



Amis de la santé mentale  
Friends for Mental Health

ANNUAL  
REPORT

2022-2023

# THE YEAR 2022-2023 IN NUMBERS

**841** members have received services

**352** new clients

**241** information calls

**1494** counselling sessions

**404** attendance at courses and workshops

**244** attendance at support groups

**1834** people met at our kiosks

**11** volunteers

**1067** hours of volunteer work

**654** families helped!

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# WORD FROM THE PRESIDENT AND DIRECTOR

It is with great confidence in the future that I leave this organization, where I have experienced many challenging and impressive moments. The year 2022-2023 began with a great deal of instability and crisis, but fortunately, with the help of the dynamic and committed Board of Directors, to whom I offer my warmest thanks, Friends for Mental Health has found a new direction, which I believe will take the organization to where it deserves to be in the community, offering services to the loved ones and families of people living with mental health issues.

Many of our programs are on a roll, and the statistics in our 2022-2023 annual report regarding our service users show that more and more of you are taking advantage of our services, for your well-being and that of your loved ones. Friends for Mental Health has an outstanding team that is available, attentive, accessible, and competent. I would especially like to thank them for their commitment to our organization and their unfailing support.

I wish you an excellent 2023-2024. For me, Friends for Mental Health remains a very enriching and memorable community experience.



Michèle Paquette  
President

The past year has been a challenging one for our organization. Although there was no general management for the first part of the year, the entire team was able to adjust to this particular context in order to continue working and keep the ship afloat. The team demonstrated openness, adaptability, and resilience. I started as Executive Director of the organization in August, and we've had some great opportunities for growth and development, notably with the publication of our regional guide *The Caregiver's Ally in Mental Health*, and the roll-out of our mindfulness workshops. Determined to create a positive future, we have several projects lined up for 2023-2024.

So we end 2022-23 with a sense of satisfaction. The results of our activities illustrate our efforts and our deep roots in the community. Thank you to our team, our Board of Directors, our volunteers, our partners and, of course, our valued donors.



Isabelle Paquette  
Executive Director

# ABOUT US

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## Who we are

We are a non-profit organization that supports the friends and family of a person living with a mental health issue. We offer psychosocial support, information and training. Since 1981, we have been working to improve the quality of mental health services for our community. In close collaboration with other community stakeholders (professionals, hospitals, CLSCs and other organizations), we aim to raise awareness about the impact of mental health issues on people's lives.

## A little history

On October 6, 1981, two mothers met to plan the creation of a support group for parents and friends of people with mental health issues. Their mission was to address the lack of adequate support and services for individuals with mental health issues and their families in the West Island. For many years, the organization was run by parent volunteers.

Forty-two years later, Friends for Mental Health is a well-established non-profit organization with 10 highly qualified staff, an experienced Board of Directors and over 660 families served last year alone!

Friends for Mental Health is the only organization on the West Island that provides services to people who have a loved one living with a mental health issue.



# ABOUT US



## Our mission

To provide support and other services to those caring for a person with a mental health issue.

## Our objectives

1. To promote mental health by providing counselling, education programs, support groups and other ancillary and related services to those in the entourage of a person living with a mental health issue.
2. To promote mental health by educating and raising public awareness of mental health issues with a view to breaking down the stigma associated with mental health issues through lectures or other public presentations and the distribution of information on this topic.
3. To do all things incidental and related to mental health promotion.

## Our values

**Authentic humanism:** respect for the dignity and autonomy of the individual, with solidarity, authenticity and commitment.

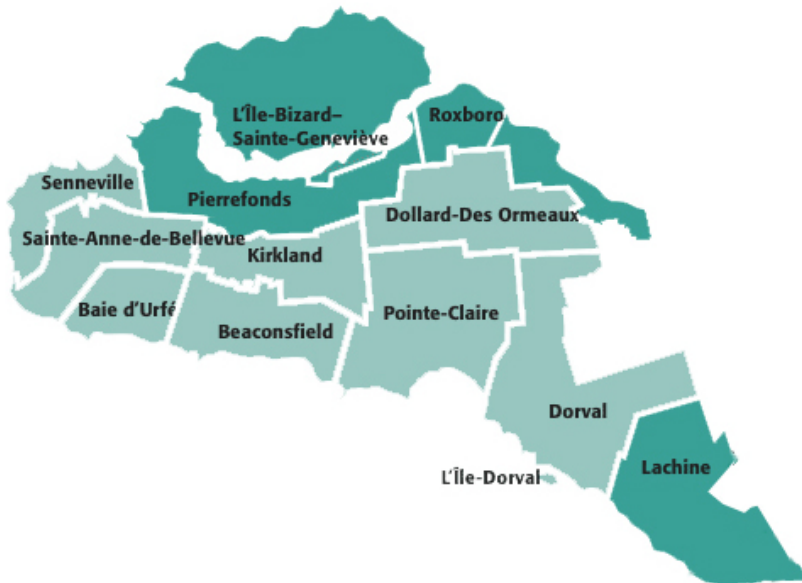
**Professionalism:** knowledge, know-how and interpersonal skills that allow us to offer high quality services and to distinguish ourselves.

