

# Impact Report 2025



**shalem**

Mental Health Network

# Table of Contents

# Restoring Hope.

Leadership Reflection	4
What's Coming Next	5
HAMILTON COMMUNITY PROGRAMS	
RE-create	6
Counselling Clinic	7
Roads to Repair	7
NATIONAL PROGRAMS	
Counselling Assistance Plan (CAP)	8
Care Connect (Pilot)	9
FaithCare Restorative Practices	9
EVENTS	
Mental Health & Faith Summit (2025)	10
Battle of the Brushes	11
Thanks to Our Partners	12
Reflections from Our Partners & Staff	13
Financials	14
Vision, Mission & Values	15

# Leadership Reflection

## DEAR FRIENDS,

The name Shalem comes from the same root as the word Shalom, often understood as peace. This year, we were reminded that Biblical peace is not the absence of conflict, but the presence of restoration, wholeness, and rebuilding—even when the path is messy. We've come to think of Shalem as a verb: the ongoing work of making things whole. It's work we are honoured to do every day.

In 2025, that work felt more needed than ever. Across Canada, mental health challenges continue to rise, with 2 in 5 Canadians living with a mental health condition reporting that their care needs are only partially met or not met at all (Canadian Institute for Health Information). Behind every number is a person seeking hope, healing, and belonging, and that is where Shalem is called to be.

This year, three themes shaped our work: **belonging, equipping, and community impact.**

**Belonging.** In May, we welcomed nearly 300 participants over three days for our Summit, exploring the movement from brokenness to belonging. With voices like Curt Thompson, Kay Warren, Hilary McBride, and John Swinton (teaching at Tyndale), we witnessed the profound role of community in healing. Participants joined us from across Canada and internationally, reflecting a shared hunger for spaces where people are known and restored.

**Equipping.** Alongside equipping clients and participants, we have made it a priority to invest in those who care for others—professionals, churches, and community organizations. We continued this work through supervision training, placements for Master's-level students, and partnerships with Mohawk College social

service worker students, launching clinicians into practice that is both professionally excellent and rooted in faith. Alongside this, we have continued to invest in initiatives such as our AI and JEDI working groups, helping us thoughtfully navigate emerging realities while deepening our commitment to inclusion, belonging, and ethical practice.

Our Organizational Wellbeing Program is also supporting churches across Canada where pastors are carrying increasing care demands, navigating mental health concerns and complex relationship crises. Through consultation and training, we are helping churches build healthier systems of care so leaders are not carrying this burden alone. Reflecting this growing need, **inquiries increased by 40% this year.**

**Community Impact.** Closer to home, our REcreate community, an outreach open art studio for street-involved youth in downtown Hamilton, returned to pre-pandemic levels. Through partnerships with local libraries and schools, REcreate offers spaces of creativity, connection, and dignity, where participants are welcomed as they are and invited into relationship. We also gathered in celebration through "Battle of the Brushes," a joyful evening of art, community, and generosity in support of this work.

At the heart of all we do is a commitment to walk alongside others in places of pain, conflict, and disconnection. We believe that healing happens not only through clinical excellence, but through genuine connection, through being seen, known, and accompanied. Whether in

a counselling room, a church community, or an art studio, we seek to "valley walk" with others, offering presence in the most personal and sacred spaces, and equipping people with tools for lasting change. Across Canada and in our local community, we continue to witness the quiet, powerful transformation that happens when people experience belonging.

We are deeply grateful to our **staff and students**, whose compassion, skill, and dedication bring this mission to life each day. In every role, their work touches lives in meaningful and lasting ways. We are equally thankful for our **Board and volunteers**, whose leadership, wisdom, and commitment to excellence continue to shape and strengthen Shalem for the future. This year, the Board demonstrated a high level of engagement in our mission, including a dedicated retreat where they deepened their understanding of Shalem's work and strengthened their shared commitment to healthy governance. They also invested in renewing our governance framework, building on last year's updated bylaws with fresh policies to support the next season of Shalem's work.

