



Canadian Mental
Health Association
Halifax-Dartmouth

#MENTALHEALTHFORALL



CANADIAN MENTAL HEALTH ASSOCIATION
HALIFAX-DARTMOUTH BRANCH
ANNUAL REPORT
2016-2017

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MESSAGE FROM THE CHAIR

I am pleased to present our Annual Report, which in a sense, serves as a testament to the relevance and resiliency of our organization.

The past year has been fraught with many challenges not the least of which was preserving the integrity of programs given a limited funding base.

We remain grateful to our major donors, including United Way, The Nova Scotia Health Authority, The Department of Community Services, The Department of Health and Wellness, and the Mental Health Foundation of Nova Scotia. However, despite this dedicated funding, we must still raise close to 40% of our social club program budget through donations and fundraising. We realize we are not unique in this regard, and continue to work collaboratively with other agencies as a vital part of the mental healthcare continuum.

It is a stark reality that mental health as a whole continues to be woefully underfunded and the general needs of the population exceeds the available resources. Despite this, we remain determined to provide unique and essential programming which serves as an oasis to those experiencing mental health issues.

Over the past year the board has been diligent in operationalizing many aspects of our strategic plan, updating bylaws and governance structures. In a sense, revitalizing the organization from the inside out. We are fortunate to have a robust, dedicated, and proactive team.

In conclusion, the organization remains adaptive, ever resourceful, and vibrant thus emulating many of the core attributes of those we serve. We look forward to the path ahead with a renewed sense of commitment and purpose.

Respectfully,

Hayden Laltoo

Chair CMHA Halifax/Dartmouth Branch

MEET OUR TEAM

2016 Board Members

Hayden Laltoo Chair

Vicki MacDonald Co-Chair

Stacey Oxner Co-Chair

Darryl Gaines Treasurer

Sean Ponnambalam Secretary

Erin Flaim Member at Large, Strategic Plan lead

Carolyn Price Member at Large, Chair Mosaic for Mental Health Committee

Chelcie Soroka Member at Large

Judith Fingard Member at Large

Jeff Nearing Member at Large, Chair Fundraising Committee

RJ Lasnier Member representative

Kelly Castle Member representative

Julie Longard Member at Large

Char Boudreau Member at Large

2017 Board Nominations

Erin Flaim Chair

Hayden Laltoo Past Chair

Sean Ponnambalam Vice Chair

Darryl Gaines Treasurer

Carolyn Price Member at Large, Chair Mosaic for Mental Health Committee

Chelcie Soroka Member at Large, Secretary

Judith Fingard Member at Large

Jeff Nearing Member at Large, Chair Fundraising Committee

RJ Lasnier Member representative

Kelly Gaul Member representative

Tiffany Chase Member at Large – Communications Lead

Juanna Ricketts Member at Large

Jillian Antworth Member at Large, HR lead

Keith Brumwell Member at Large

Staff

Full-time

Beverley Cadham Branch Co-Manager/Program Coordinator Among Friends Social Club

Margaret Murray Branch Co- Manager/Program Coordinator Building Bridges

Part-time

Bob Ransom Sharing and Caring Social Club Coordinator

Barbara McDuff Communication/Storefront Assistant

Casual

Nik Harris Among Friends Social Club Program Facilitator & Summer Activity Worker

Hannah Langille Sharing & Caring Social Club Assistant, Coffee House & Summer Activity Worker

Tamar Ellis CMHA Halifax-Dartmouth Mosaic, Program, Storefront Assistant & Summer Activity Worker

Vanessa Smith Among Friends Social Club Program Facilitator

Mike Doyle Sharing and Caring Social Club Assistant & MHFA Coffee House Facilitator

Megan Neil Among Friends Social Club Assistant (ended Dec. 2016)

Jeff Garrison Among Friends Social Club Assistant (ended April 2017)

Contract/project

Brittany Naugler Creative Community & Among Friends Program Facilitator (ended Fall 2016)

Anna Quon Mindwriters Facilitator (ended Spring 2016)

Robyn Badger Mindwriters (ended Spring 2016)

External bookkeeping

Pam Young SPD Accounting (ended October 2016)

TransAction Business Services (November 2016 – present)

Volunteers – Clubs, Coffee House, Office*

| | | |
|-----------------------|-----------------|----------------------|
| Anne Mench | Kim Dowe (Hon) | Shari-Lynn Hiltz |
| Claudia Robichaud | Kristine Erglis | Shelia Morrison |
| Debi Noye | Julia Coombes | Susan Final |
| Erica Allanach | Lewis Forward | Susan Kilbride-Roper |
| Gizelle de Guzman | Marissa West | Suzanne Turner |
| Hal and Edith Ritchie | Marlene Young | Tish Sachetti |
| Janine Macgillvary | RJ Lassiner | Victoria Sutherland |
| Jordan Edwards | Sarah Carter | William Chase (hon) |
| Kelly Castle | Sean Langille | |

*Board and Committee Volunteers listed in reports; Building Bridges & Special Event Volunteers & Musicians listed in acknowledgements



Project 50/60

Fraser Ferguson
Peggy Maynes
Theresa Boudreau
Ralph Corbin
Beverley Ruth
Josephine Hines
David Hardman
Sylvia Vitido
Bobby MacDonald

Academic placements

Joseph Bebe Health Promotion, Dalhousie University

Lance Bannister, Allison Lord Political Science, Saint Mary's University

Andrew Edwards, Andrea Hannaford, Elizabeth Edgley, Sarah Dolan
Occupational Therapy, Dalhousie University

John Vu, Steven Marenick, Nursing, Dalhousie University

Megan Hackett Community Development, Acadia University

STRATEGIC PLAN UPDATE

Our 2016-17 year tested our organization's overall resilience in many ways, some of which we could not have anticipated. We were better able to face these challenges as our direction was guided by our 5-year Strategic Plan. Over the summer months of 2016, the organization developed its first operational plan emphasizing our commitment to improving our governance, financial position, and the services we provide in our two communities of Halifax and Dartmouth.

