

# Canadian Mental Health Association Regina Branch

*Annual General Meeting*  
**2025-2026**

June 24, 2026



# AGENDA

WELCOME TO CMHA, REGINA BRANCH  
ANNUAL GENERAL MEETING 2025-2026

JUNE 24, 2026

**12:00PM -  
12:40PM**

**Welcome**  
**Land Acknowledgement**  
**Opening Prayer**  
**Lunch**

**12:40PM**

## **ANNUAL GENERAL MEETING**

**Introductions & Welcoming Remarks/Call to Order**  
**Minutes of the Previous AGM - June 18, 2025**

### **Reports:**

- a) Chairperson Report
- b) Interim Executive Director's Report
- c) Pre-Vocational Report
- d) Vocational Report
- e) Community Engagement Report
- f) Audit and Finance Report

**Nominating Committee Report**

**Closing Remarks**

**Adjournment**



Canadian Mental  
Health Association  
Regina Branch  
*Mental health for all*

# At a glance:

**260**

Vocational meetings

**8670**

Total meals served

**692**

Unique individuals who utilised the branch

**13,005**

Times the drop-in centre was utilised

**8707**

Individuals impacted through Community Engagement

**60**

Unique occurrences of events, trainings, and presentations in Community Engagement

**53**

Average Club visits per day

**+27%**

Increased participation in Pre Vocational activities



# CMHA Regina Branch AGM Minutes of June 18, 2025 12:00 PM

The meeting was called to order at: 12:30pm

1. Introduction & Welcoming Remarks:

Presented by: Diana Hawryluk

2. Minutes of previous meeting from June 18, 2024:

M/S/C Barb Church-Staudt/ Karen Schlamp / carried

*That the minutes for the previous meeting from June 18, 2024 be approved as circulated.*

3. Chair, Executive Director & Program Reports:

a) Chair Report, presented by Diana Hawryluk

M/S/C \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

*That the Chair Report be approved as circulated.*

b) Executive Director Report, presented by Shannon Patton

c) Pre-Vocational Report, presented by Shannon Patton

d) Vocational Report, presented by Shannon Patton

e) Community Engagement Report, presented by Shannon Patton

Floor opened to questions and comments:

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M/S/C Wendy Fink/ Robin Perreux/ carried

*That the program reports be approved as circulated*

g) Audit & Finance Report, presented by Robert Szautner spoke to the Financial Statements.

M/S/C Karen Schlamp/ Fiona O'Connor/ carried  
*That the audited financial statements be approved as circulated.*

M/S/C Jay Lamont/ Krista Calfat/ carried  
*That Robert Szautner, C.A., Prof. Corp be appointed as auditor for the 2025-26 fiscal year.*

4. Nominating Committee Report:  
Barb Church-Staudt spoke to the Nominating Committee Report.

Current Board Members are:

Terms Expire:

|                                     |                                      |
|-------------------------------------|--------------------------------------|
| Jordan Hardy (2015, September)      | June 2024                            |
| Kyle Moffatt (2017)                 | June 2026                            |
| Barb Church-Staudt (2020, November) | June 2026                            |
| Sabeen Ahmed (2021)                 | June 2023(appointed ex-officio 2024) |
| Wendy Fink (2021)                   | June 2024(renewed to 2027)           |
| Diana Hawryluk (2022)               | June 2025                            |
| Samantha Mischke-Hanna (2022)       | June 2025                            |
| Jessica Reimer (2022)               | June 2024(resigned March 2024)       |
| Karen Brownlee Schlamp (2022)       | June 2025                            |
| Amanda Lanoway (2022)               | June 2024(resigned January 2024)     |
| Kevin Paul (2023, April)            | June 2024(resigned June 2024)        |
| Samantha Racette (2023, April)      | June 2024(resigned January 2024)     |

Recommendations:

The Committee accepts the resignation of Board Members:

Kyle Moffatt 2017-2024

The Committee recommends that we welcome the following two new Board Members:

| Name           | Term Expires |
|----------------|--------------|
| Fiona O'Connor | June 2027    |
| Krista Calfat  | June 2027    |

The Nominating Committee would like to Make a Motion to vote in favour of accepting the following individuals to serve a term of three years (2024-2027) on the Board of Directors of the CMHA Regina Branch.  
- Karen Hackl

M/S/C Barb Church-Staudt/ Wendy Fink/ carried

5. Closing Remarks  
Presented by Diana Hawryluk

6. Adjournment  
Time: 1:10 pm

Motion to adjourn Karen Schlamp/ Fiona O'Connor/ carried

# Chairperson Report 2025-2026



On behalf of the Board of Directors, it is my privilege to welcome you to the 2025–2026 Annual General Meeting of the Canadian Mental Health Association, Regina Branch. It continues to be an honour to serve as Chairperson and to work alongside such a dedicated Board, leadership team, and staff who are deeply committed to supporting mental health and well-being in our community.

This past year has been one of change, stabilization, and meaningful progress. While the demands on our organization - and the complexity of needs within our community - have continued to grow, so too has our capacity to respond with compassion, innovation, and purpose.

## **Board Governance and Strategic Leadership**

The Board remains committed to strong governance, accountability, and long-term sustainability. Guided by our Strategic Plan, we have focused on strengthening organizational health while ensuring alignment between resources, priorities, and growing service demands.

We are especially pleased to report that, following last year's deficit, the organization returned to a balanced financial position. This reflects disciplined

financial management, thoughtful leadership decisions, and a shared commitment to sustainability across the organization.

Looking ahead, the Board is also preparing for an important leadership transition. With the announcement of our Executive Director's retirement at the end of 2026, we are committed to implementing a fulsome and thoughtful recruitment strategy. This will include a comprehensive search process and a structured transition period that allows for knowledge transfer and continuity between Shannon and her successor, ensuring organizational stability and continued success.

## **Organizational Progress and Strategic Impact**

Under the leadership of Interim Executive Director Shannon Patton, and with the dedication of staff, CMHA Regina Branch continues to deliver essential programming that meets individuals where they are, offering safety, connection, and hope.

In alignment with our Strategic Plan:

- **Priority One – Building a Sustainable Organization:** Significant progress has been made in financial stabilization,

resource alignment, and advancing asset management. The success of the capital campaign and building improvements has strengthened our infrastructure and moved us closer to a more proactive and sustainable asset and inventory management approach.

- **Priority Two – Ensuring Quality**

**Member Services:** Programs continue to evolve responsively, supporting recovery and meaningful engagement in the face of increasingly complex community needs.

- **Priority Three – Building Capacity**

**Through Community Engagement:** Our outreach, partnerships, and public education efforts continue to expand, strengthening our impact across the community.

- **Priority Four – Mental Health for All:**

This vision is increasingly becoming a reality, particularly through strengthened collaboration and improved access to services with the Saskatchewan Division moving into our building.

**A Growing Hub for Mental Health –**

**Partnership with CMHA Saskatchewan**

A significant milestone this year has been the co-location of the CMHA Saskatchewan Division within our building. This move represents more than shared space - it is a tangible step toward becoming a true mental health hub in Regina.

This closer integration enhances collaboration, improves communication,

and allows both organizations to better support individuals navigating complex systems of care. It strengthens our collective ability to deliver on the “Mental Health for All” initiative by improving access, coordination, and system navigation for those we serve.

Importantly, this partnership also contributes to greater financial sustainability for both organizations through shared resources, operational efficiencies, and strengthened alignment of services. Together, we are building a more coordinated, resilient, and impactful model of care for our City and Province.

