

# Somewhere 2025 – 2026 in *Saskatoon*

## CMHA Saskatoon Impact Report





# Credits and Acknowledgement

As we built this year’s impact report on the idea of life in Saskatoon, it was important that the images we used reflected a personal experience of our city.

Thank you to Hannah and Sam Redekop for sharing their photography with us, allowing us to use these photos, and for showcasing their view of the city we know and love.

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# Land Acknowledgement

CMHA Saskatoon acknowledges that we are located on Treaty 6 Territory and the Homeland of the Métis.

We recognize the deep and enduring presence of Métis, Cree, Saulteaux, Dene, Dakota, Lakota, and Nakota Peoples.

Mental health care in Canada is largely shaped by colonial demands, leaving the knowledge, traditions, and holistic approaches that Indigenous communities have carried for generations out of the conversation.

We acknowledge that we as settlers have benefited from colonialism.

In our work we deconstruct these pervasive beliefs and work against them, but we fall short and have much to learn.

This means working to integrate Indigenous perspectives on mental wellness, continuing to build relationships with Indigenous communities, and challenging the systems that create barriers to care.

We are grateful to live, work, and walk on this land, and we carry a responsibility to protect, respect, and learn from it.

## Mission

As a leader and champion of mental health, CMHA Saskatoon provides programming and facilitates access to the resources people require to maintain and improve mental health for all.

## Vision

Mental Health for All

## Values

Inclusion

Wellness

Trust

Collaboration

Empowerment



## 2025-2026 Stats

21

organizations  
trained in Mental  
Health First Aid

133

companies received  
mental health education

818

individuals attended a  
presentation

Over

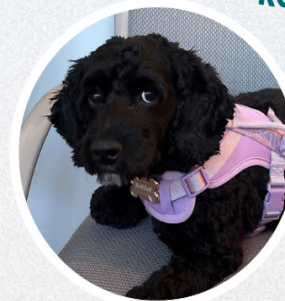
500

people were provided 1:1 support  
through programs, support  
groups and inquiries

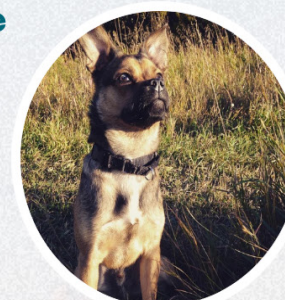
## Animals of CMHA Saskatoon



"Sargeant" Brent



Birdie



Bosley



Alley



Rosie



Maeiva



Judy and Paula



Luna



Brian

If you stop in at CMHA Saskatoon  
there's a chance you may be  
greeted by one these friendly faces!



# This is **CMHA**. This is **Saskatoon**.

Foreward by Toni Klassen, Executive Director of CMHA Saskatoon

As I approach my first year with the Canadian Mental Health Association Saskatoon Branch, I keep coming back to one word: *resilience*.

This past year brought significant change, difficult conversations, growing pains, and some very real challenges. Like many community organizations, we are seeing an increasing demand for mental health support while navigating systems and programs that continue to be significantly underfunded. The need in our community is bigger than ever, and at times, the work has felt heavy.

What impacts me most is the way people continue to show up.

I have the privilege of working alongside a team that cares deeply about this community and genuinely believes in building a CMHA that can grow, evolve, and respond to what people *actually* need. A CMHA that focuses not only on immediate support, but on sustainable programming, meaningful partnerships, prevention, connection, and long-term impact.

What continues to stand out to me is how much people truly care about mental health in this community.

I see it in organizations reaching out to collaborate instead of compete. I see it in workplaces starting to have real conversations about mental health. I see it in donors, sponsors, volunteers, and community members who continue to invest their time, energy, and resources because they understand that mental health impacts all of us.

The work is complex, and the challenges are significant, but so is the compassion, collaboration, and commitment within this community.

Thank you for believing in this work, for supporting our team through a year of growth and change, and for helping us to continue building a stronger, more connected future for mental health in Saskatoon.







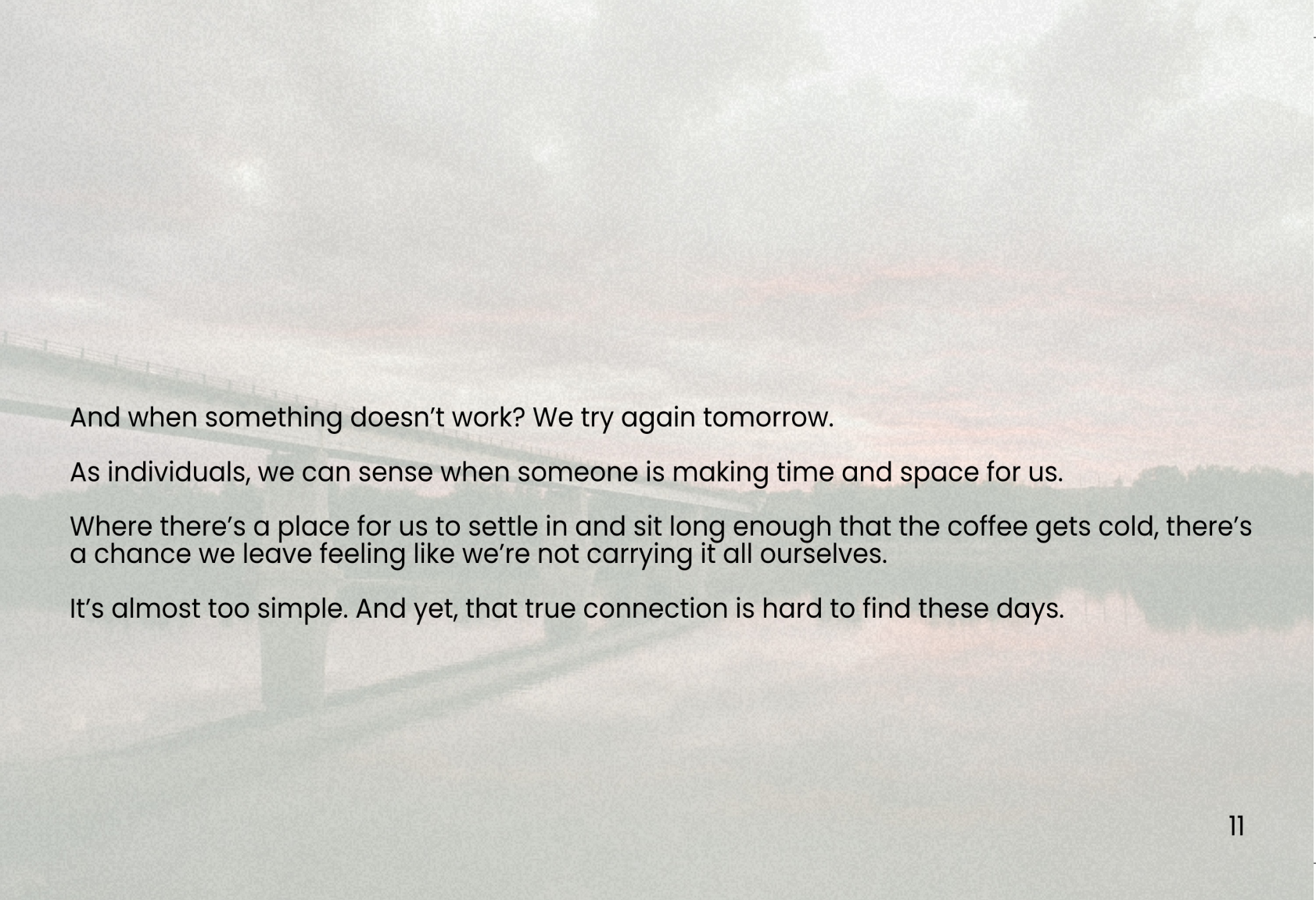
Somewhere in Saskatoon,  
**Conversations  
*start over coffee***

