



**COAST**  
MENTAL HEALTH  
FOUNDATION

GRATITUDE REPORT 2024/2025

**FROM YOUR KINDNESS: MOMENTS THAT MATTER**

A warm welcome. Thanks to you, people at risk of homelessness are welcomed with a warm smile, outreach and support at The HUB.



# WELCOME



Isabela Zabava and Elaine Reynolds

This past year has tested many of us. The rising cost of living, the housing crisis, growing mental health needs, and the ongoing toxic drug crisis have made life even more difficult for people living with mental illness and substance use disorders.

## And yet, because of you, there is hope.

Each time someone finds a warm meal, an ear that listens without judgment, or the support they need; those are the moments that matter. And they all begin with your kindness.

Coast Mental Health meets people where they are in their recovery. With your support, we offer:



**Housing with supports that provide safety and stability**



**Support services to build resilience and wellness**



**Education and employment opportunities that open doors to independence**

Your generosity fuels both on-site care and outreach in the broader community.

Because of you, people living with mental illness are finding connection, dignity, and strength, one life-changing moment at a time.

Thank you for believing in recovery, and for making it possible.

**Isabela Zabava**, Executive Director | **Elaine Reynolds**, Board Chair



# MOMENTS THAT MATTER, THANKS TO YOU

You create moments of happiness through music therapy.

## When you give to Coast Mental Health Foundation, your kindness is creating moments that matter.

For people living with mental illness, the right support can make all the difference. But recovery from mental illness or substance use disorder isn't linear. It's about the moments of connection, a helping hand at the right time, moments of joy. And the decision, day after day, that someone makes, to move towards a brighter future.

Your generosity creates those moments.

Last year, your kindness funded **38 programs** that enhanced and added to Coast Mental Health's services.

Here are just a few moments you made possible, and that you will be able to read more about in the coming pages.

### Interested in seeing your impact in action?

Contact us to organize a tour!

Meghan Boswell,  
meghan.boswell@  
coastmentalhealth.com

**1** Through **Peer Support Training**, you gave people the chance to use their lived experience to make an income while supporting others. Every day, they can walk alongside people & be a real-life example of what recovery can look like.

**2** The unique-to-Coast **Brain Training** program has continued to grow and is now regularly giving over 300 people at 20 locations the skills to improve their wellbeing.

**3** Your kindness is providing young adults with **moments in nature**, which can become a fundamental reference point for their recovery.

With your help, people living with mental illness and substance use disorders are finding hope for recovery. From the bottom of our hearts: thank you for creating moments that matter.

## HOW HOUSING SUPPORTS RECOVERY

Coast takes a “housing first” approach to recovery. Housing first means giving people a safe place to live before asking them to fix other problems. Once they have housing with the right supports, it’s easier to get healthy, find work, and rebuild their lives. Everyone deserves a home, no matter what.



**1,061 HOMES WITH  
SUPPORTS ACROSS  
53 FACILITIES**



**AN ADDITIONAL 246 RENT  
SUBSIDIES AND SUPPORTS**  
assist people with more independent  
living options

## UPDATE

**Your kindness creates moments that matter in people’s homes, so that they can start on their road to recovery.**

Thanks to you, Brain Training is now available at 20 of Coast’s sites, allowing people to learn new skills for their mental wellness from home. Last year, you also helped to expand music therapy to 14 community homes. You also provided new, fast and reliable computers to 46 locations across the Lower Mainland, helping people stay connected, and look for job opportunities.

Coast is also expanding, with several new openings planned for next year, which will continue to meet the needs within the community.

Secure housing is the key to recovery. Thank you for making it possible.



Proud: Wendy, Terra and Pat in front of the canvas they created, thanks to you.

## SMASH THE STIGMA

When they first heard about Brain Training, residents at Alouette Heights laughed. “We don’t want to train our brains. To do what!?” Terra shared.

Now, Wendy, Terra and Pat are all regulars at the weekly session, where, thanks to you, they play brain games, improve their memory, and learn coping strategies and other skills. “Sometimes I get overwhelmed by too many things going at once, and I just want to like shut down... so it’s helped me learn how to do that in a way that’s not hurting other people’s feelings,” shared Terra.

“It’s making a difference,” adds Wendy. “I feel better after it’s done, and I’m glad I came.”

Recently, they took part in a ‘Smash The Stigma’ activity. They wrote stigmatizing words they’ve been called on a canvas and threw paintballs at them until they were

fully covered, before writing positive words on top, reclaiming the canvas.

“These words, we know they exist, and we’re called them constantly, but we never acknowledge it or how it feels. It doesn’t feel safe to do it when we’re alone but as a group it feels like a big relief. A big breath out,” one participant explained.

