



Canadian Mental
Health Association
Edmonton
Mental health for all



CMHA EDMONTON REGION ANNUAL REPORT



2023-
2024

Table of Contents

→	02	Land Acknowledgement
→	03	Letter from the Executive Director & President
→	04	Who We Are
→	05	Our Past 10 Years
→	09	Our Impact
→	11	Our Programs & Services
→	24	Our Fundraising & Events
→	33	Our Volunteers
→	36	Our Donors
→	44	Our Financials
→	46	The Evolution of Community Mental Health
→	47	Leadership & Collaboration
→	48	A Light of Hope



START HERE



Land Acknowledgement

At CMHA-Edmonton Region, we acknowledge that we are on Treaty 6 territory, a traditional meeting ground, gathering place, and traveling route to the Cree, Saulteaux, Blackfoot, Métis, Dene, and Nakota Sioux. We honor the history and culture of the Indigenous peoples with whom we share this land. Our commitment to fostering strong relations with Indigenous communities is a core part of our identity as we work together toward mental wellness and healing.

Letter from the Executive Director & Outgoing President

Giri Puligandla & Emily Ruttan

This has been another year of growth and change for CMHA Edmonton. It is exciting to see us expand to meet the needs of people in Edmonton and beyond, but we are being vigilant about our capacity to do so.

This growth has come with increased complexity. We are educating more people but also needing to tailor content to more diverse audiences. Calls to our helplines are longer because needs are deeper and follow-up support in community is lacking. While increased government funding gives stability to 211 and the new 988 service, programs like Prosper Place and Distress Line depend on fundraising to keep them going. Supporting 160 staff requires more structure and sophistication than for 50.

Our Board was responsive to this growing complexity. In 2023, we were proud to allocate investment gains toward our new Individual and Family Support program to fill a longstanding gap in community-based support. The Board also understood the struggle to modernize organizational infrastructure as our budget doubled and staffing tripled over the past five years. To say opportunities fell from heaven feels particularly appropriate: we received large bequests in 2023-24 that the Board responsibly set aside to improve our operational, financial management, and communications capabilities.

These improvements strengthen our stance while we continue to look outward: mental health is now a universal issue, so we need to increase public awareness of CMHA and step up when we identify unmet needs. Through our central role in creating Edmonton's Strategy for Community Mental Health, we are evolving from being a service provider to becoming a transformative leader with and for people with lived experience. We are also influencing a new collective mindset among CMHA Alberta and other Regions to establish a community mental health system provincially.

It has been energizing for the two of us to work together through inspiring and daunting times these past two years. As a new President takes the helm in 2024-25, we are grateful to our Board, staff, volunteers, supporters, and participants for their passion for and confidence in CMHA Edmonton to continue our evolution to better serve our communities.



Who We Are



CMHA-Edmonton Region has been a cornerstone of community mental health for over 70 years. Our journey, particularly over the past decade, has been one of growth, adaptation, and increasing impact. We are now recognized as a leader in mental health support, providing essential services that address the needs of our community holistically.

Our organization has evolved significantly since our incorporation in 1964, and today, we stand as a trusted provider of comprehensive mental health services. Our strategic initiatives, partnerships, and commitment to excellence have positioned us to make a profound difference in the lives of those we serve. However, our story is still unfolding. We have come a long way, but the journey continues, and with your support, we will achieve even greater milestones.

A Decade of Growth: CMHA-ER's Coming of Age



As we reflect on the past 10 years, CMHA-Edmonton Region stands at a pivotal moment in its journey—one of both profound transformation and anticipation for what lies ahead. Under the leadership of Executive Director Giri Puligandla for the past 3.5 years, we've experienced significant changes in our role, our budget, and the size of our staff, positioning us as the backbone of community mental health in Edmonton.

We are recognized as a leader in mental health support, but this is just the middle part of our story. **Like any true hero's journey, we are still in the labors – making critical strides but realizing there's much more to be done.** The bigger meaning of our mission is emerging, and with it, both excitement and anxiety. Every decision, every program, brings with it a realization that our destiny is still in our hands.

This year, our board, staff, and community all share a similar feeling – joy and pride in how far we've come, but also a sense of the immense responsibility we carry. There's an excitement in knowing we are shaping something extraordinary, yet a fear of the uncertainty that lies ahead. But this is what makes our journey so powerful: the acknowledgment that with each challenge, we're building the future of mental health care in Edmonton.

Ten Years of Impact: Transforming Lives, Strengthening Communities

“This has been another year of growth and change for CMHA Edmonton. It is exciting to see us expand to meet the needs of people in Edmonton and beyond, but we are being vigilant about our capacity to do so.”

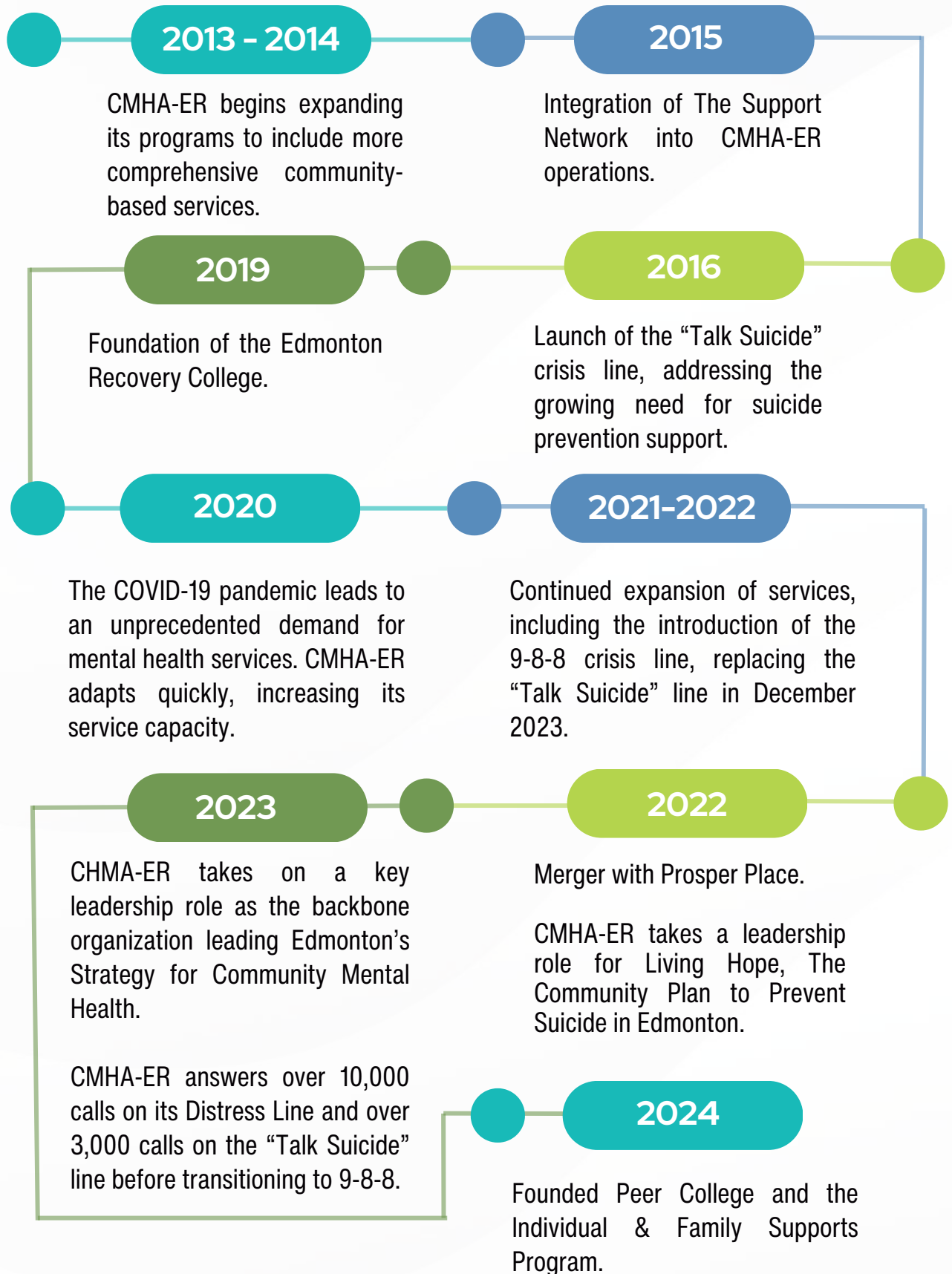
In 2013, the CMHA-ER began expanding its programs to include more comprehensive community-based services.