**Dynamism:** refers to creativity and action, such as to take action, to build, to create, to innovate, to dare, to accomplish, to achieve and to provide leadership.

### Mental health issues we help our members with

- Borderline personality disorder
- Schizophrenia and psychosis
- Bipolar disorder
- Obsessive-compulsive disorder
- Depression
- Anxiety disorder
- Comorbidities (mental health issues and addiction)
- Major undiagnosed disorders

# ABOUT US



## Area served

We serve the population of the West Island of Montreal. Approximately 75% of our members live in the region of the Centre intégré universitaire de santé et de services sociaux de l'Ouest-de-l'Île de Montréal (CIUSSS ODIM). We also offer our services to families who do not have access to these services in their region.

We acknowledge that FMH is located on traditional territory of the Kanien'kehá: ka Nation, which has never been ceded.

## Diversity and inclusion

We are committed to being inclusive of our members and the general population. Since 74% of our members are English-speaking and 26% are French-speaking, our services are offered in both languages. Our team includes employees who can speak and/or understand the following languages:

- French
- English
- Spanish
- Arabic
- German

In order to offer services that are better adapted to the reality of our members, they have the opportunity to meet with our counsellors

- in person
- by videoconference
- by telephone

Our offices are open Monday to Friday from 9:00 am to 4:30 pm. Many of our group activities take place in the evening from 6:30 pm to 8:30 pm.

# BOARD OF DIRECTORS

The Board of Directors is democratically elected and is composed of eleven (11) directors, a majority of whom are family members (user members) and a maximum of five (5) resource administrators (members of the community or other organizations).



Michèle Paquette  
President  
Resource administrator



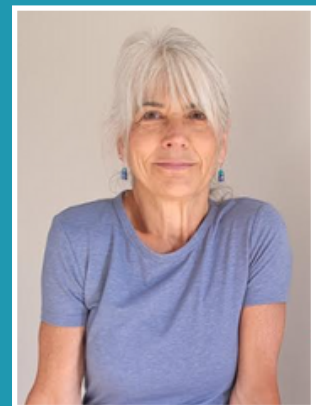
Nicole Vien  
Vice President  
Family member



James Gregorio  
Treasurer  
Resource administrator



Violaine Lacroix  
Secretary  
Family member



Anne Vrana  
Administrator  
Resource administrator



Patrick Carpentier  
Administrator  
Resource administrator



Patricia McIntyre  
Administrator  
Family member



Cheryl Pratt  
Administrator  
Family member



Raphaëlle Petitjean  
Administrator  
Family member

# OUR TEAM



Isabelle Paquette  
Executive director



Moustafa Elrakhawy  
Clinical Supervisor  
Ph.D. Psychiatry



Julie Clément  
Counsellor  
B.A., TRAMd



Jessica Schiff  
Counsellor  
M.A. Social Work



Gabriel Coutu  
Counsellor  
M.A Dramatherapy



Samantha Dobbin  
Counsellor  
M.A Art Therapy



Alexandra Bellefeuille  
Administrative Assistant



Hope Jaikaransingh  
Community Agent



Andreea Calian  
Awareness and Support  
Agent

# HUMAN RESOURCES



## NEW!

### Group Insurance Plan

Employees working at least 21 hours per week are now eligible for a group insurance plan at the end of their probationary period. Coverage includes life insurance, spousal and dependent life insurance, long-term disability insurance, extended health care benefits such as drugs, travel insurance and paramedical services, and dental benefits. Contributions are paid 50% by the employer and 50% by the employee.

### New Policy

A new policy on the prevention and management of situations of psychological and sexual harassment, conflict or violence in the workplace has been developed.

