



Amis de la santé mentale
Friends for Mental Health

ANNUAL
REPORT

2025-2026

THE YEAR 2025-2026 IN NUMBERS

751 individuals have received services

427 new service requests

1,744 counselling sessions

343 creative therapy sessions

256 attendance at courses and workshops

449 attendance at support groups

5,153 people met at our kiosks and events

17 volunteers

1,075 hours of volunteer work

TABLE OF CONTENT

| | |
|--------------------------------------|----|
| WORD FROM THE PRESIDENT..... | 3 |
| WORD FROM THE DIRECTOR..... | 4 |
| ABOUT..... | 5 |
| NETWORKING..... | 8 |
| BOARD OF DIRECTORS..... | 9 |
| OUR TEAM..... | 10 |
| HUMAN RESOURCES..... | 11 |
| EVALUATION..... | 12 |
| STATISTICS..... | 13 |
| SERVICES..... | 15 |
| WHAT'S NEW..... | 22 |
| COLLABORATIONS..... | 23 |
| SPECIAL PROJECTS..... | 24 |
| OUTREACH PROGRAMS..... | 25 |
| COMMUNITY OUTREACH..... | 27 |
| FINANCIAL REPORT..... | 28 |
| FUNDERS AND DONORS..... | 29 |
| PRIORITIES FOR ACTION 2026-2027..... | 30 |

WORD FROM THE PRESIDENT



Nicole Vien
President

Friends for Mental Health celebrates its 45th anniversary! Happy anniversary to our founders, Françoise Vien and Gen Steventon, as well as to our executive directors, staff members, board members, volunteers, and client-members. Thank you to our partners in the health network and to all the generous donors who have invested in our cause. A special thank you to the Zhubin Foundation for enabling us to thrive in our own warm and bright space.

On behalf of the Board of Directors, I would like to highlight our organization's commitment to sound financial management, the delivery of high-quality professional services, and the creation of a motivating work environment. Our finance, philanthropy, HR, and real estate committees provide valuable support and expertise that contribute to our success. Thank you to our dedicated volunteer board members. Our surveys show high levels of satisfaction among both our clients and our staff, motivating us to continuously improve and seek greater efficiencies.

The community sector, as a front-line service provider, is supporting increasingly vulnerable populations as global challenges continue to impact mental health. Friends for Mental Health remains a valued partner in the West Island. Under the leadership of *CAP Santé Mentale*, we contributed to changes to Law P-38, which we hope will improve the hospitalization and follow-up process for individuals at risk and will provide more support to their loved ones.

We look ahead to the coming year with cautious optimism. Inflationary pressures will affect our financial position, and we are prepared to adapt while continuing to provide quality services. We remain confident and committed to our mission, and we thank you for your continued support.

Wishing everyone health and well-being.

Nicole Vien

WORD FROM THE DIRECTOR

This year marks a very special milestone for our organization as we celebrate our 45th anniversary, 45 years of commitment, solidarity, and support for families in the West Island.

The past year has been marked by an important phase of consolidation and growth. Following a period of significant change, we were able to fully settle into our new spaces and maximize their potential for the benefit of our clients, staff, and partners.

We also continued to evolve our services in order to better respond to the growing needs in mental health by developing new initiatives and strengthening our collaborations within the community. These achievements reflect not only our ability to adapt, but above all our ongoing commitment to the families we support.

It is important to recognize the remarkable work of our team, the invaluable involvement of our volunteers, and the unwavering support of our Board of Directors and partners. It is thanks to this collective commitment that our mission continues to come to life and make a meaningful impact.

As we look toward the future, we do so with confidence and determination. We are well positioned to continue growing in a sustainable way while remaining true to our values.



Isabelle Paquette
Executive Director

ABOUT US

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 June 10, 1981, two mothers have created a support group for parents and friends of people with mental health problems to address the lack of services in the West Island. For many years, the organization has been run by parent volunteers.

Forty-five years later, Friends for Mental Health is a well-established non-profit organization with 12 highly qualified staff, an experienced Board of Directors and over 750 people 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

Support and equip the entourage of a person living with a mental health problem, for the well-being of all.

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 problem.
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 problems 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.

