

Growing compassionate communities *together.*



Community Report
2025-2026

Mental & Health
Foundation
of Nova Scotia

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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. This translates to 'at the tomcod place' in reference to the type of fish found in this part of the harbour. We are all treaty people.

Cover photo: Mocean Dance, *Communities in Mocean* (Credit: Stoo Metz)
Inside cover photo: Boys & Girls Club of Preston, *Empowering African Nova Scotian Youth: A Mental Health & Wellness Initiative* (Submitted)
Back cover photo: Chester Municipal Heritage Society, *If I Knew Then* (Submitted)

Message from the President & CEO Starr Cunningham

A Year of Compassion in Action

What does compassion look like to you?



Perhaps it's a tangible expression of love – a hug, a listening ear or a helping hand. Maybe it's more of an emotion – a sense of caring, concern, and kindness. For us, it's all that and more.

Here at the Mental Health Foundation of Nova Scotia we see compassion in action every day through the projects we fund that create nurturing and inclusive environments for growth, healing, and recovery across our province. As you flip through this year's Community Report, you'll see it too.

From families turning loss into hope, volunteers giving their time to help others, and grassroots organizations leading with love. We are proud to foster understanding, encourage connection, and inspire positive change.

To our donors, volunteers, partners, and friends: thank you. Your generosity throughout 2025-2026 has allowed kindness and compassion to flourish at a time when our world needs it most.

With gratitude,

Starr Cunningham, ICD.D
President & CEO

Message from the Chair of the Board Morgan Manzer



In our fast-paced, digital world we often hear about a lack of compassion, but this past year our donors, volunteers, partners, and grantees show Nova Scotians have compassion in abundance. And we are deeply grateful for that.

This past year brought meaningful momentum. Our revitalized RBC Holiday Black Tie Gala brought supporters together and raised critical funds for community-based mental health initiatives; we were honoured to be named a finalist for Not-for-Profit Business of the

Year by the Halifax Chamber of Commerce, recognizing our growing impact; the compassionate leadership of our President & CEO, Starr Cunningham, was celebrated among Atlantic Business Magazine's Top 50 CEOs

for 2026; and we launched the Keep Talking podcast, sharing authentic stories of mental health and addiction.

I'm grateful to our staff and fellow Trustees, and especially to those completing nine years of dedicated service - Alisa Mesheau, Bryan Rice, Kim MacDonald, and Paul Shirriff. It is special to have such outstanding, dedicated volunteers share their exceptional expertise and abilities.

Thank you for standing with us as we continue building stronger, more connected and compassionate communities across Nova Scotia.

Sincerely,

Morgan Manzer
Chair, Board of Trustees

Who We Are & What We Do

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



258,329
connections made

1,902



people improved their mood through the arts



3,119
hours of counselling

11,690



learned skills to support mental wellness

Who We Are & What We Do

Compassion is at the heart of everything we do.

As Nova Scotia's only health foundation dedicated exclusively to mental health and addictions, the Mental Health Foundation of Nova Scotia invests in mental wellness across the province. Together with our donors and supporters, we fund community-based projects that provide hope, foster understanding, and strengthen connection for Nova Scotians living with mental illness and addiction.

In 2025-2026, we awarded over \$4M across our grants programs. From education and peer support to counselling and community care, our granting program helps build more connected, compassionate communities where every Nova Scotian has the opportunity to thrive.

Beyond traditional grants, we provide one-time, urgent funding for individuals within the Nova Scotia Health Mental Health & Addictions Program. Capped at \$500, this funding may be used to help with transportation costs, bill payments, medication expenses, or other unexpected costs. Over the last five years, annual requests have risen from 10 to over 125. To meet this growing demand, we partnered with The Windsor Foundation and Nova Scotia Health Leadership. What started as a \$5,000 project developed by our team is now a province-wide program providing more than \$70,000 a year in compassionate episodic patient assistance support to Nova Scotians who have urgent and unmet needs.

From an Episodic Grant recipient:

“

I was out of money at the time and struggling on so many levels and getting that funding really helped. Without that funding I wouldn't have gotten my medication, and my mental health would've suffered.”