### Training courses taken by the team

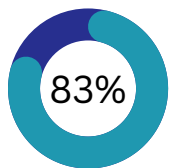
Throughout the year, we offer our employees the possibility of continuing education. A budget is set aside for this purpose. In order to provide optimal assistance to the members of the entourage and to offer services at the cutting edge of the latest advances in mental health, the staff has participated in several training sessions, including:

- Formation sur la santé mentale périnatale
- Autism: Strategies for Self-Regulation, Learning, and Challenging Behaviours
- Approches et outils d'aide à la gestion de la médication en santé mentale
- Anxiété de performance : la comprendre pour mieux la surmonter
- Dialectical Behaviour Therapy - Balancing Acceptance and Change
- Mind Matters: An Exploration of PTSD, SUD, Moral Injury and Trauma Related Guilt
- Self-compassion and mindfulness in the prevention and treatment of mental health problems
- Mental Health and Cannabis Education
- Formation sur l'intervention auprès des Jeunes
- Mesures alternatives à la P-38 : comment mieux outiller les familles et les intervenants
- Les troubles de la personnalité: État des connaissances et innovations thérapeutiques
- Mind Matters: An Exploration of PTSD, SUD, Moral Injury and Trauma Related Guilt

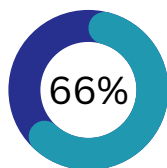
# EVALUATION

Offering quality services that meet the needs of our members is paramount to us. In order to evaluate and quantify our customer satisfaction, we sent an anonymous online questionnaire to all our users. We asked them to evaluate all of our services and give us their feedback to ensure that we are providing all of our members with the best services, tailored to their needs. We had 66 respondents.

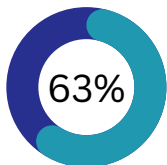
Here are the results:



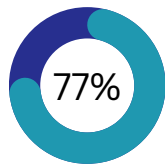
are very satisfied with the counselling and art therapy services



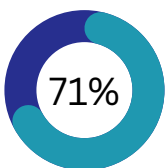
are very satisfied with the support group service



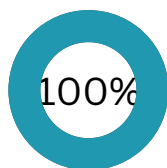
consider that the services have helped them a lot in their relationship with their loved one



are generally very satisfied with the services they receive



are very satisfied with the courses and workshops



would recommend our services to someone they know

“

Amazing. I was fortunate to have several sessions with a counsellor from your counselling service. He listened to me, gave me excellent advice and information. He was very knowledgeable about his subject. It was a liberation for me at a time when I didn't know what to do with my daughter and her behaviors due to her illness.

“

The one-on-one counselling really helped me to focus on what was important to me. It has had a huge impact on the support we provide to our loved one.

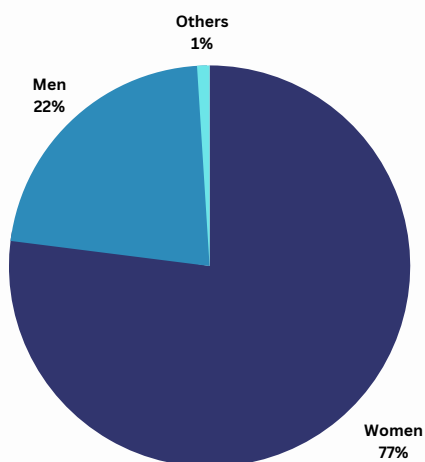
“

I found the courage to tell what we were going through at home, and the support group was not surprised to hear what we were going through, which gave me the strength I needed at that time, and I thank you for that.

