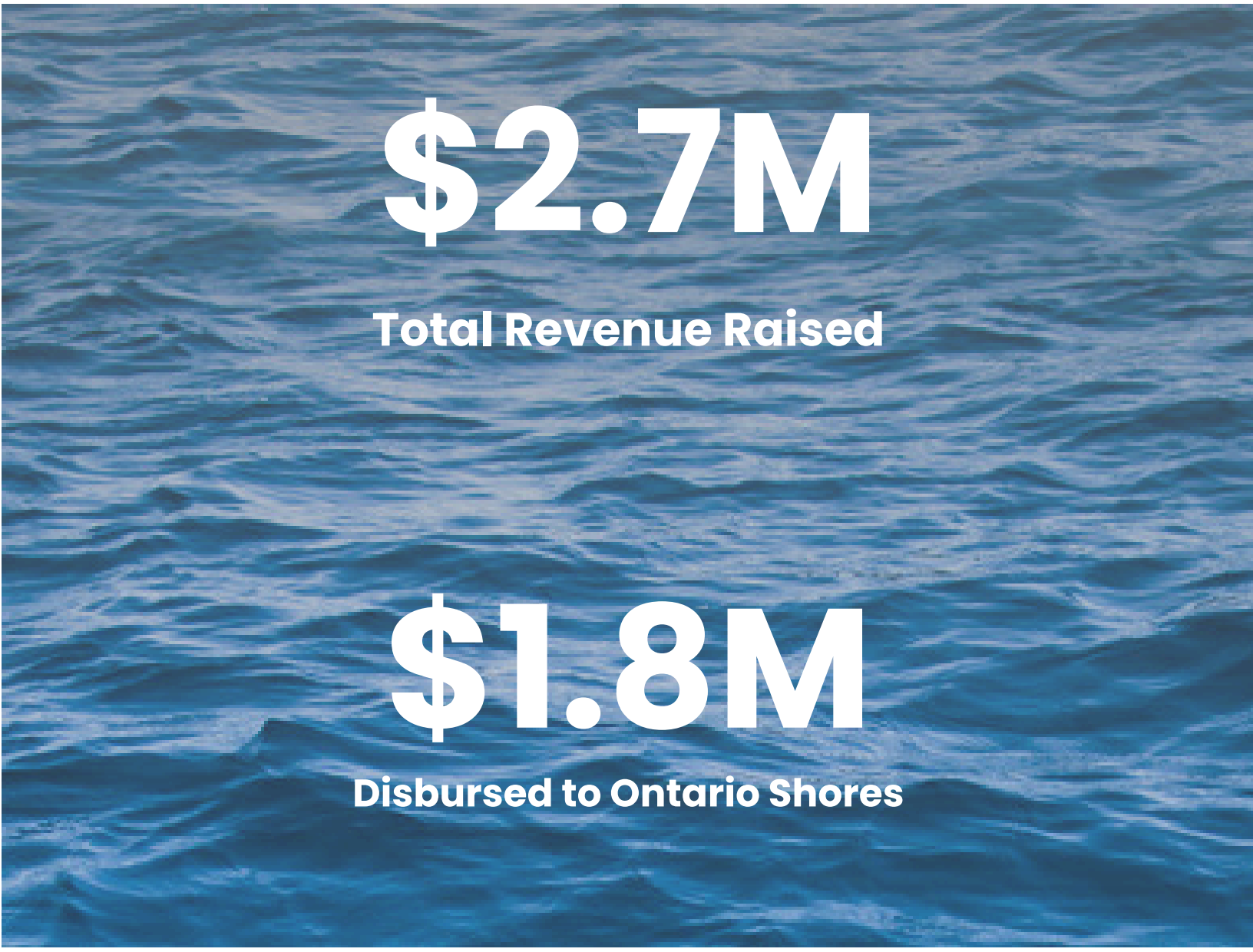


Ontario Shores
Foundation for Mental Health

ANNUAL REPORT 2025–2026

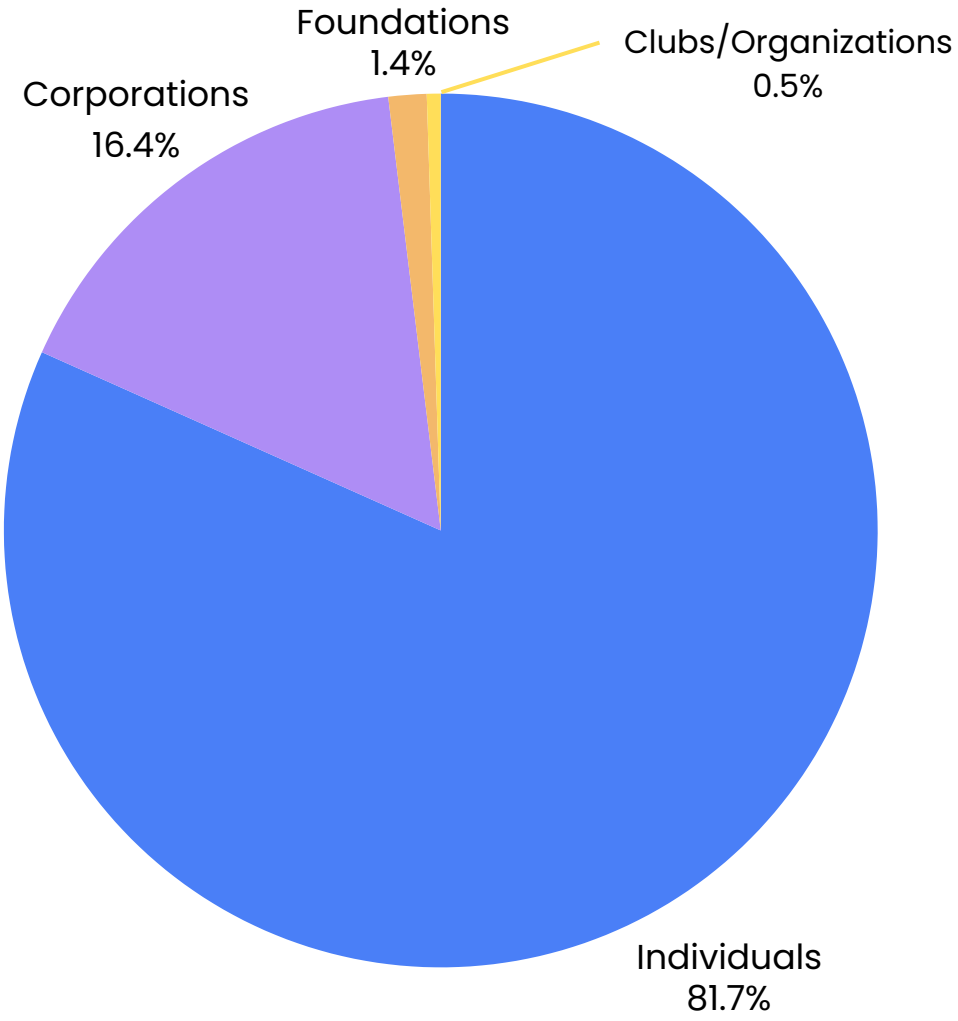
TOGETHER, WE CAN REACH THE SHORE

IMPACT BY THE NUMBERS



Ontario Shores
Foundation for Mental Health

NUMBER OF DONORS



781 DONORS

Individuals - 638
Corportations - 128
Foundation - 11
Clubs/Organizations - 4

OSHAWA GENERALS X ONTARIO SHORES FOUNDATION



The partnership between the Oshawa Generals and Ontario Shores continues to highlight the strong connection between sport and mental health.

This year's Chuck-a-Puck game night brought fans together in support of Ontario Shores Foundation for Mental Health, combining game-day excitement with meaningful fundraising for mental health care.

As part of the partnership, Oshawa Generals' players also visited onsite at Ontario Shores, engaging directly with patients and staff, helping to foster connection, encouragement, and community support beyond the rink.

This collaboration continues to demonstrate how local sport organizations can play an important role in reducing stigma and supporting mental health services across the region.

