



COAST
MENTAL HEALTH
FOUNDATION

GRATITUDE REPORT 2025/2026

YOUR KINDNESS OPENS THE DOOR TO RECOVERY

"Art has a huge door. It's immediately inclusive. And here, whatever you want to do is available to you." Coast Client and artist, Leef Evans.



 WELCOME

Gail Shimoda-Klassen and Alyssa Goad

Now more than ever, your generosity can open doors for someone on the road to recovery.

The cost of living continues to rise. But your support for Coast Mental Health Foundation helps ensure wrap-around care and opportunities for people living with mental illness in BC.

This past year with your support we opened the doors to two exciting new sites while also continuing to build on the success of programs like Brain Training, the Peer Support Program, and our food program providing low-cost meals at key Coast locations. River's Reach in Maple Ridge opened in 2025 with 52 studio apartments alongside on-site health services, allowing for a model of care that is trauma-informed and collaborative to support each individual's recovery journey. Also opening last year, Healing House is a partnership with BC Children's Hospital that provides live-in, trauma-informed care for female-identifying and non-binary youth who are experiencing significant substance use challenges. Through safe housing, supportive services, and employment and education programs, everyone who walks through our doors finds a safe place to live and support to find their place in the community.

Looking ahead, Coast Mental Health continues to explore the potential East 11th redevelopment — an opportunity to reimagine how affordable housing, mental health care and community spaces can work together. We look forward to sharing more as this vision develops.

Your donations to Coast Mental Health Foundation make transformative projects like these possible. Together, we're building hope for people who need it most. Thank you.

Alyssa Goad, F25/26, Acting Executive Director,
Coast Mental Health Foundation
& **Gail Shimoda-Klassen**, Board Chair, Coast Mental Health Foundation



OPENING DOORS TO RECOVERY, THANKS TO YOU

You open doors for creativity and healing at the Recovery Centre.

When you give to Coast Mental Health Foundation, your kindness is opening doors and changing lives.

Your generosity strengthens our communities and provides the right support for your family, friends, and neighbours, when they need it most.

Mental illness and substance use disorder exists throughout our community, often behind closed doors and in isolation. By building connections and prioritizing care, we support lasting recovery and resilience. Your generosity provides the foundation for healing and opens the doors to programs and supportive services that rebuild independence and reignite joy.

Last year, your kindness funded 34 programs that enhanced and added to Coast Mental Health's services.

Here are just a few of the doors you opened, and that you will be able to read more about in the coming pages.

1 Through **Peer Support Training**, you gave people the chance to use their lived experience to create meaningful connections and empower peers in their journeys.

2 You joined us in adding more **stable and supportive housing**, creating a safe place for recovery and independence.

3 Your kindness is providing young adults with **the power of sharing their voice**, helping to build community around mental health.

Coast Mental Health Foundation respectfully acknowledges that we operate on the traditional, ancestral, and unceded territories of the Coast Salish Peoples, including the Katzie (ᑕᑭ ᑭᑕᑭ), Kwantlen (ᑕᑭ ᑭᑕᑭ), Kwikwetlem (kʷikwəḷ 'əḿ), Musqueam (xʷməθkʷəṽəḿ), Squamish (Skwx̱ wú7mesh), Semiahmoo (Semyome), Tsawwassen (Sćəwaθən) and Tsleil-Waututh (səlilwətaɬ) First Nations.

HOW HOUSING SUPPORTS RECOVERY

Coast's "housing first" approach to recovery means first opening the door to a safe and supportive place to call home before expecting them to address other problems they may face. Stable housing and the right supports are the foundation from which they can work on getting healthy, building their independence, and reclaiming their lives.



**1,158 HOMES WITH
SUPPORTS ACROSS
54 FACILITIES**



**AN ADDITIONAL 275 RENT
SUBSIDIES AND SUPPORTS**

assist people with more independent
living options

UPDATE

Your kindness opens doors to safe and supportive homes that allow people to build independence and begin their journey to recovery.

Thanks to you, breakfasts were made available at many of Coast's housing sites, providing affordable and nutritious meals for residents. You also supported the Therapeutic Garden Program at four Coast homes, spaces where residents can gather and enjoy the outdoors while developing gardening skills and experiencing the positive mental health benefits that come from nurturing plants and watching them grow.