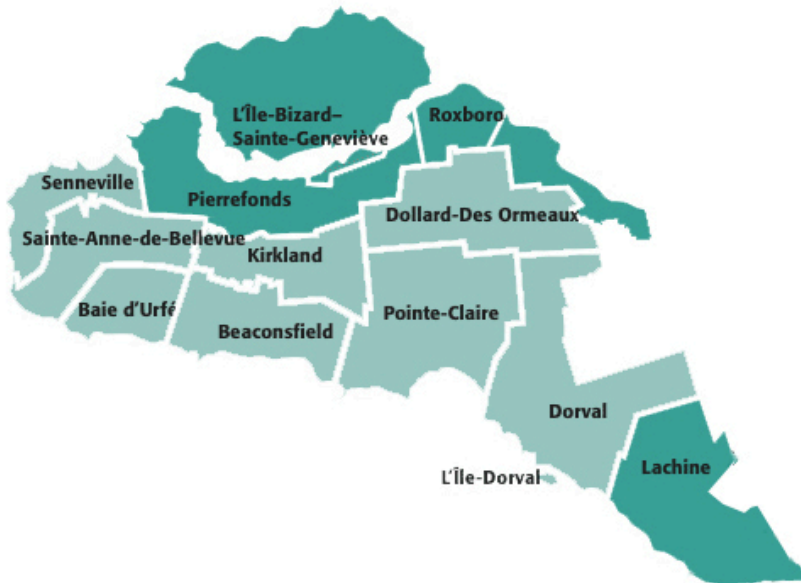
Professionalism: knowledge, know-how and interpersonal skills that allow us to offer high quality services and to distinguish ourselves.

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)
- Perinatal mental health issues
- Major undiagnosed disorders

ABOUT US



Area served

We serve the population of the West Island of Montreal. Approximately 74% 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 75% of our members are English-speaking and 25% 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
- by text

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

NETWORKING

Community organizations and partners:

- West Island CIUSSS
- Lac-St-Louis, Pierrefonds, Dorval-Lachine, and Vaudreuil CLSCs
- Lakeshore Outpatient Psychiatric Clinic
- Lakeshore Hospital Outpatient Psychiatry Clinic
- Douglas Mental Health University Institute
- Montreal Police Service (SPVM)
- West Island Crisis Centre
- West Island Women's Centre
- Community Perspective in Mental Health
- Action jeunesse de l'Ouest-de-l'Île (AJOI)
- Ricochet Housing
- Literacy Unlimited
- Big Brothers Big Sisters of the West Island
- Lachine Multi-Resource Centre
- Centre d'Intégration Multi-Services de l'Ouest-de-l'Île (CIMOI)

Tables de concertation and committees:

- Table de concertation en santé mentale de l'ODI
- Table de concertation régionale sur les personnes proches aidantes de Montréal
- Table de concertation enfance-famille-jeunesse de l'ODI
- Table de concertation petite enfance et jeunesse de Lachine
- Table de Quartier Sud de l'Ouest-de-l'Île
- Table de Quartier Nord / Comité Vivre ensemble
- Table des aînés de l'Ouest-de-l'Île
- Table des aînés de Lachine-Dorval
- Table de réflexion et d'actions interculturelles de Lachine

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.



We are proud members of:



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).



Nicole Vien
President
Family member



Dominique Fortin
Vice-president
Family member



Gabrielle Guillon
Secretary
Resource administrator



Anne-Sophie Leclair
Treasurer
Resource administrator



André Morris
Administrator
Resource administrator



Martin Griffin
Administrator
Resource administrator



Chad Olsen
Administrator
Resource administrator



Cheryl Pratt
Administrator
Family member



Mark Walford
Administrator
Family member



Sue Shaver
Administrator
Family member



Bachir Halimi
Administrator
Family member

OUR TEAM



Isabelle Paquette
Executive Director



Alexandra Bellefeuille
Services and Communications
Coordinator



Emma Hamilton
Administrative Assistant



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



Danielle Beudet
Counsellor
M.A. Art Therapy



Melissa Davidson
Family Peer Support Worker



Hope Jaikaransingh
Community Agent



Tiffany Schaap
Youth Worker



Emma Gosset
Awareness and Support
Agent

HUMAN RESOURCES



Becoming an employer of choice

In 2025–2026, we continued our efforts to position Friends for Mental Health as an employer of choice, with a focus on staff satisfaction and talent attraction. Following a process initiated last year with an external partner, which we partially revisited, we conducted an internal staff satisfaction survey. The results will guide adjustments to our practices and working conditions to better meet our team’s needs. This initiative reflects our commitment to fostering a healthy, engaging, and sustainable workplace.