Ontario Shores
Foundation for Mental Health

ORANGE THEORY FITNESS RUN





Support for mental health took centre stage last summer as Orange Theory Fitness Whitby brought together staff, gym members, and community runners in support of Ontario Shores.

An incredible $6,267.88 was raised in support of Ontario Shores Foundation for Mental Health,

adding to a growing impact that reflects the power of community-driven fundraising.

Over the past three years, Orange Theory Fitness Whitby has contributed a total of $10,600 in support of mental health care.

The event continues to highlight how collective movement and local partnership can translate into meaningful support for programs and services that make a difference across the region.

REMEMBERING MADISON CHARD: *STRONGER THAN THE STORM*





In a moving gathering at Ontario Shores Centre for Mental Health Sciences, the Chard family came together to celebrate Madison's life, surrounded by those who loved her most. Her legacy continues to make a lasting impact, with nearly $72,000 raised in support of mental health care through Ontario Shores Foundation for Mental Health. A tree was also planted in her honour on the hospital grounds, carrying the family's mantra: *Stronger than the Storm*.

Trees For Hope, a collaboration between the Ontario Shores Foundation and Trees for Life, was also launched to recognize mental health journeys, honour care providers, and celebrate mental health champions. The first tree was planted in Madison's honour - her legacy now rooted in a growing movement of hope.

TREES FOR LIFE

Ontario Shores
Foundation for Mental Health

REGIONAL CHAIR'S CLASSIC IN MEMORY OF ROGER ANDERSON



REGIONAL
CHAIR'S CLASSIC
IN MEMORY OF ROGER ANDERSON

The Regional Chair's Classic is a cornerstone event benefiting Ontario Shores Foundation for Mental Health – among others - bringing together community leaders, generous sponsors, and avid golfers to support students and mental health initiatives across Durham Region.

Championed by current Regional Chair John Henry, the tournament reflects a shared commitment to keeping alive Roger Anderson's remarkable legacy of community service, including having been the longest serving Durham Regional Chair from 1997 until his passing in 2018. Each year, up to 200 golfers rally behind a common cause, with this tournament playing a vital role in supporting students at Durham College and Ontario Tech as well as invaluable youth mental health programs at Ontario Shores. Event proceeds directly support enhanced patient care, innovative programming, and efforts to reduce stigma at Ontario Shores and beyond.

Ontario Shores
Foundation for Mental Health

SUPPORTING WOMEN'S BRAIN HEALTH RESEARCH



Whitby

In October 2025, Mayor of Whitby, Elizabeth Roy, visited Ontario Shores Centre for Mental Health Sciences to celebrate a $25,000 grant from the Mayor's Community Development Fund (MCDF).

The funding supported the purchase of an EEG machine that will advance research on brain health and Alzheimer's disease, with a particular focus on women, who represent two-thirds of dementia cases. The equipment will help researchers study brain activity in patients with early-stage dementia, supporting earlier detection and improved care.

During the visit, Mayor Roy and members of the MCDF grants committee met with hospital leadership and researchers, and toured the research facilities to see firsthand how this investment is supporting innovation and discovery.

Thank you, Town of Whitby, and Mayor Roy, for funding equipment that will help expand critical research that advances women's brain health.

Ontario Shores
Foundation for Mental Health

CELEBRATING A SWEET PARTNERSHIP FOR MENTAL HEALTH





Tim Hortons

In September 2025, the Ontario Shores Foundation welcomed Tim Hortons Durham Region restaurant owners and community partners to celebrate the impact of the Smile Cookie Campaign.

