



ANNUAL REPORT

2025-2026



Canadian Mental
Health Association
Kelowna & District

Operators of

• FOUNDRY •
KELOWNA

More Than Support. A Community of Hope.

Our Vision: A Mentally Healthy Community.

Every day, young people, families, adults and seniors come through our doors looking for support, stability, connection, or simply someone who will listen.

This year, they found much more than services.

They found housing, counselling, employment opportunities, peer support, community, and hope.

Across Kelowna and the Central Okanagan, CMHA Kelowna & District helped thousands of people take meaningful steps toward wellness and belonging. From helping youth access mental health care, to supporting people experiencing homelessness, to expanding services into new communities, this year was defined by growth, connection, and impact.



1,639

Youth served
through
Foundry



10,224

Foundry
appointments



5,057

Wellness
Development Centre
participants



257

Supportive
Housing residents
served



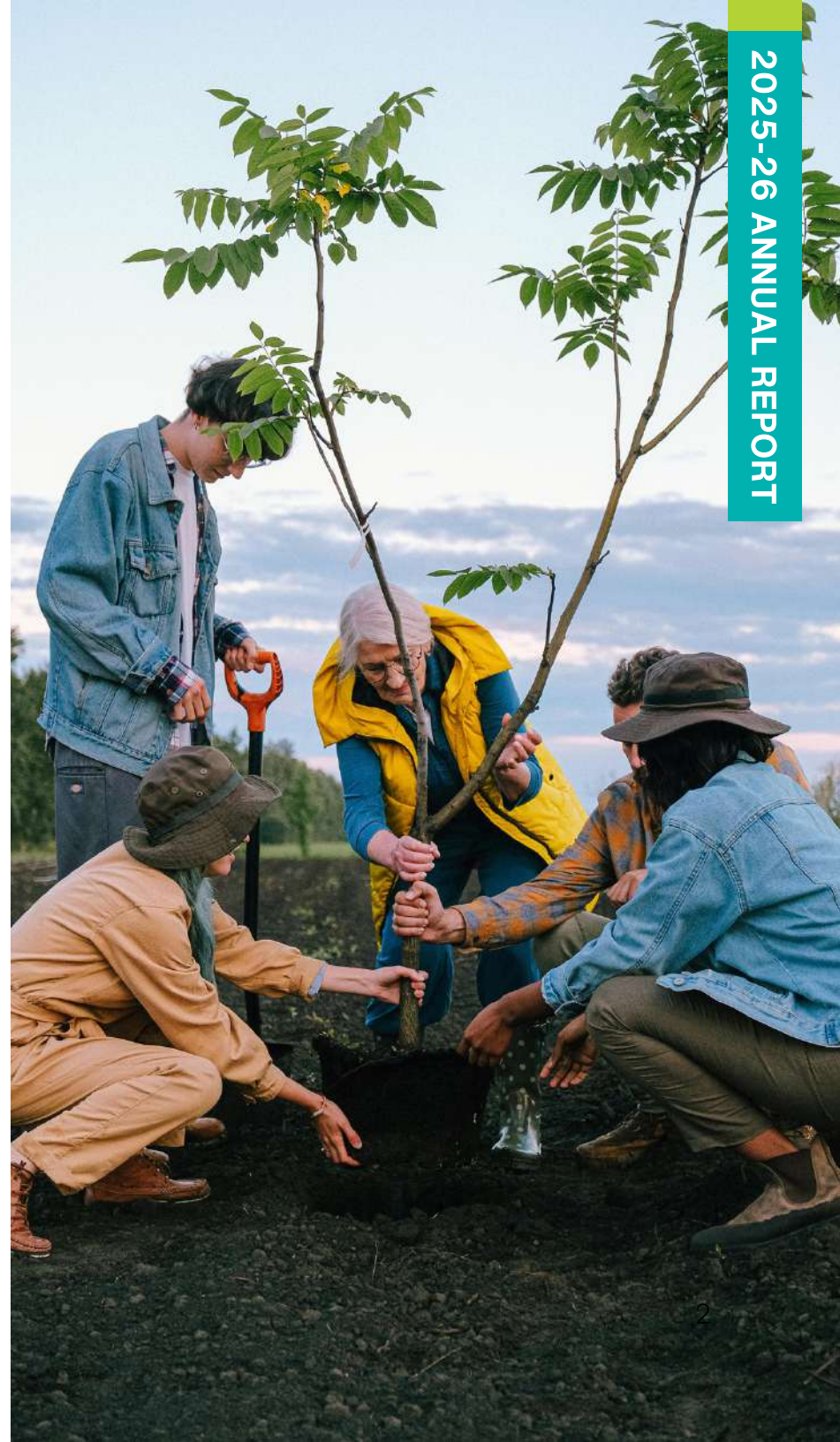
155

Households
supported through
Rent Bank



93

Employment
referrals through
Links



Impact Highlights

Showing Up for Community

This year, we reached more people, expanded vital services, and created new opportunities for connection and well-being across our community.



CRCL Launched

Crisis Response, Community Led (CRCL): a new, community-based approach to mental health crisis response.



Record Growth at Foundry

Foundry Kelowna appointments surpassed **10,000** - the highest in our history.



Bringing Counselling to More People Across Community

Counselling services expanded to Lake Country and Rutland Community Health Centre, strengthening support for the South Asian Community.



City Approves 49-Unit Affordable Housing Project

Approved Development Permit by the City of Kelowna for our 49-unit Affordable Housing on 1240 Brookside.



Approval for a New Foundry on the Westside

In January, our application to establish a Foundry satellite centre on the Westside was approved.



Expanding Network of Community Partners

We participated in **31** community events, connecting with an estimated **38,000** people.



Scattered-Sites Housing Program

In our scattered-sites housing, 53% of residents have maintained their housing for 1–5 years, while 25% have remained housed for 6 years or more.



“This year was about showing up for our community - listening, learning and responding, making sure people have the support they need.”

Mike Gawliuk

CEO of CMHA Kelowna & District

Foundry Kelowna

