



Canadian Mental  
Health Association  
Saskatoon  
*Mental health for all*

# Held Together with Care

CMHA Saskatoon Impact Report

2024 - 2025



RECIPES &  
RATINGS

ette

August 7, 1888

Table of

# Contents

<b>3</b>	Land Acknowledgement	<b>19</b>	Most Requested Workshop
<b>4</b>	Mission, Vision and Values	<b>20</b>	Naomi’s Story
<b>5</b>	Stats	<b>22</b>	Zama’s Story
<b>6</b>	Year in Review with Faith Bodnar	<b>24</b>	Teenz Table Talk
<b>8</b>	Recognition of Support	<b>26</b>	Wills and Estate Planning Workshop
<b>10</b>	The Push-Up Challenge	<b>28</b>	Holiday Hampers
<b>12</b>	Mental Health Week 2025	<b>29</b>	The Heart of Our Movement
<b>14</b>	Snapshot of Mental Health in YXE	<b>30</b>	Celebrating a Legacy
<b>16</b>	Run for Women 2024	<b>32</b>	The People who Built Us
<b>18</b>	More than Mamas	<b>34</b>	Budget

## Land Acknowledgement

CMHA Saskatoon acknowledges that we are on Treaty 6 Territory and the Homeland of the Métis. We recognize the deep and enduring presence of First Nations, Métis, and Inuit peoples on this land, and honour their histories, languages and cultures.

In our work, we often hear how connection to nature brings peace, grounding, and a sense of self. The land offers gifts of healing, reflection, and renewal—things we all need for our mental well-being.

But we also recognize that mental health care has largely been shaped by Western understandings, often leaving out the knowledge, traditions, and holistic approaches that Indigenous communities have carried for generations.

And with that we have to acknowledge that we are not yet where we want to be in reconciliation.

Colonialism and systemic inequities have caused profound harm, and we are committed to learning, listening, and taking meaningful steps forward. This means working to integrate Indigenous perspectives on mental wellness, building 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—for today and for future generations.

## 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

## 2024 – 2025 Stats

provided mental health education to  
**60**  
organizations

**1,600**  
individuals received mental health education

**550**  
individuals received one on one support

Message from

# Faith Bodnar

Executive Director of CMHA Saskatoon

At CMHA Saskatoon we are rooted in community—listening, adapting and showing up in real time for the people we serve. This year, we deepened that commitment by working with Insightrix Research to better understand how people want to connect with us. Our biggest takeaway: the virtual world is here to stay, but it will never replace the power of in-person connection.

We continued to see growth in the Families Matter support group. Their shared experiences provided strength and clarity in the face of mental health and substance use struggles. We saw more caregivers navigating the dual roles of supporting aging parents and adult children with complex needs. Increasingly, families are being relied on to provide long-term support, leading to burnout and financial strain—an urgent reminder of the gaps that still exist.

In many ways, this year was a balance of celebration and hard truths. Events like the Walk 4 Mental Health, Run for Women and The Push-Up Challenge brought our community together and showcased the incredible resilience and support of our city.

Our supported independent living initiative 'Coming Home' reminds us that safe, affordable housing is an essential many are living without—and we're grateful to the NAHC and Real Life Rentals for their partnership in allowing us to make this a reality for individuals and families.

We honoured the life of Sean Mauerhoff with the creation of Sean's Fund—a legacy that will continue supporting clients in a meaningful way.

As always, our educational outreach remained strong, helping workplaces, schools and community groups start honest conversations that break down stigma. And through it all, we continued walking alongside those on the journey to employment, independence, and belonging.

This year has been full of change as we celebrate the retirement of many long-serving staff whose guidance and wisdom is unmatched. Their dedication has shaped CMHA Saskatoon into what it is today.

To the staff, board, volunteers, partners, and community—thank you. This work isn't easy, but it is always worth it. And it continues to be a privilege to be part of building a healthier, more connected Saskatoon.