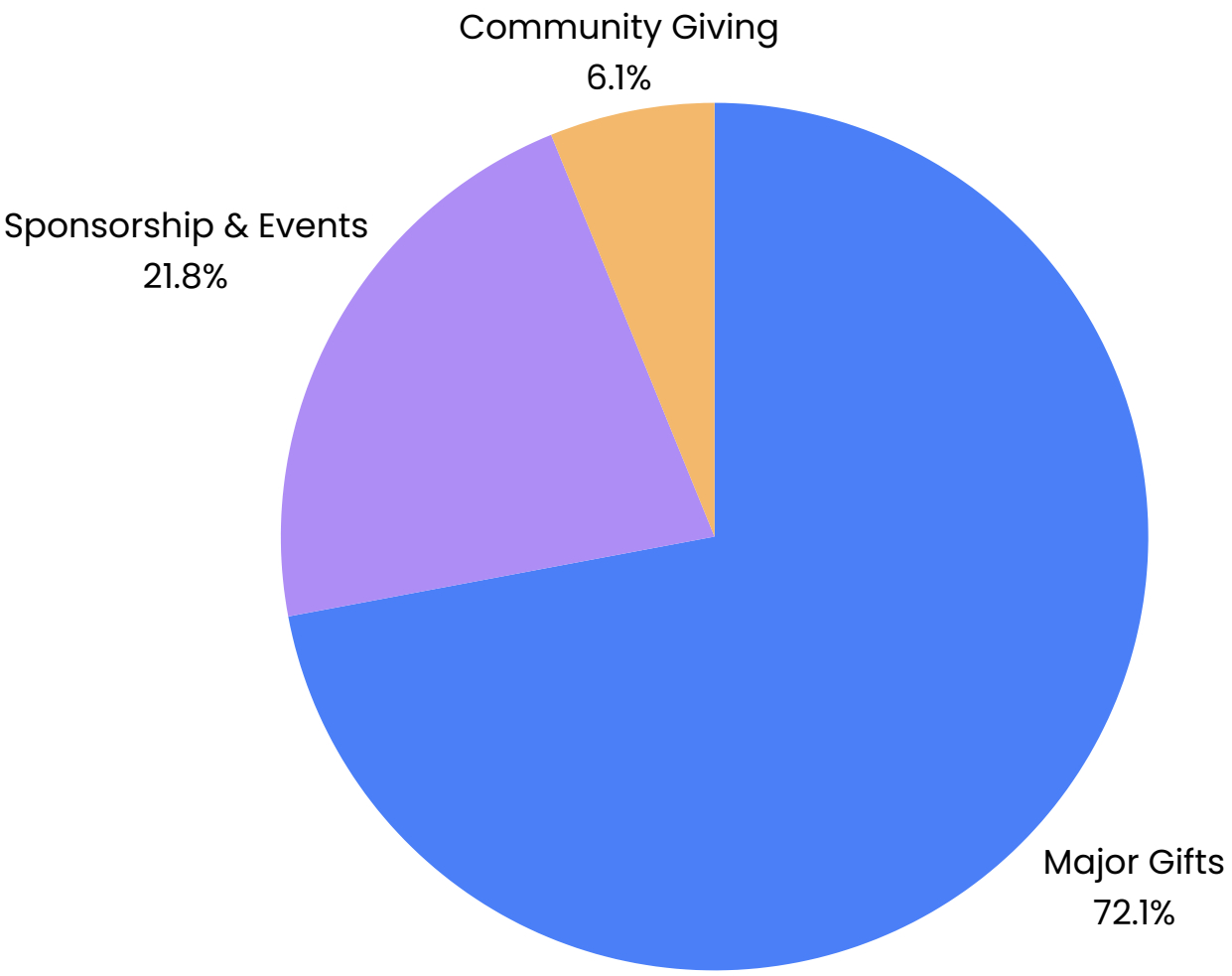
For the first time in Durham Region, the same charity was selected as the campaign's beneficiary for two consecutive years. Thanks to the generosity of local restaurant owners, their teams, and customers, the 2024 and 2025 campaigns together raised more than $745,000 in support of mental health care at Ontario Shores Centre for Mental Health Sciences.

To recognize this extraordinary contribution, Ontario Shores unveiled the Tim Hortons Durham Region EDU Kitchen in the Adolescent Eating Disorders Unit, honouring the partnership and the community behind it.

This remarkable achievement reflects the power of community coming together to support hope, healing, and life-changing mental health care.