We hope these pages reflect the importance of slowing down to connect with someone else.

This isn't groundbreaking – life moves fast. If you're not looking for connection, you'll miss it.

Our days start with conversations over coffee; with each other, and the folks we serve.

Our job isn't to have all the right answers. It's to sit with you and help you find the tools that allow you to find answers for yourself.



And when something doesn't work? We try again tomorrow.

As individuals, we can sense when someone is making time and space for us.

Where there's a place for us to settle in and sit long enough that the coffee gets cold, there's a chance we leave feeling like we're not carrying it all ourselves.

It's almost too simple. And yet, that true connection is hard to find these days.



# More than *Mamas*

More than Mamas starts with that same premise.

What if there was a space for moms that made it easy for them to receive support?

More than Mamas is a place where moms can show up as they are. They can get a bite to eat, enjoy a latte, and talk about themselves while ensuring their children are cared for.

It's a space where moms can connect with each other, and have their experiences reflected back to them from someone who's been where they are.

Moms come because they need *something*, and that *something is* connection.

“What stood out most from this group was the connections made among moms.

**It was both emotional and humorous at times, lots of sharing, learning and encouragement, but the most profound was through these connections moms opened up about things they have never really talked to anyone about, while feeling safe and heard throughout the process.**”



# Body Doubling

This year we launched a new initiative – body doubling!

After hosting an ADHD Workshop for clients and community members we responded to the need for additional informal support.

Body Doubling sessions are hosted at CMHA Saskatoon every Monday, from 1:00–2:30 PM.

Sessions are open to anyone in the community who could use additional support in focusing on those hard to do tasks.

 **CMHA Saskatoon** 

## BODY DOUBLING

Body doubling can be accomplished in a variety of ways:

Someone working beside you, scheduling an accountability session to get something done (especially if you're procrastinating), using an online body doubling platform, or a co-working space that promotes productivity.

**Keep reading to find out how to join a body doubling session at CMHA Saskatoon!**



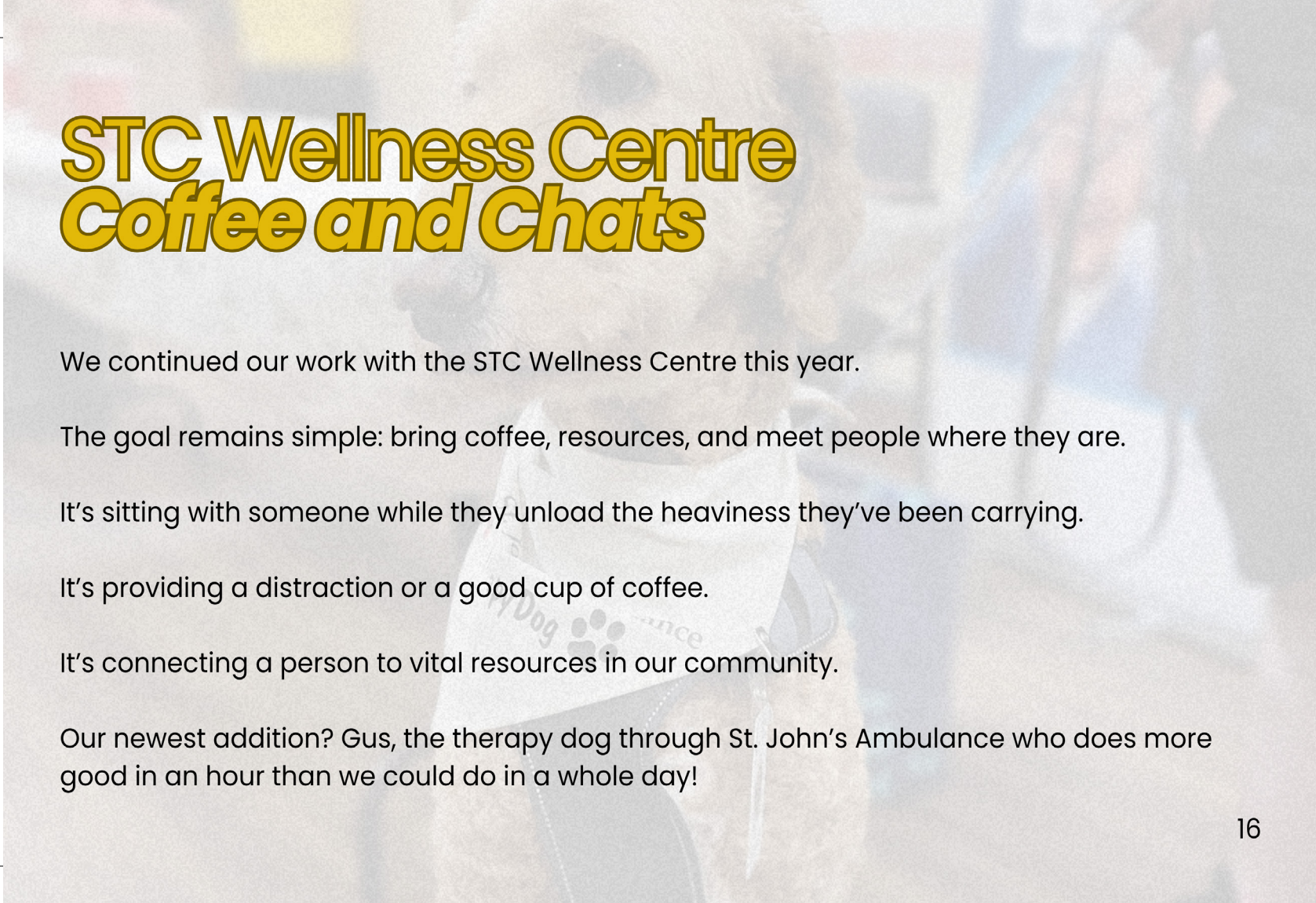
### Where can I body double?