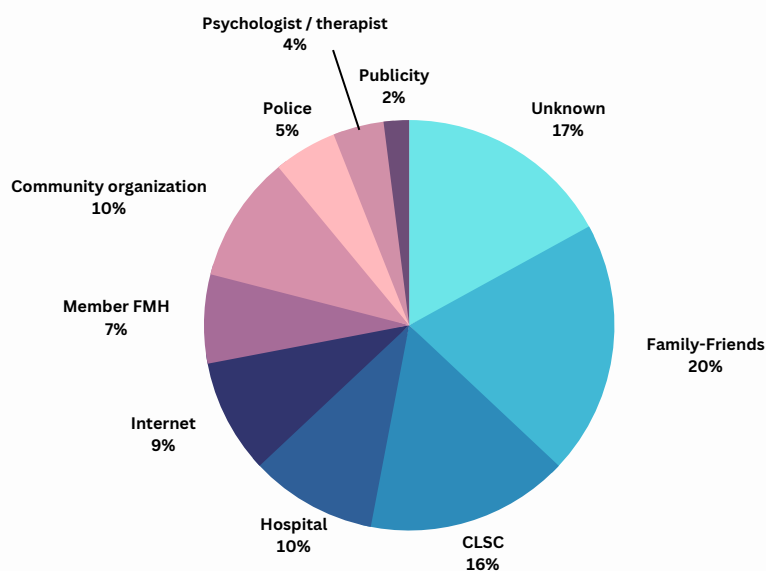
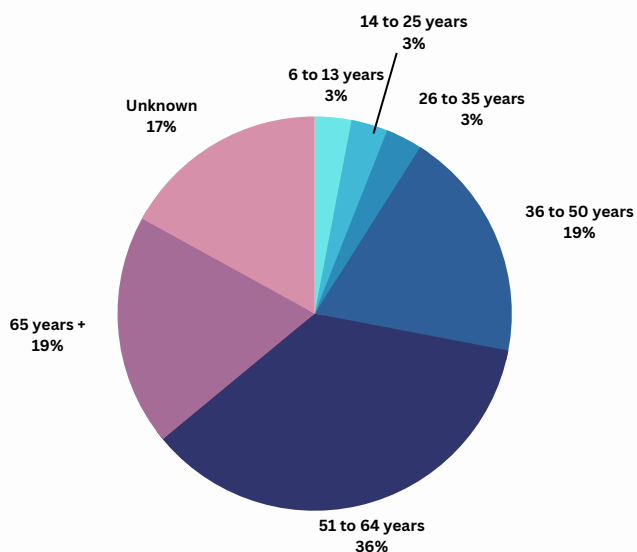
# STATISTICS

## Member profile

### Gender Identities



### Ages



### Referral

#### *How do our members find out about FMH?*

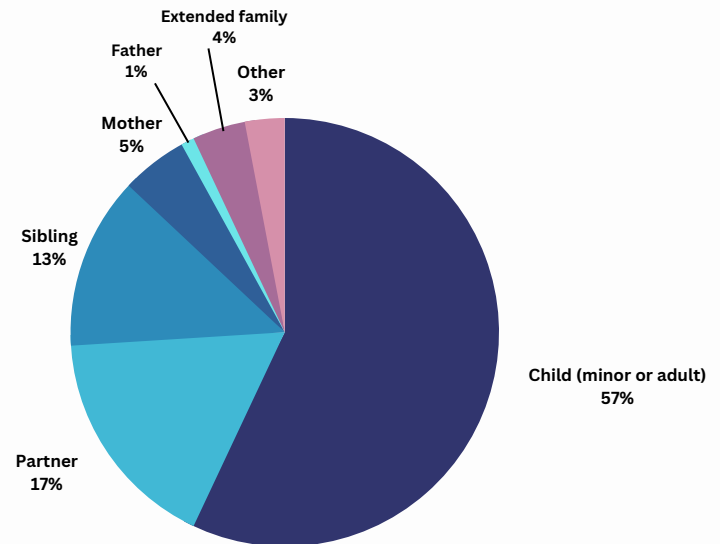
We receive referrals from many channels, whether it be through word of mouth, the CLSC, hospitals or other community organizations. Our ongoing efforts to maintain and build relationships with our partners and other community stakeholders remain a valuable tool in reaching West Island families.

# STATISTICS

## Family members living with a mental health issue

### *Who do our members support?*

The vast majority of our members accompany their children (minors or adults) living with a mental health issue (57%). Our new support group for parents of children living with anxiety was created to respond to the needs of parents in the community.

