
CREATING COMMUNITY CONNECTIONS FOR IMPROVED MENTAL HEALTH

Mental  Health
Foundation
of Nova Scotia

2023-2024 Community Report



BUILDING BONDS

With funding from the Mental Health Foundation of Nova Scotia, Connections Service delivers the *Get Out of Town* program to get participants involved in day trip planning. On this trip to Ovens Natural Park, two participants felt nervous about the balance and endurance needed for the hike. They partnered up, set a goal to go as far as they could together, and formed a friendship along the way. When it comes to mental health, connections can be transformative.



“This trip was something that I wouldn’t have been able to make happen independently. Thank you for making it possible.”

– **Get Out of Town** participant

CONNECTIONS SERVICE is an outpatient recovery-focused treatment program with the Nova Scotia Health (NSH) Mental Health and Addictions Program. It supports adults who live with mental illness and experience substantial functional challenges in their day-to-day lives.

MESSAGE FROM THE PRESIDENT & CEO AND BOARD OF TRUSTEES CHAIR

A Banner Year for Making Connections!

In 2023-2024 the Foundation awarded more funding than ever before, in every area of our province. By granting \$3.58 million to mental health organizations and initiatives in your communities, we strengthened a network of care and critical support for Nova Scotians.

Compassion and community connection are at the core of every program we funded in 2023-2024.

Connecting Threads: A Community Quilt for Perinatal Mental Health, for example, is a project we supported because it collects and shares real stories that go beyond the surface to highlight the complex challenges many people who give birth face before and after having a baby. *The Mentorship Program*, created by Survivors of Abuse Recovering (SOAR), is another example of connection that expanded support to more remote and rural areas of our province.

The past year saw us launch a new virtual grants portal to make it easier for Nova Scotians to connect with our application process. We also partnered with the Halifax Chamber of Commerce to bring mental health to the forefront of conversation within our local business community. We even connected with Governor General of Canada, Mary Simon, to discuss mental health priorities in our province.

To our donors, volunteers, partners, and friends: thank you. Your generosity throughout 2023-2024 allowed us to create compassionate community connections from one end of this beautiful province to the other. You are the thread that ties us all together.

We're changing the way people think about mental wellness, mental illness, and addiction.

With gratitude,



Starr Cunningham
President & CEO



Alisa Alyward
Chair, Board of Trustees

CONNECTION COUNTS

We're a charitable organization dedicated to increasing financial support for mental health initiatives in communities across the province. Our Grant Programs are designed to provide funding to organizations that offer services, supports, and education related to mental health and wellness, mental illness, and addiction.

5

GRANT PROGRAMS
PROVIDING SUPPORT ACROSS
NOVA SCOTIA

361

GRANTS AWARDED IN
2023-2024

\$3.58M

IN TOTAL VALUE

NSH Mental Health and Addiction Grants enhance program services for Central Zone inpatient and outpatient clients.

Community Grants support grassroots mental health initiatives across Nova Scotia.

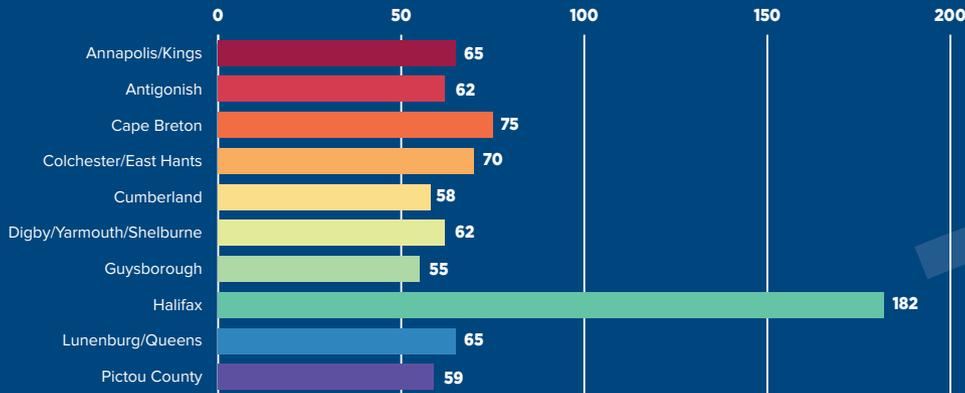
Named Grants fund initiatives that fall within specifically defined needs.

