

Hope and Support for All



Annual Report

2021-2022

OUR MISSION

MHRP provides services and programs for people with mental health challenges and/or substance use challenges regardless of their diagnosis

OUR VISION

To support members of the community that struggle with mental health and/or substance use challenges with a recovery-oriented approach. Living recovery is living a hopeful journey and doing your best despite adversity.

WHAT WE DO

We offer a range of support options including 1:1 peer support, group peer support, navigation, consultation, family counseling, individual counseling, WRAP, Early Psychosis support groups, 2SLGBTQIA+ support groups, and more.

HIGHLIGHTS INSIDE



NEW AT MHRP

New leadership, 2SLGBTQIA+ support group, drop-in 1:1 peer support, and growth at RJH hospital!



EVENTS

Bungy 2022
Partnership presentations
Youth training
Upcoming events



GROWTH

Consolidation statements
Financial overview
Looking towards the future

MHRP South
Island

941 Kings Road,
Victoria, B.C. V8T 1W7

E: admin@mhrp.ca

W: mhrp.ca

Tel: (250) 384-4225

To Our Members

Land Acknowledgement

With great respect and gratitude, we recognize and acknowledge that Mental Health Recovery Partners South Island (MHRP SI) is located on the traditional, unceded, stolen territory of the Coast Salish, specifically that of the Lekwungen, Esquimalt, and WSÁNEĆ territories. Through inclusive practice and recognition of both the historical and ongoing oppressive contexts of colonialism, MHRP SI hopes to foster strong relationships with both Indigenous and non-Indigenous communities.

Reconciliation is a long-term relationship-building, learning, and healing process. Along with MHRP SI core values, we commit ourselves to approaching reconciliation with the principles of trust, respect, collaboration, transparency, and equity. MHRP SI recognizes and respects the diverse knowledge systems of Indigenous Peoples.

Statements of Commitment:

- Support and advocate for Indigenous ways of knowing being equally valued and interwoven with mental health and public health approaches.
- Create and maintain long-term meaningful relationships and partnerships with Indigenous led organizations, communities, and movements.
- Support and advocate for the implementation and adherence to the TRC 94 Calls to Action that directly impact many pathways for improved health for Indigenous Peoples in Canada.
- Create a culture at MHRP SI that meaningfully embeds Indigenous ways of knowing in everything we do.
- Indigenous Peoples are encouraged and supported to apply and train to work at MHRP SI and we celebrate the strengths, skills, and knowledge they bring to the profession.
- Support the individual and collective rights of Indigenous Peoples to self-determination and the highest attainable standard of mental and physical well-being.
- Advocate for the inclusion of holistic perspectives supporting the protection and promotion of health, safety, and well-being of First Nations, Inuit, and Metis peoples and communities.
- Actively seek and implement advice from Indigenous peoples. MHRP SI is committed to working in a manner that is inclusive of all partners and stakeholders and to transparent communication.
- Dedication to culturally safe engagement and is committed to working in a way that respects partners' internal governance structures and timelines.
- Work actively with Indigenous Peoples and centres their voice to create safe spaces for Indigenous Peoples to speak their realities and share their expertise.
- MHRP SI is committed to working in a way that eliminates racism and oppression



