



**CARE. ACCEPTANCE.  
RESPECT. ADVANCEMENT.**

**Annual Report  
2024/2025**

# Message from the Chairperson

I am honoured to provide this message on behalf of Elements Calgary Mental Health Centre. Congratulations and a job well done to everyone involved with the Centre, as it was another very productive and successful year.

Thank you to the volunteer Board of Directors, and a special thank you to our caring and compassionate staff for all they do for our clients and to make Elements a safe and welcoming place.

We started the year with an announcement from the Government of Alberta that a new provincial health agency, Recovery Alberta, would be replacing Alberta Health Services (AHS) for the delivery of mental health and addiction services in the province. I am happy to report that Elements Calgary Mental Health Centre made a successful transition to the Recovery Alberta model and continues to deliver the excellent care it has been known for in our community for fifty years.

I am also deeply grateful to the individual donors who provide financial support to Elements. Their generosity enhances the standard of care we provide and enable us to continue to do the important work of supporting clients in their journey towards wellness.

Thank you Recovery Alberta for its continued financial support, and best wishes to all in the coming year.

Carrie Styczen  
Chair, Board of Directors

# Our People, Our Strength

## Board of Directors

### Officers

Carrie Styczen

*Chairperson*

Tavia Nazarko

*Vice Chairperson*

Linda Duff

*Treasurer*

Don Middleton

*Secretary*

### Directors

Richard Veldhoen

Hasith Andrahennadi

Emmanuel Paty\*

Susan Morison

Tammy Arseneau

Steffany Welter+

Cheryl Gardner+

\*resigned mid-term

+completed term

## Personnel

### Management

Anneisa Lauchlan

*Executive Director*

Maria Ochitwa

*Assistant Director*

Franka Poitevin

*Program Director*

## Personnel *continued*

### Team Members

Kazeem Badrudeen *Recreation Worker*

Alyssa Bennett *Mental Health Worker*

Michelle Bremner *Mental Health Worker*

Todd Cockrill *Mental Health Worker*

Elyse David *Community Outreach & Volunteer Coordinator*

Bethlehem Desaleign\* *Mental Health Worker*

Stephanie De Trempe-Corniciuc *Intake Worker*

Taya Dick *Recreation Team Lead*

Kirsten Doe *Mental Health Worker*

Linda Dolen *Initiatives Instructor / Mental Health  
Support Group Facilitator*

Grace Geddes\* *Mental Health Worker*

Gita Gupta *Statistical Data Administrator*

May Jin *Accounting Analyst*

Shelley Juss *Support Services Team Lead*

Sharon Kolibar\* *Office Administrator*

Nora Lawson *Connections Instructor*

Janet Lee *Recreation Worker*

Wai Lie\* *Mental Health Worker*

Darcia Pullan\* *Statistical Data Administrator*

Kelley Sallenbach\* *Creative Arts / Decluttering Group Instructor*

Dana Seymour\* *Volunteer Coordinator*

Sara Sibrian *Art Program Instructor*

Chris Spanswick *Mental Health Worker*

Michelle Timbas *Administrative Assistant*

Rahel Tsegezab *Mental Health Worker*

\*resigned mid-term

# Our Programs

## **Art Program**

In this fine arts program, participants find a safe and nurturing environment with a focus on personal development.

## **Best of Me**

Best of Me teaches healthy living options fundamental to a healthier lifestyle, an improved quality of life, and maintaining mental health in the community.

## **Connections**

Connections is a long-term, multi-activity program with three focus areas: connecting with self, building social networks, and increasing well-being.

## **Creative Arts**

In Creative Arts, participants have fun with peers while nurturing their creativity. The focus is on arts, crafts and handiworks, which can turn into a positive pastime and enjoyable hobby.

## **Decluttering**

### **Decluttering Program**

Decluttering starts with an education component to help participants understand how clutter affects their health, safety, and self-esteem.

### **Decluttering Maintenance Group**

Group sessions support ongoing efforts in each participant's decluttering journey and give a forum to share and celebrate successes.

## **Initiatives**

Initiatives is a comprehensive self-development course that promotes interpersonal growth and self-confidence.

## **Embracing Change**

Embracing Change is available to participants that complete the Initiatives Program, and helps continue to enhance and maintain the skills learned.

## **In Their Own Words**

“Elements has great programs, that have helped me stay out of hospital.”

“At Elements the programs are plentiful while being equally diverse.”

“Volunteering makes me I feel I am contributing to the betterment of Elements.”

“I've been in one form of therapy or another. Over the years the programs have helped me more than all of that combined.”

“Elements has a great range of services that they offer.”

“The programs have helped me to become more resilient in the face of adversity.”

“Without Elements, I wouldn't be able to be here improving upon my life.”

“I love this place. It helps me cope and be positive.”

## Support Groups

Elements Support Groups provide a safe place to share thoughts and feelings about personal issues and to feel supported.