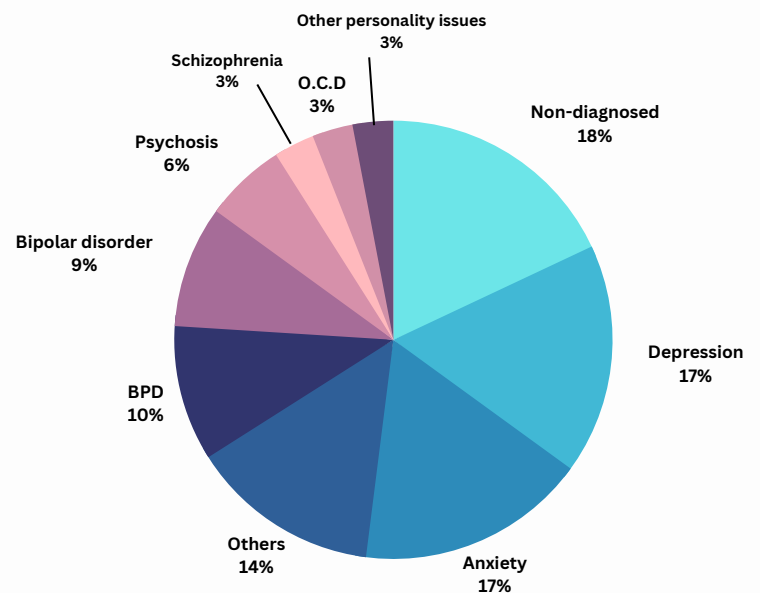


## Diagnoses of loved ones living with a mental health issue

### *Which mental health issues are involved?*

Our services are mainly requested by caregivers of loved ones living with anxiety (17%) and depression (17%).

We also noted that among our clients, a significant percentage (18%) have a loved one with no diagnosis. Knowing well that there can be significant barriers to obtaining a diagnosis in some cases, we are pleased to offer the support services that families need, regardless of their loved one's diagnostic status.



# SERVICES

## Psychosocial interventions

### Counselling

Individual or group counselling aims to support the family members of a person living with a mental health issue. This follow-up aims to preserve the emotional and psychosocial balance of the family, thus promoting stability and greater autonomy for the person living with a mental health issue. This allows the accompanying persons to face their situation in a healthy way and to overcome the disorganization that results from a lifestyle centered on the mental health issue of their loved one.

Short and medium term follow-up is offered. Our counsellors adapt their interventions according to the specific needs of the family members and the situations they are experiencing. In order to be as accessible as possible to everyone, the counsellors offer in-person sessions and telecounselling by Zoom and by telephone to caregivers.

**1494** counselling sessions  
(1464 in 2021-2022)



**1494**

Counselling sessions, art therapy  
and drama therapy sessions

**186**

Phone and email interventions

**24**

Court orders

**1704**

### Provisional Custody for the Purpose of a Psychiatric Assessment

Throughout the year, we assist our members and West Island residents in preparing to apply for a court order. The main purpose of a court order is to act as a preventative measure. It ensures that a person receives an assessment by trained professionals who can evaluate the level of danger in a given situation. Our counsellors are trained to help people better understand the challenges involved in a court order and to offer sound advice.

**24** Court orders  
(22 in 2021-2022)

# SERVICES

## Psychosocial interventions

### Art therapy - individual and group

Art therapy involves the creation and exploration of artistic productions with an art therapist. Participants explore the difficulties associated with their loved one's mental health issue, the emotions and feelings they evoke and how to adapt to them using their inner resources. Thematic workshops invite participants to experiment with a wide variety of art materials. In a friendly and relaxing atmosphere, the art therapist presents a variety of creative exercises. The goal is to learn new approaches to understanding and expressing oneself. Art therapy is offered to people of all ages.

**173** art therapy sessions  
(213 in 2021-2022)



### Dramatherapy **NEW!**

In January 2023, we added a new type of psychosocial intervention: drama therapy. Dramatherapy is a form of therapy that incorporates dramatic techniques. It is a creative space for goal setting, story telling, problem solving and emotional expression. It is offered to people of all ages.

**12** dramatherapy sessions

### Counselling for young caregivers

When someone close to them is living with a mental health issue, children and youth often struggle with difficult emotions, questions and guilt. It is important for these children to have a safe space to better understand and express their emotions. This is why Friends for Mental Health offers services adapted to the different realities of youth aged 6 to 25. It is possible for children and youth to participate in art therapy, drama therapy or counselling sessions.

**25** youth clients  
(17 in 2021-2022)

**150** youth counselling sessions  
(148 in 2021-2022)

# SERVICES

## Group activities



### Courses offered

- A Caregiver's Guide to Understanding Borderline Personality Disorder (in French)
- A Caregiver's Guide to Understanding Borderline Personality Disorder (2x)
- Calming and Preventing Crisis Situations (in French) (2x)
- Bipolar Disorder: A Path to Recovery

### Workshops offered:

- Emotion Validation Workshop (in French)
- Emotion Validation Workshop
- Preserving Your Mental Health as a Caregiver
- Healthy Limits and boundaries workshop (in French)
- Healthy Limits and Boundaries Workshop

### Courses and Workshops

Facilitated by our counsellors, our courses and workshops are a great way for members to learn more about different mental health issues, how to better interact with others, and how to take care of themselves in the role of caregiver. They also provide a space for participants to share their experiences with others who are in similar situations.

