

ANNUAL REPORT

2025-2026



HOPE • CONNECTION • SKILLS

Supporting families
and loved ones who
have mental health
challenges

BUILDING CAPACITY.

GROWING HOPE.

A message from our Executive Director.

A YEAR OF GROWTH WITH PURPOSE

A young organization becoming stronger, without losing what makes us human.

2025–2026 was a year of meaningful growth for EmotionsBC—not simply in the number of people we reached, but in the strength of the organization we are becoming.

Families and caregivers continued to come to us looking for something deeply human: a place where they could be understood without judgment, learn practical skills, feel less alone, and find hope while supporting someone they love through mental health challenges.

This year, we expanded access to our programs, introduced new ways of supporting families, strengthened relationships across community and health systems, and invested in the people and structures needed to sustain our work. Incorporated in 2018, EmotionsBC is still a relatively young charity. The progress reflected in this report has been built by a small team, dedicated volunteers and advisors, lived-experience facilitators, community partners and people who believe families deserve support too.

***“When our family was in crisis,
EmotionsBC was there to catch us
and hold us up.”***

Growth matters only if it helps us serve families well. As we move forward, we remain committed to peer-led support grounded in lived experience, practical skills, connection and hope.

Nicole Taylor

**FOUNDER +
EXECUTIVE DIRECTOR**



Small team. Growing reach.

THE NUMBERS MATTER MOST WHEN THEY SHOW WHAT BECAME
POSSIBLE FOR FAMILIES.



CONNECTION CHANGES WHAT FEELS POSSIBLE.



These figures represent more than attendance. They reflect families finding us for the first time, returning for continued support, learning skills they can use at home, and helping EmotionsBC become increasingly connected to the systems and communities around them.

"Being in community with others in the same position was very validating and strengthening." - Essential Skills Program Participant, Jan 2026

OUR WORK IS GUIDED BY OUR BOARD MEMBERS AND ADVISORY BOARD.

BOARD OF DIRECTORS 2025-2026

Art Claxton — Chair

Financial Literacy Educator & Consultant;
Former Cash Flow Specialist™

John Keetley — Vice President

Business Development Professional &
EmotionsBC Peer Facilitator

Gabby Hillis — Treasurer

Nonprofit Leader, Indigenous Advisor &
Strategic Communications Professional

Cathy Morris — Secretary

Business Administration & Bookkeeping
Professional

Shirley Oya — Director

Leadership Coach & Facilitator

PROFESSIONAL ADVISORS

Andrew Neufeld, MC, RCC

Programs advisor; Co-founder, Alongside You;
Registered Clinical Counsellor

Sam Sarophim, P.Eng., MBA

Business and strategy advisor; founding
director, GO-MED

Shefali Raja, BSc, RD

Doctors of BC/Fraser Health; community
health and quality-improvement leader

Paul Taylor, B.Com

Business and strategy advisor; President,
Taylor Restoration

Growth that exceeded expectations.

WE ARE LEARNING WHERE DEMAND IS STRONGEST—AND WHERE OUR MODEL CAN CREATE THE GREATEST VALUE.

PARTICIPANT ENGAGEMENTS

2024-25

2025-26

256 → 345 +35%

NEW PARTICIPANTS

2024-25

2025-26

66 → 145 +120%

ESSENTIAL SKILLS PARTICIPANTS

2024-25

2025-26

46 → 82 +78%

PROGRAMS/SERVICE SESSIONS

2024-25

2025-26

26 → 61 MORE THAN DOUBLED

The strongest growth came from new participants and the Essential Skills Program. New service areas—workplace workshops and one-to-one Family Peer Support + Resource Navigation—also expanded the ways people could connect with EmotionsBC.

At the same time, online Support + Skills participation declined, reminding us that growth is not uniform and that program planning must continue to respond to how people actually want to engage.

"I have the tools now and don't feel helpless"

"I'm responding rather than being so reactive now"



Support that meets families where they are.

WE ARE LEARNING WHERE DEMAND IS STRONGEST—AND WHERE OUR MODEL CAN CREATE THE GREATEST VALUE.

Support + Skills Groups

Monthly peer-led spaces offered in person and online, creating connection, validation and practical support for caregivers.

Essential Skills Program

A six-week structured program focused on emotion regulation, communication, validation, boundaries, mindfulness and caregiver wellbeing.

Mindfulness Workshops + Events

In-person opportunities to practise mindfulness, regulation and being present alongside others.

1:1 Family Peer Support + Navigation

Individual peer support and resource navigation tailored to a caregiver's situation, questions and needs.

