



Canadian Mental  
Health Association  
Halifax-Dartmouth

# ANNUAL REPORT 2017-18

**A YEAR OF RESILIENCE**

## **Canadian Mental Health Association** **Halifax-Dartmouth Branch**

### **OUR VISION**

Mentally healthy people in a healthy society.

### **COVER PHOTO CREDIT:**

"Standing Tall" by Mosaic Artist Catherine Van der Woerd

### **Contact Us:**

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# MESSAGE FROM THE BOARD CHAIR



“Your illness does not define you, your strength and courage does.” - Unknown

Every day I am both honored and humbled at the impact our organization has on those in our community who are experiencing a mental health situation or are living with mental illness. The Branch has changed greatly over its life as we have learned that we can use the best resource we have - our people - to provide unique and essential programming to support adults in our community experiencing mental health issues.

In a year where there have been so many examples of the devastating impacts that mental illness can have on individuals, both directly and indirectly, it is also important to remember the success stories that are rarely told. Somedays just getting out of bed is a success story and this is oft forgotten. I have seen first-hand the incredible resilience that those living with mental illness demonstrate on a regular basis. Knowing the contribution our staff, volunteers, partners and contributors have on individuals in our community is an absolute sense of pride that I recognize we may not celebrate as much as we should. There are many who would not be where they are today without their resilience combined with the dedication and commitment of all who are part of our organization.

We close our 2017-18 year in a slightly positive financial position and with our staff organized in a way that will further our overall success. Having created a new level of awareness about our role in the community, we are well positioned to build a stronger support for needed community based mental health services. As we grow and succeed individually, we build our community together. Together we are strong and because of our collective courage we continue to make a positive impact in our community.

What we do goes beyond delivering programs and services. We advocate for those who have lost their voice due to their personal experience. We raise awareness about the difference that being mentally well makes. We support people who have felt so broken and isolated to come out of their shell so they can thrive again! This is our purpose and it is why we are so grateful to all our partners and contributors who help us. For those in our community who are experiencing mental illness please know we are here to help.

Thank you, and we look forward to sharing more stories of hope, collaboration, inspiration, and determination with you in 2018-19.