All of our courses and workshops have been offered online on Zoom.

### NEW!

This year, we have created a brand new workshop offered in French and English called Emotion Validation. This workshop helps participants explore the process of recognizing and connecting to the other person's emotional experience without condoning inappropriate behavior.

**160** participants  
(98 in 2021-2022)

**52** meetings  
(63 in 2021-2022)

**404** attendances  
(567 in 2021-2022)

# SERVICES

## Group activities

### Support groups

At Friends for Mental Health, we recognize the importance of peer support. That is why we offer our members various support groups about different mental health issues, facilitated by one of our counsellors. These support groups are a safe and confidential place for people to talk with others who are going through similar situations. Participants learn strategies to better manage the impact of the mental health issues present in their lives, while benefiting from the mutual support of their peers.

Our groups are offered monthly on an ongoing basis using Zoom.

### NEW!

This year, we have created a new support group to meet the needs of parents who have a child living with anxiety.

**92** participants  
(66 in 2021-2022)

**38** meetings  
(75 in 2021-2022)

**244** attendances  
(318 in 2021-2022)



### Support groups offered:

- Borderline Personality Disorder Support Group
- Psychosis and Bipolar Disorder Support Group
- Depression and Anxiety Support Group
- Men's Support Group
- Support group for parents of children living with anxiety

# SERVICES

## Group activities



### Respite

Having a loved one living with a mental health issue can come with its own set of mixed emotions. As a result, caregivers often experience compassion fatigue. That is why we offer our members respite activities that allow them to take a break from the daily grind and refocus on their needs and happiness. Our respite activities also aim to create a sense of belonging and to allow for exchanges between peers.

### NEW!

These world renowned workshops, valued at over 500\$ per participant, we offerd free of charge thanks our certified mindfulness trainer.

Activities	Meetings	Participants
Mindfulness training for emotional resilience	4	72
Mindfulness training for emotional resilience (in French)	4	17
Mindfulness-based stress reduction training	9	110
Movie night	1	8
Holiday dinner at La maison verte	1	52
<b>TOTAL</b>	<b>19</b>	<b>259</b>

Year 2021-2022

41

242

# SERVICES

## Group activities

### Conferences

Throughout the year, we offer several conferences to the public in order to educate them on mental health issues and related topics. We have been fortunate to have various experts share their knowledge, expertise and experiences with our members and the community. At our conferences, we provide an opportunity for participants to ask our guests questions.

Our conferences have taken place on Facebook Live as well as on Zoom and are available on our YouTube channel.



Conference	Participants
Hope, recovery and resilience - Richard Langlois (in French)	13
Better understanding and helping anxious children - Anne Lacasse (in French)	1900
Towards a better understanding of the experience of loved ones during coercive episodes in psychiatry - Pierre Pariseau-Legault (in French)	73
Unstable mental health and substance abuse go hand in hand - Liane Berry	213
My BPD journey: challenges, obstacles and happiness - Ève Miron (in French)	40
<b>TOTAL</b>	<b>2239</b>

Year 2021-2022: 2 conferences

237

# OUTREACH PROGRAMS

## Youth Program

Our school-based youth awareness program aims to meet with young people to raise awareness about mental health and contribute to destigmatization. We offer presentations and kiosks at various schools and community organizations. These presentations give participants the opportunity to learn more about the importance of taking care of themselves, the warning signs of a mental health issue, the strategies to adopt to help a loved one living with a mental health issue, and the resources available to them and their loved ones.



### Helping Unfiltered: By Youth for Youth

In October 2022, we were able to establish the Helping Unfiltered: By Youth for Youth program offered by the Réseau avant de craquer. We were able to hire an outreach and support worker to meet with youth in their communities to raise awareness about mental health and provide support. We have been able to reach out to youth by inviting them to presentations, kiosks and activities.

Youth program awareness activities	Meetings	Participations
Presentations in schools	14	285
Kiosks in schools	4	378
Community Presentations	3	39
<b>TOTAL</b>	<b>21</b>	<b>702</b>

Year 2021-2022

28

866

# OUTREACH PROGRAMS

## Program adapted to cultural communities

This program aims to reduce the stigma associated with mental health and to facilitate access to services for clients from various cultural communities. In order to better reach them, we collaborate with different organizations already established in their communities to offer them presentations on different topics related to mental health. Each presentation we give is adapted to meet the specific needs and characteristics of that particular community. In this way, we aim to increase the number of families who are aware of, and informed about, our service offer and those of our mental health partners.