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.

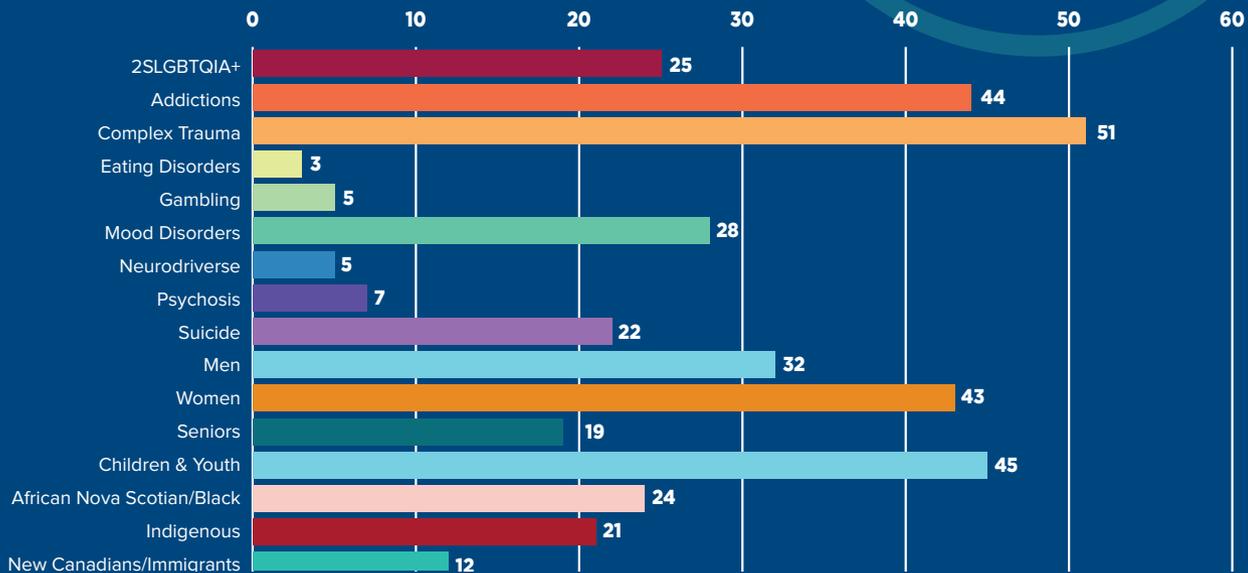
GEOGRAPHICAL IMPACT

Grants serving specific regions, either in-person or virtually.



MAIN FOCUS

Grants serving specific areas and populations.



Generous donors, corporate support, foundations, community groups, and continued partnership with the Nova Scotia Office of Addictions and Mental Health make our grants possible.

