



CMHA Annual Report

Cowichan Valley Branch 2025-2026

VISION

Mentally Healthy People in a Healthy Society

MISSION

As a locally-based champion for mental health, CMHA-CVB facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness and addiction.

Canadian Mental Health Association-Cowichan Valley Branch is honoured to provide care and services in the unceded traditional and ancestral territories of the Qu'wutsun, Meluxuh (Malahat), Halalt, Lyackson, Pneluxutth' (Peneluket), Ts'uubaa-asatx, Ditidaht, Stz'uminus people.

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Board President's Report 2026

On behalf of the Board of Directors, I am honoured to reflect on another significant year for the Canadian Mental Health Association, Cowichan Valley Branch. This year asked much of our organization, our staff, our partners, and the people we serve. With record numbers of opioid poisonings in November, the past year reminded us again that access to mental health care, housing, safety, belonging, and recovery is not optional community support. It is life-sustaining infrastructure.

This has been a year of grief, pressure, and continued commitment. Throughout the Cowichan Valley, we saw increasing community need while navigating limited staffing and austerity measures by funders. Client resiliency was visible every day this year: in youth reaching for support, adults reconnecting with community, people navigating substance use harms with dignity, families seeking stability, and individuals returning again and again to services even when systems around them were stretched thin. Their perseverance is not something we take for granted. It is a call to deepen our responsibility and ensure CMHA-CVB remains a place where people are met with respect, compassion, and practical support.

This year, CMHA-CVB continued improving programs through the generous support of funders and donors, including a significant donation from the Mischa Weisz Foundation in support of our Youth Programs. We are sincerely grateful to all funders and community supporters.

As a Board, our role is governance, stewardship, and accountability. We remain committed to supporting our Executive, leadership team, and staff while ensuring the organization continues to meet its responsibilities with financial transparency, sound governance, and alignment with mission.

CMHA-CVB cannot do this work alone. Community-based mental health work is strongest when it refuses isolation and builds shared responsibility. The Board recognizes the extraordinary labour of CMHA-CVB staff and leadership. Frontline mental health, shelter, youth, outreach, and crisis-related work carries emotional, physical, and relational weight. It requires skill, patience, boundaries, and compassion under pressure. Our staff show up in complex conditions with professionalism and care, and their work is central to the safety and wellbeing of this community.

On behalf of the Board of Directors, I extend sincere gratitude and thanks to our Executive and leadership team, staff, volunteers, members, donors, funders, and community partners.

With respect and gratitude,

Laurie Harding
President, Board of Directors

Executive Director's Report

As I look back on this past year, I am deeply grateful for the people who make this work possible. Across the Cowichan Valley, rising needs for mental health, housing, substance-use, and community supports continue to be met by the commitment of our staff, leadership, Board, funders, partners, volunteers, donors, and community members.

Guided by our mission, we strengthened services for youth, adults, and families while responding to growing needs for care, safety, belonging, housing, and recovery.

The program reports that follow show the breadth of this work and how our teams walk alongside people facing mental health challenges, substance-use harms, homelessness, poverty, isolation, and barriers to care.

I want to personally acknowledge CMHA-CVB staff and leadership. Your skill, compassion, and resilience are essential to the wellbeing of the Cowichan Valley, and I am grateful for the care you bring with you every day.

We are profoundly grateful to our funders and donors. Your generosity sustains adult services, youth and family supports, housing, outreach, sobering and assessment services, and community mental health programming.

To our Board, partners, volunteers, members, families, Elders, people with lived and living experience, and neighbours: thank you for walking alongside us and strengthening this work through relationship, trust, dignity, and connection.

Looking ahead, CMHA-CVB remains committed to compassionate, practical, and collaborative responses to homelessness, addiction, mental health needs, and community wellbeing.

It is my honour to share this annual report with you. Thank you to everyone who contributes to this work, and especially to the people who trust CMHA-CVB during difficult moments. Your courage, feedback, and lived expertise continue to guide us.