*Faith Bodnar.*

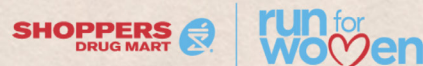
# Recognition of Support



Saskatoon



Saskatchewan Health Authority



## Third Party Fundraisers

Supreme Steel

Fineline Designs

Katie Duke

Sova Designs Fashion Show

Candace Fox and Hrycay Sova Designs

Game On for Richard Bronson  
(Memorial)

Lesley Kerpan

Block Dance Party – Spring  
Stars Inc.

Debra Cadrain

Jade's Ride

Jade Dulle

Round Up Your Bill for Mental  
Health

Nutters Saskatoon

Pie Throwing Contest

Anixter

Mental Health Archer Shoot

Delisle Thunderhead Archers

(un)remarkable Book Launch

Tennille & Lydia Corbett

Outter Limits Fun Run

Brent and Janice Fagnou

Movember for Men's Mental Health

Delisle Chiefs Hockey

HJR Asphalt Staff Raffle



Strength in Every Rep:

# The Push-Up Challenge

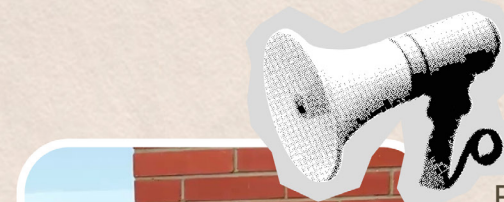
**2,000  
PUSH-UPS.  
FEB 11-28.**





This year, the Push-Up Challenge proved that small actions add up to big impact. With over 600 participants stepping up—one push-up at a time—we raised more than \$40,000 in support of mental health programs at CMHA Saskatoon.

Beyond the numbers, this challenge sparked conversations, built community, and reminded us that mental health deserves just as much attention as physical health.



Every rep represented a step toward breaking stigma, raising awareness, and ensuring that those struggling with mental health concerns have access to the support they need.

Thank you to everyone who pushed through for mental health —you’ve made a lasting impact AND raised OVER \$40,000!



# Mental Health Week: May 2025

We asked  
ourselves what  
masking and  
unmasking  
mental health  
means to us  
personally.

**WALK 4  
MENTAL  
HEALTH  
& BBQ**  
MAY 7  
11:15 AM Meet at City Hall  
11:30 AM Walk 4 Mental Health from  
City Hall to Kinsmen Park  
12:00 PM BBQ at Kinsmen Park



Masking is self-  
preservation;  
Unmasking is  
vulnerability.



I'm  
#UnmaskingMentalHealth  
There's  
more to me.



This year's Mental Health Week embraced the theme of Unmasking Mental Health, inviting our community to break down stigma and explore the masks we all wear—and what it means to take them off.

In collaboration with Crocus Co-op, North Star Supportive Housing Inc., Saskatoon Crisis Intervention Service, Autism Services, and the Schizophrenia Society of Saskatchewan, we hosted the Walk 4 Mental Health from City Hall to a community BBQ in Kinsmen Park.

These events brought together individuals, families, and frontline workers in a visible and heartfelt show of solidarity, support, and shared experience.

On social media, we encouraged deeper reflection by asking, What does masking and unmasking mental health mean to you personally?

As mental health workers—and as human beings—we shared that we, too, struggle with the weight of masking.

We noticed the language we use around masking ("cold," "sharp," "heavy") compared to the words we associate with unmasking ("warm," "smooth," "light"). The difference was clear: unmasking is difficult, but carrying the mask is harder.

To cap off the week, Colluseum Presents hosted a vibrant, sold-out screening of Mamma Mia! with proceeds supporting CMHA Saskatoon.

Through conversation, creativity, and collective action, Mental Health Week 2025 reminded us all that unmasking is not just possible—it's powerful.

What we Heard:

# Snapshot of Mental Health in YXE



This year, we partnered with Insightrix to ask a simple question: *how are we doing, really?*

We wanted to better understand how people in our community experience mental health support—what’s working, what’s missing, and how we can do better.

More than a third of respondents told us they’re struggling to access the mental health services they need.

Long wait times, limited availability, and financial barriers continue to hold people back.