The operational plan was developed to further establish a strong foundation from which the organization can continue to build. The efforts of staff and the Board over the year were designed to ensure our approaches were focused on continuing to build capacity and performance, strengthen the organizations finances and to ensure our services can continue to be provided in Dartmouth.

In addition to having an established operation plan, the highlights of our accomplishments under our Strategic Plan are as follows:

Governance:

- Applied additional financial management strategies to control costs, provide accurate budget projections, and operate efficiently.
- Through the work of the Governance Committee developed:
 - Board Terms of Reference including roles and responsibilities for improved board governance.
 - Created a comprehensive Board Policy Manual and revised the organizational By-Laws.
- Identified a nomination approach for new board members ensuring key positions were filled.
- Improved our transparency of information by sharing updated documents, such as the strategic plan online and improving our social media presence to keep stakeholders informed.
- Reviewed and drafted revised job descriptions for staff positions.

STRATEGIC PLAN UPDATE CONTINUED

Financial

- Established a Fundraising Committee to focus on long term financial sustainability.
- Developed approach to present a monthly budget to track progress monthly to better predict potential upcoming challenges.
- Established a Finance Sub-Committee of the Board with a focus on improving financial sustainability.

Infrastructure

- Partnership agreement with Dartmouth Seniors Centre to operate our Among Friends Social Club within their location to consistently provide a welcoming, safe location for our members to participate in programs and feel connected with their community.
- Established a Housing Committee to proactively maintain presence in both Halifax and Dartmouth
- Improved program offerings in Dartmouth through community collaboration and partnering with Dartmouth Seniors Centre on program delivery opportunities.

Going forward our successes from this year, combined with our direction for 2017-18, reaffirms CMHA Hal-Dart's commitment to be an effective service provider within the community and growing our effectiveness of service for our members, our employees and the community.



FUNDRAISING COMMITTEE

Our strategic plan clearly identified that a priority for the Canadian Mental Health Association's Halifax/Dartmouth branch was securing sustainable funding. As a result, the board recruited a new board member in 2016 to lead a newly formed Fundraising Committee. While I am new to the board, it didn't take me long to realize the importance of the branch's work and therefore, the importance in securing new ways to fundraise. The fundraising committee was formed in September 2016 and its first meeting was on October 3, 2016. We set two goals:

- Raise between \$48,000-\$70,000 of new revenue for the branch so that operations for the year were sufficiently funded.
- Identify new opportunities that could complement our annual Mosaic for Mental Health fundraiser.

Our financial situation meant we had to work quickly to offset a serious budget shortfall. With the help of many hands, and wonderful media support in the Chronicle Herald, Metro Halifax and CTV Atlantic, we launched a GoFundMe campaign. It was a quick way to get to market that showcased our immediate needs as well as the value of our social club programs. The campaign gained traction quickly and raised \$25,505.

Two of our board members stepped up this year and organized special events. Through Dalhousie Psychiatry, Chelsie Soroka, hosted an intimate evening at Nobel and raised \$800. Carolyn Price, chair of our Mosaic for Mental Health fundraiser, with the support of CodaPop Studio and WITF Marketing, hosted a wonderful night of music with a live auction and raffle draws to raise an additional \$3,200 for our branch. This last event happened in our new fiscal year, so won't be reflected in our financial picture, but we felt it important to mention as part of our overall fundraising plans in 2016.

Looking forward to 2017/18

We will continue to identify and execute small to mid-sized fundraising opportunities and identify one or two larger opportunities to meet our overall fundraising goals for 2017. Our committee will also work collaboratively with the Mosaic committee, to help increase opportunity and mitigate expense.

Respectfully submitted by,

Jeff Nearing, Chair



Fundraising Committee Members:

Bev Cadham, Edward Cooze, Erin Flaim, Darryl Gaines, Jeff Nearing

Our Annual Fundraiser Mosaic for Mental Health

18 years and still going strong! The Mosaic for Mental Health art exhibition and sale held annually at The Craig Gallery continues to be CMHA Halifax-Dartmouth branch's signature fundraiser. This event also raises public awareness of the benefits of the branch's social club programs to our members.

In 2016, we welcomed back CTV Atlantic as a media partner, providing a platform to tell our story to a broad audience. We also welcomed a new partner in Bounty Print, ensuring our printing needs were taken care of and reducing our expenses significantly.

Our fundraiser featured a silent auction with items from generous donors, and we also introduced our first ever Mosaic calendar, which was a huge hit! The calendar was designed by Erica Allanach and featured artwork from selected Mosaic artists. Thanks to Mosaic committee member, Judith Fingard, for being the driving force behind getting the calendar off the ground.

A special thanks to Tamar Ellis, our office assistant. Tamar kept everything running smoothly in preparation for our event, along with volunteers Julia Coombes, Juanna Ricketts, Judith Fingard, and Kristine Eglis. Marg Murray and Bev Cadham, co-branch managers, were busy as usual helping with planning and working at the event.

Total sales for the Mosaic for Mental Health were \$18,835.00. Our cash sponsorships were \$26,850.00, and our in-kind sponsorship totaled \$13,450.00. Scotiabank generously matched \$5000 on opening night. Our gross revenue was approximately \$45,685.00, up from last year by \$2482.00. Thanks to storefront sales and special event sales, the year-end Mosaic sales were approximately \$55,000. All funds go directly to our social club programs. Thank you to all our artists, sponsors, patrons, committee members, volunteers, and staff for the great support! Thanks to all who donated items for our silent auction!