With gratitude,

Karen Harrison

Acting Executive Director, CMHA Cowichan Valley Branch

Human Resources Report

- Vanessa Day, Manager, Human Resources

Human Resources touches every aspect of managing an organization's most valuable resource, its people. It helps recruit, develop, and retain the best talent while striving to create and maintain a positive, healthy workplace culture.

Workforce Overview – as of March 31, 2026

- Total number of employees: **70**
 - Full-time employees: **34**
 - Part-time employees: **16**
 - Temporary employees: **3**
 - Casual employees: **17**

Recruitment and Retention

Recruitment was a key focus of the year especially with the requirement to staff the new Mischa Lelum Youth Emergency Shelter. Almost half of the number of new hires filled positions at Mischa Lelum. We expanded our recruitment efforts to include posting on secondary school job boards and attendance at job fairs. We have also reached out to community partners who may be able to assist; however the current job market is highly competitive, and candidates often have multiple job offers. In addition, the added requirement for Mischa Lelum staff to undergo more stringent criminal record screening through MCFD's HUB delayed hiring and the opening of the Shelter.

Recruitment Overview – April 1, 2025 to March 31, 2026

- Number of positions posted and filled: **51**
 - Number of new hires: **28**
 - Number of internal transfers: **23**
- Number of employees who left the organization: **28**

The turnover rate for the year was 35.89%. According to survey data gathered in 2025 by Charity Village, the turnover rate for non-profit organizations in British Columbia was up to 20%.

Labour Relations

We continue to work closely with our union representatives to balance the needs of the employer and those of our employees. The Collective Agreement expired on March 31, 2025. Negotiations between the union and HEABC consumed most of the fiscal year with new agreements ratified on February 22, 2026.



Operations Report

- Sean Redmond, Manager, Operations

Facilities, Infrastructure and Service Enhancements

This year marked a period of significant growth and improvement for CMHA Cowichan Valley. Through a series of strategic infrastructure investments and safety-focused initiatives, we enhanced the experience of our clients, strengthened workplace safety, and created a strong foundation for future service expansion.

These improvements reflect our ongoing commitment to providing safe, inclusive, and supportive environments for everyone who accesses our programs and services.

Sobering and Assessment Centre (SAC)



Over the past year, we completed several important upgrades to the Sobering Centre aimed at improving both client care and operational effectiveness.

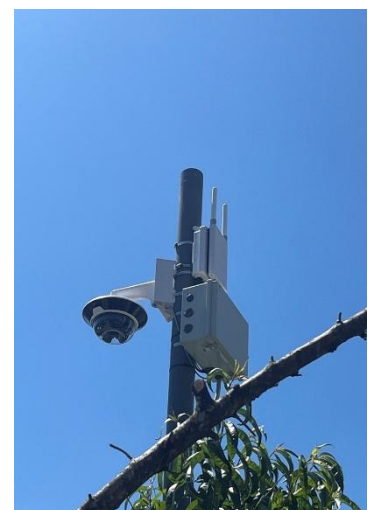
A full renovation of the office space transformed the work environment for staff and enhanced service delivery. The project included a reconfiguration of the office layout to better support daily operations, the installation of additional storage solutions to improve organization and accessibility and upgraded workstations that promote efficiency and productivity. New finishes, furnishings, and an updated design have created a professional, functional, and welcoming space for staff, clients, and community partners.

To further enhance client comfort and care, we also purchased and installed a medical-grade blanket warmer. This addition provides immediate access to warm blankets for individuals experiencing exposure to cold weather, homelessness-related challenges, or other health concerns, helping to improve client well-being upon arrival.

Warmland House

Safety, comfort, and quality of service continued to be key priorities at the Warmland House shelter throughout the year.

To strengthen site security, additional surveillance cameras were installed in critical areas of the facility, while several aging units



were replaced with higher-quality equipment. These upgrades have improved coverage, reliability, and monitoring capabilities, contributing to a safer environment for clients, staff, visitors, and property.

