



Canadian Mental
Health Association
Halifax-Dartmouth
Mental health for all

ANNUAL REPORT

2022-2023

Together Again



Mosaic Art by Cathy Cusack (2022) "Together Again"

LAND ACKNOWLEDGEMENT

The Canadian Mental Health Association Halifax-Dartmouth Branch acknowledges that we are in Mi'kima'ki, the ancestral and unceded territory of the Mi'kmaq People.

This territory is covered by the Treaties of Peace and Friendship which the Mi'kmaq and Maliseet People first signed with the British in 1725. The Treaties did not deal with the surrender of the land but established the rules for an ongoing relationship between nations.

We are also in the Halifax Regional Municipality which was settled and built by people of African ancestry in the 18th and 19th centuries. These people were formative in the building of our communities in meaningful ways and have contributed to the development of Nova Scotia as we know it today.

We must not forget that we are all treaty people.

We have responsibilities to each other and this land.

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ABOUT US

CMHA Halifax-Dartmouth Branch Mission

"As a local leader and champion for mental health, we support the resilience and recovery/well-being of people living with mental illness through our social programs, our support services, and through the provision of information, resources, referrals and advocacy in a space that is inclusive, safe, and respectful. We strive to create an environment of hope, to reduce stigma, and to promote Mental Health for All."

Our Values: *Integrity; Empathy; Equality; Diversity; Transparency; Collaboration*

Framework for Support

CMHA's Framework for Support informs our work. The goal has remained the same for 35 years, to ensure that people live fulfilling lives in the community.



Charitable Registration # 12487 2128 RR0001 | Registry of Joint Stocks # 2397197

The CMHA Federation

Founded in 1918, the Canadian Mental Health Association (CMHA) is the most established, most extensive community mental health organization in Canada.

We are a federated charity, which means we are a collective of organizations bound together by a brand and mission. Together, we identify and respond to Canada's most pressing mental health priorities. At the national level, we push for nationwide system and policy change. At the community level, millions of people in Canada rely on CMHA's extensive grassroots presence.

Lived experience guides us. For over 20 years, our National Council of Persons with Lived Experience (NCPLE) has been instrumental in providing policy and program development leadership, expertise and perspective of those living with experience of mental illness to all issues and concerns on CMHA's national agenda.

We are committed to advancing the goals of the Truth and Reconciliation Commission. CMHA is committed to learning from and working with Indigenous partners, through a process of mutual respect and cultural humility, to ensure our programs are culturally safe and meaningful.

CMHA Vision: *"A Canada where mental health is a universal human right."*

MESSAGE FROM THE BOARD CHAIR



Even though this year marked a return to non-pandemic life, the pace seemed equally blistering. The rising cost of living is having an outsized impact on the marginalized members of our community. As a frontline community mental health organization, CMHA Halifax-Dartmouth is being confronted with increasingly complex problems from a pressurized environment.

On paper, CMHA Halifax-Dartmouth's mission is to provide social programming to reduce isolation, to build identity, to foster contribution, and to promote the mental well-being of our community. Our staff has continued to deliver on this mandate with a long-desired return to in-person programming.

But our staff have also gone far beyond standard service to meet the needs of our members. We have helped folks navigate precarious housing, found access to social assistance programs, referred on to specialized services, provided meals, and helped regulate folks experiencing severe mental illness. These are responsibilities that have been traditionally handled by the state, but they now land on our doorstep. We meet these needs to the best of our ability because it falls under CMHA Halifax-Dartmouth's unwritten mission: to prevent our most marginalized people from falling through the cracks.

No one embodies this CMHA spirit more than Bev Cadham and Marg Murray, our Branch Co-Managers. Their tireless efforts are an inspiration to us all. Their leadership enables the many volunteers, staff, partner agencies, funders, and members to make our community a better place.

We are grateful to receive funding from all levels of government, from private donors, and from major sponsors such as the United Way, Bell, and the Mental Health Foundation. We would like to acknowledge the significant additional funding from the Nova Scotia Department of Health and Wellness, without which our Branch would not be able to meet the needs of our community.