This past year, Coast expanded to better meet the needs of our community, including adding locations in Maple Ridge and North Vancouver. With exciting projects ahead that will further vital access to housing and essential services, we are excited about the future.

Safe and secure housing is foundational to recovery. Thank you for making it possible.



Maria pictured at her volunteer role.

LEAVING A LEGACY OF HOME

**Coast housing made the difference for Maria.
She left a gift in her Will to do the same for others.**

After spending much of her early adult life struggling with her mental health, bouncing between jobs and hospital stays, what Maria needed most was a supportive and affordable place to live where she could find stability and build a life.

After being introduced to Coast Mental Health during a hospital stay, Maria moved into the Hooper building in the West End, Coast's first housing development (at the time named Sheraton Apartments).

With a safe place to call home, a stable income, and the support of her family and the Coast team, Maria was able to build a life for herself.

Over the next three decades, Maria moved only twice between supportive housing sites, making connections and finding purpose in

each new space, working as a part-time volunteer, pursuing her lifelong passion for art, and as an active member in her church, all while finding ways to give back where she could.

Through each step of her journey, Maria made deep connections with the staff and workers who supported her, building friendships and community across the Coast network of support.

Maria passed away in July of 2025, leaving behind a gift in her Will to Coast Mental Health Foundation. Her generous gift will help to provide a place to call home for others like Maria who are so deserving of that comfort and care, and for that we are so grateful.

SUPPORT SERVICES

HOW SUPPORT SERVICES ENHANCE RECOVERY

Support Services help Coast clients to build on their strengths and access resources for recovery. This year, donors like you made our Brain Training, Young Adult, and Peer Support programs possible. With your help, clients connect to essential meal and outreach programming — ensuring a brighter future, one day at a time.



419 PARTICIPANTS

accessed the Brain Training
Program



MORE THAN 467,280

MEALS SERVED

across Coast Mental Health
facilities

UPDATE

This year saw 419 clients take part in Brain Training, and the Young Adult program also continues to grow, with 272 young people now accessing specialist supports in a welcoming, stigma-free space. This year, the members relaunched their successful podcast, They Called Me Mental, providing an opportunity for learning, connection, and skill development. Beyond the successful podcast, regular outings like wellness walks and park activities, theatre sports, Dungeon & Dragons sessions, as well as one-on-one supports, are all offered.

Also this year, the Alouette Outreach Program connected 210 people through street outreach, supported 136 tenants to maintain stable housing, housed 37 individuals, and made 27 referrals into broader services. As well, the Resource Centre supported over 100 members to move from crisis contact into consistent engagement with meals, hygiene supports, and social and wellness programming.

These life-changing programs exist because of your generous support.



"It gives something to your life. Having purpose changes everything."

THEY CALLED ME MENTAL

A podcast created by young people, for young people
centres unfiltered, honest conversations about
mental health and recovery.

The Young Adult Program provides arts, music therapy, and mental health programming for people aged 19–32, in a safe, supportive space.

This year, their Rabble Rousers group produced the second season of their acclaimed podcast *They Called Me Mental*, an exciting return that is providing members with opportunities to learn new skills, stretch and grow together, while sparking important, honest conversations about the challenges and stigma young people face in their mental health journeys.

Host Louigi explains that the main message for this season was: *"You're not alone. We all go through the same things. Don't be afraid to ask for help. We all need help."*

Funded entirely by donations from supporters like you, the Young Adult Program changes lives by fostering community and providing a safe space to explore, grow, and share openly.

"Having the podcast, having art, having ways to express ourselves, having ways to process our experiences and our feelings: it dramatically changes the everyday experience of living with mental illness," says Kelsey, podcast editor and Rabble Rouser.

You can check out the podcast at www.coastmentalhealth.com/they-called-me-mental

EMPLOYMENT AND EDUCATION

HOW EMPLOYMENT AND EDUCATION SUPPORT RECOVERY

With your help, our Employment and Education programs open the door to new possibilities. Education helps clients build skills for the workforce. Through our employment programs, clients access meaningful work in a supportive environment. This year, hundreds of Coast clients found their place in the community — thanks to kind people like you.