And to our many supporters—your generosity is both humbling and inspiring. We see each gift is more than a contribution; it is a partnership in this work, a shared commitment to bringing hope into places of need. Thank you for walking with us and helping move this mission forward.

**Together, we continue the sacred work of making things whole.**

With deep gratitude,

**Karen Cornies**  
Board Chair

**Jennifer Bowen**  
Executive Director

## What's Coming Next

Following the momentum of the 2025 Summit, **we are already looking ahead to 2027.** What began as a powerful gathering will continue to grow—shaped by the many voices in the room.

We heard again and again that attendees themselves carried deep wisdom. The next gathering will create more room for dialogue, collaboration, and shared leadership—part summit, part think-tank.

Art, music, and embodied practices will continue to shape the experience.

At the heart of it is a shared question:

**How might we come together to better support the same individuals and families?**

How might we listen more closely, coordinate more effectively, and move together as one body?

# Hamilton Community Programs

For many youth, this is where belonging begins.



**720**

RE-create volunteer hours contributed



## RE-CREATE ART STUDIO

RE-create is Shalem's outreach arts program for marginalized and at-risk youth in downtown Hamilton, many connected to the shelter system. Through open studio drop-ins and workshops with partners like Living Rock, the Youth Wellness Centre, and Notre Dame House, RE-create meets youth where they are.

This is hands-on, face-to-face work. Youth sit across the table from volunteers and staff. Conversations unfold while sketching, painting, or simply being together. **A blank page, a paintbrush, and a welcoming space are often all it takes to begin.** The barrier to participation is low—but the impact is not.

**Art becomes a starting point for connection, trust, and expression.** Youth are seen for their creativity and potential. Volunteer artists lead workshops, and youth can grow through the Artists in Residence program—building confidence and exploring new possibilities.

**For many, RE-create is more than an art program. It's a place to belong.**

## COUNSELLING CLINIC

Shalem's Hamilton Counselling Clinic is a **welcoming space** where individuals, couples, and families access professional psychotherapy. As an organization rooted in faith, we offer care grounded in dignity. Based at our head office, the clinic supports people navigating anxiety, trauma, and relationship challenges—regardless of age, race, sexual orientation, gender, or economic circumstance.

**This is personal, face-to-face care**—whether in person or online. Clients connect with therapists who listen without judgment. **Each person's story is central.** We listen deeply, draw out strengths, and therapists can weave a client's values, beliefs, and faith into the process. **Careful matching ensures the right fit, and we work to remove barriers so care is accessible.**

We provide evidence-based, trauma-informed care, taking a holistic approach—mind, body, and spirit. The clinic is also a learning space for master's-level students and offers supervision for senior therapists.

With the support of funding partners and donors, **our subsidy program makes counselling accessible** to those who might otherwise go without care.

**600+**

hours of clinical supervision to ensure quality care

**1,770**

subsidized sessions provided to increase access

**4,200**

cups of coffee shared in safe conversation

**85%**

of clients reported feeling less alone

**98%**

of clients would recommend Shalem to a friend

**174**

years of combined clinician experience

**Sometimes the most important thing we can offer is a place to be heard.**

## ROADS TO REPAIR

## New in 2025

In 2025, with support from the federal Victims Fund, we launched Roads to Repair, a pilot program that combines Shalem's restorative practice experience with the complex realities of family violence.

**Grounded in restorative principles, it prioritizes safety, accountability, and repair,** with participants defining their own goals.

The program has been shaped through partnerships with community agencies, Hamilton Police, Victim Services, and a Hamilton advisory table. Training with leading expert, Tod Augusta-Scott and coaching from Kitchener's Community Justice Initiatives have further strengthened the work.

This careful, relationship-based approach offers **a new path forward for families navigating the aftermath of violence.**

# National Programs

For over 20 years, CAP has transformed how churches and organizations care for mental health in their communities.