Lastly, I would like to acknowledge the dedication of our volunteer Board of Directors who help guide our organization to better serve our community. We are sad to see Carol Terry leave us as the outgoing Members' Rep for the Sharing & Caring Social Club, her presence will be missed. I also want to appreciate the enormous contribution of our departing Board member, Juanna Ricketts. Juanna has had a major, positive, and long-lasting influence on CMHA Halifax-Dartmouth, on the non-profit space in Nova Scotia, and on CMHA at the national level. Many thanks, Juanna.

I look forward to the next year in anticipation of change and growth.

Sincerely,

A handwritten signature in black ink, appearing to read 'Sean Ponnambalam'. The signature is fluid and cursive, written over a light grey background.

Sean Ponnambalam
Chair, Board of Directors

MESSAGE FROM THE CO-MANAGERS



'Together Again' was chosen as our 24th Mosaic for Mental Health theme and this Annual Report. Although we did continue to adhere to mask-wearing and other protocols this year, we felt we were finally moving forward. The pandemic reaffirmed our passion to address loneliness and social isolation.

The housing crisis, food insecurity, poverty, and a lack of access to timely mental health, addictions, and health care are challenges faced by so many in our community, including the people accessing our Social Programs and those who contact our office seeking help with navigation.

We continue to work in collaboration with our community partners as well as CMHA National, CMHA Nova Scotia Division and Branches to advocate for systemic change. We had two in-person visits from CMHA National staff in the fall of 2022 to discuss its ACT for Mental Health campaign, and the need for Universal Mental Health Care and a Federal Mental Health Transfer. The "first voice" feedback highlighted the issues facing marginalized people living with mental illness and mental health concerns.

CMHA Halifax-Dartmouth Branch does not receive core funding. We currently raise over forty-five percent of our program costs through donations and fundraising. We are encouraged by the steps the NS Office of Addictions and Mental Health is taking to create a Community Wellness Framework.

In closing we wish to extend a special thanks to our amazing CMHA Halifax-Dartmouth staff who, over the past year, have worn many hats, and who have worked to create a safe and respectful space where people are valued and have a sense of belonging. To our Program members, your resilience and determination inspires us.

Thank you to our dedicated Board and volunteers, Mosaic Artists and Patrons, Donors and Funders. We are a "small but mighty" Branch of the CMHA Federation.

Two handwritten signatures in black ink. The first signature is on the left and the second is on the right.

Bev Cadham & Margaret Murray, Branch Co-Managers

2022-23 BOARD MEMBERS

Chair & Strategic Planning Chair | Sean Ponnambalam
Vice Chair | Jane Cobden
Treasurer | Trevor Holman
Secretary | Debbie Garson
Member at Large & Mosaic Committee Chair | Erica Allanach
Member at Large & Communications Chair | Cheryl Bell
Member at Large & Program Committee Chair | Jane Cobden
Member at Large & HR Committee Chair | Judith Fingard
Member at Large & Fundraising Committee Chair | Bev Ware
Member at Large | Juanna Ricketts (CMHA NCPLE* Nova Scotia Rep)
Member at Large | Tana Woodward
Sharing & Caring Social Club Representative | Carol Terry
Among Friends Social Club Representative | RJ Lasnier
Ex-Officio, Past Chair Emeritus | Robert Carter

**National Council of Persons With Lived Experience*

2023-24 BOARD NOMINEES

Board Chair & Strategic Planning Chair | Sean Ponnambalam
Vice Chair & Program Committee Chair | Jane Cobden
Treasurer | Trevor Holman
Secretary | Debbie Garson
Member at Large & Mosaic Committee Chair | Erica Allanach
Member at Large & Communications Chair | Cheryl Bell
Member at Large & HR Committee Chair | Judith Fingard
Member at Large & Fundraising Committee Chair | Bev Ware
Member at Large | Tana Woodward
Member at Large | Peter Duke
Sharing & Caring Social Club Representative | Ruth Rogers
Among Friends Social Club Representative | RJ Lasnier
Ex-Officio, Past Chair Emeritus | Robert Carter