Now in 2024 we are a leader in the development of a brand new Edmonton Strategy for Community Mental Health. (See pages 40-41 for more information)



Ten Years of Impact:

Transforming Lives, Strengthening Communities



The Path We've Paved, The Future We're Building.

How Crisis Support Continues to Save Lives.

"I was at my lowest point and didn't know who to turn to. When I called the crisis line, I finally felt heard. The person on the other end didn't judge me—they just listened. It was the first time in a long time I didn't feel alone."

In 2016, we launched the "Talk Suicide" crisis line, addressing the growing need for suicide prevention support. Now in 2024 we have multiple crisis lines available, including 211, 9-8-8, and our online crisis chat.



2016

Our Impact

This past year has been one of both progress and profound impact for CMHA-Edmonton Region.

Our Distress Line received a total of

10,296

calls with

1,050

of those coming from rural areas

We handled

3,189

calls through the “Talk Suicide” line before its operations ended in November 2023

Since November 2023, we’ve answered

2,481

calls on the new 9-8-8 crisis line

These numbers reflect the growing need for mental health support in our community and the critical role CMHA-ER plays in providing it. We have been there for those in their darkest moments, offering a lifeline when it was needed most.



Canadian Mental Health Association
Edmonton
Mental health for all

LET US HELP YOU
UNDERSTAND WHY YOU
DON'T ENJOY IT ANYMORE.

CALL OR TEXT

9-8-8

CMHA-Edmonton is a proud partner in 9-8-8 Suicide Crisis Helpline. 9-8-8 is a new national helpline for anyone across Canada who is thinking about suicide, or who is worried about someone they know.



A Lifeline in the Dark:

How Crisis Support Saves Lives

“Volunteering with CMHA-ER gave me purpose when I felt like I had none. Helping others while healing myself has been the most rewarding experience of my life. Every hour I spend here is another step forward — for me and for the community.”

In 2018, CMHA-ER introduced new volunteer training programs, focusing on crisis intervention and peer support. Now in 2024 we have over 200+ volunteers helping us serve our community with almost 20,000 volunteer hours logged.



2018

Our Programs & Services

Crisis Services

The volume of calls we received this year highlights the ongoing mental health crisis in our community and the essential role of our crisis services. Each call represents a person reaching out for help, and each response is a step towards their recovery and well-being. For many, this lifeline is the first step in a long journey toward healing—a journey made possible by the compassionate support they receive from CMHA-ER.

In 2024, our Crisis Services are expanding to meet growing need.

- **Distress Line Services expanded to better support rural communities**
- **Transitioned the “Talk Suicide” Line to the new 9-8-8 Crisis Line, ensuring seamless support for those in need.**
- **Enhanced our volunteer training programs to build capacity and improve service quality.**

10,296

Total Distress Line Calls

1,050

Total Rural
Distress Line Calls

844

Total Seniors Abuse
Help Line Calls

252

Total Online Crisis Chats

3,189

Total “Talk Suicide” Calls
(ended Nov. 30th, 2023)

2,481

Total 9-8-8 Calls
(started Dec. 1st, 2023)

Guiding the Way:

Helping People Find the Support They Need

"I didn't know where to turn when everything started falling apart — losing my job during the pandemic, then my home to Alberta Wildfires. But one call to 211 connected me to the right resources. They helped me find support and reminded me that there's always a way forward."

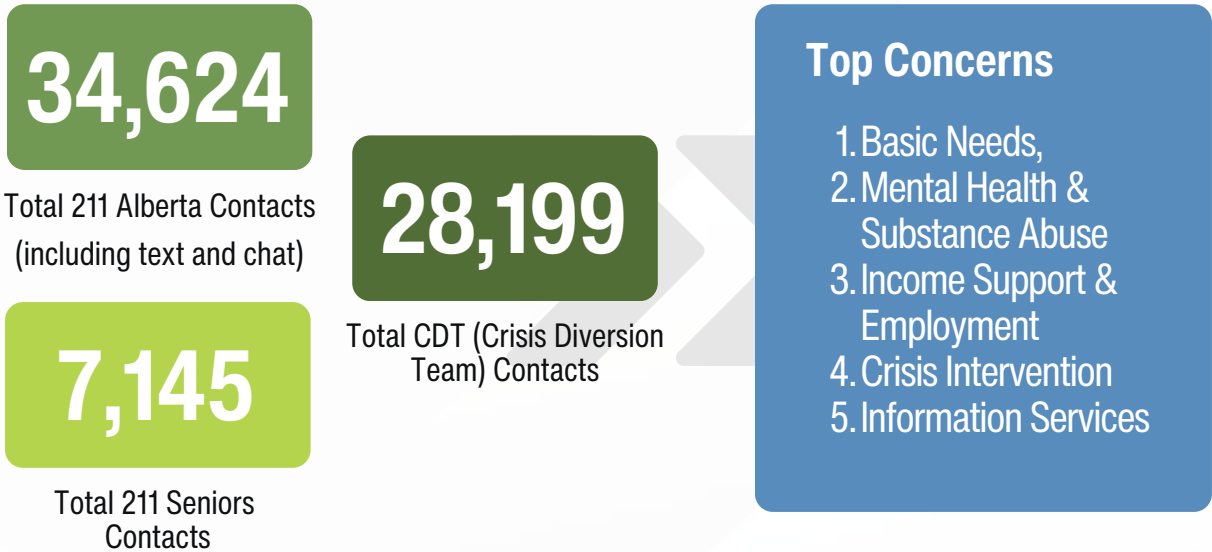
During the pandemic, we felt the pressure of constant need for additional support with the changing times. We were nimble and created additional streams of support including expanding our service capacity. This has not changed since the pandemic, and has continued to grow in both supply and demand to what we have today.



