



Community of Hope

Nova Scotians Investing in Mental Wellness Together



Community Report
2024-2025

Mental & Health
Foundation
of Nova Scotia

Contents

Message from the President & CEO and Chair of the Board	1
Vision, Purpose & Values	2
Who We Are & What We Do	3
2024–2025 Year in Review: Community Grants	4
Grants in Action	6
Making a Difference Together	12
Vision Awards	14
Our Signature Events	16
Thank You to our Supporters	18
Summarized Financial Statements	22
Thank You to our Volunteers	24
Board of Trustees and Staff Listing	25

Land Acknowledgement

The Mental Health Foundation of Nova Scotia is situated on sacred land that has been the site of human activity since time immemorial. We are in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq and we acknowledge them as the past, present, and future caretakers of this land. More specifically, our office is located in Punamu'kwati'jk (Dartmouth). This translates to 'at the tomcod place' in reference to the type of fish in the harbour. We are all treaty people.

Cover photo, inside cover photo, and back cover photo provided by St. George's YouthNet, past recipient of the Emera Youth Mental Health Grant for the St. George's YouthNet Teen Program.

Message from the President & CEO Starr Cunningham

In 2024-2025 the Mental Health Foundation of Nova Scotia awarded more than \$4 million to community-based mental health and addictions organizations and provincial initiatives ensuring timely and relevant supports are available when and where they're needed most.

This record-breaking investment demonstrates our commitment to fostering a collective, forward-thinking community of hope. And YOU are part of it!

Our donors strengthen the hope. Our grantees bring it to life. And we tie everyone together. It's an intentional alliance designed to build a province where more people feel seen, heard, supported and connected.

To our donors, volunteers, partners, and friends: thank you. Your generosity throughout 2024-2025 has allowed us to invest in a diverse mix of programs so more Nova Scotians can access supports that meet them where they are. Behind every dollar granted you will find a story of strength, recovery, and hope.

With gratitude,
Starr



Starr Cunningham, ICD.D
President & CEO

Message from the Chair of the Board Morgan Manzer

During my first year as Chair, I've had the privilege of witnessing the incredible impact of our donors, partners, staff, and grantees – each one a vital part of our Community of Hope.

Our Board is united by a shared belief: that mental wellness is shaped in community, and that every act of giving is an investment in a stronger, healthier Nova Scotia.

It is an honour to work alongside our changemaker President & CEO, Starr Cunningham, ICD.D. She continues to be recognized for her exceptional leadership, including being named one of Atlantic Canada's Top 50 CEOs, and receiving the King Charles III Coronation Medal.

This year, we marked a decade of Let's Keep Talking and launched Body Movin'. Both initiatives demonstrate our belief in the power of collective action to change how people think about mental health, mental illness, and addictions in our province.

Together, we are investing in people, potential, and hope.

Thank you for being part of this movement,
Morgan



Morgan Manzer
Chair of the Board

Vision, Purpose & Values

Vision

All Nova Scotians are thriving in their communities.

Purpose

To improve the mental wellness of Nova Scotians by granting funds to community-based mental health and addictions organizations.

Values:

Community
Compassion
Accountability

Who We Are & What We Do

Through our granting programs, we invest in mental wellness together.

The Mental Health Foundation of Nova Scotia is Nova Scotia's only health foundation solely dedicated to funding mental health and addictions support. As a charitable organization, we build strong relationships with donors, funders, and partners to raise funds and invest in community-based mental health initiatives each year, right here in Nova Scotia.

Throughout the year, we host events to raise funds and awareness of mental health. From our elegant Holiday Black Tie Gala, to the inspirational Let's Keep Talking, to our province-wide Body Movin' fundraising challenge, we have many ways to connect with the community because mental illness impacts so many of us, whether directly or indirectly – an estimated 1 in 4 Nova Scotians lives with mental illness or addiction. In addition to our events, we are grateful for the ongoing support of our donors to fund life-changing community-based initiatives.

Our granting programs are at the heart of our work to improve the mental wellness of Nova Scotians. Through the lenses of education, peer support, community, and connection, we fund programs from Yarmouth to Sydney and all points in-between. The impact of our grants ranges from learning to recognize the signs of a mental health injury, to connecting people with peer support, counselling or circles of caring, to system-enhancing skills development and community access. Together, we are funding projects to build resilient communities where every Nova Scotian has a chance to thrive.

In 2024-2025, we awarded 375 grants totalling over \$4M!

Community Grants

support grassroots mental health and addictions initiatives across Nova Scotia.

Named Grants

fund initiatives that fall within specifically defined needs.

NSH Mental Health & Addiction Grants

enhance program services for Central Zone inpatient and outpatient clients.

Episodic Grants

provide one-time financial aid to NSH patients living with mental illness and addiction.

Mental Health Literacy Grants

educate individuals and organizations in mental health intervention skills.