COMPASSION IN ACTION

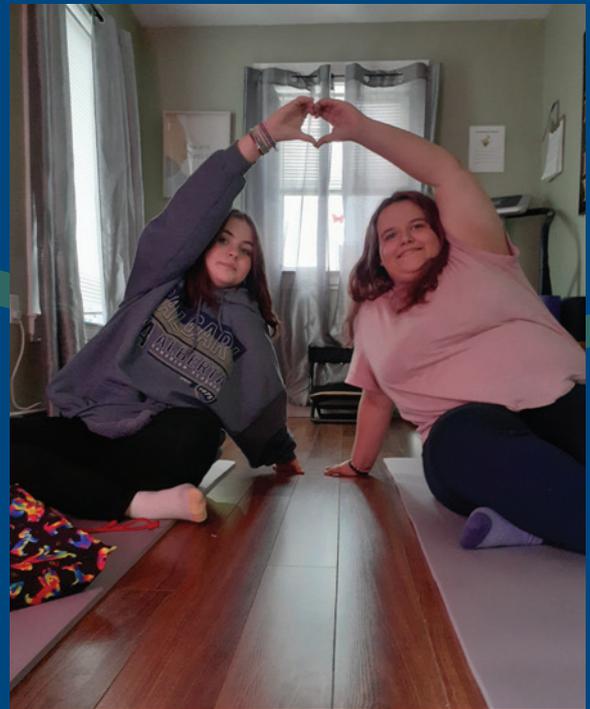
We fund community-based mental health and addictions initiatives to improve the mental wellness of Nova Scotians. The following pages demonstrate how our funding partnerships work to achieve our vision of all Nova Scotians thriving in their communities.

BUILDING RESILIENCE FROM AN EARLY AGE

By focusing on physical health, intellectual stimulation, emotional regulation, and social connection, our partners engage vulnerable youth to promote mental wellness. We funded 45 initiatives that taught youth how to communicate, cope, connect with their cultures and communities, and practice self-care.

Highlights include:

- *Keeping Our Youth Alive* – Aidaen’s Place Youth Wellness Centre (Yarmouth)
- *Membertou Youth Gathering* – Worth Living Mental Health (Cape Breton)
- *Providing Mental Health Resources for Under Resourced Groups* – Ahead of the Game (Antigonish, Guysborough, Pictou County)
- *Trans-Formative Voices: Transgender and Non-Binary Youth and Adults Voice Therapy Program* – Find Your Voice Music Therapy (province-wide)



“

“We have a space where we can express ourselves without being judged. There’s always a chance for us to grow and learn new lessons about ourselves and the people around us.” – Member, Aidaen’s Place Youth Wellness Centre

EDUCATION AND TRAINING TO PREVENT SUICIDE

Five organizations connected to create a cohort of care to prevent suicide in their communities. This initiative increased diversity among facilitators of Applied Suicide Intervention Skills Training (ASIST). Now 14 new facilitators from Indigenous, African Nova Scotian/ Black and 2SLGBTQIA+ communities have been trained. With suicide rates approximately three times higher among men, there was also a focused effort to recruit male facilitators.

Partners include:

- Canadian Mental Health Association - NS
- Complex Trauma Canada
- Halifax Search and Rescue
- Let Your Light Shine Jevon Link Society
- New Waterford Giving Hands Society



“

“The skills I gained from ASIST training saved my friend’s life.”

– Program participant, ASIST

ACCESS TO COUNSELLING SUPPORT

Mental health counselling can help someone make sense of experiences, resolve complicated feelings or trauma, offer insight into challenges or unhelpful patterns, and provide tools that empower and heal. Our partners serve vulnerable populations such as survivors of abuse, unhoused individuals, new Canadians, or those with financial barriers.

Highlights include:

- *Couch of Hope Counselling Services* – Healing Opportunities for People Everywhere (province-wide)
- *Maritime PTC Student Counselling Program* – Maritime Play Therapy (province-wide)
- *Creative Hub Mental Health Support Initiative for New Immigrants* – The Halifax Experience Foundation (Halifax)
- *Support Counselling Program* – Second Story Women's Centre (South Shore)



“

“I’ve been struggling with anxiety and depression; feeling unworthy, incapable, and like a failure. Going to therapy helped me learn the tools to cope. I feel supported, and I’ve learned to trust myself.”

– Couch of Hope client, Healing Opportunities for People Everywhere

“Mental health often gets swept under the rug in our industry. I’m very proud to be a part of normalizing mental health conversations and supporting others who are struggling with their mental health.” – Peer support volunteer, Construction Safety Nova Scotia

STRONGER TOGETHER THROUGH PEER SUPPORT

By connecting people with shared life experiences, peer support programs create community around difficult situations. Our partners at Construction Safety Nova Scotia developed a peer support program to destigmatize mental health concerns in an industry with an increased risk of suicide among its workers.



