



PORCHLIGHT

. COUNSELLING + ADDICTION SERVICES .

IMPACT REPORT 2024–25

A vision for a community where emotional & mental health and well-being are prioritized and destigmatized.

A mission to create safe spaces where counselling and addictions services support emotional well-being in our community.



TERRITORIAL ACKNOWLEDGEMENT

At Porchlight, we acknowledge that our organization operates on the traditional territories of the Anishinaabe, Haudenosaunee, Neutral, and Mississauga First Nations, who are the original caretakers of this land. We are situated on lands connected to the Haldimand Treaty of 1784, which promised six miles of land on both sides of the Grand River would belong to the Six Nations of the Grand River. This agreement has never been fully honoured and remains part of ongoing, living disputes to this day.

The complex history that has led to us residing on this land is inseparable from colonialism and the pain it has caused. As a counselling and addictions organization, we recognize that acknowledging and understanding past and present harms and injustices is essential to any healing journey, both for individuals and for societies.

Reconciliation requires more than acknowledgment; it demands humility, accountability, and meaningful action. At Porchlight, we are committed, both individually and collectively, to educating ourselves, building grounded relationships with Indigenous communities, and taking concrete steps toward positive change. This includes supporting Indigenous-led initiatives, advocating for Indigenous rights, and incorporating Indigenous perspectives into our organizational practices.

Together, we can work towards healing, reconciliation, and a future of mutual respect and understanding.

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PORCHLIGHT
COUNSELLING + ADDICTION SERVICES
1940 TO 2025

MESSAGE OF WELCOME

To our community:

In 1940, Porchlight was created by members of this community to provide residents of what is now Cambridge with services to support them as they dealt with the traumas and trials imposed by the Second World War.

Every year since has been a stepping stone to where we are today - a multi-faceted organization providing accessible services that are grounded in the needs of Cambridge and North Dumfries.

Our work has always been rooted in the needs of our community, and our community has been asking us to continue to expand to meet the growing complexity with the intersection of multiple crises – mental health, addictions, and homelessness. This past year we have worked hard to grow to meet this need. Some this year's most notable achievements include:

- A 38% increase in the number of unique individuals participating in Porchlight's programs.
- The launch of a new program that directly supports and houses homeless veterans in our community - bringing us full circle on our organization's origins.
- Our move to a new, bright, accessible, and expanded space for counselling services.



Cameron Dearlove
Executive Director



Douglas Bartholomew-Saunders
Chair, Board of Directors

- The opening and operation of an overnight warming centre, providing 7-day a week access for those experiencing unsheltered homelessness during winter's coldest months.
- Expanded our reach in our community through robust new partnerships, such as new ways to involve partners in Cambridge Moves for Mental Health – which more than doubled the turnout for the event.

Of course, these are just a few of the highlights from the past year, and we invite you to explore the rest of this report to get a glimpse of the incredible impact the Porchlight team is having on individuals and our community. We want to thank our funders, partners, staff, volunteers, and of course, the communities of Cambridge and North Dumfries.

Cameron Dearlove

Douglas Bartholomew-Saunders

EXECUTIVE DIRECTOR

CHAIR, BOARD OF DIRECTORS

2024–25 BOARD OF DIRECTORS

Porchlight is a registered charity overseen by a volunteer board of directors. In 2024-25 those directors were:

President/Chair

Douglas Bartholomew-Saunders

Members

Alaa Arman

Vice President

Diana Drackley

Anne Tinker

Jessica Bellamy

Secretary

Ray Ward

Jessica Hill

Sherri Tyron-Hughes

Janet Jones

In 2024-25, Porchlight experienced an increase of 38% in the number of unique individuals accessing our programs.