**Capital Campaign and Organizational Sustainability**

The success of our capital campaign has been a defining achievement this year. Not only did we meet our goals, we also exceeded them without incurring debt.

These investments have improved our facility, enhanced program delivery spaces, and positioned the organization for long-term sustainability. Equally important, they represent meaningful progress toward a more intentional and strategic approach to asset management, ensuring our physical infrastructure continues to support our mission well into the future.

We continue to see strong engagement from both our Board and the broader community. A notable example is participation in the Push-Up Challenge, where:

- Board members raised \$4,015; and

- The broader community contributed approximately \$17,500.

This initiative not only generates important funds but also raises awareness and fosters meaningful conversations about mental health. We encourage you all next year to participate in this challenge and the other events we do throughout the year to help raise funds for our programming and to raise awareness.

### **Recognition and Leadership**

The Board would like to extend its deep appreciation to all those who contribute to the success of CMHA Regina Branch. In particular, I want to recognize Shannon Patton for her exceptional leadership over the past nearly 10 years. Shannon has guided this organization through periods of growth, challenge, and transformation with integrity, compassion, and vision. Her impact has been profound - shaping not only the organization but also the many lives touched by its work. While we will have until the end of the year to formally celebrate her contributions, it is important to acknowledge now that her leadership will be greatly missed. We are deeply grateful for her unwavering commitment and the strong foundation she has built.

We also recognize Sue Beug for her 25 years of dedicated service and lasting contributions to the organization and community. Sue has been an integral part of this organization impacting so many people in her years with the Branch. We wish her well in her retirement.

We also want to thank Samantha Mitschke-Hanna and Wendy Fink as they step down from the Board for their contribution over the years. Their dedication and service was greatly appreciated.

Finally, we extend our sincere thanks to:

- Our staff, for their resilience, compassion, and professionalism
- Our Board members, for their governance and leadership
- Our members, for their trust
- Our funders, donors, and partners, whose ongoing support makes our work possible.

### **Looking Ahead**

As we move into the coming year, we remain focused on:

- Strengthening financial sustainability and operational efficiency
- Advancing governance and leadership transition planning
- Enhancing program quality and responsiveness
- Expanding partnerships and community engagement
- Continuing to build a connected, accessible mental health system through the Mental Health for All initiative.

### **Closing**

I am incredibly proud of what we have accomplished together this year. CMHA Regina Branch continues to grow as a trusted, inclusive, and compassionate organization, one that is increasingly at the

center of mental health support in our community.

Thank you for your continued commitment and support as we work together to build a stronger, more mentally healthy Regina.

**Submitted by Diana Hawryluk  
Chairperson, Board of Directors**



# Interim Executive Director Report 2025-2026



It is my pleasure to present the Executive Director's Report for 2025–2026 and to reflect on a year that called for resilience, thoughtful decision making, and strong collaboration. While there were challenges, there was also steady progress and a renewed sense of stability across the organization.

As a mental health organization that operates a drop-in centre and delivers vocational, social, recreational, and educational programming, our focus remains on meeting people where they are. Everyone who comes through our doors, brings their own experiences, strengths, and challenges. Our responsibility, and our commitment, is to ensure they are met with dignity, respect, and a sense of hope.

Over the past year, our programs continued to provide safe, welcoming spaces where individuals could connect, build skills, and access support as they navigate mental health and addiction challenges. Alongside our direct services, we remained dedicated to education and public awareness, working to reduce stigma and foster greater understanding within our community.

Our vision of becoming a central mental health hub for Regina continues to take

shape. More and more, we are seeing our space become a place where people can access support, find direction, and feel connected.

All of our program areas continue to grow and perform well. The lessons we've learned from our members, from those we connect with in the community, and from the individuals we support on the streets, have been both inspiring and deeply humbling. That sense of humility is reflected in the work we do every day.

At the same time, the complexity and severity of the needs we are seeing has increased. As front-line workers, our staff have been challenged more than ever to be present, to respond, and to support individuals in very real and sometimes critical situations—including, at times, saving lives by administering naloxone. This work is not easy. There are days when the emotional and physical demands are significant, and moments when a break is truly needed. Yet, even in those times, our staff continue to show up for others with compassion and commitment.

Our team is widely recognized for the care they bring and for their non-judgmental approach. Time and again, we hear how much their compassion is appreciated, not only within the club and

branch, but throughout the community through our education and awareness efforts.

While detailed statistics are included in each program report, numbers alone don't fully capture what truly matters. What stands out is the dedication, honesty, and hope that our team brings to every interaction. That is what leaves a lasting and meaningful impact.

Our staff take great pride in walking alongside individuals on their journeys toward mental wellness. In doing so, we remain mindful of the importance of being inclusive, respectful of diversity, informed, and, at times, simply present when it matters most.

I am incredibly proud of our staff, our branch, and the work being carried out across all our programs. It is not always easy, but it is meaningful, compassionate, and making a real difference in our community.

While not formally within this fiscal year, I would be remiss if I did not take a moment to recognize an individual whose impact on this organization has been truly remarkable. In May 2026, Sue Beug retired after 25 years of dedicated and unwavering service. Sue brought with her a rare combination of trust, compassion, knowledge, patience, kindness, and integrity. Her presence has been a steady and reassuring one, not only for our branch, our members, our staff, and myself, but for everyone she encountered

along the way. The care and commitment she showed in her work have left a lasting impression on both our organization and the community we serve. While she will be deeply missed, we are equally grateful to see her step into a well-earned next chapter. It is time for Sue to enjoy the countless moments she has so often helped create for others. We extend our heartfelt thanks to Sue for everything she has given over the years. Her contributions have left a meaningful and lasting footprint on our organization - one that will not be forgotten. We wish her every happiness, rest, and fulfillment in her retirement.

Another area I am very proud of this year is our financial progress. Following a deficit in the previous fiscal year, we were able to close this year without one. This result reflects careful financial management, difficult but necessary decisions, a generous memorial donation and the collective effort of staff, leadership, and partners working toward a common goal. Achieving this balance is not just about the numbers, it represents a shared commitment to ensuring the long-term sustainability of the organization while continuing to deliver meaningful, responsive services.

This year also brought important progress in strengthening our relationship with CMHA Saskatchewan through shared space and closer day-to-day collaboration.

This has improved communication, increased coordination, and enhanced our ability to support individuals more effectively. By working more closely together, we are better able to help people navigate often complex systems of care. It has also reinforced our role as a trusted and approachable entry point for mental health support within Regina.

A major milestone this year was the success of our capital campaign. Thanks to the generosity and commitment of our donors, partners, and community supporters, we not only met but exceeded expectations - and did so without incurring debt.

We are sincerely grateful to the organizations and businesses that contributed both financially and in kind, including:

- Park Avenue Builders
- Fries Tallman
- SVC Construction & General Contractors
- Colliers Regina
- Affinity Credit Union
- Scotiabank
- EQ Bank
- Morrison's Mechanical
- Winmar Restoration
- Capital Automotive Group
- Rotary Club of Eastview Regina

Their support has strengthened our physical space, expanded our capacity, and demonstrated a shared belief in the

importance of mental health and recovery in our community.

None of this year's progress would have been possible without the dedication and support of many people.