## COUNSELLING ASSISTANCE PLAN (CAP)

The **Counselling Assistance Plan (CAP)** is a national program serving churches, Christian schools, and non-profits across Canada. At the core of our Organizational Wellbeing program, CAP is one of a range of supports designed to care for congregations, staff teams, and communities.

Across the country, pastors and leaders are carrying more than ever—walking alongside people through grief, anxiety, family breakdown, and crisis. They care deeply, but they cannot carry it alone. CAP offers a practical and faithful way to respond, ensuring that **when needs go beyond what a leader can hold, professional counselling is within reach.**

By covering the cost of therapy for individuals and families, CAP makes care accessible to those who might otherwise go without it. One of the most consistent things we hear is relief—leaders knowing they are not alone, and that their people can receive trusted, compassionate care when it is needed most.

With a growing network of over 250 master's-level Christian therapists, **CAP connects individuals with professionals who understand both mental health and faith.** Ecumenical in spirit, it serves Christian communities across the country—helping people find their footing again and move toward wholeness.

With seed funding from the Charis Foundation and a private family foundation, CAP continues to expand its reach.

304

support conversations with clergy

1,071

first calls for counselling support across Canada

275

therapists across Canada providing care through CAP

42%

of Canadians who have mental health concerns say cost is an obstacle to care

## FAITHCARE RESTORATIVE PRACTICES

FaithCare is Shalem's restorative practice program, **equipping churches, schools, and non-profits to respond to conflict and harm in ways that restore relationships and rebuild trust.** As a core part of our Organizational Wellbeing program, FaithCare offers both proactive training and responsive support when communities face moments of tension, breakdown, or harm.

When conflict escalates, **FaithCare facilitates restorative circles**—guided conversations where those impacted can speak honestly, listen deeply, and begin to work toward a path forward. These conversations centre safety, accountability, and the possibility of repair.

FaithCare also equips communities to lead this work themselves. Through training and accompaniment, leaders develop the confidence and skill to navigate conflict, host meaningful conversations, and care for their communities over time.

At its heart, **FaithCare is rooted in the belief that every person carries dignity, and that even in the midst of conflict, restoration is possible.**

Every community experiences conflict—FaithCare offers a way forward shaped by listening, accountability, and repair.

## CARE CONNECT (PILOT)

A pathway to professional, faith-aligned care.

Care Connect is a new pilot initiative within our Organizational Wellbeing program—one of a growing range of supports designed to care for the holistic needs of churches, schools, and non-profits. **Building on the strength of the CAP network, it offers a simple, accessible way to connect communities with trusted counselling care.**

With a broader rollout planned for 2027, this work is currently being tested and refined with select partners. Through Care Connect, individuals can reach out directly to Shalem. We listen carefully to their story and thoughtfully match them with a vetted, licensed Christian counsellor from our national network—helping them find the right care more quickly.

For organizations, **Care Connect represents a growing pathway**—one that will provide confidence that their members and staff can access professional care that is both clinically sound and aligned with their faith context.

New in 2025

# Events

Something shifted in those three days.



## MENTAL HEALTH & FAITH SUMMIT (2025)

The Mental Health & Faith Summit brought together over 300 pastors, educators, therapists, spiritual directors, and community leaders—alongside family members supporting loved ones. Hosted at Tyndale Seminary with key partners, **the summit created space for honest conversation at the intersection of faith and mental health.**



Participants engaged with keynote speakers including **Curt Thompson, Kay Warren, Hilary McBride, John Swinton, and Dan Whitehead**, alongside 20 workshops. Some of the most meaningful moments happened between sessions—in hallways, over meals, and in shared stories.



The experience was immersive. Art, music, and movement were woven throughout, with Act Five guiding participants through the event. We gathered in the chapel for worship, grounding the time in shared purpose.