2020

Our Programs & Services

Navigation Services



Our 211 Alberta service has become a lifeline for many in our community, especially for seniors who make up a significant portion of our contacts. This service connects individuals with the resources they need, addressing critical concerns like housing, mental health, and crisis intervention.

Building on a successful model for navigation services, CMHA-ER has implemented a new dispatch process for the 24/7 Crisis Diversion Team, with 211 playing an active role in coordinating more efficient dispatch decisions which reduce response times.

211 has also incorporated closed loop referral pathways in the areas of housing and child and youth mental health, supporting callers to access the right supports at the right time.

A Place to Call Home:

Where Stability and Support Create New Beginnings

"For years, I felt like I was just surviving, not living. Moving into housing through CMHA-ER changed everything. I finally feel secure, and for the first time in years, I'm hopeful about my future. It's more than just a roof over my head—it's peace of mind."

Since 2021 we have tried to expand our housing program to meet the growing demands of our community. This past year, we maintained the same number of housing units and are still in need of more funding and support to grow this program.



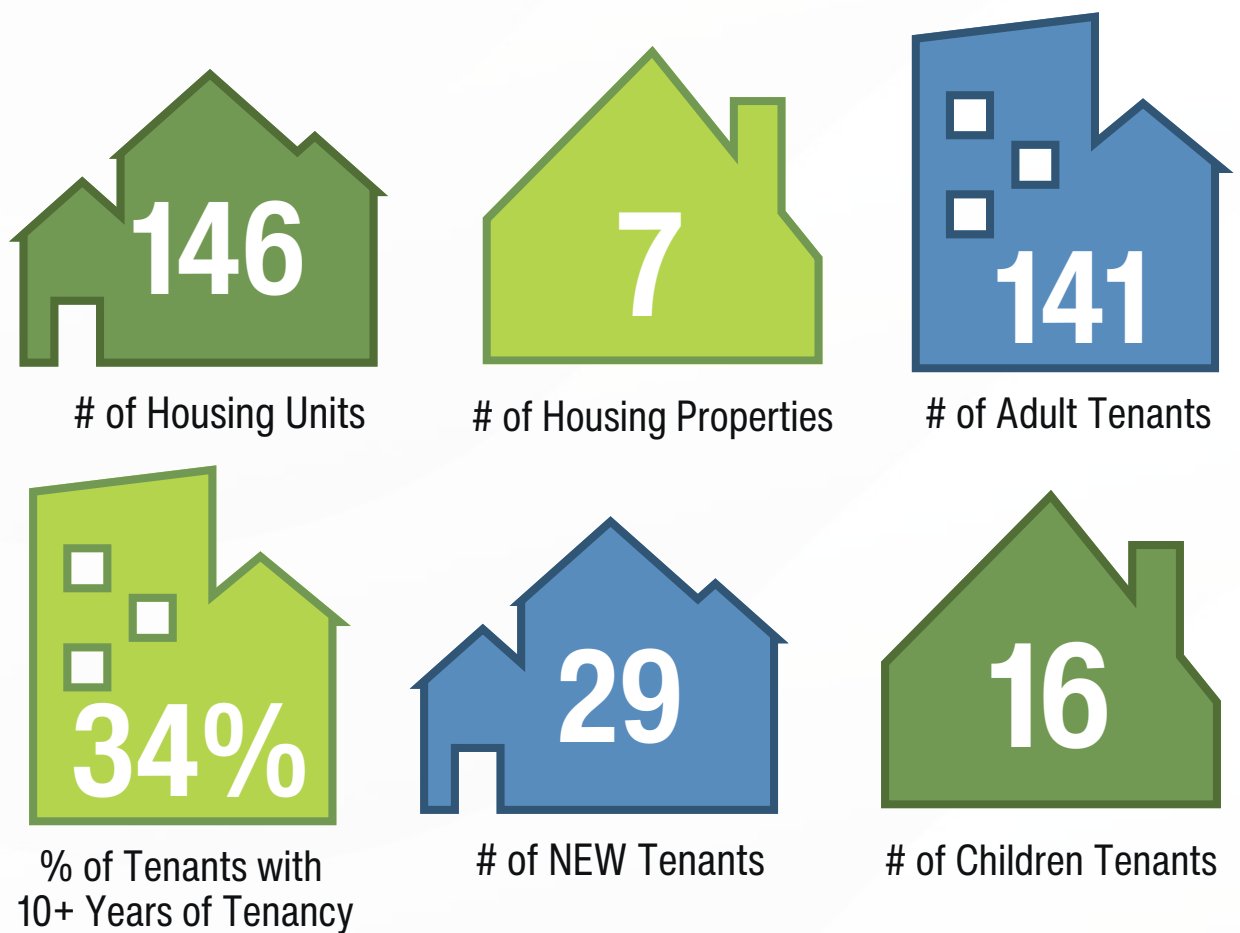
2021

Our Programs & Services

Housing Program

The stability provided by our housing program is crucial for individuals dealing with mental health challenges.

With 146 housing units and a strong community of long-term tenants, we continue to offer safe, supportive environments where individuals can focus on their recovery.



Living Hope: Bringing Suicide Prevention and Natural Supports to the Forefront of Mental Health

"As much as I am passionate around talking about suicide, I am tired of talking about suicide. People need things to be better, and I couldn't sleep at night if I didn't know that I was giving it everything I had to make a difference. We can make a difference here"

In 2022, CMHA-ER took a leadership role in the implementation of Living Hope, The Community Plan to Prevent Suicide in Edmonton.

Building on the cornerstone of our bereavement programs, we recognize the need for communal memory, peer support, and vigil for those who have died by suicide, coordinating special events to support those in grief.

We have also expanded on the important role family, caregivers, and loved ones play, with natural supports in people's lives being central to life promotion.



Our Programs & Services

Suicide Grief Supports

Grieving a loss to suicide can seem overwhelming, but the support and understanding of others can be a powerful source of strength.

The Suicide Grief Supports program helps to meet the needs of those bereaved in reducing isolation and increasing connectedness.