OUR TEAM 2022-2023

Bev Cadham | Branch Co-Manager / Social Clubs Program Manager

Margaret Murray | Branch Co-Manager / Building Bridges Manager

Anna Quon | Creativity Facilitator

Bryan Bell | Clubs Programs Lead (to September 2022)

Garry Wilson | Social Support Outreach Worker

Gerard McNeil | Digital Access Coordinator (to January 2023)

Hannah DeLorey | Outreach Worker

Heather Gifford | Office / Communications Coordinator

Kiley Brown | Social Clubs Program Assistant (to April 2022)

Madeline MacIntyre | Outreach Facilitator / Social Clubs Programs Co-Lead

Rebecca Horne | Social Clubs Program Assistant / Social Support Outreach Worker

Robyn Badger | Digital Access Facilitator / Social Clubs Program Co-Lead

Canada Summer Job (CSJ) Students:

Allie Brittain | Recreation Leader

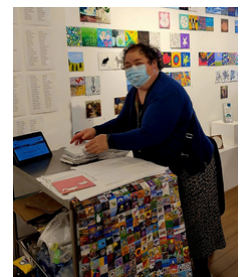
Bessie Lecker-Evans | Recreation Leader

Taylor Hart | Recreation Leader / Digital Support (August - October 2022)

Placement Students: **Allison Meikle, Adenike Kobiowu, Cameron Kinley**

Cleaning Support: **Greg Clements, Theresa Boudreau, William Chase**

External Bookkeeper: **Wendy Clements**



PROGRAM COMMITTEE REPORT

The Program Committee wants to ensure that our work, after the pandemic, continues to help people with loneliness and social isolation. We have tried to build on what we learned from our members during that very difficult time. Our Social Clubs, Building Bridges program, and more recently, the digital literacy initiative, are all mainstays of this work. But we are very pleased to have recently received funding to enhance what we offer. This will allow us to provide more outreach, and to evaluate how members are experiencing loneliness and social isolation in their lives.

We have been so fortunate to have had the support of Michelle Sinville from Data for Good over the past few years. We wish her well as she begins life in Sweden.

Jane Cobden, Program Committee Chair

Program Committee: Bev Cadham, Bryan Bell, Carol Terry, Juanna Ricketts, Madeline MacIntyre, Marg Murray, Robert Lasnier, Robyn Badger, Tana Woodward

HR COMMITTEE REPORT

The HR Committee met each month by ZOOM during the last year. Staff changes continue and, given the nature of our recruits, cannot always be predicted because many excellent staff are still qualifying for a degree or working with us part-time.

With new funding in 2023 we were able to hire four additional people for the next financial year, one of whom is a full-time replacement for a staff member we lost in September 2022 and the others are just shy of full-time. Our three usual full-timers, in the positions of Co-Managers and Office/Communications Coordinator, remain the same. As usual we also rely on other paid part-time assistance, full-time summer students, and volunteers.

We are in the process of revising the personnel policies and type of personnel documents on file to reflect changes in recent years. Succession planning has made some progress because the newly defined positions recognize the greater emphasis on outreach and digital literacy to address the needs of our members. Both undertakings became important during the Covid-19 shutdown.

The workload for our Co-Managers remains heavy. They are constantly involved with great efficiency in exploring new funding opportunities, writing applications, and overseeing the Branch's activities.

Judith Fingard, HR Committee Chair

HR Committee: Bev Cadham, Marg Murray, Sean Ponnabalam

FUNDRAISING COMMITTEE REPORT

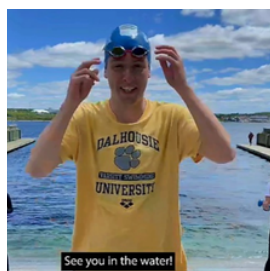
In addition to financial support provided through various organizations and donations, CMHA Halifax-Dartmouth Branch relies on money raised through its own fundraising initiatives.