To Our Members

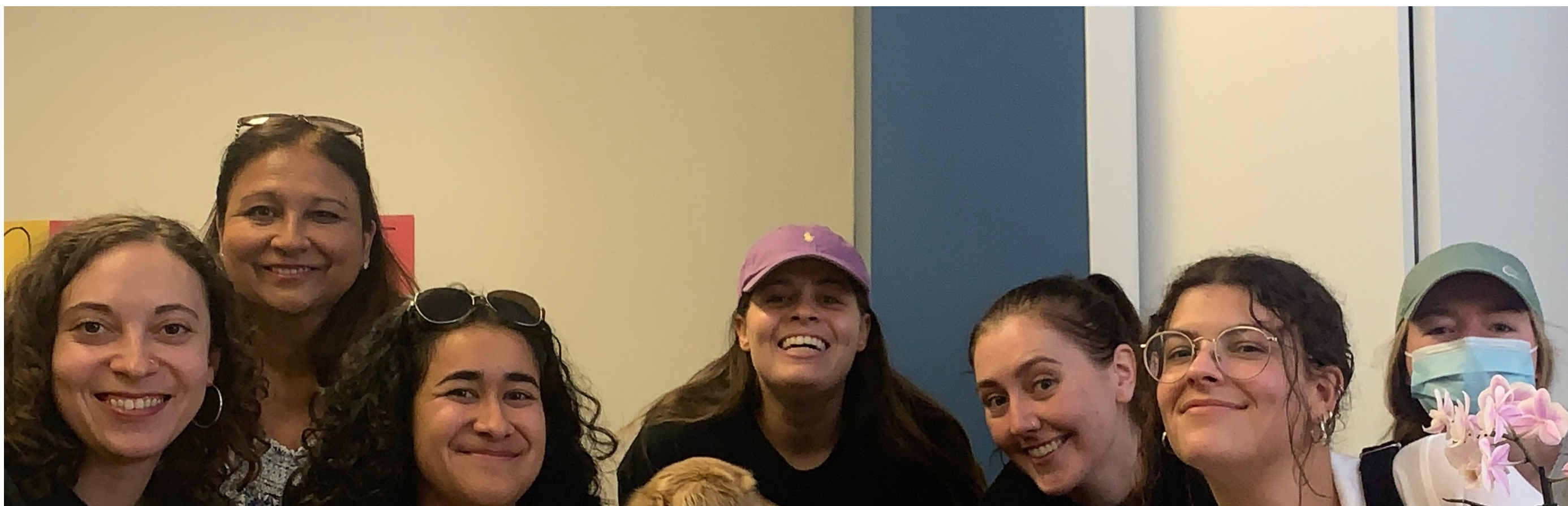
Purpose

Mental Health Recovery Partners South Island (MHRP SI) is a recovery oriented charitable non-profit society whose objective is to improve the lives of individuals and families affected by mental health and/or substance use challenges through direct support, education, advocacy, and policy development.

MHRP SI provides services for people with mental health challenges regardless of their diagnosis, and the people who care about them. We have a small team based in Victoria that is dedicated to bettering community access to essential mental health services. MHRP SI is committed to hope and support for all experiencing mental health challenges with or without substance use through recovery strategies, education, and advocacy in partnership with their supporters.

MHRP SI has been a proud and accomplished member of the mental health and substance use sector for over fifty years. Originally the BC Schizophrenia Society, rebranded to Mental Health Recovery Partners in 2018, MHRP SI provides services for people with mental illness, regardless of diagnosis, and the people who care about them. Approximately two-thirds of the people that we serve have schizophrenia or psychosis or a loved one with schizophrenia or psychosis, and one third have a mood disorder (bipolar disorder or major depression) or a loved one that does.

We also provide service to people with anxiety, borderline personality disorder, and other disorders. Sometimes people do not have a diagnosis but are behaving in a way that leads others to believe that they have a mental illness. We can assist in this situation with support, information, and strategies to connect with resources. MHRP SI believes in hope and recovery for all and follows the core values of Peer Support including, hope and wholeness for all, acknowledgement, mutuality, strength-based, self-determination, respect, dignity, and equity, belonging and community, and curiosity.



Our Staff

Core Staff

Olivia Howard

Acting CEO & Core Services
Manager (1 year)

Kevin Pryer (21 years)
Finance

Hannah Monis (1 year)
Administrative Coordinator

Emma Lujan (1 year)
Family Counselor

Don Tufford (4 years)
*Operations Coordinator &
Individual / Family Counselor*

Zoe Newson
TDM Peer Support Lead

Tanisa Bimb
*Program Support Coordinator &
Youth Education Coordinator*

Mihaela I
Respite Worker

Samira F
Support Counselor

Chloe Fisher (2 months)
TDM Peer Supporter

John L (5 years)
Peer Supporter, WRAP Facilitator

Jon Z (3 years)
Peer Supporter

Tracy S (2 years)
Peer Supporter, WRAP Facilitator

Michaela J (1 year)
Peer Supporter

Lindsay B (1 year)
Peer Supporter

Ren H (1 year)
TDM Peer Supporter

Paula Roumeliotis (8 years)
Peer Supporter, WRAP Facilitator

James Palmateer
Administrative Coordinator

Evelyn Smith
Individual and Family Counselor

Board Members

Amanda Campbell
Acting President

Melodi Alopeaus

Hector Caruncho

Stephanie Hart

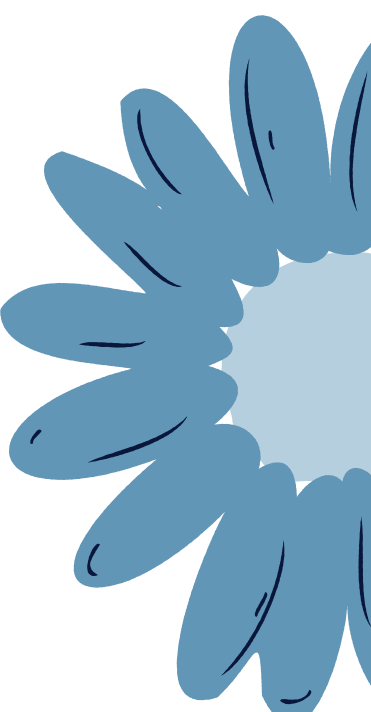
Mary Quayle

Cameron Webster

Madison Yesaki

Alkarim Sunderji: Our sincerest and deepest condolences to the friends and family of our beloved Treasurer and friend Alkarim Sunderji. Al spread joy and compassion to everyone around him. He will be dearly missed but his legacy will continue to live on in the hearts of those that were lucky enough to know him.