The canvas is proudly displayed in their common area, where they can see it every day.

You make moments like these - of connection, of pride, of growth - possible. Thank you.



# SUPPORT SERVICES

## HOW SUPPORT SERVICES ENHANCE RECOVERY

With the right supports, we know people can recover from mental illness. That's what you make possible. Your generosity ensures people receive access to services that enhance and improve their lives. From music therapy and meals, to gardening and specialist supports for young adults, you're creating moments that matter every single day.



**315 PARTICIPANTS**

accessed the Brain Training  
Program



**MORE THAN 458,000  
MEALS SERVED**

across Coast Mental Health  
facilities

## UPDATE

Brain Training and music therapy continue to be very popular, and thanks to your support, they are offered both within our housing and at our public-facing programs including the Resource Centre, Clubhouse and Young Adult program.

Because of you, the Young Adult program also continues to thrive, with over 150 young people accessing specialist supports in a stigma-free space. Outings, theatre sports, Dungeon & Dragons sessions, as well as one-on-one supports, are all offered.

This year, Coast Mental Health also took over the operations of The HUB in Maple Ridge, which, thanks to you, offers outreach and front-line services to people experiencing or at risk of homelessness. This much-needed service is vital. You're helping people at their most vulnerable.

None of these programs would exist without your support.



# SNOWSHOE OUTING

You create moments of joy. For some of these young adults, this outing was their first time seeing snow.

**“I work with a young gentleman, a refugee who lives with post-traumatic stress disorder (PTSD), low self-esteem, and extensive trauma.**

“We met recently, and I saw a noticeable shift in his presentation, a spark of confidence that I’d never seen before.

“When I asked him what had changed, he shared that it was snowshoeing.

“He told me that the mountain has become a milestone moment for him. He learned that he can trust himself, that he can do hard things and it is completely worth it.

“He now uses that moment on the mountain as a coping skill. When he’s experiencing intense emotions, he thinks back to the mountain, the beauty and the peace that came with it.

“This is what you make possible. You are not only providing lifelines

for people, who are allowing them experiences, you’re giving them a sense of purpose and I cannot thank you enough for what you are doing.”

This is an extract from an email we recently received from a member of staff following an outing to Grouse Mountain with the Young Adult program, which you make possible.



# EMPLOYMENT AND EDUCATION

## HOW EMPLOYMENT AND EDUCATION SUPPORT RECOVERY

At Coast, our employment and education programs build skills and confidence, opening the door to meaningful work. Through supportive employment, clients gain real-world experience and a renewed sense of purpose. Thanks to your generosity, people are working on a brighter, more hopeful future.



**27 PEOPLE COMPLETED  
TRAINING IN THE PEER  
SUPPORT WORKER PROGRAM  
WITH 93% GRADUATING TO  
WORK CONTRACTS**

## UPDATE

You're helping people living with mental illness take powerful steps toward independence and belonging.

Your kindness supported four ten-week sessions of Coast's Culinary Training program, with 8 students receiving extended employment at the Social Crust Cafe.

In addition, with your support, 27 people completed Peer Support Training, with 25 transitioning into placements, highlighting the program's effectiveness at preparing people for employment. Coast Peer Support Workers work across various Coast locations as well as within clinical settings such as BC Children's Hospital and St Paul's Hospital. They create unique moments of connection and have become a key part of mental health care in the province.

You are helping people find their purpose. Thank you.





"I'm so grateful this program exists. It's changing lives. It definitely changed mine"

## AISHAH'S STORY

Each morning, Aishah arrives at Coast Mental Health's Recovery and Rehab program with a sense of purpose.

"I always come in feeling pretty good," she says. "The environment is so warm and supportive, and I love checking in with clients."

Thanks to you, Aishah works as a peer support worker, a role that helps her support others while managing her own mental health. "This job has given me so much," she says. "I get to make a real difference in people's lives."

After being hospitalized in her twenties and diagnosed with bipolar disorder, Aishah remembers one thing clearly:

"What stood out to me the most was the kindness of the people working there. That made all the difference."

That compassion inspired her to become a peer support worker. "I remember thinking, 'I want to be that person for someone else.'"

Now, she teaches skills that help others regulate emotions and build healthier relationships. "One client told me, 'Your group is the first one I've actually understood.' That meant everything to me."

**Because of you, Aishah found meaningful work and a new sense of hope.**

"I'm so grateful this program exists," she says. "It's changing lives. It definitely changed mine."