Foundry Kelowna brings together a wide range of health and social services for young people aged 12–24 and their caregivers - all in one welcoming place.

Whether it is a walk-in counselling session, help navigating challenges at home, support from peers, or access to medical care, young people know they are not alone.



 1,639 Unique youth served	 10,224 Appointments provided	 331 Primary care clients	 1,705 Medical follow-up appointments
 233 Family navigation clients	 153 Youth navigation clients	 84 Youth peer support clients	 785 Youth peer support appointments

Youth Speaking About Foundry

- “I feel welcome and understood. I can open up without feeling judged.”
- “They help take action quickly and guide you through a smooth process. Everyone is kind.”
- “Thank you for giving me a safe place when I needed it the most.”

Sarah’s Story

As a single parent raising several children, many with complex needs, there are times when everything can feel overwhelming. A difficult school transition was one of those times, and I knew I needed support.

Connecting with Family Navigation made a real difference. I received compassionate support right away, along with practical tools and referrals that helped connect our family to additional services.

That support came at a crucial time for our family. More than anything, I felt heard, supported and better equipped to move forward.

*Name changed to protect privacy.

Foundry Works & Education Program (FWEP)

FWEP supports youth aged 16–24 who face barriers to employment or education. Using the evidence-based Individual Placement and Support (IPS) model, it helps participants find and keep meaningful work through rapid job search, individualized goals, and ongoing support.



This year:

- **135** unique participants
- **1,581** appointments and check-ins
- **21** youth connected to employment
- **41** youth connected to education and training

Youth Navigation

Youth Navigation at Foundry Kelowna provides young people with personalized support to access the services they need, including mental health care, substance use support, primary care, and social services.



This year:

- **153** unique individuals supported
- **728** appointments

Not Alone: Bridging the Gap Campaign

In January 2026, CMHA Kelowna & District was selected to establish a Foundry satellite site on the Westside, bringing vital mental health, wellness and substance use services closer to young people and their families. Through our Not Alone: Bridging the Gap campaign, we are raising \$1.8 million to help make this vision a reality. We are grateful for the community support bringing us closer to our goal. Learn more about the campaign at CMHAKelowna.org.