Other highlights include:

- *Peer Support Workers and Programming for Criminalized Individuals – 7th Step* (Antigonish, Cape Breton, Halifax, Pictou County, Tri-County)
- *Family Peer Support Group* – CMHA-NS (province-wide)
- *Queer Neurodivergent Peer Support Group* – Worth Living Mental Health (Halifax)
- *Peer Supporter Training* – SOAR: Survivors of Abuse Recovering (province-wide)

“The Elders gave me the precious gift of hope. The gift of knowing that someday I’ll no longer feel as I do.”
– Program participant, Women of First Light

SUPPORTING CULTURAL CONNECTION

The historical harms and systemic racism experienced by Indigenous and African Nova Scotian/Black people continue to impact communities today. We fund organizations that develop culturally relevant programming to create communal support and connection — two key elements of mental wellness.

Highlights include:

- *Barbershop Talks* – Nova Scotia Brotherhood Initiative (Colchester, Halifax, Tri-County)
- *Quilting to Help Ease Intergenerational Trauma* – Women of First Light (Colchester)
- *Mi’kmaw Rites of Passage: Empowering our Mi’kmaw Young Girls* – Mi’kmaw Circle of Hope Society (Cape Breton, Colchester)
- *Black Mental Health & Wellness Program* – Canadian Blue Wellness Association (Halifax)



VISION AWARDS

The Vision Awards celebrate individuals and organizations who share our vision of mental wellness for all Nova Scotians. Every year, we honour recipients who've made a significant contribution to *changing the way people* think about mental wellness, mental illness, and addictions.

PARTNERS IN OUR VISION

The **Nova Scotia Office of Addictions and Mental Health (OAMH)** delivers mental health and addictions education, prevention, treatment, and recovery programs. We're proud to partner with OAMH to fund our Community Grant program. With ongoing support from Minister Brian Comer and Senior Executive Director Francine Vezina's team, we've been able to expand our reach to fund more projects than ever before.





OUTSTANDING VOLUNTEER

Dani Squires has been volunteering on our Events Advisory Committee since 2020. She's been instrumental in planning some of our largest and most successful fundraisers, including Festival of Trees and the Evergreen Gala. Dani's silent auction contributions alone have fetched over \$40,000 for mental health programming across the province.



OUTSTANDING ACHIEVEMENT

We all know nurses are exceptional human beings, but they showcased their commitment to community at the 2023 **Nova Scotia Nurses' Union (NSNU)** Education Day in Truro. After NSNU presented us with a cheque for \$1,500, union reps from hospitals across the province stood, one by one, to declare additional donations. After an awe-inspiring ten minutes, the cheque amount grew from \$1,500 to more than \$11,000.

ENDING ON A HIGH NOTE

SAYING FAREWELL TO A FUNDRAISING TRADITION

BMO 

20TH ANNIVERSARY
**A DIFFERENT
Stage of Mind**
THE GRAND FINALE

BMO's A Different Stage of Mind *The Grand Finale* marked the 20th and final year of this signature fundraising event that raised over \$5 million since 2004. Hosted by HRM Mayor Mike Savage in his own last year of office, the event rocked a crowd of over 400 fans supporting BMO's The Bank Notes, The Carleton's Fleetwood Mac, CTV Atlantic's Suzette Belliveau as Shania Twain, and Bell Canada's Stuart Clow as Queen's Freddie Mercury. To honour its successful run, we recognized event creators Bob VanWart and Myrtle Corkum with Founder's Awards. Robert Zed, a frequent performer and fundraiser, received the Hall of Fame Award.



THE RBC EVERGREEN GALA

The **RBC Evergreen Gala** kicked off Halifax's Evergreen Festival and raised awareness of the increasing demand for mental health education and training. The gala featured an RBC Putting Challenge, an Air Canada and Touch of Gold raffle, silent and live auctions, and Steele Auto Group's always popular grand prize draw.