Feedback was overwhelmingly strong. **Participants felt encouraged, equipped, and less alone.** This was more than an event—it was a gathering of the Church.

### A huge thank you to our sponsors for the summit:

Knox College, Tyndale University, Christian Courier, Karis Disability Services, Ministry Forum, Sanctuary Mental Health Ministries, Faith Today, Kindred Credit Union, Institute for Christian Studies, The Canadian Council of Churches, McMaster Divinity College

## BATTLE OF THE BRUSHES

Battle of the Brushes 2025 returned, this year to Bridgeworks for one of our favourite events to run—an evening full of creativity, community, and deep fun. **Local artists went brush-to-brush in live rounds as the audience watched their work come to life, cheering them on.**

With lively emcees and special guest, poet John Terpstra, it was a night full of meaning and energy. **The night celebrated art, youth, and connection**—all in support of RE-create. Held every two years, Battle of the Brushes continues to be a vibrant and joy-filled gathering.



In support of: 



# Thank You to Our Partners

To everyone who makes this work possible—our participants, donors, funders, partners, and community collaborators—thank you.

Thank you for trusting us with your stories, your care, your resources, and your hope. Your support enables us to do the work that needs doing, while your participation shapes and strengthens it. **We are deeply grateful to walk alongside you in creating communities of belonging, compassion, and wellbeing.** This impact is truly shared.



**“It has been an exciting year to be collaborating with Shalem Mental Health Network.** The development and implementation of the Roads to Repair program has been an important addition to service provision in our community. In addition to offering families additional support services using the restorative justice model, Roads to Repair has engaged community partners in meaningful and important conversations about how we respond to gender-based violence in our community. The work that has occurred over the past year represents a commitment to expanding service provision and to continually meet clients needs, while addressing the challenges associated with responding to violence against women in the Hamilton and surrounding areas.”

**Dr. Ian DeGeer**, Wilfrid Laurier University & Hamilton Resident



“Working in this role means being part of an agency where integrity, curiosity, and collaboration are reflected in how people work together. I appreciate the care, thoughtfulness, and professionalism everyone brings to the work. It is important to me to be in a culture that holds both clinical (service) quality and human connection with equal care and respect.”

**Jennifer Myrie**, DMin, RP, RMFT, Clinical Director



“WMB Church has been involved with the CAP program for 2 ½ years and have found it to be a very good resource for those in need of counselling in our congregation. As the Care Pastor at WMB, I have also found CAP to be very helpful when I needed some general counselling information or advice around the therapeutic needs of a particular congregant. They always respond to my queries in a timely manner.”