*And think of him as living
in the hearts of those he touched...
for nothing loved is ever lost
and he was loved so much.*



Volunteer Community

Thank You!!!

Your contributions have been immense and we wouldn't be able to do great work without your dedication and commitment. Thank you for giving your time, energy, compassion, and empathy to our cause and community. You are a cherished part of MHRP SI and you should be proud of your contributions.

Over the past year you all have helped MHRP SI run:

- Annual Bungee Jump
- Friendly caller program
- Administrative phone calls
- First MHRP SI car wash fundraiser
- Lori's Cafe fundraiser
- Youth Mental Health and Wellness course
- Quadra Village Day
- Dispersing resources and information in community

...and much much more!

Mihaela Iacob

Tanisa Bimb

Kevin Pryer

Roland Palme

Natalie Senik

Matt Morin

Kyla Meadows

Kevin Campbell

Steve Senik

Lyn Berglund

Ignacio Pirival

Marion Gibson

Nicola Crowhurst

Melodi Alopaeus

Matt Holbrook

Samira Fraser

Amanda Campbell

Laurel Draper

Kara Udell

John Mitchell

Jon Bervoets

Erin England

Emily Malimaka

Hazel Tufford

Alkarim Sunderji

Evan Williams

Matt Kaiser

Claire L

Merge Sunderji

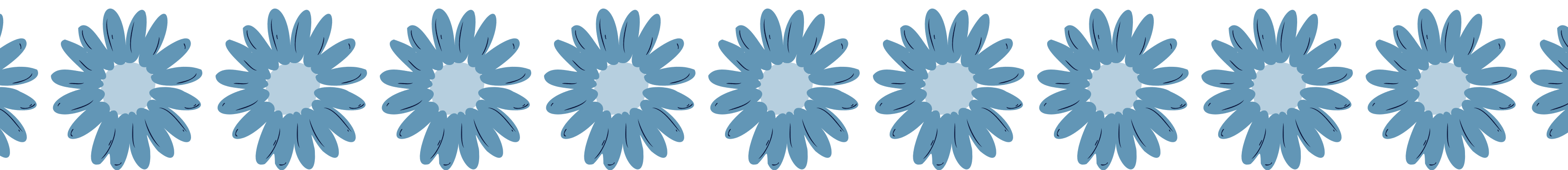
Tracy Taylor

Amber Kaiser

Shawn Kennedy

Jon Taylor

Olivia Howard



Hazel Meredith

A True Leader

Congratulations to former CEO Hazel Meredith on her new position at Island Health. MHRP South Island was lead under her kind and compassionate direction for over sixteen years.

A true leader is someone who carves and paves a path for others. The foundation of such a path is cemented in a person-centered approach, built with self-determination, and maintained with compassion. Hazel Meredith created such a path for so many around her and continues to do so through her personhood and new position every single day. Hazel inspired those around her on a daily basis, acted with such intense care and compassion, and centered others in a unique way.

Hazel acted with deep self-awareness and constantly reevaluated her privilege, position, and responsibilities and strove to maintain a high level of accountability for herself and those around her. Rather than rooting her interactions with others on the principles of mentorship, advising or acting as a role model to both help and achieve goals, Hazel embodied sponsorship. She constantly used her position to create opportunities for others and used her authority and privilege to elevate those around her, most often individuals whose voice and person have historically been ignored and undervalued.

Hazel went above and beyond to ensure that marginalized individuals, especially those that identify as having lived/living experience of a mental health and substance use challenge, had the opportunity to use their wealth of knowledge to inform and create long-lasting change. Hazel embodies the qualities and values that I truly wish we saw more of within those leading social services and we will try our hardest to continue her good work.



Message from the Board

Dear MHRP members and community,

Thank you for your support and for the enduring sense of community that has been so crucial to so many over these unexpectedly challenging years of the pandemic. These experiences have underlined the importance of the work done by the Mental Health Recovery Partners in serving and uplifting the lives of individuals and families impacted by mental health. We know all too well the lasting benefits, empowerment and source of strength that these services and the richly shared spirit of compassion provide to the people of our community.

The last year has been a period of growth and change for the organization, as MHRP has risen to the challenge of providing more services to more people while also adapting to shifts in the staff team, the board, and the needs of the community. This spring, we bid farewell to our incomparable CEO of 16 years, Hazel Meredith, who even now continues to champion mental health as a friendly partner at Island Health. With great sadness, we grieved the loss of our beloved Treasurer and friend, Alkarim Sunderji, who passed away this summer. For all the incredible staff, volunteers and board members who so generously share their passion and commitment to those they serve, we extend our immense gratitude.