This fiscal year the Branch participated in the Ride Don't Hide fundraiser in collaboration with CMHA Nova Scotia and CMHA Colchester East Hants Branch. As this event was carried out against the COVID landscape people had the option to choose their physical activity(ies) and to set personal goals of achievement, all of which helped to raise funds in support of CMHA Halifax-Dartmouth Branch's Social Support Programs. To promote this event a short video was made to capture and encourage people to take part, pledge or donate their support, and we ultimately raised \$4,417.66 for the Branch.

Another key fundraiser for the year was the raffle of a handmade wooden model ship and display case, built and donated by LCdr RCN (ret'd) Darrell Kays. With tickets sold through the online platform Rafflebox, our net revenue for this raffle was \$1,075.86 (and the ship was safely delivered to the lucky winner who has a passion for wooden ships).

Beverley Ware, Chair of Fundraising Committee

Fundraising Committee: Bev Cadham, Carolyn Price, Erica Allanach



24th MOSAIC FOR MENTAL HEALTH

Our Signature Fundraiser, the 24th Annual Mosaic for Mental Health Art Exhibition & Sale *"Together Again"*, took place in October and The Craig Gallery again provided the perfect backdrop to showcase this year's 870 stunning 6" x 6" artworks.

Once again, the art remained on display at the Gallery for the duration of the Mosaic, with sales online through our website. Mosaic 2022 saw record sales and donations, which is largely attributed to the far-reaching opportunities that online sales present.

Mosaic for Mental Health is a unique celebration of community that cares about mental illness and mental health, and an event that raises important funds for CMHA Halifax-Dartmouth Branch's Social Programs. The collaboration of artists, sponsors, donors, supporters, and volunteers is unprecedented, and this year we raised over \$69,000 in sales and donations, with net proceeds of approximately \$55,500.

Huge thanks go to our 2022 Community Leader Sponsors, Bell Let's Talk and the Office of Addictions and Mental Health (Province of Nova Scotia), for reinforcing their belief in Mosaic, as well as to our Champion Sponsors CTV, Saltwire Network, and Judith Fingard. We also want to thank Alderney Landing, Rocket Print, the Flemming Foundation, and Marilyn Welland, as well as the incredible support extended by so many other Sponsors, Donors, and Patrons who helped to ensure a successful event.

Mosaic for Mental Health would not be possible without the generosity of our incredible Artists, not to mention the many volunteers on our planning committee, set-up, logistics and gallery attendants. We would also like to extend special thanks to Allison Murray, Claudia Robichaud, Serge Lachapelle and all those who worked behind the scenes in different yet vital capacities that cannot be overlooked.



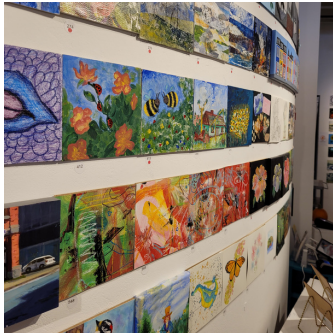
Erica Allanach, Mosaic Committee Chair 2022

Mosaic 2022 Committee:

Carolyn Price, Cathy Cusack, Cheryl Bell, Christina Bowie, Garry Wilson, Hannah Langille, Heather Gifford, Jude Caborn, Marg Murray, Shawn McEwan



24th ANNUAL MOSAIC FOR MENTAL HEALTH




Canadian Mental Health Association
 Halifax-Dartmouth
Mental health for all

24th Annual Mosaic for Mental Health Art Exhibition & Sale
Together Again
 October 14th - 30th, 2022



Special thanks to our Mosaic Artists, Supporters and Volunteers.