# MEET OUR BOARD & STAFF TEAM

## 2017-18 BOARD MEMBERS

**Erin Flaim**, Chair

**Sean Ponnambalam**, Vice-Chair

**Chelcie Soroka**, Secretary

**Darryl Gaines**, Treasurer

**Carolyn Price**, Member at large,  
Chair, Mosaic Organizing committee

**Keith Brumwell**, Member at large  
(ended Dec 2017)

**Jeff Nearing**, Member at large,  
Chair, Fundraising committee

**Jillian Antworth**, Member at large,  
HR lead (ended Feb 2018)

**Judith Fingard**, Member at large

**Juanna Ricketts**, Member at large

**Kelly Castle**, Member representative

**RJ Lasnier**, Member representative

**Tiffany Chase**, Member at large,  
Communications lead



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## 2018-19 BOARD NOMINEES

**Erin Flaim**, Chair

**Sean Ponnambalam**, Vice-Chair

**Chelcie Soroka**, Secretary

**Darryl Gaines**, Treasurer

**Carolyn Price**, Member at large, Chair, Mosaic for Mental Health committee

**Judith Fingard**, Member at large

**Juanna Ricketts**, Member at large

**Kelly Castle**, Member representative

**Tiffany Chase**, Member at large, Communications lead

**Nancy Cook**, Member at large, HR lead

**Cathy Anne Cornelius**, Member representative

**Pauline Dakin**, Member at large

## FULL TIME STAFF

**Beverley Cadham**

Branch Co-Manager &  
Social Clubs Manager

**Margaret Murray**

Branch Co-Manager &  
Program Coordinator, Building Bridges



## PART TIME/CASUAL STAFF

**Barbara McDuff**

Communication / Storefront Assistant

**Nik Harris** Among Friends Social Club Program Facilitator

**Hannah Langille** Sharing & Caring Social Club Program Facilitator

**Tamar Ellis** Social Programs Facilitator/ Mosaic for Mental Health

**Mike Doyle** Mental Health Community Coffee House Facilitator/ Sharing &  
Caring Assistant

**Vanessa Smith** Among Friends Social Club Program Facilitator (ended Oct 2017)

**Bob Ransom** Sharing and Caring Social Club Coordinator (ended Nov 2017)

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

**Brianna Brunt** Among Friends Social Club Casual Program Activity Worker

## CONTRACT/PROJECT

**Cheryl MacDonald** CMHA HalDart

Art Connections

**Anna Quon** CMHA HalDart Art Connections

## SUMMER STUDENTS

**Meaghan Goudey**

**Jessie Rector**

**Freya Kaiser-Derrick**

## EXTERNAL BOOKEEPING

**Shari Lynn Hiltz**, TransAction Business Services (until Feb 2018)

**Wendy Clements**, WGS Bookkeeping Services (Feb 2018 - present)

# "OUR PATH OF HOPE" STRATEGIC PLAN

## PROGRESS UPDATE

The Branch has made some significant strides over the past year and we can look back and say we are better because of the challenges we overcame together. Throughout it all, staff has remained committed and resolute while being an encouragement and resource to those in need and helping to lead the way for the future.

Additional highlights from the 2017-18 year are outlined in the following reports.

## ACCOUNTABILITY, EFFECTIVENESS AND COMMUNICATION

- Realigned organization roles, responsibilities and accountabilities to better manage resources
- Board governance improved with the finalization and approval of Board Governance Manual
- Initial succession plan for new Board members resulted in key Board roles being established
- Communications with CMHA NS Division strengthened through regular dialogue and meetings

## FINANCIAL SUSTAINABILITY

- 2017-18 was a challenging year financially, with many peaks and valleys. Thanks to the amazing commitment from our staff, and incredible support from several individuals, 100+ Women Who Care Halifax, the United Way, the NS Department of Health and Wellness, NS Department of Community Services, Nova Scotia Health Authority Mental Health & Addictions (Central Zone), and our many volunteers, we managed to end the year on a positive note, and are set up to deliver another action packed year for our members.
- The focus for 2018-19 will be solidifying our fundraising efforts, as we need to ensure that we maximize all of these investments made by our supporters, and allow us to continue providing these essential services to our members for years to come.

# STRATEGIC PLAN UPDATE (CONTINUED)

## EXPERIENTIAL OUTINGS PROGRAM

In 2017, a key focus area for grant applications centered on enabling the purchase of a van for our organization. We had operated a van for a number of years in the past, but a reduction in funding meant we had to drop this popular source of travel for our members.

The members have consistently requested for this program to be re-established, and it was agreed that the social and experiential outings we could provide with a van added significant value and meaning to our members' recovery and daily lives.

We have received both capital and one-time grant funding through our provincial and municipal government partners, which will allow us to bring this objective to life. We are currently in the process of establishing a partnership with a local dealership for additional sponsorship, much to the delight of our members.



## ON THE HORIZON IN 2018-19

We have looked back, and now, to build upon the successes that we have achieved, we will take the next step on "Our Path of Hope".

We still have much to do to build a stronger organization, to support our hard-working staff and to provide the needed services within our community.

Our collective work over the next year will be to continue to build on our financial sustainability, improve our communications and to provide high quality programs and services that meet the changing needs of those we serve.

We would like to acknowledge that we could not possibly do the work we do without the generous support of our many funding partners, individual donors, volunteers, dedicated staff and engaged members. A tremendous thank you to all community members who support our organization.



# FUNDRAISING COMMITTEE

The Fundraising committee endeavored to continue the momentum created last year when approximately \$30,000 of new fundraising revenue was procured. The next largest fundraiser from the previous year was a Go Fund Me campaign that raised over \$25,000. The committee did not feel that this campaign would be as successful in a subsequent year based on the way it was presented. Instead, the committee started to develop other initiatives for fundraising. Unfortunately, planning for a second signature event takes time to develop and a new large-scale event was not realized for 2017-18 in time to provide new revenue streams for the association. These efforts will be carried into 2018-19.