Respectfully submitted by:

Carolyn Price,
Mosaic Organizing Committee Chair

18th Annual Mosaic for Mental Health Art Exhibition & Sale JOURNEY

Special thanks to our 2016 Sponsors, Mosaic Artists, Patrons & Volunteers

PLATINUM



Bell Aliant



Marjorie Lindsay | Volunteer from Building Bridges

GOLD



SILVER



Judith Fingard

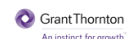
CRYSTAL



PORTAGE INSURANCE

Helen Koehler

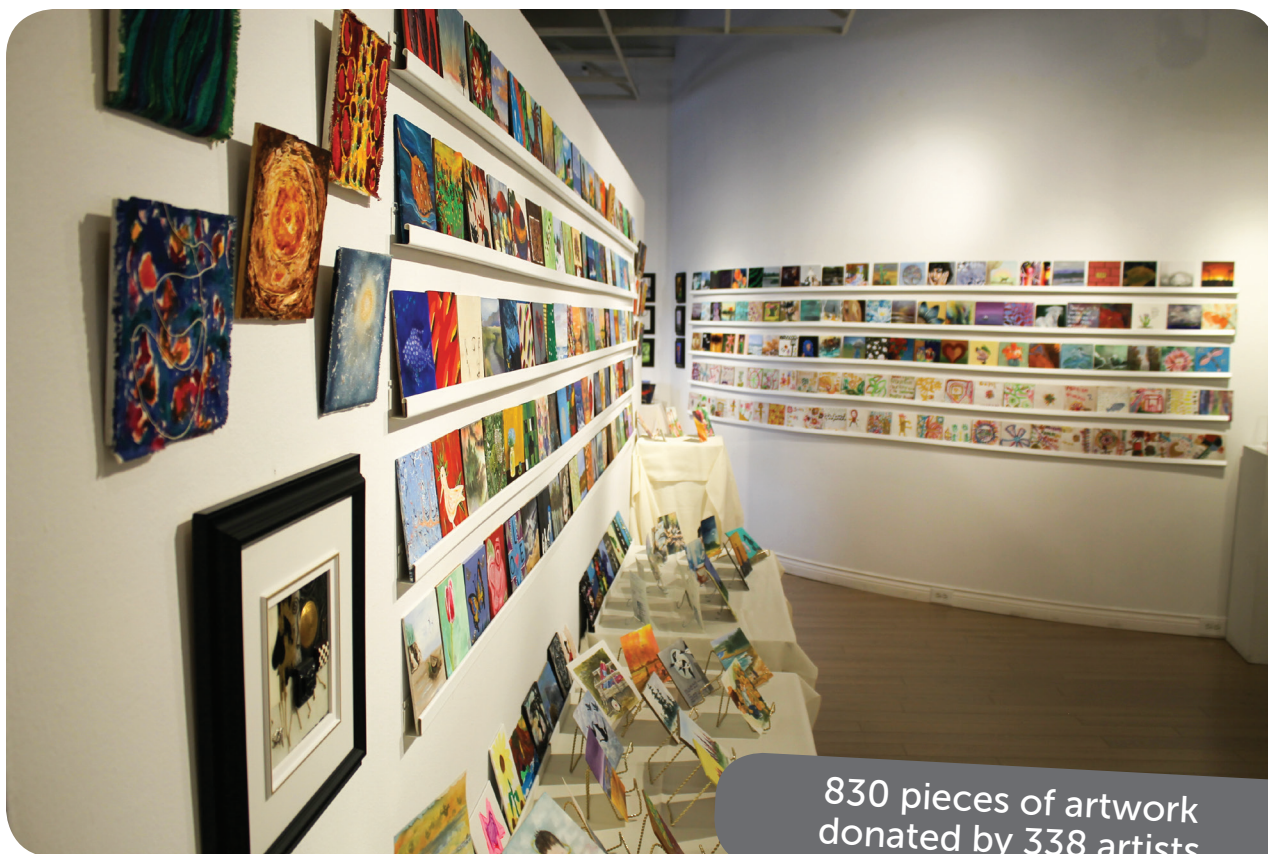
PEWTER



Carolyn Price

Mosaic Committee Members:

Bev Cadham, Kristine Eglis, Catherine Jobin, Shawn McEwen, Chris McWilliam, Marg Murray, Amy Moonshadow, Ruth Rogers, Barb McDuff, Judith Fingard, Jude Caborn



830 pieces of artwork
donated by 338 artists

JOURNEY

18th Annual Mosaic For Mental Health Art Exhibition & Sale

Canadian Mental Health Association
Halifax-Dartmouth
Mental health for all

In support of CMHA Halifax-Dartmouth Branch social programs

PLATINUM SPONSORS

Bell Aliant **BOUNTY PRINT** **100** **CTV**

today's best music

Marjorie Lindsay **Scotiabank** Building Bridges Volunteer

GOLD SPONSORS Alamy Canada **The Craig Gallery**



STAFF REPORT

Our Vision: Mentally healthy people in a healthy society.
Our Mission: As a local leader and champion for mental health, we support the resilience and recovery/well-being of people living with mental illness and mental health problems 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.



Photo credit: Metro Halifax

CMHA Halifax-Dartmouth Branch is a vital part of our community and the mental health care continuum, providing social programs for those living with mental illness and mental health problems. Our grass-roots, person-centred organization positively impacts hundreds of people directly and thousands indirectly. We believe that we are part of an amazing community that makes a difference in people's lives. Addressing the social determinants of health, stigma, and the need for access to person-centred mental health care, continues to be an important part of our work. Many of the individuals accessing our social programs, cope with poverty and social exclusion. We want people to have the opportunity live fulfilling lives in the community.