Our volunteer Grants Selection Committee and Mental Health Foundation of Nova Scotia staff

Left to right: Barb Hall, Lorna Griffin-Fillier, Monica Jordan, Starr Cunningham, Fiona Kirkpatrick-Parsons, Christy Breed Barkhouse, Morgan Manzer

Not pictured: Dorothy Edem

2025-2026 Community Grants

Impacting Every Corner of Nova Scotia

7th Step Society of Nova Scotia
A Roof Over Your Head
A Team Coaching
Acadia University
Adsum Association for Women & Children
After Trauma Empowerment Network
Aging Well Nova Scotia Association
Aidaen's Place Youth Support Hub
Alice House
Alzheimer Society of Nova Scotia
Anahata Integrative Sex & Relationship Therapy
Annapolis Valley Regional Centre for Education
Antigonish Women's Centre & Sexual Assault Services
Arisaig Parish Community Center Society
Arts Health Antigonish (AHA!) Society
Autism Nova Scotia
Be the Peace Institute
Beacon House Interfaith Society
Berhan Cultural & Education Center
BGC Greater Halifax Clubs
Big Brothers Big Sisters of Pictou County
Boys & Girls Club of Preston
Brigadoon Village Children's Camp
Brunswick Street Mission
Canadian Blk Women in Excellence Society
Canadian BLUE Wellness Association
Canadian Mental Health Association
Halifax-Dartmouth Branch
Canadian Mental Health Association NS Division
Cape Breton Regional Hospital Foundation
Cecilia Concerts Society
Chebucto Community Development Association
Chebucto Family Centre
Chebucto Links Senior Support Association
Chester Municipal Heritage Society
CNIB

Coverdale Justice Society
Cumberland Homelessness and Housing Support Association
Cumberland Public Libraries
Dalhousie Social Work Community Clinic
Direction 180, Mi'kmaw Native Friendship Centre
Diverse Roots Therapy
Dr. Lee-Baggley and Associates
Eastern Shore Musquodoboit Valley Well-Being HUB Association
Eating Disorders Nova Scotia
Ecology Action Centre hosting Common Roots Urban Farms
Elizabeth Fry Society of Mainland Nova Scotia
Esinam Counselling
Evangeline Recreation Society
Family SOS Association
Fennel Films
Filling The GAP Nova Scotia Society
Find Your Voice Music Therapy
FireLoch Retreat and Gathering Place
Flourish 55+ Healthy Activity Society
Forging Forward Counselling Services
Fountain of Health Association
Friends United
Front Street Community Oven
GEO Nova Scotia
Good Neighbour Builders Society
Halifax Sexual Health Centre
Halifax Theatre for Young People
Healing Opportunities for People Everywhere Counselling (Couch of HOPE)
Health Arts Society of Atlantic Canada
Hope Blooms
Hope For Mental Health
Hope House

Hospice Halifax
Kids Help Phone
Kings County Family Resource Centre
Laing House
Landing Strong Cooperative
LOVE Nova Scotia
MacPhee Centre for Creative Learning
Maritime Play Therapy Centre
Memory Cafe NS
Metro Community Housing Association
Mi'kmaw Circle of Hope Society
Mocean Dance Society
New Dawn
New Leaf
North End Opportunities Fund
Northwood Bedford
Northwood Support Services
Nova Scotia Brotherhood
Nova Scotia Health – Inpatient Psychiatry (Northern Zone)
Nova Scotia Health – Mental Health Day Hospital (Western Zone)
Nova Seven Arts Council
Our Health Centre
Prescott Group
Rainbow Refugee Association of Nova Scotia
Raising the Villages Project Cooperative
reachAbility Association
Regional Independent Students Association
Resilient Youth
Riverview Home Volunteer Association
Roots of Empathy
Sackville Minor Hockey Association
Samuel R. Balcom Centre
SchoolsPlus – HRCE
SchoolsPlus – SSRCE

Scotia Winds of Change Foundation
Second Story Women's Centre
Shoreham Village Senior Citizens Association
Société Mi-Carême
Spectrum Therapeutic Solutions
Spencer House Seniors Centre
Spider Video Inc.
St. Francis Xavier University
St. Stephen's Parish
Stepping Stone Association
Strongest Families Institute
Survivors of Abuse Recovering
Tajikeimik – Mi'kmaw Health and Wellness
Tema Foundation
The African Nova Scotian (ANS) Hope Within Society
The Association of Black Social Workers
The East Preston Day Care and Family Resource Centre
The Flower Cart Group
The John Howard Society of Nova Scotia
The Marguerite Centre
The Nova Scotia Youth Project Society
The Plant Space
TREY – Trauma Recovery for Exploited Youth
Unity Charity
Venus Envy Gender Journeys
We Worthy Women
Western Area Women's Coalition
Yarmouth Life Skills
YWCA Halifax

Our thanks to the Nova Scotia Office of Addictions & Mental Health, and to our individual and corporate donors, foundations, and community groups for making our Community Grants possible.

