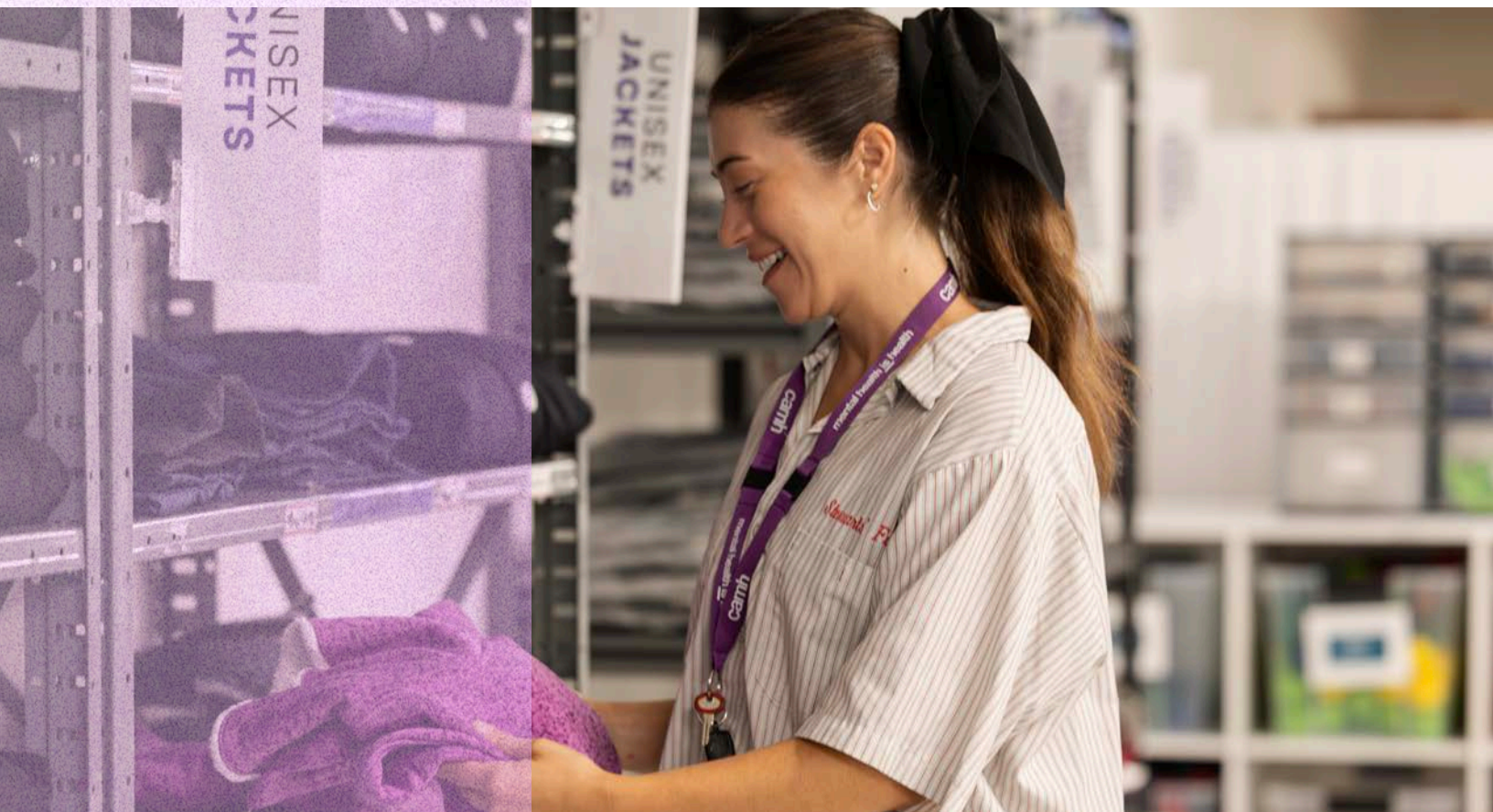


Gifts of Light

Everyday Care.
Extraordinary Impact.