- To our staff: Thank you for your compassion, professionalism, and resilience. This year asked a lot of you, and your commitment made a real difference every day.
- To our Board of Directors: Thank you for your leadership and steady guidance, especially during times that called for thoughtful and sometimes difficult decisions. Your support of our staff, our members, and of me personally has meant a great deal. You've consistently shown up in meaningful ways - whether it's helping with a fundraiser, serving a meal, or simply offering encouragement when it was needed. Those moments don't go unnoticed, and they truly make a difference. Thank you for your commitment and for all the ways you continue to support this work.
- To our members: Thank you for trusting us and allowing us to be part of your journey. You are the reason we're here - you are the heart of this place. You truly feel like family. The way you look out for the branch, for the staff, and for each other doesn't go unnoticed. It's something very special. You are incredible teachers. You help

us understand in ways no training ever could. More than that, you let us get to know you - your stories, your experiences - and we get to see firsthand the resilience and strength each of you carries. Thank you for letting us, and especially me, learn from you. It's something I don't take for granted. I feel genuinely honoured to have been part of your lives in this way.

- To our funders, donors, and community partners: Your continued support makes our work possible and allows us to plan with confidence for the future. Thank you!

As we move into the coming year, we do so with a stronger sense of clarity and cautious optimism. Our focus will remain on strengthening our core programs, deepening partnerships, continuing efforts to reduce stigma, and maintaining financial responsibility - while always staying responsive to the needs of our community.

We remain committed to being a place of acceptance and support, where people feel welcomed as they are, and where recovery, connection, and possibility, remain at the heart of everything we do.

This past year has been shaped by hard work, collaboration, and a shared sense of responsibility. I am proud of what we have achieved together and sincerely grateful to everyone who contributed along the way.

As I look ahead to the coming fiscal year, it is with a mix of emotion that I share my intention to retire at the end of 2026.

While this next year will look different for me, I am grateful for the opportunity to continue this meaningful work alongside our community in the time ahead. It has been a true honour to serve this organization for nearly 10 years. During that time, I have witnessed meaningful change, growth, and an unwavering commitment to those we serve - something I am incredibly proud to have been a part of.

I move forward with a deep sense of gratitude, and with immense pride in all that we have accomplished together. Most importantly, I do so with a genuine sense of peace, knowing that this organization will continue to put the needs of the most vulnerable in our community first. That commitment has always guided this work, and I am confident it will remain at its heart.

**Submitted by**  
**Shannon Patton BA., BSW., RSW., ALHC., ACS**  
**Interim Executive Director**

*"As we look to the future, we are reminded that lasting success is built not only through vision and planning, but through the relationships, dedication, and shared commitment we cultivate today." - author unknown*

# Pre-Vocational Program Report 2025-2026



The Pre-Vocational Program continues to provide a welcoming, inclusive environment grounded in safety, respect, and belonging. We recognize that wellness and recovery are strengthened through meaningful connections and relationships. Our drop-in centre thrives because staff and members engage alongside one another, creating a strong sense of community, peer support, and connection. We remain committed to ensuring individuals feel valued, empowered, and supported as they build resilience, pursue healing, and move toward stability and growth.

Our programming encourages positive social interaction, allowing for creative expression, and physical wellness-key components of health and well-being. These elements promote stress reduction, improved mental health, and a renewed sense of purpose while fostering the development of healthy social and coping skills.

Over the year, engagement continued to improve. Daily club attendance increased steadily between April 2025 and March 31, 2026, with overall visits increasing by more than 20%. The number of registered members using our services increased by 16.5%.

In addition, we continue to support many individuals who are not registered members but stop in seeking support and guidance. Many individuals are facing highly complex needs and challenging social circumstances, including houselessness, severe substance use issues, and declining overall health. These realities highlight both the depth of need within our community and the importance of maintaining accessible low barrier, compassionate, and responsive support. In our efforts to support new individuals, 125 intake appointments for membership were booked throughout the year, including repeat appointments for some individuals. Of those, 40 intakes were successfully completed and are actively using our programs. Although it is only 32% of the people who stopped for help, it is significant considering the complex realities many individuals face.

Our staff deliver a continuum of inclusive services which includes trauma informed responses and harm-reduction strategies when meeting people's needs. Daily staff assisted members and non-members in accessing other community resources by linking them to appropriate services, helping with system navigation,

and providing education, coaching, advocacy, and ongoing support. This ongoing support helps individuals access essential services and build stability.

A major focus this year was increasing attendance and engagement by offering a wider variety of activities and programs designed to empower individuals and support their sense of wellness. Member participation in structured activities increased significantly, with the team delivering 163 different types of activities through 2,480 sessions - representing a 27% increase from the previous year.

**Programs included:**

- In-house social and recreational activities
- Community outings
- Skill-building opportunities
- Cultural awareness sessions
- Educational workshops
- Peer-led initiatives
- Guest speakers and online learning opportunities.

Highlights over the summer included the Wascana Boat Tours, a beach day to Katepwa, sightseeing in Moose Jaw including the Heritage Museum. Our annual Christmas party was held on-site again this year which seems like the preference for members as the club is like a second home and a comfortable space. Special moments throughout the year include monthly birthday celebrations and seasonal festivities, all which continue to strengthen social connection and belonging.

**Program Impact & Outcomes:**

Over the past year, the Pre-Vocational Program successfully achieved its key objectives by:

- Promoting wellness and recovery-focused practices
- Strengthening community and peer connection
- Providing inclusive, low-barrier access to support
- Supporting individuals in building recovery capital
- Encouraging personal growth, healing, and confidence
- Fostering cultural awareness and respect
- Delivering advocacy and system navigation supports

These objectives remain important because they help empower individuals to strengthen wellness, increase stability, and build meaningful connections within the community.

**Member Feedback:**

We were able to hire a Canada Summer Student who conducted a member survey to help evaluate our programming, assess how effectively we are meeting members' needs, and gather ideas for future initiatives.

Survey results highlighted the meaningful impact of our services:

- 87% of respondents reported increased confidence engaging within the community
- 84% indicated a stronger sense of belonging, helping reduce stigma

and isolation while promoting inclusion

- 76% gained knowledge and skills to make healthier life choices
- 95% reported improved understanding and awareness of mental health and addictions
- 72% shared that CMHA programs and services helped them stay out of hospital
- 70% gained greater insight and understanding of Indigenous culture
- 79% reported feeling safe within the club environment.

These findings demonstrate that the Pre-Vocational Program continues to play a critical role in helping individuals build recovery capital, strengthen resilience, and progress in their recovery journey. In summary, this year we have seen increased stability among members who access the program regularly. Many individuals are making meaningful progress in managing responsibilities, moving forward in their recovery journeys, and achieving important personal goals. Several members have taken on leadership roles by facilitating peer groups and activities, while others have become increasingly involved in the broader community.

One member shared: ***"This place really helped me over the years, to get back on my feet and do the things I really want to do. I now work and volunteer in a place where I am helping others."***

We are thankful to the students, volunteers, and community partnerships

who have helped us to make an impact. Students have affirmed that this is an awesome learning experience and that members take them under their wing to gain invaluable insight. We were fortunate to host six nursing students completing clinical rotations over two semesters. The first practicum was for the Bachelor of Science Nursing 4th year students with the "Population Health and Community Partnership" course. However, in the new year and onward we were asked by SaskPolytechnic to take 3rd year students for their Mental Health & Addictions courses instead of the 4th year students. Both groups contributed greatly by enriching our programming as they provided weekly health education sessions, one-on-one health clinics and check-ins, wellness activities, and updated our community resource board. The nursing students delivered valuable information on managing chronic illnesses, prevention strategies, and overall wellness through both individual support and group programming.