2024-2025 Year In Review

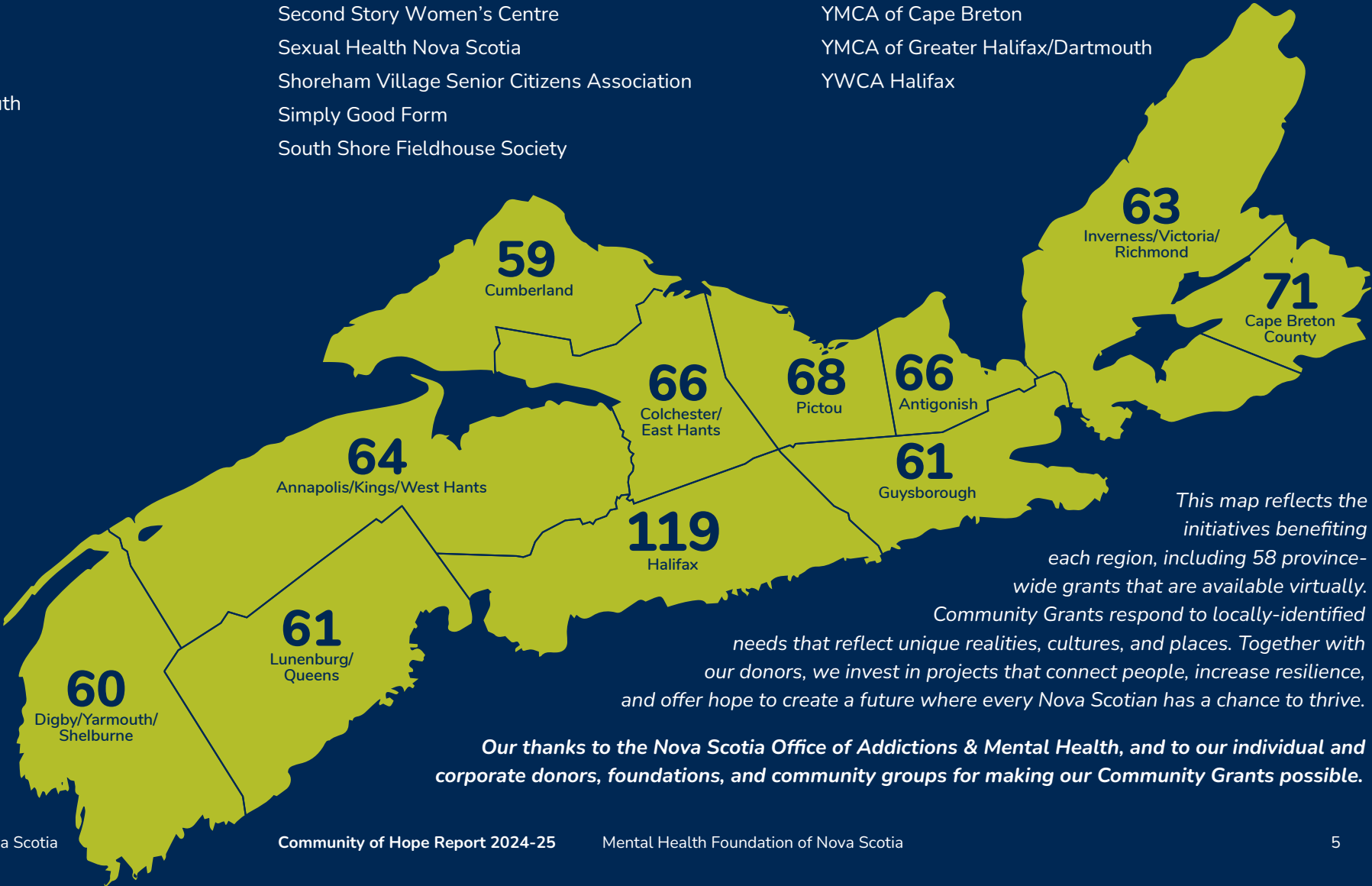
Community Grants: Organizations Funded

7th Step Society of Nova Scotia
Adsum Association for Women & Children
Aidaen’s Place
Alcare Place
Alice House
Arisaig Parish Community Center
ATeam Coaching
Autism Nova Scotia
Beacon House
BGC Cape Breton
Big Brothers Big Sisters of Greater Halifax
Big Brothers Big Sisters of Pictou County
Boys & Girls Club of Preston
Bras d’Or Lakes Day Camps Association
Brigadoon Village
Brunswick Street Mission
Bryony House
Camp Hope
Canadian Mental Health Association (CMHA) Halifax-Dartmouth Branch
Canadian Mental Health Association (CMHA) Nova Scotia Division
Cape Breton Regional Hospital Foundation
Cape Breton Youth Project
Cecilia Concerts Society
Chebucto Family Centre
Colchester Sexual Assault Centre
Common Roots BiHi Park
Common Roots Urban Farm Woodside
Couch of Hope
Coverdale Justice Society
Cumberland Homelessness and Housing Support
Dalhousie Social Work Community Clinic
Dartmouth Wellness Court
DASC (Dartmouth Adult Services Centre)
Direction 180, Mi’kmaw Native Friendship Society
Dr. Lee-Baggley and Associates Inc.
Easter Seals Nova Scotia
Eating Disorders Nova Scotia

ElevateHER Mental Health Support Services
Elizabeth Fry Society of Mainland Nova Scotia
Family SOS Association
Farm To Feast Café Association
Find Your Voice Music Therapy
FireLoch Retreat and Gathering Place
Flourish 55+ Healthy Activity Society
Fountain of Health
Front Street Community Oven
Gambling Risk Informed Nova Scotia Society
GEO Nova Scotia
Halifax Lancers Society
Halifax Refugee Clinic
Halifax Sexual Health Centre
Headstart Child & Family Therapy
Health Arts Society of Atlantic Canada
Healthy Minds Cooperative
Healthy Muslim Families
HeART Mental Wellness Art Programming for Youth
Heat Theatre Society
Hepatitis Outreach Society of Nova Scotia
Hope Blooms
Hope for Mental Health
Hope House
Hospice Halifax
It Takes the Herd / Healing Through Horses
Kids Help Phone
Kings County Family Resource Centre
Laing House
Landing Strong Cooperative
LOVE Nova Scotia
Lunenburg Pride
Maritime Play Therapy Centre
Mawita’mk
Mental Health Day Hospital – Western Zone
Mi’kmaw Circle of Hope Society
Mi’kmaw Native Friendship Society
No Time for That Anti-Bullying Society