It is encouraging to see that Halifax Regional Council has approved a motion to collaborate with United Way Halifax and other community partners on the development of an anti-poverty strategy for the Halifax Regional Municipality. As Feed Nova Scotia posted on a sign "With food bank use up 21%, there is no room left for apathy".

A few highlights during the past year included:

Co-Hosting the Defeat Depression Walk with MDANS; Our Get Loud "Open Mic" Mental Health Week Event; Joining with our partners to organize the Annual Mental Health Community Festival of Hope; Our 18th Mosaic for Mental Health Art Exhibition & Sale, Journey; Giving Tuesday Event with SSNS; Gift of the Hit Book Launch; Kindness Colouring Book Launch by Anna Quon; Mindwriters Wrap-up Event; Displays at the SSNS National Conference, Halifax Pride, ADHD and Diabetes Expo's; Kindred Spirits Event with ISANS; Halifax and Dartmouth Community Health Board Grants for HalDart Community Art Connections; Meeting our National CMHA CEO, Dr. Patrick Smith, at a CMHA NS Division Meeting, and securing a home for Our Among Friends Social Club at the Dartmouth Seniors Service Centre.

Thank-you to our Board of Directors, program members, volunteers, staff, Mosaic for Mental Health Artists, student placements, Coffee House musicians, donors, organizers of third-party fundraisers, community partners, and Mental Health for All Coffee House patrons and donors. Your support will guide us along "Our Path of Hope"

Thanks to our funders – United Way Halifax, The Nova Scotia Health Authority, Mental Health & Addictions Program -Central Zone, the Nova Scotia Government through the

**"Great place! Amazing atmosphere!
Terrific People! Great Environment! I
absolutely Love It!!"**

**"Beautiful ... spirited ...caring people in a
loving and kind atmosphere. Everyone is
accepted."**

-Comments captured on our social channels

Department of Community Services, and the Department of Health and Wellness and the Mental Health Foundation of Nova Scotia. We appreciate your kind support.

However, we continue to struggle to make ends meet. Our branch is tasked with raising close to 40% of our social clubs' program budget through donations and fundraising. Our vital work would certainly be enhanced with sustainable, core funding.

Respectfully,

Bev Cadham & Margaret Murray
Branch Co-Managers

SOCIAL PROGRAMS AND INITIATIVES

Canadian Mental Health Association – Halifax-Dartmouth branch provides a variety of social clubs, programs and initiatives to support resilience, recovery and well-being for adults living with mental illness and mental health problems. Through our social programs, we are striving to help people live fulfilling lives in the community.

Among Friends Social Club

This year began with the need to find a new location for our Among Friend Social Club in Dartmouth. We had to vacate our premises with very short notice and limited options. After some anxious moments, the Dartmouth Senior Service Centre stepped forward and came to our rescue! Thanks to their willingness to try a new approach, we collaborated through discussions that resulted in a mutually beneficial partnership agreement, a tremendous relief to the board, staff and our members.

Over the past few months, we have been happily settling into our new home at 45 Ochterloney Street in the Dartmouth Senior Service Centre. We have been in our new space since November 2016 and hit the ground running offering daily programming for our members. We appreciate the help and assistance from all our members, staff, and volunteers who pitched in with our move and helped us settle in - it was a great help!

Our Among Friends summer student, Nik Harris, planned many different activities for the members this year. Part of the challenge was planning programs at multiple locations including the local library, coffee shop, and community rooms, while we worked to secure our current club space. Our outings provided members an opportunity to participate in a variety of activities and experience the many events happening in Halifax. The biggest event of the year was our annual celebration party at the beginning of 2017. This year it was hosted at the Dartmouth Senior Service Centre where members enjoyed a delicious meal with entertainment. It was a fun filled day enjoying friends, music, and dancing!

In closing, we would like to like to extend our sincere thanks to the CMHA Halifax-Dartmouth Board of Directors, casual relief staff Tamar Ellis, Hannah Langille, Jeff Garrison, Nik Harris, Brittany Naugler, Megan Neil, and Vanessa Smith, volunteers, project 50/60's, placement students, members of Among Friends, and the many individuals, businesses, and groups who support the Among Friends Social Club throughout the year. Of particular note, RJ Lasnier for his dedication to our club as both a volunteer and Member's Representative.

Respectfully,

Beverley Cadham

Program Coordinator - Among Friends

Branch Co-Manager – CMHA Halifax-Dartmouth Branch

Sharing and Caring Social Club

2016 proved to be a noteworthy year for the Sharing and Caring Social Club with many exciting events and an average of 15 visitors per day.

The Sharing and Caring Social Club hosted a number of students for educational placements, including 2 nursing students and 6 occupational therapy students. We enjoyed and deeply appreciated their diverse qualities and talents, teaching us new activities and lessons each visit, and always bringing a warm and welcoming presence to our club.

Hannah, a summer student, helped plan a summer full of enjoyable activities and trips. Some of the most memorable trips included the Airport Trips, Buskers, the Jazz Festival, Shakespeare by the Sea, and many walks along the Halifax boardwalk. We also had some outstanding activities including Christmas in July, a pizza party at the Dartmouth Pizza Oven, and a lively BBQ at Point Pleasant Park. Our biggest and most enjoyable event this year, however, was our annual Christmas party, hosted at the Dartmouth Senior Service Centre.