38% GROWTH



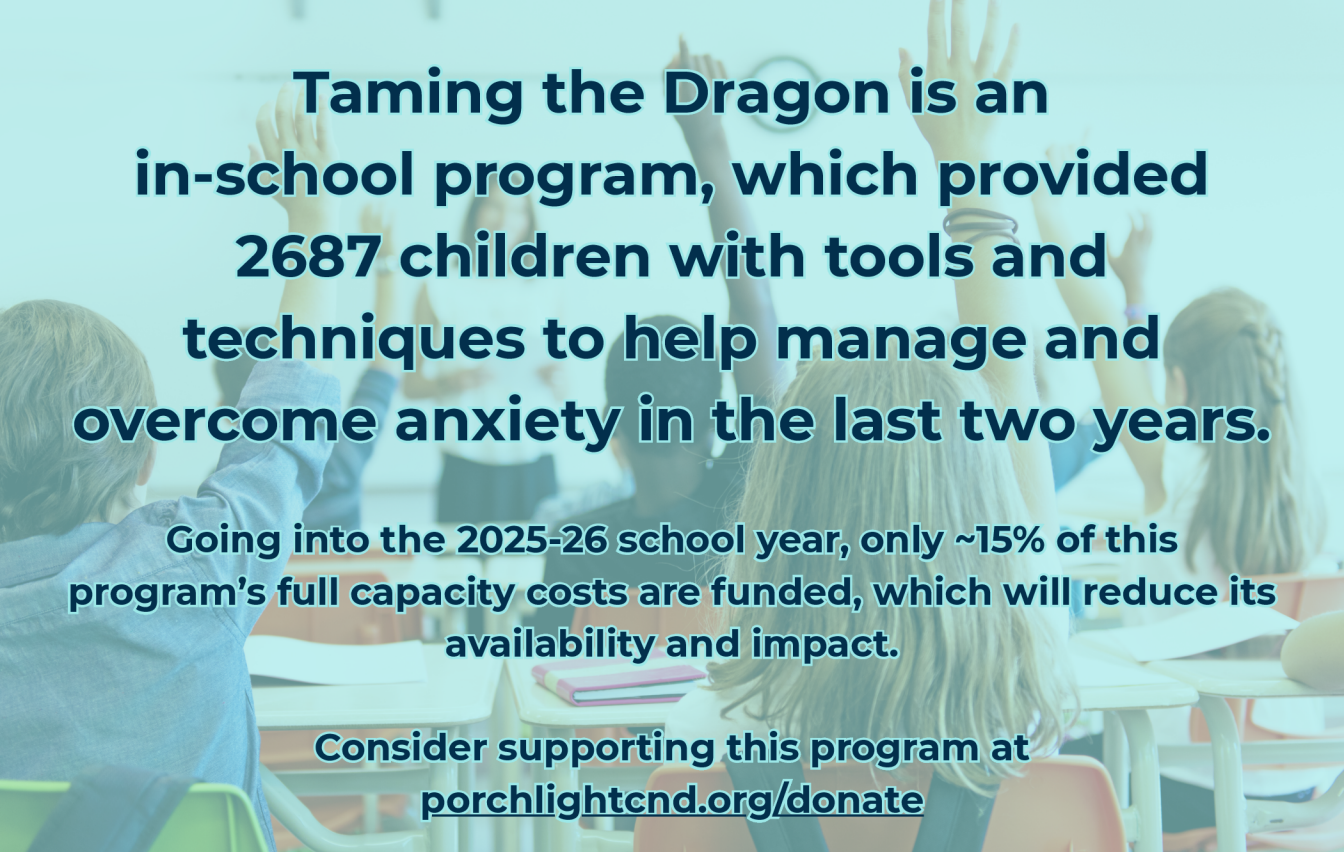
Porchlight’s team of registered psychotherapists & MSWs continue to provide accessible counselling services in Cambridge and North Dumfries.

During the 2024-25 year, 2,611 unique individuals accessed these services.

Key Figures

	<u>2023/24</u>	<u>2024/25</u>
Total Unique Individuals	1699	2611
Children & Youth (Under 18)	246	389
Seniors & Elders (Over 65)	71	277
Individuals living with addiction	359	295
Individuals with diagnosed mental illness	1011	968
People experiencing violence	610	325

COUNSELLING PROGRAMS



Taming the Dragon is an in-school program, which provided 2687 children with tools and techniques to help manage and overcome anxiety in the last two years.

Going into the 2025-26 school year, only ~15% of this program’s full capacity costs are funded, which will reduce its availability and impact.

Consider supporting this program at porchlightend.org/donate

Key Figures

	<u>2023/24</u>	<u>2024/25</u>
Total student participants	1077	1610
Number of schools visited	20	32
Grades Served	1-8	1-8
Sessions Delivered	160	256
Teacher recommendation rate	100%	100%

TAMING THE DRAGON



Porchlight offers a range of addiction services which begin with assessment & treatment planning and walk with individuals all the way through aftercare and relapse prevention.

Thanks to generous support from Upstream Waterloo, in the coming year, Porchlight will be offering addiction recovery groups in Ayr for the first time.

