

STEP 
FORWARD
 **HEALTH**

Impact 2025

Breaking Down Financial Barriers in Mental Health Care



2025 Board of Directors

President: Meg Neufeld

Vice President: Joanna Angelidis

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Member at Large: Jessica Alston

Member at Large: Kimberley Sanders

Member at Large: Joanne Simonis

Advisors to the Board

Kirby Hanawalt

Ryan Hanawalt

Andrew Neufeld

Fred Wells

About our Cover..

Flourishing Through Pain (2025)

Meg Neufeld

Facilitator: Pain in the Arts

This painting reflects my journey of learning from nature's lessons on growth, rest, renewal, and resilience through art.

A tree stands strong, its roots symbolizing the unwavering care and love of my support system which nourishes and strengthens me. Vibrant leaves represent the surgeries and medication that help me function daily. A mountain range serves as a reminder of perspective—journaling helps me navigate pain's peaks and valleys—while a rising cloud embodies faith and music, lifting my spirit. The golden sun on the horizon radiates hope with every step I take. Blooming flowers inspire me to embrace creativity, enjoy the little things, and celebrate colour to boost my mood, while the ocean's ebb and flow mirror pain's unpredictability.

These mindful elements sustain me, transforming each pain-full day into moments of strength, growth, and hope.

EXECUTIVE SUMMARY

In just our second year of operation, 2025 marked a period of meaningful growth and measurable impact.



Barnside Harvest Festival 2025

Key results

1.

Supported 140 individuals rippling out to nearly 400 family members.

2.

Expanded access to care with new programs.

3.

Strengthened community partnerships.

2025 REFLECTIONS



Meg Neufeld
President,
Step Forward Health
Society

As I reflect on 2025, I am filled with gratitude for the people who continue to believe in the mission of Step Forward Health Society.

It was a year of meaningful growth. We strengthened our foundation, launched new programs, expanded community partnerships, welcomed new expertise to our Board, and built governance structures that will support our long-term sustainability. Like any growing volunteer-led organization, we also learned and adapted along the way and these experiences sharpened our priorities as we build for the future.

At the heart of everything we do is a simple belief: no one should be prevented from accessing mental-health support because of financial or systemic barriers. Every counselling session, group program, and community partnership is another step toward a healthier, more compassionate community.

We're equally excited about what's ahead: expanding our programs, strengthening partnerships, and continuing to meet our community's evolving needs. To our volunteers, partners, donors, service providers, and community members, thank you for being part of this journey. Together, we're building a future where mental health care is accessible, equitable, and compassionate for all.

OUR MISSION

At the heart of everything we do is a simple but powerful belief: no one should be prevented from accessing mental health support because of financial or systemic barriers.



Robbie Swenson Memorial Golf Tournament 2025

Our Focus



To remove financial barriers to mental health access in BC.



To fund mental health programs for individuals who otherwise could not afford care.



To partner with organizations that offer relational health and resilience programs.

2025 FINANCIAL OVERVIEW

In 2025, we raised more than \$187,000 for mental health services in our community and carried forward a surplus of \$57,438 to 2026.

A strong balance sheet

\$369,220

Unrestricted Net Assets



Finalist, Delta Chamber of Commerce Business Excellence Awards 2025

\$187,574 Revenue



Donations and Fundraising



Restricted Donations



Other Grants

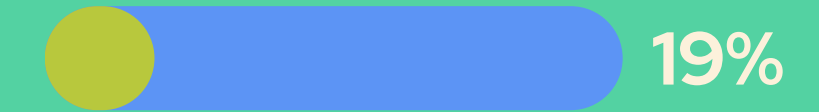


Interest Income

\$130,136 Expenses



Mental Health Programs



Marketing and Event Expenses



Donor and Grant Management



Administration

STEP FORWARD PROGRAM

Financial assistance to help access professional mental health counselling for people who might otherwise go without.

In 2025 our support increased by more than 300% over 2024

103

Individuals supported

400

Hours of counselling

\$90,000

Market value of counselling provided

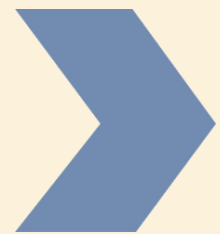


I was struggling and unable to work. I needed counselling at least once a week . It was a huge relief that I qualified for the program. My life is now back on track. Who knows where I might have otherwise ended up.”

DIALECTICAL BEHAVIOUR THERAPY

Equip participants with essential skills to regulate their emotions, live in the present, manage stress in healthy ways, and foster better relationships with others.

Our first 24-week program was offered in 2025



Hosted two 24-week cohorts for high-risk individuals.

Lives stabilized.



Experienced strong outcomes and continued demand.

Pathways to healing created.