Right here at CMHA, every Monday from 1 PM–2:30PM (no cost). Just drop-in and we'll take care of the rest!

### Who is this session for?

In particular, body doubling can support folks navigating ADHD, but it can be helpful for anyone wanting to focus.





## STC Wellness Centre *Coffee and Chats*

We continued our work with the STC Wellness Centre this year.

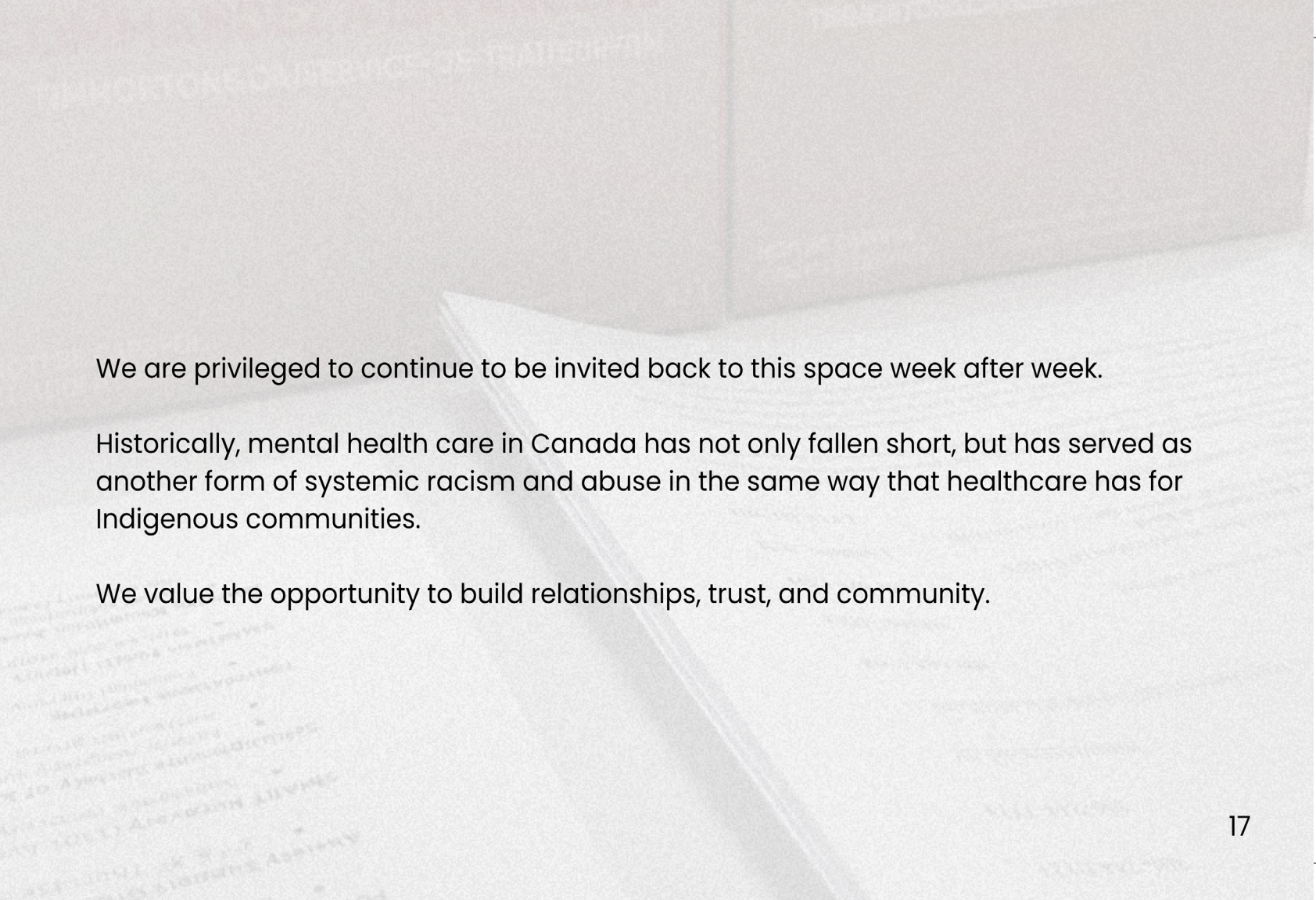
The goal remains simple: bring coffee, resources, and meet people where they are.

It's sitting with someone while they unload the heaviness they've been carrying.

It's providing a distraction or a good cup of coffee.

It's connecting a person to vital resources in our community.

Our newest addition? Gus, the therapy dog through St. John's Ambulance who does more good in an hour than we could do in a whole day!



We are privileged to continue to be invited back to this space week after week.

Historically, mental health care in Canada has not only fallen short, but has served as another form of systemic racism and abuse in the same way that healthcare has for Indigenous communities.

We value the opportunity to build relationships, trust, and community.



Somewhere in Saskatoon,  
**Someone is**  
***bridging the gap***

You want the honest truth?

Grants, funding, and sponsorships alone don't keep a non-profit running.

Those are vital sources of funding, but non-profits are bridging the gap in many ways.

Through volunteers, donors, and thoughtful extras contributed by staff, we intentionally meet the needs of our community.

Every organization will tell you that they couldn't do it without their supporters, and our story is the same.

# Third Party Fundraisers

Each year there are a handful of people making an exceptional difference in our community.

Their dedication, hard work, and ability to bring people together for a cause is an incredible gift.

In these pages we celebrate the wonderful people and events that contributed to CMHA Saskatoon through third party fundraisers.

# The Shop Semi-Colon Project



*The Shop* held its 3<sup>rd</sup> annual Semi Colon Project flash tattoo drive and raised over \$10,000!



# 3rd Party, In-Kind, and Employee Appeals

*Spring Stars Inc.*

*Nutters*

*Delisle Walk for Mental Health*

*Colloseum Presents*

*Walk for BPD*

*Novatex Graphics*

*Saskatoon Blades*

*MNP Run for Women Team*

*Outter Limits*

*Robin Story & Musical Friends*

*Envision Real Estate*

*Foam Lake Walk for Mental Health*

*CNH Global*

*Saskatchewan Blue Cross*

*Real Life Rentals*

*The Push-Up Challenge Participants*



# Run for Women

The 2025 Run for Women saw us break \$100K in fundraising for the first time ever!