Key Figures

	<u>2024/25</u>
Total Participants	198
Aged Under 30	27
Aged 30-59	148
Aged over 60	23

ADDICTION SERVICES

**Among our addiction services,
Porchlight operates Waterloo Region's
only two sober living homes for
addiction recovery.**

**Between these homes, we maintain 19
beds of transitional housing for
individuals with a recent history
experiencing addiction who are
otherwise unhoused or living in unsafe
conditions.**

**During the 2024-25 year, 42 unique
individuals stayed in Porchlight's
recovery homes, an increase from the
32 in 2023-24.**

RECOVERY HOMES

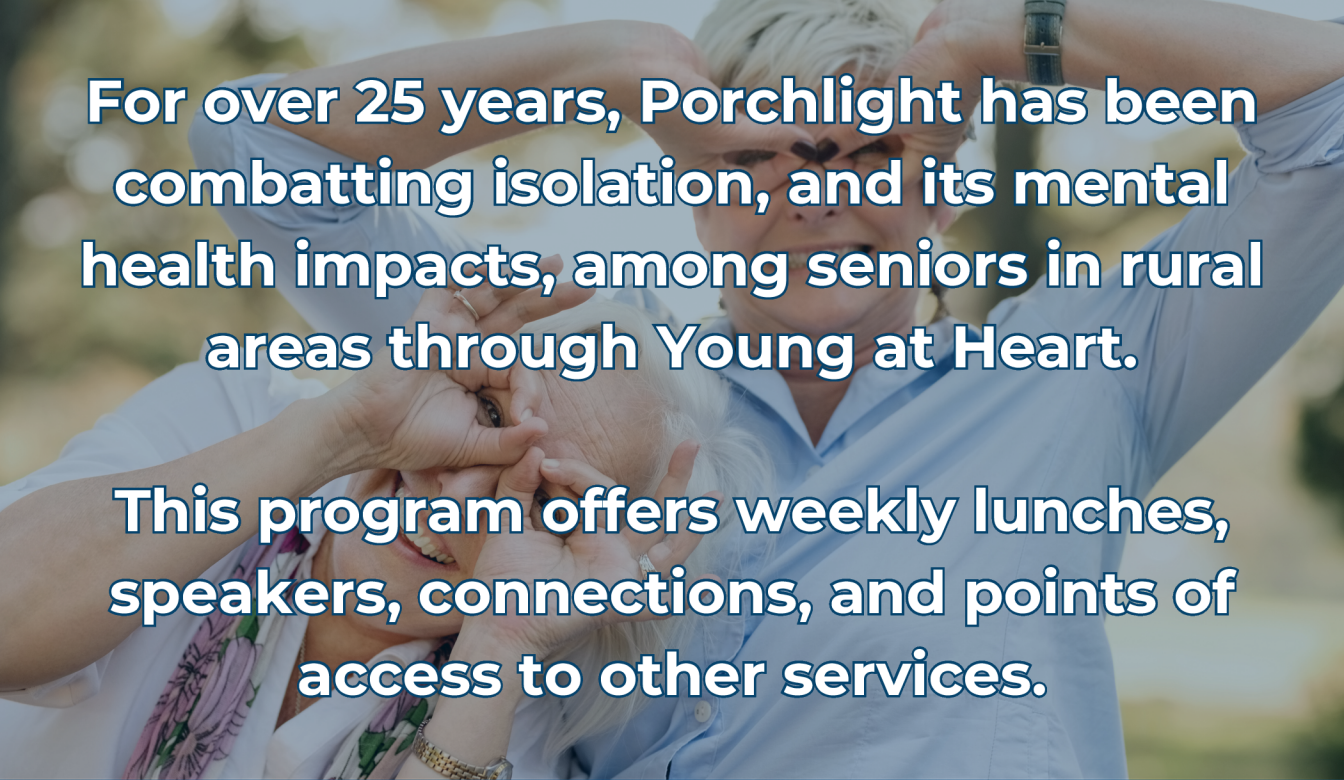
In the coming year, Porchlight is embarking on an ambitious project to explore feasible options for expanding the capacity of our Recovery Homes program, and to provide a model for recovery housing that can be used to scale similar programs in other communities.

**Follow our progress at:
www.building4recovery.ca**

The Building for Recovery Lab received funding from Canada Mortgage and Housing Corporation (CMHC) under the NHS Solutions Labs, however, the views expressed are the personal views of the author and CMHC accepts no responsibility for them.