The shelter also underwent a significant furniture replacement initiative. Aging furnishings were replaced with durable, high-quality chairs and tables designed to better meet the needs of the space and the individuals who use it. The new furniture offers improved comfort and accessibility while providing enhanced safety features, including fire-resistant and pest-resistant materials. In addition to reducing long-term maintenance and replacement costs, these upgrades have created a more welcoming, functional, and dignified environment for clients accessing shelter services and programs.



Technology and Information Systems Enhancements

This year, CMHA Cowichan Valley continued to strengthen its technology infrastructure to support service delivery, improve operational efficiency, and enhance information security across the organization.

Several software and IT upgrades were implemented to modernize our systems and provide staff with more reliable tools to support their work. Improvements included upgrades to computer hardware, enhanced network infrastructure, and the deployment of updated software solutions designed to improve collaboration, communication, and information management across programs and services.

We also continued to strengthen cybersecurity measures through system updates, security enhancements, and improved data protection practices. These investments help safeguard sensitive client and organizational information while supporting compliance with privacy and security requirements.

In addition, efforts were made to streamline internal processes through the adoption and optimization of digital tools, reducing administrative burden and improving access to information

for staff. These technology investments have increased organizational efficiency, strengthened business continuity, and positioned CMHA Cowichan Valley to better support future growth and service innovation.

This ongoing focus on technology ensures that our staff have the tools and resources needed to deliver responsive, high-quality services while maintaining a secure and reliable operating environment for clients, employees, and community partners.

Looking Ahead

The investments made this year have strengthened our facilities, enhanced safety, and improved the overall experience for both clients and staff. These accomplishments provide a solid foundation for continued growth as CMHA Cowichan Valley expands its services and responds to the evolving needs of the community.

As we look to the future, we remain committed to fostering safe, inclusive, and supportive environments where individuals can access the care, resources, and opportunities they need to thrive.

Program Reports

Child, Youth, and Family Connections

- Adam Flegel, Manager - Child, Youth and Family Connections, Youth Center/Youth Connect/Mischa Lelum

Family Capacity Program (FCP)

The Family Capacity Program offers no-cost therapeutic support to families through a strengths-based approach promoting family resilience and strengthening healthy family relationships. Parents are supported in a therapeutic environment, allowing families to gain tools and strategies relating to positive parenting, goal setting, effective communication, healthy boundaries, family separation, and other challenges.

A Family Capacity Outreach worker provides ongoing service support through practical strategies that align with the counsellors' interventions and allow the family to build and develop skills in the home and community environments.

Family Capacity Counsellor

- Number of families receiving interventions: **33** (26 parents and 7 children)
- Number of sessions: **216**
- Number of hours parents/caregivers and children receiving interventions: **324**

Family Capacity Outreach Worker

- Number of families/children receiving outreach/home-based interventions: **10**
- Number of hours families/children receiving outreach/interventions: **55**

The program continues to observe a strong need for services, highlighted through the increase in referrals and complexities of families being referred. The program experienced a healthy and significant waitlist of up to 14 families throughout the year. Furthermore, the program observed a consistent number of sessions and an 11% increase in number of interventions from the previous year.

The Family Capacity Outreach Worker continues to be a vital component in the overall programs service. The creation of the ongoing therapeutic synergy and strength of collaboration between the outreach worker and the counsellor as a practical support to the interventions created by the counsellor have demonstrated remarkable success.

Sexual Abuse Intervention Program (SAIP)

SAIP is a community-based intervention program providing a range of appropriate, timely, and accessible assessment, treatment and support services for families with children and youth who have experienced sexual abuse, and children under the age of 12 with identified sexual behavior concerns. The clinician's role as a SAIP counselor is to work with children, youth, and their families to help alleviate trauma related symptoms which will help reduce the likelihood of adverse long-term consequences of child sexual abuse trauma.