Ladi's Story

With support from Foundry Youth Navigation, Ladi explored opportunities that aligned with her passion for equity, education, and social justice. Her journey led her to the Empowerment Squared International Youth Internship Program, through which she travelled to Ghana to support educational access and community development.

“This gave me the opportunity to bring back very valuable knowledge and skills to advance my career, and just as importantly, to contribute to creating meaningful change right here in the Okanagan.”

Ladi Bil

Foundry Youth Navigation Client

Our Housing Programs

A safe and stable home is the foundation for recovery, belonging and building a better future. This year, we helped more people find and keep their place to call home.



Supportive Housing

24/7 on-site supports that meet people where they are and help them move forward in our supportive housing for the unhoused and those at-risk of losing their homes.

Community Roots

Provides supports to individuals and families at-risk of, or experiencing homelessness through Housing First programs, community outreach, housing navigation, and the provision of rent supplements and scattered-sites housing units throughout the community.

Bright Mindz Youth Housing

Bright Mindz's 18 micro-suites continue to support young people on their journey toward stability and independence, providing safe housing, life skills, connections to education, employment, and community supports.

Rosemead Affordable Housing

Operating since 1999, Rosemead provides 24 affordable housing units for adults 19+ living with mental health challenges and limited incomes. Designed for individuals who can live independently, Rosemead offers stable, long-term housing that supports security, independence and well-being.

Central Okanagan Rent Bank

Helping households avoid eviction and maintain stable housing during tough times by offering interest-free loans and access to relevant support services to eligible renters in the Central Okanagan.



Matt's Story

"CMHA Kelowna has given me a home for years now. The staff have treated me like family. I have never had [that] before." — Matt

In 2025, one of our Supportive Housing sites lost long-time resident Matt (pseudonym) to terminal cancer. In the absence of family connections, and walking alongside him through many challenges, the Housing site was more than a place to lay his head—it was a home, a place where he was cared for and belonged.

Team members who supported Matt with compassionate end-of-life care remember him as "sassy" and "spicy," with a dry sense of humour. He'd often be sitting outside on his walker, smoking a cigarette and there to greet them as they arrived at work. In his own way, Matt also took care of them. "He didn't like anyone giving us grief," Judy says. "He didn't want to be talked to like a patient, he wanted to be talked to like a person," adds Syd. "He told us all the time how much he cared about us," says Team Lead Cindy. "We were all glad to be there for him."

Investing in supportive housing means more than giving people a place to live. It means building foundations for connection, dignity and belonging.

Housing and Mental Health

Housing is about much more than having a roof over your head. A safe, stable place to call home provides the foundation people need to feel secure, build connections and focus on their well-being. We have seen firsthand the toll that housing instability and homelessness can take on people's mental health in our community. That is why housing is such an important part of our work. If we want to build a mentally healthy community, we cannot focus only on responding when people are in crisis; we must also address the conditions that affect mental health in the first place. Access to safe, stable and affordable housing is one of those conditions, and an essential part of helping people and communities thrive.

257	212	77	155
Residents served across supportive housing sites	Housing units providing safe, stable homes	Housing First & Housing First for Youth clients supported	Households supported through Rent Bank
28	5,466	54	\$174,834
Successful move-ins through Housing First & Housing First for Youth	Community Roots outreach interactions	Supportive Housing Registry Assessments	Distributed through Rent Bank loans & grants

Donald's Story

Following some drastic changes around outdoor sheltering in the city, Donald (pseudonym), a participant in one of our housing programs reflected on the dignity that housing restored in his life. When asked if a shopping cart nearby belonged to them, he responded:

"I don't have a cart, I have a home."



"Making Home Possible"

For nearly a decade, two individuals supported by our Community Roots team lived without a home. Throughout those years, they remained connected with outreach services and continued searching for housing, despite facing significant barriers in the private rental market. Years of living unsheltered also took a considerable toll on their physical and mental well-being.

Their journey changed through persistent, coordinated support. Outreach staff, case managers and our market housing team worked together to find a pathway forward. On February 3, 2026, after approximately ten years of housing insecurity, the pair moved into a scattered-site home of their own.