Thank you from Gifts of Light

Thank you for your generous support of Gifts of Light. As I reflect on the past year, I am proud and deeply grateful to share how we've continued to evolve because of you.

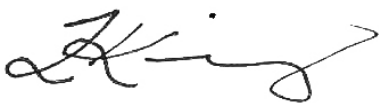
What began as a grassroots, volunteer-led idea has grown into a hospital-wide program that connects the patient experience to clinical care. Our growth over the years is not just about scaling or doing more. It is about changing the everyday experience of care so patients feel recognized as people, not only as recipients of treatment.

Because of your support, patients receive clean clothing, toiletries or a warm pair of socks when they need comfort most. A young person chooses a snack before class or an appointment and feels ready to participate. Someone finds calm through art, connection through music, confidence through a haircut or joy in a shared experience that feels like life beyond the clinic. A clinician responds to a patient's unique needs in real time—and reminds them that someone is looking out for them.

This year's growth reflects something bigger than demand alone: it shows that Gifts of Light is an essential part of how care happens and feels at CAMH. As the program continues to expand, we are working with evaluation experts to better understand what these supports make possible in therapeutic environments and in the patient experience. That work matters for our future. By learning more from the people who engage with Gifts of Light, we can guide where the program goes next and focus our efforts where we can make the greatest difference for the people we serve.

Thank you for helping Gifts of Light meet patients in the moments when a simple act of kindness and compassion can change the way they experience mental health care.

With gratitude,



Quinn Kirby
Manager of Gifts of Light, CAMH



Gifts of Light By the Numbers

This year, your support of Gifts of Light enabled:



50,606

total patient
engagements



19,666

program participant
encounters



4,747

gifts wrapped during the holiday
season by **200+** corporate and
community volunteers



10,935

patient orders
filled through the
Gifts of Light Store



3,928

programming
sessions
delivered



89

events and experiences that
celebrate a diversity of communities
and patient groups

Food Pantry Project

For many CAMH patients, a snack or simple meal can make it easier to stay for an appointment, attend programming or take the next step in care. The Gifts of Light Food Pantry Project provides low-barrier access to nourishing food across CAMH outpatient settings. Each pantry is shaped by the clinical teams who know their patients best.



In outpatient adolescent units, familiar snacks help young people arrive more settled and ready to engage. For youth navigating school, treatment and appointments, accessible food supports focus, participation and a stronger sense of routine.



AMANI provides culturally responsive mental health and substance use support for Black youth and families. Culturally familiar foods, including plantain chips and jerk sauce, help patients feel recognized in the care environment and make support feel more personal.



At Shkaabe Makwa, CAMH's Indigenous-led centre, the pantry stocks the Three Sisters—corn, beans and squash—for First Nations, Inuit and Métis patients. Offering foods rooted in Indigenous tradition helps make nourishment feel more familiar and comforting.



COMPASS supports outpatients with addiction and concurrent disorder concerns. Meal kits that do not require a heat source help patients access food when cooking is not feasible, making the pantry more useful for those who need flexible, on-the-go options.

19

active pantries

35

outpatient clinics served

12,585

outpatient food pantry visits



Food drives in action

To help stock high-demand youth pantries, lead clinician Michael Lamore-Robins launched a bi-annual student-supported food drive. The initiative helps strengthen pantry sustainability while giving students a meaningful way to give back and gain volunteer hours.

Arts & Movement Programming

Recovery can include being creative, moving your body, writing a song or finding a moment of calm outside the usual rhythm of the hospital routine.

With support from the Jennifer Martin Art Endowment, the Workman Arts Art Cart program created approximately **4,920 patient encounters** through **650 art sessions** embedded across **18 clinical services**. Weekly sessions offered media, sculpting, silk screening and printmaking—giving patients regular opportunities for creative expression, therapeutic engagement and social connection.

The program also extended access beyond daytime hours, with **159 evening sessions** and **170 weekend sessions** delivered across CAMH.