The SAIP Counsellor works from a strength-based, culturally relevant, collaborative, holistic perspective, always striving to meet the families where they are at in their healing journey, and this is done by offering support through differing therapeutic lenses, psychoeducation, art activities, play therapy, and nature-based activities. This program also supports and fosters building community resilience by partnering with other community initiatives and agencies. SAIP is a program where people can self-refer or be referred by community agencies and/or partners such as CYMH, Schools, RCMP, and other professionals.

- Number of children and families supported/receiving interventions: **23**
- Number of sessions: **100**
- Number of hours children receiving interventions: **117**

With limited services to support children with sexual abuse trauma, this program remains a vital asset in the community. The referral process, accessibility and no-cost model has had a notable impact on the families utilizing the program. More specifically, the referral process that can come from various professionals, community agencies, and self-referral has been impactful.

This was strategically intentional as it has reduced barriers and stigmatization of accessing these programs and services.

A significant transit strike occurred that greatly impacted the accessibility of both the Family Capacity and the SAIP programs at times. The transit strike which began in February 2025 and ended in September 2025 made it difficult for families to access services.

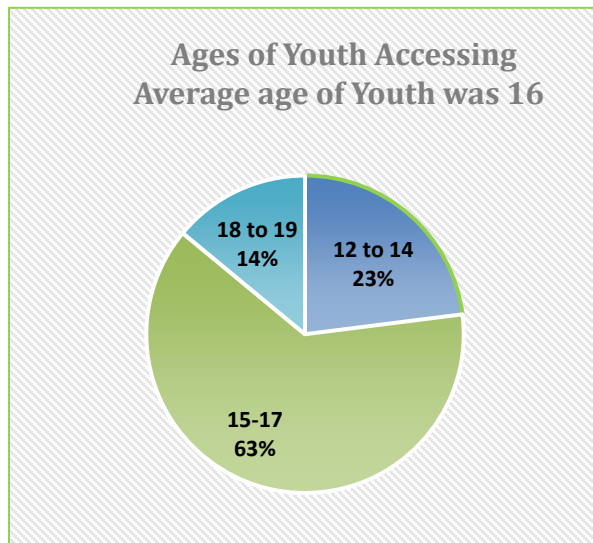
Youth Centre

The Youth Centre provides accessible prevention and diversionary support services to youth 12 to 19 years of age Monday to Friday from 10am to 6pm through a range of programs and activities. We strive to build a safe, inclusive space that fosters connectivity through mentorship and healthy relationship development.



Here, staff work diligently building social skills capacity and provide informative solutions for healthy lifestyles, aiming to nurture the growth of self-esteem, belonging and self-confidence.

In addition, the Youth Centre offers pro-social and recreational participatory activities as well as daily access to arts/crafts, games, movies, video and table games designed to promote physical, mental, social and emotional well-being.

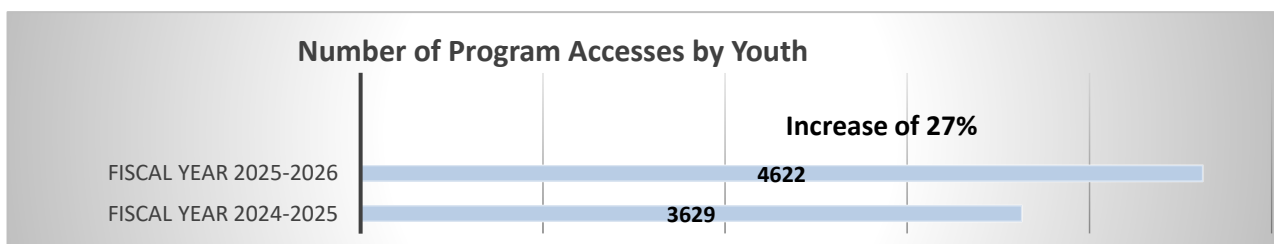


The Youth Centre experienced tremendous growth in several areas this year, providing programming, youth engagement, and meeting the needs of youth in the community.

This reporting year observed **441 unique** youth access the program.