Today, they remain connected with case managers as they settle into their home, strengthen their stability and work toward their personal goals. Their story is a powerful reminder that lasting change can take time—and that consistent relationships, collaboration and a commitment to not giving up on people can help make home possible.



CRCL: A New Approach to Crisis Response

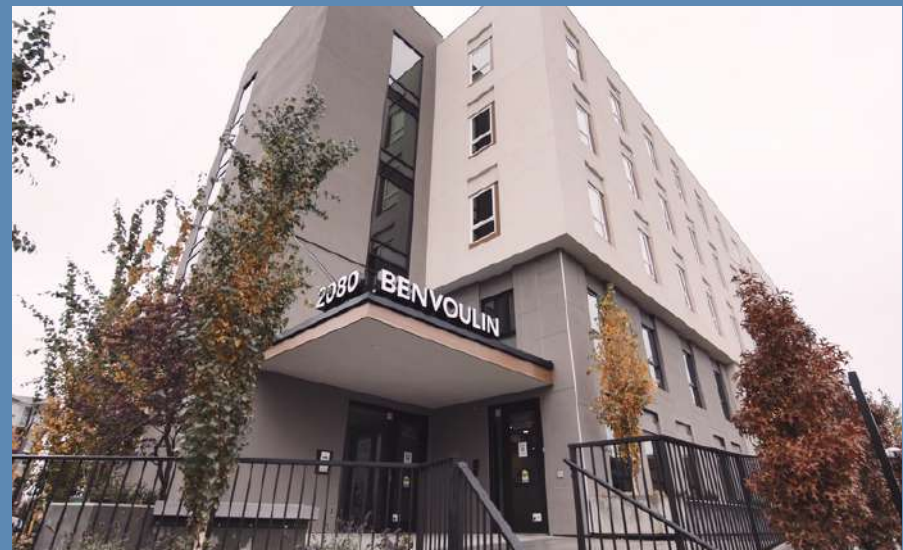
Launched in March 2026, Crisis Response, Community Led (CRCL) represents a new approach to mental health crisis response in our community. Combining lived and professional experience, CRCL provides compassionate, community-based support that meets people where they are. While still early in its journey, the service holds significant promise for changing how people experiencing a mental health or substance use crisis receive timely, dignified and person-centred care.

Growing Impact of Bright Mindz Youth Housing Initiative

In 2026, the Centre for Advancing Health Outcomes (Advancing Health) evaluated CMHA Kelowna & District's Bright Mindz Youth Housing Initiative, established to prevent or end homelessness for youth aged 17–24.

“For those interested in youth homelessness prevention in the Central Okanagan, Bright Mindz offers a proven, well-evidenced foundation to build upon.” — Centre for Advancing Health Outcomes, 2026 evaluation.

Since opening, the **18** micro-suites have housed **63** youth, with **69%** average engagement in education and employment and **83%** positive transitions after exit.



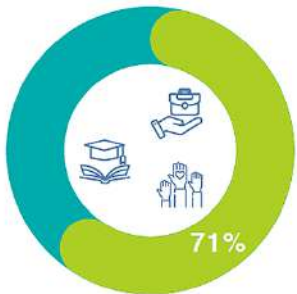
Links to Employment

Promoting Wellness Through Pathways to Employment

Links to Employment supports job seekers who are navigating persistent and multiple barriers as they work toward meaningful training, volunteer opportunities, and/or employment. We offer a full range of services, working closely with each individual and in collaboration with their existing health supports.