Beyond this milestone, the event continues to be rooted in community, with more impact, more participants, and more reach every year.

We're just getting started on what we can accomplish together, Saskatoon!

We're giving a special shoutout to the MNP team this year. Their fundraising for the Run for Women earned them a 2025 National Philanthropy Day Honored Supporter Award!





# The Push-Up Challenge

This year's Push-Up Challenge raised over \$60,000!

CMHA Saskatoon staff had FUN with this challenge. Not everyone was a fan of starting their day with a round of push-ups, but we made it through.

The special thing about this challenge is doing it alongside our community who jumps in to participate and raise funds.

Thank you for being willing to crush 50+ push-ups per day in the name of mental health.

Scan the QR code to relive our '80s themed Push-Up Challenge instructional video!



# Talk Today

The Talk Today program is a partnership with the WHL and Canadian Mental Health Association National Branch. It provides education to athletes across the country regarding suicide prevention and mental health promotion.

We had the pleasure of attending the Talk Today game in partnership with The Saskatoon Blades. Hockey brings this province together and we are thrilled to be back year after year.

Each year we notice more openness to pause and chat about mental health, share personal stories, and pick up resources.



Somewhere in Saskatoon,

# Seasons *feel heavy*

A common theme this year was the pressure of increased demand.

Between grocery prices, gas and bill payments going up, everyone has felt the squeeze of stretching their dollar.

Yet, everyone is being asked to do the same or more, with less.

Non-profits feel the same. There is an increased demand for additional support, year after year.

As these demands increase, we are proud to have met the challenge with innovative ideas to keep our waitlist at a minimum while maintaining the same quality of service we've always had.

This year we've worked hard to meet community needs while not sacrificing what makes CMHA Saskatoon extraordinary: our ability to provide timely, sustainable care.



# Holiday Hampers

The Holiday Hamper Project continues to be one of the most meaningful things we do.

We are always floored by the number of responses we have within minutes of opening hamper applications.

Providing a way for people to connect with each other in a difficult season makes this project a top priority for the staff at CMHA.

“*The hamper really touched me – it made me feel like someone out there was thinking about me and cared enough to prepare this for me. I really liked the adult colouring book, and learned from a friend’s grand-child it was okay to draw outside the lines!*”

# Hamper Sponsors

**CNH Global**

**Saskatoon Co-op**

**Real Life Rentals**

**Leland Kimpinski LLP**

**Beehive Flooring**

**The Soup Donors**

**Broadway Dental Group**

**Pizza Hut**

**Market Mall Mini Golf –  
Salt Hill Capital**





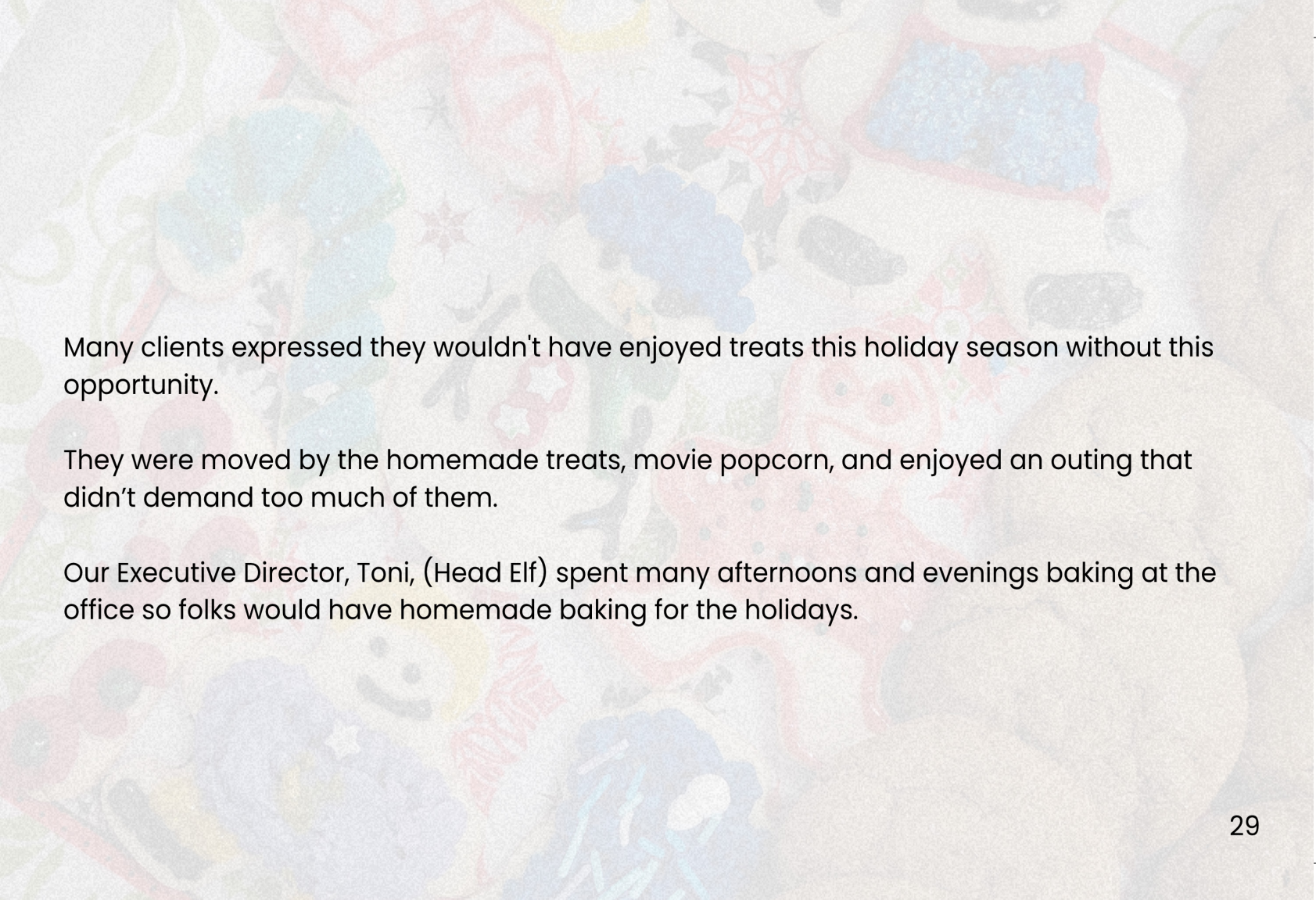
The background of the left page features a photograph of two women sitting at a table. The woman on the left has blonde hair and wears glasses, while the woman on the right has dark hair. They are both smiling at the camera. On the table in front of them is a large stack of white popcorn, a menu with various items, and a red bag. The overall scene is festive and cozy.