We also welcomed Larissa, a practicum student from the Saskatchewan Indian Institute of Technologies Mental Health & Wellness Diploma Program. She introduced holistic, culturally rooted learning opportunities and her work incorporated a Two-Eyed Seeing approach, supporting reconciliation and strengthening culturally safe practices within our programs.

In addition, we hosted practicum students from the University of Regina,

Artwork Experience Internship Program, Phebian in the fall semester and Avery in the new year. Gavin, also a University of Regina student, continued volunteering throughout the year alongside Leo, who both focusing primarily on building connections and social engagement with members.

Throughout the year we were inspired by Guest Speakers including Jada Yee, Jay Lamont, Elder Betty McKenna, LOOK Film Initiative facilitator Trevor Grant, Jayne Whyte, APSS, and REAL on employment opportunities. Caitlyn from Willpower Fitness presented education on nutrition and worked 1-1 with our members on personal goals. In-person support on income tax issues and benefits was offered three times this year thanks to the CRA Outreach program. Representatives from the Regina Police Service - Cultural and Community Diversity Unit joined us monthly to build positive relationships. A new partnership was established with the University Students "Rotaract Club" and they raised bake sale funds to prepare a hundred candy bags for our members this Christmas party.

Our program also supported volunteers from the Drug Treatment Court who were completing community service hours, providing meaningful opportunities for community involvement and reintegration.

It's a good year when there are opportunities for staff development and community networking.

These opportunities continue to strengthen staff knowledge, skills, and capacity to provide compassionate, trauma-informed and recovery-oriented support. This year staff took turns participating in Mental Health First Aid renewal, ASIST (Applied Suicide Intervention Skills Training), Recovery Coaching Academy Canada, Naloxone refresher by SHA Overdose Outreach Team, recertification First Aid and CPR certification, and networking at the Saskatchewan Recovery Capital Conference, the Houselessness Conference, Social Prescribing is a new initiative in Regina, and ongoing with the Mental Health Court Community Advisory Committee.

We appreciated the partnerships and support from the Regina Mental Health Clinic (SHA), Saskatchewan Parks & Recreation Association, Second Harvest, Food Bank Reclamation Project, Rotary Club of Regina Eastview, Inner Wheel Eastview Group, YMCA, and the City of Regina's Transit Fare Assistance Program, along with many community associations, church groups, and individual donors. Their contributions have helped the Pre-Vocational Program provide meaningful services through essential care items, food support, and programming initiatives.

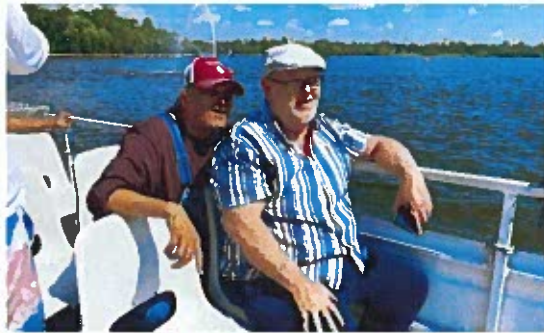
I would like to extend my sincere gratitude to our dedicated Pre-Vocational Team - Shan Kydd, Nicola Kimber, and Makeda Fox - who each contribute their expertise while also supporting other

programming areas. Thank you for your ongoing support, flexibility, creativity, compassion, and commitment. I would also like to warmly welcome Solochi Gab-Dike, who joined our team in February, and Tyrone Spray, who joined in April 2026. My appreciation extends to all staff at Canadian Mental Health Association Regina Branch, as well as our members, volunteers, and Board of Directors, whose continued support and collaboration make this work possible.

As I prepare to retire at the end of May, I do so with deep gratitude. It has been an honour to serve with CMHA Regina Branch for over 25 years. I truly believe in this work and the difference it makes every day. I have full confidence in the team's continued ability to support our community and promote opportunities for wellness and recovery.

**Submitted by Sue Beug,  
Pre-Vocational Team Leader**







# Vocational Program Report 2025-2026



March 2026 marked my first full year as Vocational Team Lead. Overseeing the vocational program areas is a responsibility requiring much care and attention. I take pride in managing everything that comes with that responsibility, including the fact that staff now look to me for direction and decision-making more than ever. There were occasions when I needed to step outside my comfort zone, take on new challenges, and adapt to novel situations as I continue to learn. These experiences have helped me gain confidence and improve my abilities. We have a great team, and I can't overstate how valuable the encouragement, trust, guidance, and support I receive from management has been during this time.

We have had a few staffing changes this year. Makeda took over the role of supervising the kitchen program in September. Speaking from the experience of having managed the kitchen for many years, I can confidently attest that from the start, Makeda has been doing an excellent job of ensuring that our meal program continues to provide substantial and nutritious meals for our members every workday. She learned quickly, stays organized, and is conscientious about

communicating with the trainees and I to ensure the program runs smoothly. Our lunch program served 8670 meals throughout the fiscal year, for an average of 723 meals per month.

Amid all the tasks we need to manage, it is important to remember that our imperative is to support our members. That support can happen in practical or more abstract ways depending on the varied needs of members. I had 260 meetings with members throughout the year - an average of 22 meetings per month. Since relocating my office into the members area, I have had more opportunities for spontaneous check-ins and conversations with members. Also, I began covering the members' area during the lunch period, which has further strengthened those day-to-day connections. These interactions, long or short, are always meaningful. Members often seek compassion or encouragement by sharing their experiences, or they want to express their concerns, and/or ask for advice or help. I helped some members update or create resumes this year and helped one prepare for a job interview. Two of our trainees obtained work in the community. We supported skill development through certifications by



providing WHMIS training for two members, and food safety certification training for another this year. 5 new trainees came into the program having already obtained WHMIS training and/or food safety certification elsewhere.

Over the course of the year, 34 members participated in vocational training, with between 18 and 21 individuals involved monthly. Of those, 11 continued in the program from the previous year (while 5 participants who were involved last year exited the program this year); and 18 new trainees entered vocational programming this year, 11 of whom have since exited the program while 7 of them continue training. Some members participate in more than one training program concurrently. For example, 5 members participated in Community Janitorial work this year by cleaning at the Saskatchewan Division office, and cleaning toys at Child & Youth services, 4 of whom also participated in the in-house janitorial program as well. Some members participate in the attendance desk ambassador program area or janitorial program area, in addition to simultaneously participating in the kitchen program area. Please keep that in mind when observing the following statistics capturing movement through

programs from April 2025 to March 2026:

#### **Attendance desk ambassadors:**

10 new trainees started the role, only 3 of whom continue in the program to the present, while 3 continue from last year. Of the 7 trainees who discontinued working at the attendance desk this year, one left to enroll at Regina Work Prep Centre, 5 left the program for personal reasons, one tragically passed away and is missed.

#### **Janitorial program:**

9 members joined (4 of whom remain), while 9 members discontinued janitorial training (two janitorial trainees completed their training term, 6 ended training for personal reasons, and one exited janitorial training upon being hired for a job in the community), and 4 continue from last year.

#### **Kitchen program:**

6 members began kitchen training (4 of whom continue in the program to the present), while 4 members discontinued kitchen training (one finished training, 2 left for personal reasons, and one exited the program upon being hired to work in the community), and 4 continue from last year.