147

Number of Adult Suicide Bereavement Support

196

Total Clients Served



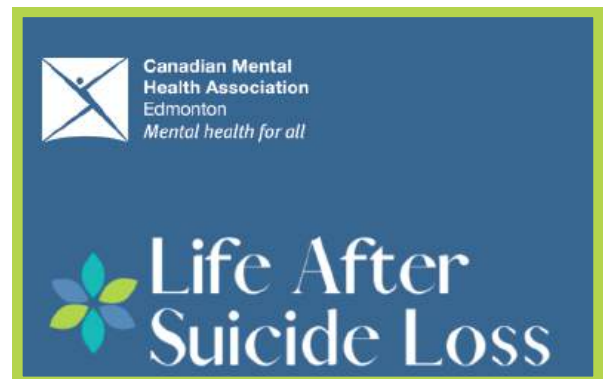
Between 100-150 people attend An Evening to Remember each year.

An Evening to Remember

An Evening to Remember is an annual memorial event to celebrate and remember the lives of those we have lost to suicide. The event features guest speakers, a flower ceremony, a memorial video, and a chance to connect with others who have lost a loved one to suicide. 2023 marked the 12th anniversary of An Evening to Remember.

Life After Suicide Loss

Life After Suicide Loss is an annual event coinciding with National Suicide Awareness month that invites those who have lost a loved one to suicide to discover resources, support, and connection through this free in-person and virtual event. Community through connection is the theme of this event. Participants hear from guest speakers on tips and coping strategies for navigating their grieving journey.



118 participants at Life After Suicide Loss in 2023.

Our Programs & Services

Individual & Family Supports

Caregiver Connections

CMHA-ER is expanding our Caregiver Connections group into a more robust Family Supports program. In collaboration with FAMI Alberta (Families supporting Adults with Mental Illness), family members and caregivers are helping to design the new program through the newly established Family Experience Advisory Council (FEAC).



Individual Support Sessions



Drop In Family Support
Group Participants

In collaboration with:



FAMI Alberta
Families supporting
Adults with
Mental Illness

Our Programs & Services

Individual & Family Supports

Advocacy & Wayfinding

Our staff work alongside people with lived experience of mental health challenges, and their families and other caregivers, to help find the services and supports they need. They have made an impactful difference by helping to secure safe and affordable housing, to support successful AISH applications and appeals, and to educate folks on their rights and to empower them to self-advocate to connect with needed services.

With input from FEAC and from the new Participant Experience Advisory Council (PEAC), we are also evolving our Advocacy and Wayfinding program to become a more comprehensive and practical Peer Support Service in 2024, which will employ people with lived experience to support individuals' needs around system navigation and more practical home and community supports.

2,586

Total Contacts for
Advocacy &
Wayfinding

384

People Supported
with Advocacy &
Wayfinding

6

FEAC members

10

PEAC members

“

Having the support to navigate and to figure it all out really means a lot to me. Makes it feel much more achievable and less insurmountable.

Stronger Together:

Building Community Through Shared Experiences

"At Prosper Place, I found a community that understands me. Before, I was afraid to open up about my struggles, but here, people get it. They don't just talk the talk – they've been where I've been. It's more than support – it's belonging."

Our Prosper Place program continues to be a shining light in our journey. We are so proud of the community we serve, and the support we are able to provide individuals and their families. Our daily attendance this year is up to almost 5,000 people, and we increased our workshops from 105 to 131.



2023

Our Programs & Services

Prosper Place

4,666

Daily Attendance

4,143

Low-Cost Meals Served

89

New Members

678

Learner Attendance

1,167

Social Recreation
Attendance

96

Peer Training Attendance

131

Classes/Workshops

77

Social Recreation Activities

25

Peer Training Events

Prosper Place continues to be a beacon of hope for individuals seeking community and peer support. The numbers reflect the incredible impact this program has on its members, offering not just a place to learn and grow, but a community where they belong.

An exciting development at Prosper Place has been the hiring of Peer Leaders, past program participants who bring their lived expertise to running the daily operations of the centre.

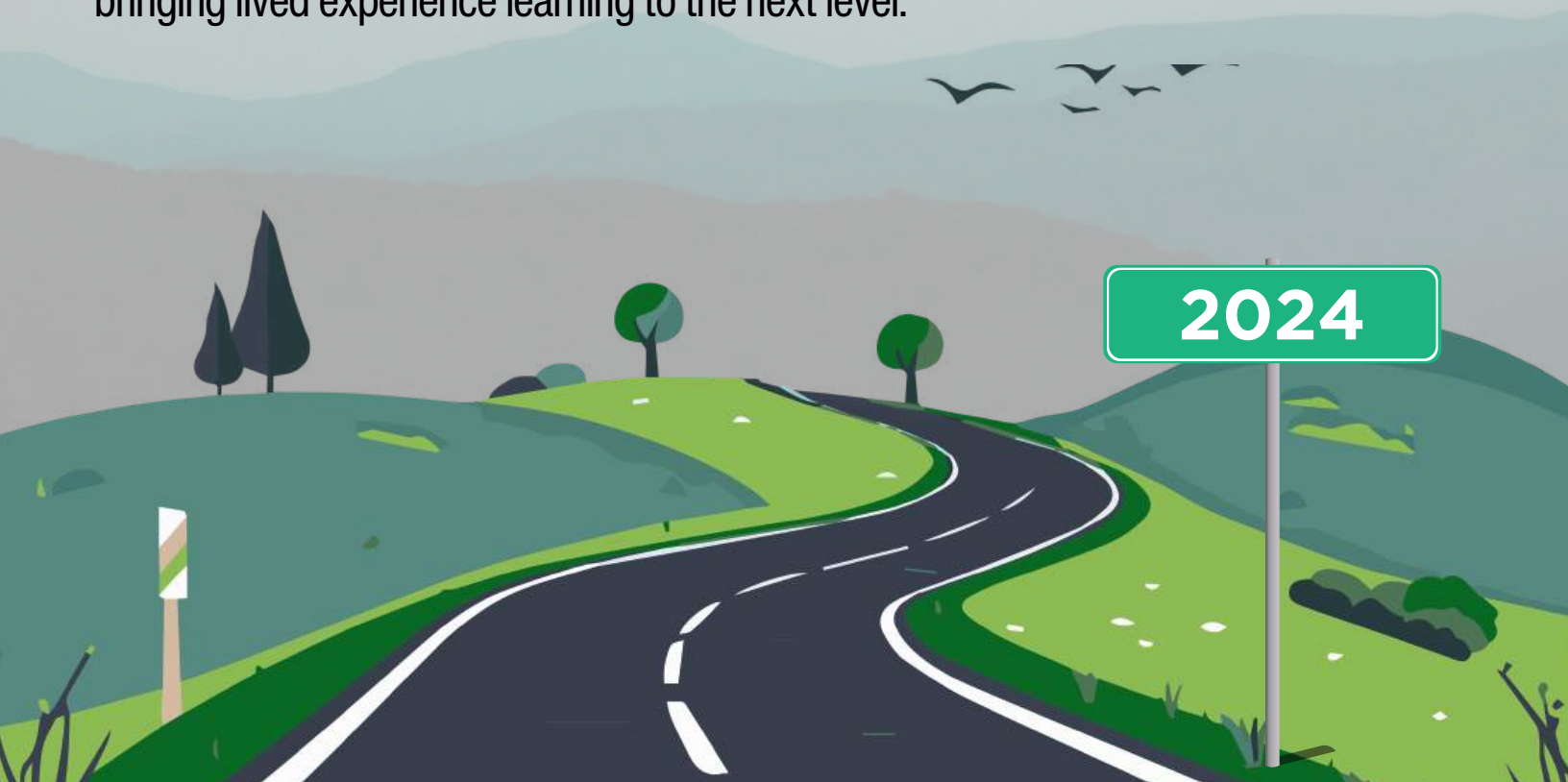
Learning from Lived Experience: Co-Creating and Co-Facilitating Recovery-Oriented Education and Training