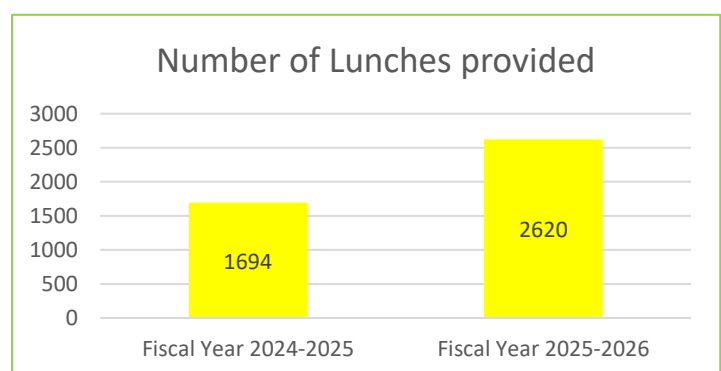
Interestingly, the program welcomed **189 new youth** to the program. This represents 43% of the unique youth experiencing the value of accessing the Youth Centre for the first time.

The Youth Centre continues to be a valuable support and service to youth in the community.



It is evident that food security and the value of providing a nutritious and hearty meal is essential in optimizing the potential in youth.

This impact was substantial as it contributed to a **55% increase** in providing lunches to youth.





The program hosted a variety of recognition events, participatory activities, recreational activities, holiday celebrations as well as enhancing after school/evening social engagement and group opportunities.

The program provided **64** of these opportunities throughout the year with **579 youth** participating.



Youth Connect One-to-One Program



The Youth Connect One-to-One Program is a youth resiliency mentorship program that focuses on increasing the development and functions of vulnerable and at-risk youth. The Youth Connect Program supports youth in the community and meets youth where they are at providing support to reach goals, connect with school counsellors/instructors and social workers, and engage in healthy life and living skills.

In addition, outreach workers provide support in enhancing the youths' community connections, community resources and programs while increasing their overall sense of community belonging. Referrals for the program can come from community and professional agencies, families and through self-referral throughout the Cowichan community area.



- Number of youths receiving One-to-One support: **18**
- Number of mentorship hours for One-to-One support: **279.5**

This program continues to provide youth with additional support through individualized positive staff connection, navigating resources and systems as well as fostering mentorship.



Mischa Lelum Youth Emergency Shelter

The Mischa Lelum Youth Emergency Shelter is a 24/7 therapeutic community-based crisis service that provides a temporary safe placement (1 to 14 days) for youth (15-18)

that are experiencing homelessness, unstable/precarious living situations, serious crisis within their family/caregiver setting, have experienced a placement crisis/breakdown or are in need of a temporary placement and support service.

Mischa Lelum consists of three essential elements in its service continuum namely, overnight shelter, drop-in day programming and outreach services. Through a therapeutic prevention focused environment, safety, stability, mental health, addictions and well-being are addressed in order to meet a youth's needs and support an intentional transition tailored to their individual needs.



Within a flexible and comprehensive continuum of service, the program provides support and services to reconnect youth with community services and family/natural supports which will assist them in moving forward to a more stable living situation and addressing any health, mental health and addiction concerns they may have. Emphasis is placed on reducing risk and placement breakdown, family reunification, and discharge to a stable placement, using an approach that highlights strengths, solutions, permanency needs, and meaningful connections with youth from a trauma informed service model lens.

Highlights

- **April 4, 2025:** The program hosted its official opening with a tour, ribbon cutting and official naming of the house to Mischa Lelum. The presentation was held at the Quw'utsun Senior Secondary Somena Long House.
- The program continued its transition into its operations phase through a gradual implementation of the program.
- **May 2026:** Mischa Lelum was fully operational.
- **16** unique youth accessed the program's services.
- **The Day Program** was accessed on **502 occasions** for basic needs, connection based resources, life skills and art and recreation opportunities.
- **The Mobile Outreach Program** was utilized on **423 occasions**, supporting youth with appointments, transportation, well-being, and fostering independence.