I currently have a handful of members on

the waitlist to join vocational programming, and plan to get some of them started in vocational programming in the next couple of months.

In addition to in-house vocational training, our services agreement with Regina Exhibition Association Ltd. (REAL) District to clean litter left around Mosaic stadium after local football games, facilitated by our casual staff member, Linda, gives members an opportunity to sign up to perform paid work outside the branch. Additionally, we are thankful that this year our partnership with REAL also included a contract to clean litter each morning throughout the Queen City Exhibition (QCX). 21 members participated in Mosaic Stadium and QCX cleanups in the summer, 10 of whom were not otherwise involved in vocational programming over the year. Also not included in the total of 34 individuals participating in regular vocational training were 3 additional members I engaged in work crew jobs along with the janitorial trainees. These work crew opportunities provide valuable experience outside regular program streams. Work crews mostly involve maintenance work in and around the building, lawncare work in the spring and summer, and helping collect donations.

We continue to receive generous weekly donations from the Gordon Road Safeway via the Second Harvest food rescue program. We thank the volunteers from the Rotary Club of Regina Eastview who

continue to assist us in collecting and transporting these weekly donations. An additional weekly donation we started receiving this year through Second Harvest food rescue program is leftover chicken from the Victoria Avenue KFC. These recurring donations are greatly appreciated by our members.

Another change that occurred this year is the sharing of services with CMHA Saskatchewan Division. With Saskatchewan Division staff having relocated their offices into our facility, we have gained the opportunity to provide our janitorial crew with two more janitorial shifts per week to ensure the upstairs area remains clean, considering the increased use of that space. Saskatchewan Division staff have also requested my help in employing our work crew on a few occasions to help transport and stow materials related to their move. Many of our members are reliably enthusiastic about stepping up to do some extra work as part of a work crew, and as the Vocational program Team Lead I appreciate the extra opportunities to coordinate additional work for them.

To foster community relationships with other local organizations, this June I met with staff from REAL District. Resultingly, they provided a presentation to our members on work opportunities with their organization. Members were encouraged to volunteer for positions with REAL, with the potential for volunteer experiences to

to lead to a job placement. Following their presentation, two of our members submitted applications to work for REAL. I also met with staff from SaskAbilities' Partners In Employment program in July to describe CMHA Regina's programming, give them a tour of our facility, and inquire about further details concerning their services. They provide services to anyone facing a barrier, whether that is a disability, a criminal record, or even just a gap in their resume.

Survey feedback from the summer of 2025 provided some important insight into some of the barriers our members face. One hundred members completed the survey which included questions about vocational status. 67% reported they were unemployed. 20% reported CMHA Regina Branch vocational training as their only form of employment. Of the 14 members who reported that they work in the community, only 4 reported working full-time. When asked what barriers prevent them from working in the community 60% listed both their mental and physical health as an obstacle. 53% reported that they were not interested in working in the community. When asked how many hours per week they would like to work, out of 41 respondents only 7 reported that they would choose to work full time. My takeaway from these survey results is that many members want to work, but feel impeded by a scarcity of flexibility, understanding, and accommodation

offered by community employers (e.g, shorter shifts). I continue to aspire to make connections with community employers who are open to creating supportive environments and adaptable working conditions.

Before closing, I want to mention a couple opportunities for professional growth that I was afforded this year. The first is getting invited to attend the national CMHA conference in September. It was a great experience with lots of interesting panel discussions. It was nice to gain fresh perspectives to bring back with me, and to encounter the number of people around the country putting in so much work to improve services, communication, and understanding surrounding mental health in Canada. The second opportunity was attending Recovery Coach Academy (RCA) training in January. It was rewarding to interact with people in the healthcare field from all around Saskatchewan, and while it was reassuring to know that some of what they teach came naturally to me through experience in this field over time, everyone participating in the course found areas where their skills could use improvement. I am enrolled in two more "level-two" RCA online training sessions which will take place this June and July, and I look forward to further strengthening my knowledge and skills.

Finally, while it is up to me to oversee the vocational program and ensure no aspect is overlooked, and while Makeda does all

the planning and organizing for the meal program, we couldn't accomplish the services our vocational programs provide without our members who work in the programs. They all deserve appreciation for their evident devotion and hard work. Our kitchen workers are essential in making our noon-hour meal program happen, our attendance desk trainees deserve kudos for helping to keep the club a safe and friendly environment, and we appreciate all the consistent hard work and dedication our janitorial trainees put into keeping the club a clean and welcoming place.

**Submitted by Dillon Brown, Vocational Team Leader**



***“This program is helping me be accountable and work as a team that communicates well. I feel fully accepted and accommodated while I work. People with disabilities are capable of working here because of the supportive staff and safe environment. This is one of few places where we aren’t bullied or let go because of our disabilities.”***

***-G.B. current member in the vocational program***



# Community Engagement Report 2024-2025



Throughout the last year, the Community Engagement program has continued to provide education and promotion around mental health and addictions in our community. It is important that our community knows not only what mental health and addictions are, but why it matters and how to find support. Community Engagement (CE) is proud and honoured to be a trusted resource for so many. This year CE has impacted 8707 individuals through 27 presentations, 9 trainings, and 24 events. We are excited to have built new relationships with organizations and workplaces such as the Regina Immigrant Women's Centre, the Ministry of Advanced Education, and Shad Canada to name just a few.

Our social media presence continues to grow where we saw 135 (+6%) new followers with 10% visits on Facebook, while our Instagram channel gained 154 new followers (+8%) at 18% visits, 44% reach and 100% content interactions.

We have seen repeat organizations and institutions reach out to us for presentations such as Sask Polytech, The Safe Cafe, Regina Skills and Trades Centre, eHealth Saskatchewan, and various schools in the city. We are thankful for our ongoing partnerships with the Regina Pats,

who this year invited us to their Community Game Night in addition to the annual Talk Today Mental Health Awareness Game. We have continued to foster partnerships with the Mental Health Capacity Building programs in the Regina Catholic School and Regina Public School divisions. This year we again partnered with Regina Catholic Schools at the Regina Farmer's Market, reaching both families and professionals in the downtown area.

## **Presentation feedback:**

- "The presentation was perfect. My favourite part was learning about how to cope with depression."
- "The presentation was really helpful for me."
- "I struggle with anxiety and I found the presentation very informative for helping me."
- "I liked that the presenter was open to jokes but still was very informative."
- "I loved learning about the breathing techniques."

CE's youth group, Powered by YOUTH was created between CMHA Regina and the Child Trauma Research Centre at the University of Regina for youth between the ages of 14-23. This year the program has continued to see growth. In particular Powered by YOUTH held a pumpkin carving

night in October, which saw attendees from all different backgrounds and walks of life – we emphasize that our youth group is not for just one youth demographic, but anyone in that age group regardless of background or socioeconomic status. We saw continued growth in December when Powered by YOUth held a winter event called Fa-La-La-La Festive Fun. Youth played games such as dress the snowman, decorated gingerbread cookies, and sang holiday karaoke! Attendees had a fantastic time, and our Youth Advisory Committee members were extremely helpful in making sure everyone was included. This is not to say there have not been challenges, however we are encouraged in knowing that there are youth in our community who not only benefit from attending but are excited to come to our events. To ensure the program continues to thrive, we continue to arrange lunchtime engagement booths at local high schools to promote the events.