Workplace Training + Wellness

Practical emotion-focused skills translated into tools for communication, regulation, connection and healthier workplaces.

Community Outreach

Events, partnerships and relationship-building that help families learn about support before—or during—a crisis.

"Such a good workshop, and I learned more about being effective than right!"

— CUPE, Corporate Workshop - April. 2026

"This is a space to manage overwhelm in doable, bite-size chunks at a reasonable pace. Being in community with others in the same position was very validating and strengthening."

— Doctors of BC, Essential Skills Cohort - Jan. 2026



What changes when a caregiver is supported?

ATTENDANCE TELLS US WHO CAME. OUTCOMES TELL US WHY THE WORK MATTERS.

85–90% reported increased hope	5–30+ others influenced by many participants	128+ estimated ripple effect from one 14-person cohort
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Participants consistently describe greater ability to cope and regulate emotions, improved communication and boundary-setting, more confidence supporting a loved one in crisis, less isolation, and more hope for the future.

The impact also travels beyond the person who attends. In an earlier evaluation of one Essential Skills cohort, 14 participants estimated that their learning could positively influence more than 128 people across immediate and extended family, workplaces and the wider community. We do not treat that as a multiplier for all participants; we use it as a powerful illustration of how caregiver skills can ripple outward.

"I am calmer, more accepting, and suffering less personally."
— Essential Skills Program participant

"These workshops have helped me keep going when I am on the verge of feeling I can't. They give me hope for my future."
— Mindfulness Workshop participant

CONNECTION CHANGES WHAT FEELS POSSIBLE.



Finding support in the middle of crisis.

**I HAD NO IDEA THAT THERE WAS SOMEWHERE FOR ME
TO FEEL LESS JUDGED AND ISOLATED**

When two young adult children in one family experienced severe mental health crises, their parents described losing their sense of peace, certainty and confidence as parents. They needed a place where they would not be blamed—and where they could learn how to move forward.

They found EmotionsBC first as a non-judgmental space to share their story with other caregivers. Through the Essential Skills Program, they also gained practical skills they could use immediately in their relationships.

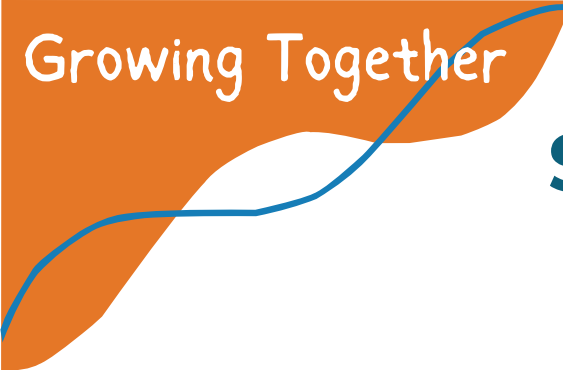
Their story reflects what we hear again and again: families may not be able to control a loved one's mental health journey, but with the right support they can feel better equipped, more connected and less alone.

**“The journey
of a thousand
miles begins
with a single
step.”**

***“I now have healthier
boundaries with my children,
which makes me and them feel
safer.*”**

***I am more open and accepting
of the situation my family is in,
and I am learning not to try to
fix things all the time.”***





Stronger connections across community and care.

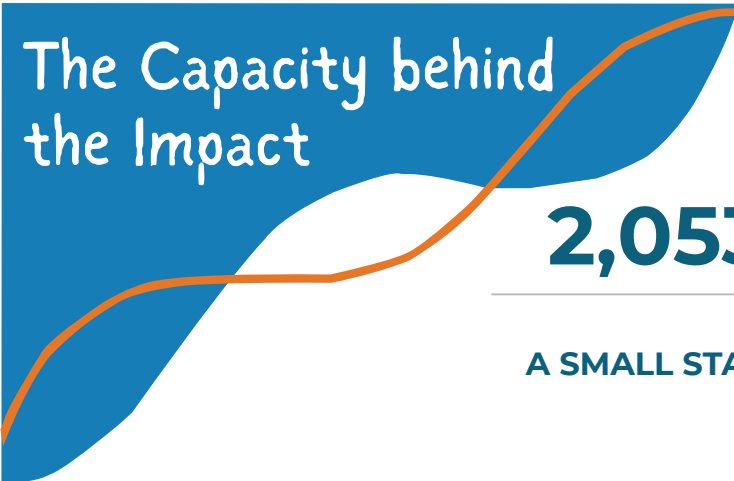
EmotionsBC deepened relationships across health, community and professional systems. Collaboration with Foundry, school districts, physicians and community organizations helped strengthen referral pathways and broaden awareness of caregiver support.