**Paul McIlwraith**, Pastor of Community Care, Waterloo Mennonite Brethren Church

## Reflections from Partners & Staff

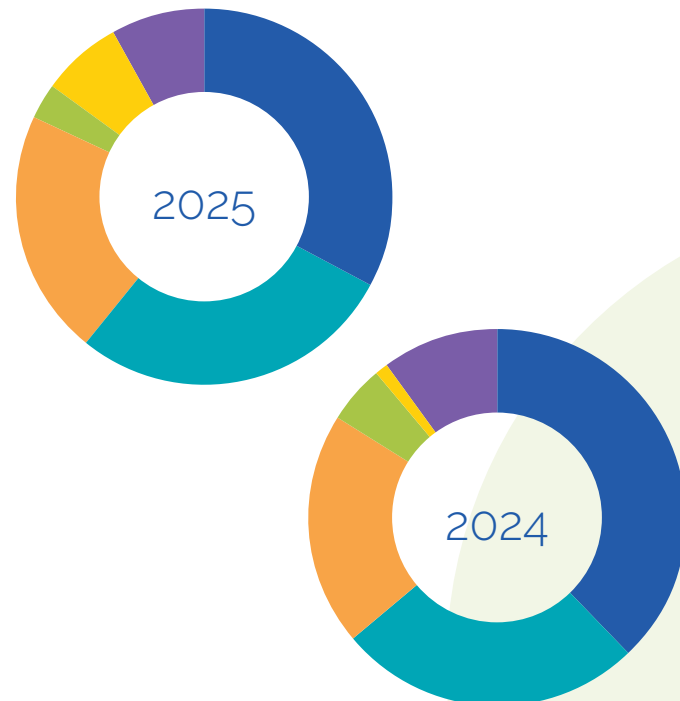
# Financials

## Shalem Mental Health Network SIMPLIFIED STATEMENT OF REVENUE AND EXPENSES

For the Year Ending December 31	2025
<b>INCOME</b>	
Donations	\$ 55,514
Grants and Gifts from Other Charities	406,100
Counselling Services	562,437
Program Income	803,677
Other	153,092
	<b>\$ 1,769,728</b>
<b>EXPENSES</b>	
Advertising and Promotion	\$ 19,186
Program/General Expenses	180,241
Administrative	129,964
Contract Services	435,040
Salaries, Wages and Benefits	1,114,478
	<b>\$ 1,980,820</b>
Excess (Deficiency)	<b>\$ - 138,998</b>

Full audited financial statements available on request.

INCOME SOURCES	2025	2024
CAP	33% ↓	38%
Counselling Clinic	28% ↑	26%
Grants	21% ↑	20%
Donations	3% ↓	5%
Restorative Practice	7% ↑	1%
Other	8% ↓	10%

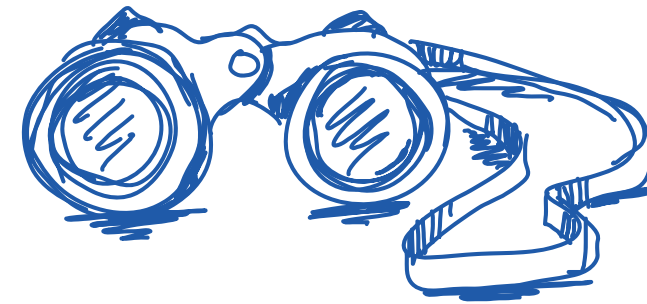


### Our Vision

We envision people, organizations, and communities **flourishing** through the restoration of **hope**.

### Our Mission

We **restore hope** in the lives of people, organizations, and communities through our professional counselling, restorative practices, education, and community programs enabling all to flourish.



### Our Values

Motivated by the compassionate love of God we embrace:

**Hope** – Journeying through present challenges to welcome the promise of restoration.

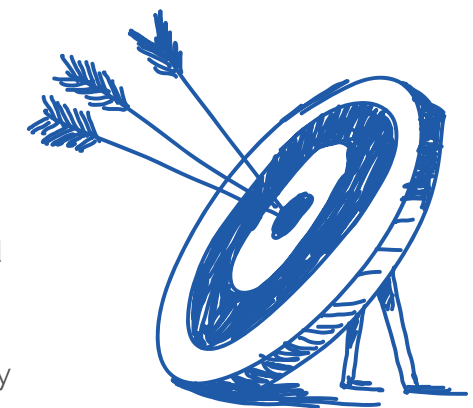
**Inclusion** – Creating communities of acceptance which honours God's image within every life.

**Relationships** – Nurturing healthy connections is foundational to sustaining mental wellbeing.

**Partnerships** – Building professional and organizational networks so we amplify our collective impact in the world.

**Professionalism** – Committing ourselves to professional ethics, best practices, learning, and creative innovation.

**Stewardship** – Thanking God for the opportunity to serve through our practices of accountability and transparency.



## Vision, Mission & Values



# shalem

Mental Health Network

**Shalem Mental Health Network**

875 Main Street East  
Hamilton, ON L8M 1M2

Local **905.528.0353**  
Toll free **866.347.0041**

[office@shalemnetwork.org](mailto:office@shalemnetwork.org)

[shalemnetwork.org](http://shalemnetwork.org)