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:

- P-38 Institutional Confinement
- Authorization for Care Order (Theoretical Component)
- Cybersecurity First Aid Training – Connected Canadians
- Caregiving in the Context of Ethnocultural Diversity: Approaches and Support
- Becoming an Anti-Racist and Anti-Oppressive Practitioner
- Decolonizing Your Support Practice: Bridging Indigenous and Western Healing Approaches
- Systemic Approach to Addiction: Family and Loved Ones as Allies
- De-escalating Children and Youth in Crisis Skills for Emotional Regulation
- Resilience: Adapting and Building Tools to Better Bounce Back
- Psychodrama Training
- Artificial Intelligence Training

EVALUATION

This year, we adopted a different approach to evaluating our services. Instead of conducting our usual annual survey, we had the opportunity to collaborate with two doctoral students in psychology as part of their community psychology course. Their project aimed to better understand the needs and realities of our members in relation to our group activities, including support groups and courses.

Since the pandemic, we have observed a decline in participation in certain activities, particularly online, despite stable registration numbers. To better understand this reality and identify appropriate solutions, the students facilitated a discussion group with staff members and developed a questionnaire that was sent to our members, to which **85 people responded**.

This initiative provided us with valuable insights that will help us further adapt our services to the needs of our community.



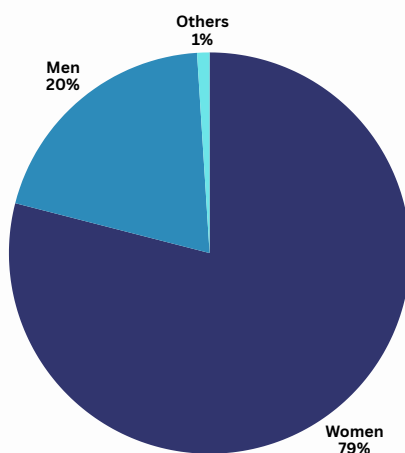
Recommendations

- ✓ Improve access to and communication about services to facilitate understanding, registration, and participation.
- ✓ Strengthen members' sense of safety and reduce barriers to participation by better preparing them and normalizing their concerns.
- ✓ Adapt service offerings (schedules, formats, and topics) to better meet members' needs.

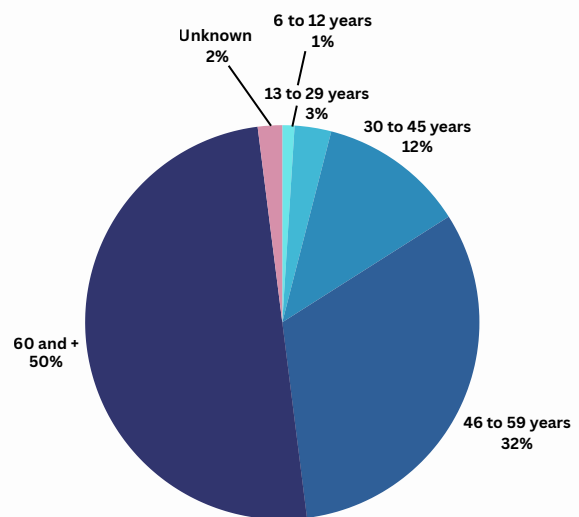
STATISTICS

Member profile

Gender Identities



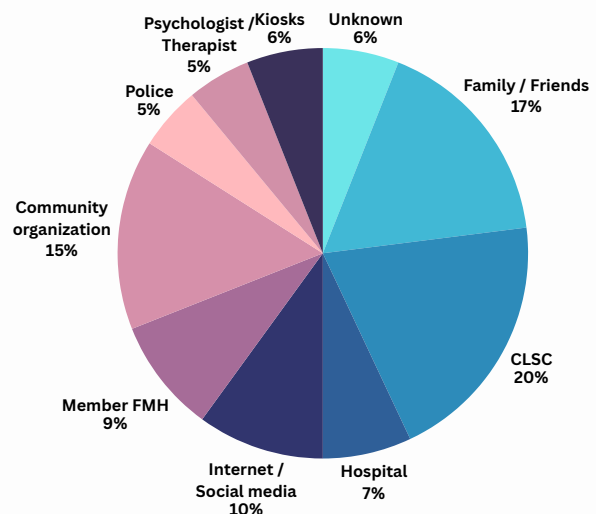
Ages



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.