CE continues to deliver the Team Up Talk Today suicide alertness training to young high-performance athletes. We have traditionally trained the Regina Pats, Melville Millionaires, and Yorkton Terriers and did so again this year. What stood out is requests to train multiple other teams – the Avana Rebels and Notre Dame Hounds, both female hockey teams. While the training remains the same, we were in a unique position to notice and highlight

the differences in attitudes and needs between male and female athletes. While we all have mental health, what works best for one demographic may not for another. We feel very fortunate to have the opportunity to expand to different demographics.

SafeTALK, a certified suicide alertness workshop continues to see demand in the community. With 4 trainings delivered this fiscal year, we continue to be the primary trainer for the staff at Thomas' Circle of Care.

As I step into the area of Community Engagement full time as the Community Engagement Educator, I am learning more about what it means to be a community presence. Under the guidance of Shannon Patton, I am beginning to seek out relationships with other organisations and institutions, as well as take more of a leadership role with ongoing projects. I am very thankful for the opportunity to grow in this area, as I truly believe in what we do; we know mental health is essential to overall wellbeing – let's make sure our community knows that too.

This past year has been one of both meaningful growth and deep reflection. We have witnessed the profound impact of our work within the community, even as we continue to operate without core funding. While this presents ongoing challenges, it has only strengthened our resolve. We remain committed in our belief that the support we provide is not

only valuable, but essential.

We extend our heartfelt gratitude to all those who have stood beside us. To those who have contributed financially, given their time as volunteers, organised fundraisers both large and small in our support, and helped champion our mission - your generosity and commitment mean more than words can fully express. We are equally grateful to those who have taken what they've learned through our work and carried it into their daily lives, creating ripple effects of understanding and compassion throughout our community.

We are very grateful to have been the recipient of various fundraising events including:

- Colliers Cup Regina
- Run Regina
- Lost Our Marbles
- The Push-Up Challenge
- Regina Pats Talk Today Mental Health Awareness Game
- Crocus & Ivy
- Numerous smaller fundraisers (community, businesses, schools, etc.)

We would also like to thank the generous independent donors including:

- Susan Hertz and Helen Finucane whose donations funded our member's Christmas meal.
- Matthew Taylor who challenged himself to bike 6000km this year, independently raising \$3912 for our branch.

- Wendy Fink who in lieu of birthday presents raised donations for CMHA Regina.
- Woody Pelletier who in lieu of birthday presents raised donations for CMHA Regina.

As we look to the future, we do so with both optimism and determination. We are deeply committed to continuing as a trusted presence in our community- dedicated to providing compassionate, reliable mental health and addictions support to those who need it most.

**Submitted by Nicola Kimber,  
Community Engagement Educator**



# Nominating Committee Report 2025-2026



## **Members of Nominating Committee**

Diana Hawryluk, Shannon Patton and Barb Church-Staudt

## **Members of the Board for 2025-26:**

| <b>Name</b>            | <b>Start Date</b> | <b>End of Term</b>    |
|------------------------|-------------------|-----------------------|
| Barb Church-Staudt     | (2020, November)  | 2026                  |
| Diana Hawryluk         | (2022)            | 2025(renewed to 2028) |
| Karen Brownlee Schlamp | (2022)            | 2025(renewed to 2028) |
| Robin Perreault        | (2024)            | 2027                  |
| Jay Lamont             | (2024)            | 2027                  |
| Fiona O'Connor         | (2024, August)    | 2027                  |
| Krista Calfat          | (2024, October)   | 2027                  |
| Karen Hackl            | (2025)            | 2028                  |

## **Resignations:**

This year, we accepted the resignations of two valued board members whose dedication and service have made a lasting impact on our organization. Wendy Fink joined our board in 2021, and Samantha Mitschke-Hanna joined in 2022.

While we will greatly miss their involvement, insight, and commitment, we are deeply grateful for the time, energy, and passion they brought to our board over the years. Their contributions have played an important role in helping our branch grow, thrive, and continue supporting the people in our community.

On behalf of the entire organization, we extend our sincere thanks to both Wendy and Samantha for their years of service and unwavering dedication. We wish them all the very best in their future endeavors.

## **New Members:**

There were no new members added to the board this past fiscal year.

**Submitted by Barb Church-Staudt,  
Nominating Committee**

# Funders & Fundraising Sponsors/Donors 2025-2026

## Funders:

- Saskatchewan Health Authority
- City of Regina
- Saskatchewan Parks and Recreation

## Fundraising Sponsors/Donors:

- Action Sewer and Drain Services Ltd
- Brandt Group of Companies
- Casinos Regina & Moose Jaw
- COBS Bread Bakery
- Colliers Regina
- Crocus & Ivy
- Derek & Teigha Meyers Foundation
- Douglas & Gloria Archer Foundation
- Food Bank Reclamation Project
- KFC – Victoria Ave.
- Matthew Taylor
- Park Avenue Builders
- RBC Foundation
- Regina Auto Body
- Rotary Club of Regina Eastview
- Run Regina (Run, Walk, Ruck & GMS QCM)
- Scotia Bank
- Second Harvest
- St. George's Orthodox Cathedral
- Sticks & Doodles
- SVC Construction & General Contractors
- Ultra Addictions Coaching Ltd.



In addition to the names above, we would like to thank all individuals, service groups, organizations and those who provided personal donations and memorial requests throughout this past fiscal year.  
We truly are thankful and appreciative of your support!

*"Behind every milestone is a community that cares. Your generosity, dedication, and unwavering support have made our achievements possible and continue to shape a brighter future."*  
**- author unknown**

## This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**Mental Health Association Regina Branch Inc.**  
**Financial Statements**  
*March 31, 2026*

## **Independent Auditors' Report**

To the Members of Mental Health Association Regina Branch Inc.:

### ***Qualified Opinion***

I have audited the financial statements of Mental Health Association Regina Branch Inc (the Association), which comprise the statement of financial position as at March 31, 2026, and the statement of operations, statement of changes in net assets and cash flow statement for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In my opinion, except for the possible effects of the matter described in the *Basis for Qualified Opinion* section of my report, the accompanying financial statements present fairly, in all material respects, the financial position of the Association as at March 31, 2026 and the results of its operations and its cash flows for the year then ended in accordance with Canadian Accounting Standards for Not-for-Profit Organizations.

### ***Basis for Qualified Opinion***

In common with many not-for-profit organizations, the Association derives revenue from donations and fundraising, the completeness of which is not susceptible to satisfactory audit verification. Accordingly, verification of these revenues was limited to the amounts recorded in the records of the Association. Therefore, I was not able to determine whether any adjustments might be necessary to donation revenue, increase (decrease) in net assets, and cash flows from operations for the years ended March 31, 2026 and 2025, current assets as at March 31, 2026 and 2025 and net assets as at April 1 and March 31 for both the 2026 and 2025 years. My audit opinion on the financial statements for the year ended March 31, 2026 was modified accordingly because of the effects of this limitation in scope.

I conducted my audit in accordance with Canadian generally accepted auditing standards. My responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of my report. I am independent of the Association in accordance with the ethical requirements that are relevant to my audit of the financial statements in Canada, and I have fulfilled my other responsibilities in accordance with these requirements. I believe that the audit evidence I have obtained is sufficient and appropriate to provide a basis for my qualified audit opinion.

### ***Responsibilities of Management and Those Charged with Governance for the Financial Statements***

Management is responsible for the preparation and fair presentation of the financial statements in accordance with Canadian Accounting Standards for Not-for-Profit Organizations and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, management is responsible for assessing the Association's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Association or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Association's financial reporting process.