**SAVE
THE DATE!**

**NOVEMBER 30,
2024!**

LET'S KEEP TALKING

Let's Keep Talking, presented by Bell Let's Talk, recognized inspiring Nova Scotians for their contributions to the mental health community. Let's Keep Talking Award recipients included keynote speakers Dr. David Gardiner and Dr. Andrea Murphy, who focused on the connection between quality sleep and mental wellness.



**SAVE
THE DATE!**

**OCTOBER 9,
2024!**



Mike Sears
Outstanding Individual



Naphtali Tucker
Outstanding Youth



Robbie Shaw
Outstanding Senior



Sandra Miller
Outstanding Healthcare
Provider



Geoff Tyler
Outstanding Caregiver



SCRUMPTIOUS SUPPORT

Want to know the recipe for sweet fundraising success? Start with **Dartmouth Cookie Company's** local karma cookie fundraiser (\$500), add a double batch of Starr Cunningham's **famous whipped shortbreads** (\$15,000), and mix in a **Tim Horton's Smile Cookie Campaign** (\$177,000). It all adds up to a delicious \$192,500 for mental health.



DRIVING CHANGE

Family, friends and colleagues came together for a day on the links to honour a life lost too soon at the inaugural **Adam McLean Memorial Golf Tournament** in May. In September, **PSA Halifax** held a tournament in conjunction with the annual Port of Halifax Supply Chain Forum. Together these events raised over \$20,000.



COMMUNITY MATTERS

We connected with the Halifax Chamber of Commerce to host a candid conversation about preventing burnout at this spring luncheon event. Panelists Martina Kelades, Lorna Griffin-Fillier, and Stacy Darku joined Starr Cunningham to put mental wellness in the spotlight during Mental Health Week.



The Order of the Eastern Star of Nova Scotia and Prince Edward Island selected us as a charity partner. Individual members donated throughout the year and the total was presented at their Grand Chapter Assembly. Donations from PEI were directed to the Canadian Mental Health Association – PEI.



No trip to Cape Breton would be complete without visiting Chief Terry Paul at Membertou and spending time with Community Grant recipients. 2023-2024 saw us meet with our friends at the Cape Breton Regional Hospital Foundation, the Bereaved Families of Cape Breton Society, and St. John Ambulance.



Killam Apartments and Southwest Properties returned as matching partners for our Messages of Kindness holiday campaign. We also collected donations at the Halifax Brewery Market and FX 101.9 joined in on the fun.



THANKS TO OUR SUPPORTERS

We extend our gratitude to all of our supporters for every gift received, including those who wish to remain anonymous. This list recognizes supporters who contributed \$500 or more in the 2023-2024 fiscal year.

VISIONARY

Adam McLean Memorial Golf Tournament
Advocate Printing & Publishing
Stella & Scott Balfour
Believeco
Bell Canada
Bluedrop Training and Simulation
BMO Bank of Montreal
Don & Shelley Clow
Karen & Howard Conter
CTV Atlantic
Emera Inc.
Encore
Government of Canada
Government of Canada's Community Services Recovery Fund
Government of Nova Scotia
Kim & Chris Huskilon
J & W Murphy Foundation
Local HRM Tim Hortons Restaurant Owners
MacPhee Ford
Alicia Mccarvell
Moore Suites
Lisa Murphy
Nova Scotia Nurses Union (NSNU)
Order of the Eastern Star NS & PEI Chapters
William Oxner & Janet Rieksts Oxner
RBC Royal Bank
RPM Productions
Geno Sajko
Karen Spaulding
St. John Ambulance Council for NS and PEI
Steele Auto Group

Sutherland Harris Memorial Hospital Foundation
The Citrine Foundation of Canada
The Community Foundation of Nova Scotia on behalf of Green Shield Canada
The NSLC Community Giving Program
The Stevens Family Foundation
The Windsor Foundation
True Patriot Love Foundation