## Holiday Party

Another change we made this year was converting our annual Holiday Open House to a cozy event created just for those we support.

We hosted a throwback movie experience, complete with paper tickets, and the choice of two feature matinees.

Fresh popped popcorn, homemade cookies, and a handcrafted hot chocolate stand showed us you don't need much for people to feel connected during the holidays.

The background of the right page features a photograph of a table covered with a white tablecloth. The table is decorated with various holiday-themed items, including colorful paper snowflakes, stars, and other festive decorations. There are also some treats and drinks on the table, creating a warm and inviting atmosphere.

Many clients expressed they wouldn't have enjoyed treats this holiday season without this opportunity.

They were moved by the homemade treats, movie popcorn, and enjoyed an outing that didn't demand too much of them.

Our Executive Director, Toni, (Head Elf) spent many afternoons and evenings baking at the office so folks would have homemade baking for the holidays.





Somewhere in Saskatoon,

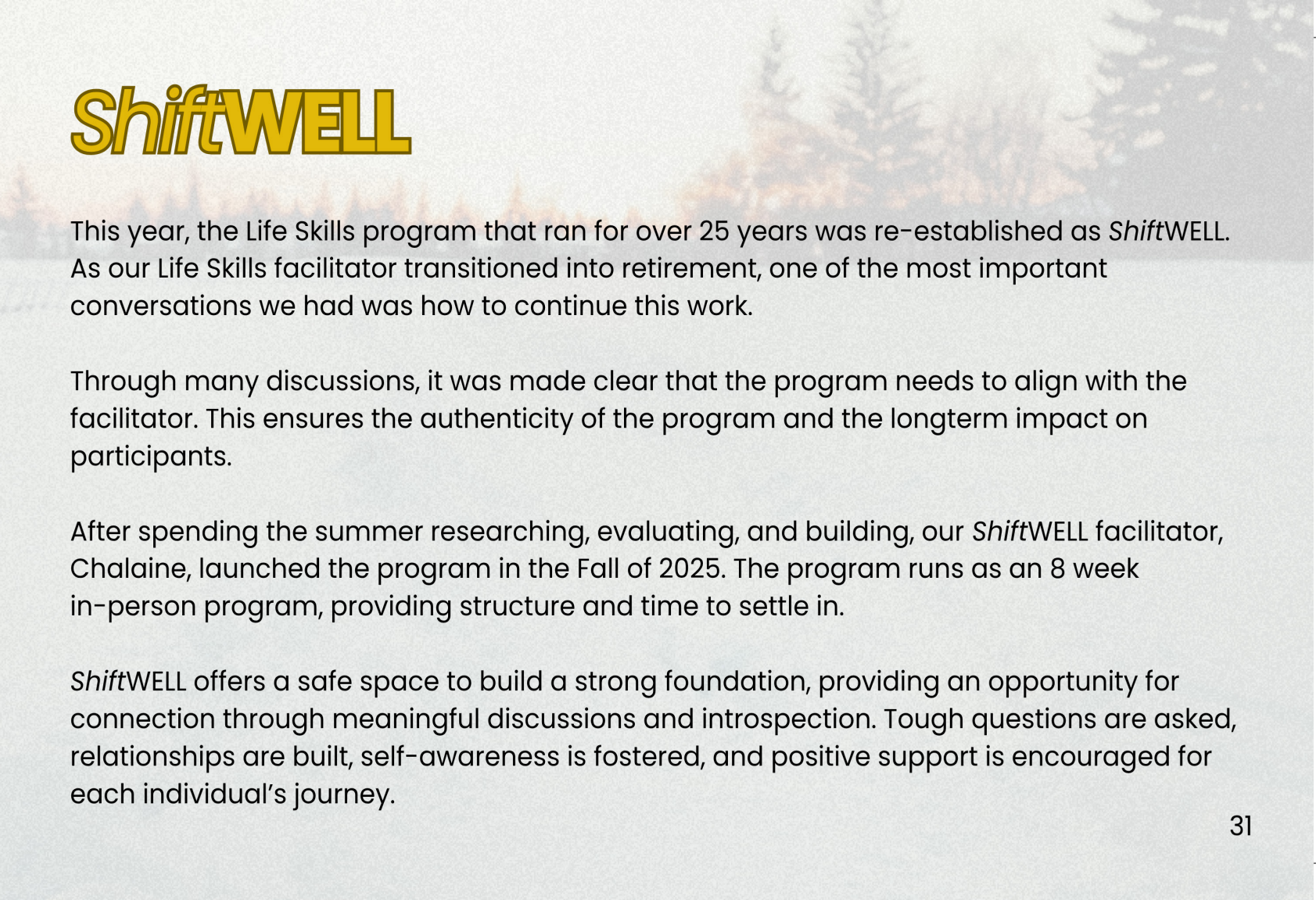
## Something is being built

As humans we're always balancing old and new. Tradition pulls us to respect how we have always done things, and creativity pushes us to ask "is there another way of doing this?"

While we are always pushing to expand our services and keep up with new demands, we ground ourselves firmly in the programs, people, and services that have come before.

Our goal is to grow without losing sight of the importance of what we have already established. This next section celebrates the growth we have seen over the past year.

## ShiftWELL



This year, the Life Skills program that ran for over 25 years was re-established as *ShiftWELL*. As our Life Skills facilitator transitioned into retirement, one of the most important conversations we had was how to continue this work.

Through many discussions, it was made clear that the program needs to align with the facilitator. This ensures the authenticity of the program and the longterm impact on participants.

After spending the summer researching, evaluating, and building, our *ShiftWELL* facilitator, Chalaine, launched the program in the Fall of 2025. The program runs as an 8 week in-person program, providing structure and time to settle in.

*ShiftWELL* offers a safe space to build a strong foundation, providing an opportunity for connection through meaningful discussions and introspection. Tough questions are asked, relationships are built, self-awareness is fostered, and positive support is encouraged for each individual's journey.



# Coming Home

The Supported Independent Living program, *Coming Home*, continues to evolve as it transitions into a foundational program of CMHA Saskatoon.

For many people living with mental illness, housing stability is easily disrupted by crisis, isolation, and daily barriers.

Being connected to support enables individuals to maintain independence, in their own home.

Our team works closely with clients to identify and address early warning signs that could lead to eviction, connect additional supports when needed, and provide regular hands-on assistance.