An ambitious board member has established an annual House concert event that raised \$3200 for the association in this fiscal year. She also successfully repeated the concert in May of 2018 and raised \$2552 which will be reflected in the next fiscal.

Efforts to develop a strong partnership arrangement have resulted in a new relationship being in place for the next fiscal year with a greeting card program with Medicine Shoppe that we hope will bring in \$10,000 in the next year. The Strike out Stigma Bowlathon was held in March and raised close to \$5,000. A few other third party events were held including a workplace BBQ by our committee treasurer, which raised about \$1,000 - this event is set to be held again on June 27.

In March we were also provided the amazing opportunity to present to 100+ Women Who Care Halifax. Thanks to this incredible organization we were nominated to receive approximately \$19,000 allowing us to provide our members with new experiences as travel and admissions could be covered through this donation.

**-Jeff Nearing, Chair, Fundraising Committee**

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**codapop**

S T U D I O S

**May 25 - 8PM**



**Kyle and Sam**

**IN SUPPORT OF CMHA HALIFAX-DARTMOUTH SOCIAL PROGRAMS**



Canadian Mental  
Health Association  
Halifax-Dartmouth



SEVEN BAYS  
BOULDERING



Lachlan the Magician





# ANNUAL FUNDRAISER MOSAIC FOR MENTAL HEALTH

The 19<sup>th</sup> annual Mosaic for Mental Health Art Exhibition and Sale “Seasons of Change” exceeded our previous year’s financial outcome. The total sales of art, frames, calendars, and 50/50 tickets was just over \$27,400. Our cash sponsorship total was \$29,700, and our in-kind sponsorships were \$12,842. Scotiabank once again charitably matched \$5,000 on opening night. The total funds raised to support CMHA Halifax-Dartmouth branch’s social programs were over \$57,000. We would like to acknowledge CTV Atlantic, our major media sponsor, who advertise our event and help share our stories with the public. We value our sponsorship with Bounty Print who provide us with quality printing at a low cost.

We are very grateful to our 333 Mosaic artists for creating and donating 823 beautiful pieces of artwork!

Musical entertainment was provided by Mike Doyle and Larry Williams, RJ Langevin and Alan McGraw, Clint Sock, and Donna Hutchison. We recognized honorary sponsors, Marjorie Lindsay, Cliff and Jill Langin, and Judith Fingard. Special thanks to Erica Allanach for creating our Mosaic calendar, to Anna Quon for creating our 2017 poster, and to our guest speakers, Ruth Rogers and Hannah Langille.

Thanks to the Mosaic Organizing Committee and everyone who make this fundraiser the success it is.

-Carolyn Price, Chair, Mosaic for Mental Health

## MOSAIC ORGANIZING COMMITTEE

Carolyn Price, Bev Cadham, Kristine Erglis, Catherine Jobin, Shawn McEwen, Chris McWilliam, Marg Murray, Amy Moonshadow, Ruth Rogers, Barb McDuff, Judith Fingard, and Jude Caborn.

**Canadian Mental Health Association  
Halifax-Dartmouth**

**19<sup>th</sup> Annual  
Mosaic for Mental Health  
Art Exhibition and Sale  
Seasons of Change**

*Special thanks to our 2017 Sponsors,  
Mosaic Artists, Patrons & Volunteers*

**PLATINUM**

**NOVA SCOTIA** **BOUNTY PRINT** **CTV** **Bell Aliant**

**GOLD**

**The Craig Gallery** **Alderney Landing**

Judith Fingard Marilyn Welland  
Cliff & Jill Langin Marjorie Lindsay

**SILVER**

**DALHOUSIE UNIVERSITY** **NSSOT**

**CRYSTAL**

**Grant Thornton** **Hatter & Associates**  
An instinct for growth<sup>SM</sup> INSURANCE

**MORNEAU SHEPELL** **PORTAGE INSURANCE**

**PEWTER**

**PROPELLER** **All together DOWNTOWN DARTMOUTH** **WARRIOR**

**FRIEND OF MOSAIC**

Carolyn Price Lois Price



*"We cannot change the circumstances, the seasons, or the wind  
but we can change ourselves." - Unknown*