North End Community Health Centre
North End Opportunities Fund
Northwood Bedford
Nova Scotia Brotherhood
Nova Scotia Sisterhood
Nova Seven Arts Council
Our Health Centre
Out of the Cold Community Association
Pathways to Employment
Pictou County Roots For Youth
Quest: A Society for Adult Support & Rehabilitation
Raising the Villages
Ray of Hope Retreat
Red Spruce Mental Health Centre
Roots of Empathy
Rusty Tractor Productions
Sackville High School
Saint Mary’s University
Schools Plus – Woodlawn
Second Story Women’s Centre
Sexual Health Nova Scotia
Shoreham Village Senior Citizens Association
Simply Good Form
South Shore Fieldhouse Society

Stepping Stone Association
Strongest Families Institute
Survivors of Abuse Recovering (SOAR)
Tatamagouche Centre
The Global Alliance for Brain & Heart Health
The John Howard Society Of Nova Scotia
The Marguerite Centre
The Medicine Shoppe Pharmacy
The Old School Community Gathering Place
The Salvation Army Encounter Community Church
The Tema Foundation
The Youth Project
Tri-County Women’s Centre
Ummah Society
Unity Charity
Valley Community Learning Association
Venus Envy Gender Journeys
Worth Living Mental Health
Yarmouth County Senior Safety
YMCA of Cape Breton
YMCA of Greater Halifax/Dartmouth
YWCA Halifax



El Garden: A Living Legacy

A community of hope has blossomed at the Adult Neurodevelopmental Stabilization Unit (ANSU) at the Nova Scotia Hospital. What was once an overgrown yard with uneven ground, is now a safe place with a paved walking trail where movement is encouraged, and social connections grow.

The extraordinary transformation was made possible through a generous memorial gift by an anonymous donor who knows mental health and addictions support goes beyond clinical treatment. Complete with outdoor furniture made by our friends at LakeCity Works, El Garden is now a welcoming and well-used space.



ANSU staff and clients gather in El Garden

Grants in Action: Serving Up Opportunity

The Psychosocial Rehabilitation Unit at Simpson Landing is for clients living with mental illness who are learning to manage their chronic illness and developing skills to successfully reintegrate into the community. Many clients work toward re-entering the workforce, and employment skills contribute to their success.

Simpson's Scoops served up ice cream treats at the Nova Scotia Hospital and created an employment opportunity for several clients.



"I didn't think I was ready to work and I was really nervous. I hadn't worked since I got sick five years ago. I started working at Simpson's Scoops and it was hard at first. I was nervous to talk to people and afraid I would make a mistake counting money. I ended up doing better than I thought I would. I realized I can work and applied for a job at LakeCity Works. I wouldn't have tried without practicing at Simpson's Scoops first."

– Simpson's Scoops employee

Grants in Action: Transforming Lives

Alexander's Story



For years, Alexander's thoughts deceived him. A long psychotic episode in his late teens skewed his perception of reality and strained his relationships. Determined to trust himself again, he knew regaining social skills would be an essential part of recovery.

Under the care of Early Psychosis Intervention Nova Scotia (EPINS), his acute symptoms – hallucinations and delusions – gradually subsided with treatment. As he processed what happened, he couldn't help but second-guess his state of mind.

"The further I got into treatment, the more uncertain I was because I would look back at moments and think 'wow, I really twisted that around'," he says. "I had fewer symptoms, but I felt like [distorted thinking] became habit."

Alexander was referred to the Growing Stronger Together (GST) peer support group, a program funded by the Foundation and operated through Connections Dartmouth, a recovery-focused outpatient service from Nova Scotia's Mental Health and Addictions Program. Through GST, adults living with mental illness gather with facilitators weekly to share experiences, support one another, and work on social skills. The program includes outings so participants can practice what they're learning while ordering a coffee or gearing up for a bowling match.

Recreation therapist Heather Baker and registered nurse Elizabeth Cleary worked with Joshua Bordage, a recreation therapy intern at the time, to develop GST in 2022. Designed to help people reconnect with their communities, the program focuses on rebuilding daily life skills after experiencing disorienting and isolating symptoms of mental illness.

Week by week, the GST sessions helped Alexander grow more comfortable with himself and in interactions with others. The next year he returned to GST – not as a participant, but as a facilitator. With a new passion for peer support, he's now helping others navigate emotional recovery from severe symptoms of mental illness.

"When we talk about mental illness, we focus a lot on treatment," says Alexander during an introduction to the latest cohort of GST members earlier this year. "My own experience with mental health care showed me there's only so much that can be done from a clinical perspective. Social isolation – we need to address that too."

Through GST, Alexander regained self-trust, confidence, and discovered a passion for helping others. Today, he has meaningful work through Affirmative Ventures, enjoys meeting new people through martial arts and ballroom dancing, and continues to support others on their journey.

"It's only my experience, but I think social connection after treatment lifts one of the biggest barriers to having a healthy, integrated, connected life," says Alexander.

His story is proof that recovery is possible – and that healing goes beyond managing symptoms. It's about connecting with others, building a community of support, and discovering new possibilities, even in the face of illness.



With our support, Early Psychosis Intervention Nova Scotia (EPINS) created a series of informational videos about psychosis. You can view the videos and learn more here: <https://mha.nshealth.ca/en/epins/videos>

Grants in Action: Women’s Mental Health

Our Community Grants supported 38 initiatives to help vulnerable women heal while gaining the skills and confidence to thrive! From women who have been in contact with the justice system and are reintegrating into their communities to perinatal mental health, to healing from trauma or addiction, we’re supporting women on the path to mental wellness through community, connection, belonging, and hope.