We also had many individuals from the community take their time to do workshops as part of our programming. We express great thanks to Jamie Flynn, a pharmacist from the Medical Shoppe in Clayton Park, who conducted educational workshops with his student placements on prescription medications. We also express gratitude to the Nova Scotia Health Authority (Halifax Peninsula Community Health Team) who facilitated workshops with us such as 'living well with stress.' This team continues to offer these programs for our members monthly.

We would like to sincerely express our appreciation to all club members, staff, volunteers, and members of the community, in addition to our Board of Directors and branch staff.

Respectfully,

Robert Ransom

Sharing and Caring Social Club Coordinator

Building Bridges Program

Building Bridges is a community based social support program connecting volunteers and socially isolated adults living with mental illness and mental health problems for opportunities to establish trusting relationships and share common interests. The Building Bridges Program provides a safe, flexible and trusting environment to achieve a sense of belonging and well-being. The program is also expanding to include more small groups, creating informal peer support and a bridge to other group activities in our organization and the community. Volunteers include: students, peers, young/ retired professionals and family members. This program is often an entry point for volunteers and participants to help in other areas of our organization and mental health community.

One of our participants recently shared, "Having an invisible illness has not been easy at all, every day is a difficult day, trying to go forward, and then trying to forgive yourself for falling back. Suicide attempts have been tried. The Program Building Bridges, helped me to try and begin again and to give back to the community. I am thankful for the program, because it gave me my start, and I shall continue forward."

During the holidays, we were fortunate to receive hampers from the Universalist Unitarian church, donations of gift cards from anonymous elves and cash donations from several alumni staff and volunteers, for our Social Programs Holiday Party. It was amazing to have an anonymous \$5,000 donation made by a Building Bridges Volunteer in support of our Mosaic for Mental Health. Thank-you for funding from United Way Halifax and a DCS Direct Service Grant.

There were over 60 participants, 37 volunteers and approximately 6,500 personal contacts during the year. Building Bridges is sometimes called our "invisible program' but it makes a huge impact in the lives of our volunteers and members.

The alumni of this program often stay in touch and continue to offer support in various ways. The good humour, kindness, trust, authenticity and resiliency of everyone involved with our Building Bridges Program is inspiring.

Respectfully,

Margaret Murray

Branch Co-Manager/Building Bridges Coordinator

Mental Health for All Coffee House and Open Mic Sessions

The Mental Health for All Coffee House & "Open Mic" Summer Sessions create a socially inclusive and welcoming venue for all at our Halifax office on Gottingen Street. The "Open Mic" with Larry and Mike Summer Sessions took place on Wednesday afternoons. Our Mental Health for All- Coffee House brightened up Saturday afternoons, during the fall, winter and spring. Both of these programs provide an open and accepting environment, filled with song and laughs. Both are free of charge but donations are always welcome. Stigma is reduced by bringing people together in our community to celebrate music, mental health and wellness. There were 1,700 visits during the past year with an average crowd of 35 patrons.

We want to thank the Mental Health Foundation of Nova Scotia for their support of the Mental Health for All Coffee House for the past six years.

It has been an amazing partnership. Thank-you to Marlene Young and Larry Williams for all they have contributed, including encouraging support from patrons of the Monday Night Perfect Pour Jam and introducing members of the Halifax Kin Club to the Coffee House. The donation from the Halifax Kin Club provided much needed funds for supplies.

Thank-you to our Coffee House Facilitator and Musician, Mike Doyle, and volunteers, Sarah Carter, Gizelle de Guzman, Shari-Lynn Hiltz and Tish Sachetti. Thanks as well to all the musicians, open mic performers, patrons and everyone who brought snacks or pitched in to help. On a sad note, Marta Mahini, who facilitated the Coffee House for many years, passed away in March. We loved Marta and celebrated her life at Marta's Memorial Matinee on May 6th.

Respectfully,

Margaret Murray – Branch Co-Manager

"It is a friendly gathering that gives people something to look forward to. I have made friends here who are very welcoming."

-Coffee House Patron

CANADIAN MENTAL HEALTH ASSOCIATION-HALIFAX/DARTMOUTH BRANCH

Statement of Revenues and Expenditures

Year Ended March 31, 2017

| | 2017 | 2016 |
|--|------------------|--------------------|
| REVENUES | | |
| United Way <i>(Note 4)</i> | \$ 93,595 | \$ 107,681 |
| Donations, fundraising and other | 89,188 | 107,615 |
| NSHA Central Zone | 43,000 | 47,400 |
| NSHA Central Zone - Among Friends Social Club | 26,000 | 26,000 |
| Department of Community Services - Building Bridges | 21,000 | 24,500 |
| Provincial and Federal Student Career Skills Grants | 12,125 | 10,674 |
| Nova Scotia Department of Health and Wellness | 10,000 | - |
| Mental Health Foundation of Nova Scotia | 6,000 | 11,450 |
| Other grants | 4,012 | 6,034 |
| Province of Nova Scotia - Creative Collaborative Communities | - | 45,000 |
| | 304,920 | 386,354 |
| EXPENSES | | |
| Salaries and wages | 186,058 | 219,277 |
| Occupancy | 22,567 | 37,161 |
| Program centres | 17,457 | 29,945 |
| Professional fees | 18,000 | 22,622 |
| Project management | 11,663 | 27,903 |
| Honorariums | 8,117 | 17,949 |
| Telephone | 7,746 | 7,857 |
| General and administrative | 5,745 | 16,299 |
| Fundraising | 4,553 | 8,753 |
| Travel | 3,917 | 4,866 |
| Interest and bank charges | 3,413 | 1,584 |
| Insurance | 2,567 | 2,784 |
| | 291,803 | 397,000 |
| EXCESS (DEFICIENCY) OF REVENUES OVER EXPENSES | \$ 13,117 | \$ (10,646) |