**For a list of the 19th Annual Mosaic Artists  
visit our website at <https://cmhahaldart.ca>**

# STAFF REPORT

*"2017 marked change and growth. It has also demonstrated that mental health affects everyone and can impact peoples' lives in different ways. For me personally I experienced first hand a level of compassion, understanding and support that cannot be captured in words. Our members often refer to their fellow peers, volunteers and staff as "family." I could not agree with them more! I am honored and proud to be a part of this CMHA Hal-Dart "family" as I know they are by your side in good times, sad times and challenging times without question or reservation. Who could ask for anything greater!" - Bev Cadham*

The beautiful artwork entitled "Standing Tall" on the report cover was from our 19th Mosaic for Mental Health "Seasons of Change". When this theme was proposed, we did not realize how accurately it would reflect the experiences of so many during this past year and evolve into "A Year of Resilience". There is more clarity about what one values as important in this life: love, kindness, forgiveness, friendship, support, generosity, empathy, sincerity, and acceptance.

As you read the updates in our 2017-2018 Annual Report, it is evident that we are an action-oriented organization. Thank you to our Board Chair, Erin Flaim, and the rest of our Board for helping to keep us focused and person centred. We feel such gratitude for the many people who contribute to our community: Board of Directors;, Staff; Volunteers; Social Program Members; Mosaic Artists and Patrons; Funders; Donors; Sponsors; Coffee House Musicians and Patrons; Academic Placements; Project 50 Workers;, and Community Partners. So many people connected to our organization are unassuming, non-judgmental, welcoming, understanding and compassionate. Our organizational culture is that of a "caring community".

As mentioned in last year's report, the Dartmouth and Halifax Community Health Boards provided grants in the winter of 2017 for our HalDart Community Art Connections workshops. The bi-weekly workshops were open to the public and began in the spring of 2017 at both our Halifax and Dartmouth locations. The workshops were well received, and we are exploring options to incorporate these sessions into future programming.

We ended the year on positive notes: we received generous donations from 100+ Women Who Care Halifax, we hosted a successful Strike Out Stigma Bowlathon, we received approval for our Recovery Horizons Project from the Department of Health and Wellness to address social transportation and social exclusion, and a Day Programming grant from the Department of Community Service, to increase Disability Service Program client participation in our Social Clubs. We continue to work to achieve our vision of "mentally healthy people in a healthy society" in partnership with CMHA NS Division and CMHA National and look forward to strengthening our collective impact. We collaborate with our community partners, including United Way Halifax, FEED Nova Scotia, Society to End Poverty, Community Advocates and the Mental Health Coalition of NS to end poverty, address the social determinants of health and increase investment in a person-centred mental health and addictions care continuum. In the coming year, we must continue to "GET LOUD" about mental health and reach those struggling in our community.

**-Beverley Cadham & Margaret Murray CMHA Halifax-Dartmouth Branch**



# SOCIAL PROGRAMS & INITIATIVES

Canadian Mental Health Association Halifax-Dartmouth Branch provides a variety of social clubs, programs and initiatives to support the 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.

## SOCIAL CLUBS PROGRAMS

Despite the obstacles and barriers members face in their daily lives I am constantly in awe of their resiliency and ability to find the good in life. Somehow, they manage to smile, laugh and find what brings them a feeling of joy.

During the year I have been working with the Club Facilitators to develop consistency with the social club's policies and procedures. The goal for the 2018 year is to create a social clubs program policies and procedure manual. This will be carried out in collaboration with the Social Club Facilitators, members representatives, board member and myself. In 2017 we have increased the number of activities we are doing jointly with members of the Among Friends and the Sharing and Caring social clubs. The response by members has, for the most part, been positive as such we will be planning more joint activities in the upcoming year. A few of the activities and events members have enjoyed together this year include: monthly dances, Christmas in July, picnic and games day at Point Pleasant Park, and a Halifax Moosehead's hockey game.