Ontario Shores
Foundation for Mental Health

NUMBER OF DONATIONS



2404 GIFTS

Major Gifts - $1,980,000
Sponsorship & Events - $599,000
Community Giving - $169,000

RUN FOR WOMEN



SHOPPERS DRUG MART

The 2025 Shoppers Drug Mart Run for Women Whitby was a remarkable demonstration of community support, resilience, and commitment to mental health advocacy, bringing together more than 1,800 participants in support of women's mental health programs at Ontario Shores Centre for Mental Health Sciences. Despite extreme heat conditions, participants, volunteers, sponsors, and supporters came together with exceptional enthusiasm and determination in support of this important cause.

Ontario Shores staff and supporters were strongly represented throughout the event, reflecting the organization's deep commitment to mental health care and community engagement. Teams including the *Ladies of the Shores*, the Human Resources team, and *We the Shore*, led by John Chen, contributed significantly to the spirit and success of the day.

The event also featured a range of family-friendly activities and community partners that helped create an engaging and welcoming atmosphere for attendees of all ages. Through the collective generosity of participants, sponsors, donors, and volunteers, this event raised $204,000 in 2025, bringing its total impact to $1.3 million in support of women's mental health initiatives, including programs delivered through the Shoppers Drug Mart Perinatal Mental Health Clinic.

In addition to fundraising achievements, the event served as a meaningful expression of solidarity and advocacy for mental health awareness as participants also contributed to setting a new world record for the largest mindfulness session, led by Ontario Shores' own Dylan Zambrano.

JOURNEYS OF HOPE: THE HEALING POWER OF MUSIC





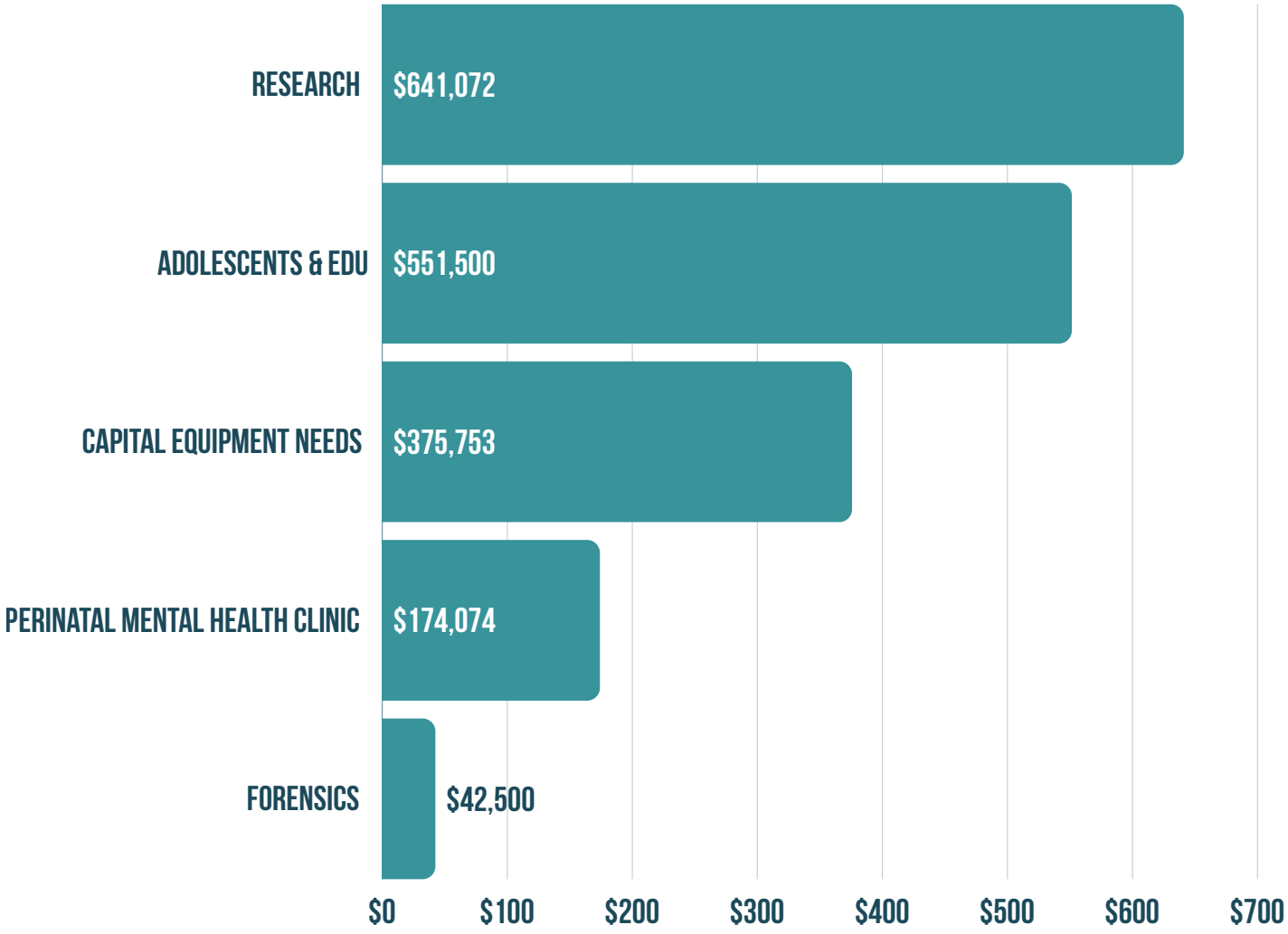
Ontario Shores
Foundation for Mental Health

