In April 2016, Derek Emery’s wife Susan was admitted to Ontario Shores. Prior to Susan’s arrival Derek came to the hospital and walked around to explore the grounds. During his walk, he noticed a sign at the entrance that said “Family Resource Centre” and was inclined to follow the directions.

Since then, Derek has been on his own journey as a caregiver with support and guidance from the Family Resource Centre (FRC), and their Caregiver Series.

“I attended a number of evenings at the centre and was encouraged by a staff member to attend the Caregiver Series”, explains Derek. “The series was very helpful in managing myself as a caregiver, and gave me the tools to help my wife while she was a patient at Ontario Shores. I was also able to connect with other family members, which is important for a caregiver’s own mental health.”

As part of the FRC programming, the Caregiver Series was started in early 2016 in collaboration with Ontario Shores Family Council. The series runs four times per year, and was designed for those seeking information, options, resources, education, and support as caregivers – whether you are a family member, a friend, a support person, a staff, and/or a community member.

For more information on the FRC or the Caregiver Series:
t. 905.430.4055 x 6970 or
e. FamilyResourceCentre@ontarioshores.ca

FRC is a dedicated, therapeutic space for families to share knowledge, access resources, and connect with other families for support and encouragement.

Dr. David Posen speaks to a full house at Ontario Shores on ‘Managing Care Giver Stress’, a Caregiver Series that took place on May 12, 2018.
Founded in 2009, Ontario Shores Foundation for Mental Health is solely dedicated to raising funds to support the strategic priorities of Ontario Shores Centre for Mental Health Sciences, and its partner organizations that help care for patients and families. The following individuals, corporations, foundations, and organizations are so passionate about the work of Ontario Shores and its partners, that they generously contributed financial support from January 2017 to March 2018.

**Donor Spotlight**

The great folks at Ontario Shores and the Beer Store are a testament to how teamwork can make great strides in mental wellness and awareness for both individuals and the community at large.

- Greg Neve, District Manager, The Beer Store

---

**$100,000 - $250,000**
- Clarus Foundation
- RBC Foundation
- Roger Anderson Charity Classic
- Shoppers Drugmart - Life Foundation
- TD Bank Group

**$5,000 - $9,999**
- John and Juliana Chen
- Ontario Power Generation - Corporate Head Office
- Rotary Club of Whitby
- Sick Kids Foundation
- Ste. Anne’s Spa
- Town of Whitby Mayor’s Community Development Fund
- William M. Roche

**$1,000 - $2,499**
- 360Insights
- Anthony Craig
- Aquilibrium Salon & Spa
- Barbara Cooney
- BMO, Durham Commercial Banking Group
- Dan and Paula Carter
- Darren Smith
- Don Whitehead Fund
- Dr. Brian McCormack
- Dr. Ilan Fischler
- Dr. Phil Klassen
- Dr. Robyn Waxman
- Dr. Tim Gofine
- George Boeck

RBC’s contributions to Ontario Shores Foundation have helped the hospital achieve numerous initiatives. Photo from left to right: Jackie Butler, RVP, Durham Market, Travis Capes, VP Financial Planning Ontario North & East Foundation Chair, Tina Serrells RP, Ontario North & East, Keagan Winters, VP, Durham Commercial Financial Services, Linda Henry, CEO Foundation.

**$25,000 - $99,999**
- Deer Creek Cares Charitable Foundation
- Roger Alexander Lindsay
- Scotiabank Toronto Waterfront Marathon
- Scotiabank
- The Citrine Foundation of Canada
- The Shandex Group

— I am a staff donor because it’s a small part I can play to contribute to the sustainability of the services we work so hard to provide. —

Leigh-An, Ontario Shores Staff

**$10,000 - $24,999**
- BMO Bank of Montreal Eastern and Southern Ontario Division
- Defeat Depression Walk Uxbridge / Mood Disorders Society of Canada
- Dr. Barbara L. Mildon
- Shayne’s Shore Run
- The Beer Store
- The Family of Christopher Shannon
- Veridan
- Volunteer Association of Ontario Shores

**$2,500 - $4,999**
- Durham Community Foundation
- Galinski Memorial Golf Tournament
- I Hope You Dance Fundraiser
- Mississaugas of Scugog Island First Nation
- Philpott Foundation
- Tahira Hassan
- The Mamdani Family
- Travis Capes