BUILDING FOR RECOVERY

A photograph of two elderly women with white hair, wearing light blue shirts, making a heart shape with their hands. The woman in the foreground is smiling and looking towards the camera, while the woman behind her is also smiling and looking slightly away. They are outdoors, with a blurred background of greenery and a building.

For over 25 years, Porchlight has been combatting isolation, and its mental health impacts, among seniors in rural areas through Young at Heart.

This program offers weekly lunches, speakers, connections, and points of access to other services.

Key Figures

	<u>2023/24</u>	<u>2024/25</u>
Number of Unique Participants	110	132
# of meals served	1800+	1572
Participants taken on out of area trips	100	100

YOUNG AT HEART

This year, for the first time, Porchlight operated an Overnight Warming Centre in Cambridge to ensure everyone in our community could access warmth and safety, even during the winter's coldest nights.

Use of this facility peaked at over 40 individuals per night, with at least 85 unique individuals accessing it during its operation.

This program was created in partnership with:



Region of Waterloo



Wesley United Church

WARMING CENTRE

A close-up photograph of a military uniform sleeve, specifically a digital camouflage pattern. A Canadian flag patch is visible on the sleeve. The text is overlaid on this image.

Veterans have long served our communities.

Now, it's our turn to serve them.

That's why, in early 2025, Porchlight launched a program aimed at providing housing and other supports for Veterans without access to safe and stable housing.

This program is still very early in its life cycle. We'll share more about it as we're able to.

HOUSING VETERANS

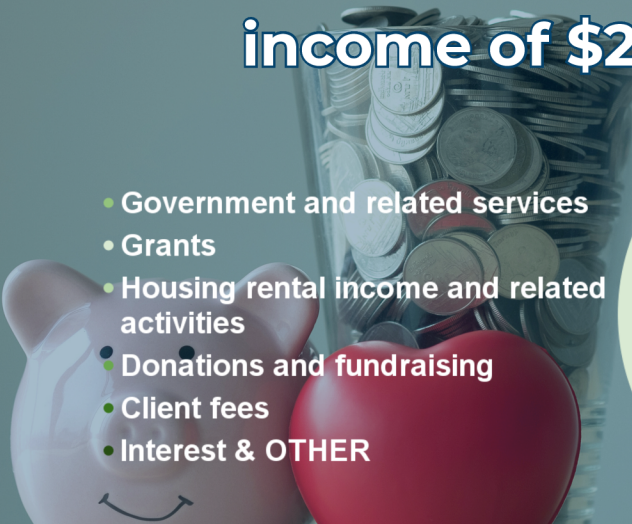


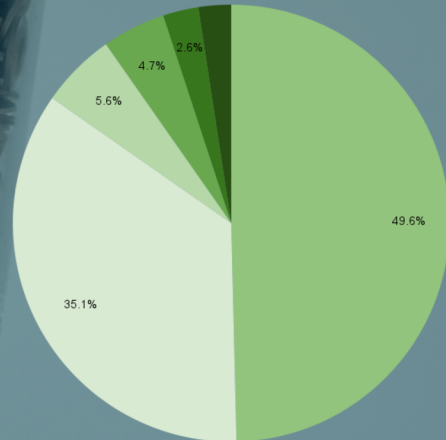
In 2025, over 250 people participated in this event, and collectively raised over \$17,000.

For the first time in 2025, we invited other community organizations which make a positive impact on mental health to fundraise through this event. This means your support had a broader impact than ever before.

CAMBRIDGE MOVES FOR MENTAL HEALTH

In 2024-25, Porchlight had a total income of \$2,536,288

- 
- Government and related services
 - Grants
 - Housing rental income and related activities
 - Donations and fundraising
 - Client fees
 - Interest & OTHER