The relationships we develop are integral to the program's success. Allowing someone in your home is a vulnerable experience. Spending time developing relationships allows us to build trust.

When we stop in to see how someone is doing, we're helping overcome mental health barriers that make it difficult to complete chores, grocery shopping, appointments, and more.

We currently manage 21 *Coming Home* units supporting 33 people, along with 14 Outreach units supporting an additional 18 people.

On the surface this program helps clients maintain safe, affordable housing, but underneath is a community that has grown roots far beyond that.



# Career Exploration

The Career Exploration Workshop is a first time event in collaboration with *MentorAbility Saskatchewan* and *Foundations Learning & Skills Saskatchewan*.

This workshop provided an opportunity for individuals to talk with employers about their industry, hiring criteria, and how their resume can stand out.

The intention of the workshop was to open a dialogue between employers and job seekers, without the added pressure of applying on the spot.

Thank you to Cameco, USASK, Dakota Dunes, SAI and Frankly, Creative Agency for creating a space where people felt comfortable to ask questions.

Clients were able to work through anxiety, uncertainty, and self-doubt in person with the support of Mental Health Workers on site. The biggest takeaway? Employers are humans, too!

# Employer Appreciation

Alongside the Career Exploration Workshop, we hosted an additional event for the employers in attendance.

They learned about workplace supports available in the community from each organization.

Employers expressed that they would love to attend more events like this, with the intention of learning about psychologically safe workplaces.

If you're an employer and would like to participate in our next event, let us know. We'd love to have you!





## New Perspectives

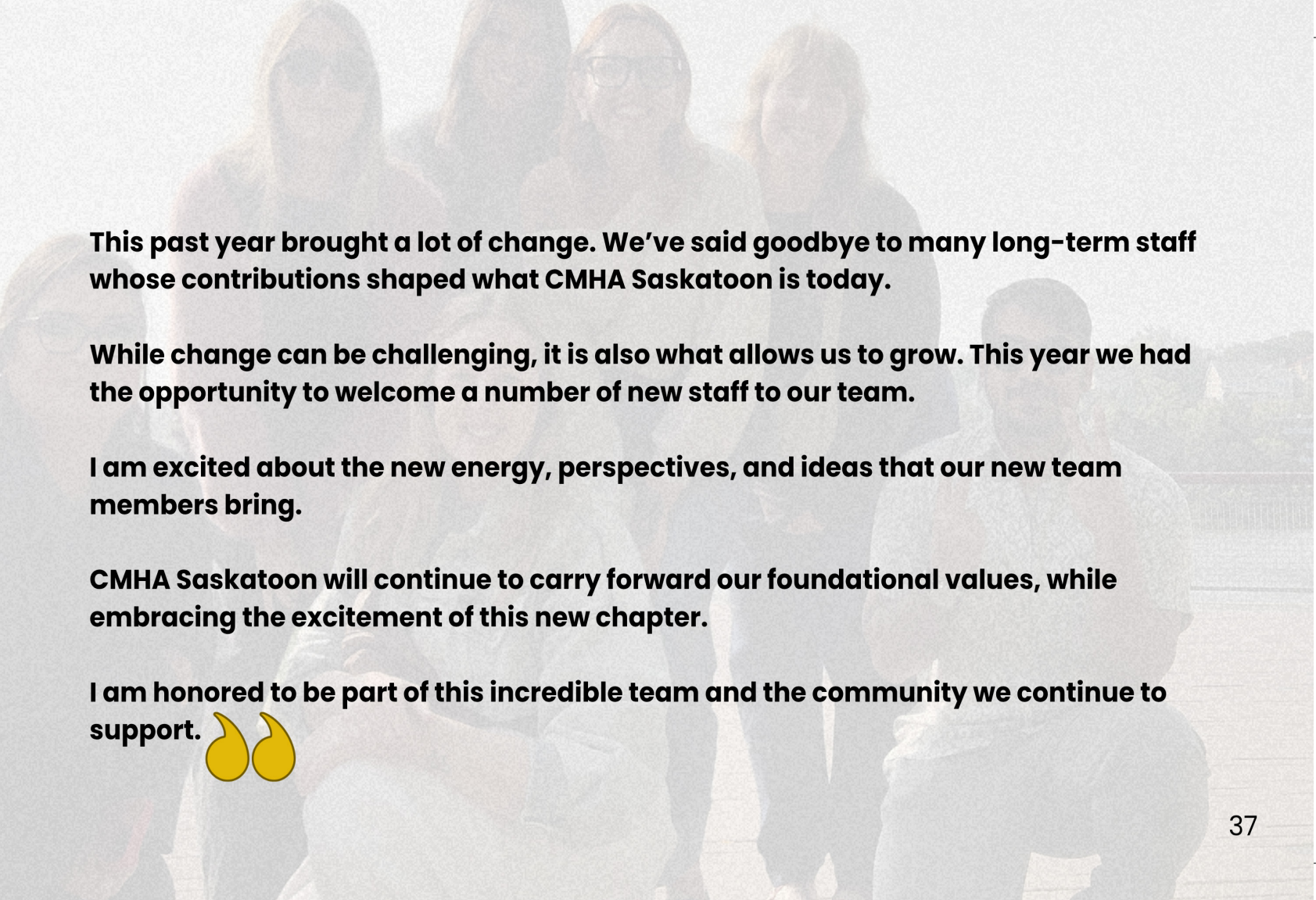
This year introduced a new cast of characters to CMHA Saskatoon as many of our longstanding staff celebrated retirement.

Our Director of Programs, Morgan Wickett, has put into words what this change has meant.



**Reflecting on the many years I have spent with CMHA Saskatoon, I'm reminded of how unique this organization is.**

**CMHA Saskatoon is a place where people stay. The work, the team, and the community we have built is something people want to be part of.**



**This past year brought a lot of change. We've said goodbye to many long-term staff whose contributions shaped what CMHA Saskatoon is today.**

**While change can be challenging, it is also what allows us to grow. This year we had the opportunity to welcome a number of new staff to our team.**

**I am excited about the new energy, perspectives, and ideas that our new team members bring.**

**CMHA Saskatoon will continue to carry forward our foundational values, while embracing the excitement of this new chapter.**

**I am honored to be part of this incredible team and the community we continue to support.**







Somewhere in Saskatoon,  
**Someone  
has a story**

Everybody has a story worth being heard.

Stories carry a piece of each of us, and we're sure you will find yourself reflected in these words, too.

In our work, stories of impact are often a journey of relationship, trust, and showing up in moments of deep vulnerability.

This story speaks to the importance of timely, compassionate intervention, and what can happen when someone feels seen, cared for, and supported through crisis.

