



# Annual Report



# MESSAGE FROM THE BOARD CHAIR

Dear Friends and Partners of HOPE,

It is my privilege to introduce this year's report on behalf of the HOPE Board of Directors. This has been one of the most consequential years in our history: HOPE has grown from an all-volunteer organization into one with professional staff at its centre led by our Executive Director, Mandie Abrams. This marks a deliberate step toward the long-term sustainability that allows us to serve more families, more consistently.

That growth rests on a foundation built carefully over many years — strong governance, evidence-based programming validated through external academic and other professional review, and a peer-support model grounded in dignity and nonjudgment. Since 2008, HOPE has supported more than 1,400 parents, helping families navigate their challenges together and feel less alone.

The Board's role through this period of change has been to ensure that HOPE grows responsibly: that our decisions remain anchored to our mission, that our resources are stewarded with care, and that the trust placed in us by funders and partners is honoured. Our work continues to advance three strategic objectives — strengthening the quality and consistency of the member experience, growing the number of parents and families HOPE serves, and securing the organization's long-term sustainability.

None of this would be possible without the partners, funders, and donors who share our belief that every parent deserves a supportive network. Your support makes this work possible, and we are proud to be your partner in strengthening families across our community.



Leanne Page Lewis  
HOPE Board Chair  
On behalf of the HOPE Board of Directors



# ABOUT HOPE

Rooted in dignity and non-judgment, HOPE provides a space where parents can share experiences, build skills, and strengthen their confidence as caregivers. Our parent-led peer support groups use a validated, structured approach that gives families practical tools and reliable resources they can use in everyday life.

HOPE groups are designed to be accessible, action-oriented, and grounded in the belief that every parent deserves a supportive network. Since 2008, we have supported more than 1,300 parents, helping families navigate challenges together and feel less alone.

## VISION

To build a network of locally-based HOPE groups that are recognised and respected sources of support for parents and the community.

## PHILOSOPHY

At HOPE we believe that with knowledge, tools, and support, parents who are concerned about their teen or young adult child can gain the skills and strength to change their family dynamics.

## MISSION

We are a community-based, parent-run, non-profit organization that offers hope, encouragement, resources, and education in a safe, confidential, and supportive environment to parents who are concerned about their teen or young adult child.

## VALUES

*These are the values that govern our actions as HOPE members:*

- People are resilient, resourceful, and capable of change.
- Each person has a right to be respected, accepted, and treated with dignity.
- The only behaviour we can control is our own.
- We participate at HOPE in the spirit of mutual service and support.
- We are committed to continuous learning and improvement.

# OUR MODEL



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# YEAR IN REVIEW:HOPE AT A GLANCE



**91%** of respondents were very satisfied with their HOPE experience

**72%** said HOPE meets their needs extremely well

**91%** would definitely recommend HOPE to others.

**Number of parents served: 178**

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**Number of HOPE groups: 5**

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**Growth in membership: 15%**

**Key milestones:**

- Training framework
- Enhanced intake
- Improved data security

# HOW MEMBERS FOUND HOPE

How Incoming members found HOPE	January 3 - December 18 2025
Online	45
Not provided	37
Therapist	16
Agency	16
Other	29
Police	14
School	9
HOPE member	7
Hospital	5
Social Media	1
Grand Total	179



# WHAT MEMBERS VALUE MOST

The most valued aspect of HOPE membership was peer support (40%)



Belonging



Shared  
wisdom



Practical  
tools



Skilled  
facilitators



Non  
Judgment

“—  
| The approach works... it improves my relationship with my son  
and provides support from people with lived experience. —”

# HOPE'S FOUR CORE STRENGTHS

## HOPE's People

Compassion, lived experience, non-judgment, and caring leaders.

## Trusted Methodology

Structure, action-oriented approach, consistency.



## Transformative Impact

Repairing communication, rebuilding trust, understanding emotional dysregulation.

## Community + Structure

Safe, supportive, practical, and transformative.

# GROWING AWARENESS ABOUT HOPE



**COMMUNITY  
PARTNERSHIPS**



**HOPE  
CONFERENCE**



**OUTREACH  
EVENTS**



## **OUTREACH SPOTLIGHT** **BUILDING A PARTNERSHIP WITH** **TORONTO POLICE SERVICES**

Parents whose kids are involved with law enforcement face a specific kind of isolation. The legal system is opaque. The shame runs deep. HOPE built a referral pathway so these parents didn't have to figure it out alone.

In 2025, we made it a priority. Outreach student Mia Lutz spent the summer cold-calling her way into contact lists across Toronto Police divisions. By fall, Board Chair Leanne Lewis and Executive Director Mandie Abrams were in patrol briefings at Divisions 22, 31, and 32; showing up early, showing up consistently. We went from one working relationship to six.

We also explored FOCUS, a resource table that coordinates social supports across the GTA. Useful to understand. Not sustainable for us to staff regularly. But they added HOPE to their referral list, and that mattered.

The proof is in the referrals. At the start of 2025, police sent us 1% of incoming parent inquiries. By Q3, that was 13%. Officers don't refer families to programs they don't believe in. They believe in this one.

We're now working with Peel, Durham, and York. The relationships we've built in Toronto aren't one-year projects, they're ongoing. Because when you show up consistently, trust compounds. Parents get connected. Systems actually work.

**Officers are referring parents to HOPE because they trust the work.**

**Parents whose kids are involved with law enforcement finally have a space where they're not alone.**

**By Q3 2025, 1 in 8 new parent inquiries came through police partnerships.**

# HOPE CONFERENCE 2025

The HOPE Annual Conference, held on May 3, 2025, brought together 113 HOPE Members, community partners, and mental health professionals for a full day of learning, connection, and community building.