Building Connections

Alice House’s *Rebuilding Lives* program offers therapeutic counselling, support, group programs, prevention and education to women and children who have fled intimate partner violence. Using a trauma-informed approach, the clients benefit from wrap-around services on their healing journey.

Part of this healing includes finding community by creating new friendships and fostering a sense of normalcy by celebrating holidays and special occasions. At a Galentine’s Day event, pictured below, participants wrote notes from the heart.

Holistic Recovery

Hope House recognizes that substance use is often a symptom of deeper issues, so they prioritize trauma-informed care to help residents understand themselves and create an individualized recovery plan. *HOPE for the Mind, Body and Soul* helps live-in residents develop a healthy sense-of-self and a hopeful vision for the future.

The peaceful location in Cape Breton is a natural space to support the interconnection of mental and physical health. Residents learn cooking skills, eat a balanced diet, and use physical activity, spiritual practices and restful sleep as essential elements to holistic recovery.

“Alice House saved my life.”
– Woman, survivor, friend



“When I entered Hope House, I didn’t have confidence. I experimented with different recipes, and everyone told me how good they were. This made my heart happy!”
– Hope House resident

Grants in Action: Youth Wellness

Mental health challenges are on the rise among Canadian youth, and early intervention can reduce the long-term effects. We invest in programming that boosts protective factors for youth: accepting spaces, healthy relationships with adults and peers and skill development to thrive today and into the future. While the programs vary – from equine therapy to summer camp for children with a parent living with mental illness – the 54 youth projects we funded help young people navigate challenges and strengthen connections.

Healing through Horses

Building Youth Resiliency through Horses – A Tri-County Initiative is a collaboration led by It Takes the Herd and Healing Through Horses for students in Pictou, Colchester and East Hants. Schools Plus staff support the program by recommending participants. Over the 10-week program, youth develop resiliency skills through time spent slowing down to connect with the horses, and in group sessions with counsellors.



Culturally-Informed Wellness

Boys & Girls Club of Preston hosted a 7-week program called *Empowering African Nova Scotian Youth: A Mental Health & Wellness Initiative* to provide youth with the tools, knowledge, and community support needed to manage their mental health through an Afrocentric and strength-based framework. With a focus on awareness, self-care, and prevention, it provided a supportive, non-judgmental environment for youth to take control of their mental health. The program ended with an inter-generational Mental Health and Healing Retreat, which allowed the youth to integrate the learned strategies in a holistic retreat experience, deepening the sense of community and strengthening family bonds through intergenerational learning and sharing.

“I can’t always control everything. I can just take a walk to calm down.”
– Youth participant

“This program has allowed doors of communication between me and my youth to be open that I didn’t think would be possible. I look forward to continuing to build on coping strategies and overall mental health wellness for myself and my child.”
– Parent

Grants in Action: Mental Health Literacy

Mental Health Literacy is the combination of the knowledge to recognize mental health disorders and the attitude of seeking help when needed. We invest in training programs to build literacy and teach the skills to respond which builds community capacity and creates lasting positive impact across Nova Scotia, empowering communities to be more resilient.



Workplace Mental Health

Through our St. John Ambulance Mental Health Literacy Grant, we were thrilled to provide *Mental Health and Wellness in the Workplace* training to a class of 20 nursing students at NSCC Truro Campus. This one-day course teaches the skills to recognize when a colleague is experiencing a mental health injury, and how to get help.

“As a student training to work in healthcare this was a great opportunity to learn about supporting your own mental health while caring for others!”
– NSCC nursing student

Training for Inclusive Shelters

We fund programming through our Community Grants like the training program *Building Inclusive Shelters: ACT training for Substance Abuse, Harm Reduction, and Burnout Prevention*. This program is designed to help shelter workers meet the complex needs of their clients while safeguarding their own mental health and preventing burnout.

Developed by Dr. Lee-Baggley and Associates and delivered in partnership with the Transition House Association of Nova Scotia (THANS) to staff across the province, the training includes strategies for fostering mental health, managing substance use, and implementing systemic changes using the harm reduction model.

“The concept of moving toward or away from one’s ideal values is a powerful, non-judgmental way to frame conversations with both clients and colleagues. The discussion around readiness for change is also relevant, reinforcing its importance in truly client-centered support. I’m using the ideas shared in my own life, as well as in my practice at work.”
– Support Counsellor at The Third Place

Grants in Action: Empowering Communities

Our grants focus on supporting mental wellness and we rely on community-based organizations to identify their unique needs and opportunities. By listening first and funding what communities need, our grants mobilize circles of caring that reflect Nova Scotia’s realities, people, cultures, and places. All of our grants strive to improve the mental wellness of Nova Scotians, and we are proud to work with communities toward this goal.



Culturally-Relevant Suicide Prevention

The Mi’kmaw Native Friendship Centre’s *Life Promotion & Cultural Revitalization Training Program* is delivering the Feather Carriers life promotion program in partnership with Indigenous communities across Nova Scotia. The goal is to shift the approach to suicide prevention: from reacting to pain to promoting life. Feather Carriers’ life promotion teachings were developed in response to the epidemic of suicide in Indigenous communities by addressing the root cause of suicide: the loss of meaning and connection to life.

“When individuals have a healthy sense of identity, a sense of connection to each other and to their ancestors, and a sense of place and purpose in creation, they have the tools and confidence needed to handle painful and tragic times in their lives.”
– Jennifer, Program Manager, Mi’kmaw Native Friendship Centre

Amplifying Transgender Voices

Translations is a documentary series created by Rusty Tractor Productions which features five trans individuals and their loved ones who support them through their gender journey. The team created a safe space for participants to find a new language to talk about transitioning, and offers the audience a view into the lives of trans folx from all parts of the province. The project increased understanding and built community through shared understanding and conversation. *Translations* is now available to stream on CBC Gem.