ARTIST AND SPONSORSHIP RECOGNITION

Without the support of Mosaic for Mental Health artists and our wonderful donors and sponsors, we just wouldn't be able to continue to offer our unique programs and services. We are humbly grateful for the support of the following:



Andrea Adams
Hassan Affa
Gruner Akhush
Hani Al Ismaiel
Boutilier Alex
Michelle Allard
Elaine Almond
Celeste Amyoony
Asta Antoft
Nicole Baker
Vivian Barrett
Meagan Barteaux
Jordan Beck Crouse
Rose Belliveau
Eva Bennet
Wanda Bennet
Michelle Bennett
Issac Bennett
Ariane Berard
McKenzie Beson
Nick Bethune

Nada Beydouni
Gita Bhattarai
Ganga Maya Bhujel
Hari Maya Bhujel
Gori Bhujel
Ran Maya Bhujel
Chandra Klala Bhujel
Sue Bigford
Jocelyn Blackburn
Anna Bogaczewitz
Thane Borden
Sandra Boulianne
Christine Bowie
Robin Bradshaw
Kathy Bruce
Sarah-Jeanne Bruce
Steven Buckland
R Burridge
Jude Caborn
Jackie Cajolais
Kate Campbell

Courtney Campbell
Bethany Cannon
Lilianne Carrier
Joanna Castellarin
Krishna Maya Chhetri
Dhan Maya Chhetri
Georgia Chouinard
Anne Clattenburg
Heber Colbourne
Emma Cole
Barbara Coles
Marian Coles
Amanda Colter
Diane Comeau
Fran M. Connors
Carolyn Conrad
Meryl Cook
Betty Cooper
Dora Cormier
Terri-Lee Cossar
Alastair Cox
Heather Cunningham
Darin Curl
Beth Curlett
Debby Currie
Cathy Cusack
Audrey Cuvilier
Karen Damtoft
Mitra Lal Dhakal
Chandra Maya Dhakal
Dhan Maya Dhungana
Elaine Dick
Keiran Doiron
JC Douglas
Cathy Doull

Sandie Downey
Chelsea Drooge
Eric Drover
Hailey Dube Martel
Monique Dupuis
Jennifer Eames
Margaret Earle
Azor Eblaghi
Shirley Elliott
Leah Ellis
Moya Farrell
Sarah Firth
Rachel Forbes
Sarah Forgeron
Anne Fraser
Paula Fredericks
Denyse Frizzle
Betty-Anne Gaetz
Sherry Galey
Elena Galey-Pride
Chase Gallant
Victoria Gallant
Mikhail Gardner
Isabelle Gaucher
Victoria Godin
Natalie Goiziou
Abigail Gordon
Vicky Graham
Linda Grant
Eleanor Greene
Nora Gross
Savannah Guitard
Barbie Guitard
Judy Hammond
Alyse Hand
Merrill Harback
Cheryl Hardy
Iris A. Hardy
Kelly Harquail
Peter Harrison
Jackqueline Hart
Kristy Hart
Rachel Hastings
Marilyn Hatfield

Heather Hawley
Kellyanne Hebb-Pretty
Hannah Highfield
Jane Hines
Kharna Khar Homagai
Sharon Horgan
Ram Prasad Humagain
Camille Hutcheson
Lesley Janes
Kim Jarbour
Danica Jayme
Cheryl Jeffers Johnson
Eleanor Jenkins
Betty Jenkins
Olivia Jili Liu
June Jollymore
Sharron Josey
Alannah Journeay
Jeff Kaizer
Pabitra Karki
Jerry Kean
Kathryn Kean
Rosalie Kean
Kerry-Joy Kieft
Gertrude Kinsmon
Rohini Koirala
Sandi Komst
Taras Korabel
Sarah Kuehn
Benoit Landry
Jane Landry
Emmy Lao
Monette LeBlanc
Bernadette LeBlanc
Caroline LeBrun
Lila Lee
Josette Leget
Sami Lemperger
Tina Leverman
Franci Li
Shelley Linders
Helga Lobb
Jean Lohnes
Pat Lohrenz

Erik Long
Cyril Lunney
Edie MacCabe
Joanne MacCabe
Kris MacCall
Cheryl MacDonald
Andrew MacGregor
Micaela MacGregor
Laura MacGregor
Michelle MacGregor
Judy MacIntosh
Margie MacKay
Teresa Mackel
Laura Mackenzie
Rachael MacLean
Betty MacLeod
Vicky MacNeish
Nicolas MacNeish
Evgenia Makogon
Marilyn Marsman
Maggie Martin
Audrey Maw
Verna McDonough
Eleri McEachern
Paulette Melanson
Madaline Metallic
Mary Metz
Marg Millard
Kate Milton
Brayden Miners
Stephen Morgan
Giselle Morine
Donna Morris
Fiona May Morrison
Shelia Morrison
Kemi Morrison
Brenda Mountain
Kelsey Mumford
Anne Mumford
Dan Munro
Caroline Nuna Murray
Linda Myers
Tony Myers
Julita Nacz