Cultural communities	Meetings	Participations
CIMOI Dorval (African and Asian communities)	1	3
NISA Support (Muslim women's organization)	3	45
Azzdah Events (South-east Asian community)	1	40
CIMOI Pierrefonds (Immigrant communities)	1	5
<b>TOTAL</b>	<b>6</b>	<b>93</b>

Year 2021-2022

2

56

Furthermore, we work to increase our visibility and presence in cultural communities by offering kiosks and activities at various events in which they participate. This year, thanks to Bell Let's Talk, we created videos explaining our services with subtitles in Arabic, Mandarin and Spanish to better reach people who use the internet and social media.

**4** kiosks and events  
(no kiosk in 2021-2022)

**632** individuals met



# SPECIAL PROJECTS

## **Regional Guide: The Caregiver's Ally in Mental Health**

With the financial support of the Zhubin Foundation and of Lundbeck Canada Inc., we have updated and improved upon our 2003 regional guide. Our revised edition helps people who are accompanying a loved one living with a mental health disorder to demystify the disorder and the health care system, to better understand their role as a caregiver, to better equip themselves to deal with difficulties, and to find concrete solutions to better care for themselves.

To date, 800 copies have been printed in French and English. We hope to distribute this guide to all our members. It will also be available in a digital version on our website.



## **Extending our psychosocial services to English-speaking communities in the greater metropolitan area**

Some family agencies do not offer services in English in their area. We are committed to providing services to as many families in need as possible. Our mental health partner, Community Health and Social Services Network (CHSSN) supports us and has funded us to extend our services to the underserved English-speaking population in the metropolitan area. This funding allowed us to provide services in English to 92 clients from outside the West Island.

## **Pilot Project with the Montreal Police Department: Station 5**

When a person with a mental health issue is in crisis, it is often the case that the members of their entourage require the services of the police. The police are in direct contact with the family and friends and offer support resources when possible. We established a link with the police force to facilitate their support. The pilot project that was created allows police officers to obtain a referral agreement to our organization, signed by the families. Following the reception of the referral form, we commit to contact the family within two working days to offer them our services. The goal of this project is to ensure services and a quick follow-up with the families who are living in crisis situations.

The project was implemented in February 2023 and we have received five referrals from the police.

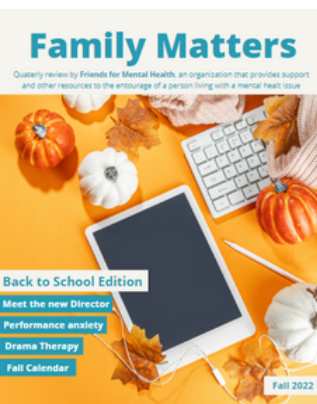
# COMMUNITY OUTREACH

## Kiosks

Each year we are invited to participate in several events throughout the region. These events are important to us as they allow us to have a presence in the community and increase our visibility.

**8** information and activity kiosks  
(2 in 2021-2022)

**824** individuals met  
(40 in 2021-2022)



## Radio Show

February 27, 2023 FMH spoke on CBC Radio during the Let's Go show to talk about anxiety. This invitation came following a presentation on anxiety in children that was given in collaboration with the West Island Women's Center.



## Communications

This year we revised our communication tools and channels to ensure that we better reach the community. The following was accomplished:

- Our services brochure and poster were redesigned with a more eye-catching and current look.
- We created a new look for our youth program, including new flyers and a poster. All of our presentations and kiosks have been adapted to reflect this visual.
- For the 2022-2023 year, we paid special attention to our social media presence.
- We created three new editions of our quarterly Family Matters magazine which we distributed to over 1300 people: members and partners.

# NETWORKING

As a community organization offering services to the family and friends of a person living with a mental health issue, we are a member of the **Réseau Avant de Craquer**. The Réseau Avant de Craquer (RAC) is a provincial non-profit community organization whose mission is to bring together, represent, support and mobilize organizations working with the loved ones of people living with a mental health issue and to bring the voice of loved ones to the national level. As part of our collaboration with the RAC:

- We participated in the annual directors' meeting.
- We met with 7 member organizations.