COMMUNITY LEADER



PATRON
 Judith Fingard




MUSE
 Marilyn Welland



CHAMPION
 Lilly Frost & Serge Lachapelle





CONNECTOR
 Maureen O'Connell Shawn McEwan Dr. Charles Quon



FRIEND
 Carolyn Price




SOCIAL PROGRAMS & PROJECTS

Although ZOOM became an excellent tool for our work during the pandemic, we have returned to mainly in-person events, and are exploring more hybrid options, instead of only virtual. Given the uncertainty of hosting large public events, when we were planning projects in the winter of 2022 we decided to pause our Mental Health Community Coffee House, and instead applied for project funding for digital access and literacy funding to support the ongoing need for digital inclusion opportunities.

2022 began with uncertainty as we received a reduction in our United Way Halifax funding, our pandemic grants had ended, and our office at 2020 Gottingen Street was facing major neighbouring construction disruptions. The United Way did continue to provide funding for both of our Social Programs and also supported us with a grant after Hurricane Fiona.

We received funding from the Mental Health & Addictions Program, NS Health Central Zone, as well as funding from the Province of Nova Scotia DCS Direct Service Grant, project grants, Feed Nova Scotia, and the Mental Health Foundation of Nova Scotia. In addition, vital to sustaining our work was the Sharing & Caring Social Club donation from the Brown Estate, our 24th Mosaic for Mental Health, other donations and fundraisers, as well as a Restart Grant received in March 2023 from the Department of Health and Wellness, Office of Addictions and Mental Health.

In the coming year we will be starting to utilize a loneliness measure, and plan to establish a single intake point for our Social Programs, with the future goal of increasing our stream of social programming. Current research has shown that a lack of social connection can be as harmful as smoking and high blood pressure. Social connectedness needs to be more fully recognized as a key social determinant of health.

STATS AT A GLANCE

Individual visits to Social Clubs:
1,980

One-to-one/Small Group & Outreach individual visits:
1,725

Hybrid/Virtual individual visits:
720

Hours of activities: 1,600

Members/Participants: 222

Volunteers: 27



Mental health and mental illness are often used interchangeably, **but they are not the same thing.**

SOCIAL CLUBS PROGRAM: AMONG FRIENDS AND SHARING & CARING

The post-pandemic of the last year provided us with the opportunity to return to planning regular in-person programming for members (initially wearing masks, which eased into an optional practice), but we continued with our outreach efforts for those members who were not yet comfortable returning to on-site activities.

Members enjoyed several activities and outings this year which gave them a taste of the culture and history of HRM and the province. Two of the most notable highlights included a trip on the Halifax Harbour Hopper and a day trip to the Valley with stops including the Blomidon Lookoff and a visit with the Pumpkin People. The Clubs enjoyed a special meal compliments of Ruth Rogers In Memory of Douglas. Other Club activities included the Monday drop-ins facilitated by Anna Quon and guest speakers from various community organizations, as well as Friday Zoom Chats with music provided by Larry Williams.

Our continued partnership with the Halifax-Dartmouth YMCA gave us the chance to access its services at a reduced day pass rate, and many members have since joined the YMCA through its income-assisted membership program.

Digital Access Coordinators and Program Staff supported members on-site with a variety of assistance including navigating and completing different government forms, while our outreach support continued to be provided through phone calls, emails, texts, and virtual programming aimed at keeping people connected and reducing feelings of loneliness and isolation.

We were thankful to secure a number of important grants throughout the year that enhanced our programs: Canada Student Jobs (CSJ), which allowed us to hire three summer students; FEED Nova Scotia Capacity Fund, which provided us with portable storage units, organizers and a BBQ set for summer gatherings; as well as an HRM Community Grant, which we used to purchase a Party Box Sound System & Mic for our entertainment programming.

The Social Clubs had a staff transition with Bryan Bell leaving as the Social Clubs Lead in September, and Madeline MacIntyre returning to assume his role on a temporary basis. In January 2023 Robyn Badger became the Social Clubs Program Co-Lead along with Madeline. These changes were bittersweet but fortunately provided a smooth transition for members as it involved some familiar faces, including Rebecca who continued as the Social Clubs Program Assistant throughout this period. We also had the good fortune of having Allie Brittain and Taylor Hart continue to work with the Social Clubs Program, each for a period of time, after completing their summer job positions with us.