Only 10% were confident they could find the support they need when facing mental health challenges. And nearly 30% shared that stigma still gets in the way.

These numbers speak to a system under pressure. They reflect the reality that a lot of people are falling through the cracks—not because they aren’t trying, but because there are still real gaps in care.

We’re sharing it because this is what’s real right now. And it’s why we keep showing up.

It’s why we keep listening, adjusting and pushing for better—more capacity, more connection and more dignity in how people access support.



Community for Cause:

# Run for Women



The 2024 Run for Women was bigger than ever with over 1,000 participants and more than \$94,000 raised!

The run supports women's mental health initiatives at CMHA Saskatoon like the More Than Mamas program. Data from Statistics Canada indicates that 23% of new mothers experience symptoms consistent with postpartum depression (PPD) or an anxiety disorder.

(Maternal Mental Health in Canada, Statistics Canada)

More than Mamas provides essential resources and support for mothers, addressing the unique challenges to their mental well-being in postpartum and beyond.



16

Beyond maternal mental health, women in Canada face additional mental health challenges.

A 2022 survey revealed that young women aged 15 to 24 experienced a significant increase in generalized anxiety disorders, with prevalence tripling from 2012 to 2022.

(Mental disorders and access to mental health care, Statistics Canada)

The funds raised through the Run for Women enable CMHA Saskatoon to expand the More Than Mamas program, while offering mental health support, education and resources to all women.

This year we were proud to honour our local Shoppers Drug Mart team at the National Philanthropy Day Awards!

The Run for Women fosters community solidarity, reminding us of the importance of supporting women's mental health.



Shoppers Drug Mart team receiving National Philanthropy Day Award

17

Real Connection:

# More Than Mamas

Since launching in 2024, More Than Mamas has grown into a steady source of support for mothers in Saskatoon.

Now partnered with Baby Bean YXE, the program continues to focus on mental health education and postpartum care—but what's emerged is something deeper.

The real impact happens between moms. In the unfiltered conversations, the exhausted laughter, the quiet recognition of “me too.”

These are connections built in the middle of sleepless nights, intrusive thoughts, and the heavy loneliness that often follows new motherhood.

More Than Mamas isn't about fixing anyone—it's about making sure no one goes through it alone.

**more** than mamas

**1 in 7**  
moms  
experience  
postpartum  
depression or  
anxiety.

**Start date:**  
**May 20th**



**BabyBean**

Community Education:

# Most Requested Workshop

Mental Health in the  
Workplace

*This week: Half a  
million Canadians will  
miss work due to their  
mental health.*

30% of disability claims are related to mental health

70% of Canadian Employees are concerned about psychological health and safety of their workplace

14% don't think their workplace is safe at all

Approximately \$50 billion each year are lost to the Canadian economy because of mental illness.

- Mental Health Commission of Canada

Our Mental Health in the Workplace presentation remains CMHA Saskatoon's most requested and discussed session—a reflection of the growing awareness that mental wellness is a cornerstone of a healthy, productive workplace.

These sessions go beyond surface-level awareness to explore how leadership, culture, and clear support systems are key to fostering positive mental health. We also highlight the measurable benefits: reduced absenteeism, stronger team morale, and better long-term outcomes for both people and organizations.

More and more workplaces are recognizing that investing in mental health is not only the right thing to do—it makes good business sense, too.

# Naomi's Story

When Naomi arrived in Saskatoon in 2017, she was looking for stability, connection, and a place where she wouldn't have to explain herself. She found that at CMHA Saskatoon. At the time, Naomi didn't have a diagnosis, and the city felt unfamiliar and overwhelming. Walking through CMHA's doors was daunting at first, but soon, it became a place where she could put down roots. "CMHA was a cornerstone to building the life that I wanted," she says.

Over the years, Naomi found support in many forms—through conversations, advocacy, housing assistance, and programs like Life Skills. She appreciated that CMHA didn't push an agenda but instead allowed people to move at their own pace. "People with mental illness have to do things differently, and CMHA understands that."