Since our last AGM, programs such as the Transition Discharge Model quickly proved to be a critical element of the mental health services eco-system after a successful pilot, peer support services persist as a space for tried-and-trusted recovery support, and other programs like WRAP and Family Support continue to provide important tools for individuals and families. MHRP has looked ahead with innovation and a commitment to accessible services by developing new programs, like PRISM, to better serve and bring together community members. The 2022 Annual Naked Bungee event was the best attended and most successful for fundraising in its history. We share in the excitement and pride for shepherding these programs into another year and supporting the sustained development of MHRP.

As we look ahead, we reflect on the growth these changes have offered and the opportunities we will embrace as we pursue this incredible work. As a board, we welcome new board members and volunteers to our community with enthusiasm.

Thank you,

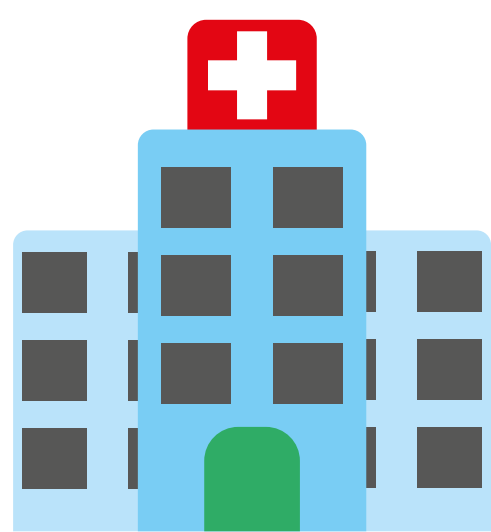
Amanda Campbell
Vice President



Services Snapshot

Like many organizations, MHRP SI has seen significant change in the operation of our programs and services as impacted by COVID-19.

Despite these changes and challenges, MHRP has seen successes in many of our programs that support the community. The Transitional Discharge Model Peer Support at the Royal Jubilee Hospital specifically has growth significantly with tremendous support from Island Health.



472

TDM PEER SUPPORT MEETINGS

Peer support provides connection, resources, skill building, and is invaluable to the community. Beyond the hospital, MHRP SI delivered

20+
INDIVIDUALS
SAW 13 WEEKS OF
1:1 PEER SUPPORT

146
PEER SUPPORT
GROUPS



Having knowledge, skills, and tools is what empowers us to better manage our mental health and wellness during difficult times. To support such awareness,



**OVER 20 EDUCATIONAL
COMMUNITY GROUPS HELD**

Individual and family counseling is another opportunity for those in need of support to gather the skills and tools to support themselves and one another.

No referral necessary, open to anyone, and free individual and family counseling.

637
COUNSLING
HOURS

190
FAMILIES
SERVED

288
COUNSELING
SESSIONS



At a Glance: TDM Feedback

"It's really great that you can be here supporting me and people like me on their recovery journey."

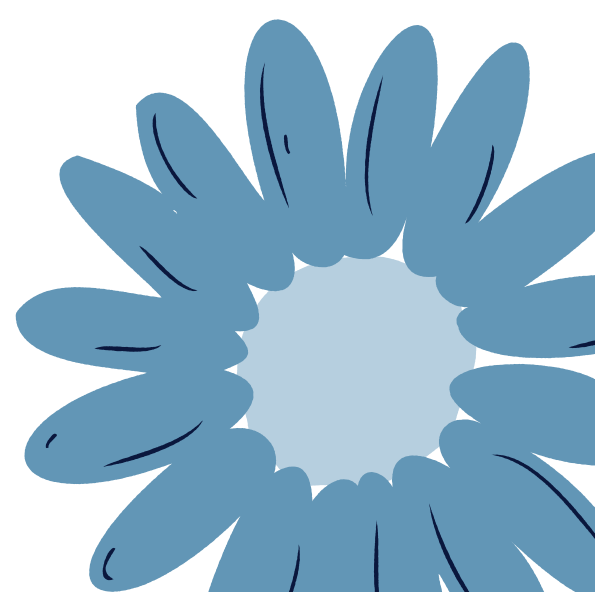
"Things are going well, I'm taking control. You said some really motivating words to me last week and it encouraged me to make changes."

"It sure is nice to spend time with you, I don't feel like I'm in the hospital in those moments."

"It's nice to see a familiar face."

"Spending time with you has been the most humanizing part of my recovery experience in the hospital."