The partnership with Dartmouth Senior's Service Centre (DSSC) continues to grow under the new Executive Director, Pam Vater. We look forward to collaborating further with DSSC in the upcoming year. Other partnerships we have been fortunate to establish and maintain are with FEED Nova Scotia, the Medicine Shoppe, HRM Police (street patrol), Salvation Army, Seven Bays Café, Halifax Regional Library, and Sobeys's.



# AMONG FRIENDS SOCIAL CLUB

Among Friends celebrated one year at the Dartmouth Senior's Centre in November 2017. This space has allowed members, old and new, to access our in-house and community-based programming which included a series of workshops and presentations, a Community Art program and a number cooking classes hosted by a local business.

The Among Friends summer student, Meaghan Goudey, planned a fun-filled summer of outings for the members. These outings gave members a chance to participate in a wide range of activities and experience the culture and history of HRM. Program highlights included: theme dances, trips to the airport, picnic and nature walk at Victoria Park in Truro, the pizza oven at the Dartmouth Commons, ice cream on the Halifax Waterfront.

In addition, members and staff enjoyed a tour of Hope for Wildlife and went to the SPCA for dog walking; Kentville, for the Pumpkin People Festival; the Halifax Fall Fair and Exhibition, and the valley for blueberry and apple picking.

Members and staff had a small Christmas social with finger foods and beverages. To add to the Christmas spirit, we sang some of the old classic tunes and passed out gift bags to members. The gift of giving was a nice way to end the year.



# SHARING AND CARING SOCIAL CLUB

The year 2017 has proven to be a gratifying one for the Sharing and Caring Social Club. Members enjoyed many exciting activities and events, which included numerous Canada 150 festivities. Sharing and Caring was also fortunate enough to hire Jessie Rector as a summer student for 10 weeks through HRDC's Federal Summer Student Grant program. Members and staff welcomed her to the Social Club and did their best to make her time at the Sharing and Caring Social club a positive experience. Members appreciated their enthusiasm and kindness.

Jessie planned a full summer of activities for the members around the celebration of Canada's 150th birthday. As part of this celebration admission fees to the historic national sites and parks were waived, because of this, members had the opportunity to attend events and visit historic sites for the very first time. The highlights of the summer for members of Sharing and Caring included visiting National Historic sites such as Citadel Hill and York Redoubt. The Tall Ships came into port and were open for everyone to explore. Members were grateful for the chance to board the ships and learn more about the history of the ship from the crew.

In addition to the Canada 150 events and festivities, members enjoyed an afternoon at the Halifax Fall Fair and Exhibition, a visit to the Public Gardens to take in the beauty of the flowers and have an ice cream and swimming at Chocolate Lake. Members also had the chance to take in a few of the open venue performances during Jazz Fest and watch many of the acts at the Busker's Festival. In December members celebrated the Christmas season by sitting down together to enjoy a turkey supper. It was a great way experience the true spirit of the Christmas season and put a close to the 2017 year.

In closing my report, as the Social Clubs Manager, I would like to give special acknowledgment to RJ Lasnier for the countless volunteer hours he has devoted to the Among Friends Social Club over the years as the Members Representative. Your commitment to this position has been exemplary. Kelly Castle as the Sharing and Caring Members Representative, Bob Ransom for his years of dedication with the Sharing and Caring Social Club as the Program Coordinator and Vanessa Smith who came back to work at Among Friends for short but critical time for the organization.

I would also like to express my thanks to CMHA Halifax-Dartmouth Board of Directors, Among Friends and Sharing and Caring current staff: Nik Harris, Brianna Brunt, Hannah Langille, Tamar Ellis and Mike Doyle and the many wonderful volunteers, P50's/P60's, placement and summer students, and the numerous individuals, businesses and service groups who support Among Friends and Sharing and Caring throughout the year.

- **Beverley Cadham** Branch Co-Manager & Social Clubs Manager



# BUILDING BRIDGES PROGRAM REPORT

*"On a recent outing I was able to see that yes, the trees were in bloom. The grass was green. The colours were brilliant. And yes, there is a world of people out there. Seeing this gives one hope and courage to try yet another day."*

Building Bridges, an informal social support program based in Halifax, connects community volunteers and socially isolated adults living with mental illness and mental health problems, for opportunities to share common interests. The program has expanded to include more small groups, creating informal peer support and a bridge to other group activities in our organization and the community. Building Bridges fosters a sense of belonging, resilience, hope, and wellbeing.