Grants in Action

Connections Services

Connections Services support clients living with severe and persistent mental illness to develop the skills to integrate into their community, maximize independence and find meaning in their lives.

Many clients have been unwell during the years that would typically be instrumental in developing life skills, building relationships and discovering who they are. Some of the projects we fund allow clients to try different leisure activities, which increases self-confidence, meaning and autonomy.

I wanted to take a moment to express my gratitude and appreciation for the day trips that we've been able to go on this summer/fall. I have had a rough couple of months with my mental and physical health. These trips provided community, support, friendship, distraction, interest, and beauty, in a time that otherwise felt quite difficult. I am so grateful that these grants are able to fund the trips. They have made a tremendous positive impact on what may have otherwise been a long and difficult summer.” — Participant

“It has become harder to find ways to connect with others, and these activities make a real difference for my mental health. Participating helps lift my mood and motivates me to get out of the house.” — Participant



Hope for Mental Health

Hope for Mental Health provides education, peer support, and connection for individuals and families affected by mental illness. For the Corbett family, those supports made a profound difference after their son experienced an acute psychotic episode and was diagnosed with schizophrenia. Through programs including Families Matter, support groups, and family peer support, they found guidance and community.

As Cyndi, Dennis, and Jotham shared:

“It has been a three-year journey and our son is now in recovery. Due to the education and support we received through the HOPE programs, we now feel better equipped to deal with the challenges of caring for our son.



Thrive in Black

Compassion grows when people feel seen, heard, and understood. Thrive in Black is designed to help address the unique mental health needs of Black women in Nova Scotia. The program empowers participants with tools for healing, self-advocacy, and community resilience while fostering supportive relationships that extend beyond the program itself.

“Being surrounded by so many strong, vulnerable, and authentic women reminded me that we are never alone, even when life feels heavy. The energy in the room was raw and real – and it gave me permission to just be. I left feeling lighter, braver, and more grounded.” — Participant



Maritime Play Therapy

Compassion helps build healthy connections. Maritime Play Therapy Centre hosted a Circle of Security Parenting Group facilitated by Mariana (pictured). This group is designed for parents struggling with their parent/child attachment relationships because of their own addiction or mental health problems. We know healthy parent/child attachments create healthy foundational development.

“My children have not been in my care due to concerns. I have consistently attended this group and found the other women so supportive. My mental health and confidence has improved and I heard ... that my children are going to be returning to my care. I am beyond happy for my family and the other women also were happy for me. Everyone clapped and cried. Thank you for supporting my parenting journey” — Participant





Mi'kmaw Circle of Hope Society

Compassion also means creating spaces where people can connect with culture, identity, and one another. The Mi'kmaw Circle of Hope Society hosted engagement sessions for gender diverse and 2SLGBTQIA+ youth to raise awareness and reduce stigma around two spiritedness.

Through traditional teachings, sweat lodge ceremonies, discussion circles, and creating bundles for medicine pouches, the youth participants strengthened their connection to their culture, and their understanding of what it is to be two spirited.



“Two spirits are there to bridge the gap between men and women.”
— Participant

“Prayers, sweats, sundance – that’s what got me through ... Ceremony is healing!”
— Participant

MacPhee Centre for Creative Learning

Working together builds compassion. MacPhee Centre for Creative Learning partnered with the community centre in Portapique to offer youth opportunities for creative expression, collaboration and exploration. By creating a safe space and a respite from the everyday struggles, participants expressed their vulnerability, which sparked true connection, compassion and meaningful relationships.

“The project’s impact is deeper than music or art. Through the program, youth learn to be compassionate, patient, and generous. They gain confidence. They learn how to show up for one another and work as a group, skills that will stay with them long after the end of the program.” — Staff

Nova Seven Arts Council

Compassion can take many forms, including creating safe spaces where young people can express themselves. Through the SPACE (Safe Place for All to Create and Express) Program in Greenwood, neurodivergent youth ages 5-24 are offered opportunities to explore arts, crafts, games and other creative outlets.