Our Reach this Year

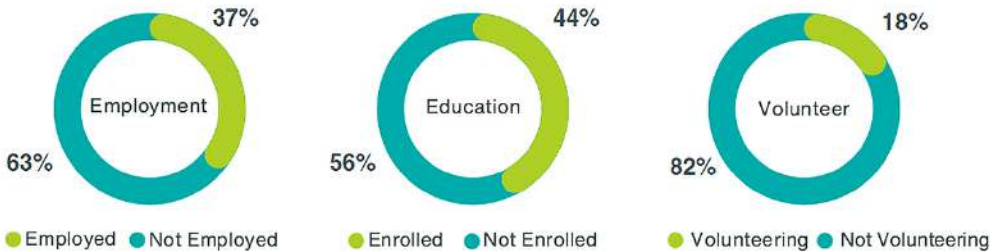
- 93 referrals received
- 63 clients participated
- 49 intakes completed
- 457 sessions completed



Vocational Outcomes:

Of the 63 clients engaged in Links to Employment services this past fiscal year, 71% obtained at least one vocational outcome, this included employment, education or volunteering.

Unique Clients Per Outcome



**Outcomes are not mutually exclusive; individuals may achieve more than one.*

Synergy

For the 2025 tax year, Synergy completed 260 tax returns, while also connecting people to identification, income assistance, counselling, and community supports. Barber and hair care services further expanded low-barrier access to practical supports that promote dignity and well-being.



Sundance's Story

When I connected with Links to Employment, I had lost a stable job and was struggling with anxiety, confidence and a wrist condition that limited the work I could do. With Oksana, my Vocational Rehabilitation Counsellor, I began taking small steps—building my resume and interview skills, completing First Aid training, accessing counselling and health supports, and earning my Learner's Licence.

There were setbacks, including a workplace injury that made me rethink the kind of work I could sustain. But I kept moving forward. In March 2026, I secured a full-time Production Worker position. By July, I had passed probation and, with stable employment and housing support, moved into my own apartment with my partner.

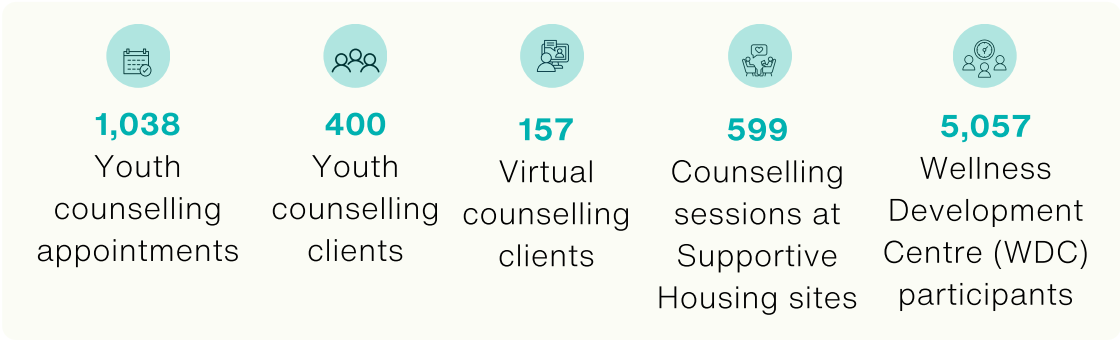
"I didn't believe I could go anywhere, and Oksana showed me that moving forward takes time. Having someone who believes in you does a lot."

Counselling & Wellness Programs

Support Where People Are

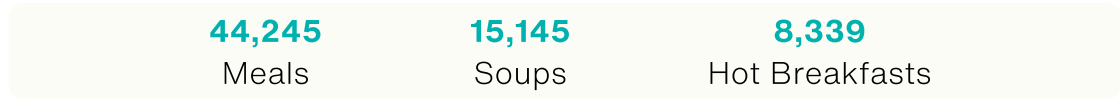
From individual, couples and family counselling—in person and virtually—to on-site counselling in supportive housing and programs at the Wellness Development Centre (WDC), our wellness services help people access support, build resilience and strengthen connection through counselling, recreation, shared meals and community.

Our Reach this Year:



Meals Matter Food Security Program

The Meals Matter Program provides nutritious meals to adults and youth across our Supportive Housing sites, Wellness Development Centre, and Family & Natural Supports (FNS), helping improve food security and support mental well-being amid rising food costs.



What Participants Say

- “The counsellor really listens and helps me find tools that actually work for me.”
- “Coming to the WDC gives me routine and people who care. It makes a huge difference.”
- “Counselling at my building has helped me feel more in control and less alone.”



Freddie's Story

Wellness Development Centre (WDC) participant Freddie (pseudonym) found support during a time of deep struggle with addiction and homelessness.

Through connection at the WDC and other CMHA Kelowna programs, they accessed counselling, housing and employment support.

Today, they are housed, working full-time and reconnected with their family.



“The WDC and CMHA programs helped me rebuild my life. I’m grateful for the support that met me where I was.”

In the Community

We strive to connect the **community** to the **cause** and the **cause** to the **community**. This year our teams showed up in places where people connect, building relationships and ensuring folks know about available services and how to access them.

Community Events	Community Support
We participated in 31 community events, reaching an estimated 38,000 people	21 fundraisers organized by community partners, raising more than \$263,000

Community Education

We expanded our catalogue of **free** mental health workshops available through **Discovery College**, including the development of Resilient Response — a practical resource for first responders and their families.

To support **Mentally Healthy Workplaces**, we:

-  Delivered **28** workplace presentations, reaching **813** participants
-  Facilitated Mental Health First Aid, Applied Suicide Intervention Skills Training (ASIST), and safeTALK certification training for **113** community partners and individuals.

Our Team

CMHA Kelowna & District employees are the lifeforce of the organization, bringing dedication, expertise and compassion to all that they do. Their lived and living experience informs program design and fuels innovation.

186
Members of staff as of March 31, 2026 shaping our work and community.

4,500 +
Hours invested in workplace professional development.



Looking Forward

We are grateful to be on the ancestral, traditional and unceded lands of the **Syilx Okanagan People**. Their stewardship of this land reminds us that meaningful change begins with listening, learning and building relationships. We are committed to carrying that learning forward.

The past year marked important progress, but we are even more excited about what lies ahead. Through our **Not Alone: Bridging the Gap campaign**, our community is rallying behind bringing Foundry to the Westside, expanding timely mental health, wellness and substance use services for young people and their families, with opening anticipated in mid-2027. With the launch of **Crisis Response, Community Led (CRCL)**, made possible through the financial support of the City of Kelowna, the Government of Canada and the Province of BC, and in partnership with CMHA BC Division, we are seeing more compassionate, community-based support rooted in both lived and professional experience, reshaping how our community responds to mental health crises. We remain steadfast in our belief that **housing is foundational to mental wellness**. Our 1240 Brookside project will provide 49 units of affordable housing for seniors, Indigenous Peoples and families, with groundbreaking anticipated early in 2027.

Guided by our Board of Directors and feedback from community partners and CMHA leadership, in the coming year we will roll out a **refreshed strategic plan** grounded in equity, diversity and inclusion (EDI), Truth and Reconciliation, strengthening how we serve our community, support our people and create a place where everyone feels they belong.

None of this happens alone. Our greatest strength is the growing network of partners, supporters, Indigenous communities, schools, businesses, governments, volunteers and community champions who work alongside us, and community-led initiatives like the Mount Boucherie Secondary School (MBSS) Walk for Mental Health, now a powerful youth-led movement.

Cam McAlpine departs our board after eight years of service, including his time as Board Chair. His commitment, thoughtfulness and steady leadership have shaped this organization, and will always be part of our story. On behalf of our staff, volunteers and the organization, **thank you, Cam**.

We are excited to welcome Marc Proulx as our incoming Board Chair, and Lynn Wong, who joined our Board at the June 2026 Annual General Meeting (AGM).

We look forward to the leadership, experience and perspective they bring as CMHA Kelowna moves into its next chapter.

With **our community**, we are building a future with more services, stronger partnerships and greater opportunities for people to thrive.

Our Board of Directors 2025/2026

Board Chair

Cam McAlpine

Vice Chair

Marc Proulx

Treasurer

Debbie da Silva

Secretary

Kyle J. Ramsey

Directors

Aman Hundal

Jenn Goodwin

Kwame Boateng

Sean Pihl

Siobhan McManus

Terry Beaudry



"There is so much more we can do, and we cannot do it without you. Thank you for believing in our mission and in our community."

Mike Gawliuk

CEO of CMHA Kelowna & District

Financial Statement

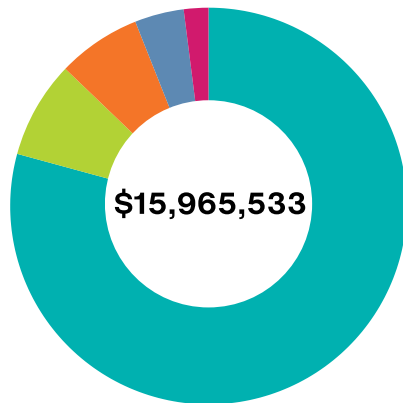
Financial information from
April 1, 2025 - March 31, 2026.

This information has been
extracted from the financial
statements prepared by
management and audited
by Doane Grant Thornton LLP.

The year ended with a deficit of
\$78,797, primarily related to a
one-time prior-period
adjustment. The organization
remains in a stable financial
position.

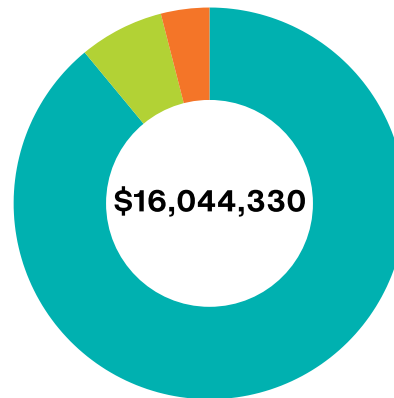
The full statements are
available at CMHAKelowna.org

Revenue



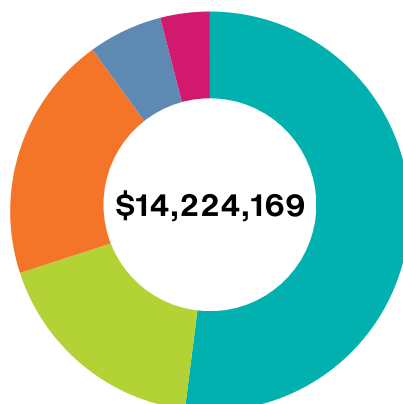
- Government Funding 79%
- Tenant Rent 8%
- Grants 7%
- Donations 4%
- Other 2%

Expenses



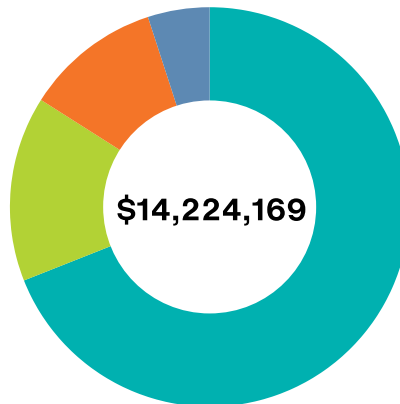
- Programs & Services 89%
- Administration & Governance 7%
- Community Engagement & Education 4%

Programs & Services



- Housing 52%
- Foundry Kelowna 18%
- Homelessness Services 20%
- Nutrition 6%
- Wellness 4%

Breakdown of Program Costs



- Staff Wages & Benefits 69%
- Building Maintenance 15%
- Program Expense & Activities 11%
- Rent Supplements 5%

The way forward is together.

To learn more about CMHA Kelowna & District and how you can support our vision of a mentally healthy community, visit **CMHAKelowna.org**

For Supports

Call or text the 9-8-8 Suicide Crisis Helpline

1-800-SUICIDE | 1-800-784-2433 free and available 24 hours

Call or text CRCL Kelowna 778-940-2560 11:00am - 8:30pm every day

Visit foundrybc.ca/centre/kelowna/ for free and confidential youth services

Charitable #: 10686 3392 RR0001



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• F O U N D R Y •
KELOWNA



Accredited
IMAGINE CANADA

The Canadian Mental Health Association, Kelowna & District offices are located on the ancestral, traditional, unceded lands of the Okanagan Nation and Syilx Peoples. We are committed to sustaining relationships with Indigenous Peoples based on respect, dignity, trust, and cooperation in the process of advancing truth and reconciliation.

CMHAKelowna.org