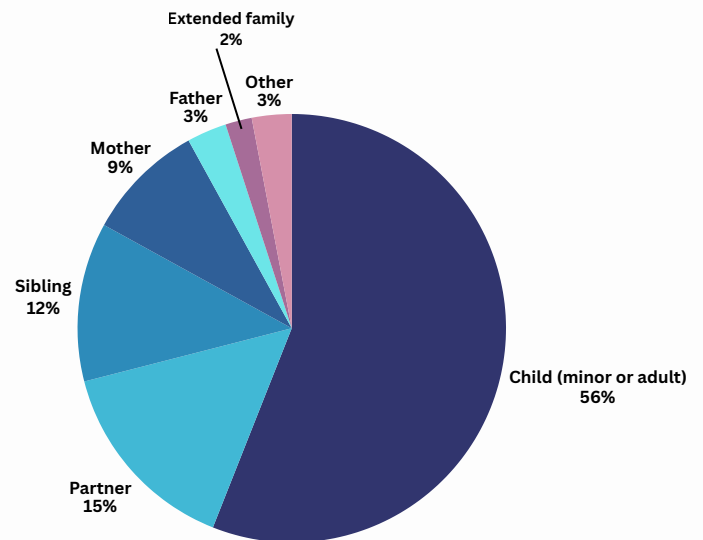


STATISTICS

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 (56%).

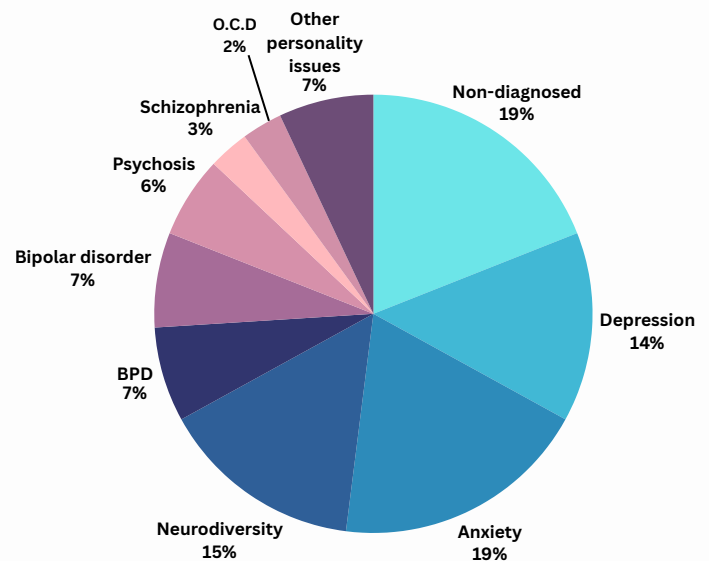


Diagnoses of loved ones living with a mental health issue

Which mental health issues are involved?

Our services are mainly requested by caregivers of loved ones living with anxiety (19%) and ADHD or autism (15%).

We also noted that among our clients, a significant percentage (19%) 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 and loved ones of a person living with a mental health issue. It helps preserve the family's emotional and psychosocial balance, promoting stability and greater autonomy for their loved one. It also enables caregivers to cope with their situation in a healthy way and to overcome the disruption that can result from a life centered on their loved one's condition.

1,744 counselling sessions
(1,566 in 2024-2025)

Family peer support

We provided our members with the support of a family peer supporter, who draws on lived experience to offer guidance. She also contributes to the family peer support listening line, providing attentive listening, hope, information, and support to parents and members of the entourage.

57 family peer-support sessions
(37 in 2024-2025)

43 calls on the Family Peer Support listening line
(41 in 2024-2025)

1,744
Counselling sessions, peer support,
art therapy and drama therapy
sessions

209
Phone and email interventions

21
Court orders

1,974
(1,845 in 2024-2025)



Provisional custody for the purpose of a psychiatric assessment

Throughout the year, we support our members and West Island residents in seeking a court order when a loved one in crisis poses a risk and refuses help. This measure allows for a psychiatric evaluation based on evidence of danger. Our counsellors provide informed guidance throughout the process.

21 court orders
(39 in 2024-2025)



SERVICES

Psychosocial interventions

Art therapy - individual sessions

Art therapy uses creative expression and exploration to help individuals better understand and express emotions related to mental health challenges. Through a variety of workshops, participants experiment with different mediums in a warm, guided environment that fosters self-expression and the development of new coping strategies. This service is offered to all ages.