As Naomi built her life in Saskatoon, CMHA staff had the privilege of seeing more of her personality shine through—her quick wit, sharp sarcasm, and ability to find humor even in tough moments. It's that same voice she now uses to advocate for others.

From volunteering at fundraisers to sharing her story through public speaking and writing, Naomi has become a powerful presence in the community.

"It's another form of feeling connected. It's not family, but it's friendly. I can joke around. That type of environment is rare."

Eight years later, Naomi has truly made a home here—both in Saskatoon and within the CMHA community.



Naomi with her sister,  
March 2025

# Zama's Story



When Zama arrived in Saskatoon in September 2023, she was stepping into the unknown—pregnant with twins, leaving behind her husband and older daughter, and determined to build a new life. “If I had never come here, I would never have known what I was capable of,” she reflects.

The challenges came quickly. She navigated paperwork, school enrollment, and an unfamiliar city while preparing to give birth alone. When Destiny and Divine arrived, she struggled with isolation. “I needed my husband the most during that time,” she recalls. But Zama’s resilience and warmth drew people in, and a community of women rallied around her with support, meals, and encouragement.

In May 2024, a simple trip to Kinsmen Park changed everything. There, she connected with CMHA Saskatoon and joined the More Than Mamas program, finding a space where she felt seen. Through CMHA, she was introduced to the Coming Home program, offering safe, independent housing. After months of struggle, doors finally opened. On August 26th—her birthday—Zama signed the lease to her new townhouse.

Now, she finds joy in life’s simple moments—cooking meals in her kitchen, soaking up the sunshine on the balcony, and watching her daughters grow. While she hopes to reunite her family soon, she finally feels at home. And true to her nature, she isn’t slowing down—she’s already working toward her insurance broker certification, proving once again that no obstacle can hold her back.



This past fall, Teenz Table Talk—CMHA Saskatoon’s youth mental health committee—received a National Philanthropy Day Award for their outstanding work in youth mental health.

Guided by the motto “for youth, by youth,” the group creates space for open, honest conversations about mental health from a youth perspective.

Through peer-led discussions and community initiatives, they continue to challenge stigma and spark meaningful change.

Their recognition is a testament to the power of youth leadership in building a more compassionate, mentally healthy future.

# Teenz Table Talk



Our first-ever Teenz Table Talk event brought together creativity, conversation, and a bit of nostalgia. With stacks of old magazines, scissors, and glue in hand, teens spent the evening piecing together scrapbook pages while getting to know one another.

The night was about more than just crafting—it was a space to unwind, connect, and share ideas in a relaxed, welcoming setting. Between flipping through throwback magazines and creating something personal, the group found common ground in both creativity and conversation.

This was just the first of many Teenz Table Talk events, and we’re excited to keep building spaces where young people can come together, express themselves, and feel heard.

Community Engagement:

# Wills and Estate Planning



Talking about wills and estate planning can feel overwhelming, but it's a conversation that brings clarity and peace of mind.

Having these conversations can make things easier for yourself and your loved ones.

At our January Wills & Estate Planning Session, attendees had the opportunity to learn from experts (Karen Crellin, LL.B, TEP – Leland Kimpinski, LLP; Joy Crawford, CFP, CEA, MFA-P – Edward Jones), ask questions, and share their concerns in a welcoming, supportive space.

Many attendees told us they were grateful for the chance to access important information at no cost, talk openly about their concerns, and get practical guidance on financial planning steps for their loved ones.

This session turned what can feel like a daunting topic into an empowering experience. By having these conversations, individuals and families felt more prepared for the future—because peace of mind starts with understanding your options and making informed decisions.

We are planning to host another session in the Fall of 2025!