On October 2, 2025, in honour of World Mental Health Day, the Ontario Shores Foundation hosted Journeys of Hope, an experiential evening celebrating the healing power of music. Guests enjoyed a beautiful fall sunset while taking in performances that highlighted the impact of Ontario Shores' Music Therapy Program.

A highlight of the evening was a powerful performance by *The Shores*, a patient band from Ontario Shores whose energy, courage and talent deeply moved the audience. Guests also enjoyed the beautiful harmonies of the Resound Choir, filling the evening with emotion and hope.

We are proud to share that Journeys of Hope raised over $63,000 in support of Ontario Shores and the programs that change lives every day. Thank you to our volunteers and the Food Services team for helping make the evening so special.

GREATEST IMPACT TO ONTARIO SHORES – FOR LIFE-CHANGING MENTAL HEALTH CARE



CIRCLE OF FRIENDS









Circle
Of Friends
Charity Golf Tournament

Since 2013, Circle of Friends has supported patients at Ontario Shores Centre for Mental Health Sciences as they transition from hospital care back into the community.

Through the generosity of donors and supporters, the proceeds helps address essential needs and critical gaps in care that fall outside of traditional hospital funding.

For more than a decade, Circle of Friends has played an important role in helping individuals access the practical supports and resources needed to continue their recovery journey with dignity, stability, and hope.

In 2025, Circle of Friends raised an incredible $130,000 in support of life-changing programs and patient care initiatives, continuing its longstanding impact on the lives of patients and families across the community.

Ontario Shores
Foundation for Mental Health

FACES OF ONTARIO SHORES

MEET MEGAN

They are young people like Megan, who spent years struggling with an eating disorder that began as a compulsion to be “good enough.” Through the compassion of the Ontario Shores team, she learned to separate her illness from her identity, and to see her life as worth living. With your support, we can help more young people like Megan find hope, healing, and the strength to move forward.



Ontario Shores
Foundation for Mental Health

FACES OF ONTARIO SHORES

MEET KEVIN

They are people like Kevin, who experienced his first panic attack live on air, an event that reshaped his life and began his journey toward healing. Diagnosed with severe depression and anxiety, he learned that recovery starts with understanding yourself and holding on to hope. Today, Kevin helps others do the same, breaking stigma and proving that healing begins with honesty. With your support, we can help more people find the care and hope they need to heal.