“Through the training, I felt ready, prepared, like I was not alone because I could hear your voice. You had a great impact on my learning, and I know these skills have helped me and will help me help others.”

CMHA-ER has coordinated mental health education in our community for a long time, providing Mental Health First Aid (MHFA), Applied Suicide Intervention Skills Training (ASIST), and other high quality, evidence-based trainings for frontline workers.

In 2019, CMHA-ER founded the Edmonton Recovery College, open to anyone over the age of 16 who has been impacted by mental wellness or substance use challenges and is looking for tools and support in their journey to recovery and mental wellness. Using a co-creation model, people with lived experience are actively involved in designing and delivering Recovery College courses.

In 2024, we are now trailblazing Peer Support Training through a new Peer College, bringing lived experience learning to the next level.



Our Programs & Services

Training and Education

55

Number of Recovery
College Courses

559

Number of RC Course
Attendees

1,079

Total ASIST Course
Attendees

666

Total Mental Health
First Aid Attendees

41

Total LEAP Course
Attendees

1,950

People who Received
Stronger Communities
Training

36

Organizations who
Accessed Stronger
Communities Training

25

Mental Wellness
Ambassadors

CMHA-ER is collaborating with community partners and people with lived experience to co-develop new training opportunities for peer workers.

Peer College was established early in 2024, now offering core Peer Support Training and specialized electives to grow a workforce of peer professionals in Edmonton and area

We have also formally partnered with CMHA Calgary to bring the School of Peer Support to Edmonton.

Building on the co-creation model of Recovery College, CMHA-ER continues to grow the movement of peer education informed by and for people with lived experience of mental health and addictions challenges.

Fundraising & Events

This year, our fundraising efforts were more critical than ever as we sought to support and expand our services. Through various events and partnerships, we were able to raise crucial funds that have directly impacted the lives of those we serve. The support of our community has been instrumental in allowing us to continue our work.

\$1,226,887

Total Revenue
(Including Planned Giving and Grants)

\$11,180

Monthly Donor Total Revenue

\$114,071

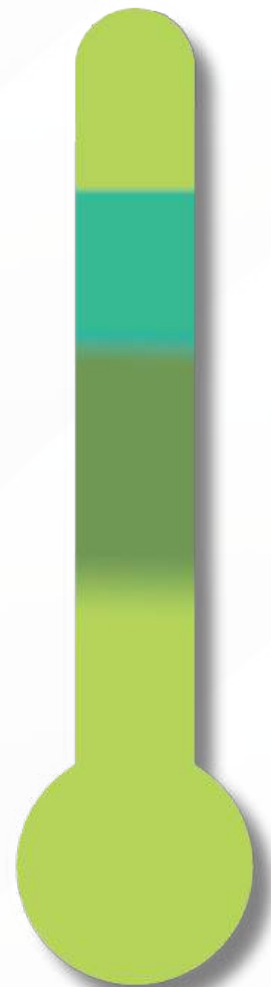
Events Revenue
(Including third-party & signature events)

\$414,240

Total Donations
(not including planning giving/ grants)

\$663,158

Planned Giving Revenue (Estate)



Fundraising & Events

Throwback FUN-raiser

CMHA-ER hosted its inaugural CMHA Throwback Dance Party on March 2, 2024, as part of its new Decompression Sessions initiative.

This lively fundraiser paid tribute to the 1990s and early 2000s, offering an evening filled with nostalgia, great food, drinks, and the unforgettable beats of DJ Harman B, the King of Throwback. Attendees enjoyed a night of dancing, socializing, and creating meaningful connections in a relaxed atmosphere. The event also featured a silent auction, raffle prizes, and a late-night food truck, with all proceeds supporting the vital work of CMHA-Edmonton.



“Because of the CMHA, I have the tools I need to not let my anxiety win.”



Fundraising & Events

Mental Health Golf Classic **TOTAL RAISED: \$29, 937.61**

The Mental Health Golf Classic, held on June 5th, 2024, at Belvedere Golf and Country Club in Sherwood Park, brought together golf enthusiasts of all skill levels to support the CMHA-ER. The event provided a fun and inclusive day on the course, with participants joining individually and in teams.



“I knew there was a mental health crisis in Edmonton, but it wasn’t until I experienced this tournament that I understood just how dire the need for support is.”



Fundraising & Events

13th Annual Memorial Captains Ride

The 13th Annual Memorial Captain's Ride was held in honor of Carey Stoney, who tragically passed away from suicide. The event featured a heartfelt speech by Giri before participants set off on their ride around 12:30 PM. Riders returned to Knight's Pub and Grill by 4:30 PM for an evening of camaraderie, featuring dinner, a raffle, and a silent auction. Those who couldn't participate in the ride were encouraged to join the festivities at the pub, where they could still take part in the silent auction and 50/50 draw. The event provided a meaningful opportunity to remember Carey and support mental health awareness.



“We ride for Carey, and for anyone impacted by suicide. It’s important we share these stories and raise awareness and support for this growing crisis in Edmonton.”



Fundraising & Events

Strathcona Bottle Depot

The Strathcona Bottle Depot has been an invaluable ongoing fundraising partner for the Edmonton Mental Health Association. Through their generous initiative, they collect bottle donations on behalf of the CMHA-ER and encourage others to donate their recycling funds to support the organization's efforts. We are deeply grateful for their continued partnership and community leadership, which exemplifies how small, collective actions can make a significant impact in advancing mental health support and fostering compassion within our community.