During the past year there were hundreds of community activities, visits and conversations. We are fortunate to have members/participants, volunteers, alumni and staff who understand the importance of caring, kindness and trust. Our volunteers help to keep my faith in humanity. Movie day at Park Lane, our Mental Health Community Coffee House and special events continue to be enjoyed by participants. Donations from supporters and alumni, as well as The Universalist Unitarian Church, made the holiday season a little brighter for Building Bridges Members. As in past years, there were members and volunteers who moved on and became alumni, while new individuals joined the program. Sadly, Joan Chaffey, a long time member, passed away in the spring from an illness. Joan was a thoughtful and intelligent woman, who wrote beautiful poetry. We also lost Keith Brumwell this year. Keith was a tireless supporter of our social programs and I will miss his kindness and wisdom. Freya Kaiser-Derrick was our 2017 summer student and Tamar Ellis, Barb McDuff and Nik Harris also assisted with the program.

Thank-you for funding from United Way Halifax and a DCS Grant as well as support received from donors and our organization's fundraising. The 100 Women Who Care donations have been, and will continue to be a great help with social transportation.

Program member, Juanna Ricketts, joined the Board Last year and speaks for "First Voice". Juanna filled the role that had originally been held by Char Bourdreau. Juanna devoted countless hours as an ambassador for United Way Halifax and patient representative with Maritime SPOR. I am always moved when Juanna ends her presentation by reminding people that "It is okay to not be okay".

In closing, I want to thank everyone in our organization for their support and understanding of the need for this unique and sometimes "invisible" program.

- **Margaret Murray** Branch Co-Manager/Building Bridges Coordinator

# MENTAL HEALTH COMMUNITY COFFEE HOUSE REPORT

Now in it's seventh year, the Mental Health Community Coffee House offers live musical entertainment and refreshments on Saturday afternoon's at our Halifax location during the fall, winter and spring. Once a month we host an "Open Mic" which had a record of 23 performers this past winter. All are welcome, and it is free of charge.

Mike Doyle (Coffee House Facilitator) and I want to thank the incredible people who support this initiative; volunteers, staff, musicians, "Open Mic" performers, patrons, the Mental Health Foundation of Nova Scotia, The Halifax Kin Club, The Monday Night "Perfect Pour" Jam Patrons, our "Open Mic" anchors Larry Williams and Marlene Young, and our community partners.

This initiative provides: a socially inclusive and welcoming venue for everyone, including people living with mental illness; free social and cultural events for individuals living in poverty; an opportunity for musicians, singers and songwriters to share their talent; and, helps to end loneliness and stigma.

We were grateful for support from the Mental Health Foundation of Nova Scotia and believe this partnership is changing the way people think about mental health and mental illness, through sharing a love of music and experiencing a caring community. Thank you as well to the Halifax Kin Club, who surprised us with a donation for a 2nd year to help cover the cost of refreshments. In 2017 we changed the name from the Mental Health for All Coffee House to the Mental Health Community Coffee House, as we felt it better reflected the special place the Coffee House has become.

In closing, I want to thank Mike Doyle, for continuing the legacy of our late Coffee House Facilitator, Marta Mahini. Mike honored Marta's memory last May, by helping to organize Marta's Memorial Matinee. We all benefitted from Marta's presence in this world.