### ***Auditor's Responsibilities for the Audit of the Financial Statements***

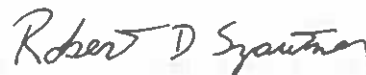
My objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes my opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Canadian generally accepted auditing standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements. As part of an audit in accordance with Canadian generally accepted auditing standards, I exercise professional judgement and maintain professional skepticism throughout the audit. I also:

## INDEPENDENT AUDITORS' REPORT (continued)

- Identify and assess the risks of material misstatement of the financial statements (whether due to fraud or error), design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for my opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Association's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going-concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Association's ability to continue as a going concern. If I conclude that a material uncertainty exists, I am required to draw attention in my auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify my opinion. My conclusions are based on the audit evidence obtained up to the date of my auditor's report. However, future events or conditions may cause the Association to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements (including the disclosures), and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

I communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings including any significant deficiencies in internal control that I identify during my audit.

Regina, Saskatchewan  
May 19, 2026



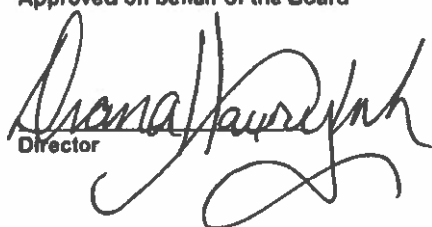
Robert D. Szaulner,  
Chartered Professional Accountant

**Mental Health Association – Regina Branch Inc.**  
**Statement of Financial Position**

*As at March 31, 2026*

|                                                    | 2026      | 2025    |
|----------------------------------------------------|-----------|---------|
| <b>Assets</b>                                      |           |         |
| <b>Current</b>                                     |           |         |
| Cash                                               | 208,026   | 111,617 |
| Accounts receivable                                | 23,255    | 3,442   |
|                                                    | 231,281   | 115,059 |
| Investments (Note 3)                               | 204,299   | 194,694 |
| Capital assets (Note 4)                            | 752,530   | 605,150 |
|                                                    | 1,188,110 | 914,903 |
| <b>Liabilities</b>                                 |           |         |
| <b>Current</b>                                     |           |         |
| Accounts payable                                   | 5,086     | 4,654   |
| Deferred contributions (Note 5)                    | 199,525   | 146,840 |
|                                                    | 204,611   | 151,494 |
| Deferred contributions - capital (Note 6)          | 440,753   | 356,563 |
| Deferred contributions – capital campaign (Note 7) | 20,084    | 37,593  |
|                                                    | 665,448   | 545,650 |
| <b>Net Assets</b>                                  |           |         |
| Unappropriated                                     | 210,885   | 120,666 |
| Invested in capital assets                         | 311,777   | 248,587 |
|                                                    | 522,662   | 369,253 |
|                                                    | 1,188,110 | 914,903 |

Approved on behalf of the Board

  
 Director

  
 Director

The accompanying notes are an integral part of these financial statements.

**Mental Health Association – Regina Branch Inc.**  
**Statement of Operations**  
*For the year ended March 31, 2026*

|                                                                         | 2026           | 2025             |
|-------------------------------------------------------------------------|----------------|------------------|
| <b>Revenue</b>                                                          |                |                  |
| Funding Agencies                                                        |                |                  |
| Saskatchewan Health Authority                                           | 548,448        | 533,001          |
| CMHA – Saskatchewan Division                                            | 50,421         | 45,666           |
| Saskatchewan Lotteries                                                  | 11,122         | 10,428           |
| Government of Canada Summer Student Grant                               | 4,614          | -                |
| Funding – City of Regina                                                | 25,000         | 25,000           |
| Fundraising                                                             | 69,137         | 46,813           |
| Donations                                                               | 224,345        | 53,538           |
| Office space rent                                                       | 7,800          | 13,800           |
| Interest                                                                | 300            | 58               |
| Miscellaneous                                                           | 23,382         | 25,937           |
| Program income                                                          | 29,369         | 55,773           |
|                                                                         | <b>993,938</b> | <b>810,014</b>   |
| <b>Expenses</b>                                                         |                |                  |
| Administration                                                          | 30,484         | 23,483           |
| Amortization                                                            | 40,571         | 36,995           |
| Building maintenance                                                    | 55,426         | 55,042           |
| Fundraising                                                             | 466            | 805              |
| Office                                                                  | 36,737         | 38,688           |
| Payroll - members                                                       | 52,887         | 48,633           |
| Payroll - program                                                       | 5,408          | 3,882            |
| Payroll - staff                                                         | 470,831        | 553,212          |
| Payroll – employee benefits                                             | 87,836         | 95,184           |
| Community engagement programming                                        | 11,231         | 13,500           |
| Pre-vocational programming                                              | 17,292         | 12,317           |
| Vocational programming                                                  | 30,266         | 32,825           |
| Transportation                                                          | 10,700         | 9,203            |
|                                                                         | <b>850,135</b> | <b>923,769</b>   |
| <b>Excess (deficiency) of revenues over expenses before other items</b> | <b>143,803</b> | <b>(113,755)</b> |
| <b>Other items</b>                                                      |                |                  |
| Unrealized gain on investments                                          | 9,606          | 10,749           |
| <b>Excess (deficiency) of revenues over expenses</b>                    | <b>153,409</b> | <b>(103,006)</b> |

*The accompanying notes are an integral part of these financial statements.*

**Mental Health Association – Regina Branch Inc.**  
**Statement of Changes in Net Assets**

*For the year ended March 31, 2026*

|                                               | <i>Invested in<br/>Capital<br/>Assets</i> | <i>Unappropriated<br/>Surplus</i> | <b>2026</b> | <b>2025</b> |
|-----------------------------------------------|-------------------------------------------|-----------------------------------|-------------|-------------|
| Unappropriated surplus, beginning of year     | 248,587                                   | 120,666                           | 369,253     | 472,259     |
| Excess (deficiency) of revenues over expenses | (20,815)                                  | 174,224                           | 153,409     | (103,006)   |
| Purchase of capital assets                    | 187,952                                   | (187,952)                         | -           | -           |
| Deferred contributions – capital additions    | (103,947)                                 | 103,947                           | -           | -           |
| Unappropriated surplus, end of year           | 311,777                                   | 210,885                           | 522,662     | 369,253     |

*The accompanying notes are an integral part of these financial statements.*

**Mental Health Association – Regina Branch Inc.**  
**Statement of Cash Flows**  
*For the year ended March 31, 2026*

|                                                             | 2026             | 2025             |
|-------------------------------------------------------------|------------------|------------------|
| <b>Cash provided by (used for) the following activities</b> |                  |                  |
| <b>Operating activities</b>                                 |                  |                  |
| Excess (deficiency) of revenues over expenses               | 153,409          | (103,006)        |
| Items not affecting cash:                                   |                  |                  |
| Amortization                                                | 40,571           | 36,995           |
| Unrealized gain on investments                              | (9,605)          | (10,749)         |
| Net Change in non-cash working capital items:               |                  |                  |
| Accounts receivable                                         | (19,813)         | (1,296)          |
| Prepaid expenses                                            | -                | 78,013           |
| Accounts payable                                            | 433              | 1,838            |
| Deferred contributions                                      | 119,366          | 101,216          |
|                                                             | <b>284,361</b>   | <b>103,011</b>   |
| <b>Investing activities</b>                                 |                  |                  |
| Purchase of capital assets                                  | (187,952)        | (251,432)        |
|                                                             | <b>(187,952)</b> | <b>(251,432)</b> |
| <b>Increase (decrease) in cash resources</b>                | <b>96,409</b>    | <b>(148,421)</b> |
| <b>Cash resources, beginning of year</b>                    | <b>111,617</b>   | <b>260,038</b>   |
| <b>Cash resources, end of year</b>                          | <b>208,026</b>   | <b>111,617</b>   |

*The accompanying notes are an integral part of these financial statements*

**Mental Health Association – Regina Branch Inc.**  
**Notes to the Financial Statements**  
*For the year ended March 31, 2026*

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**1. Incorporation and commencement of operations**

The Mental Health Association – Regina Branch Inc. (the "Association") was incorporated on March 11, 1982 under the Non-Profit Corporations Act of Saskatchewan. The principal activity is to provide social and vocational programs via structured recreation, socialization, employment, and training activities for persons with mental health impairments. According to the provisions of the Income Tax Act, as a not-for-profit corporation, the Association is exempt from taxation.