Brittany Naugler
 Michael Nearing
 Zoe Newell
 Rhea Newman
 Tiffany Nichol
 Lianne Nixon
 Debi Noye
 Violet O'Connell
 Sally O'Grady
 Barb O'Hearn
 Barbara O'Regan
 Bernadette Oliver
 Halima Omar
 Dalhousie OT Students
 Tanya Ouellette
 Chandia Bahadur Pardan
 Tanya Parfitt
 Pat Paul
 Kim Pauley
 Victoria Pauley
 Amelia Perrin-Pretty
 Marion Petite
 Deborah Phillips
 Kimberly Piccott
 Joey Poirier
 Diane Porter
 Donna Lee Pretty
 Nadia Price
 Harrison Avery Prozenko
 Chris Publicover
 Clara Purcell
 Anna Quon
 Sherelle R
 Ganga Rai
 Sue Rangeley
 Janet Rangeley
 Allison Rangeley
 Pam Rayne-Wieksma
 Aimee Redding
 Hazel Reid
 Maureen Reid
 Denise Restin
 Ross Reynolds
 Lise Richard

Grace Richard
 Mary Beth Richardson
 Linda Robar
 Nadia Robichaud
 Sondra Robinson
 Alva Robinson
 Jim Ross
 BA Rouselle
 Kristifer Rudic Rudic
 Jean Salisbury
 Priya Sam
 Tammy Sampson
 Leila Sanford
 Kira Sark
 Rachele Saulnier
 Paul Savoie
 Karen Lia Schlick
 Jane Schlosberg
 Krista Shannon
 Linda Shaw Packard
 Sara Sheffield
 Kaitlin Sibbald
 Janet Skelton
 Alex Slate
 Janet Spencer
 Melinda Spencer
 Turk Stage
 Susan Steeves
 Jacqueline Steudler
 Erika Stokes
 Lorna Stubbert
 Pam Styles
 Justine Styles
 Theresa Sullivan
 Ryan Sunderland
 Faith Sunderland
 Eleanor Surette-Macdonald
 Myrna Sweetman
 John Sweetman
 Barbara Sweetman
 Poirieu Sylvia
 Elizabeth Talley
 Suk Maya Tamang
 Jazlyn Tasco

Shelia C. Taylor
 June Thurber
 Catherine Thurston
 Phaedon Tingley
 Eva Toth
 Drew Tozer
 Abby Tremblett
 Maureen Van Buskirk
 Susan Vaslet
 Melissa Verge
 Carolyn Vinneau
 Karim Walji
 Katrina Wall
 Rena Waters
 Gwen Watt
 Mille Webb
 Jon David Welland
 Maggie Wen
 Shirley West
 Sue Westby
 Mary Wiesner
 Louise Williams
 Hannah Witherbee
 Kerri Woodfine
 Holly Woodworth
 Cassady Yochoff
 Marlene York
 Brigitte Zebeljan
 Anonymous
 Andre
 Daniel
 Milad
 Adam
 Jane
 Haze44
 Andrea
 Scarlet
 NanaRichardson, Mary
 Beth
 Robar, Linda
 Robichaud, Nadia
 Robinson, Sondra
 Robinson, Alva
 Ross, Jim

Rouselle, BA
 Rudic, Kristifer Rudic
 Salisbury, Jean
 Sam, Priya
 Sampson, Tammy
 Sanford, Leila
 Sark, Kira
 Saulnier, Rachele
 Savoie, Paul
 Schlick, Karen Lia
 Schlosberg, Jane
 Shannon, Krista
 Shaw Packard, Linda
 Sheffield, Sara
 Sibbald, Kaitlin
 Skelton, Janet
 Slate, Alex
 Spencer, Janet
 Spencer, Melinda
 Stage, Turk
 Steeves, Susan
 Steudler, Jacqueline

Stokes, Erika
 Stubbett, Lorna
 Styles, Pam
 Styles, Justine
 Sullivan, Theresa
 Sunderland, Ryan
 Sunderland, Faith
 Surette-Macdonald, Eleanor
 Sweetman, Myrna
 Sweetman, John
 Sweetman, Barbara
 Sylvia, Poirieu
 Talley, Elizabeth
 Tamang, Suk Maya
 Tasco, Jazlyn
 Taylor, Shelia C.
 Thurber, June
 Thurston, Catherine
 Tingley, Phaeton
 Toth, Eva
 Tozer, Drew

Tremblett, Abby
 Van Buskirk, Maureen
 Vaslet, Susan
 Verge, Melissa
 Vinneau, Carolyn
 Walji, Karim
 Wall, Katrina
 Waters, Rena
 Watt, Gwen
 Webb, Mille
 Welland, Jon David
 Wen, Maggie
 West, Shirley
 Westby, Sue
 Wiesner, Mary
 Williams, Louise
 Witherbee, Hannah
 Woodfine, Kerri
 Woodworth, Holly
 Yochoff, Cassady
 York, Marlene
 Zebeljan, Brigitte

VOLUNTEERS

Building Bridges and Special Events

Alexis Robertson
 Amanda Glenn
 Amanda Swiniarski
 Amy Moonshadow
 Avis Faulkner

Carol Blakney
 Carol Mulcahey
 Cheryl Leyten
 Cheryl MacDonald
 Christine Award

Christina Martin (Alum)
 Chris McWilliam
 Colin Smith
 Crystal Morgan
 David Gallaway
 Diane West
 Don Mitchell
 Don Roper
 Donna Hutchison
 Emily Vallis
 Eric Hendsbee
 Erin Cotie
 Freya Kaiser-Derrick
 Gordon, Cynthia & Nadia
 Price



| | | |
|----------------|-------------------|---------------------|
| Jamie Bates | Linden Hardie | Shana Seymour |
| Jeff Thompson | Lisa Card | Shawn McEwen |
| Joel Maxwell | Liz Pomeroy | Sharon O'Connell |
| Joy Smith | Margaret Stuart | Shelia Morrison |
| Jude Caborn | Maureen O'Connell | Steve Bornemann |
| Julia Coombes | Michelle Towill | Sylvia Anthony |
| Julia Gallivan | Miriam Habib | Terry Kilbride |
| Kathy Petite | Murray Brown | Ty Pratt |
| Katie Collier | Murray Sherman | Victoria Sutherland |
| Keith Brumwell | Myra Dunning | Wayne Duncan |
| Leah Ellis | Noor Youssef | William McDuff |
| Lilly Lynch | Ruth Rogers | |
| Linda Randolph | Sean MacKinnon | |

*Board, Committee, Club, Coffee House and Office Volunteers listed in reports.