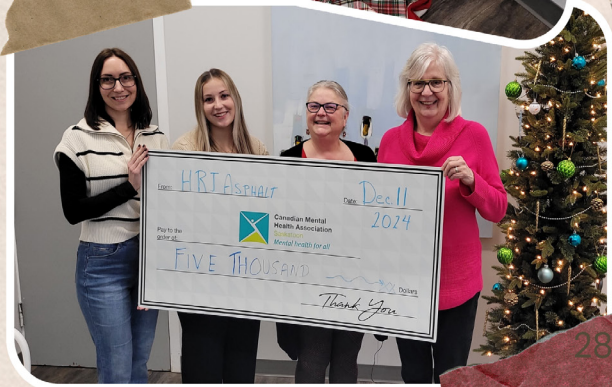
# Hampers

The holiday season can be overwhelming, especially for those facing mental health challenges. Our Holiday Health Hampers focus on wellness, comfort, and self-care, in a season where people need it most.

Thanks to the generous support of HRJ Asphalt, each hamper is filled with items that nurture both body and mind—from cozy essentials and mindfulness activities to wellness products that help reduce stress during a difficult time of year.

These hampers serve as a reminder that mental well-being matters, and no one should have to struggle alone.

With the continued support of our community, we can make this season a little brighter for those who need it most. Because everyone deserves care—not just during the holidays, but all year round.



28

## Volunteers:

# The Heart of Our Movement

Our volunteers are more than helpers—they're champions of mental health and community connection. Whether serving on our Board of Directors, guiding support groups, packing wellness hampers, or helping shape events and campaigns, our volunteers bring commitment, compassion and capacity to our work.

Volunteers extend the reach and impact of our mission. We saw this especially during The Groove, Mental Health Week and at the Shoppers Drug Mart Run for Women—where their energy and care turned large-scale logistics into meaningful experiences.

Their contributions aren't just generous—they're essential. Every hour, every helping hand, and every encouraging smile helps us build a more mentally healthy Saskatoon.



29

Closing a Chapter:

# Celebrating a Legacy

After years of unwavering leadership, we bid farewell to our Executive Director, Faith Bodnar—a force in this organization and in the nonprofit world at large. Faith has dedicated the majority of her career to lifting others up, always leading with compassion, clarity, and a deep belief in the power of community.

At CMHA Saskatoon, Faith's impact can be seen in every corner—from the launch of transformative programs like More Than Mamas, Teenz Table Talk, Coming Home, and The Wellness Hub, to major milestones like our website overhaul, pandemic response, and the creation of our annual Walk 4 Mental Health. She's hosted conferences, expanded our reach, and helped usher us into a more connected, modern era.



30

But what we'll remember most are the things that didn't always make the headlines—like her steady hand through staffing changes, her quick response to plumbing problems, and her ability to make people feel seen and supported, even on the hardest days.

Though she may be stepping away from this chapter, Faith is not one to sit still for long. Busy is where she thrives. Heart-first is how she leads. And believing in people is simply who she is.

Thank you, Faith, for everything you've built—and everything you've been. Your legacy is lasting, and so is our gratitude.

From the bottom of our hearts,

the staff and board of  
CMHA Saskatoon



31

# The People who Built Us

We want to recognize the many staff who have wrapped up their time at CMHA Saskatoon this year—some stepping into retirement after decades of service, others moving away or stepping into new roles elsewhere. Together, their time adds up to more than 100 years of frontline, behind-the-scenes, and heart-led work.

It's easy to forget how different things looked 30 years ago. Mental health wasn't something you talked about over coffee. There weren't programs on every corner. Stigma was louder than support. And real services? They were hard to find—especially in Saskatchewan.