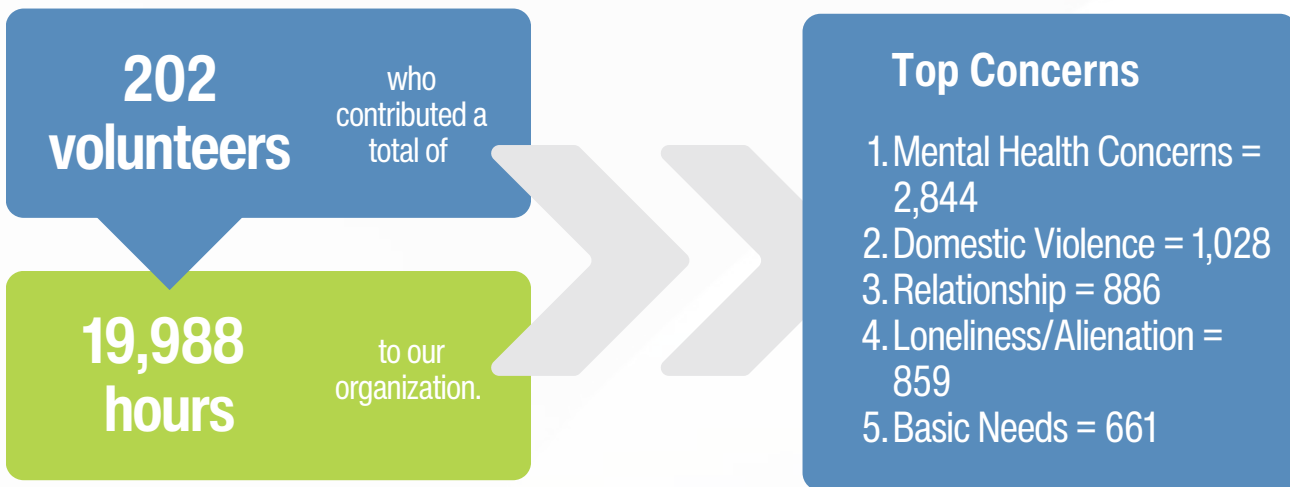
“We see the toll mental health takes on our community members every day, and how a little bit of effort can go a long way in showing compassion and support.”



Our Volunteers

Our volunteers are the heart and soul of CMHA-Edmonton Region.

This year, we were fortunate to have:



These dedicated individuals are crucial to our operations, from answering distress calls to supporting our events and programs.

47

Total Volunteers Completing their Distress Line Training

5,077

Total Hours of Self-Guided Online, Classroom, and On-the-Job Training

2,070 Self-Guided Online Hours

2,070 Classroom Hours

936 On-the-Job (Monitor Shifts)



Our Volunteers

Reza A	Caydence B	Tania E	Jessica J	Deanna M	Stanley O
Daniel A	Colin B	Shawna E	Barb J	Lina M	Amy P
Lula A	Erica B	Yomna E	Larry K	Abbigale M	Joanna P
Nadine A	Jennifer B	Mutasim E	Tanvir K	Cleo M	Om P
Varun A	Stephanie B	Brett E	Trish K	Morgana M	Priya P
Zain A	Tanika B	Ivan E	Nathan K	Jaime M	Laura P
Owen A	Mariam B	Raphael E	Rachel K	Alexandra M	Laura P
Amber A	Em B	Jennifer F	Umer K	Marissa M	Sean P
Tanushka A	Pamela C	Sylvia F	Zach K	Madison M	Heero P
Barbra A	Donna C	Shelaine F	Crystal K	Leah M	Megan P
Sadia A	Cass C	Grant F	Harriet K	Chantelle M	Kate P
Nicholas A	Colleen C	Michael F	Patrick K	Victoria M	Jason P
Daria A	Halle C	Delfina G	Sheri K	Eric M	Leita P
Jarrett A	Debadrita C	Gurjeet G	Salman K	Cathy M	Emma P
Saad A	Brian C	Phoebe G	Shan K	Trina M	Sabita P
Sanya A	Ashley C	Yi G	William K	Kristin M	Raymond P
Jessica A	Shaina C	Shannon G	Gillian K	Kyla M	David P
Ana A	Rachel C	Clare G	Danny K	Apoorva M	Jade P
Chris A	Ami C	Olga G	Pari K	Rehana M	Nicole R
Sirat A	Maria D	Holly H	Mathieu L	Sagal M	Nancy R
Terri B	Jody D	Samara H	Darren L	Mairu M	Darcy R
Carice B	William D	Phil H	Kaiden L	Christine M	John R
Geraldine B	Heather D	Ashley H	Lucille L	Sydney M	Noelle R
Desmond B	Tanya D	Lorelie H	Natasha L	Kayleigh M	Saliha R
Kara B	Joseph D	Michael H	Arthur L	Alex N	Marion R
Serena B	Diana D	Chantelle H	Natalia L	Ara N	Tanner R
Rae B	Morgan D	Sara H	Katherine L	Joanne N	Aswitha S
Rae B	Yeshu D	KeltyRose H	Samantha L	Samu N	Kelsey S
Alex B	Glen D	KeltyRose H	Erica L	Trang N	Trina S
Daniel B	Manpreet D	Marynek H	Sophia L	Teresa N	Taylor S
Luke B	Kuldeep D	Susan H	Amy L	Megan N	Kara S
Gabby B	Cameron D	Drayton H	Matheson M	Kailyn N	Heide S
Lee B	Nancy D	Mohammed	Jashan M	Griff N	Brittany S
Corbin B	Ella D	Faisal H	Heather M	Munachi N	Jasmine S
Michelle B	Kaitlyn D	Dilasha J	Nivas M	Anne O	Julia S
Dan B	Nakida D	Arsh J	Rahim M	Tulsa O	Tanaura S
Jasmine B	Lisa D	Ewa J	Matthew M	Caleb O	Hajira S

Our Volunteers

Shivani S	Hannah S	Bell W
Paw S	Jenny S	Carrie W
Fiore S	Ahad S	Amelie W
Chris S	Brie S	Lindsay W
Sharon S	Karina T	Anne W
Leah S	Mona T	Walter W
Ellen S	Parishi T	Rebecca W
Kelsey S	Saymon T	Darryl W
Daniel S	Socrates T	Ariana X
Sarah S	Ashley T	Angel Y
Raji S	Thomas T	Jason Y
Lauren S	Lidia T	Amethyst Z
Johana S	Nolan T	Zhengqi Z
Bev S	Ximena V	Diana Z
U of A Student	Brent W	Tianyu Z



Our Donors

Our work at CMHA-Edmonton Region would not be possible without the generous support of our donors. Each contribution, no matter the size, plays a critical role in helping us provide the services and programs that our community relies on.

- A significant portion of our funding came from individual donors who believe in our mission.
- Corporate partnerships and grants have allowed us to expand our services, particularly in crisis intervention and housing support.