BounceBack®

- Kate Bradford, Team Lead & Coach - BounceBack®

BounceBack® is a free, skill-building mental health program for BC residents aged 13 and over who are interested in improving their wellbeing. BounceBack® is grounded in evidence-based, Cognitive-Behavioural Therapy (CBT) and teaches participants skills to manage stress, worry, inactivity, unhelpful thinking and mild to moderate anxiety and depression.



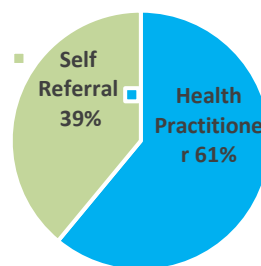
BounceBack® Coaches provide support and encouragement, answer questions and keep participants motivated over 4-6 telephone sessions. Coaching and materials are available in multiple languages and access to materials continues post program. Referrals to the BounceBack® program are accepted by physicians, nurse practitioners, psychiatrists, psychologists, registered social workers, midwives, registered clinical counsellors and school counsellors.

There is no waitlist to access the BounceBack® program and individuals are contacted within 5-10 days of the referral being received.

In this fiscal year 2025-2026, the Vancouver Island BounceBack® team:

- Received a total of **963** referrals (adults: 765, youth: 198) indicating a **3% increase** from the previous year
- Our coaches held **3,319** sessions in total

Referral Source



Warmland House Services

- Kassidy Holt, Manager, Warmland House

Warmland House

At Warmland House, we are dedicated to serving the most vulnerable men and women in the Cowichan Valley by providing a safe, warm, and dry place for those in need. We support individuals facing poverty, the elderly, those with physical and mental challenges, people struggling with addiction, and the unhoused.

Every day, we offer breakfast and dinner to our clients. We provide lunch to the community and anyone in need when the local food bank is closed. In addition, we offer essential services like showers, clothing, phone access, electronics charging, toiletries, short-term storage, outreach support, free tax services, harm reduction programs, and laundry facilities.



This year has been particularly difficult for Warmland House. The unhoused population has grown, and the ongoing opioid crisis has increased the risks our clients face, including the threat of overdose and death. As a result, we have been challenged to meet the needs of a larger number of people requiring shelter, food, and care.

"When I came in, I was lost and without hope or even the will to look for some way forward. The depth and warmth of support from the Warmland staff and volunteers was moving. Many times, I see the Warmland community tired and emotionally exhausted rise to the occasion, look one in the eyes with weary compassion and make someone's worst moment(s) better.

It inspired me to contribute and help back as much as I could. A little purpose when you have none goes a long way. So now warm, fed and safe, I am planning for a future."

"The facility is clean, warm, hot water for showers and the food is great from the kitchen and very nourishing. I am very happy to say they treat me like family here and I am very lucky to have the opportunity to stay here. Thank you!

Temporary Weather Shelter

Warmland House is authorized by BC Housing to activate a temporary weather shelter during winter conditions that threaten the health and safety of unhoused individuals. When necessary, we follow established provincial protocols to make up to 15 additional shelter spaces available.

The 2025-2026 cold weather program ran from November 1, 2025, to March 31, 2026. This year the temporary weather program was extended by one month to April 30, 2026. However, since opening the extra 15 beds on November 1, we have continued to turn guests away as the demand in our community grows.

YTD data includes April 2026*

Temporary Weather Shelter Occupancy		
Shelter Statistics	2025-2026*	2024-25
Nights Activated	178	148
Bed Usage	2,595	2,219
Male Guests	1,846	1,797
Unique Individual Males	180	105
Female Guests	730	386
Unique Individual Females	85	51
LGBTQ2+ Guests	19	36
Unique LGBTQ2+ Guests	2	1
Unique Indigenous Guests	49	37

Warmland House Shelter Occupancy		
Shelter Statistics	2025-26	2024-25
Shelter Bed Usage	11,685	11,450
Male Guests	9,598	9,378
Unique Male Guests	245	203
Female Guests	2,006	1,993
Unique Female Guests	103	79
LGBTQ2S+ Guests	81	79
Unique LGBTQ2S+ Guests	5	4
Unique Indigenous Guests	72	62

Moving Forward Program

The Moving Forward Program empowers individuals seeking housing stability and improved quality of life through a strengths-based, trauma-informed approach. In close collaboration, staff assist each client in identifying personal challenges, setting meaningful goals, and crafting an individualized Moving Forward plan. This plan is regularly reviewed and adapted to meet each client's evolving needs, with support from both in-house and community resources. The program is designed to be flexible and responsive, emphasizing respect, dignity, and resilience in its approach.