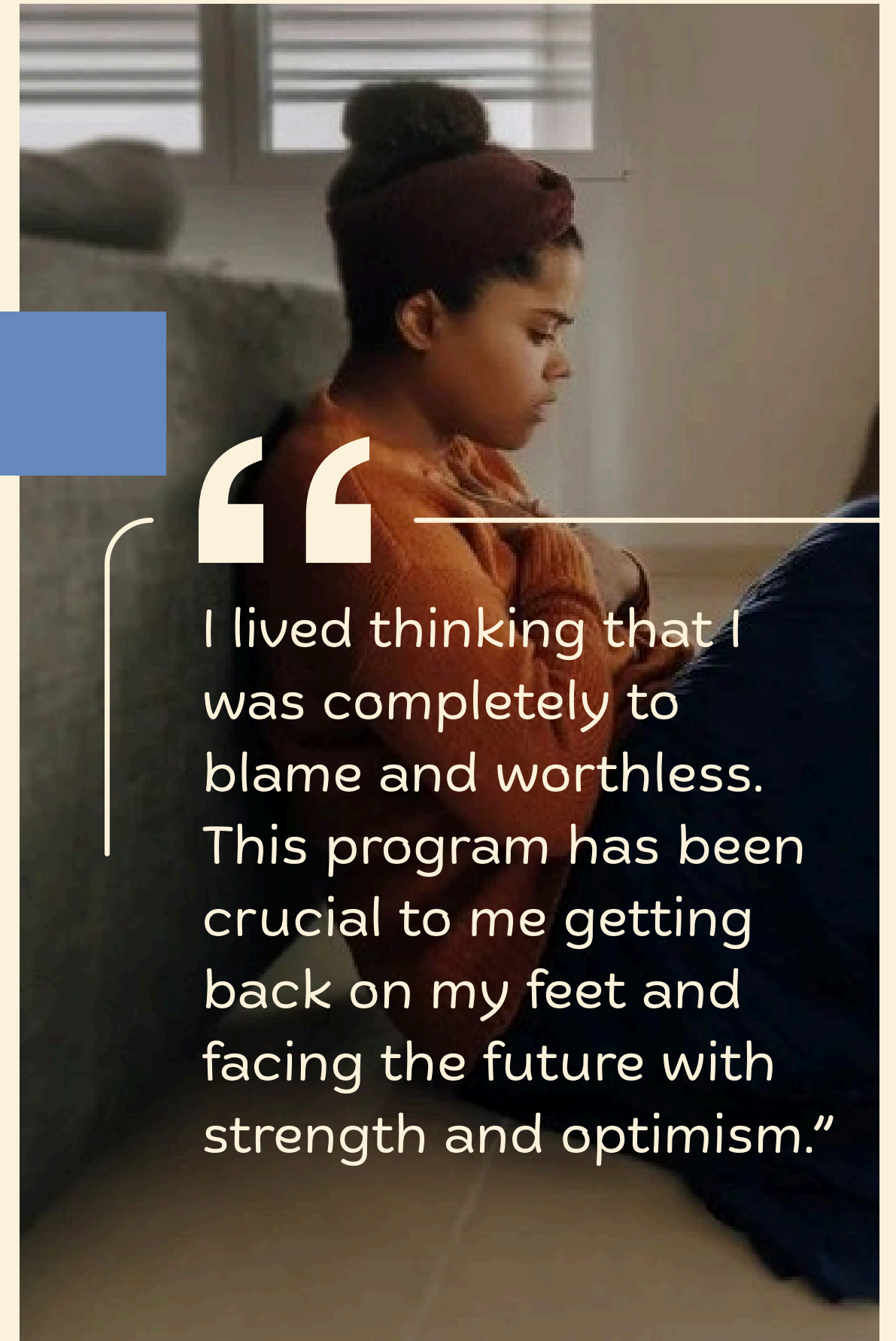