Special Thanks

We would like to thank the following donors for their substantial estate bequests:

- Estate of Jacqueline Anne Brown - \$470,192.69
- Estate of Joan Pitfield - \$142,965.67
- Estate of Bernard Dousse - \$50,000.00

The Board of Directors committed 75% of these funds toward strategic infrastructure for the future of CMHA Edmonton, including long-needed modernization of the organization's finance and communications capabilities.

We are grateful for the generosity of these donors' planned giving efforts.

Funding & Grants

- Alberta Children's Services
- Alberta Health Services (AHS) Edmonton Zone
- Alberta Health Services (AHS) Calgary Zone
- Alberta Seniors, Community, & Social Services
- Canadian Mental Health Association, Alberta Division
- Centre for Addiction & Mental Health
- City of Edmonton, Community Safety & Wellbeing
- Civida
- Crisis Services Canada
- Edmonton Community Foundation (ECF)
- Family & Community Support Services
- Homeward Trust Edmonton
- No Room at the Inn
- REACH Edmonton
- Red Cross Community Services Recovery Fund
- United Way of the Alberta Capital Region

Our Donors

Donations - \$5000+

1957499 Alberta Ltd. (Tread Forward Fundraising)
 ATCO Employees Participating in Communities (EPIC)
 Colliers Macaulay Nicolls Inc.
 Delaney-Chapple Support Network Fund
 Enterprise Holdings Foundation
 Fairway Legacy Foundation
 Krishna Gupta
 Johanna Poultney
 The Dianne & Irving Kipnes Foundation
 Waiward Industrial LP
 We All Believe In You

Total: \$895,924.58

Donations - \$1000 - \$4,999

AB & B Holdings Ltd.
 Ada Lam
 Adrian van Dolder
 Alberta Blue Cross
 Alida Holt
 Anonymous - Canada Helps
 Boston Pizza Foundation Future Prospects
 Bradley and Barbara Kendall
 Cable Family Community Endowment Fund - ECF
 CES Corporation
 Charles L'ecuyer

Dale & Joanne Boddy
 Elizabeth Roberts
 Epic Investments
 Frances Coughlan
 Imrie Fund for Community Mental Health Endowment Fund - ECF
 Jacob Schweda
 Jay Crockett
 Julio's Barrio Mexican Restaurant
 Kent Fargey
 Liberty Law
 Lorraine Morrow
 Marnie Kachman
 Medicine Shoppe #264
 Michael Fiorino
 Orthopaedic Consultants
 Patrick Dafoe
 Rally Engineering
 Riviere Qui Barre Arena (Ring it on Mental Health Campaign)
 Rolanda Patton
 San Rufo Homes Ltd
 Scotia Trust
 Silvia Marchesin
 Stephen Mandel
 Susan Allen
 T Fest 7
 The Care Group
 Tim Battle
 Tony Gnanasihamany
 Trudy Cormier
 Tyrell Johnman
 Val Morelli

VCA Canada Guardian Veterinary Centre
 Viewpoint Charitable Foundation

Total: \$110,974.55

Donations - \$500 - \$999

Alberta Union of Provincial Employees Local 003
 Alison Stephens
 Angela Cardinal
 Anonymous Canada Helps
 Brian Countryman
 Brio-Tech Pressure Controls Inc
 Bruce Acton
 Catholic Parish of St. Alphosus
 Cherisse Killick-Dzenick
 Cheryl Wightman
 Dale Giebelhaus
 Dave Virk
 David Mackintosh
 David McGarva
 Douglas Mathew



Our Donors

Donations - \$500 - \$999 cont'd

Eric Chen
 Frank Vanderbleek
 George Martel
 Greg Eberhart
 James Foremsky
 Jennifer Sanchez
 Jennifer Tran
 Johanne Cairo
 Josh and Ainslie Eberhart
 Kingsgate Automotive Ltd
 Linda McLean
 Maureen Parker
 Michel Soetaert
 Modern Benefits Group Inc.
 Nicole Smith
 Poonam Gill
 Relief Rxperts
 Robin Everall
 Ruth Grundberg
 Sharon Marie
 Tanis Stamatelakis
 Terry Anderson
 The Rotary Club of Edmonton
 Riverview
 University of Alberta Hospital
 Victoria Willis
 Wayne Paulsen
 Yesfit

Total: \$25,811.42

Donations - \$250 - \$499

Alexandra Lauber Krebs
 Anonymous - Canada Helps
 Bonnie Holte
 Brook Pimm
 Bryce Dzenick
 Charitable Impact Foundation (ChImp)
 Colin Simpson
 Craig Lemiski
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Total: \$19,527.60

Donations - \$100 - \$249

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Total: \$28,533.87

Donations - up to \$99

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Donations - up to \$99 cont'd

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	Rebecca Small	Travis Yeske
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	Remi Noel	Trina Schewaga

Our Donors

Donations - up to \$99 cont'd

Tyler Campbell
Tyson T. Joyce
Virginia Sebby
Willie Renema
Winston Lew
Yolande Stark

Total: \$14,851.64

Named Endowments

These endowment funds were created to support the long-term sustainability of The Support Network, which integrated with CMHA Edmonton in 2015. They continue to provide on-going financial support for our work.

- Angus Watt Family Support Fund
- Cliff Lede Family Charitable Foundation Fund
- David A. Leach Memorial Fund
- David Lede Family Charitable Foundation Fund
- Grieve/Jones Family Fund
- Lisa and Marshall Sadd Family Fund
- Little Demyen Family Fund
- Martin and Sarah Gouin Family Fund
- Michael Francis Gallant & Steven Edward Hill Memorial Fund
- Rick Cormier Memorial Fund



Thank you

Our Financials

This section includes a detailed financial statement showing our revenue, expenses, and financial health for the year. Transparency and accountability are paramount, and we aim to provide a clear picture of how funds are allocated to our various programs and services.

Statement of Financial Position	2024	2023
CURRENT ASSETS	\$	\$
Cash and cash equivalents	5,831,738	3,821,919
Accounts receivable	53,174	86,783
Inventory	2,565	9,818
Goods and services tax recoverable	68,910	48,311
Prepaid expenses	174,090	64,965
TOTAL CURRENT ASSETS	6,130,477	4,031,796
Capital Assets	5,289,123	5,467,834
Investments	1,590,542	1,449,526
TOTAL ASSETS	13,010,142	10,949,156
LIABILITIES		
Accounts payable and accrued liabilities	479,492	368,231
Damage deposits	38,556	34,234
Current portion of long term debt	60,771	59,119
Deferred contributions - operating	2,483,383	1,398,277
Long Term Debt	1,378,381	1,439,151
Deferred Capital Contributions	2,731,380	2,839,636
TOTAL LIABILITIES	7,171,963	6,138,648
NET ASSETS		
Unrestricted	2,004,082	1,465,075
Internally Restricted	1,487,154	987,154
Endowment	1,228,351	1,228,351
Invested in Capital Assets	1,118,592	1,129,928
TOTAL NET ASSETS	5,838,179	4,810,508
TOTAL LIABILITIES AND NET ASSETS	13,010,142	10,949,156

