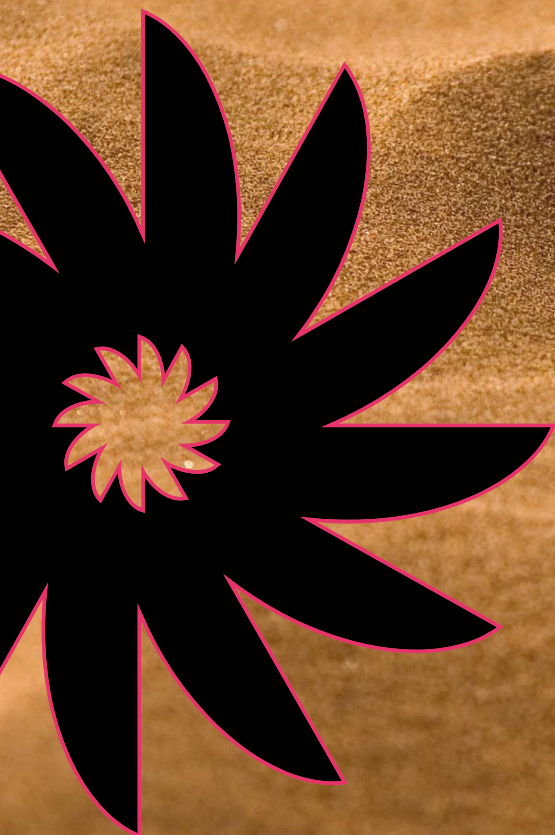


2024-25 ANNUAL REPORT

*Reflecting on our journey,
Crafting our future.*

Prepared by

Chondrena Vieira-Martin



01	Report from the Board Chair
02	Letter from the ED
03	Agency Overview
04	Performance Overview
05	Together Highlights
06	By the Numbers
07	Financial Statements
08	Halton Violence Prevention Council
09	Acknowledgements

Table of Contents

Report from the Chair of the Board

01

Kayla Jourdan

On behalf of the Board of Directors, I am honoured to welcome you to Thrive Counselling's Annual General Meeting. Thank you for your unwavering support and commitment to our mission of providing accessible, compassionate, and effective mental health services across the Halton Region.

This year has been one of growth, resilience, and transformation for Thrive Counselling. We have continued to serve as a vital resource for individuals, couples, and families navigating complex and often deeply personal challenges. Our team has remained steadfast in delivering high-quality, trauma-informed counselling to those in need, often during times of great vulnerability and change. We are incredibly proud of our staff's commitment and the positive outcomes we continue to witness in our community.

A particular highlight this year has been the development and implementation of our Strategic Plan for 2024–2027. This plan lays out a bold, thoughtful vision for Thrive's future—one that prioritizes equity in access, deeper community partnerships, and an unwavering focus on organizational excellence. With this roadmap in place, we are better equipped to extend our reach, adapt to growing mental health needs, and innovate our practices to meet clients where they are. This direction is anchored in our core identity. Our mission is simple and powerful: we partner with you to manage life's challenges. Our vision—Strong People. Strong Families. Strong Communities—reminds us that personal well-being is deeply interconnected with the broader health of our region. And we live by our values: care and compassion, respect and dignity, professionalism and quality, and inclusion and safety. These principles are not aspirational—they are embedded in every decision we make and every service we provide.

None of our progress would be possible without the people behind the scenes. I want to extend heartfelt thanks to our dedicated Board of Directors, who have provided strategic oversight, wise counsel, and continuous encouragement throughout the year. To our Executive Director, Chondrena Vieira-Martin, and our exceptional team—your leadership, innovation, and compassion inspire confidence in everything we do. And to our community partners and funders, particularly the United Way Halton & Hamilton—thank you for believing in our work and standing with us.

Finally, to our clients—thank you for your trust. It is a privilege to walk alongside you in your journey. Your courage drives us to continually do better and be better. As we look ahead, I am filled with optimism. Thrive Counselling is more than a service provider; we are a community partner, a safe haven, and a voice for mental wellness. With your continued support, we will not only meet the challenges ahead—we will grow stronger through them. Thank you.

Kayla Jourdan, PhD

Letter from the ED

2



**Chondrena
Vieira-Martin**

Thrive Counselling

As another year comes to a close for the clients, staff, Board, and supporters of Thrive Counselling, I value the opportunity to reflect on our agency's continued journey. This year has been significantly shaped by major initiatives addressing gender-based violence.