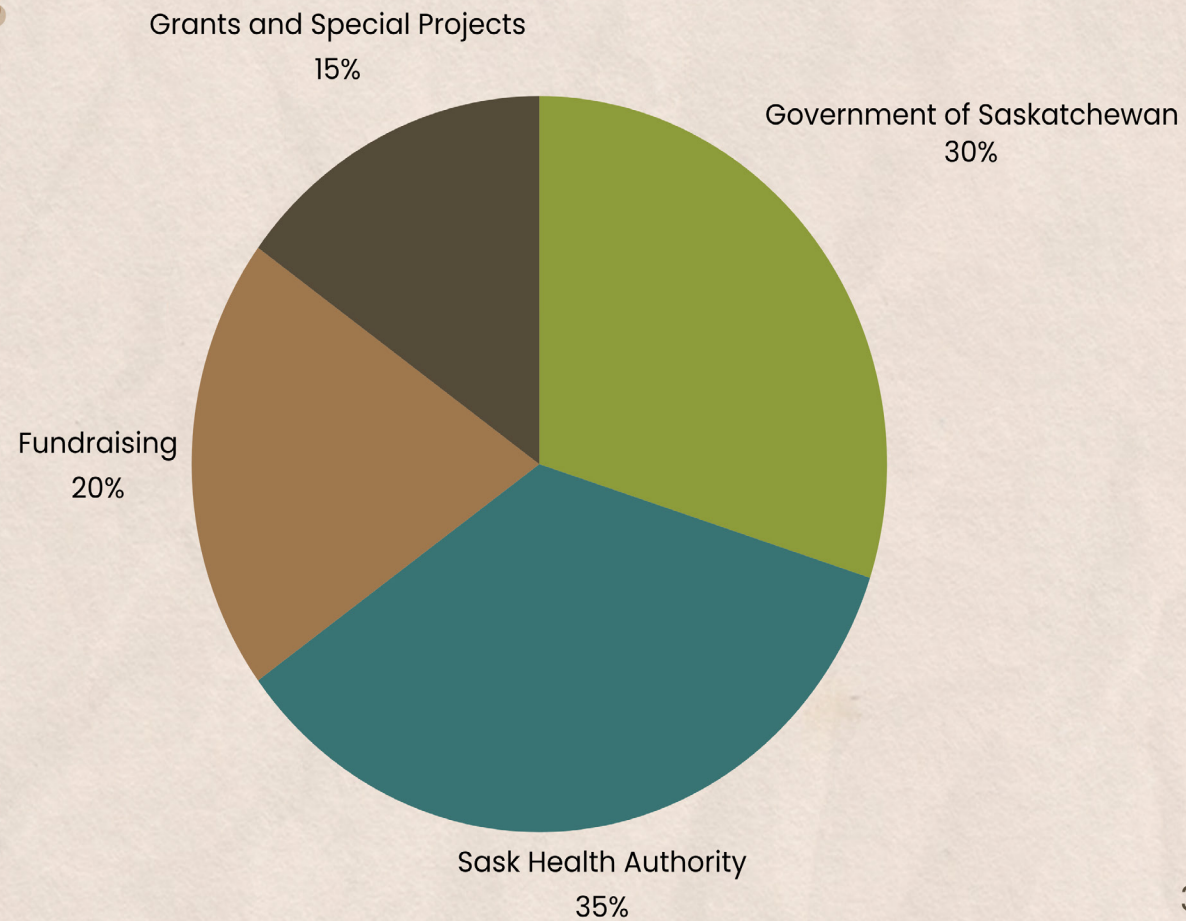
The progress we've made didn't just happen. It was built, slowly and often quietly, by people like the ones we're honouring here. People who showed up even when funding was uncertain, who held space for others while carrying their own heavy loads, and who never stopped believing in the power of community care.

Though we can't name every individual in these pages, we honour them all. Their impact is lasting. Their work mattered. And CMHA Saskatoon is better because of them.