BUILDING BRIDGES PROGRAM

Building Bridges is a social program for lonely and isolated adults living with mental illness or mental health concerns who rarely access social activities. It offers one-to-one and small group social support by connecting screened, community volunteers, and/or staff, with participants to share common leisure interests and conversation in a non-judgmental, safe, and trusting environment. The program also provides individual advocacy, and a bridge to other opportunities within our organization and the wider community.

The pandemic impacted volunteerism and our ability to engage in a wide range of community activities but thankfully this has greatly improved during the past year, and there will be more staff assistance in the coming year thanks to a one-time grant. The encouragement, kindness, and welcoming atmosphere provided by our organization's staff, and members of our Social Clubs Program, has been heartwarming.

Program outcomes include increased social ties and connections, social trust, a sense of belonging, reduced stress, and positive sense of self. We continue to share laughter and at times tears, and a deep respect for the lived experience and wisdom of the individuals who access this program.

Building Bridges began in 1985 with a part-time Coordinator, in response to the incredible social isolation people were experiencing after deinstitutionalization. The program continues due to grants, volunteerism, and the commitment of our organization to devote fundraising and donations to cover close to half of the program costs. While short-term grants are appreciated, we continue to strive for sustainable funding not only for Building Bridges, but for our Social Programs as a whole.

It has always been said that *"Sometimes the intrinsic value of Building Bridges is difficult to express but it is a restorative and honest effort to help people reconnect to their community"*.



DIGITAL LITERACY PROJECTS



We ran two digital literacy projects during the past year: The *Social Inclusion for Seniors Through Digital Literacy Program*, funded by the Province of NS Age-Friendly Communities Grant Program; and the *Getting Through the Digital Door Project*, funded by a Community Grant from the Mental Health Foundation of NS and a Province of NS Vibrant Communities Grant. Both of these projects aimed to increase digital skills and to reduce feelings of digital exclusion for individuals.



The Seniors Digital Literacy Facilitator Gerard McNeil worked one-to-one with seniors affiliated with the Branch's social support programs. Issues for many of the older adult learners included a lack of self-confidence and self-worth and this presented barriers to participating not just in this project, but in many other situations involving technology.



Getting Through the Digital Door, facilitated by Gerard and Robyn Badger, provided digital literacy training on a drop-in basis. Staff developed nineteen digital literacy information sheets on subjects such as online safety, Chromebook basics, Android, and iPhones. These sheets continue to be accessible on our website and were circulated widely to mental health and community service providers.

We continued our partnership with the NS GEO (Getting Everyone Online) Project, which has provided staff with Digital Champion training and helped individuals gain access to the Internet and Chromebooks.

We want to thank Gerard and Robyn for their incredible work helping people to cross the digital divide. We wish Gerard well with his career and future endeavours.



SNAPSHOT: 2022-23



CMHA MENTAL HEALTH WEEK

KINDNESS: A STORY AND A CONVERSATION ABOUT SURVIVING HARD TIMES

WITH ANNA QUON
HOST: SEAN PONNAMBALAM

SPEAKER SERIES
EMPATHY IN ACTION
MAY 2 - MAY 5, 2022

ONE WEEK.
NINE MENTAL HEALTH ADVOCATES.



SNAPSHOT: 2022-23



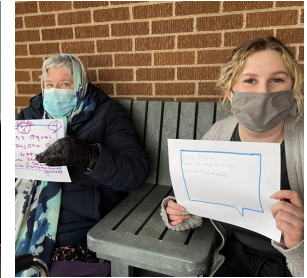
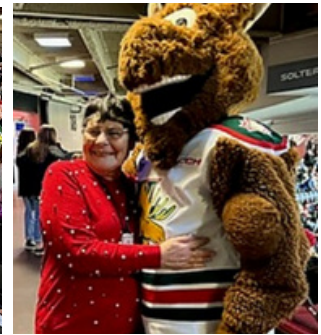
Canadian Mental Health Association
Halifax-Dartmouth
Mental health for all

DECEMBER 5TH 2022 IS
INTERNATIONAL VOLUNTEER DAY!