---

**$1,000 - $2,499 CONT.**
- Joan Cram
- JoAnne and Peter Butler
- Linda Henry
- Ontario MD Inc.
- Pickering High School
- Rhoda Beecher
- Scott and Nancy Dudgeon
- Sutton Group - Heritage Realty Inc. Brokerage
- Ted Moroz
- TELUS Corporation
- Teresa Eaton
- Tetra Kitchen & Vines
- Thomas Jedrej
- The Dawson Family Sharing Foundation
- The Rice Family
- Unifor Local 222 Social Justice Fund

**Impact in Numbers**

<table>
<thead>
<tr>
<th>Revenue</th>
<th>4,656,400</th>
</tr>
</thead>
<tbody>
<tr>
<td>Investment Income</td>
<td>281,773</td>
</tr>
<tr>
<td>Total Revenue</td>
<td>4,938,173</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Expenditures</th>
<th>659,930</th>
</tr>
</thead>
<tbody>
<tr>
<td>Change in Fund Balances</td>
<td>2,895,816</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fund Balances*</th>
<th>33,521</th>
</tr>
</thead>
<tbody>
<tr>
<td>Restricted</td>
<td>348,420</td>
</tr>
<tr>
<td>Endowed</td>
<td>13,505,893</td>
</tr>
</tbody>
</table>

---

The Shandex Group began supporting the Ontario Shores Foundation in 2010 with essential donations that have impacted the high standard of care and services our clients receive.

---

Aquilibrium Salon & Spa in Oshawa, donated $5.00 from every sale of the We Positive People bracelets to Ontario Shores Foundation, Photo: John Aquilina, Aquilibrium Owner with Linda Henry, CEO Foundation.

---

RBC's contributions to Ontario Shores Foundation have helped the hospital achieve numerous initiatives. Photo from left to right: Jackie Butler, RVP, Durham Market, Travis Capes, VP Financial Planning Ontario North & East Foundation Chair, Tina Serrells RP, Ontario North & East, Keagan Winters, VP, Durham Commercial Financial Services, Linda Henry, CEO Foundation.
Mental illness didn’t stop us.

Donate now. FocusOnRecovery.ca

Events | The ‘Fun’ in Fundraising!

We held and assisted with some very memorable and exciting events in 2017. From our Sunset on the Savannah signature event, to the Roger Anderson Charity Classic, to Shayne’s Shore Run and the Defeat Depression Uxbridge Walk, to our Mental Health Conversation Luncheon. Our year was full of hard work, fun, great donors, and wonderful fundraisers.

Ways To Give | Invaluable Support

Philanthropy comes in many forms, and there are a number of ways to get involved with Ontario Shores Foundation and the hospital. Every little bit counts when it comes to raising funds, support and awareness for mental health.

MONETARY
From as little as $2.00 and beyond, monetary donations go a long way and allow flexibility for us to distribute gifts to those areas of the hospital most in need.

VOLUNTEER
We are so grateful for our volunteers! We’re always looking for wonderful people to donate their time and expertise in a variety of areas, departments, and at events.

SPREAD THE WORD
Be sure to follow Ontario Shores Foundation on social media and help us to keep the conversation going on mental health! #FocusedOnRecovery #MentalHealthAwareness #ThankYou

Facebook
www.facebook.com/OntShoresFoundation

Twitter
@OntShoresFdn

LinkedIn
www.linkedin.com/company/OntShoresFoundation

Ontario Shores Foundation for Mental Health

BOARD OF DIRECTORS

- Travis Capes, Chair
- Sharon K. Dunn, Vice Chair
- Anthony Craig, Director
- Tracey Dell, Director
- Thomas Jedrej, Director
- Colin O’Regan, Director
- Karen Adams, Director
- Darren Smith, Director

STAFF

- Linda Henry, CEO, Foundation
- Susan Remmer, Director, Development
- Honor Bastianelli, Development Officer
- Brea Blight, Resource Development Coordinator
- Erika Johnston, Development Assistant

OntarioShoresFoundation.ca

700 Gordon Street, Whitby, Ontario L1N 5S9 | t: 905.430.4055 or 800.341.6323 | e: foundation@ontarioshores.ca