“We formed deep friendships. I truly believe these friendships will be life-long. The documentary has opened up conversation in our communities, creating space and confidence to discuss gender from a shared understanding. I am truly grateful for the way the series serves as a common starting point to engage in deeper discussions about gender, inclusion and community.”
– Kym, participant



Making a Difference Together: The Catlin Kehoe Memorial Grant for Mental Health Support



“When we say *it takes a community* we mean it – support from our community has been instrumental in our family’s strength through this time,” say Courtney and Cali.

Through numerous community events such as music bingos, dinner theatres, and donations from friends, neighbours, and colleagues across the country, the Kehoe family is proudly watching Catlin’s legacy grow.

The first recipient of the inaugural *Catlin Kehoe Memorial Grant for Mental Health Support* is *Forging Forward Counselling Services*. Based in Sydney, with a reach across Cape Breton Island and the province, the project supports youth and their families impacted by addictions and/or trauma who would not otherwise have access to counselling services.

By harnessing the generosity of their community, the Kehoe family has found meaning from this tragic event: ensuring Catlin’s legacy will be helping others, creating change, and bringing people together – much like he did in his life.

We sincerely thank them for valuing community, connection, and kindness above all.



The Kehoe Family (left to right: Cali, Coady, Alphonse [Al], Jean, and Courtney) gather with loved ones to plant a tree in memory of Catlin, a gift from their community hall garden club

Catlin Kehoe’s sisters say his infectious smile and laughter lit up every room he entered. With an electric energy and kind heart, he brought so much joy to those around him.

That’s why his sudden death in August 2024 caused such incomprehensible grief for the Kehoe family, their extended family, friends, and their close-knit community of Isle Madame, Cape Breton.

When remembering Catlin, his sisters paint a picture of his radiant presence. He loved spending time with friends, golfing, travelling, playing video games, and being surrounded by his loved ones. He was a hard worker, having made a career in the oil sands of Fort McMurray, and – on days off – could be counted on to always bring the party.

Like so many, Catlin’s outward energy often masked inner struggles. His spirit and challenges inspired the Kehoe sisters to establish a legacy grant with the Foundation. The *Catlin Kehoe Memorial Grant for Mental Health Support* is now changing lives – helping to ensure that each smile reflects true happiness.

Making a Difference Together: Our Community in Action

Mental Health Support in Full Swing

It was another busy summer for golf tournaments. In early July, we were the recipient of funds raised at the WM Fares annual tournament at Glen Arbour Golf Course. Staff were stationed at the 3rd hole offering up “chips and tips”.

Later that month, rcs Construction held its annual golf tournament, also at Glen Arbour. We were thrilled to be selected to receive proceeds from the day.

Rounding out the golf season was the JSMT Golf Classic at Ken-Wo Golf Club in New Minas.

A big thanks to everyone who hit the links ‘fore’ mental health!

Giving Back Through Creativity



Vicky Lamb is the maker behind *Anxious Creations*, a small business selling handmade jewelry and knitwear at markets along the South Shore of Nova Scotia – initially a hobby that helped her cope with anxiety and depression. Her own experience motivates her to donate 10% of sales each month to the Foundation, and now she uses her presence at local markets to connect with others struggling with their own mental health. Vicky chooses to support the Foundation because of the wide range of mental health supports, services, and education opportunities we fund across the province.

“I remember as a child experiencing anxiety, talk therapy seemed to be the only way to get help. But there are more options, like art therapy and music therapy. I realized donating to the Mental Health Foundation of Nova Scotia would support those other ways too and help a greater amount of people.” – Vicky Lamb



From top to bottom: Golfers from the rcs Construction, JSMT Golf Classic, and WM Fares tournaments; Foundation staff Lisa and Kate offer “chips and tips”

Transformative Support from the J&W Murphy Foundation

2024-2025 brought us a transformational gift of \$1,000,000 from our friends at the **J&W Murphy Foundation**. Awarded over four years, this investment is already creating stronger, healthier communities where all Nova Scotians can thrive. Reaching both rural and urban communities, the funding enables nimble and relevant action to support programs that are designed by, and for, each community.

Programs supported by this gift focus on youth, suicide prevention, vulnerable populations, and the mental wellness of Nova Scotians employed in the arts. They also specifically serve communities in Digby, Lunenburg, Queens, Shelburne, and Yarmouth counties.

We sincerely thank the J&W Murphy Foundation for providing mental health and addictions support that goes beyond clinical treatment by creating communities of hope!



“Our parents, Janet and Bill, raised our family and built their business in Liverpool, so we know it can be more challenging to access help in rural areas of our province. We are keen to see this funding create circles of support in Nova Scotia’s smaller communities, something the Mental Health Foundation of Nova Scotia does very well.

– Lisa Murphy



Partners in Our Vision: St. John Ambulance NS/PEI

A unique partnership with our friends at St. John Ambulance NS/PEI has been improving the mental health knowledge of Nova Scotians since 2016. The St. John Ambulance Mental Health Literacy Grant provides successful applicants with free access to Mental Health and Wellness training. Hundreds of Nova Scotians now have an enhanced understanding of how to respond to a mental health crisis thanks to this successful collaboration.



Outstanding Volunteer: Alan Archibald

Alan Archibald has been volunteering on our Finance & Audit Committee for virtually as long as anyone can remember! Throughout his almost two decades of attending meetings, approving financials, and reviewing budgets, his keen eye and inquisitive manner have never wavered. We thank Alan for always keeping us on our toes and providing us with a reason to smile while crunching the numbers. You’re one in a million, AL.

