  
Renee Iverson  
Richard Stedman  
Rita & Patrick Moran  
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Robin Jeffries  
Rockliff Pierzchajlo Kroman  
Rodney & Debbie Hawken  
Roger & Carol Sims  
Ronald Breikreutz  
Rosie Bossio

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Samantha Scobey  
Sandra Yakemchuk  
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Sara Cloutier  
Sarah Perreault  
Scott Michael Lang  
Seth Mutch  
Sharon Wall  
Shaylynne Loudoun  
Sheila Woitas  
Shenia Keith  
Shereen Grubb  
Sherry Norton  
Sherry Reid  
Sheryl Greig  
Shirley & Frank Johnson  
Siobhan Carroll  
Sonny Sekhon  
Sophie Flanagan  
St. Francis Xavier High School  
Stephanie Pullman  
Stephen Styles  
Stream Flo Social Club  
Sungwoo Byun  
Susan Jereniuk  
Susan Smyth  
Sydney Helmer  
Tammie Dales  
Tammy Miller  
Tarri Jatani  
Ted & Ella Palarmarek  
Thomas Nguyen  
Tim Ira  
Tim Lockie  
Timothy Chan  
Timothy J Markle  
Tonya Hobwitski  
Tracy VanWassenhove  
Tran Pho  
Valentina Mejia  
Waldner & Arlene Tatarchuk  
Wendy Lussier  
Westaskiwin Regional Public  
School  
Western Canada Lottery Corp  
Willow & Stuart Shelley  
Wray Dansereau  
Yelena Braslavsky  
Yolande & Edmond Kubash  
Yoleen Naidoo  
Yvonne Bur  
Zenon Markevych

<b>STATEMENT OF FINANCIAL POSITION</b> As at March 31	<b>2019</b>	<b>2018</b>
<b>CURRENT ASSETS</b>		
Cash	\$2,059,595	\$2,204,550
Receivables	105,291	171,308
Prepaid expenses	110,945	110,692
<b>Total</b>	<b>2,275,831</b>	<b>2,486,550</b>
<b>INVESTMENTS</b>	1,733,844	1,624,147
<b>CAPITAL ASSETS</b>	6,203,318	6,314,913
<b>Total Assets</b>	<b>\$10,212,993</b>	<b>\$10,425,610</b>
<b>LIABILITIES</b>		
Accounts payable	\$265,350	\$259,262
Deferred contributions	3,852,961	4,049,596
Debt	1,717,531	1,781,130
<b>Total Liabilities</b>	<b>5,835,842</b>	<b>6,089,988</b>
<b>NET ASSETS</b>		
Invested in capital assets	1,184,563	1,101,061
Unrestricted	1,006,880	1,048,853
Internally restricted	957,357	957,357
Endowment	1,228,351	1,228,351
<b>Total Net Assets</b>	<b>4,377,151</b>	<b>4,335,622</b>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$10,212,993</b>	<b>\$10,425,610</b>

<b>STATEMENT OF OPERATIONS</b> Year Ended March 31	<b>2019</b>	<b>2018</b>
<b>REVENUE</b>		
Grants	\$3,076,865	\$3,275,820
Fundraising	537,769	549,513
Rent	492,473	483,073
Fees for service	324,259	242,288
Management fees	98,000	95,325
	<b>4,529,366</b>	<b>4,646,019</b>
<b>EXPENSES</b>		
Salaries & benefits	2,586,794	2,492,529
Building occupancy	731,730	641,198
Program and educational	410,549	442,620
Amortization	250,468	271,728
Office and administration	286,553	274,731
Consulting and professional fees	103,435	131,397
Interest on debt	53,401	54,872
All other expenditures	222,680	234,645
	<b>4,592,209</b>	<b>4,488,848</b>
<b>EXCESS OF REVENUE OVER EXPENSES FROM OPERATIONS</b>	<b>(62,843)</b>	<b>157,171</b>
INVESTMENT INCOME	104,372	61,635
<b>EXCESS OF REVENUE OVER EXPENSES</b>	<b>\$41,529</b>	<b>\$218,806</b>



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

**Canadian Mental Health Association Edmonton**

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