Program goals focus on empowering clients to achieve stability and greater well-being. Staff connect clients to essential resources, healthcare services, and housing options that align with their needs providing a clear path toward sustainable independence. Guided by principles of cultural responsiveness, respect for diversity, transparency, and accountability, the program fosters a safe, inclusive environment. Available to those residing in transitional housing at Warmland House, the Moving Forward Program offers ongoing support, skill development, and resources to help clients secure and maintain stable, independent lives.

Rent Subsidy Program

Everyone faces challenges from time to time, and our Rent Subsidy Program may be able to assist individuals struggling to pay part of their rent or manage high utility bills.

Transitional Housing Program

The first step toward finding stability is speaking with our In-House Client Support Worker, who can help determine if the individual is interested in joining our Transitional Housing Program and working toward a life off the streets.

The Transitional Housing Program at Warmland supports up to 35 participants at any given time. The Bunkhouse Program is fed through the shelter program, and we have capacity for 11 participants. When a person is accepted into the Bunkhouse Program, the Tenant Support Worker and the Transitional Care Coordinator will work collaboratively in order to support these clients in their basic needs, and in the Moving Forward Program. We will ensure our clients are receiving wrap-around care to include support with their finances, health, education, employment and general day-to-day activities. A person can be a part of the Bunkhouse Program for up to 24 months. In the ideal scenario, a person who is assessed as doing well and meeting their own goals in the Moving Forward Program will be offered the opportunity to move into an individual unit.

The Apartment Program has capacity for 24 participants. In the Apartment Program the same support will be provided, again for up to 24 months. Our goal is to prepare our clients for the eventual transition into community living. We have seen increased participant retention in the last year.

Since April 1, 2025

- Number of new Apartment participants: **23**
- Number of new Apartment participants still in the program: **12**
- Number of new Bunkhouse participants: **26**
- Number of Bunkhouse participants who have moved to Apartments: **13**
- Number of Bunkhouse participants who remain in the program: **1**
- Number of participants who have successfully moved into the community: **10**

The rates of termination of housing contracts were **18** in 2024/25 to **17** in 2025/26 (April 1st-March 31st). These numbers are for the bunkhouse and apartment participants.

Sobering and Assessment Centre

The past year has been very busy for the Sobering Centre. Since May 2024, we have expanded our bed capacity to accommodate 11 clients, and we have increased our staffing levels to meet the rising demand. This expansion has allowed us to support more individuals who are struggling with substance use and housing instability. Since opening in 2016, the Sobering Centre has provided a safe and welcoming space for people in need, offering a place to sleep and a break from life on the streets. In partnership with community organizations, we are able to connect clients to the appropriate level of care.

Despite our efforts, the demand for these services continues to outpace availability. Since 2016, over **23,000** individuals have attempted to access our services. This past fiscal year, April 1, 2025 - March 31, 2026, our turn-away rate still stands high, even with the added beds. Of the **4,952** attempted site visits for SAC, access for or by a possible client was declined or rejected **1,316** times, with **1,078** times for site capacity and **238** times due to not meeting criteria. While we are proud of the support we provide, the Sobering Centre offers only a temporary solution—and a critical one at that. We do not provide detox services, counseling, treatment, or housing, all of which are in limited supply or unavailable in the Cowichan Valley.

The Sobering Centre could potentially do more by offering some of these services on an on-demand basis. Re-envisioning how we deliver care could lead to more timely responses for clients in need. However, without adequate housing and other support services, it is likely that the challenges will persist, and our operations will continue in much the same way.