CHAMPION

Leslie Bishop
CBCL Limited
Marty Chernin
Kim & Heather Conrad
Credit Union Atlantic
Crombie REIT
Dalhousie University, Department of Psychiatry
Dan Stuart and Sarah Davidson
DeWolf Food & Wine Experiences/Halifax International Wine Festival
Fred & Elizabeth Fountain
Glow The Event Store
John Gourley
H&R REIT
IMP Group International Inc.
IWK Mental Health & Addictions Program
Rakesh Jain
John & Elizabeth Godin Charitable Trust
Killam Properties Inc.
Knightsbridge Robertson Surette
McInnes Cooper
Nova Scotia Power
Jill & Stephen Plummer

Port Singapore Authority Halifax Atlantic Hub
Christopher Pringle
Salon Resource Group
Southwest Properties
Sussex Capital and Vintech Aero Staff
The Berkeley
Touch of Gold
Westwood Developments Limited

LEADER

Accelerator Inc.
Alisa Alyward
Apple Canada - Employee Matching
Emmanuel Aquino
Ian Atkins
Atlantic Road Construction & Paving Ltd.
Greg Bakeeff
Norma & James Brannan
Sharon & Russ Brannon
Jason Buchanan
Build Nova Scotia
Castone Construction Ltd.
Marc & Clare Champoux
Terry Chisholm
Debbie Clark
Clearwater Seafoods Inc.
Ariela & Adam Conter
CUBE Business Media
Shannon Cunningham & Harrison Keenan
Starr Cunningham & Nick Peters
Joseph & Violet Diab
Charles A. Dwyer
Eacan Timber Limited

EdgePoint Wealth Management
Graeme Edward
Enterprise Holdings Foundation
Enterprise Rent-A-Car
Susan Evans
Cathy & Wadih M. Fares
Full Throttle Power Sports Limited
George F. Wade Foundation
GJM Charitable Foundation
Grant Thornton
Nicole Hunter
Jason Campbell Memorial Coasting Party
Ricardo Jebailey
Nancy & Darrell Johnston
Lindsay Construction Limited
Lundbeck Canada Inc.
Kim J. MacDonald
David S. MacDougall
Michael MacDougall
George MacLeod
Catherine Misener
Chris Moore
Anne Murray
Shirley Murray
Dolores Nickerson
NSNU - IWK Local
NSNU - St. Martha's Local
NSNU - Valley Regional Hospital Local
Office Interiors
Stephen & Suzanne O'Regan
O'Regan's Toyota Dartmouth
Herbert Orlik
Otsuka Canada Pharmaceutical Inc.
James Oyler
Robert Oyler
Paper Excellence Canada
Pepsico Beverages
Rank Inc.
Raymond James Canada Foundation/Michael
Freeman

rcs construction
resulta
Jeffrey Rudderham
Shannex Inc.
Gretchen V. Shaw
Greg Simpson
Skin Simple
Nancy Smith
Frank Sobey
Jim Spatz & Val MacDonald
Barry Stone
TC Moore Developments Ltd.
TD Wealth Private Wealth Management
United Gulf Developments Ltd.
Wadih M. Fares Family Foundation
Lisa Weatherhead
Jessica Weidenfeld
Helen Wesley
Deborah Windsor

BUILDER
Abbass Charitable Account
BAMO, Inc.
Bedford Skin Clinic
Suzette Belliveau
Ian Bezanson
Karen & Kevin Bezanson
John Black
Ronald Boudreau
Randall Boutilier
Catherine Campbell
Carolyn Chipman
David H. Christie
Construction Association of Nova Scotia
Heather Cook
Jolene Cook
Joan & Clay Coveyduck
Ambrose Currie
Dalhousie Department of Medicine (ACADOM)