THANK YOU

TO ALL OF OUR AMAZING VOLUNTEERS -
YOUR TIME AND COMMITMENT IS TRULY APPRECIATED!

WWW.CMHAHALIFAXDARTMOUTH.CA



CANADIAN MENTAL HEALTH ASSOCIATION-HALIFAX/DARTMOUTH BRANCH
Statement of Financial Position
March 31, 2023

	2023	2022
ASSETS		
CURRENT		
Cash	\$ 268,779	\$ 165,493
Term deposits (Note 4)	101,000	35,514
Accounts receivable	6,297	9,915
Inventory	1,702	3,190
Harmonized sales tax recoverable	3,739	3,923
Prepaid expenses	-	1,065
	381,517	219,100
CAPITAL ASSETS (Note 5)	7,953	12,443
RESTRICTED CASH (Note 6)	24,722	24,722
	\$ 414,192	\$ 256,265
LIABILITIES AND NET ASSETS		
CURRENT		
Accounts payable and accrued liabilities	\$ 11,194	\$ 5,707
Employee deductions payable	5,419	5,761
Deferred revenue (Note 7)	306,646	153,988
	323,259	165,456
NET ASSETS		
Unrestricted net assets	66,211	66,087
Internally restricted net assets (Note 6)	24,722	24,722
	90,933	90,809
	\$ 414,192	\$ 256,265

LEASE COMMITMENTS (Note 8)

ON BEHALF OF THE BOARD

 Director

 Director

CANADIAN MENTAL HEALTH ASSOCIATION-HALIFAX/DARTMOUTH BRANCH

Statement of Revenues and Expenditures

Year Ended March 31, 2023

	2023	2022
REVENUE		
Donations, fundraising and other	\$ 224,409	\$ 148,096
United Way	86,300	90,000
NSHA Central Zone	66,000	66,000
Province of Nova Scotia	43,100	21,000
Other grants	38,919	10,504
Mental Health Foundation of Nova Scotia	24,000	24,000
Provincial and Federal Student Career Skills Grant	12,493	12,092
	<u>495,221</u>	<u>371,692</u>
EXPENDITURES		
Amortization	4,489	4,035
Digital literacy contractor	16,513	-
COVID-19 programs	10,001	-
Hurricane Fiona emergency expenditures	5,226	-
Fundraising	15,429	10,938
General and administrative	24,696	12,665
Honorariums	14,215	9,469
Insurance	2,929	2,308
Interest and bank charges	5,577	4,266
Occupancy	31,611	30,559
Professional fees	10,608	10,168
Program centres	27,929	13,379
Salaries and wages	306,063	259,694
Telephone	4,483	5,590
Travel	8,429	1,164
Vehicle	6,899	5,155
	<u>495,097</u>	<u>369,390</u>
EXCESS OF REVENUE OVER EXPENDITURES FROM OPERATIONS	<u>124</u>	<u>2,302</u>
OTHER INCOME (EXPENDITURES)		
Pandemic projects revenue	-	165,212
Pandemic projects expenditures	-	(165,761)
	<u>-</u>	<u>(549)</u>
EXCESS OF REVENUE OVER EXPENDITURES	<u>\$ 124</u>	<u>\$ 1,753</u>

Comprehensive audited financial statements can be viewed on our website, and copies will be available on request.