Sobering and Assessment Centre		
SAC Statistics	2025-26	2024-25
Total Admitted Visits	3,656	3,035
Male Beds Used	2,704	2,297
Unique Individual Males	187	240
Female Beds Used	951	717
Unique Individual Females	106	112
Non-Binary Beds Used	1	21
Unique Individual Non-Binary	1	2

Coldest Night of the Year

- Anne Marie Thornton, Community Engagement and Fund Development



On February 28, 2026, folks in Duncan joined thousands of others across Canada in The Coldest Night of the Year (CNOY) - a family friendly, winter walk in support of people experiencing hunger, hurt, and homelessness in the Cowichan Valley.

The event was organized in partnership with the Blue Sea Foundation.

This was the CMHA-CVB's 5th CNOY fundraiser. Funds raised in Duncan are directed to the CMHA Cowichan Valley Branch's youth programs. Our goal is to provide support services for youth in the Cowichan Valley.

A history of event results is included below:



	2026	2025	2024	2023	Total
Teams	55	59	50	60	224
Walkers	294	322	316	370	1302
Donors	693	812	731	996	3232
Volunteers	68	70	58	49	245
Sponsorships	21,500.00	22,100.00	6,000.00	11,043.00	60,643.00
Raised	86,424.00	89,293.00	63,988.00	88,640.00	328,345.00
Blue Sea Portion	21,606.00	22,323.25	15,997.00	22,160.00	82,086.25
Final Grant	64,818.00	66,969.75	47,991.00	66,480.00	246,258.75

Each year, we hope to build on the momentum of past events. Next year's event will be held on February 27, 2027.

Thank you to everyone who has joined in partnership with CMHA to support our work – and have worked together with us to improve the lives of so many in the Cowichan Valley. "We are better and stronger together".

Donors: Stronger Together

Financial Supporters

Alison Albrecht	Debra Bateman	Dr Luc Beaudet	Joy Beck	Christina Beckett
John Boechler	Vanessa Bramhill	Cari Burdett	Anne Caldwell	Karen Chaster
Chemainus Secondary School	Lawrence Collins	Maureen Corry	Cowichan Valley Quakers	David De Kleer
Fiona Dirom	Duncan Chamber of Commerce	Duncan Lions Club	Laura Faulkner	Irene Forsyth
John Forsyth	John/Christina Fransen	Geoff Friderichs	Ken Gallagher	Lela Gammon
Catherine Gillespie	In Memory of Nicholas Gollinger (Joan Lang)	Ed Gonske	Pam Goshorn	Mick Grainger
Laurie Harding	In Memory of Jennifer Hayter (Sparkle Hayter)	Higgy's On the Track	Olive Holman	Deborah Irvine
Catherine Jackson	Michele Jedweb	In Memory of Colin Jones (Tracey Hyde)	Kanah Bookkeeping	Michele Kennedy
Knights of Columbus	Robert Kopp	In Memory of David Kuin (Mary-Anne Bauvin)	Peter Lake	John Laszczyk
In Memory of Matt Leask (Miriam Britch) (Stacy Spence)	Susan Lee	Joseph Legault	Dr F Liston	Wilma Maxwell
Elsbeth MacDonald	David MacLeod	Arina McLean	Peggy McLennan	Allan Mikalishen
Francis Milne	Robert Moore	James Nelson	Gerald Newell	Randy Noble
In Memory of Kenneth Norman Nisbet	Rita Paddle	PECSF	Karen Petersen	Kareem Post
Meredith Potter	Royal Canadian Legion	Rosalie Sawrie	Allan Smith	St John Baptist Anglican Church
Sunset Chapter No 44 Order of the Eastern Star	Sylvan United Church	Patsy/Bruce Tanner	Neville Townsend	Vancouver Foundation
Samantha Vuljak	In Memory of Ellen Wallace (Pamela Poetker)	Michael Ward	Thomas Workman	