**2. Significant accounting policies**

The financial statements have been prepared in accordance with Canadian Accounting Standards for Not-for-Profit Organizations using the following significant accounting policies:

***Cash and cash equivalents***

Cash and cash equivalents are made up of unrestricted cash and short-term investments with original maturity of three months or less from the date of acquisition.

***Capital assets***

Capital assets are recorded at cost.

Amortization is provided using the following methods and rates intended to amortize the cost of assets over their estimated useful lives. Land is recorded at cost and not amortized.

|                        | <b><i>Method</i></b> | <b><i>Rate</i></b> |
|------------------------|----------------------|--------------------|
| Building               | Declining balance    | 4%                 |
| Vehicles               | Declining balance    | 2%                 |
| Computer               | Declining balance    | 20%                |
| Furniture and fixtures | Declining balance    | 20%                |

***Revenue recognition***

The Association follows the deferral method of accounting for contributions. Restricted contributions are recognized as revenue in the year in which the related expenses are incurred. Unrestricted contributions, fundraising and sponsorships are recognized as revenue when received or receivable if the amount to be received can be reasonably estimated and collection is reasonably assured.

***Measurement uncertainty***

The preparation of financial statements in conformity with Canadian accounting standards for not-for-profit organizations requires management to make estimates and assumptions that affect the reported amounts of assets and liabilities and disclosure of contingent assets and liabilities at the date of the financial statements, and the reported amounts of revenues and expenses during the reporting period.

Amortization of capital assets is provided based on the Association's estimate of useful lives of those assets.

These estimates and assumptions are reviewed periodically and, as adjustments become necessary they are reported in excess of revenues and expenses in the periods in which they become known.

**Mental Health Association – Regina Branch Inc.**  
**Notes to the Financial Statements**  
*For the year ended March 31, 2026*

**2. Significant accounting policies (continued)**

**Financial Instruments**

Measurement of financial instruments - The organization initially measures its financial assets and financial liabilities at fair value. The organization subsequently measures all its financial assets and financial liabilities at amortized cost, except for investments in equity instruments that are quoted in an active market, which are measured at fair value. Changes in fair value are recognized in the statements of operations in the period incurred. Financial assets measured at amortized cost include cash and accounts receivable. Financial liabilities measured at amortized cost include accounts payable.

Financial assets subsequently measured at amortized cost include cash, accounts receivable and inventory. Financial liabilities subsequently measured at amortized cost include accounts payable.

The Association's financial assets measured at fair value include investments which are held in mutual funds.

**Financial asset impairment:**

The Association assesses impairment of all of its financial assets measured at cost or amortized cost. When there is an indication of impairment, the Association determines whether it has resulted in a significant adverse change in the expected timing or amount of future cash flows during the period. If so, the Association reduces the carrying amount of any impaired financial assets to the highest of: the present value of cash flows expected to be generated by holding the assets; the amount that could be realized by selling the assets; and the amount expected to be realized by exercising any rights to collateral held against those assets. Any impairment, which is not considered temporary, is included in current period excess (deficiency) of revenues over expenses.

**3. Investments**

Investments consist of mutual funds held with IG Wealth Management.

**4. Capital assets**

|                        | <b>Cost</b>      | <b>Accumulated<br/>amortization</b> | <b>2026<br/>Net book<br/>value</b> | <b>2025<br/>Net book<br/>value</b> |
|------------------------|------------------|-------------------------------------|------------------------------------|------------------------------------|
| Land                   | 25,000           | -                                   | 25,000                             | 25,000                             |
| Building               | 914,389          | 236,095                             | 678,294                            | 518,605                            |
| Vehicles               | 81,912           | 62,830                              | 19,082                             | 23,852                             |
| Computer               | 67,896           | 50,682                              | 17,214                             | 21,517                             |
| Furniture and fixtures | 103,684          | 90,744                              | 12,940                             | 16,176                             |
|                        | <b>1,192,881</b> | <b>440,351</b>                      | <b>752,530</b>                     | <b>605,150</b>                     |

**5. Deferred contributions**

|                                                       | <b>2026</b>    | <b>2025</b>    |
|-------------------------------------------------------|----------------|----------------|
| Balance, beginning of year                            | 146,840        | 228,927        |
| Amounts recognized as revenue during the year         | (145,840)      | (227,927)      |
| Grants and donations received for restricted purposes | 198,525        | 145,840        |
| Balance, end of year                                  | <b>199,525</b> | <b>146,840</b> |

## Mental Health Association – Regina Branch Inc.

### Notes to the Financial Statements

For the year ended March 31, 2026

#### 6. Deferred contributions – capital

|                                                | 2026     | 2025     |
|------------------------------------------------|----------|----------|
| Balance, beginning of year                     | 356,563  | 134,542  |
| Amortization of deferred capital contributions | (19,757) | (16,595) |
| Contributions received for capital assets      | 103,947  | 238,616  |
| Balance, end of year                           | 440,753  | 356,563  |

#### 7. Deferred contributions – capital campaign

|                                                       | 2026      | 2025      |
|-------------------------------------------------------|-----------|-----------|
| Balance, beginning of year                            | 37,593    | 76,311    |
| Amounts recognized as revenue during the year         | (103,947) | (238,616) |
| Grants and donations received for restricted purposes | 86,438    | 199,898   |
| Balance, end of year                                  | 20,084    | 37,593    |

#### 8. Financial instruments

The Association as part of its operations carries a number of financial instruments. It is management's opinion that the organization is not exposed to significant interest, currency or credit risks arising from these financial instruments except as otherwise disclosed.

##### **Liquidity risk**

Liquidity risk is the risk that the Association will not be able to meet a demand for cash or fund its obligations as they come due. The organization is exposed to this risk on its accounts payable and accrued liabilities.

The Association meets its liquidity requirements by monitoring cash flows from operations and holding assets that can be readily converted into cash.

##### **Market risk**

Market risk is the risk that the fair value or future cash flows of a financial instrument will fluctuate because of changes in market prices. Market risk is comprised of currency risk, interest rate risk and other price risk.

The Association is exposed to market risk on its equity investments.

#### 9. Economic dependence

The Association receives significant revenue in contracts from the Saskatchewan Health Authority. As a result, the Association is dependent upon the continuance of these contracts to maintain operations at their current level.

#### 10. Comparative figures

Certain comparative figures have been reclassified to conform with current year presentation.