Eleanor Decker
Andy DeCoste
Allen Denton
Kevin Desjardins
Nancy E. & Paul Doane
Ferguson Trydent Group Limited
Janice Foran
Lindsay Fougere
Jeremy Freed
FullerLandau LLP
Katelyn Gallant
Garian Construction Ltd.
Dale Godsoe
Joanne Gorveatt
Shareene & Paul Graham
Sherry Gregory
Stephen Harding
Amanda Harwood
Dani & Hans Himmelman
Home Instead Senior Care
Christopher Hubley
IBM Canada Employees' Charitable Fund
Kimberlee Julian
Wade Keller
William Kenney
Denise King
Lisa Lachance
Carol Loncarevic
Louisbourg Seafoods
Marian Macken-Issekutz
Dawn MacLachlan
Laura MacLellan
Andrew MacMillan
Janet MacQuarrie
Theresa McArthur
Linda McKay
Dan Merzetti
MSVU
Alexis Murphy

Steve Murphy
Nature Ridge Homes Ltd.
Kyle Niekamp
NSNU - Aberdeen Local
NSNU - Cape Breton Regional Hospital Local
NSNU - Cumberland Regional Local
NSNU - Dartmouth General Hospital Local
NSNU - Halifax Branch VON Local
NSNU - Northside Harbourview Hospital
NSNU - Parkstone Local
NSNU - VON Colchester East Hants Local
Patrick O'Regan
Kerry A. Peacock
Josh Priest
Deborah Ryan
Eric Schibler
Kathryn Schleit
Jennifer Shannon
Solasta
Calley Stapleton
Michelle Stone
Tantallon Community Medical Clinic
The Lansdowne Consulting Group Inc.
Sherri & David Topple
Twin City Management Ltd.
Diane van der Horden
Norma Wall
Jane Wells
Andrew Williamson
Nancy E. Wood
Karl Woolfsmith

MONTHLY DONORS

Erica Allanach
Alisa Alyward
Emmanuel Aquino
Shauna Archibald
Ian Atkins
Paul A. Bailey

Shannon Beck
Jeff Brett
Geoff Brinston
Doug Buffett
Krista Canning
Joyce Carter
Jill Chappell
Nancy Chase-Hill
Terry Chisholm
Debbie Clark
Jody D. Clarke
Heather Cook
Jolene Cook
Starr Cunningham
Jacob Dambergs
Shirley Davenport
Alison & David Davidson
Melanie Dempsey
Andrew Doucet
Leslie Dubinsky
Deborah Eaton & Tom Chisholm
Jeremy Freed
Lorna Griffin-Fillier
Ben Hagon
Cindy Hartlen
Nancy & Darrell Johnston
Monica Jordan
Jeff Keeler
Daniel Kelly
Anna Kennedy
Kenneth & Pat Kilby
Nicole Killawee
Melissa Kinsman
Jennifer Kogon
Donna Laffin
Clifford Levy
Kim J. MacDonald
Matthew MacDonald
David S. MacDougall

Marian Macken-Issekutz
Andrew MacMillan
Janet MacQuarrie
Kyle Niekamp
Bryan Rice
Claudette Richard
Sara Smysniuk
Calley Stapleton
Colten Steele
Twin City Management Ltd.
Lisa Weatherhead
F. Maureen White
Deborah Windsor
Geoff Wright
Julian Young
Anonymous (30)



MONTHLY GIVING

Giving back to the community has always been important to Deborah Windsor and her late husband, Howard.

Deborah and Howard started with annual donations but soon after transitioned to monthly giving. Our commitment to funding a range of supports — from counselling services to music therapy and peer support groups — appealed to their community-minded family.

“We like the fact that the Foundation is community-based and that it looks broadly at solutions,” says Deborah. “Supporting mental health should be recognized as a community need, especially in terms of building a healthier society.”

To join Deborah as a monthly donor, visit mentalhealthns.ca/team-hope



COMMUNITY GIVING

Thanks to donations from staff, shoppers, and suppliers during NSLC’s 2023 Holiday Campaign, we received a gift of over \$150,000 to establish the **NSLC Community Connections Grant**. This grant recognizes the many NSLC team members who volunteer and fundraise to ensure the most vulnerable in our communities are supported.