172 art therapy sessions
(261 in 2024-2025)



Dramatherapy - individual sessions

As an additional option to creative therapy, we also offer individual drama therapy sessions. 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.

171 dramatherapy sessions
(73 in 2024-2025)



Counselling for young caregivers

When a loved one is living with a mental health issue, children and youth may experience difficult emotions, questions, and feelings of guilt. It is essential that they have access to a safe space to understand and express what they are going through. That is why Friends for Mental Health offers services tailored to youth aged 6 to 29, including art therapy, drama therapy, and counselling.

53 youth clients
(51 in 2024-2025)

158 youth counselling sessions
(158 in 2024-2025)

SERVICES

Group activities



Courses offered:

- A Caregiver's Guide to Understanding Borderline Personality Disorder (FR and EN)
- Understanding Anxiety (FR)
- Understanding Narcissistic Personality Disorder: A Guide for Family and Friends (FR and EN)
- Substance Abuse and Mental Health Issues (EN)

Workshops offered:

- Emotion Validation Workshop (FR and EN)
- Healthy Limits and Boundaries Workshop (FR and EN)
- Strategies to improve communication with your loved one (FR)

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.

With our new office space, we resumed offering courses in person, while continuing to provide some courses online.

NEW!

During the year, we developed a new course, ***Understanding Narcissistic Personality Disorder: A Guide for Family and Friends***. This course was created in response to a growing need observed among the individuals we support.

110 participants
(82 in 2024-2025)

46 meetings
(47 in 2024-2025)

256 attendances
(299 in 2024-2025)

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.

NEW!

We also launched a new support group for parents of youth aged 25 and under living with mental health challenges, led by a family peer supporter, in response to the growing rise in mental health issues among young people.

122 participants
(118 in 2024-2025)

86 meetings
(66 in 2024-2025)

449 attendances
(351 in 2024-2025)



Support groups offered:

- Borderline Personality Disorder Support Group
- Psychosis and Bipolar Disorder Support Group
- Men's Support Group
- Support Group for Anxiety and Depression
- Art Therapy Group for Adults
- Drama Therapy Group for Adults
- Group for parents of youth living with mental health problems (25 years old and under)
- Café Proche Aideance (in collaboration with West Island Crisis Centre)

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!

We took part, in collaboration with the organization Community Perspective in Mental Health, in the **Neighbours' Day** event, where the community was invited to participate in wellness activities supporting mental health.

| Activities | Meetings | Participants |
|-------------------------------------|-----------|--------------|
| Meditation and Mindfulness Mornings | 30 | 110 |
| Creative Art Hive | 35 | 162 |
| Book Club | 5 | 29 |
| Neighbours' Day event | 1 | 100 |
| TOTAL | 71 | 401 |

Year 2024-2025

24

226



SERVICES

Group activities

Conferences

Throughout the year, we offered several educational conferences to raise awareness about mental health issues. These were led both by guest experts and by our own team, who draw on their expertise to reach the general public as well as users of other organizations. Our conferences also include Q&A periods, allowing participants to ask questions.



| Conferences | Attendances |
|---|-------------|
| Autistic Artist Workshop and Conference (Guest Speaker) | 20 |
| Better Understanding and Supporting Your Child at School (Guest Expert) | 7 |
| Finding Your Balance: Managing Stress by Taking Care of Yourself | 25 |
| Maintaining Balance at Work: Managing Stress and Preventing Burnout | 150 |
| Ecoanxiety: Coping With Climate-related Stress | 3 |
| Caregiving and Mental Health | 22 |
| Mental Health and Self-Care: For Seniors | 59 |
| TOTAL | 286 |

Year 2024-2025: 3 conferences

70

SERVICES

Training for Organizations



Trainings offered:

- Boundaries Workshop
- Mental Health 101
- Better Understanding Hoarding Disorder
- Mental Health in the Workplace: Understanding, Communicating, and Maintaining Balance

NEW!

This year, we launched a new mental health training service tailored to the realities of community organizations, volunteers, employers, and other settings that support individuals living with mental health challenges. Although many of these individuals do not work directly in the mental health field, they are increasingly faced with complex situations requiring appropriate knowledge, tools, and intervention strategies.

In response to a growing demand from the community, we chose to draw on the expertise developed by our team over the years to offer practical, accessible, and reality-based training. These trainings aim to better equip participants to understand mental health issues, intervene in a safer and more appropriate manner, and foster more compassionate and inclusive environments.