"I have been involved with not only group work, but individual work through MHRP. I found myself in the hospital having a breakdown, mainly due to health and anxiety. I was introduced to the services at MHRP through a peer support worker. I took advantage of the services right away and as soon as I was released from the hospital, I started with the WRAP program. This program really brought to light what I needed for myself as far as my mental health and what I did not need as well. It also brought to light who I wanted to be there for me when needed. The program was very beneficial for me and the two people that were involved in organizing and teaching the class were exceptional. Around the same time, I participated in group sessions through MHRP, dealing mostly with anxiety and depression. These groups were run by MHRP peer supporters and I came to rely on and actually looked forward to these sessions that happened once a week. Again, it was good for me to partake and have the opportunity to be with a group of people that had experienced the same things that I went through. I realized that I was not alone and it helped me to figure out and try mental tools that had worked for the group and apply them to myself. MHRP peer support helped me realize certain ways of dealing with my mental health. I would recommend any of the programs that MHRP was going on right now. The only wish I would have is that more people that are suffering from mental illness would join these programs that are being offered, because I believe MHRP is a necessity in today's world."



Special Thank You

Kevin Pryer

Kevin has been a valued member of the organization and accountant for 21 years! Without Kevin we would truly be a boat without a paddle.

Thank you Kevin for ensuring that everyone in the organization is paid on time, bills are managed, projects are delivered within budget, imparting your wisdom and knowledge and for dealing with tight deadlines!!! You are beyond appreciated here.

Kevin is a wonderful individual with a light presence and heart. No matter the time of day, Kevin has time to chat about sports and offer a wacky "haaeeyyy". Kevin makes an effort to stop into every person's office and make a connection. He is a generous and supportive individual with a kind soul.

You're wonderful Kevin, thank you! This year would not have been possible without you