- **Margaret Murray** Branch Co-Manager/Building Bridges Coordinator

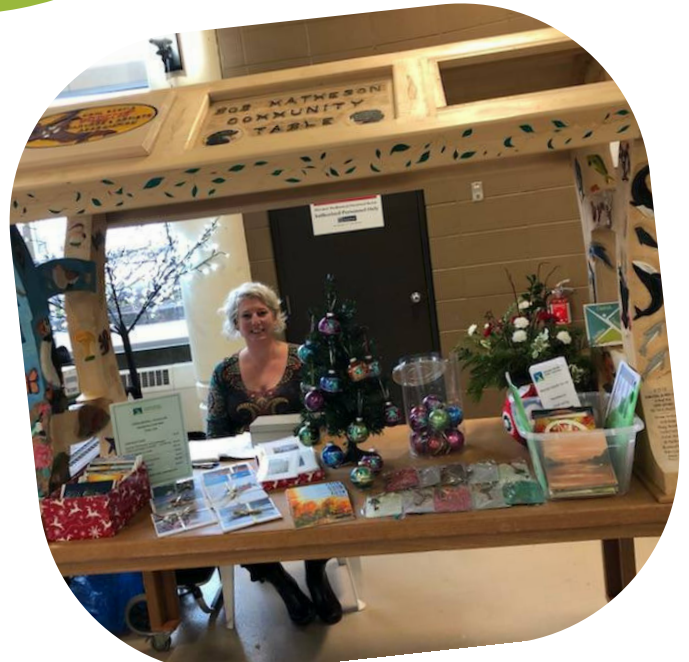
"The Coffee House is the only place I feel safe and comfortable enough to perform. I have made many friends and found many supporters there. One of the only places I have to socialize in a safe, comfortable atmosphere."





**"Volunteers do not necessarily  
have the time;  
they just have the heart."**

**- Elizabeth Andrew**





**CANADIAN MENTAL HEALTH ASSOCIATION-HALIFAX/DARTMOUTH BRANCH**  
**Statement of Financial Position**  
**March 31, 2018**

	2018	2017
<b>ASSETS</b>		
<b>CURRENT</b>		
Cash	\$ 43,940	\$ 5,601
Marketable securities	3,981	-
Accounts receivable	76,045	14,885
Inventory	1,284	2,649
Harmonized sales tax recoverable	1,863	-
Prepaid expenses	-	904
	<b>\$ 127,113</b>	<b>\$ 24,039</b>
<b>LIABILITIES AND NET ASSETS</b>		
<b>CURRENT</b>		
Accounts payable and accrued liabilities	\$ 7,181	\$ 8,134
Harmonized sales tax payable	-	1,857
Employee deductions payable	4,422	5,225
Deferred revenue	98,944	-
	<b>110,547</b>	<b>15,216</b>
<b>NET ASSETS</b>	<b>16,566</b>	<b>8,823</b>
	<b>\$ 127,113</b>	<b>\$ 24,039</b>

**LEASE COMMITMENTS** (Note 3)

**CANADIAN MENTAL HEALTH ASSOCIATION-HALIFAX/DARTMOUTH BRANCH**

**Statement of Revenues and Expenses**

**Year Ended March 31, 2018**

	2018	2017
<b>REVENUES</b>		
Donations, fundraising and other	\$ 119,768	\$ 90,238
United Way	95,600	93,595
NSHA Central Zone	40,000	43,000
NSHA Central Zone - Among Friends Social Club	26,000	26,000
Department of Community Services - Building Bridges	21,000	21,000
Provincial and Federal Student Career Skills Grants	11,422	12,125
Nova Scotia Department of Health and Wellness	10,000	10,000
Mental Health Foundation of Nova Scotia	8,000	6,000
Other grants	-	4,012
	<u>331,790</u>	<u>305,970</u>
<b>EXPENSES</b>		
Salaries and wages	214,951	186,058
Occupancy	29,367	23,617
Program centres	20,949	17,199
Professional fees	14,833	18,000
Honorariums	8,984	8,117
General and administrative	8,471	7,120
Fundraising	7,458	4,553
Telephone	6,575	7,746
Interest and bank charges	4,376	3,413
Travel	3,797	2,800
Insurance	2,472	2,567
Project management	1,814	11,663
	<u>324,047</u>	<u>292,853</u>
<b>EXCESS OF REVENUES OVER EXPENSES</b>	<b>\$ 7,743</b>	<b>\$ 13,117</b>

# VOLUNTEERS & ACKNOWLEDGEMENTS

## Mental Health Community Coffee House Musicians

Mike Doyle, Larry Williams, Rowan Ayers, George Robertson, Clint Sock, Gizelle deGuzman, Rita Jane Langevin, Alan McGrath, Charlie Philips, Beverly and Gino, ROCK NOVA from Connections Halifax, Keelan Black, Pidge, Joel Sampson, Jen Miller, Dennis Brown, Shane Moore, Stick and Slide, George woodhouse, Keith Adams, Santa Lucia and the "OPEN MIC" CREW!