It is also a story of resilience and continuing forward with greater hope and self-understanding.



## M's story

M shared with her vocational counsellor that the timely and responsive care she received this past summer saved her life.

When she didn't show up for her appointment to make a plan for safety, we called on PACT (Police and Crisis Team) to do a welfare check.

At first, she was upset that PACT had been called. But after a few moments, she recognized the thoughtfulness behind that decision. "No one has ever cared for me like that," she told us.

In that moment she was thinking her kids and community would be better off without her.

It is always a nuanced process to decide to involve PACT, as many of our clients live with suicidal ideation daily, but when someone shares that they have no hope, or have a plan, we know that reaching out in a timely manner can save lives.

In this instance, M couldn't imagine her future without pain and struggle, and believed she was the source of distress for her children. In a moment of vulnerability she shared she was in a dark place over a phone call.

*"They took great care in their approach and were very kind" and "I just want to say thank you for caring for me and looking out for me."*

M continues to actively participate in our Vocational Program while navigating ongoing challenges with mental health and housing.

Today, she has greater awareness of her own capacity and is eager to restart her job search with fresh insight and renewed hope.

*M's story draws a direct line from human connection to prevention. We don't need fancy solutions. Often, someone noticing and caring is enough to make a difference.*



Somewhere in Saskatoon,

## Someone is learning *something new*

Human service work is an ever-evolving field.

What we left knowing when we graduated with degrees has since been updated and adapted.

To provide consistent quality of care, we engage in learning opportunities wherever possible.

We bring this framework into our community presentations and education program.

Our goal is to deliver education that is accessible, practical and holistic.

## National Conference

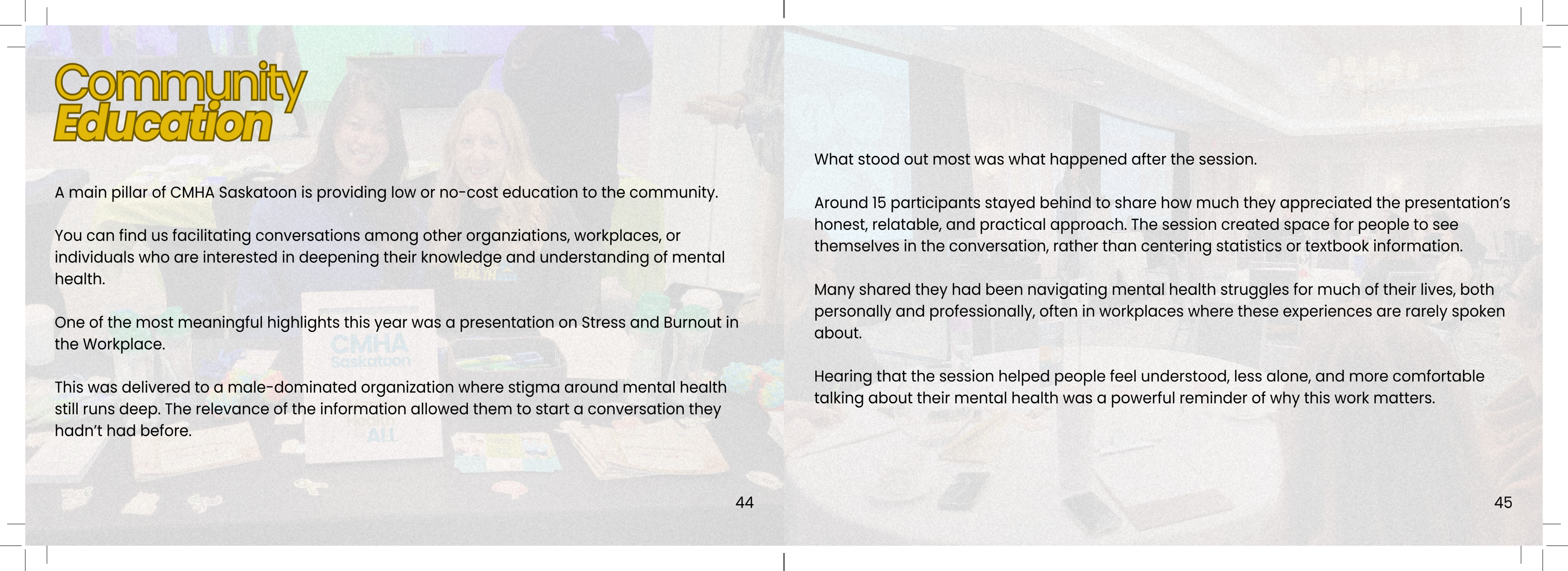
This year, a few of our staff had the opportunity to attend the CMHA National Conference. They learned about leading research, pilot programs, and the changing landscape of mental health in Canada.

“The conference was a moment for connection and getting to know each other on a deeper level, while learning from experts across Canada who specialize in Community Mental Health.

We had fantastic debriefs about what we learned and enjoyed team building activities such as getting food together, finding good coffee spots, and attending a hockey game!







# Community Education

A main pillar of CMHA Saskatoon is providing low or no-cost education to the community.

You can find us facilitating conversations among other organizations, workplaces, or individuals who are interested in deepening their knowledge and understanding of mental health.

One of the most meaningful highlights this year was a presentation on Stress and Burnout in the Workplace.

This was delivered to a male-dominated organization where stigma around mental health still runs deep. The relevance of the information allowed them to start a conversation they hadn't had before.

What stood out most was what happened after the session.

Around 15 participants stayed behind to share how much they appreciated the presentation's honest, relatable, and practical approach. The session created space for people to see themselves in the conversation, rather than centering statistics or textbook information.

Many shared they had been navigating mental health struggles for much of their lives, both personally and professionally, often in workplaces where these experiences are rarely spoken about.

Hearing that the session helped people feel understood, less alone, and more comfortable talking about their mental health was a powerful reminder of why this work matters.



# Mental Health Week

What's not to love about Mental Health Week?

We look forward to celebrating this week with our community every year. This year's theme was **connection**.

Connection has carried us through this year. For the staff at CMHA Saskatoon, and the people we serve.

Mental Health Week is over, but the theme of connection is something we carry with us.

Continue to look for it, build it, and keep it a priority.