With the launch of the Halton 360 Hub—our community's collaborative response to Intimate Partner Violence (IPV), sexual violence, and human trafficking—we've entered a bold new chapter. This initiative represents a powerful step forward in delivering comprehensive services to those affected. I am incredibly proud to be part of this effort, and even in this short time, we've gained valuable knowledge and provided meaningful support.

Our focus on IPV has been further strengthened by Halton's declaration of IPV as an epidemic, joining over 100 municipalities in recognizing the severity of this crisis. As the lead agency within the Halton Violence Prevention Council, Thrive responded by launching the IPV Community Pledge event. Over 100 community members have committed to taking action—both personally and publicly—to improve responses and work toward prevention. We've also prioritized serving the most vulnerable members of our community through targeted programming. Our Building Safer Communities youth counselling program, funded by Halton Region and delivered across the area, continues to show promising results. We are proud to be part of a broader partnership bringing prevention and intervention services to Halton's youth.

Additionally, Thrive has focused on supporting seniors through our involvement in Pinedale seniors' wellness hub. Based on both internal agency service requests and community needs assessment, we have begun offer therapy services to vulnerable local seniors. This partnership has proven to be an effective model for meeting the needs of older adults.

We remain committed to better serving Indigenous populations by engaging in relationship-building and learning opportunities through Grandmother's Voice. We are striving to integrate Indigenous wisdom into our work and foster a welcoming environment for all who seek our services.

Our walk-in clinic continues to be a vital part of our mission to increase accessibility, offering free services to residents without the need for appointments or referrals.

This year has also marked a period of significant change. Political shifts—both global and local—demand our attention as we navigate an evolving landscape. Advances in technology are also shaping our future. We've begun exploring innovations such as AI-assisted note-taking and are considering other grant writing and operational applications. While excited about the potential for increased efficiency, we remain committed to ethical and privacy considerations in all our decisions.

As always, I close the year with deep gratitude—for our staff, Board, funders, donors, and interns, whose dedication makes everything possible. I am equally thankful for the clients who place their trust in our care.

While we know that change and challenges lie ahead, it is profoundly reassuring to be surrounded by people committed to upholding this incredibly important work.

Thank you,
Chondrena

Agency Overview



Vision

**Strong People
Strong Families
Strong Communities**

Mission

**We partner with you to manage
life's challenges**

Values

**Care and Compassion
Respect and Dignity
Professionalism & Quality
Inclusion & Safety**

Our mission is achieved by offering exceptional counselling services and programs to individuals, couples and families for issues concerning emotional, physical, social, spiritual and relational well-being. Thrive is committed to inclusion, diversity and equity and embedding these principles in all of our policies and practices. We strive to operate in a manner that ensures cultural safety which we interpret as an environment which is physically, spiritually, socially and emotionally safe for people and where there is no assault, challenge or denial of their identity of who they are and what they need.

Together highlights

04

The declaration of Intimate Partner Violence as an epidemic and the exciting launch of our new IPV, Sexual Violence and Human Trafficking hub coalesced in to a great coming together of our community for our November IPV event.



At Thrive, we know that the most important things happen when we do them together. With four offices, numerous programs and hybrid workplaces, it is more important than ever to have chances to be together face to face. Here are some of the faces of our brilliant team doing just that



Our commitment to reconciliation activities continued this year with some important changes to our office environments as well as training opportunities for staff provided by Grandmother's Voice



Picnic at Coronation Park



By the numbers

05

Overall Agency Impact

(2,809) Unique Clients
(5,951) Counselling Sessions

Violence Against Women

(742) Clients Served
(34) Healing Hearts Group Sessions

Supervised Parenting

(91) Families Served
(391) In-person Visits
(40) Virtual Visits
(310) Child Exchanges

Partner Assault Response

(215) Assessments
(216) Group Starts
(165) Program Completions

Caring Dads

(68) Clients Served
(43) Group Sessions

Halton 360 Hub

(68) Clients
(>400) Service Hours

Financial Status

06

Statement of financial position As at March 31, 2025

	2025	2024
Assets		
Current assets		
Cash and cash equivalents \$	756,811	760,226
Short-term investments (Note 4)	49,167	150,886
Accounts receivable (Note 5)	18,441	20,610
Government remittances receivable	23,607	20,148
Prepaid expenses	45,157	50,225
Total	893,183	1,002,095
Property, plant and equipment (Note 6)	33,248	154
Long-term investments (Note 7)	100,149	98,222
Total	\$ 1,026,580	1,100,471
Liabilities and net assets		
Current liabilities		
Accounts payable and accrued liabilities	\$ 89,844	135,453
Deferred revenue (Note 8)	63,814	111,816
Total	153,658	247,269
Net assets		
Unrestricted	741,968	755,342
Investment in property, plant and equipment	33,248	154
Contingency Fund	97,706	97,706
Total	872,922	853,202