12 community events attended	139 new mailing subscribers	300+ materials distributed
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A physician Essential Skills cohort further demonstrated how emotion-focused skills can support not only families, but healthcare providers in their relationships with patients, colleagues and loved ones.

“The Essential Skills Program was able to transmit skills for the busy healthcare provider to assist in connection with their patients, family, friends and co-workers.”
— Physician cohort participant





The Capacity behind the Impact

2,053 volunteer hours.

A SMALL STAFF TEAM IS AMPLIFIED BY EXTRAORDINARY COMMUNITY CONTRIBUTION.

1,292 board + committee hours	761 program + technical volunteer hours	2,053 total contributed hours	51+ 40-hour weeks of time
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Our 2025–2026 financial statements record approximately 1,292 hours contributed by Board and committee volunteers toward administration and fund development, plus approximately 761 hours from technical advisors and other volunteers toward program development and delivery.

Those hours are not recognized as an expense in the financial statements because their fair value is difficult to determine. But they are very real organizational capacity. They represent governance, facilitation, planning, outreach, fundraising, program support and lived experience shared in service of other families.

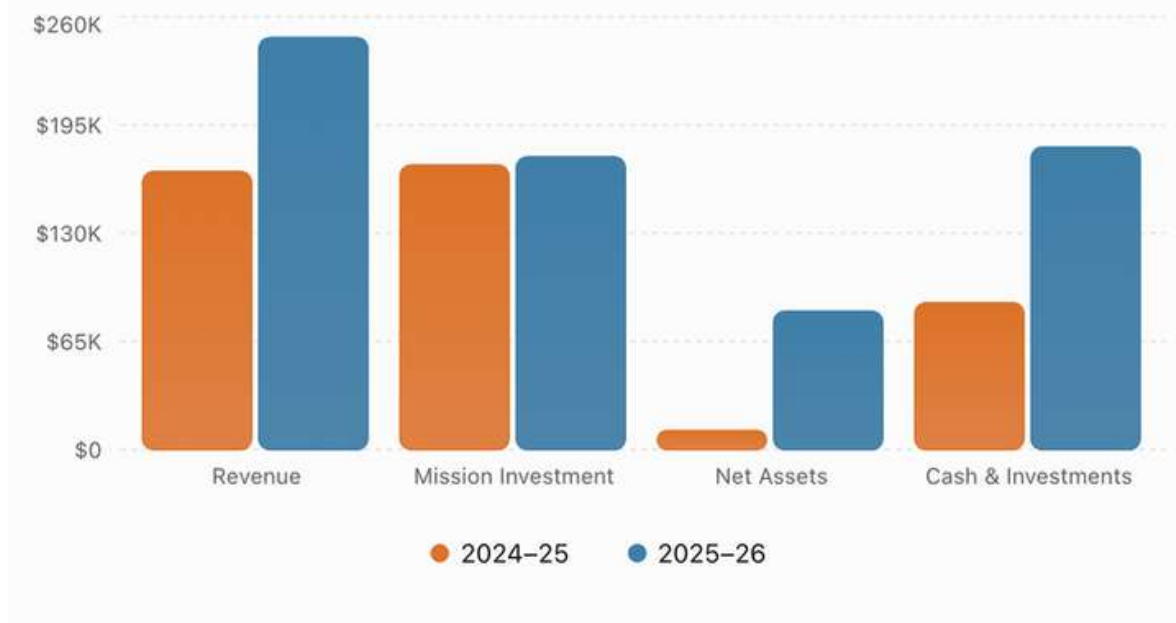


Growing support. Building resilience.

FINANCIAL GROWTH GAVE EMOTIONSBC ROOM TO
STRENGTHEN THE ORGANIZATION—NOT SIMPLY DO MORE.

Building a Stronger Financial Foundation

2024–25 compared with 2025–26



2025–26 marked a year of significant financial growth for EmotionsBC. Revenue increased by 48%, while our investment in programs and operations remained carefully managed. This allowed us to respond to growing demand while strengthening the organization for the future.

By year-end, cash and investments had more than doubled and net assets had grown substantially—giving us greater capacity to plan beyond individual funding cycles and continue building sustainable supports for families and caregivers across British Columbia.

A SMALL TEAM, A PEOPLE-POWERED MODEL



What the year-end position means.

A SURPLUS IN A GROWING NONPROFIT IS NOT THE END OF THE STORY—IT IS PART OF BUILDING STABILITY.

At March 31, 2026, EmotionsBC held \$189,305 in total assets, including \$74,967 in cash and \$106,738 in a short-term investment. The organization also carried \$94,300 in deferred contributions—funding received for specific projects that will be recognized as the related work is completed.