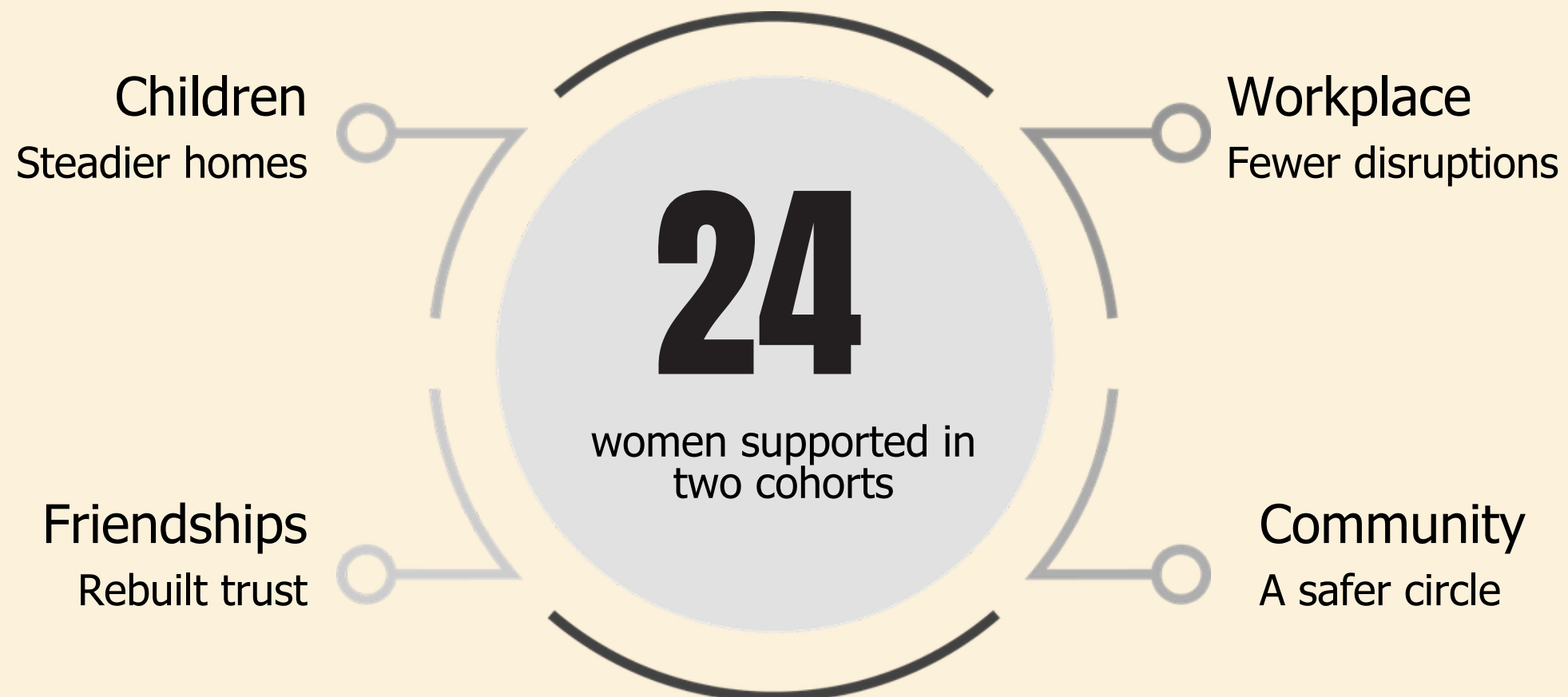