We also worked with partners to establish two more named grants in 2023-2024: the Emera Youth Mental Health Grant and The Stevens Family Foundation Grant.

To learn more about establishing a named grant, please contact us.

NSLC

SUMMARIZED FINANCIAL STATEMENTS

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

Year ended March 31	2024	2023
Revenue		
Donations	\$ 3,698,285	\$ 3,167,021
Special events	620,096	576,864
Interest income	218,872	70,211
Miscellaneous	147,098	136,878
Services	1,692	4,500
	<u>4,686,043</u>	<u>3,955,474</u>
Expenses		
General and administrative	844,915	685,973
Special events	260,896	237,224
	<u>1,105,811</u>	<u>923,197</u>
Net revenues available for community funding	3,580,232	3,032,277
Community funding	<u>3,581,085</u>	<u>3,096,703</u>
Deficiency of revenue over expenses	\$ (853)	\$ (64,426)
Net assets, beginning of year	\$ 1,126,024	\$ 1,190,450
Deficiency of revenue over expenses	<u>(853)</u>	<u>(64,426)</u>
Net assets, end of year	<u>\$ 1,125,171</u>	<u>\$ 1,126,024</u>

Mental Health Foundation of Nova Scotia

Statement of financial position

March 31 2024 2023

Assets

Current		
Cash and cash equivalents	\$ 1,260,799	\$ 1,202,549
Cash held for custodial funds payable	15,250	15,928
Receivables	102,339	62,332
Short term investments	3,612,151	2,090,703
Prepays	<u>36,939</u>	<u>18,294</u>
	<u>5,027,478</u>	<u>3,389,806</u>
Investments	203,560	-
Capital assets	<u>2,677</u>	<u>5,833</u>
	<u>\$ 5,233,715</u>	<u>\$ 3,395,639</u>

Liabilities

Current		
Custodial funds payable	\$ 15,250	\$ 15,928
Payables and accruals	130,825	139,178
Deferred contributions	<u>3,962,469</u>	<u>2,114,509</u>
	<u>4,108,544</u>	<u>2,269,615</u>
Net assets	<u>1,125,171</u>	<u>1,126,024</u>
	<u>\$ 5,233,715</u>	<u>\$ 3,395,639</u>

“The audited financial statements of the Mental Health Foundation of Nova Scotia for the year ended March 31, 2024, as audited by Grant Thornton, LLP 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”

BOARD OF TRUSTEES

Alisa Alyward, Chair

RBC

Morgan Manzer, Vice Chair

Nova Scotia Legal Aid

Paul Shirriff, Treasurer

CIBC

Adam Conter

Priority 1 Real Estate

Lorna Griffin-Fillier

NSH Clinical Social Worker

Darrell Johnston

Community Volunteer

Kim MacDonald

13 Factors for Business Growth

Janet MacQuarrie

RBC

Lindsay Peach

Mi'kmaw Health and Wellness

Bryan Rice

V.J. Rice Concrete Limited

Jennifer Simister

Steele Auto Group

Starr Cunningham

Ex officio



RBC Career Launch Associate Seedak Taneja joined us for a three-month rotation in the fall. Seedak's warm personality, exceptional IT knowledge, and sharing of delicious Diwali laddoo sweets made him a perfect fit with our team.

Thank you, Seedak and RBC!



THANKS TO OUR VOLUNTEERS

Our dedicated volunteers are always ready to help! We extend a heartfelt thanks for their time and commitment.



Changing The Way People Think

Mental & Health Foundation

of Nova Scotia

-  [mentalhealthns](#)
-  [@mentalhealthns](#)
-  [@mentalhealthns](#)
-  [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

Charitable Registration Number:
8586 35675 RR0001
[mentalhealthns.ca](#)

Print Partner

Advocate

Branding Partner

believeco:

Media Partner



Video Partner



Professional event photography provided by Stoo Metz and Photo Geegee.