After liabilities and deferred contributions, unrestricted net assets were \$83,070, up from \$11,395 the year before. The \$71,675 operating surplus therefore strengthened the organization’s unrestricted financial position and created greater resilience for future program delivery, staffing, infrastructure and periods when funding timing does not align neatly with community need.

“Sustainability means being able to keep showing up for families—not only this year, but in the years ahead.”

Our priority remains responsible growth: investing in mission delivery while diversifying revenue and developing longer-term relationships with foundations, government, donors and corporate partners.



Strengthening the organization behind the programs.

Family Peer Support role Expanded our ability to offer individualized support and resource navigation.	Policies + procedures Continued development of clearer organizational practices, safeguards and accountability.
Volunteer systems Stronger structures for recruitment, onboarding, support and ongoing engagement.	Governance Continued work to strengthen board practice, oversight and strategic leadership.
Digital front door Investment in a stronger website and clearer access point for families, partners and supporters.	Operational clarity Systems, roles and priorities designed to reduce strain and support sustainable growth.

This behind-the-scenes work is part of impact. Strong systems protect quality, support the people doing the work and make it possible to grow without losing the relational, peer-led character of EmotionsBC.

"Being able to have this one-on-one was invaluable. I felt seen and heard and was directed to some very relevant resources specific to my needs."

— Caregiver receiving Family Peer Support Services



"Only when a proper infrastructure is in place, can we grow in a more sustainable way"

— Nicole Taylor,
Executive Director



Growing beyond our footprint.

FAMILIES ARE FINDING EMOTIONSBC ACROSS BRITISH COLUMBIA

What began as a grassroots organization serving families in our local community is increasingly reaching people across British Columbia. Families are finding EmotionsBC from communities far beyond the locations where we currently offer in-person programming.

For a small organization supported by just three permanent part-time staff in 2025–26, this growing geographic reach tells us something important: families are actively seeking accessible, practical and peer-led mental health support — wherever they live.

Our physical footprint may be small.
Our community is not.



Reach snapshot: April 1, 2024 to June 9, 2026. This map spans more than one fiscal year and is presented to illustrate EmotionsBC's broader geographic reach. Data is being validated and the map will be replaced with the updated version when available.

As our reach grows, so does the need for sustainable funding and infrastructure to ensure families can continue to access support without cost being a barrier.

Made Possible Together

Generosity that strengthens hope.

BEHIND EVERY PROGRAM, EVERY CONNECTION AND EVERY MOMENT OF HOPE IS A COMMUNITY THAT BELIEVES FAMILIES DESERVE SUPPORT.

To our funders, donors, sponsors and individual supporters:

"Thank you for believing in this work and helping us keep support accessible to families".

vancosouver
foundation



We are deeply grateful to the funders and supporters whose investment helped EmotionsBC remain accessible, strengthen our capacity and respond to growing demand in 2025–2026.

Recognition shown here highlights institutional support and does not replace our gratitude to every individual donor and community supporter.

Partnership expands what is possible.

OUR IMPACT GROWS WHEN ORGANIZATIONS, COMMUNITIES AND PEOPLE COME TOGETHER AROUND FAMILIES.

Partnership allows a small organization to reach far beyond what we could accomplish alone.



Throughout the year, relationships with health, education, community and workplace partners helped families discover EmotionsBC, brought practical skills into new settings and strengthened the network surrounding caregivers.

Together, we are building a community in which families do not have to navigate mental health challenges alone.

Growing carefully, while staying close to our purpose.

WE ARE LEARNING WHERE DEMAND IS STRONGEST—AND WHERE OUR MODEL CAN CREATE THE GREATEST VALUE.

EXPAND
access

STRENGTHEN
sustainability

DEEPEN
impact

Last year, EmotionsBC identified priorities that included bringing in new programs, expanding funding opportunities, increasing community visibility, strengthening volunteer recruitment, fostering funder relationships and building networks with health professionals. Much of this year's progress grew directly from those priorities.

The next chapter is not growth for growth's sake. It is about reaching more families while protecting quality, accessibility and connection; developing sustainable funding pathways; investing in staff and volunteer capacity; strengthening evaluation; and deepening our role within community and healthcare systems.

For an organization incorporated in 2018, the foundation is becoming stronger. The opportunity now is to build on that momentum with care.

*"We were grateful
to find EmotionsBC
right when we
needed them"*



Every family deserves hope.



Thank you
for helping
us build it
together

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INCORPORATED IN 2018

Emotions Health and Wellness Society of British Columbia (dba EmotionsBC)

REGISTERED CHARITY #728239112 RR0001