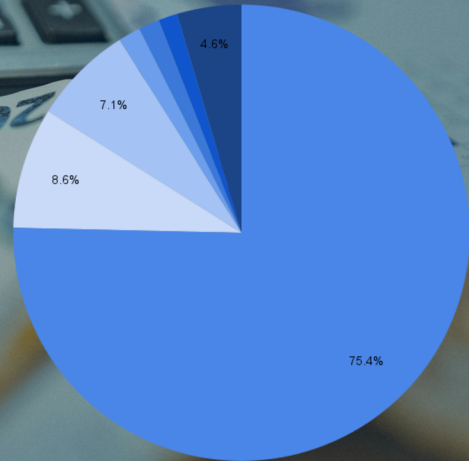


	<u>2023/24</u>	<u>2024/25</u>
Government and related services	\$952,503	\$1,263,934
Grants	\$1,212,350	\$893,737
Housing rental income and related activities	\$121,455	\$141,866
Donations and fundraising	\$108,815	\$119,410
Client fees	\$75,434	\$67,049
Interest & OTHER	\$65,731	\$61,463
<u>TOTAL</u>	<u>\$2,547,459</u>	<u>\$2,536,288</u>

FINANCIAL SUMMARY (INCOME)

In 2024-25, Porchlight's expenses totaled \$2,567,249

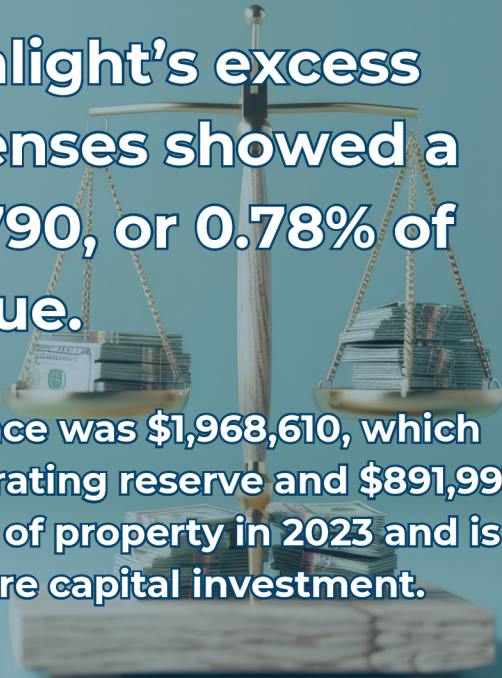
- Salaries and benefits
- Program Supplies
- Rent, utilities and property taxes
- Professional Fees
- Repairs and maintenance
- Memberships and subscriptions
- Amortization & OTHER



	<u>2023/24</u>	<u>2024/25</u>
Salaries and benefits	\$1,674,898	\$1,934,465
Program supplies	\$142,728	\$220,104
Rent, utilities and property taxes	\$93,304	\$182,406
Professional Fees	\$26,890	\$40,310
Repairs and maintenance	\$17,977	\$38,293
Memberships and subscriptions	\$26,811	\$34,483
Amortization & OTHER	\$140,484	\$117,188
<u>TOTAL</u>	<u>\$2,099,306</u>	<u>\$2,567,249</u>

FINANCIAL SUMMARY (EXPENSES)

In 2024-25, Porchlight’s excess revenue over expenses showed a deficiency of \$19,790, or 0.78% of revenue.



Porchlight’s end of year balance was \$1,968,610, which includes both a five month operating reserve and \$891,991 which was realized by the sale of property in 2023 and is internally reserved for future capital investment.

	<u>2023/24</u>	<u>2024/25</u>
Total Income	\$2,547,459	\$2,536,288
Total Expenses	\$2,099,306	\$2,567,249
Excess (deficiency) of revenue over expenses for year	\$436.982	(\$19,790)
Balance, beginning of year	\$1,551,418	\$1,988,400
Balance, end of year	\$1,988,400	\$1,968,610

For complete financial details, please see Porchlight’s audited financial statements

FINANCIAL SUMMARY

(BALANCE)



LYLE S. HALLMAN
FOUNDATION



Farm Mutual Re
Collaborate. Empower. Succeed.



CAMBRIDGE
CENTRE HONDA

CAMBRIDGE
NORTH DUMFRIES

OHT



The Savvas & Lenia
Chamberlain Fund



United Way
Waterloo Region
Communities



Muslim Social Services
Waterloo Region



ToastyToes
Waterloo
Region Fund



THANK YOU TO OUR FUNDERS & PARTNERS



Dian and John Bell
Family Fund



GOODER FOUNDATION
EST. 2010



The Essentials Fund



THANK YOU TO OUR FUNDERS & PARTNERS



JOIN OUR COMMUNITY

Sign up for our mailing list
to stay connected with our
mission, stories, and
upcoming events



MAKE A DONATION

Your financial support
helps remove barriers to
care. Every contribution
makes a difference

SPREAD THE WORD

Share our work with others who care about
healing, safety, and mental health





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