74 trained practitioners

6 organizations have used our services

7 training sessions given

WHAT'S NEW



Shared Journeys Support Group

This year, we launched Shared Journeys, a new bilingual support group and the first service offered by our organization open to both loved ones and individuals living with a mental health issue. This group was created in response to members' desire to better understand their loved one's reality through the experiences of people facing similar situations.

17 attendance

3 sessions

Creative Hive

The Creative Hive is an inclusive space where community members can create, connect, and build relationships in a warm and judgment-free environment. This initiative promotes well-being, social connection, and self-expression through creativity.

At a time when many people experience isolation or stress, the Creative Hive offers an opportunity to slow down, create, and reconnect with others, without any pressure for artistic performance.

162 attendance

35 sessions



Book Club

This year, we launched our very first bilingual book club, Entre les lignes / Between the Lines. This welcoming space allows participants to explore books on mental health, personal growth, and resilience together, while fostering discussion and a sense of community.

29 attendance

5 sessions

COLLABORATIONS

Throughout the year, we collaborated with several organizations and community partners. These collaborations are essential to us, as they encourage the sharing of expertise, strengthen the support offered within the community, and allow us to reach and provide services to more diverse populations.

Girls' Group

We developed a collaboration with **Kuper Academy** where we facilitate a support group for girls. This group provides a safe space where they can openly and freely discuss topics related to mental health, friendships, and self-esteem. This initiative is part of our youth mental health awareness program.

71 attendances

13 sessions



Caregiver Discussion Group

We also collaborated with the **West Island Women's Centre** to offer a support group for women caregivers. Through discussions, exercises, and practical strategies, this group provided a supportive space to explore the emotional realities of caregiving, encourage mutual support, and promote realistic approaches to well-being and self-care.

17 attendances

3 sessions

SPECIAL PROJECTS

Renovation of the courtyard

Thanks to the financial support of PME MTL West Island, The Home Depot Pointe-Claire, and our generous donors, we transformed our courtyard into a peaceful space for rest and reflection. Furnished with patio furniture, this calming environment allows us to welcome our members in a serene setting and offers our team valuable moments of relaxation. This space also contributes to the overall well-being of our community.



Internship

This year, the Faculty of Medicine at the Université de Montréal required second-year students to complete a community-based internship. We had the pleasure of welcoming Mohamad, a medical student, who took part in our clinical activities. This experience helps students better understand the realities of individuals and families they will encounter throughout their careers, beyond the strictly clinical setting.

COBRA activity

This year, we were invited by the SPVM (Neighbourhood Station 8) to take part in a COBRA activity. We accompanied a sergeant and patrol officers during their interventions over the course of a shift. This initiative aims to better understand police work, demystify certain interventions, and build mutual trust. As many of the families we support may need to call on police services in mental health situations, this experience is particularly meaningful for us.



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.



| Awareness activities | Meetings | Participants |
|---|-----------|--------------|
| Presentations in school or community settings | 9 | 201 |
| Kiosks in school or community settings | 37 | 1,789 |
| Girls' Group | 13 | 71 |
| Meetings with partners | 27 | 155 |
| TOTAL | 86 | 2,216 |

Year 2024-2025

74

2,935

We had the pleasure of offering **free dance classes for youth**, allowing them to explore different forms of dance in a nurturing environment. This initiative aims to support the mental health of young people by providing them with a safe space to move, have fun, and connect with others.

6 Danse classes
(14 in 2024-2025)

32 Youth participants
(26 in 2024-2025)



OUTREACH PROGRAMS

Program adapted to cultural communities

This program aims to reduce mental health stigma and improve access to services for culturally diverse communities. In collaboration with organizations already established within these communities, we offer presentations on various mental health topics, tailored to their specific needs and realities. This approach helps reach more families, inform them about our services and those of our partners, and facilitate better access to support.



| Cultural communities | Meetings | Participations |
|---|-----------|----------------|
| Presentations about mental health to diverse cultural groups | 43 | 1,000 |
| Meetings with organizations working with cultural communities | 20 | 31 |
| Meetings with cultural associations and religious groups | 29 | 32 |
| TOTAL | 92 | 1 063 |

Year 2024-2025

56

622



Furthermore, we work to increase our visibility and presence in cultural communities by offering kiosks and activities at various events in which they participate.