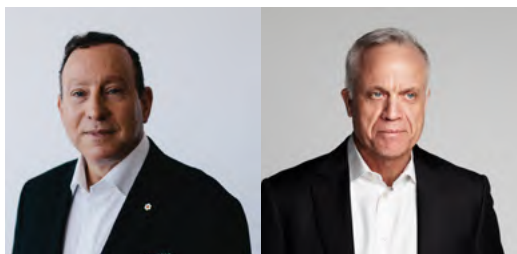


2025 Courage To Come Back recipients: Stanley Price (Addiction), Louisa Bridgman (Medical), David Chalk (Mental Health), Omar Bseiso (Young Adult).

**Each spring the Courage To Come Back Awards recognize four remarkable people whose stories of triumph over extraordinary adversity inspire courage in the lives of others facing adversity, and fight stigma by showing what is possible.**

On May 7th, 2025, over 1,500 people gathered at the Vancouver Convention Centre to celebrate the recipients of the 27th Annual Courage To Come Back, presented by Wheaton Precious Metals, raising a phenomenal \$2 million in support of life-saving programs and services at Coast Mental Health.

On behalf of Legacy Chair Lorne Segal, O.B.C., D.Litt. (Hon.), LL.D. (Hon.), President of Kingswood Properties Ltd., Co-Chair Eric Carlson, CEO of Anthem Properties, and everyone at Coast Mental Health, we share our profound gratitude to our guests and supporters, our dedicated volunteers, and the courageous recipients who inspired this tremendous event.



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

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

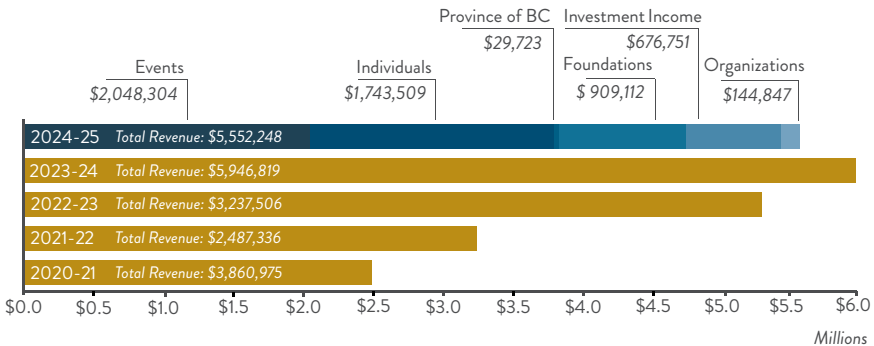
**“My story is not one of constant triumph, but of persistence in the face of doubt. Through all of it, I never stopped believing that dreams and possibilities were within reach, even when they felt far away.”**

*David Chalk,*

Mental Health recipient at the 2025 Courage To Come Back Awards

You are the reason Coast Mental Health’s life-changing programs continue to grow and reach more people in need.

## OVERVIEW OF REVENUE AND FUNDING SOURCES



Your generosity creates moments that matter for thousands of British Columbians living with mental illness. Moments of safety, dignity, connection, and hope. Many of the programs that define Coast’s unique approach to community-based mental health care are not covered by government funding. They simply wouldn’t exist without your support.

Because of you, the **thousands of clients** we serve each year have access to some of the most effective mental health programs, compassionate care, and skilled professionals in the province.

Last year alone, you helped make **38 impactful programs** possible including nutritious meals, basic hygiene supplies, music therapy, brain training, and employment supports.

You are helping build a path to recovery: thank you for your vision, your compassion, and your belief in brighter futures.

If you have any questions, or would like a copy of our audited financial statements, please contact Isabela Zabava at [isabela.zabava@coastmentalhealth.com](mailto:isabela.zabava@coastmentalhealth.com).

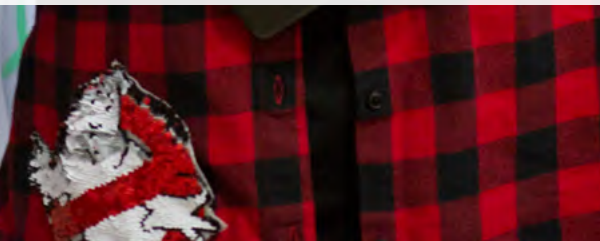


## CRISIS RESOURCES

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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**COAST**  
MENTAL HEALTH  
FOUNDATION

[www.coastmentalhealth.com](http://www.coastmentalhealth.com)  
[cmhf@coastmentalhealth.com](mailto:cmhf@coastmentalhealth.com)

### ADMINISTRATION OFFICE

293 East 11th Avenue  
Vancouver, BC V5T 2C4  
Phone: 604-675-2323  
Fax: 1-877-602-5255

### CHARITABLE NUMBER

86150 8018 RR0001

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