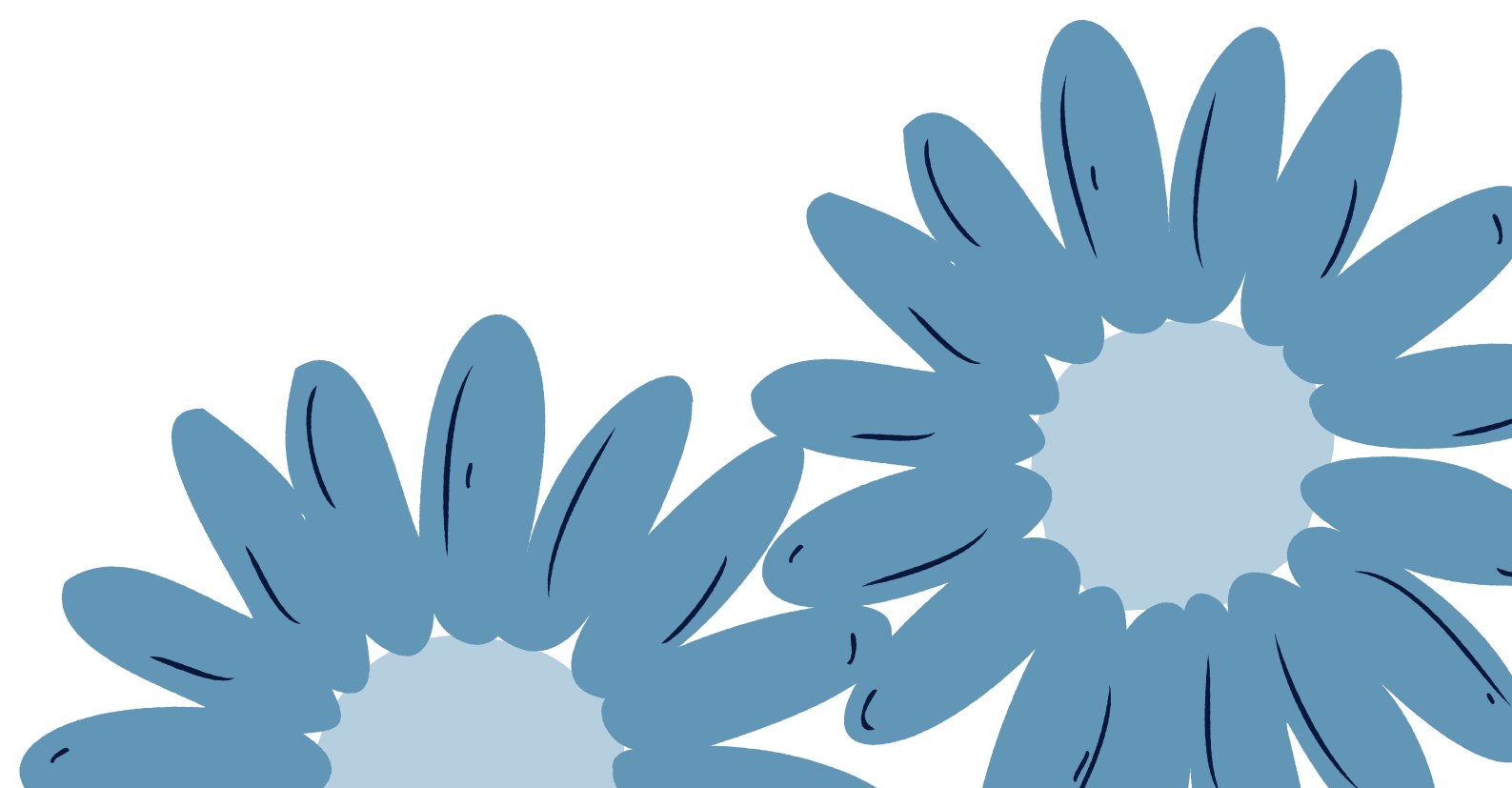
Hannah Monis

Hannah has been with the organization as our Administrative Coordinator for about 1 year. Without Hannah, MHRP's year of transition would have been impossible. Hannah is not only on the backend of all administrative tasks, but she is also seen as a leader in our organization and is a huge support for all of our staff. Hannah goes above and beyond what is asked of her and is incredibly patient.

Thank you Hannah for supporting the organization at all times and for your passion, dedication, laughs, and light. You are a friend to everyone and never cease to amaze us with your knowledge and tenacity.

Hannah is chatty, spunky, kind, and wise. She can be relied on for a good time and honest conversation.

Thank you for your leadership, presence, and unwavering support and direction this year.



Our Programs and Services

Peer Support

MHRP SI has offered Peer Support services for over 30 years! Recognizing the importance of championing the voices of those with lived and living experience, MHRP SI is dedicated to continuing to advance Peer Support practices and policies and providing meaningful support and connection to individuals and the larger community.

Peer support fills a role in systems transformation that nothing else can fill. Peer support done right works on a micro level with individuals, and a macro level as a social justice movement. It is important to celebrate and honour that."

-Jenn Cusick, BC Provincial Peer Support Training Program

A trained and knowledgeable peer supporter can provide empathy, support and hope, information about mental health and recovery and practical suggestions and ideas. The emphasis is on mutuality, self-determination, setting goals, and tools for recovery and personal awareness. Each peer supporter has lived and living experience of a mental health and/or substance use challenge and leverages their experience to provide practical and emotional support to individuals and groups. Peer support provides a unique opportunity for both the peer supporter and peer to learn from, connect with, and participate in the journey of recovery together.

MHRP SI offers one-to-one peer support, group peer support, peer support calling lines, drop-in peer support, family peer support, and transitional discharge peer support at the Royal Jubilee Hospital.

Hope and Support for all

One-to-One Peer Support

The goal of our one-to-one peer support program is to assist individuals in exploring a recovery path with the support of a peer supporter. We do our best to match each peer with a peer supporter that can relate on an experiential level. Supportive meetings are around an hour long each week for 12 weeks. One-to-one meetings can be conducted in person, online, or over the phone.

Group Peer Support

Peer Support groups are facilitated by two trained peer supporters. Each group has an individual guiding purpose and is open to anyone that is in need of support.

Hope and Recovery

This weekly group is a small gathering of people who identify as living with mental health and/or substance use challenges. Sessions are comprised of a sharing circle, wellness topic, and check-out. We've been sharing this space with people since 2008 and always hope to welcome more participants.

Creative Wednesday

This weekly group is a small gathering of people who engage in creative processes to aid their recovery. This group is open to people from all creative backgrounds. We invite you to bring something to show and/or tell us about your practice and its meaning for you.

Family Peer Support

Family peer supporters are trained family members who have lived and living experience supporting loved ones with mental health or substance use challenges. Family peer supporters provide guidance, connection, emotional support, and resources to other family members with experience supporting a loved one with lived and living experience with mental health and substance use challenges.

Wellness Recovery Action Plan (WRAP) Workshop

WRAP is an evidence-based, internationally used, self-management and recovery system developed by Mary Ellen Copeland, and is aimed at incorporating wellness tools and strategies into lives. The WRAP workshop is approximately 20 hours over 8 weeks with two trained facilitators with lived experience for a group of 10-12 individuals.

Traditional Discharge Model (TDM)

Our CEO championed a new approach to peer service in acute settings in hospitals. Designed based on the work of Dr. Cheryl Forchuk and team, we were pleased to win the Request for Proposal with Island Health, with support from Victoria Foundation to implement this project. A peer Lead and one peer supporter provided services in the Royal Jubilee Hospital to link with patients with the hope and support of peer connection. The services were provided in the Acute Unit and new Sub-Acute Unit with interface into the Psychiatric Emergency and into community. Natalie and Don provided services to a wide group of individuals. A weekly online support group started to provide group support post discharge.

Friendly Caller

Our trained Peer Supporters and volunteers are happy to operate our Friendly Caller program. Members for the community seeking connection and support can sign up to be on our friendly callers list. Each week a Peer Supporter or volunteer will give each registrant a call!



Family Support

Family Counseling

Free family counseling for those seeking support with mental health or substance use challenges. Appointments can be made through calling our office. No referral necessary and short wait times!