22 kiosks and events
(9 in 2024-2025)

1,095 individuals met
(780 in 2024-2025)

COMMUNITY OUTREACH

Kiosks and presentations

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.

| Events | Meetings | Attendances |
|----------------|-----------|-------------|
| Presentations | 3 | 44 |
| Kiosks | 10 | 735 |
| TOTAL | 13 | 779 |
| Year 2024-2025 | 20 | 878 |



Communications

Once again this year, our social media networks played a major role in our communications, helping to raise the organization's visibility in the community.

| Social media | Followers | Views | Interactions |
|--------------|-----------|---------|--------------|
| Facebook | 4 223 | 602,508 | 7,775 |
| Instagram | 1,234 | 42,075 | 1,735 |
| TikTok | 121 | 19,894 | 635 |
| LinkedIn | 306 | 3,037 | 115 |

667,514 number of views of our publications
(372,200 in 2024-2025)

FINANCIAL REPORT

These financial statements were audited by Benoit Dubord CPA .

| Income | 2025-2026 | 2024-2025 |
|--|------------------|------------------|
| MSSS Entraide | \$273,164 | \$275,346 |
| MSSS - Mesure 38 | \$40,000 | \$40,000 |
| Centraide | \$98,806 | \$99,372 |
| CAP Santé mentale | \$50,393 | \$51,457 |
| West Island Community Shares | \$50,000 | \$50,000 |
| Municipalities and other | \$10,457 | \$13,874 |
| Donation | \$289,959 | \$349,314 |
| Membership fees | \$10,802 | \$6,684 |
| Interest income | \$2,657 | \$5,106 |
| Rental income | \$42,560 | \$29,825 |
| Amortization of contributions related to property, and equipment | \$32,475 | \$16,238 |
| Divers | \$3,606 | \$2,716 |
| Total | \$904,879 | \$939,933 |

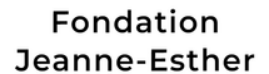
| Expenses | 2025-2026 | 2024-2025 |
|---|------------------|------------------|
| Salaries and benefits | \$636,348 | \$588,758 |
| Contractual services | \$33,332 | \$36,718 |
| Travelling expenses | \$4,323 | \$1,956 |
| Advertising | \$10,054 | \$11,854 |
| Volunteer fees | \$878 | \$1,384 |
| Dues, conferences, training and documentation | \$9,055 | \$9,444 |
| Rent | \$29,500 | \$24,821 |
| Insurances | \$16,866 | \$16,252 |
| Telecommunications | \$3,646 | \$3,971 |
| Office expenses | \$15,103 | \$21,423 |
| Professional fees | \$5,912 | \$5,912 |
| Bank fees | \$3,022 | \$1,436 |
| Building maintenance, taxes and repairs | \$36,901 | \$38,295 |
| Building acquisition costs | - | \$16,162 |
| Amortization of fixed assets | \$42,213 | \$21,436 |
| Meetings and activities | \$8,665 | \$7,151 |
| Total | \$855,818 | \$806,973 |

| | | |
|----------------|-----------------|------------------|
| Surplus | \$49,061 | \$132,960 |
|----------------|-----------------|------------------|

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.

Centre intégré
universitaire de santé
et de services sociaux
de l'Ouest-de-
l'île-de-Montréal



PRIORITIES FOR ACTION 2026-2027

Increase the organization's visibility and recognition

In 2026–2027, we will continue our efforts to increase the visibility and recognition of Friends for Mental Health. We will focus on more structured communication strategies, partnership development, and a stronger presence in the community and on digital platforms. These actions aim to reach more caregivers and raise awareness of their realities and the services available to them.




Strengthen the organization's financial autonomy

We will continue to strengthen the organization's financial stability by diversifying and structuring our revenue streams. Our efforts will focus on donor retention, developing fundraising initiatives, optimizing the rental of our spaces, and implementing revenue-generating activities to ensure the sustainability of our services.

Strengthen internal structure and service quality

We will continue strengthening our organizational structure to support the organization's strategic development and ensure compliance with current requirements. As part of this effort, we will begin the 2027–2030 strategic planning process, involving key stakeholders including the Board of Directors, our team, and partners. At the same time, we will initiate the CNESST pay equity process, with the goal of achieving full compliance by 2028.



25 Fieldfare Ave
Beaconsfield, QC H9W 4W4

514-636-6885
info@asmfmh.org
www.asmfmh.org