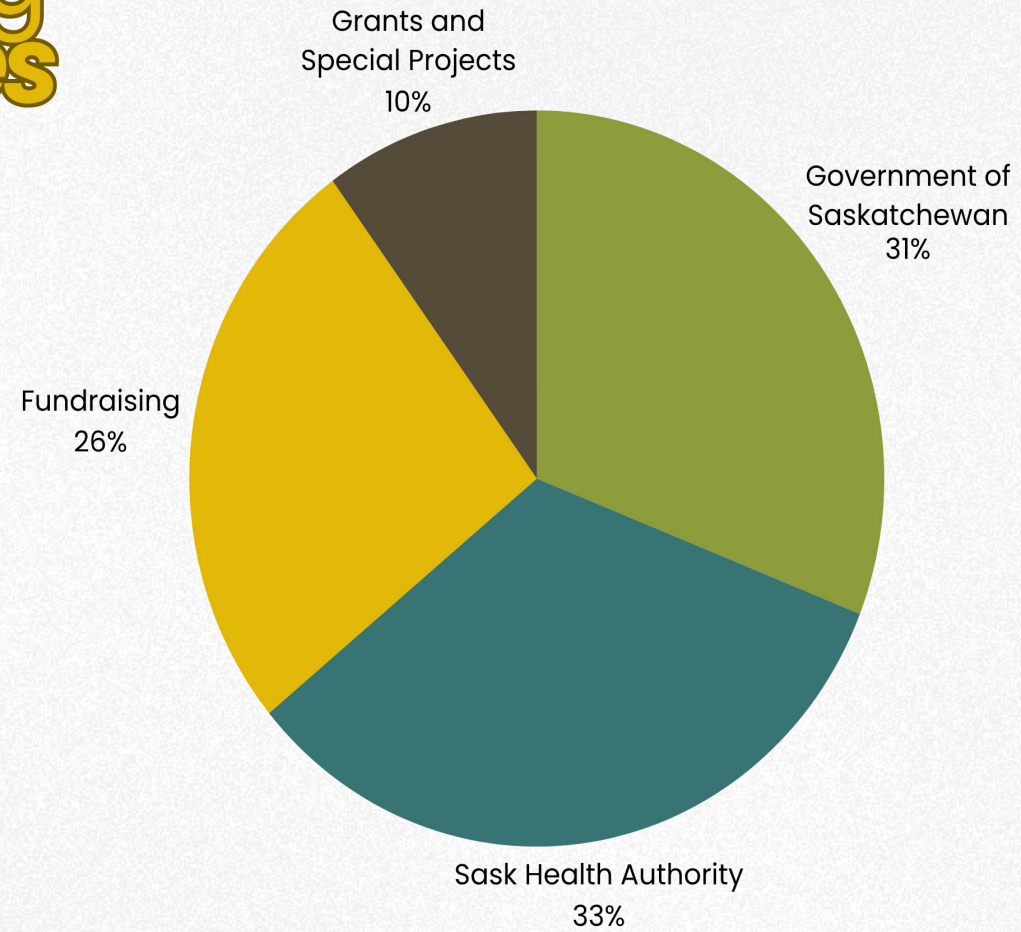
## Thank you to Key Funders

Irene and Leslie Dubé  
Endowment  
for Mental Health  
Family Support



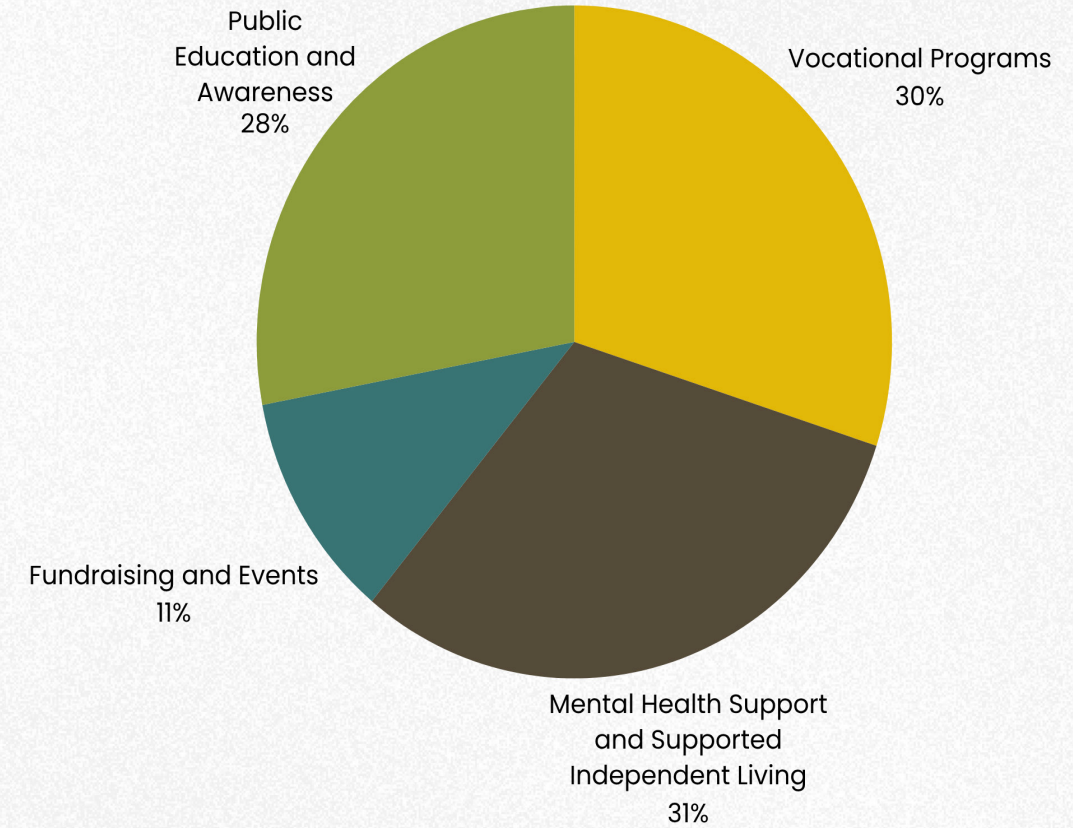


## Funding Sources



48

## Budget Breakdown



49



# Board of Directors

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Vice President – Erin Greer

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Director – Andrea Wasylow

Director – Jim Austin

Director – Alex Brown

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# CMHA Saskatoon Staff

Toni Klassen – Executive Director

Margot Weiner – Director of Development

Morgan Wickett – Director of Programs

Quazi Mohammadullah – Association  
Manager

Rojette Besana – Workplace Wellness  
Facilitator

Ashley Power-Cardinal – Job Developer

Lindsay Katz – Family Navigator

Stacey McKay – Supportive Independent  
Living Coordinator

Jenna Neufeld – Special Projects and  
Communications Coordinator

Hannah Redekop – Vocational Counsellor

Chalaine Senger – *ShiftWELL* Facilitator

Dave Wake – Supportive Independent  
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