Since DBT, I've been able to communicate instead of shutting down or exploding. I've learned to pause instead of react. I still have hard days, but now I have a way through them instead of feeling stuck in them."

WHEN LOVE HURTS

A small group format empowering women in unhealthy relationships to understand their experience and the options available to them, and to take steps toward safety and stability.

2025 outcomes



I lived thinking that I was completely to blame and worthless. This program has been crucial to me getting back on my feet and facing the future with strength and optimism.”

QUEER YOUTH MENTAL HEALTH

A supportive environment where queer youth under age 25 can connect, learn, and grow.



2025 results

- Began in March with seven youth actively engaged in a semi-monthly group.
- Continued outreach with schools, staff, and GSA clubs.
- Continued to adapt based on feedback from the community.

Key learnings

- Youth engagement requires flexibility, trust-building, and expanded access

PAIN IN THE ARTS

Practical tools to manage chronic pain or prolonged illness through pain education, mindfulness, and art.

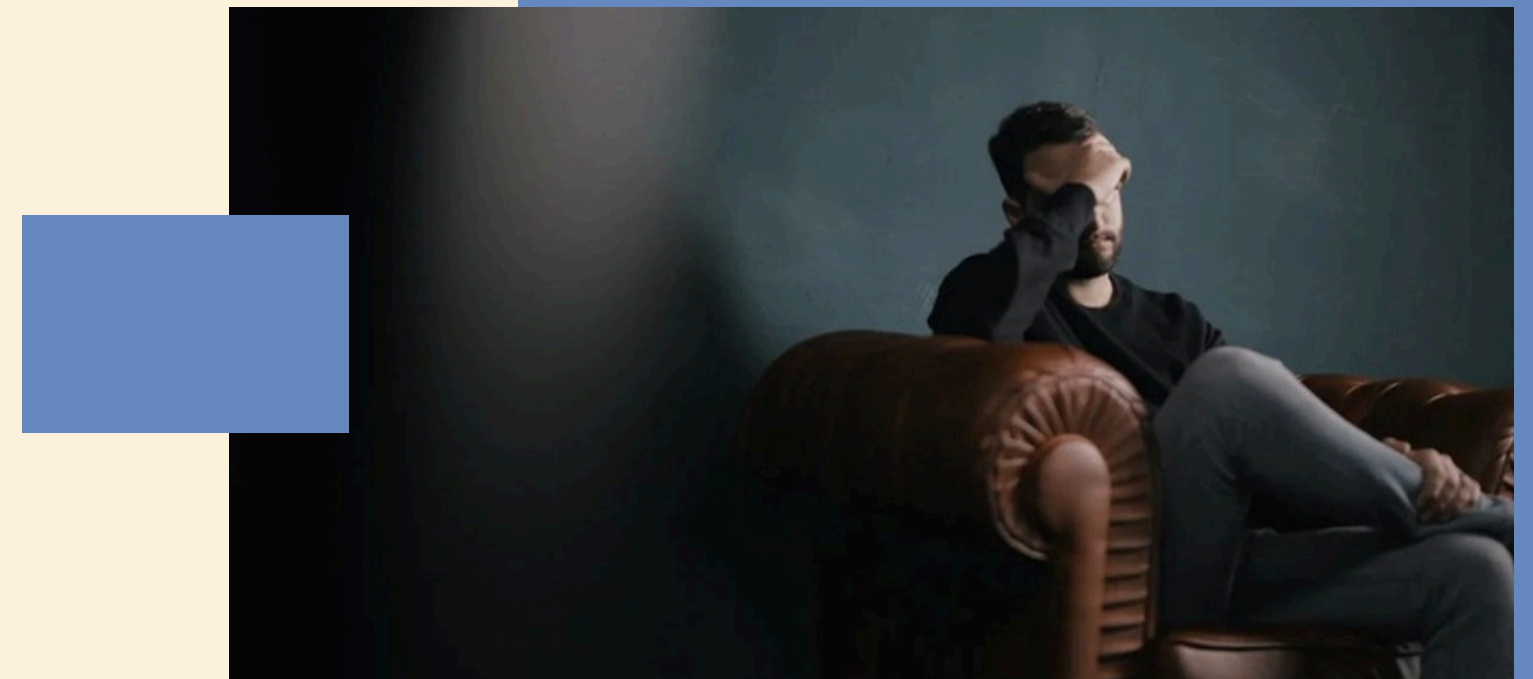
Curriculum designed for launch in 2026.



MENTOR

A supportive group program for men to who want to learn healthier ways of being in relationships

Expected to launch in 2026 in conjunction with W.I.N.G.S.



FUNDRAISING & “FRIENDRAISING”

As a start-up charity, we are focused on building our presence in the community.

Fundraising

Hosted our first annual Move for Mental Health Walk at Deas Island Regional Park in May 2025.

Communication

Grew our social-media presence and mailing list with consistent email newsletters, blogs.

Community

Participated in local community events such as Barnside Harvest Festival and the Robbie Swenson Memorial Golf Tournament.

Recognition

Nominated as a finalist for Charity/Non-Profit of the Year through the Delta Chamber of Commerce 2025 Business Excellence Awards.

Outreach

Completed an e-book for the winter season called “Five Steps Forward” as a free guide to improve mental health in the winter.

MOVE FOR MENTAL HEALTH

130

Participants

\$18,000

Raised

18

Volunteers



GOVERNANCE AND GROWTH

We completed a Board self-assessment that affirmed our strengths in communication, collaboration and commitment to mission



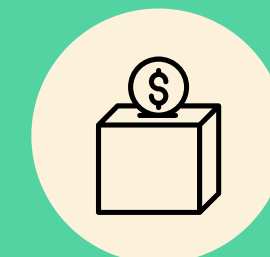
2025 results

Developed board interview and evaluation frameworks and began implementing onboarding processes



Advanced the Executive Director hiring process, interview and evaluation tools

Identified priorities in capacity building and long-term financial sustainability



Continued building governance and policy templates

LOOKING AHEAD TO 2026

Year to date

- ✓ Announced our second annual Move for Mental Health Month: Saturday June 13 at the Red Barn in Southlands.
- ✓ Broadened the depth of our board of directors and advisors.
- ✓ Established wait lists for our DBT Skills, When Love Hurts, and Pain in the Arts programs.

Work in progress



Strengthen fundraising and grant development.



Deepen donor and community relationships.



Continue to expand outreach, communications, and volunteer engagement.



Expand program capacity across all core offerings.

A heartfelt thank you to all of our donors, partners, partnering foundations, volunteers, and community members for your continued support. Together, you are helping us build a stronger, healthier, and more connected community.



**Dobinson
Family
Foundation**

Step Forward Health Society

202-4840 Delta Street, Delta, BC V4K 2T6

CRA Tax Number: 746484914RR0001



(778) 653-0832



info@stepforwardhealth.ca



stepforwardhealth.ca



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