**MORE THAN 15 UNIQUE
PROGRAMS WERE FACILITATED
BY PEER SUPPORT WORKERS
THIS YEAR, LIKE DIGITAL
LITERACY, ART, AND MORE.**

UPDATE

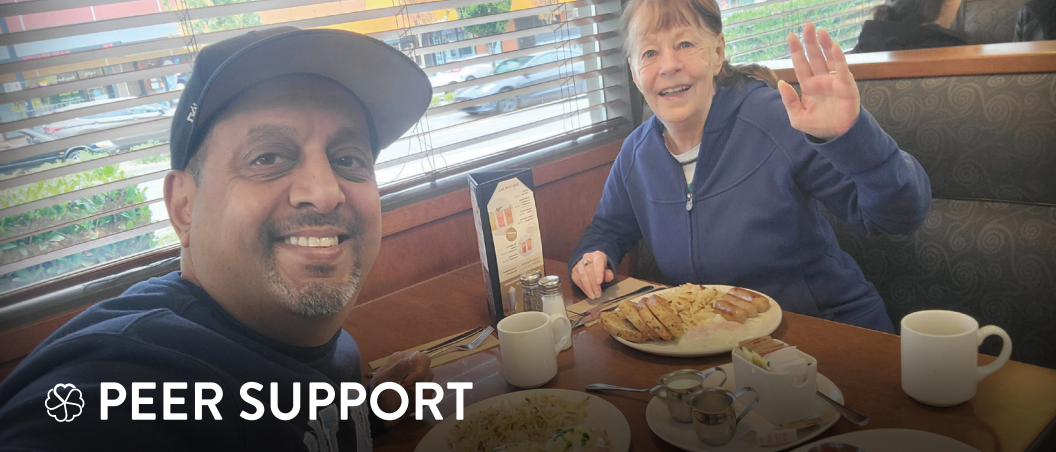
Your support provides training, education, and opportunities for people living with mental illness to establish independence and develop life-changing skills.

The Peer Support Worker program is funded entirely by donations from people like you. This program sees participants complete 70 hours of training and a 50-hour practicum and this year, with your support, 31 people completed this training, with 24 transitioning into placements.

Your generosity also supported the Cooking Skills Program, equipping clients with essential skills like building a shopping list, using recipes, helping them to gain confidence in the kitchen. At the Resource Centre, your kindness also supported the Volunteer Experience Program, giving members an entry point towards independent working, helping them to gain experience with accessible commitment levels of a few hours a week and learning new skills that don't require extensive training. The program provides a stipend that also provides valuable experience in managing extra income.

These education and training opportunities open the door to employment for people living with mental illness, providing stability and a sustainable path forward.

You are helping people thrive in their communities. Thank you.



PEER SUPPORT

“Junior has made a big difference in my life. I look forward to our outings.” — Beverly

Peer Support Workers bring their lived experience to offer hope, build trust, and remind people that they are not alone.

An encouraging and supportive companion can help make tackling some of life’s challenges a bit easier, especially for those living with mental illness. Coast Mental Health’s Peer Support Program provides one-on-one support for residents requiring additional attention and care. Over the past 16 years, donors like you have helped over 450 people train to do this life-changing support work.

Junior Bali joined as a Peer Support Specialist two years ago, and now meets with residents at seven Coast buildings around Vancouver and he sees the impact of this program every day. From helping clients complete daily tasks like their monthly shopping, to getting furniture or even providing an empathic ear and easy conversation over a walk and coffee, Junior’s steady and encouraging

presence provides a lifeline for many.

“Junior has been a vital part of my recovery. We share things in common, making me feel more connected with him as a Peer... Thanks again for having this program. I am starting to feel myself again.” — Peer Support client

Junior even brings his background in music to his role, providing a creative and therapeutic outlet for self-expression, skill development, and personal growth.

“This is life-changing for me... Junior is an asset to everyone, not just to us music people.” — Peer Support client.

Junior’s creativity, empathy, and compassion is central to his Peer Support work, meeting his clients where they are, building trust and supporting their recovery.