# cmha

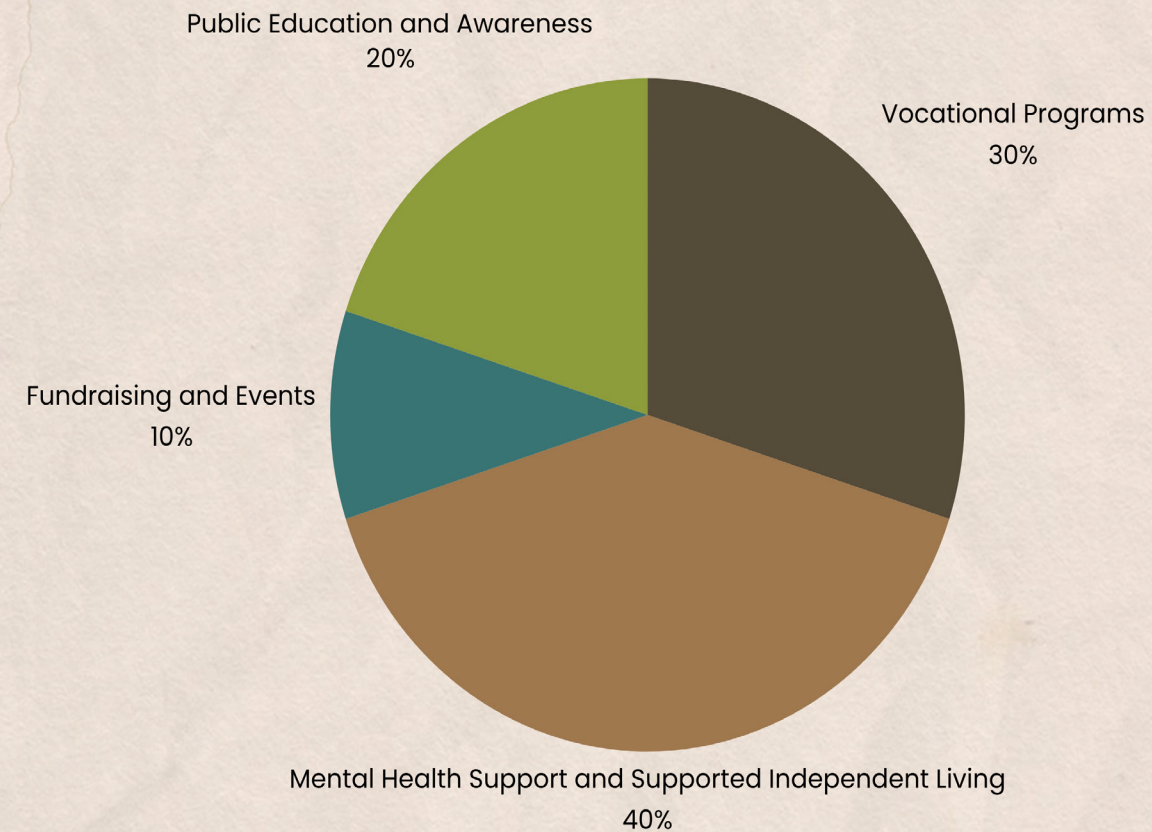


## Funding Sources



34

## Budget Breakdown



35





# Board of Directors


- |                               |                            |
|-------------------------------|----------------------------|
| President – Lisa Kozmyk       | Director – Jim Austin      |
| Past President – Kelly Howey  | Director – Alex Brown      |
| Vice President – David Fittes | Director – Erin Greer      |
| Treasurer – Elaine Mangaser   | Director – Marlene Mirasty |
| Secretary – William Pringle   | Director – Andrea Stranden |



# Staff

- |   |  |
|---|--|
| Faith Bodnar – Executive Director                               | Daniel Ong – Supportive Independent Living Coordinator |
| Brenda Beaudry – Mental Health Educator                         | Hannah Redekop – Vocational Counselor                  |
| Carolyn Burnett – Manager of Accounting and Administration      | Chalaine Senger – Mental Health Worker                 |
| Taylor Jensen – Executive Assistant                             | Dave Wake – Supportive Independent Living Coordinator  |
| Lindsay Katz – Family Navigator                                 | Margot Weiner – Director of Development                |
| Jenna Neufeld – Special Projects and Communications Coordinator | Morgan Wickett – Director of Programs                  |

 306-384-9333

 [cmhasaskatoon.ca](http://cmhasaskatoon.ca)

 [info@cmhasaskatoon.ca](mailto:info@cmhasaskatoon.ca)

  @cmhasaskatoon

**Visit [cmhasaskatoon.ca/donate](http://cmhasaskatoon.ca/donate) to  
make a donation today!**

Canadian Mental Health Association, Saskatoon Branch Inc. | 1301 Avenue P North | Saskatoon, SK S7L 2X1