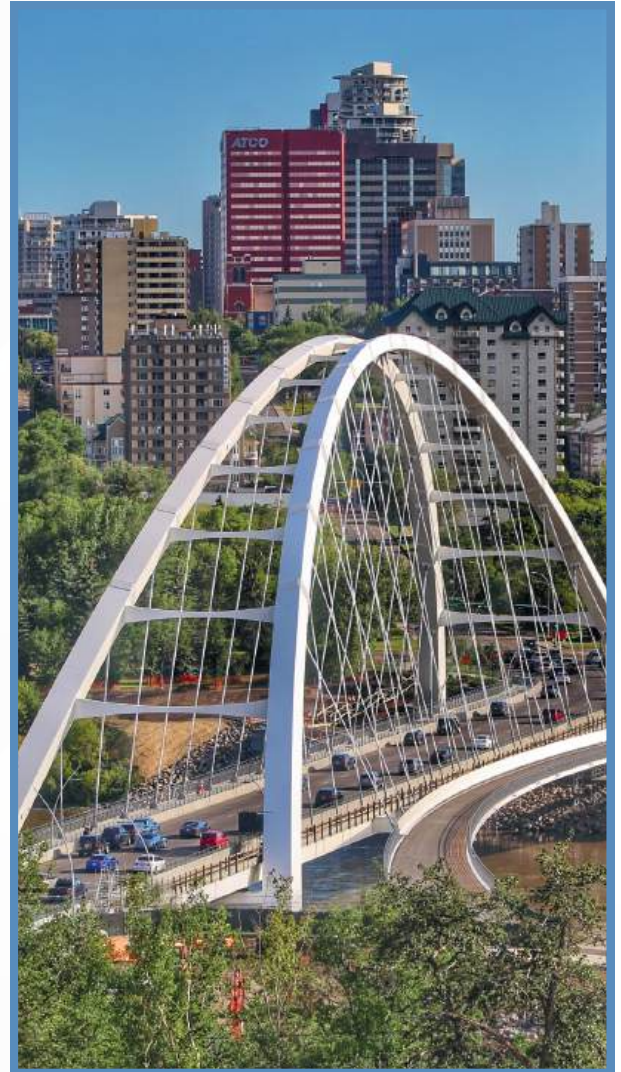
Our Financials

Statement of Operations	2024	2023
REVENUES	\$	\$
Grants	7,310,337	5,443,168
Rents	822,292	749,997
Bequests	663,158	-
Fundraising	563,729	805,104
Fees for Service	532,409	457,728
	9,891,925	7,455,997
EXPENSES		
Salaries and wages	6,208,926	5,221,276
Building occupancy	1,143,398	889,965
Program costs	606,235	206,853
Office and administration	504,540	403,631
Educational materials	249,318	362,698
Amortization	178,711	197,932
Consulting and professional fees	117,008	73,229
Insurance	72,278	68,890
Interest on long term debt	44,883	46,791
Staff training	36,546	30,473
Division assessment	32,751	28,606
Fundraising costs	31,321	59,043
	9,225,915	7,589,387
EXCESS (DEFICIENCY) OF REVENUES OVER EXPENSES FROM OPERATIONS	666,010	(133,390)
OTHER ITEMS		
Unrealized gain (loss) on marketable securities	211,351	(152,858)
Unrealized loss on Imrie Fund	(4,686)	(2,031)
Investment income	154,996	107,700
	361,661	(47,189)
EXCESS (DEFICIENCY) OF REVENUES OVER EXPENSES	1,027,671	(180,579)

The Evolution of Community Mental Health in Edmonton

In the past two years, CMHA-Edmonton Region has played a pivotal role in shaping and leading **Edmonton's Strategy for Community Mental Health**, alongside our partners - the City of Edmonton and the United Way of the Alberta Capital Region. This initiative, developed with extensive community consultation and lived experience input, is an evolution of the Community Mental Health Action Plan (CMHAP) and Living Hope: Edmonton's Suicide Prevention Strategy.

The strategy focuses on creating accessible, culturally relevant mental health services that prioritize prevention, early intervention, and long-term community support. It acknowledges the diversity of Edmonton's population and seeks to address gaps in mental health care by providing person-centered solutions that extend beyond clinical services.



A Strategy Centered on Lived Experience

"People with lived experience know best how the services they use meet their needs and should have a greater role in shaping mental health services and policies to ensure they are more effective," said one participant involved in the strategy's development. Through these efforts, **CMHA-Edmonton Region is setting a new standard for how mental health services can be delivered, fostering empowerment and inclusion at every step.**

Leadership & Collaboration

CMHA's Role in the Future of Mental Health

By focusing on lived experiences, the strategy is driven by the real needs of Edmontonians, allowing CMHA to lead innovations that will shape the future of mental health care in the region. This framework envisions a more connected and integrated system where individuals find support not only through clinical interventions but through community-based initiatives, such as peer support, housing programs, and culturally relevant care



Community mental health is not the same as mental health. When we talk about mental health supports, many people think of medical or clinical treatment services. These services represent only one part of what is needed. The Edmonton Strategy for Community Mental Health promotes a vision of mental health care that goes beyond clinical treatment. It encompasses **culturally relevant care**, **social support networks**, and **accessible services** in local community settings such as schools, workplaces, and cultural centers. These principles ensure that mental health services are attuned to the unique needs of Edmonton's diverse population.

Strong preventative and social supports, mental health services delivered in community-based settings, and robust processes to connect people with clinical services when needed are critical components of a comprehensive approach to mental health.

Community mental health considers individuals from a holistic perspective, acknowledging the full range of what people need to thrive.



Light of Hope



As we look to the future, we are filled with both hope and determination. The journey of CMHA-Edmonton Region is far from over. We have made significant strides, but there is still much work to be done. With your continued support, we will not only maintain but also expand our services, ensuring that every person in our community has access to the mental health support they need.

Our vision for the future includes:

- Expanding our crisis services to reach even more people in need.
- Continuing to build strong community partnerships that enhance our service delivery.
- Focusing on preventative mental health care to reduce the burden on crisis services.

Together, we can create a community where mental health is prioritized, where support is always available, and where hope and joy are restored.

A Future Worth Building: Illuminating the Path Forward

“Mental health is now a universal issue.”

What was once considered a private struggle is now understood to be a universal issue, impacting people from all walks of life. This shift in awareness has made our work more important than ever.

The path ahead is illuminated by the light of hope — a beacon that guides us as we continue to support those who need us most. This light represents the progress we've made in breaking down stigma and the collective power of community in addressing mental health. It's also a reminder that even in the darkest moments, hope shines through, offering us the strength to keep moving forward.