2026 Courage To Come Back recipients: Mark Stockbrocks (Medical), Jacob Bredenhof (Young Adult), Laurie Edmundson (Mental Health), Cole Izsak (Addiction).

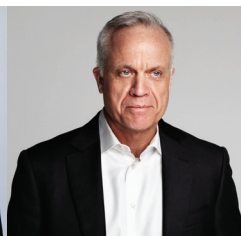
The 28th Courage To Come Back Awards, presented by Wheaton Precious Metals raised \$1.8 million for life-changing programs and services.

Celebrating stories of true courage and resilience has become a treasured annual tradition for many of our friends and supporters, and this year over 1,500 people came together to do just that. On May 28th, 2026, we were honoured to share the incredible stories of Laurie Edmundson who has taken her own challenges with mental health to build a community of Super Feelers, Cole Izsak whose journey through addiction helps him to reach back and pull others into recovery, Jacob Bredenhof who overcame childhood cancer and has raised thousands of dollars for childhood cancer, and Mark Stockbrocks whose life-altering medical emergency lead him to a passion for advocating for accessible and inclusive spaces for all. Each recipient has made an incredible impact on their community, and we celebrate them.

Legacy Chair, Lorne Segal, C.M., O.B.C., D.Litt. (Hon.), LLD. (Hon.), President of Kingswood Properties, Ltd., Co-Chair Eric Carlson, CEO of Anthem Properties, along with the Coast Mental Health Foundation staff and Board of Directors are deeply grateful to the attendees, awards recipients, sponsors and supporters, for the incredible success of this year's event.



Legacy Chair Lorne Segal, C.M., O.B.C., D.Litt. (Hon.), LLD. (Hon.), President of Kingswood Properties Ltd.



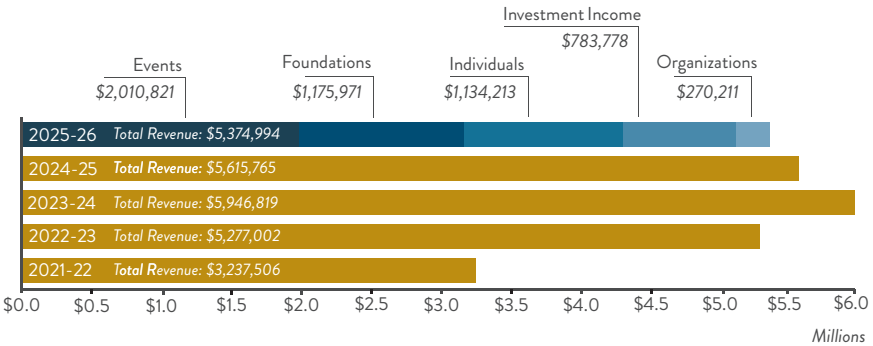
Co-Chair Eric Carlson, Core-founder and CEO of Anthem Properties

Find our recipient stories and event details at couragecomeback.ca

29th Courage to Come Back Awards
SAVE THE DATE: June 9, 2027

Because of you, Coast Mental Health’s life-changing programs continue to grow and reach more people in need.

OVERVIEW OF REVENUE AND FUNDING SOURCES



Your generosity opens the door for thousands of British Columbians living with mental illness to access care, safety, dignity, connection, and hope. Coast’s innovative and life-changing programs are made possible with your support, allowing us to provide the community-focused mental health services and care not covered by government funding.

Thousands of British Columbians have access to the province’s best mental health care professionals, innovative programs, and compassionate care through Coast Mental Health because of you.

Just last year, **you supported 34 impactful programs**, including access to nutritious meals and basic hygiene supplies, peer support and brain training, and employment supports.

You are helping open the doors to recovery for your community. We are grateful for your vision, your compassion, and your belief that all people deserve access to quality mental health care.

If you have questions, would like a copy of our audited financial statements, or wish to learn more about making a gift or leaving a lasting legacy, please contact Cheryl Bosley, Interim Executive Director, at cheryl.bosley@coastmentalhealth.com.



CRISIS RESOURCES

If you or someone you know is having a mental health or substance use crisis, call 911 or go to your local hospital emergency room, or call the Crisis Line at **310-6789** (no area code needed).

If you can't see a way out, call the Suicide Hotline NOW.

9-8-8

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