Our keynote speaker, Dr. Brad Reedy, author of *The Journey of the Heroic Parent* and host of the *Finding You* podcast, offered deeply relatable insights and validating strategies for parenting adolescents. Dr. Carmen Lalonde shared her expertise on parenting, providing families with practical and compassionate guidance. Karleigh Darnay from Youth Wellness Hubs Ontario (YWHO) presented research findings on the current state of youth mental health in Ontario and highlighted YWHO initiatives designed to better support young people.

. Longtime HOPE partners from the Sunnybrook Family Navigation Project, represented by Tracey Addison, provided updates on their program and the resources available to families navigating complex systems.

Surveyed attendees overwhelmingly indicated that the conference was both a valuable learning opportunity and an important source of community connection.

We are deeply grateful to Greenshield for their generous sponsorship of the 2025 HOPE Annual Conference. Our heartfelt thanks also go to conference organizers Erin Burgess and Leanne Lewis for their exceptional leadership and dedication in bringing this meaningful day to life.

“ I can't say enough about how well organized the event was. The venue is lovely (accessible and lots of parking). The caterer did a fabulous job—I certainly didn't expect a hot meal! I know how much goes into planning a conference, and I have to say kudos to the organizers of the HOPE Conference for hosting such a lovely event!

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**90%+**

felt validated,  
accepted, and  
less isolated

**100%**

valued the peer  
relationships  
they built  
through HOPE

**41 parents  
interviewed.**

Every one joined  
after years of  
struggling alone.



## **HOPE & UNIVERSITY OF TORONTO: RESEARCH CONFIRMS THE POWER OF PARENT PEER SUPPORT**

In 2023, HOPE partnered with researchers at the University of Toronto's Ontario Institute for Studies in Education (OISE) to conduct the first formal evaluation of our peer-led model. Through in-depth interviews with 41 members across Ontario, the study explored how peer support shapes the experiences of parents and caregivers of youth and emerging adults facing mental health and behavioural challenges. The study was formally released in the fall of 2025.

The findings are clear: HOPE provides emotional relief, practical insight, and meaningful connection at a time when parents often feel isolated and overwhelmed. Many participants described joining after years of struggling alone. Over 90% reported feeling validated, accepted, and less isolated. Parents formed deep, lasting relationships through group meetings and one-on-one phone support, consistently describing HOPE as a safe, non-judgmental community.

A defining theme was insight. Parents shifted from trying to fix their child to focusing on their own responses, communication, and boundaries — and that shift led to stronger relationships, healthier dynamics, and real change at home.

The research confirms HOPE's unique role as Ontario's only peer support program dedicated to parents of adolescents and emerging adults — a trusted, effective model that gives families a proven path forward.

We extend our sincere thanks to the research team: Dr. Abby Goldstein, Anisha Jahagirdar, and Talia Vacca at OISE, and HOPE's own co-researcher Leanne Lewis, for their rigorous and compassionate work elevating the voices of parents and caregivers. We also thank the Government of Canada for supporting this study through the SSHRC Partnership Engage Grant.

# OUR SPONSORS & PARTNERS



**THE PETER CUNDILL  
FOUNDATION**



# 2025 FINANCIAL OVERVIEW

## HELPING OTHER PARENTS EVERYWHERE (HOPE), INC. Statement of Financial Position

As at December 31,	2025	2024
	\$	\$
<b>Assets</b>		
<b>Current assets</b>		
Cash and cash equivalents	512,607	333,615
Amounts receivable	70	162
HST receivable	9,074	4,662
Prepaid expenses	1,953	4,758
	523,704	343,197
<b>Liabilities and Net Assets</b>		
<b>Current liabilities</b>		
Accounts payable and accrued liabilities	19,568	11,505
<b>Net assets</b>		
Accumulated surplus - unrestricted	504,136	331,692
	523,704	343,197

## HELPING OTHER PARENTS EVERYWHERE (HOPE), INC. Statement of Revenue and Expenditures

For the year ended December 31	2025	2026
	\$	\$
<b>Revenue</b>		
Donations - receipted	275,959	45,562
Donations - non-receipted	4,720	15,164
Membership fees	3,810	3,535
Conference fees	9,645	11,383
Interest income	9,521	13,259
Other income	10,943	10,000
	<b>314,598</b>	<b>98,903</b>
<b>Expenditures</b>		
Wages and salaries	91,459	24,477
Professional fees	15,685	3,940
Rental expenses	13,577	15,429
Information technology	5,823	985
Foundations binders	3,457	2,529
Meals and entertainment	2,960	1,002
Insurance	2,639	2,384
Office and general	2,298	4,027
Guest speaker fee	2,275	1,800
Telephone	1,981	2,472
	<b>142,154</b>	<b>59,045</b>
<b>Excess of revenue over expenditures</b>	<b>172,444</b>	<b>39,858</b>



# WE COULDN'T DO THIS WITHOUT OUR VOLUNTEERS

A special thank you to all of the volunteers who ensure that HOPE operates efficiently and effectively. To all the parents who volunteer weekly as Group Leaders, Orientation Leads, Communications Coordinators, Workshop Coordinators and Small Group Facilitators, Thank you!



HOPE (Helping Other Parents Everywhere) is a peer-led support network for parents supporting youth and emerging adults experiencing mental health challenges. We provide structured, parent-led spaces where families share lived experience, build practical skills, and strengthen confidence in everyday caregiving. Since 2008, HOPE has supported more than 1,400 parents, helping reduce isolation and improve communication within families.

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