## House Concert Fundraiser May 2017 (Organized by Carolyn Price)

Thank you Doug Taylor, Owen Caldwell, Denise MacMillan-Meshcheryakov, Kim Dowe, Sue Murray, Ali Ali, Mike Bochoff Band, June Jollymore and many more.

## Project 50/60

Fraser Ferguson, Peggy Maynes, Theresa Boudreau, Ralph Corbin, Beverley Ruth, Josephine Hines, David Hardman, and Sylvia Vidito.

## Honourarium

William Chase, cleaning.

## Student Placements

Occupational Therapy, Dalhousie University - Ally McKinlay, Tonya Elia, Mays Sleiman, Ariana Dirk

NSCC, Truro Campus - Brianna Brunt

Political Science Department, Dalhousie University - Erin McEntee

## Mosaic for Mental Health

Our signature fundraiser, Mosaic for Mental Health, continues to be a success after 19 years due to the tremendous work put in by many volunteers, Board members and staff. We are very appreciative of the generous support we receive from our many sponsors, patrons, donors and talented artists.

A special thank you to The Craig Gallery who allow us to host this event at their lovely gallery each year.



# VOLUNTEER RECOGNITION

Alex Hare  
Amanda Rose  
Amanda Glenn (Alum)  
Amber Rethman  
Amy Moonshadow  
Anna Quon  
Ariana Dlrk  
Avis Faulkner  
Barbara Musgrave  
Catherine Jobin  
Cathy Cusack  
Cheryl Leyten (Alum)  
Cheryl MacDonald  
Christine Award (Alum)  
Christina Martin (Alum)  
Chris McWilliam  
Claudia Robichaud  
Colin Smith  
Cynthia Price  
David Gallaway  
Debi Noye  
Diane West  
Don Mitchell  
Don Roper  
Donna Hutchison  
Edith Ritchie  
Emily Puddicombe  
Emily Vallis  
Erica Allanach  
Erin Cotie  
Freya Kaiser-Derrick  
Gizelle de Guzman  
Heather Gifford  
Jamie Bates (Alum)  
Janine Macgillivray  
Jeff Thompson  
Joel Maxwell  
Joy Smith  
Jude Caborn  
Kaitlin Coker  
Kathy Petite  
Kim Dowe  
Kristine Erglis (Alum)  
The late Keith Brumwell

Hal Ritchie  
Joe Parker  
Leah Ellis  
Lewis Forward  
Linden Hardie (Alum)  
Liz Pomeroy  
Maddie Evans  
Marie Nason  
Marissa West  
Marlene Young  
Maureen O'Connell  
Michelle Towill  
Miriam Habib (Alum)  
Murray Brown  
Nicklas Gosling  
Noor Youssef  
Roy Muise  
Ruth Rogers  
Sarah Carter  
Scott Stephen  
Sean MacKinnon  
Shari-Lynn Hiltz  
Shawn McEwen  
Shelia Morrison  
Shawn Langille  
Steve Bornemann  
Susan Kilbride-Roper  
Susan Raymond  
Suzanne Turner  
Sylvia Anthony  
Tish Sachetti  
Vicki MacDonald  
Victoria Sutherland  
Zaynab Khan  
Wayne Duncan  
Wayne Richards  
William McDuff  
Vali/Bill Moore & Halifax  
Kin Club Volunteers



# CLOSING REMARKS

## THANK YOU!

For helping to promote the benefits of mental wellness. For your contribution to help achieve our vision of mentally healthy people in a healthy society. For being part of the collective effort to help end the stigma of mental illness. For believing that mental health matters.



**Erin Flaim**  
Chair, Board of Directors

# FUNDING PARTNERS



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**Canadian Mental  
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