EPI Support Group for Families

We welcome family members and friends of young people experiencing early onset psychosis (psychosis, bipolar disorder, schizophrenia, with/without substance use).

Gain information about first episode psychosis, strategies to enhance recovery, and share insights with others in a similar situation.

Every month on the third Thursday 5-6:30 via Zoom.

Jan 21, Feb 18, Mar 18, Apr 15, May 20, Jun 17, July 15...

Join Zoom Meeting: <https://us02web.zoom.us/j/81950812592>

Please see our meeting calendar for specific dates

Family Support Group

A support group for friends and family members of someone that has a mental health or substance use challenge.

Every month on the second and fourth Thursday from 5:00 - 7:00pm

Zoom link: <https://us02web.zoom.us/j/82415056547> Meeting ID: 824 1505 6547

Spousal Support Group

A support group for spouses of someone that has a mental health or substance use challenge.

Coming soon to the community again.

Community Support

Individual Counseling

Free counseling for those seeking support with mental health or substance use challenges. Appointments can be made through calling our office. No referral necessary and short wait times!

Memorial Fund

MHRP SI Memorial Fund provides support and investment to those who experience mental illness in our community through the provision of funds. We assisted individuals with needs up to \$300 per person to assist with recovery-related expenses.

4 Individuals were able to advance their recovery through the support of the memorial fund for clothing, a course, and art supplies.

Youth Wellness Education

MHRP SI provides wellness education workshops to youth in the community. Our workshop was co-created with the help of youth from across the South Island. Our workshops are delivered in collaboration with schools, community organizations, non-profit organizations, and more.

Please reach out to our office for more information!

Partnership Presentations

To help reduce the stigma and expand awareness and education of mental health and substance use challenges, Peer Supporters and volunteers offer vulnerable presentations to members of the community. Please reach out to our office to arrange a partnership presentation and help us spread the word!

Thank you to each person who shared their story that touched the lives of those in the audience. We have always received positive feedback and know that our stories and services have a positive impact.

Consolidated Statements

Mental Health Recovery Partners Society - South Vancouver Island Summary - Statement of Revenues and Expenditures and Changes in Net Assets (unaudited) For the year ended March 31, 2022 (Operating, Memorial & Program Funds consolidated)

<u>"Revenues:</u>	<u>2022</u>	<u>2021</u>
Family & Consumer Support Program contract fees	\$54,512	\$86,513
Family Counselling Program contract fees	\$48,962	\$48,401
Transitional Discharge Model Contract fees	\$70,125	\$33,940
Regional Peer Employment Framework Contract fees	\$8,920	-
Community Gaming	\$51,372	\$48,000
United Way	\$64,270	\$42,460
Donations	\$19,294	\$35,403
Victoria Foundation Endowment Fund	\$6,482	\$8,283
Annual Psychosis Conference	\$3,223	\$3,280
Fundraising - Special Events/Other	\$121,633	\$90,430
Total Revenues	\$448,793	\$396,710
<u>Expenditures</u>		
Amortization	\$5,060	\$4,924
Insurance	\$2,742	\$2,598
Memorial fund - support	\$495	\$964
Office	\$12,418	\$10,234
Professional fees	\$4,613	\$4,613
Projects	\$190,087	\$153,480
Rental	\$27,319	\$27,269
Support meeting expenses	\$3,413	\$947
Wages and benefits	\$128,639	\$113,654
Total expenditures	\$374,786	\$318,683
Net excess of revenue over expenditures	\$74,007	\$78,027
Net assets, beginning of year	\$204,630	\$126,603
Net assets, before prior period adjustments	\$278,637	\$204,630
Prior period adjustment		
Reclassification of Program Fund (VIHA)		
Opening fund balance as deferred revenues	(\$63,036)	\$0
Net assets, end of year	\$215,601	\$204,630
The net assets, end of year consists of:		
Operating reserve	\$204,204	\$126,560
Invested in capital assets	\$5,893	\$9,530
Vancouver Island Health Authority	-	\$63,036
Memorial Fund	\$5,504	\$5,504
	\$215,601	\$204,630

Note: This summary - Statement of Revenues and Expenditures and Changes in Net Assets for the year ended March 31, 2022 has been extracted from the reviewed financial statements. The reviewed financial statements of the Society can be viewed at MHRP SI Office