Coffee House Musicians

| | | |
|------------------|--------------------|------------------|
| Shawn Santalucia | George Robertson | Charlie Phillips |
| Alan McGrath | Dennis Brown | Joel Sampson |
| Rowan Ayers | Jenn Miller | Marc Merrin |
| Clint Sock | Rita Jane Langevin | Peter Davidson |
| Larry Williams | Mike Doyle | |
| Keith Adams | Paul MacDonald | |

Coffee House Open Mic Performers

Tina, Roger, Juanna, June, Amy, Martha, Annia, Cheryl, Richard, Corry, Anne, Kristine and many more...

Defeat Depression Walk Committee 2016

| | |
|----------------------|----------------|
| Angie Haskett | John Lillies |
| Susan Kilbride Roper | Hannah Canning |
| Daryll Lambert | Bev Cadham |
| Todd MacMillan | Marg Murray |
| Brad Row | |

**Thank you to our partners, supporters and funders
for believing in our work.**

| | | |
|--|--|---------------------------------------|
| Adrienne Power | Cooperators | Beta Sigma Phi |
| Alison Davison | Craig Gallant & Associates | Hal and Edith Ritchie |
| Alyse Allot | Cori Ferguson | Halifax Community Health Board |
| April and Dayna Roberts | Dalhousie Psychiatry | Halifax County Exhibition |
| Atlantic Concrete Association | Dartmouth Community Health Board | Halifax Kin Club & Bill & Valli Moore |
| Barb Ransom | Dartmouth Seniors Service Centre & Diane Rose | Halifax Mooseheads Hockey |
| Bayer's Road Bowlarama | David Ruth | Healthy Minds Cooperative |
| Bell Let's Talk | DCS – Lillian Nicholson & Barry Schmidl | Hilary Rankin |
| Bernie Schultz – Last House on the Block | Delta Master Beta Sigma Phi | Irene Skeehan |
| Beta Sigma Phi XI Delta | D. & P. David | ISANS |
| Bethana Sullivan | Deidre Simons | Ian Johnson |
| Black Street Aces Group Hockey Group | Department of Health | Jean Hughes |
| Brenda Mains | Department of Justice – Corrections Department | Jenn Kilfoil |
| Cathy Leslie | Dr. David Pilon | Jennifer Lewandowski |
| Carol Blakney | Dr. Jackie Kinley | Jennifer Stairs |
| Carol Mulcahey | Dr. Linda Bayers | Jim Covill |
| Carol Terry | Dr. Michael Teehan | Joe Parker |
| Chris Fyles | Dr. Rod Willson | Judith Fingard |
| Church of the Holy Spirit | Dr. Stan Kutcher | Just Us Coffee Roasters Co-op |
| Cliff Langin | Dianne McDougall and Donna Methot | Kevin Mcnamara |
| CMHA NS Division & Branches | Dooley's - Young St. | Laing House |
| CMHA National Office | Duane Spencer-Lowe | Lake City Employment |
| Community Advocates Network | Edna's | Leadsift Inc. |
| Community Health Teams | FEED Nova Scotia (Nick, Becky, Norma & staff) | Lutheran Church of Our Saviour |
| Community Services - Staff collection | Festival of Hope Partners | Lynn Yetman |
| Community Society to End Poverty | Francine Vezna | Madelyn Bell |
| Connections Dartmouth, Halifax & Sackville | Gamma Master Chapter | Maid Marion Chapter IODE |
| | | Margaret Stuart |

| | | |
|--|---|-------------------------------------|
| Mary Lawson Chapter IODE | Our Lady of the Assumption Church | Church |
| Marilyn Welland | Pamela Magee | St. Thomas More Catholic Church CWL |
| Marjorie Lindsay | Parker Street Food Bank | Sara Napier |
| Martin Ward | Patti Adam | Serge Lachapelle |
| Maureen Wheller | Patricia Smith and Richard Smith | Starr Dobson |
| Mayor Mike Savage | Peter Croxall | SSNS |
| Max Biswas | Phillip Block & Youth ISANS | Stella Lord |
| Medicine Shop Clayton Park – Jamie Flynn | Port Wallis United Church | Susan Henderson |
| Mental Health Coalition Organizing Committee | Ray Morin | Tanya White |
| Mental Health Community Festival of Hope | Rebecca Bell | Teamworks/The Workbridge |
| Mental Health Foundation of Nova Scotia | Robert Nichols | The Whites |
| Mickie Bowe | Scotiabank Portland Street Branch | Todd Leader |
| Monique Mullins-Roberts | Self Help Connection | Tony Prime |
| Mood Disorders Assoc. of Canada & NS | Seven Bays Bouldering | Tracy Boyer |
| Mrs. Sullivan | Shopper's Drug Mart | Trevor Briggs |
| Nadya El-Gohary & Cory Binderup | St. Andrew's Presbyterian Church - Atlantic Mission Society | United Way Halifax |
| Norma Fraser | St. John's Anglican Church | Universalist Unitarian Church |
| NSHA Mental Health & Addictions-Central Zone | St. Luke's Anglican Church ACW | Wayne Richards |
| Olga Milosevich | St. Peter's Catholic | Woodlawn United Church - UCW |
| | | Woodlawn United Church Miriam Unit |