ACKNOWLEDGEMENTS

Abdullah Chanzu
Althea G. Woods
Adrienne Power
Alderney Landing
Alia Ford
Allison Meikle
Allison Murray
Alzheimers Society Nova Scotia
Amy Vinnedge
Anna Quon
Annmarie Elderkin
Aubrey Graham (Rocket Print)
Audrey Cuvilier
AXIS Capital
Barry Schmidl
Bell Let's Talk
Beta Sigma Phi
Bill & Valli Moore
Carrefour Atlantic Emporium
Carol Mulcahey
Carol Terry
Carolyn Price
Carter Simpson Law
Charles Quon
Chris Mitton
Chronicle Herald/Saltwire Network
Cindy Campbell
Claudia Robichaud
Cliff & Jill Langin
Clint Sock
CMHA National
CMHA Nova Scotia Division
Community Society to End Poverty (CSEP)
Cori Ferguson
CTV Atlantic
CUPE Local 3618
Cynthia Robertson
Dalhousie Department of Psychiatry
Darrell Ling
Daryl Gaines
Davis Bluteau
David Gallaway
Debra David
Diane Comeau
Dianne West
Donna Phillips
Dorothy Edem

Dr. Vincent Agyapong
East Coast Credit Union Ltd.
Elizabeth Baker
Elizabeth Kay-Raining Bird (BIG NS)
Emma Fitzgerald
Epilepsy Association of Nova Scotia
Erin Christie
Erin Flaim
Evelyn Cooke
Flemming Charitable Foundation
Francine Vezina
GEO (Getting Everyone Online)
GoToInsure (Hatter & Assoc.)
Hal Ritchie
Halifax Public Libraries
Hannah Novack
Hayden Laltoo
Holly Johnson
HRP Community Outreach
Ian Johnson
Ian Leitch
Ivan Fraser Studio
Jacquelyn Miccolis
Jamie Flynn
Jamie Livingston
Jane Hughes
Jane Weckman Alexander
Jayson Taylor (Clothesline Media)
James & Sheila Morrison
John & Judith Rutherford
Joseph Parker
Joy Smith
Jude Caborn
Judith Fingard
Julie Fredericks
Karen Gilmore
Kahn Yuan
Karen Nieuwland
Karn Nichols
Kemi Morrison
Kent Building Supplies Bayers Lake
Kim Dowe
Lake City Works
Larry Williams
Last House on the Block
LCdr RCN (ret'd) Darrell Kays
Lilly Frost

ACKNOWLEDGEMENTS cont'd

Little Symphony Inc.
Lori Edgar (Affirmative Ventures)
Malcolm Phippen
Marika McTague
Marilyn Welland
Matthew White
Maria Nemis (Peer Support NS)
Marlene Young
Mary Lawson Chapter IODE
Matt Gifford-Mooy
Maureen O'Connell
Megan Jeffries
Mental Health Foundation of Nova Scotia
Michelle Sinville
Monica Nordfjeld
Nancy Cook
Norval MacDonald
Olga Milosevich
Olivia Yammine
One Hundred Women Who Care
Our Lady of the Assumption
Pauline Dakin
Nova Scotia College of Social Workers (NSCSW)
Pam Richardson
Pearl David
Phil Bissett
Philip Moscovitch
Portage La Prairie Mutual Insurance
Robert Carter
Rodney & Rose Boutilier
Roy Maianski
Roy Muise
Ruth Rogers
Ryan San Angelo
Sal Sawler
Sarah Napier
Sasha Cormier
Sean Ponnambalam
Seana Jewer
Serge Lachapelle
Shawn McEwan
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In Memory

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Cheryl Hardy
George Cornelius
Michelle Towill
Rick Corbin
Rick Evans-Arendul
Sir Taz

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Abbey Einarson
Addisyn Verge
Adiya Arun
Adorna McDonald
Adriane Jacquard
Alan Britten
Alecia Green
Alexandra Merckx-Jacques
Alice Dean
Aline Dedman
Andrea Pottyondy
Andrew Victor Morgan
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Ann Arsenault-Beers
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Erica Allanach
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Karen Kerr
Karen Reid
Karen Ross
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Kathy Phillips
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Kelsey Hunter
Kemi Morrison

MOSAIC 2022 ARTISTS cont'd

Kitty Grant
Joan Bennett
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Johnathan McDonald
Jon David Welland
Jonathan Underwood
Joy Howell
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Judi Goodwin-Kedy
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Karen Conrad
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Valerie Bell
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William Quarmbly
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