List of Donors 2021-2022

Jay Arends
Fraser Armstrong
Cameron Armstrong
Marjie Armstrong
Kathleen Badger
Donald Badger
Justin Bailey
Brent Bailey
Matt Baird
Marta Bak
Ravdeep Bal
Tavia Bamford
Wendy Banham
Chantal Barrette
Hailey Barry
Maegan Barwis
Tracy Beaton
Sebastian Beaudet
Rory Beaupre
Luc Becker
Jessie Bell
Joan Bell
Deric Belli-Bivar
Vera Berezuk
Elysia Berge
Paul Berkenbosch
Paula Bethune
Madelaine Bianchini
Tamara Rae Biebrich
Sandy Bimb
Tanisa Bimb
Paul Birchall
Cameron Blain
Daniel Blanchard
Dan Bodden
Spencer Boddy
Whitney Boehnert
Carley Braaten
Helen Brancato
Michelle Brenner
Niki Bresser
Mitch Brown
Dean Brown
Brian Bruser
Lisa Burns
Colin Busby
Erika Busch
Justin Butler
Todd Buttenham
Dana & Greig Cameron
K Cameron
Lynda Campbell
Becky Canterbury
Karen Carnes
Ana Carrera
Michael Carroll
Michelle Cary-Barnard
Tatiana Chabeaux-Smith
Steven Chiasson
Chandra Ciardullo
Devon Clark

Jamie Clarke
Nick Clewley
Christopher Coates
Kelly Cole
Collin Cooley
Adam Cooper
Larissa Coser
Cas Courtnall
Kat Craats
Joan Cronk
Claire Culver
Lisa Cussen
Rosa Cutler
Terry D'Aoust
Tracy Dahl
Ashley Dargatz
Eden DaSilva
Josh Davis
Serena Dawson
Gerrit De Vynck
Veronica Deluna
Luisa & Peter DeVette
Neil Devine
Constantin Diessner
Tyler Doherty
Sydney Downie
Sherry Dudinsky
Gorden Duke
Kayli Dunk
Mary Eady
Shawn Eddie
Jonathan Edgell
Sarah Ellis
Charlotte Ellis
Reid Fabrick
Adela Fawkes
Samantha Fex
Murray & Carol Firth
Robert Flewin
Jennifer Forbes
Laurie Foulis
Steve Fraser
Lee Frenette
Kelsey Germain
Mark Gerrard
John Gibson
Cindy Gibson
Marion Gibson
Andrea Gilliver
Josh Ginsberg
Gaston Gisa
Joan Glass
Ilan Goldenblatt
Mary Graves
Lacy Gregory
Sheri Griffiths
Jeffrey Grischow
Emily Guilding
Sean Guist
Eric Guy
Mariya Guzova
Yvonne Haist

Graham Harney
Susan Harney
Brett Harper
Gillian Harper
Babs Harris
Philip Hawkins
Gary Hayes
Dylan Heckbert
Devon Hefner
Alex Helle
David & Sheryl Helm
Kendra Henderson
Cailean Hetherington
Tanya Higgin
Louise Higgins
Rachelle Hill
Byron Hill
Oilers Hockey
Hillary Hodgskiss
Mary Hodkin
Sarah Hogan
Ian Hollingshead
Amanda Holly
Folkert Holshuijsen
Robert Nigel Horspool
Dawn Huck
Elaine Hughesman
John Hughesman
Rayna Hyde-Lay
Judith Imbach
Cheryl & Herb Irwin
Matthew Janzen
Marla Jardine
Lorena Jenkins
Amanda Jensen
Devin Johns
Denise Josey
Melissa Joyce
Brice K
Susan Kabotoff
Ben Kangasniemi
Patricia Keene
Dawn Kennedy
Dagmar Kilian
Steven Kimler
Barb Kimler
Megan Kimler
Jocelyn Kirton
Rachel Klopp
Laura Knight
Alysia Kohlman
Kyle Kolkman
Rhea Kotsifakis
Julia Kovacevic
Shannon Kowalko
Renee Kozak
Anna Kreivald
Alex Kudzin
Jean Kuziw
Nina LaFlamme
Vanessa Lai

Shawnigan Lake
School
D Lambert
Rae Lawrence
Mackenzie Lemire
Diane Leslie
Andy Letch
Joanne Liddy-McTavish
Katherine Littkemann
Heidi Low
Chad Lowen
Sandra Lowery
Jessica Luo
Samantha Lynch
Hanna Macartney
James Macleod
Nigel MacNeill
Ace Mann
Dana Marie Caple
Kristy Marinus
Walter Marinus
Matt Martin
Colin Mascall
Logan Masniuk
Tarah Masniuk
Ray Masniuk
Beatrice Massara
Alexandra Mastronardi
Kelsey Matichuk
James Matthew
Wioleta Mattiussi
Darcey May
Katie McCormack
Tara & Kelly McDonnell
Joan & Blane McIntosh
Levi McKay
Meghan McKenzie
Arlene Mckinlay
Susan McLaren
Hugh McLeod
Neil McLeod
Natalie McRae
Nicklin Meghan
Jennifer Meikle
Michael Miller
Lindsay Miller
Lauren Miller
Ryan Militaire
Carley Mitchell
Liam Mitchell
Alyx Monteith
Ry Moran
Sam Morassutti
Connor Moss
Marilyn & Jerry Moss
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