### Mental Health Support Group

This group meets in a supportive atmosphere where participants can connect with peers and explore issues that affect mental health.

In addition to peer support, participants learn skills for healthy relationships, effective problem-solving, and improving self-confidence.

### Reach for Recovery

Reach for Recovery offers individuals struggling with addiction and mental health concerns a safe setting to discuss concerns, explore issues and strategies to prevent relapse and help stay on track to be sober and drug-free.

The staff facilitators also provide learning and discussion topics related to addictions and recovery, such as relapse prevention, self-care in sobriety, and exploring post-acute withdrawal syndrome (PAWS).

## Support & Recreation Services

Support & Recreation Services (SRS) is an ongoing program where participants determine their level of involvement, from accessing support and counselling, to an array of social and recreational activities.

### Support Services

Support Services offers support and counselling services, as well as group sessions and psychoeducational programs, such as:

**Mindfulness Program** - Helps participants manage symptoms and build coping skills.

**Relaxation Group** - A restorative yoga practice which includes targeted poses to assist with relaxation, deep breathing and meditation.

**Rewired** - Rewired teaches basic CBT (Cognitive Behaviour Therapy) principles to help manage depression and/or anxiety.

### Recreation Services

Recreation Services provides many ways for participants to have fun and de-stress in a welcoming, safe, supportive environment that's informal and flexible.

### Volunteer Program

A variety of volunteer opportunities are available for the Centre's clients, as well as members of the community. All volunteers receive training, ongoing support and recognition.



# Made possible by generous people... like you!

Whenever you make a donation to Elements Calgary Mental Health Centre you do a wonderful thing! Your most thoughtful gift helps us to strengthen our programs and to continue providing essential support, learning and hope for people who have a mental illness. We recognize the following for their generosity this past year, and extend our deepest gratitude for their contributions.

***Benevity Giving Platform  
Canada Helps Giving Program  
CIBC Bank - Wealth Management Division  
Friends & Neighbours Group  
PayPal Giving Fund  
RBC Foundation***



We also extend a heartfelt thank you to  
our many individual donors for their contributions  
over the past year.

We are able to continue the work we do because of  
the generosity of people like you!



# Financials

## Statement of Financial Position March 31, 2025

	2025	2024
<b>ASSETS</b>		
<b>CURRENT</b>		
Cash	\$ 473,248	\$ 521,488
Term Deposits	400,000	400,000
Accounts Receivable	22,323	20,561
Prepaid Expenses	39,043	38,245
	<u>934,614</u>	<u>980,294</u>
<b>PROPERTY &amp; EQUIPMENT</b>	477,331	581,593
	<u>\$1,411,945</u>	<u>\$1,561,887</u>
<b>LIABILITIES AND NET ASSETS</b>		
<b>CURRENT</b>		
Account Payable	\$ 9,138	\$ 28,200
DEFERRED REVENUE	50,379	187,800
DEFERRED LEASE INDUCEMENTS	616,202	750,675
	<u>675,719</u>	<u>966,675</u>
<b>NET ASSETS</b>		
Externally Restricted	113,728	121,827
Internally Restricted	622,498	473,385
	<u>736,226</u>	<u>595,212</u>
	<u>\$1,411,945</u>	<u>\$1,561,887</u>

## Statement of Operations Year Ended March 31, 2025

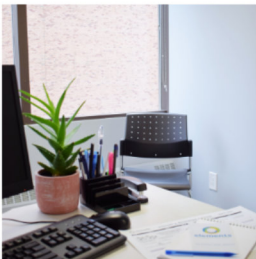
	2025	2024
<b>REVENUE</b>		
Recovery Alberta (AHS)	\$ 2,167,049	\$2,167,049
Donations	164,466	90,983
Casino	45,472	34,820
Interest Revenue	13,786	14,432
Earned and Other Revenue	13,042	12,177
CVITP Grant	1,950	1,875
Membership Revenue	60	66
	<u>\$ 2,405,825</u>	<u>\$2,321,402</u>
<b>EXPENSE</b>		
Human Resources	\$ 1,439,526	\$1,422,581
Facility	561,169	514,537
Amortization	104,262	104,990
Program Costs	100,447	99,674
Administration	56,749	49,639
Fundraising Costs	2,658	3,097
	<u>\$ 2,264,811</u>	<u>\$2,194,518</u>
<b>EXCESS (DEFICIT) FROM OPERATIONS</b>	\$ 141,014	\$ 126,884

# Our Vision

Working together for mental health.

# Our Mission

Elements Calgary Mental Health Centre provides a range of integrated mental health services to inspire, build, and advance the abilities of adults with mental illness.



Elements Calgary Mental Health Centre  
400 1035-7 AVE SW • Calgary, AB T2P 3E9  
Phone: 403.266.8711 • Fax 403.266.2478  
[www.elementscmh.ca](http://www.elementscmh.ca)  
[info@elementscmh.ca](mailto:info@elementscmh.ca)  
Registered Charities # 10683 0078 RR0001