The creative process helps combat social isolation, supports healing, and fosters meaningful connections with others and themselves.



“The kindness, patience, and willingness to accommodate each child’s needs make this program truly special.” — Parent of Participant

Camp Believe 10 Years & 378 Campers

Camp BELIEVE celebrated a decade of creating compassionate connections in 2025!

The one-of-a-kind sleep-away camp for young people who have a parent living with mental illness is hosted by our friends at Brigadoon Village, in Nova Scotia’s beautiful Annapolis Valley. This partnership allows youth to unplug while connecting with new friends who understand what it’s like to navigate Mom or Dad’s depression, anxiety, PTSD, or other mental illness.

“It’s so much fun and you’ll make new friends!” — Participant

“A chance for them to let go of stresses at home and enjoy being a kid.”
— Parent of Participant



Second Story Women's Centre

Creating compassionate communities means ensuring support is available where people live. Second Story Women's Centre has expanded access to counselling and group programming in more rural communities. With our funding, these services are available in Bridgewater, Liverpool and New Ross on a bi-weekly schedule.



“ Being able to access support five minutes from home has saved my life. I have worked on coping tools, met another woman who lives near me and generally felt like I am not alone. I never thought we would have this kind of service all the way out here.”
— Participant



Société Mi Carême

A compassionate community remembers those who may be forgotten. Société Mi Carême in Cheticamp received funding for the Entre c'est débarré project to support vulnerable seniors experiencing mobility challenges or isolation. Through home visits, music, food, companionship, and assistance navigating community resources, the project helps seniors remain connected to people and supports around them.

“ When the project comes with music or a friendly visit, it reminds me that the community still cares. Knowing that someone took the time to think of me makes all the difference.”
— Participant

Mental Health & Wellness Training

Our St. John Ambulance Mental Health Literacy Grant improves understanding of mental health through Mental Health and Wellness training. Last year we provided training to many individuals and organizations, including staff from Brigadoon Village, Eating Disorders NS, Inclusion Clare, MacPhee Centre for Creative Learning, and New Leaf Global. An added benefit was the connection that learning together provided.

“ Sessions such as this are often a bit of a catalyst – sparking reflection, offering new perspectives I hadn't considered, and, especially with the group today, reminding me of the value of hearing each other's shared experiences.” — Participant



Flourish 55+

Compassion starts with listening. Flourish 55+ created space for seniors to openly discuss mental health, suicide, grief, loneliness, and end-of-life planning through its Let's Talk Senior Suicide project.

Presentations, group discussions, and community partnerships helped improve mental health literacy, connect participants with local resources, and navigate difficult conversations with greater confidence. The project also strengthened ongoing peer support opportunities, ensuring seniors continue to have a safe place to feel heard, supported, and less alone.

“ Sometimes being listened to and heard makes all the difference.”
— Participant



Making a Difference Together: Honouring Peter Baylis Through Sound Minds



Left: Peter sings the national anthem at a Halifax Mooseheads game (Credit: Trevor MacMillan)

Sound Minds Nova Scotia is a partnership between the Mental Health Foundation of Nova Scotia and Music Nova Scotia aimed at promoting the mental health, wellness, and resilience of Nova Scotia artists. For Jen Halpin, the connection to Sound Minds was immediate.

Her husband, Peter Baylis, was a beloved member of Nova Scotia's music industry. Behind the stage, however, Peter also faced significant mental health challenges. After years of struggling, he eventually found the right support through a psychiatrist who helped him understand the root causes of his pain. That care changed his life.

When the Edwards Family Foundation chose to make a gift in Peter's memory to Sound Minds Nova Scotia, it reflected a cause that had become deeply personal to Peter and those who loved him.

“I was looking for a way to honour Peter and acknowledge his journey with mental health and addiction.”
— Gary Edwards, Edwards Family Foundation

Jen believes many artists face similar challenges.

“The artistic community is full of people without resources and they need help,” she says. “You need to have a door open for you somewhere.”

Friends, family, and fellow musicians later came together for a Boxing Day Bash in his honour, raising awareness and support for Sound Minds.

“I know if Peter were here today, he'd be telling all of you that you need to speak up and get the help that you need,” says Jen. “It's not always going to be easy, but stay with it.”

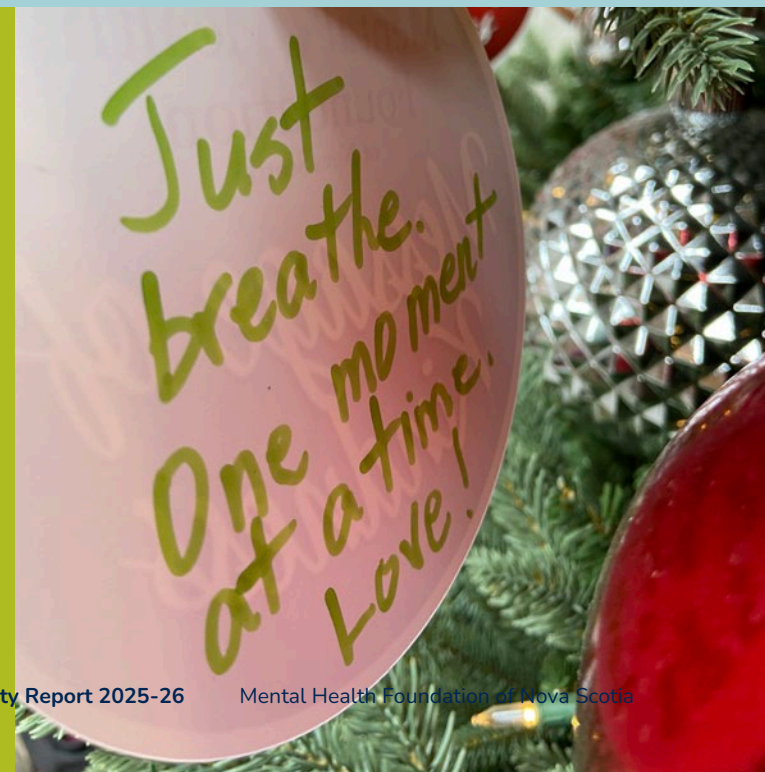
Through Sound Minds Nova Scotia, Peter's legacy continues to support artists and music industry professionals across Nova Scotia, helping ensure more people have access to the care and connection they need.

Message of Kindness

Compassion and empathy are cornerstones of supporting people along their mental health journey. Sometimes a simple **Message of Kindness** can spark hope, light, and connection in someone's life, especially during the holiday season.

For the sixth year, **Killam Apartments** and **Southwest Properties** partnered with the Mental Health Foundation of Nova Scotia on the Message of Kindness campaign, matching funds raised in support of mental health and addiction programs across the province.

Messages were handwritten on ornaments displayed on Christmas trees in the Halifax Brewery Market, Glow Gardens, and the Mount Hope Centre at the Nova Scotia Hospital.



Compassion in Action: A Community of Support

Compassion can take many forms and, throughout the year, Nova Scotians found creative ways to support mental health in their communities.

From concerts and customer appreciation events to student-led fundraisers, third-party initiatives helped raise awareness and funds for mental health and addictions support across the province.

This year, a portion of ticket sales from the Matt Mays *Sundown Salut* concerts at the Shore Club in Hubbards supported the Mental Health Foundation of Nova Scotia. Community-minded businesses also rallied customers and supporters through special fundraising events, including a customer appreciation go-kart racing event by PSA Halifax. Fundraisers at COBS Bread Tacoma and Bedford Place Mall also helped raise both awareness and funds for mental health and addictions support.

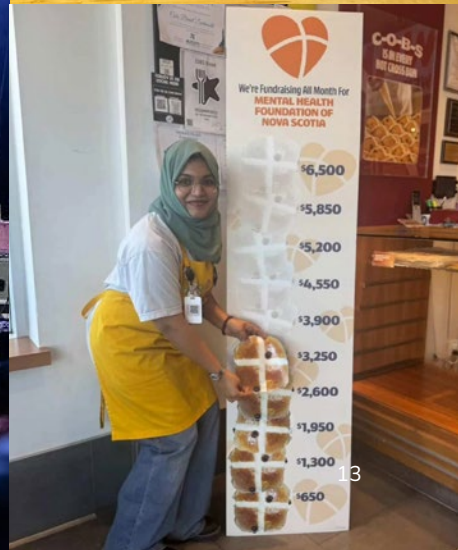
Students also made a difference, including Halifax Grammar School student, Kaili, who organized two bake sales this year in support of mental health:



My love and dedication for hosting fundraising events for the Foundation was sparked by a day spent volunteering at a daycare, where I realized how many kids were quietly struggling, knowing help was out of reach simply because of where they lived. That's why I fundraise – so distance never decides who gets help.

“Every fundraiser reflects the power of community. Together, these supporters are helping build a more connected and compassionate Nova Scotia. One event, one conversation, and one act of kindness at a time.”

Clockwise from top: Full Throttle Power Sports, Halifax Grammar School Bake Sale, PSA Halifax go-kart racing, Cynthia's Dance Fitness Fundraiser, COBS Bread Tacoma Dough Raiser, Matt Mays at the Shore Club (Credit: Lindsay Duncan)



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 Kehoe Family

Compassion can be conveyed in many ways. The Kehoe family is expressing it through a Cape Breton legacy grant in memory of their beloved son and brother, Catlin. Following Catlin's sudden death in 2024, his family created the Catlin Kehoe Memorial Grant for Mental Health Support. This grant has surpassed all expectations by harnessing the generosity of their community, providing critical connections, and encouraging those who are struggling alone to seek help.



Partners in Our Vision: Glow

Our partners at Glow have been sharing their wow factor with us for more than a decade. From signature event sponsorships and live auction donations to industry event fundraisers and a popular indoor winter festival showcase – Glow's bright ideas make us sparkle and shine! Huge thanks to Dave O'Connor and his amazing team for elevating our profile while helping us raise essential funds for mental health.



Outstanding Volunteer: Canadian Progress Club Halifax-Citadel

If you've ever attended one of our events, chances are you've been welcomed, seated or sold something by a Canadian Progress Club Halifax-Citadel volunteer! Members of this energetic service club are always the first to sign-up and often the last to leave. Having volunteered countless hours with the Foundation, we applaud the chapter's dedication, enthusiasm, and true passion to *change the way people think* about mental illness.



A Podcast by the Mental Health Foundation of Nova Scotia

In 2026, the Mental Health Foundation of Nova Scotia launched the first season of Keep Talking, a podcast focused on honest conversations about mental health, lived experience, recovery, grief, connection, and hope.

Across 10 episodes, guests including advocates, athletes, counsellors, journalists, and community leaders shared personal stories and perspectives to help foster understanding and normalize conversations around mental health and addiction.



Website Refresh

This year, we launched a new website designed to better connect Nova Scotians with information about our grants, programs, events, and impact. The refreshed site offers a more accessible and user-friendly experience, helping us share stories, resources, and opportunities to get involved.

Thanks to RBC Ignite, the NSLC Holiday Campaign, and our partners at Shortstop for making this possible.

We improve the mental wellness of

Chamber Recognition



The Mental Health Foundation of Nova Scotia was honoured to be named a finalist for Not-for-Profit Business of the Year through the Halifax Chamber of Commerce Business Awards.

This recognition reflects the collective efforts of our staff, volunteers, donors, partners, and grantees who are helping build more connected and compassionate communities across Nova Scotia.

Let's Keep Talking with Caitlin Morrison

Presented by: 

During Mental Illness Awareness Week, a connected community gathered for the Foundation's annual Let's Keep Talking event, presented by Bell Let's Talk.

Keynote speaker Caitlin Morrison, sister of the late Matthew Perry, shared a deeply personal story about addiction, grief, and hope, reminding the audience that compassion for individuals and families affected by mental illness and addiction is essential.

The evening also celebrated Outstanding Individual Award recipients from communities across Nova Scotia who are making a difference in mental wellness.

SAVE THE DATE: October 6, 2026!



Body Movin' continues to grow as a province-wide movement encouraging Nova Scotians to support mental wellness through physical activity and peer-to-peer fundraising. This year, Olympian Karen Furneaux served as our ambassador, reminding us that sometimes the smallest steps can make the biggest difference to our mental health.

With support from the J&W Murphy Foundation, Body Movin' brought Nova Scotians together through everyday movement, raising \$101,575 for local mental health programs. From walking and running to kitchen dance parties, this campaign expanded participation among workplaces, schools, sports teams, and community groups across the province.

Thank you for moving with us!

SAVE THE DATE: February 2027!



Top photo, left to right: Let's Keep Talking Award recipients Gordie Farmer, Kelly Mitchell, Tina Comeau Surette, Shelley Linders, and Supt. Dustine Rodier
Bottom photo: Caitlin Morrison speaks at Let's Keep Talking
Below photo: Body Movin' participants at the kickoff event at the Zatzman Sportsplex led by Olympian Karen Furneaux



I really appreciated the timing of this campaign. The winter months, especially February, are a challenge for many individuals, myself included. Having this campaign to commit to was a very helpful experience for me. It kept me engaged in active, thoughtful movement and helped me look for moments throughout the challenge to be grateful that I can move how I want to and have opportunities to challenge my mind. I really loved being able to share my movement with the online community and stay accountable to myself and my goals.

— Body Movin' Participant



Holiday BLACK TIE Gala

A NIGHT FOR THE MENTAL HEALTH FOUNDATION OF NOVA SCOTIA
 HALIFAX CONVENTION CENTRE
 11 22 25

RBC Holiday Black Tie Gala

The RBC Holiday Black Tie Gala, with its theme of Northern Lights & Ocean Nights, brought together more than 570 guests and raised over \$400,000 in support of community mental health initiatives.

Thanks to the generosity of sponsors, volunteers, and attendees, the evening exceeded expectations and helped fund programs that provide connection, recovery, and hope.

SAVE THE DATE: This year's RBC Holiday Black Tie Gala is taking place on **November 21, 2026** at the Halifax Convention Centre.



Let's Keep Talking and RBC Holiday Black Tie Gala photos by Stoo Metz

Thank you to our Supporters

The Mental Health Foundation of Nova Scotia extends its gratitude to all 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 2025-2026 fiscal year. Whether supporting with donations of cash, event participation, in memory of a loved one, gifts of securities, in-kind contributions, workplace giving, or bequests, we appreciate every donor, every dollar, and the difference it makes for Nova Scotians.

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Advocate Printing & Publishing	J & W Murphy Foundation	St. John Ambulance Council for NS and PEI
Scott & Stella Balfour	John & Elizabeth Godin Charitable Trust	Steele Auto Group
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CTV Atlantic	Moore Suites	The NSLC Community Giving Program
Emera Inc.	Lisa Murphy	The Stevens Family Foundation
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Enterprise Mobility	Province of Nova Scotia	Touch of Gold
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Hansen-MacDonald Family	Shortstop	
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COBS Bread Tacoma Plaza	MacRitchie Family Foundation	Shannex Inc.
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John Gourley	Pepsico Beverages	The Brace Space

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Katherine A. Frank	Elizabeth MacMullin	Tim Moore
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	Dolores Nickerson	

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Anxious Creations	Chrysalis Health and Wellness Ltd.	Jason Campbell Memorial Coasting Party
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John Black	Cynthia McGrath's Dance Fitness Fundraiser	David Knowles
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Doug Buffett	Dexter Construction Company Limited	Marius Lengkeek
Donald Burton	Nancy E. Doane	Carol Loncarevic
Claudia Chender	Jeremy Freed	Kim MacDonald & Alan Harvey
Carolyn Chipman	Harvest Clean Eats Coffee Party	Marian Macken-Issekutz
James L. Chipman		

Andrew MacMillan	Primaris Management Inc.	Alex Tooke
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Janet MacQuarrie	Robie at Spring Garden Chiropractic	Twin City Management Ltd.
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TEAM HOPE: MONTHLY DONORS

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Caroline Blair-Smith	Ben Hagon	Morgan Manzer
Christy Breed Barkhouse	Cindy Hartlen	Alisa Mesheau
Jeff Brett	Brian & Patriz Himmelman	Phyllis Nickel
Geoff Brinston	Nancy & Darrell Johnston	Tara & Kyle Niekamp
Doug Buffett	Monica Jordan	Bryan Rice
Krista Canning	Jeff Keeler	Claudette Richard
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Andrew Doucet	Marian Macken-Issekutz	Geoff Wright
Leslie Dubinsky	Andrew MacMillan	Sharon & Julian Young
Deborah Eaton & Tom Chisholm	Elizabeth MacMullin	Anonymous (27)

Team Hope: Compassion Through Giving

Monthly donors strengthening mental health support across Nova Scotia



Doug Buffet

Sydney River, Nova Scotia

“Mental illness is not something to be ashamed of and it is important that we continue to reduce stigma. Support is critical and the impact on families is very real.”

Doug Buffett has proudly supported the Foundation as a monthly donor for more than 13 years, honouring the legacy of his late brother, Dr. Lawrence Buffett – a compassionate psychiatrist who dedicated his life to helping others.



Dr. Lawrence Buffett



Dr. Emmanuel Aquino

Dartmouth, Nova Scotia

“We need to focus on mental health and that is what the Mental Health Foundation does best – that is why I donate to them and why I encourage you to support them as well.”

After a 55-year career as a psychiatrist working in communities across Nova Scotia, Dr. Emmanuel (Manny) Aquino understands the importance of compassionate, community-based mental health support. Manny has proudly supported the Foundation for more than 30 years.

Gifts of Securities

“I’ve supported the Foundation for many years. In several cases I’ve donated securities rather than cash. When you donate cash, the Foundation receives the full amount and you receive a charitable tax receipt. However, by working with my financial advisor to donate securities which have increased in value directly to the Foundation, I was able to avoid capital gains and received a charitable tax receipt while making sure the full value of my donation was able to go to work right away supporting mental health in Nova Scotia. This is a great result for everyone. — Rod Burgar, LL.M., ICD.D

Talk to your financial advisor or contact our office, to learn more and take advantage of this win-win!

Summarized Financial Statements

Mental Health Foundation Of Nova Scotia Statement of operations and change in net assets

Year ended March 31	2026	2025
Revenues		
Donations	\$ 4,558,198	\$ 4,372,024
Grants management	302,074	199,007
Interest income	86,280	183,380
Services	6,697	378
Special events	588,190	442,177
	<u>5,541,439</u>	<u>5,196,966</u>
Expenses		
Amortization	428	535
Bank and brokerage charges	8,993	6,547
Insurance	3,478	3,478
Marketing and public relations	23,175	46,977
Office	61,114	65,077
Professional fees	24,000	25,263
Salaries, benefits and contracts	729,692	746,917
Special events	257,455	249,304
	<u>1,108,335</u>	<u>1,144,098</u>
Net revenues available for community funding	4,433,104	4,052,868
Community funding	4,436,502	4,272,245
Deficiency of revenues over expenses	(3,398)	(219,377)
Net assets - Beginning of year	<u>905,794</u>	<u>1,125,171</u>
Net assets - End of year	<u>902,396</u>	<u>905,794</u>

Mental Health Foundation Of Nova Scotia Statement of financial position

March 31	2026	2025
Assets		
Current		
Cash	\$ 1,612,768	\$ 77,456
Cash held for custodial funds payable	14,941	14,986
Accounts receivable	20,048	60,880
Investments	1,299,908	3,379,406
Prepays	26,431	24,078
	<u>2,974,096</u>	<u>3,556,806</u>
Investments	1,015,172	-
Capital Assets	1,714	2,142
	<u>3,990,982</u>	<u>3,558,948</u>
Liabilities		
Current		
Custodial funds payable	14,941	14,986
Accounts payable & accrued liabilities	130,830	96,482
Deferred contributions	2,942,815	2,541,686
	<u>3,088,586</u>	<u>2,653,154</u>
Net assets		
Unrestricted	<u>902,396</u>	<u>905,794</u>
	<u>3,990,982</u>	<u>3,558,948</u>

The audited financial statements of the Mental Health Foundation of Nova Scotia for the year ended March 31, 2026, 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 are building a province where people feel seen, heard, supported and connected. To all of our volunteers: We extend a heartfelt thank you for your time, compassion, and commitment.



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Starr Cunningham, ICD.D (she/her)
Ex officio

Left to right: Linda MacKay, Jason Buchanan, Christy Breed Barkhouse, Alisa Mesheau, Morgan Manzer, Lorna Griffin-Fillier, Brian Himmelman, Caroline Blair-Smith, Kim MacDonald, Kiersten Amos, Bryan Rice **Not pictured:** Paul Shirriff



Top row, left to right: Starr Cunningham, Monica Jordan, Sam Madore, Sara Smysniuk, Lisa Weatherhead
Bottom row, left to right: Alanah White, Kate Udle, Erica Allanach

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

Sam Madore (she/her)
Manager of Marketing & Communications

Sara Smysniuk (she/her)
Manager of Finance

Kate Udle (she/her)
Events Lead

Alanah White (she/her)
Office Administrator



Mental & Health Foundation

of Nova Scotia

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

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web: www.mentalhealthns.ca

Charitable Registration Number:
8586 35675 RR0001

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