## Community organizations and partners:

- L'Équipe Entreprise
- Centre Bienvenue
- West Island Women's Shelter
- West Island Women's Centre
- Omega Community Resources
- West Island Crisis Center
- AMCAL Family Services
- LGBTQ2+ Centre
- Aire Ouverte
- Lakeshore Outpatient Psychiatric Clinic

## Tables de concertation and comitees:

- Table de concertation en santé mentale de l'Ouest-de-l'Île
- Table de concertation enfance-famille-jeunesse de l'Ouest-de-l'Île
- Table de quartier nord
- Comité Vivre Ensemble
- Youth Advisory on Diversity Committee

Community networking allows us to create links with other professionals in the field and to expand our network of contacts, but also to learn more about the resources available. This year, we organized several meetings with different community groups and sat on various tables and committees.



## Collaborations

- In collaboration with the West Island Women's Centre, we had the pleasure of presenting a webinar on anxiety in children to their clients.
- We participated in the creation of an intercultural happy hour with the Comité Vivre Ensemble.

# FINANCIAL REPORT

The financial statements are audited by Vinh, Patenaude CPA inc. a firm of chartered professional accountants.

Income	2022-2023	2021-2022
CRSSS entraide	178,321\$	174,398\$
CRSSS non-recurrent	55,032\$	32,977\$
Centraide	98,461\$	98,461\$
Fed. Gov. article 25	4,598\$	8,692\$
Other grants	30,000\$	0.00\$
Gov. MNA	500\$	3,500\$
Municipalities	11,947\$	15,250\$
Réseau avant de craquer	11,095\$	0.00\$
West Island Community Share	40,000\$	45,000\$
Service agreements	0.00\$	20,000\$
Donation	191,052\$	158,303\$
Membership fees	9,588\$	7,509\$
Interest income	4,751\$	1,119\$
Miscellaneous	3,474\$	2,188\$
<b>Total</b>	<b>638,819\$</b>	<b>567,397\$</b>

Expenses	2022-2023	2021-2022
Salaries and benefits	396,448\$	385,878\$
Contractual services	38,759\$	17,839\$
Travelling expenses	710\$	929\$
Advertising	34,050\$	540\$
Volunteer fees	803\$	230\$
Dues, conferences, training and documentation	25,951\$	6,612\$
Rent	33,095\$	33,095\$
Insurances	3,074\$	5,058\$
Telecommunications	4,391\$	5,221\$
Office expenses	9,837\$	7,081\$
Professional fees	5,374\$	4,944\$
Bank fees	860\$	448\$
Amortization of fixed assets	6,021\$	13,590\$
Meetings and activities	10,556\$	9,071\$
<b>Total</b>	<b>569,929\$</b>	<b>490,536\$</b>

<b>Surplus</b>	<b>68,890\$</b>	<b>76,861\$</b>
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The Board decided to allocate an amount of \$150,000 for relocation purposes and transferred the amount of \$41,663 from the reserve for serious lack of resources to the relocation reserve for moving initiatives. The amount in the reserve of \$21,923 was not used in 2022-23 and will be used in 2023-24 for the virtual training adaptation project.

# FUNDERS AND DONORS

We would like to thank all of our funders and donors without whom it would be impossible to continue our vital mission to the community.

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# PRIORITIES FOR ACTION 2023-2024

## Development of new services

- At the beginning of the coming year we are offering a family peer help service to all our members. The members will be able to benefit from the support and expertise of two trained family peer helpers.
- For the year 2023-2024, we wish to open our services to a population that we do not currently serve: people who have a loved one living with a perinatal mental health issue. According to statistics, 1 in 7 women will experience perinatal depression and 15% of women will experience perinatal anxiety. It is therefore important for us to be able to offer services adapted to the reality of the people who accompany them.
- A new course on anxiety will be offered to our members during the year.



## Updates to our courses and workshops

We are committed to providing services that are on the cutting edge of the latest advances in mental health. With this in mind, we feel that some of our courses and workshops need to be updated during the year. Extensive revision work will be done by our counsellors during the summer. We hope to offer the updated courses as early as September 2023.

## Library update

Our book classification system is outdated and an improvement plan is in the works. This will facilitate access to our members who are interested in additional or complementary information.

## New website

The redesign of our website is of utmost importance to us as it is our main channel to communicate our services to the community. In 2023-2024 a new website will be launched to our clients that is easier to use and better adapted to their needs.



186, Sutton Place, Suite 121  
Beaconsfield, QC H9W 5S3

514-636-6885  
[info@asmfmh.org](mailto:info@asmfmh.org)