Vision Awards

The Vision Awards celebrate individuals and organizations who share our vision to see all Nova Scotians thriving in their communities. Each year, we honour recipients who’ve made significant contributions to improving the mental wellness of Nova Scotians through our values of community, compassion, and accountability.



Outstanding Achievement: The Bright Smiles Project

Bright Smiles is a one-of-a-kind project that provides dental services for low-income adults living with mental illness. The project, spearheaded by mental health advocate Cecilia McRae, and supported by volunteers Clarence Deyoung and Gladys MacDougall, launched in 2017 through the Pictou County Mental Illness Family Support Association. Since then, it has improved the smiles and changed the lives of hundreds of Nova Scotians. This client testimonial says it all: “Two things I was not expecting – a sore face and back from smiling so much and standing up taller!”



RBC Holiday Black Tie Gala

We ushered in the holiday season with the launch of the RBC Holiday Black Tie Gala. Building on the success of Festival of Trees and the Evergreen Gala, The RBC Holiday Black Tie Gala took place on Saturday, November 30th at the Halifax Convention Centre. Guests were treated to “an evening in New York” which featured spectacular food, stunning décor including a mini Rockefeller Centre Christmas tree and skating rink, auctions, raffles, professional photo booth, and dancing late into the night with Halifax’s favourite band, the Mellotones.

Save the date! This year’s RBC Holiday Black Tie Gala is taking place on **Saturday, November 22, 2025** at the Halifax Convention Centre.



Event photos by Stoo Metz; photo booth image by Timothy Richard



In February, the Foundation launched a brand-new campaign called Body Movin’. Recognizing the strong link between physical activity and mental wellness, Body Movin’ was a month-long initiative that encouraged Nova Scotians of all ages and abilities to get moving each and every day.

Whether they were making snow angels, going for a wintery walk, dancing in the kitchen, or playing their favourite sport, participants got movin’ while raising funds for the Foundation. **Body Movin’ will be back in February 2026**, and we hope to see you movin’ and groovin’ with us!

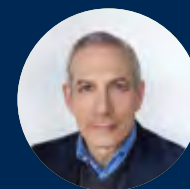


Let’s Keep Talking with Clara Hughes

Let’s Keep Talking marked its 10th birthday in 2024, and celebrated by going back to its roots! Canadian Olympian Clara Hughes, who delivered the keynote address in 2014 when the event was launched, returned to the Let’s Keep Talking stage to share her story of living with depression throughout her incredible career as a dual-season Olympic athlete.

Emceed once again by CTV’s Paul Hollingsworth, the evening also recognized five incredible Nova Scotians with Let’s Keep Talking Awards. The 2024 recipients were Stacy Darku, Nancy Everson-Berrigan, Vince MacDonald, Sam Madore, and Ian Smith.

Save the date! This year’s Let’s Keep Talking Event will take place on **Tuesday, October 7, 2025** at the NSCC Ivany Campus.



Top row, left to right: Stacy Darku, Nancy Everson-Berrigan, Vince MacDonald

Bottom row, left to right: Sam Madore, Ian Smith

Thank you to our Supporters

The Mental Health Foundation of Nova Scotia extends its gratitude to all of our supporters for every gift it receives, including those who wish to remain anonymous. This list recognizes supporters who have contributed \$500 or more in the 2024-2025 fiscal year.

VISIONARY

Advocate Printing & Publishing	John & Elizabeth Godin Charitable Trust	RPM
Bell Canada		Shortstop
Bluedrop Training & Simulation Ltd.	Local HRM Tim Hortons Restaurant Owners	St. John Ambulance Council for NS and PEI
CTV Atlantic	Medavie Health Foundation	Steele Auto Group
Emera Inc.	Moore Suites	The Dr. & Mrs. H.E. Christie Community Foundation
Encore	Lisa Murphy	
Government Of Canada	Parkland at the Gardens Residents	The Estate of John J. Roach
Government of Canada’s Community Services Recovery Fund	Province of Nova Scotia	The NSLC Community Giving Program
Hansen-MacDonald Family	RBC Ignite	The Stevens Family Foundation
J & W Murphy Foundation	RBC Royal Bank of Canada	Trampoline Branding
Trishla, Rakesh and Susan Jain	rcs construction	

CHAMPION

Air Canada Foundation	Kim & Chris Huskilton	Southwest Properties Limited
Black Family Foundation	IWK Mental Health & Addictions Program	The Berkeley
Chorus Aviation	JSMT Classic	The Estate of Edwin Charles Urquhart
CN	Killam Apartments	The Gray Group Inc.
Dalhousie University, Department of Psychiatry	Nova Scotia Power	Touch of Gold
Fred & Elizabeth Fountain	Geno Sajko	Wadih M. Fares Family Foundation
Glow The Event Store	Salon Resource Group	Rodney D. Wilson
Grant Thornton Foundation	Shannex Inc.	Steve Zinck

LEADER

Ace Mechanical Limited	Jason Buchanan	Terry Chisholm
Frank Almeda	Canadian Perinatal Mental Health Collaborative	CIBC Wood Gundy Commercial Banking Cash Management
Emmanuel Aquino	Catlin Kehoe Memorial Music Bingo Fundraiser	Debbie Clark
Ian Atkins		Clearwater Seafoods Inc.
Aurora Inn Ltd.	CBCL Limited	
Benjamin James Mclsaac Memorial Fund	Marc & Clare Champoux	

Martin Crouse	Ross Jacobs	Stephen & Suzanne O’Regan
Starr Cunningham & Nick Peters	John Ross & Sons Limited	Precision Hydraulics
Shannon Cunningham & Harrison Keenan	Edward Kehoe	Premiere Van Lines
Dalhousie University, Brain Repair Centre	Elaine Kehoe	Christopher Pringle
Dexterra Group	Wade Keller	Joan Pugsley
Anupma Dhawan	David Knowles	Queensberry Rules Boxing Studio
Alex Dodge	Louisbourg Seafoods	Rank Inc.
Eacan Timber Ltd.	Theresa MacDonald	RBC Wealth Management Securities
Emergency Medical Care Inc.	David S. MacDougall	Robie at Spring Garden Chiropractic
Enterprise Holdings Foundation	MacGillivray Law	Gretchen V. Shaw
Enterprise Mobility	Susan MacQuarrie, CIBC Wood Gundy	Perry Smith
Susan Evans	Thivyan Mahendran	TC Moore Developments Ltd
Forbes Group Limited	Suneel Manhas	TD Wealth Private Investment Management
Katherine A. Frank	McInnes Cooper	The Boyd & Holly Hunter Fund of the United Church of Canada Foundation
Full Throttle Power Sports Limited	Mental Health and Addictions Program, Nova Scotia Health	
George F. Wade Foundation	Alisa Mesheau	The KPMG Foundation
GJM Charitable Foundation	Municipality of the District of Argyle	The Rocky Bay Players
Glow Speak Easy Night	Anne Murray	United Gulf Developments Ltd.
John Gourley	Phyllis Nickel	Lisa Weatherhead
Halifax International Airport Authority	Harold Nickerson	Westwood Developments Limited
Brian & Patriz Himmelman	Tara & Kyle Niekamp	Sarah Wickins
Nicole Hunter	NorthStone Properties	Jonathan William
Iron Dog Mechanical Services Inc.	Ocean Contractors Limited	Deborah Windsor

BUILDER

Abbass Charitable Account	David H. Christie	Carolyn Davis Stewart
Anxious Creations	CIBC Private Wealth	Andy Decoste
Frances Appleby	Construction Association of Nova Scotia – Emerging Leaders	Kim Delamere
Shauna Archibald	Heather Cook	DesignPoint Engineering & Surveying Ltd.
John Black	David Babin Polar Bear Dip	Charles A. Dwyer
Doug Buffett	Craig Duininck Limited	Marilyn & John Edgecombe
Carolyn Chipman	Dalhousie University, Department of Medicine (ACADOM)	Federated Women’s Institutes
James L. Chipman		Karen Gardiner
Shawn Christianson		

Serena Haines	Jack MacDonald	O'Regan's Automotive Group
Dani & Hans Himmelman	Reg MacGillivray	Donna Rae
Jonathan Hood	Marian Macken-Issekutz	Bryan Rice
Christopher Hubley	Andrew MacMillan	Robbie & Jean Shaw
Jason Campbell Memorial Coasting Party	Elizabeth MacMullin	Calley Stapleton
Tristan Jessome	Janet MacQuarrie	Sullivan's Crossing Productions S1 Inc.
Nancy & Darrell Johnston	Manulife Financial	Toronto-Dominion Bank
Paul Keith	Lynn Marchand	Twin City Management Ltd.
Laidlaw Carriers Van GP Inc	Maritime Life Alumni	Diane van der Horden
Leona M. LeGrow	Brian McCarthy	Jane Weckman Alexander
Carol Loncarevic	New Minas Head Shoppe	Geoff Wright
Patti & Tom Lynch	Nova Scotia Veterinary Medical Association	Sharon & Julian Young
Craig Lynk	NSGEU Local 470C	

TEAM HOPE: MONTHLY DONORS

Erica Allanach	Deborah Eaton & Tom Chisholm	David S. MacDougall
Emmanuel Aquino	Clementine Emberly	Andrew MacMillan
Shauna Archibald	Jeremy I. Freed	Elizabeth MacMullin
Ian Atkins	Lorna Griffin-Fillier	Janet MacQuarrie
Jeff Brett	Ben Hagon	Alisa Mesheau
Geoff Brinston	Cindy Hartlen	Phyllis Nickel
Doug Buffett	Brian & Patriz Himmelman	Tara & Kyle Niekamp
Krista L. Canning	Marian Macken-Issekutz	Bryan Rice
Joyce F. Carter	Nancy & Darrell Johnston	Claudette Richard
Nancy Chase-Hill	Monica Jordan	Sara J. Smysniuk
Terry Chisholm	Jeff Keeler	Calley Stapleton
Debbie Clark	Daniel Kelly	Colton Steele
Jody D. Clarke	Kenneth & Pat Kilby	Twin City Management Ltd.
Heather Cook	Nicole Killawee	Adam Wambolt
Jolene Cook	Melissa Kinsman	Lisa Weatherhead
Starr Cunningham	Jennifer Kogon	F. Maureen White
Jacob Dambergs	Donna Laffin	Deborah Windsor
Shirley Davenport	Bernadette Lancaster	Geoff Wright
Alison & David Davidson	Clifford Levy	Sharon & Julian Young
Andrew Doucet	Kim J. MacDonald	Anonymous (27)
Leslie Dubinsky	Matthew MacDonald	

Team Hope: Monthly Giving

A Meaningful Investment in Community Mental Health Support



Tara & Kyle Niekamp

“From a practical perspective, monthly giving makes sense to us because with minimal effort we help provide the Mental Health Foundation of Nova Scotia with a reliable revenue source, ensuring more sustainable programs and services.

However, monthly giving is about more than practicality for us. With our decision to give monthly we are making a deliberate choice to prioritize giving as part of our monthly expenditures. Further, **we are making a powerful statement of the importance and value our family places on the work of the Mental Health Foundation of Nova Scotia.**”



Joyce Carter
President & Chief Executive Officer, HIAA

“Both professionally and personally, I've seen the importance of mental health support. **My monthly donation is a small but steady way to give back to a cause I care deeply about.**”



Ben Hagon

“I choose to donate monthly because I have a strong personal connection to mental health, both myself and family members. As someone who has struggled with my mental health, I have been very fortunate to have had wonderful supports and am doing very, very well now. **It's important to me to put my money where my mouth is and support an organization that's doing work in this important field.** The Mental Health Foundation of Nova Scotia seems like the organization that delivers the most comprehensive approach. With so many different agencies and nonprofits and service providers it's hard to know who to give to, so donating to the Mental Health Foundation is a good way of spreading the impact.”

Summarized Financial Statements

Mental Health Foundation Of Nova Scotia		
Statement of operations and change in net assets		
Year ended March 31	2025	2024
Revenues		
Donations	\$ 4,372,024	\$ 3,698,285
Grants management	199,007	147,098
Interest income	183,380	218,872
Services	378	1,692
Special events	442,177	620,096
	<u>5,196,966</u>	<u>4,686,043</u>
Expenses		
Amortization	535	3,156
Bad debts	–	90
Bank and brokerage charges	6,547	6,226
Insurance	3,478	5,780
Marketing and public relations	46,977	44,892
Office	65,077	63,582
Professional fees	25,263	21,753
Salaries, benefits and contracts	746,917	699,436
Special events	249,304	260,896
	<u>1,144,098</u>	<u>1,105,811</u>
Net revenues available for community funding	4,052,868	3,580,232
Community funding	<u>4,272,245</u>	<u>3,581,085</u>
Deficiency of revenues over expenses	<u>\$ (219,377)</u>	<u>\$ (853)</u>
Net assets - Beginning of year	\$ 1,125,171	\$ 1,126,024
Deficiency of revenues over expenses	<u>(219,377)</u>	<u>(853)</u>
Net assets - End of year	<u>\$ 905,794</u>	<u>\$ 1,125,171</u>

Mental Health Foundation Of Nova Scotia		
Statement of financial position		
March 31	2025	2024
Assets		
Current		
Cash	\$ 77,456	\$ 1,260,799
Cash held for custodial funds payable	14,986	15,250
Accounts receivable	60,880	102,339
Investments	3,379,406	3,612,151
Prepays	24,078	36,939
	<u>3,556,806</u>	<u>5,027,478</u>
Investments	–	203,560
Capital Assets	<u>2,142</u>	<u>2,677</u>
	<u>\$ 3,558,948</u>	<u>\$ 5,233,715</u>
Liabilities		
Current		
Custodial funds payable	\$ 14,986	\$ 15,250
Accounts payable & accrued liabilities	96,482	130,825
Deferred contributions	2,541,686	3,962,469
	<u>2,653,154</u>	<u>4,108,544</u>
Net assets	<u>905,794</u>	<u>1,125,171</u>
	<u>3,558,948</u>	<u>5,233,715</u>

“The audited financial statements of the Mental Health Foundation of Nova Scotia for the year ended March 31, 2025, as audited by Baker Tilly Nova Scotia Inc. are available upon request. Copies of the complete statements may be obtained from the Mental Health Foundation of Nova Scotia, Mount Hope Centre, 1120-300 Pleasant Street, Dartmouth, NS, B2Y 3S3, or by calling 902.464.6000”

Thank You to our Volunteers



Together, with our caring community of volunteers, we’re building a province where more people feel seen, heard, supported and connected. Thank you!

Board of Trustees

- Morgan Manzer, Chair** *(he/him)*
Nova Scotia Legal Aid
- Lorna Griffin-Fillier, Vice Chair** *(she/her)*
NSH Primary Health Care
- Paul Shirriff, Treasurer** *(he/him)*
CIBC
- Alisa Mesheau, Past Chair** *(she/her)*
RBC
- Starr Cunningham, ICD.D** *(she/her)*
Ex officio
- Kiersten Amos** *(she/her)*
McInnes Cooper
- Jason Buchanan** *(he/him)*
Precision Hydraulics
- Brian Himmelman** *(he/him)*
Himmelman & Associates Financial Advisors Inc.
- Kim MacDonald** *(she/her)*
13 FACTORS for Business Growth
- Linda MacKay** *(she/her)*
Nova Scotia Department of Advanced Education
- Bryan Rice** *(he/him)*
V.J. Rice Concrete Limited

Staff

- Starr Cunningham, ICD.D** *(she/her)*
President & CEO
- Lisa Weatherhead, CFRE** *(she/her)*
Director of Development
- Erica Allanach** *(she/her)*
Community & Donor Relations Lead
- Monica Jordan** *(she/her)*
Grants Lead



Above: Linda MacKay and Lorna Griffin-Fillier
Below: Morgan Manzer

- Sam Madore** *(she/her)*
Manager of Marketing & Communications
- Sara Smysniuk** *(she/her)*
Manager of Finance
- Kate Udle** *(she/her)*
Events Lead

With thanks to our 2024-2025 Manager of Communications, Nicole Killawee

Mental & Health Foundation

of Nova Scotia

Mental Health Foundation of Nova Scotia
Mount Hope Centre
1120-300 Pleasant Street
Dartmouth, Nova Scotia B2Y 3S3

phone: 902.464.6000

toll free: 1.866.CARING.2

email: info@mentalhealthns.ca

web: www.mentalhealthns.ca

Charitable Registration Number:
8586 35675 RR0001

 [mentalhealthns](https://www.facebook.com/mentalhealthns)

 [@mentalhealthns](https://www.instagram.com/mentalhealthns)

 [Mental Health Foundation of Nova Scotia](https://www.linkedin.com/company/mental-health-foundation-of-nova-scotia)

Print Sponsor

Design Partner

Advocate

Shortstop