Revenue

\$2,405,857

Expenses

\$2,405,857

Excess Revenue

\$19,720

Halton Violence Prevention Council



Snapshot 2024

HALTON REGION

POLICING & JUSTICE

3,989	Police IPV calls (HRPS IPVU)
1,802	Police IPV charges (HRPS IPVU)
885	IPV arrests (HRPS IPVU)
129	Sexual Assault investigations (HRPS IPVU)
137	Sexual Assault criminal charges (HRPS IPVU)
128	HT charges laid (HRPS HTU)
20	HT accused persons (HRPS HTU)
17	HT victims supported by Victim Services (HRPS HTU)
50	Well-being checks on sex trade workers (HRPS HTU)
1,974	VAW related follow-up by Victim Services (HRPS HTU)
53	Cases where Journey provided support to victims (HRPS HTU)

CRISIS & HELPLINE

1,334	Women's Shelter Crisis/Helpline Calls (HWP, WCH)
1,072	Sexual Assault Centre Crisis/Helpline Calls (WCH, SAVIS)
11,896	Mental health Crisis/Helpline Calls (CMHAHRB, WCH)

COUNSELLING & HEALTHCARE

1,675	Women who received SV/DV counselling (SAVIS, WCH, Thrive, Nina's Place)
5,050	Hours of counselling for VAW survivors (Nina's Place, SAVIS, Thrive)
75	DV/SV Survivors received acute care services (Nina's Place)
131	Nursing follow up visits (Nina's Place)

SAFETY & SUPPORTS

106	Women in VAW shelter (HWP)
14	Women and children in Second Stage (Restorations, HWP)
426	Women turned away from shelter due to shortage of beds (Restorations, HWP)
8	Self-identified Indigenous women in shelter/receiving support (HWP)
143	DV offenders completed the PAR program (Thrive)
307	Referrals to the program (Thrive)
260	Group program sessions delivered (Thrive)
158	Partner victims contacted as outreach (Thrive)

CHILDREN

91	Number of children and dependent youth in shelter (HWP)
380	Intake cases IPV-related (CAS)
118	Out of Home cases admitted/re-admitted (CAS)
7	Percentage of admitted/readmitted Out of Home cases that were IPV-related (CAS)

OTHER

1005	Public education hours delivered related to GBV (HWP, Nina's Place, WCH, HMC)
25,894	People reached via public education presentations delivered related to GBV (HWP, WCH)
161	SA Information Guides delivered to clients (HRPS VSU)

MEMBERSHIP

- Alcohol, Drug & Gambling Assessment, Prevention & Treatment Services (ADAPT) Halton
- Canadian Mental Health Association - Halton Region Branch (CMHAHRB)
- Crown Attorney's Office
- EFRY Hope and Help for Women
- Grandmother's Voice
- Halton Children's Aid Society (CAS)
- Halton Community Legal Services
- Halton Multicultural Council Connections
- Halton Community Legal Services
- Halton Region Health Department
- Halton Regional Police Services - IPV Unit
- Halton Regional Police Services - Victim Services Unit
- Halton Regional Police Services - Human Trafficking Unit
- Halton Regional Police Services - CASA Unit
- Halton Women's Place (HWP)
- Hope Place Centres
- Ministry of Attorney General - Regional Sexual Violence Crown
- Nina's Place- Joseph Brant Hospital
- Restorations: Second Stage Homes
- Sexual Assault & Violence Intervention Services (SAVIS)
- Summit Housing & Outreach Program
- Survivor Advocates for Empowerment (SAFE)
- Thrive Counselling
- Victim/Witness Assistance Program (VWAP)
- The Women's Centre of Halton (WCH)

DV = Domestic Violence
SV = Sexual Violence

IPV = Intimate Partner Violence
VAW = Violence Against Women

HT = Human Trafficking
PAR = Partner Assault Response

@HVPC_Halton
 @HaltonViolencePrevention

hvpc.ca
 hvpc.coord@thrivecounselling.org



HVPC had an eventful year with significant projects under way. Now acting as an Action Table for Community Safety & Wellbeing in Halton, the Council continues its mandate to improve the community response to and the prevention of violence. Two major initiatives included Advisory oversight of the new Halton 360 hub as well as the launch of the IPV Pledge strategy for the Region. The numbers tell the story. Snapshot 2024 shows the huge amount of resources needed to respond to the IPV epidemic

08

All of our wonderful individual donors and supporters