Musical healing

Gifts of Light welcomed Toronto Songwriting School as a new community partner, bringing music and lyric writing into after-hours programming. Facilitated by Murray Foster of Great Big Sea, sessions began with the Medical Withdrawal Service and expanded to other clinical areas because of strong demand.

Movement that builds routine

Gifts of Light supported group-based exercise programming through the Exercise Intervention Service Pilot led by Dr. Johny Bozdarov. The 10-week pilot saw 185 patient encounters and incorporated exercise prescription as part of outpatient mental health care, while evaluating how structured physical activity can improve depression, anxiety, and overall well-being.



January 23

I'm focusing on the right goals
Can I afford the emotional tolls?

It all starts with a little hope
Tangled in all these ropes

I'm forever craving the high road
Waiting for love to explode

A new life is never too late
It'll be worth the wait

**Patient lyrics written in the
Song Writing Program**

Enhancing the Patient Experience

This year, Gifts of Light experiences helped patients go beyond their normal routine and foster a sense of community. These moments remind patients that their lives are not on hold—and that dignity and self-expression are essential to recovery.

923 haircuts in six months

Gifts of Light welcomed Kevin, CAMH's newest on-site part-time barber. With more than 20 years of experience, Kevin quickly became a beloved part of the community, completing 923 patient haircuts in his first six months. His work goes beyond grooming—it restores dignity, confidence and human connection.



A night sky inside CAMH

The Planetarium: Under One Sky transformed the CAMH auditorium into an immersive space of twinkling lights, teachings and shared wonder. The event welcomed 140 patients and staff who moved through teachings from Nokamis Trish of Shkaabe Makwa, a 360° inflatable dome with Astronomy in Action.



A reason to come together

Over the month of February, Gifts of Light transformed a hospital lobby into a vibrant community hub for three Team Canada watch parties, welcoming approximately 195 attendees. The gatherings gave patients a chance to connect with peers and staff, cheer on their teams and share an uplifting, collective experience.



Joy takes the stage

Gifts of Light hosted CAMH's first-ever drag show for patients, with Miss Moço turning a regular day into a vibrant experience for patients and staff. Through performance and self-expression, the event created a powerful sense of belonging and offered a joyful reminder that patients deserve moments that feel bold, affirming and full of life.



Cultural celebrations

Gifts of Light hosted its first Black History Month concert this February, featuring Toronto artists Randell Adjei, Joy Lapps and Domanique Grant. More than 120 participants filled the auditorium for an afternoon of music, spoken word and learning about the history of the steel drum.



\$98,371 raised for Gifts of Light

The 21st annual Andy Kim Christmas filled Massey Hall with music and community, with proceeds supporting CAMH patients through Gifts of Light. The evening also gave Gifts of Light a powerful platform, with guests connecting at the CAMH information booth and hearing about the program's impact from the stage.



Gifts of Light holiday wrapping workshop, featuring corporate supporter Maple.

Thank You from CAMH Foundation

At CAMH, Gifts of Light is one of the clearest expressions of mental health care that goes beyond treatment. It is a handwritten card tucked into a holiday gift. A haircut that helps restore confidence. An art session, a song, a special event or a moment of self-care that reminds patients they are more than what they are going through.

This year, your support helped Gifts of Light reach more people than ever before. Across food pantry visits, patient essentials, wellness and recreational programming, hospital experiences and volunteer-led initiatives, your generosity helped make the hospital feel more human for patients during some of their most difficult days.

I have seen how meaningful this program is for the people it serves, as well as for the clinicians, volunteers and donors who help bring it to life. Gifts of Light creates experiences that are deeply personal, yet its impact reaches far across CAMH and into the community.

Thank you for being part of this work. Your generosity helps ensure patients can find hope, humanity and light when they need it most.

With gratitude,



Anne-Marie Newton
President & CEO, CAMH Foundation





Centre for Addiction and Mental Health Foundation

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Charitable Registration Number: 106932320RR0001