Ontario Shores
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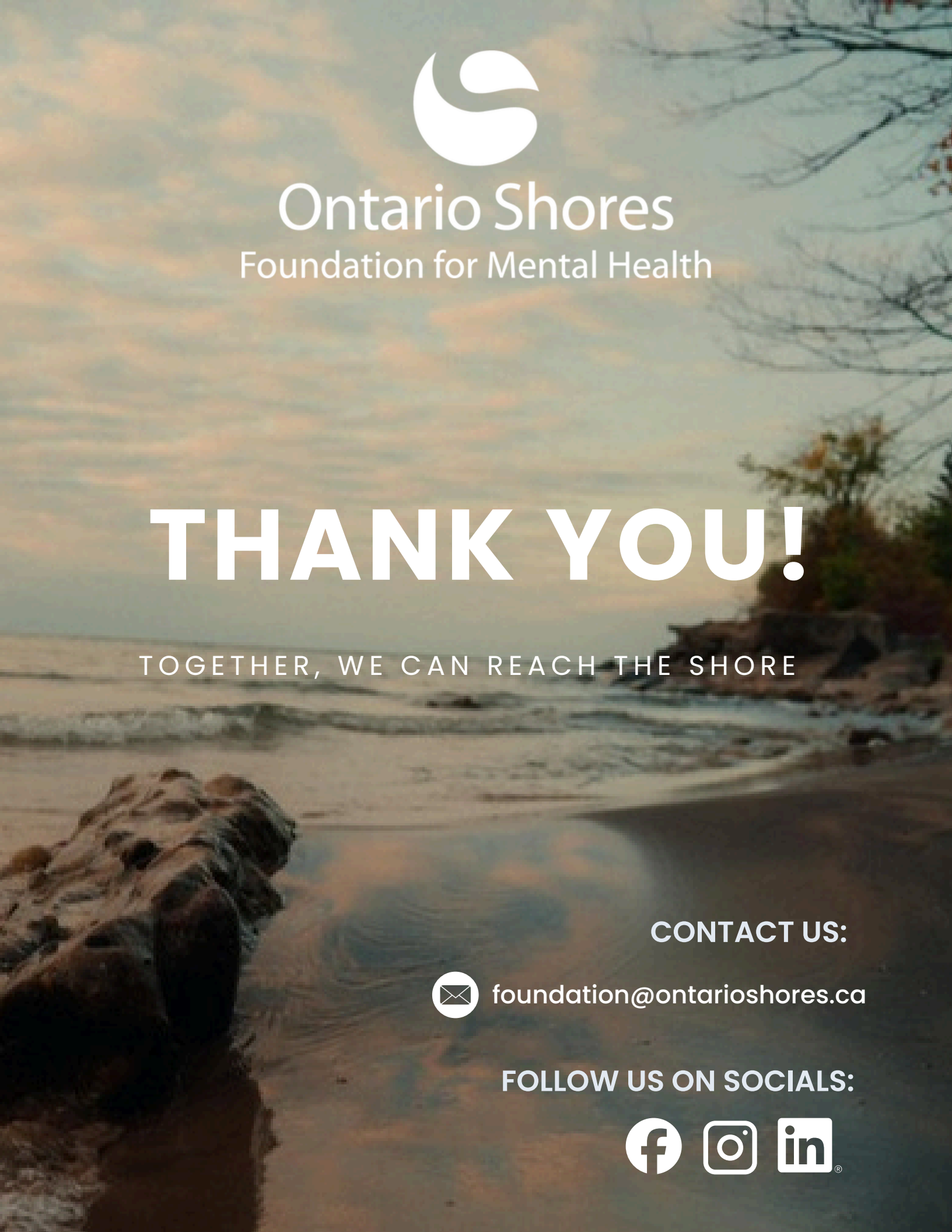
FACES OF ONTARIO SHORES



MEET SOPHIE

They are young people like Sophie, who was self-harming and battled suicidal thoughts at age 12. After many hospital stays and moments of hopelessness, Ontario Shores finally gave her the structure and compassion she needed to believe that recovery was possible. Today, Sophie is thriving, studying, playing rugby, and using her experience to advocate for youth mental health. With your support, we can help more young people find stability, healing, and the confidence to build a brighter future.

Ontario Shores
Foundation for Mental Health


Ontario Shores
Foundation for Mental Health
THANK YOU!
TOGETHER, WE CAN REACH THE SHORE
CONTACT US:
foundation@ontarioshores.ca
FOLLOW US ON SOCIALS: