



GEORGE HULL CENTRE
FOR CHILDREN & FAMILIES

**Changing the
trajectory of children's
mental health.**

Annual Report

2024-2025

**The impact of implementing
our insights and more!**





Our Vision

Mental wellness from infancy through to adulthood.

Our Mission

Through clinical excellence and a continuum of mental health services, we reduce suffering, provide hope, and enhance the quality of life of infants, children, youth, and families.

Our Values

Innovation
Creativity in programming and therapy.

Empathy
Understanding without judgement.

Passion
Doing whatever it takes to make a positive difference.

Excellence
Striving for outstanding clinical care, leadership and professionalism.

Holistic View
Improving children's lives within the context of their families, communities and systems.

Diversity
Acknowledging, respecting, including and reflecting the communities we serve.

About the Centre

At the George Hull Centre, we are dedicated to providing mental health care for infants, children, youth under 18, and their families—helping them achieve lasting wellness.

We take a family-centred, strength-based approach, offering personalized care through a wide range of prevention and treatment services, from early intervention to intensive therapeutic programs. Our multidisciplinary team works together to deliver evidence-based, compassionate support that is accessible, integrated, and tailored to each young person's unique needs.

As a University of Toronto Teaching Centre, we combine clinical excellence with innovation, training, and research to advance the field of mental health care for children and youth. Guided by our commitment to measurable impact, we work every day to strengthen families and transform lives.

4
Message from the Executive Director & the Chair of the Board of Directors

5
Leadership

6
Mental Health Treatment Programs

10
The George Hull Centre Institute

14
Foundations for the Future: Advancing Prevention and Early Intervention for Children and Youth

18
Supporting Black Children and Families

20
2024-2025 Financial Summary

22
The George Hull Centre for Children and Families Strategic Plan

25
Family Gift Match Program

26
Our Supporters

28
2025 George Hull Centre Awards of Excellence Recipients

30
We are George: Young Leaders Group

31
The Power of Giving: Fueling Care, Innovation, and Hope

32
Honouring Our Champions of Change

33
The George Hull Centre Foundation

34
A Legacy of Care: The Impact of Planned Giving

Table of Contents

Message from the Executive Director & the Chair of the Board of Directors

At the George Hull Centre for Children and Families, we believe every child deserves the chance to thrive. That belief guides everything we do—and this past year, it came to life through the continued growth of our trauma-informed, family-centred approach to care.

Our vision is bold: **mental wellness from infancy through adulthood**. Guided by our strategic priorities—Leading with Children and Families, Focusing on Impact, Reaching More Families, Growing Sustainably, and Building Stronger Teams—we expanded services, advanced clinical practice, and deepened partnerships. Over the past year, our Centre has expanded to offer more than a dozen therapeutic modalities, providing comprehensive care tailored to the diverse needs of the community. Meanwhile, our Institute of Childhood Trauma and Attachment continues to lead in advancing clinical practice, pioneering research, and creating innovative training resources for professionals and organizations working with children and youth.

What sets us apart is not only the breadth of our care, but how we deliver it. Families are at the centre of everything we do, and our multidisciplinary team works across psychiatry, social work, psychology, speech-language pathology, and early childhood education to provide accessible, integrated support. We are not only delivering treatment—we're studying it in real time. By embedding research into practice, we learn what works best, for whom, and share those insights across the mental health system to raise the standard of care for all.

As we look ahead to our 40th anniversary in 2026, we remain committed to innovation, equity, and measurable impact. We are grateful to our staff, partners, donors, and community for standing with us as we transform children's mental health care in Ontario and beyond.

With gratitude,



Susan Chamberlain
Executive Director



Adrienne Di Paolo
Chair, Board of Directors

Leadership

Board of Directors



Adrienne Di Paolo
Chair



Uros Karadzic
Vice-Chair



Anne Tauber
Treasurer



Irfan Kara
Secretary



Chetan Baweja



Jodi Clare



Shane Duff



Judy MacGowan



Angela Molinari



Manisha Thacker



130
PEOPLE

WITH A
COMBINED

1,150

YEARS OF SERVICE



Senior Leadership Team

- Susan Chamberlain**
Executive Director
- Rick Arseneau**
Director, Finance & Operations
- Diane Bartlett**
Director, Research & Evaluation,
Project Management Office
- Elina Di Luca**
Director, Community Clinic
- Tahmo Gharabaghi**
Director, Intensive Treatment Programs
- Leticia Gracia**
Director, Institute of Childhood Trauma & Attachment
- Talia Leszcz**
Director of Prevention & Early Intervention Services
- Ryan Lester**
Chief Development & Marketing Officer
- Dr. Gregory Lodenquai**
Psychiatrist-in-Chief
- Karen Mighty**
Director, Diversity, Equity & Inclusion,
R.I.T.E.S. Collaborative

Mental Health Treatment Programs



At the George Hull Centre, we provide compassionate, evidence-based care that meets children, youth, and families where they are. From birth through age 18, our team of experienced clinicians—including psychologists, social workers, psychiatrists, and child and youth workers—collaborate to deliver integrated, trauma-informed support across a range of needs and ages.

Whether a child is experiencing anxiety, depression, trauma, or behavioural challenges, we tailor treatment to their unique strengths and circumstances—always with a focus on healing, connection, and long-term wellness.

Community Clinic

The **Community Clinic** offers services to families with children and youth from birth through 18 who are experiencing significant emotional, behavioural, social, developmental and/or psychiatric difficulties. Staff includes psychiatrists, psychologists, social workers, and child and youth workers.

The Clinic staff believe in finding family strengths and promoting positive outcomes for children and adolescents through comprehensive assessment, consultation and treatment.

We offer the following services at the Community Clinic:

- Assessment
- Individual, family, and group therapy
- Therapeutic groups for all ages
- An emphasis on clinical practice, based on sound evidence
- Partnerships with other organizations serving children and their families
- Educational workshops on topics relevant to today's family
- Education and advocacy for the prevention of mental health problems

689 CLIENTS

Intensive Programs That Go Further—For Youth Who Need It Most

Some children and youth need more specialized, consistent care to navigate complex mental health challenges. That's why our **intensive programs** are designed to wrap around the whole family—providing support across home, school, and community settings.

Libby's Place offers live-in therapeutic care for up to six girls aged 12–18, creating a safe, nurturing environment where healing and resilience can take root. With individualized treatment plans and 24/7 support, it's a place where young people can regain stability and build a path forward.

9 LIVE-IN YOUTH SERVED

1,546 RESIDENTIAL DAYS OF SERVICE



The data consistently shows what we see every day: when care is coordinated, compassionate, and tailored, young people move forward with strength and confidence.

Our **Day Treatment Program** combines education and therapy in five dedicated classrooms at Junior Middle School, Western Technical Commercial School, and St. Stephen Catholic School. By supporting both academic and emotional growth, this program helps students re-engage with learning while building critical coping skills.

44 YOUTH SERVED

The **Intensive In-Home Service** brings therapy into the heart of the family. By working directly with adolescents and their caregivers in their own homes, our clinicians strengthen relationships, reduce barriers to care, and foster meaningful change where it matters most.

17 PARTICIPANTS

“Having a team work together from George Hull to help our child and the entire family, as well as assist/communicate with other agencies on our behalf was beyond beneficial. In a system that is fragmented and grossly underfunded, it was a blessing. The program helped us immensely in accomplishing our goal, individually and as a unit. It gave us tools on how to properly support our child with his anxiety. We are extremely grateful of this program; our child has improved drastically. It has helped me be a more responsive parent.

— PARENT, INTENSIVE IN-HOME SUPPORT

A cornerstone of all our intensive programs is the **Clinician/Child and Youth Worker Collaboration (CCC)**. This unique model pairs therapeutic expertise with real-world, hands-on support—ensuring care that’s both clinically grounded and deeply responsive to each youth’s everyday experience.

28 PARTICIPANTS

“The main benefit was to have someone to talk to without being scared of being judged.”

— YOUTH PARTICIPANT

“The family felt they were receiving wrap around care from professionals that looked like them and understood them culturally.”

— CCC STAFF



SAFE-T

Sexual Abuse Family Education, Treatment

46 TOTAL UNIQUE CLIENTS SERVED
APRIL 1, 2024 - MARCH 31, 2025

The George Hull Centre SAFE-T Program is a specialized community-based program that provides evidence-based clinical assessment and specialized clinical treatment.

Our treatment focuses on the strengths of individuals and families to help them make the changes necessary to ensure that sexual abuse is not an ongoing part of their lives.

Every individual has the right to live free from the fear of abuse.

Each individual and family has the strength to make positive changes. When sexual contact has occurred between an adult and a child, or between an adolescent and a child, the adult/adolescent is solely responsible for the decision to engage in sexual activity.

All members of a family can potentially experience stress and trauma related to the sexual abuse. The child’s welfare is the most important factor in planning ways to support, help, and protect the child and his or her family. The best support for children and families is achieved through co-ordinated inter-agency services that combine elements of Child Welfare, Family Court, Criminal Court, and Clinical Intervention. Inclusivity and diversity are principles that are respected and practiced within the SAFE-T Program.

NOTE: The SAFE-T Program was re-established at the George Hull Centre and began serving a small number of clients in June 2024. Following the hiring of core staff and the move into dedicated program space in mid-October, the program became fully operational and began accepting client referrals in November 2024.

WHO WE SERVE

Assessment and Counselling services are available to children and adolescents who have been sexually abused within their families; to children with sexual behaviour problems and their families; and to adolescents who have sexually harmed within their families and/or the community. Clients must be functioning intellectually in the borderline range or above to benefit from the counselling provided at SAFE-T.

ASSESSMENT

Our multidisciplinary team of professionals is available to provide comprehensive assessments, which include psychological and clinical evaluations.

COUNSELLING

We use a variety of counselling methods, which may include family, individual and/or group counselling. Individual needs are always considered, and we make every effort to customize services to address the unique circumstances of each client and/or family.

CONSULTATION

Specialized consultation related to individual cases or program development is available to boards of education, child welfare, youth justice, treatment agencies, and social services.

CLINICAL TRAINING

Applied training is available to clinicians and graduate-level students. Staff members are available to provide training, workshops, and seminars. Topics and information can be tailored to meet the specific needs of interested groups.

RESEARCH

SAFE-T is committed to conducting research in the areas of child sexual abuse, sexualized behaviour in children and adolescent who sexually harm. Supervised research opportunities are available to graduate-level students.

The George Hull Centre Institute

Advancing the Field, Improving Lives

The George Hull Centre Institute of Childhood Trauma and Attachment is dedicated to transforming how child-and-youth-serving sectors respond to children and families affected by trauma and disrupted attachment. Founded in 2019 and rooted in the George Hull Centre's long clinical legacy, the Institute brings together excellence in clinical practice, innovative research, and transformative training to create a trauma-responsive world.

This year, we continued to strengthen care through our integrated model, where clinical practice, research, and training inform and reinforce one another. Building on nationally recognized tools like **The CASTER™** (Child and Adolescent Screener for Traumatic Events and Response), and the classroom-based **Feelings Explorer Program™**, the Institute advanced emerging therapies such as **SMART**, **Neurofeedback**, and **EMDR**—offer new, promising pathways for healing.

Grounded in community, sustained by philanthropy and partnerships, and guided by a culture of collaboration and care, the Institute is committed to reducing suffering and building resilience. Up next: a closer look at how our programs are making measurable, lasting differences for children, youth, families, and the systems that support them.



Leticia Gracia, Director of the Institute of Childhood Trauma and Attachment, brings 25 years of dedication to The George Hull Centre.

Leticia is the founding director of the Institute and a recipient of the Elizabeth Manson Award for Clinical Leadership, recognizing her outstanding contributions to child and youth mental health. Leticia is passionate about helping children find their voice — especially those impacted by trauma. She's committed to transforming child and youth sectors to better respond to the needs of traumatized children and their families. A strong believer in collaborating across sectors, Leticia works to create healthier, barrier-free systems that truly support healing. She also pushes for clinical innovation and research, constantly seeking new and effective ways to expand treatment options and support recovery. Leticia leads with compassion, expertise, and an unwavering belief in every child's potential to heal and thrive.

The CASTER™: Advancing Early Trauma Screening

Developed by the George Hull Centre Institute of Childhood Trauma and Attachment, the CASTER™ is a leading-edge tool that screens for both trauma exposure and emotional distress in children and youth aged 0–18—all in one assessment.

The Centre is also a pioneer in using the CASTER™ in early childhood prevention and early intervention programs, using caregiver input to screen infants and toddlers aged 0–5 in preschool speech-language services.

IMPACT AT A GLANCE

130 clients aged 6-18
SCREENED USING THE CASTER™

42 clients aged 0-5
SCREENED WITH THE EARLY
CHILDHOOD VERSION OF THE CASTER™

Feeling Explorers™: Building Emotional Resilience from the Ground Up

In its second year, the George Hull Centre's Feeling Explorers™ program reached over 130 students across 15 classrooms in the TDSB and TCDSB—helping young learners in Grades 1 to 3 build the emotional and social skills they need to thrive.

Through ten playful, age-appropriate lessons linked to Ontario's mental health curriculum, students developed key competencies like self-awareness, self-regulation, empathy, and relationship-building. Guided by diverse, relatable characters, children learned to recognize feelings, understand body signals, and strengthen their connections with peers and teachers.

THE RESULTS SPEAK VOLUMES

- **100%** of teachers found the program helpful and used the strategies regularly.
- **84%** of caregivers saw value in the program.
- Students reported feeling more supported, better understood, and more connected to their classroom community.
- Assessments showed statistically significant gains in emotional wellbeing, prosocial behaviour, and reduced hyperactivity.

More than just a classroom program, Feeling Explorers™ is embedding mental wellness into the fabric of early learning—at school, on the playground, and at home.

PARTNERSHIP SPOTLIGHT

George Hull Centre and Sun Life Canada



As we celebrate the second year of a remarkable partnership, we're proud to celebrate the incredible impact of Sun Life Canada's \$320,000 commitment to our Feeling Explorers™ program—part of a national \$1.05 million investment in youth mental health.

We worked together to connect with young children and their families, building emotional resilience, strengthening social-emotional skills, and laying the foundation for lifelong mental wellness.

Thank you, Sun Life, for championing prevention-focused support for marginalized and at-risk youth. Your partnership leaves a lasting legacy in the communities we serve.

Expanding Access to Body-Based and Brain-Based Trauma Therapies

At the George Hull Centre, we recognize that trauma lives not only in the mind, but in the body. That's why we have expanded our clinical approach to include two powerful, promising and innovative therapies: **SMART** and **EMDR**.

SMART (*Sensory Motor Arousal Regulation Treatment*) engages the body as a gateway to emotional healing. Especially effective for young, preverbal, or nonverbal children, SMART builds emotional tolerance and rewires brain pathways through sensory play that doesn't rely on language. Using movement-based tools like trampolines, crash mats, balance beams, and weighted blankets, children work through traumatic stress by regulating their bodies—often alongside a caregiver.

EMDR (*Eye Movement Desensitization and Reprocessing*) helps children and youth process overwhelming traumatic memories without needing to talk through the details. Through bilateral stimulation—such as tapping or eye movements—EMDR enables the brain to reprocess fragmented memories, reducing the emotional intensity of flashbacks, nightmares, and triggers. It's been especially transformative for clients experiencing PTSD symptoms.

By integrating both body-based and brain-based therapies, we're offering new hope—and real healing—to those who need it most.

Introducing Neurofeedback: A New Frontier in Trauma Treatment

When trauma impacts the brain, it can disrupt how a child thinks, feels, and learns. Neurofeedback uses real-time brainwave monitoring—often through computer games or visual feedback—to help the brain learn new, healthier patterns of response. Over time, this approach can improve focus, reduce anxiety, and support emotional regulation, making it especially effective for young people living with trauma, ADHD, depression, or sleep challenges.

Our clinical team is actively training in this emerging therapy, deepening their skills to integrate neurofeedback into our trauma-informed care approach. By helping children understand and influence their own brain activity, we're offering them a powerful new path to self-control, healing, and resilience.

“At the George Hull Centre Institute, we're not just generating knowledge—we're changing the way child and youth mental health care is delivered. By integrating research directly into clinical practice, we make sure every child, family, and professional benefits from the latest evidence. Our vision is clear: a future where trauma-informed, evidence-based care is the norm, not the exception.”

— LETICIA GRACIA, MSW, RSW



Advancing Prevention and Early Intervention for Children and Youth



At the George Hull Centre, we know that the earliest years shape a lifetime. By focusing on prevention and early intervention, we give children and families the tools, relationships, and supports they need before challenges become crises. In this section, you'll learn how our programs are making a difference across Etobicoke and beyond—from community partnerships like the **Etobicoke Brighter Futures Coalition** to early learning supports through **Preschool Speech and Language Services** and our **EarlyON Child and Family Centre**, to inclusion initiatives such as **Every Child Belongs**, and family-led planning models like **Family Group Conferencing**. Together, these services help families build confidence, connection, and resilience—laying the foundation for healthier futures.



When communities work together, children and families thrive. The Etobicoke Brighter Futures Coalition brings together local organizations to deliver coordinated, family-centred programs that promote early development, strengthen parenting, and build healthier communities.

In the past year, the Coalition supported **1,171** parents and **699** children through a wide range of services—from home visiting and parent relief to school readiness programs and supports for children with special needs.

This collective impact ensures that families across Etobicoke have access to the tools, care, and community connections they need to give their children the best possible start in life.



Fostering Connection Through Communication: Preschool Speech and Language Services

At the George Hull Centre, communication is seen as more than words—it is the foundation for relationships, learning, and emotional well-being. The Preschool Speech & Language team works closely with young children and their families to support these essential first steps in communication, helping caregivers understand their child's needs and giving them practical strategies they can use in everyday routines. When families feel confident and connected, children thrive.

Why early support matters

Early speech and language support is about far more than talking. It shapes how children build relationships, regulate emotions, and explore the world around them. By identifying and addressing communication needs early—and doing so in partnership with caregivers—the program helps set children on a positive path. Every new word, every moment of connection, strengthens not only communication but also a child's sense of belonging and well-being.

Beyond “fixing sounds”

A common misconception about speech therapy is that it focuses only on correcting sounds. In reality, the work is much broader. Children are supported in developing vocabulary, social interaction, play skills, and, for those who are non-verbal, alternative communication systems. The goal is not just to teach words, but to foster connection, build confidence, and nurture lifelong communication skills.

Families at the heart

Caregivers are at the centre of this work, recognized as the most powerful communication partners in a child's life. Everyday routines such as mealtime, play, or getting dressed are transformed into opportunities for growth. When parents learn to tune into their child's cues and respond in ways that nurture language, the ripple effects extend far beyond communication—strengthening the parent-child bond itself.

Speech and Language in a Mental Health Setting

What makes this work unique is its integration within a children's mental health centre, where language is seen as central to mental health. Working closely with mental health professionals, the program takes a holistic, trauma-informed approach that prioritizes safety, trust, and regulation. By supporting communication, we help

children feel heard and valued—building resilience, connection, and lifelong well-being.

1,417 CHILDREN SERVED

CAREGIVER TIP

“Getting down on a child's level, following their lead, and responding with warmth and interest helps communication flourish. Talking about what children are doing, naming what they see and feel, and repeating new words often transforms everyday moments into opportunities for growth.”

— SARA LASS, PROGRAM MANAGER, PRESCHOOL SPEECH & LANGUAGE SERVICES

EarlyON

The George Hull EarlyON Child and Family Centre

At the heart of the EarlyON Centre is a welcoming space where families come together to learn, play, and grow. Through engaging parent-child drop-in programs, interactive parenting groups, and hands-on activities, we help lay the foundation for lifelong learning and healthy parent-child relationships.

In 2024-2025, the Centre had **28,433 visits**, a powerful testament to the ongoing need for safe, supportive, and enriching environments for families with young children.

“

“Prevention and early intervention are critical in children's mental health. When we support children and families early—before challenges become crises—we not only reduce suffering but also help lay the foundation for lifelong resilience.”

— TALIA LESZCZ — DIRECTOR OF PREVENTION AND EARLY INTERVENTION SERVICES



Every Child Belongs

Every child should have access to inclusive, high-quality childcare that supports their unique development. Yet early social and emotional challenges are often misunderstood, and many children miss out on the help they need.

In partnership with the City of Toronto Children's Services, the Every Child Belongs program equips licensed childcare centres with expert consultation, coaching, and resources—helping both children and programs thrive.

By identifying needs early and building capacity in care settings, we ensure more children get the right support, right when they need it.

49 CHILDREN SERVED

10 PROGRAM CONSULTATIONS

Family Group Conferencing Ontario Provincial Resource

A quality assurance and training body which maintains the provincial roster of qualified Family Group Conferencing Coordinators, Mentors and Trainers. It provides training, professional development and consultation to Family Group Conferencing practitioners and services across the province.

21 NEW COORDINATORS ADDED TO THE PROVINCIAL ROSTER

53 ROSTERED FGC COORDINATORS

14 MENTORS

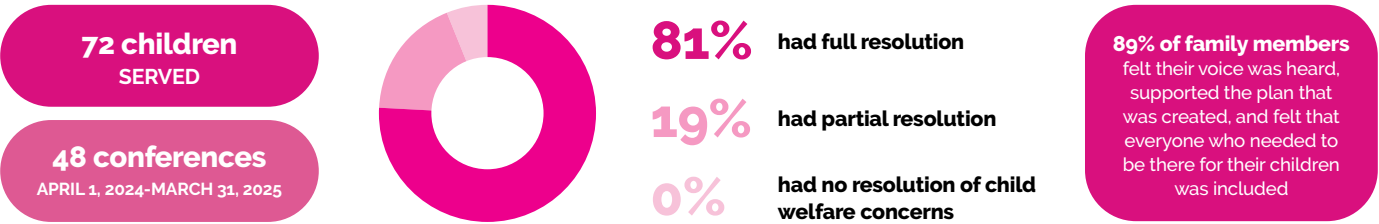
7 TRAINERS

34 TRANSITIONAL PLANNING CONFERENCE COORDINATORS*

*TPC coordinators are a subsection of FGC coordinators on the FGC Ontario Provincial Resource roster, and they are approved to facilitate Transitional Planning Conferences for youth transitioning out of the care of Children's Aid Society.

Family Group Conferencing of Toronto

When family relationships break down, and children's well-being and safety are at risk, Family Group Conferencing (FGC) is a program that gives the extended family group a voice in the decision-making and planning process. FGC is a culturally sensitive, alternative approach to child protection that empowers marginalized families, bringing together family group members to craft a plan of care for their children that addresses concerns identified by child welfare and children's mental health professionals.



Supporting Black Children and Families



At the George Hull Centre, we believe that every child and family deserves to feel seen, heard, and supported. Through our commitment to equity and inclusion, we are creating spaces where Black children and families can thrive—spaces rooted in cultural safety, belonging, and opportunity.

Together, we are not only providing services, but also creating community—places where children and families can learn, heal, and grow with confidence.



Bringing a DEI Lens to Children's Mental Health

An interview with Karen Mighty, Director of Diversity, Equity and Inclusion at The George Hull Centre for Children and Families

Your role as Director of DEI is still relatively new in the mental health sector. What unique opportunities do you see in bringing a DEI lens to children's mental health work?

Children's mental health is such a critical space because we know that identity, belonging, and access to care start shaping lives very early. Bringing a DEI lens allows us to challenge the ways systemic inequities show up in services, how families access care, how clinicians approach cultural differences and how leadership decisions are made. The opportunity is not only to reduce barriers but also to create spaces where children and families see themselves reflected, understood, and supported.

The term "allyship" comes up often when talking about DEI. From your perspective, what does meaningful allyship look like in a clinical setting?

Meaningful allyship in a clinical setting goes beyond good intentions. It's about clinicians actively educating themselves, challenging their own biases, and listening deeply to the lived experiences of the families they serve. Advocating for those whose voices that may not be heard in the system. Allyship is a practice, not a title; in clinical work, it should be evident in everyday interactions with children and their families.

You've described DEI as a continual journey. Looking ahead, what is one change you'd like to see at George Hull—in the broader children's mental health system?

At George Hull and the broader CMHS, I'd like to see DEI embedded into every level of our work, so it's not seen as a separate initiative, but as part of how we think, plan, and deliver care broadly in the mental health system.

Feedback can be powerful. How do you gather and incorporate feedback from the communities you serve to help shape DEI priorities?

We know that communities are the experts in their own needs, and we are working to be more intentional in how we listen and respond. Right now, this involves using surveys, focus groups, advisory committees, and informal conversations with families to gain insight into their perspectives. But we also recognize that listening is only the first step; what matters most is how that feedback shapes our priorities and actions. We're still learning how to do this well, and we see it as an ongoing process of growth. We're not yet fully there, but building accountability and trust is at the heart of our DEI journey.

DEI work can be both challenging and rewarding. What inspires you to keep pushing forward, even when change feels slow?

What inspires me most is the impact this work has on children and families who may otherwise feel unseen or misunderstood. Even small changes like a clinician shifting their language, or a program redesigning its outreach, can have a huge effect on a child's sense of safety and belonging. I'm also inspired by the resilience of communities that continue to advocate for equity despite systemic barriers. A big part of this journey is about learning and growing together, recognizing that none of us has all the answers, but that we move forward when we listen with humility. It's also about amplifying voices that have historically been silenced, ensuring they are not just included but truly centered in shaping change. Yes, the work can be slow and difficult, but knowing that the next generation can grow up in a system that values their identities makes it deeply worth the effort.

2024-2025 Financial Summary*

Revenue (\$000's)

	\$
Government Funding	14,686
Other Funding	1,063
Donations	599
Total Revenue	16,348

Expenditures (\$000's)

	\$
Staff compensation	12,404
Transportation and Communication	140
Occupancy costs	974
Staff Development	260
Community Awareness	59
Repairs and maintenance	934
Professional services	289
Purchased client services	683
Insurance	102
Other supplies and equipment	176
Amortization	245
Total Expenditures	16,266

Deficiency of Revenue over Expenses (82)

*12 month period ending March 31, 2025 (post audit)

2024-2025 Program Funding

Community Clinic	42%
Live In Treatment Program	11%
Day Treatment Program	8%
Intensive In-Home Services	9%
Institute of Childhood Trauma and Attachment	5%
Preschool Speech & Language	10%
EarlyON	9%
Other (ECB, EBFC, FGC - Tor & Prov, DEI)	6%



Treasurer's Report

On behalf of the Board of Directors, I am pleased to share the George Hull Centre's financial results for the 2024-2025 fiscal year.

Our total revenue for the year was **\$16.4 million**, the majority of which—over **\$14.7 million**—came from government funding. We were also fortunate to receive **\$1 million** from other funding sources and **\$600,000** in generous donations from individuals, corporations, and foundations. We are deeply grateful to our donors and partners, whose support allows us to continue strengthening children's mental health care in Ontario.

Funding across programs reflects our diverse and integrated model of care. Resources supported a wide range of services—from our Community Clinic and Preschool Speech & Language programs to EarlyON, live-

in and day treatment, and intensive in-home supports. The Institute of Childhood Trauma and Attachment continued to advance research, training, and innovation, while additional initiatives such as Every Child Belongs, Diversity, Equity and Inclusion work, and Family Group Conferencing strengthened our commitment to equity and community impact.

Looking ahead, the Board remains committed to responsible financial stewardship, ensuring that every dollar we receive advances our mission of helping children and families thrive. We extend our sincere thanks to our funders, donors, and community partners for their continued trust and support.



Anne Tauber
Treasurer, Board of Directors
George Hull Centre for Children and Families





The George Hull Centre for Children and Families Strategic Plan

Over the past year, the Centre and Institute have been focused on developing a new strategic plan that ensures we put our clients at the centre of care by increasing access to service, developing a collaborative care plan across the Centre, increasing knowledge within and across the sector in the area of trauma and developing programs that reach marginalized communities.

One Client,
One Centre

Become a
Leading Voice

Lower Barriers
to Care

Diversity that
Reflects our
Community

One Client, One Centre

The George Hull Centre will function as one cohesive, integrated centre for the wellness of our clients.

Become a Leading Voice

The George Hull Centre will become known as a leading voice of expertise and care in its communities.

Lower Barriers to Care

The George Hull Centre will measurably reduce barriers that prevent its clients from receiving care.

Diversity that Reflects our Community

The staff and clients of the George Hull Centre will increasingly reflect the surrounding communities.

Introducing the 2025-2027 Strategic Plan

Over the next two years, the George Hull Centre will focus on strengthening its impact in three key areas: serving the community, demonstrating excellence, and building sustainable funding. We will broaden our reach by advancing trauma-informed and culturally responsive care, while sharing our innovative practices more widely through partnerships and training. At the same time, we will elevate clinical excellence by embedding measurement-based care, improving efficiency, and piloting new technologies that give our staff more time to focus on clients. To ensure long-term stability, we are laying the foundation for a sustainable funding framework—refreshing our brand, launching new fundraising initiatives, and developing revenue from proprietary programs. Together, these priorities will position us to meet the needs of children, youth, and families today, while preparing for growth and innovation in the years ahead.



Family Gift Match Program

Making the Holidays Brighter

For many of the families served by the George Hull Centre, the holiday season can be a time of increased stress. The pressures of providing food, warmth, and gifts amid ongoing mental health challenges and the rising cost of living can feel overwhelming.

The connection between poverty and mental health is clear and well-documented. Research shows that those experiencing financial strain are significantly more likely to suffer from anxiety and depression. The burden is greatest on mothers, children, racialized Canadians, and members of the LGBTQ2S community—the very people we aim to support through our services.

The **Family Gift Match Program** was created to offer a moment of relief, dignity, and joy. Each year, caring individuals and families in the community are matched with families in need. Donors receive a personalized list of wishes and essential items and purchase gifts to help make the season brighter for children who might otherwise go without.

In 2024, we matched **100 families**, offering hope, kindness, and tangible support at a time when it's needed most. Each family also gets a turkey to provide a nutritious meal for their loved ones. One parent shared: *"I've never been able to give my daughter a Christmas gift before. Last year, I could—because of this program."*

Since its inception, the Family Gift Match Program has supported over **1,200 families**, thanks to the generosity of our community and donors and the dedication of volunteers who make this initiative possible. It's a powerful reminder that small acts of giving can have a lasting impact on a child's mental health and a family's sense of belonging.

Together, we are helping families feel seen, supported, and not alone during the most difficult time of the year.



Our Supporters



Chetan Baweja's 5th Annual George Hull Centre Real Estate and Friends Campaign

Chetan's annual campaign raised almost **\$150,000 this year (2024-2025) and more than \$600,000 over the past five years**

Director on the George Hull Centre Board, Trustee on the George Hull Centre Foundation Board, and Managing Director at BGO. Chetan first engaged with the George Hull Centre 10+ years ago as part of our young leaders' group and immediately recognized the positive impact we have on children and families. His belief in supporting children's mental health has inspired his dedication to our mission — ensuring that every child has the resources and care they deserve.



Chetan's 2025-2026 campaign is live – help him reach his \$100,000 fundraising goal. [Scan the QR code or visit the link here.](#)

Chetan's 5th Annual Real Estate and Friends Campaign Donors — for listing in the Annual Report 2024-2025

Up to \$500 (Individuals)

James Benneyworth
Andrew Boughner
Brad Caco
James Carson
Luis Cevada
Eric Chiasson
Tony D'Arpino
Joseph Francavilla
Noah Gordon
Jessey Holdsworth
Mark Karam
Ronald Lange
James Leon
Joel Pearlman
Megan Pfrimmer
Angelo Ponzio
Sahar Raees
Michael Rushton
Adam Santos
Dennis Skara
Zelijka Vazdar

Up to \$500 (Businesses)

Ecover Corporation
Era Architects
Hammerschlag & Joffe
Pure Industrial
Talser Investments

\$500 to \$5,000

Caco
CBRE
Crown Realty Partners
Divco
Dorlan Engineering Consultants
Ellisdon Corporation
Envision Consultants Ltd.
Ferris + Associates Nak
Finnegan Marshall Inc
Giannone Petricone Associates
Graham Management Services
Hullmark
Hulme
Jll
JY Inc
Kalsi
Kirkor Architects & Planners
Knightstone Capital Management
Leeswood Construction
Nemetz (s/A) & Associates Ltd
Pearl
Polowin
Pooni Group Inc
Shaffer
Starlight Investments
The Odan/Detech Group Inc.

\$5,000 to \$10,000

Atkins
BentallGreenOak
Blake, Cassels & Graydon LLP
Centrecorp Management Services Ltd
CMLS Financial Ltd.
McCarthy Tétrault LLP
Osler, Hoskin & Harcourt LLP
PCL Constructors Inc.
Philip Traikos Prec
Savvas Kotsopoulos Professional Corporation

Over \$10,000

Menkes Charity Golf Classic

Extraordinary Caring Spotlights



We are incredibly grateful to **The Michael and Sonja Koerner Charitable Foundation** for their extraordinary gift of \$500,000 over five years in support of the Institute of Childhood Trauma and Attachment. This transformational support will help us deepen our impact, expand research, and provide hope and healing to children and families navigating the effects of trauma.

We are deeply thankful to **Francis & Tim Price** for their incredible commitment to children's mental health through a generous gift of \$500,000 over five years in support of our CCC (Coordinated Clinical Care) Program. Their extraordinary caring will help us provide timely, expert mental health support to more children and families when they need it most. Thank you for believing in a brighter, healthier future for every child.



As we mark the second year of our impactful partnership with **Sun Life Canada**, we are proud to highlight the difference their generous \$320,000 investment has made in our Feelings Explorers program—part of a broader \$1.05 million national commitment to youth mental health. Thanks to Sun Life's support, we are reaching over 600 young children and their families in Toronto, helping to build emotional resilience, strengthen social-emotional skills, and lay the groundwork for lifelong mental well-being.

We are proud to recognize the **RBC Foundation** for its remarkable \$100,000 contribution this year—bringing their total support over more than two decades to over \$600,000. Of this, \$200,000 has been dedicated specifically to advancing the work of our Institute of Childhood Trauma and Attachment. From signature fundraising events like Laugh Out Loud to vital capital campaigns, the RBC Foundation has been one of our longest-standing and most committed partners. Thank you, RBC Foundation, for your unwavering dedication to the mental health and well-being of children and families. Your ongoing support continues to create lasting impact in the communities we serve.





2025 George Hull Centre Awards of Excellence Recipients

Friend of the Centre Award: Dr. Faye Mishna

This award recognizes the outstanding contributions of an external individual, agency or corporation to the mission, goals and work of the Centre, thereby positively impacting the lives of children, youth and families, and the community as a whole.

We're proud to honour **Dr. Faye Mishna** with the Friend of the Centre Award. A founding member of our Institute of Childhood Trauma and Attachment's Advisory Board (now in her second term) and a member of the Research Advisory Committee, Dr. Mishna has shaped our strategy and ensured our work is grounded in leading evidence. She's championed funding, forged key partnerships and mentored staff.



A hallmark of her contribution is helping to forge a groundbreaking partnership with the University of Toronto's Faculty of Social Work to create a shared Clinician Scientist position—integrating clinical research into practice and bringing community-based expertise into the classroom. Dr. Mishna embodies the spirit of this award: unwavering dedication, expertise, and a profound commitment to better outcomes for children, youth, and families.

Nyron's Above and Beyond - Varaagy Thiruchelvam

This award honours the passion and commitment required to help families succeed. Named for Nyron Sookrah, a GHC Family Group Conference Coordinator, this award recognizes a staff member who goes above and beyond their job requirement to help empower clients through direct or indirect service.

Varaagy Thiruchelvam is recognized with Nyron's Above and Beyond Award for her outstanding leadership during the rollout of our new data system. With enthusiasm, resilience, and a proactive spirit, Varaagy not only mastered the system herself but also played a pivotal role in its successful adoption across the organization. She developed creative and engaging training materials that made learning accessible and effective, while offering steady support and encouragement to colleagues throughout the transition. Varaagy's positivity, humour, and collaborative approach have inspired confidence in others and set an exceptional example of going above and beyond.

Libby Ridgely Award for Clinical Excellence – Carolina Montes

This award recognizes a staff member who demonstrates Clinical Excellence and/or exemplary work with clients and is named in honour of Elizabeth Ridgely, noted family therapist and former Executive Director of the George Hull Centre.

Carolina Montes is recognized with the Libby Ridgely Award for Clinical Excellence for her exceptional leadership, expertise, and dedication within the EarlyON Centre. Carolina brings deep knowledge of infant and early childhood mental health, consistently applying evidence-based practices while tailoring her approach to meet the unique needs of each family. As a certified ASQ Trainer, she is a trusted resource for developmental screenings, empowering parents to engage fully in the process and embrace strategies that support their children's growth.

Beyond her direct work with families, Carolina has strengthened EarlyON programming by leading a learning and development initiative that improved program quality and consistency, refined planning tools, and enhanced staff knowledge of the ELECT

framework. She is a generous mentor and collaborator, sharing her expertise through training, consultation, and thoughtful guidance that elevates the entire team. Carolina's unwavering commitment to excellence and continuous improvement has made a lasting impact on both clients and colleagues, embodying the very spirit of this award.

The Award for Inspiration and Contribution in Project Management - Kim McCrory

This award is for any staff member who has made significant contributions in the area of project management. Their contributions have enriched the George Hull Centre and have inspired others through their participation in projects.

Kim McCrory is honoured with the Award for Inspiration and Contribution in Project Management for her exceptional leadership and commitment since returning to GHC. As Senior Social Worker, Kim has taken on some of the Clinic's most complex projects with diligence and determination. Her work on the Direct Hours and Report Writing initiatives has improved efficiency and supported colleagues in delivering high-quality care, while her persistence in advancing the long-standing Trauma Focused Assessment project has helped move it forward and reduce waitlists. Known for her thoughtful formulations, effective treatment plans, and dedication to continuous learning, Kim's willingness to step up to challenging, uncharted work exemplifies true inspiration and service to GHC's mission.



We are George: Young Leaders Group

The We Are George: Young Leaders Group at the George Hull Centre is a vibrant community of dynamic young professionals united by a shared purpose: breaking the stigma around mental health and giving back to support children's mental wellness. Through fundraising, advocacy, and community engagement events—like their annual live music fundraisers—this group brings energy, creativity, and fresh perspectives to amplifying the Centre's impact and visibility.

WAG members (any time April 1, 2024 - March 31, 2025)

- | | | |
|---------------------|-----------------|-----------------|
| Cameron Chamberlain | Martina Esteves | Meagan Goulart |
| Gillian Chamberlain | Connor Finucan | Braeden Hahmann |
| Hannah Cooper | Ella Gomes | Haley Moore |

The Power of Giving

Fueling Care,
Innovation, and Hope

At the George Hull Centre and Institute, our mission to provide life-changing mental health services for children and families is made possible by the incredible generosity of individuals and organizations who believe in a better future for young people.

For the 2025–2026 fiscal year, 15% of our total budget will come directly from donors and partners—a powerful reminder that philanthropy is not just supportive, but essential.

Your generosity fuels innovation, ensures compassionate care, and sustains hope for families across Etobicoke and beyond. Every dollar contributed helps us reach more children, train more professionals, and build a stronger, more responsive system for children's mental health.

Together, we are laying the groundwork for lasting change—and a stronger foundation for the future of mental health care in our communities.



With heartfelt gratitude, we invite you to learn more about how you can support our mission by [visiting this link](#) or by scanning



Honouring Our Champions of Change

Every meaningful step forward begins with someone who chooses to care—and to act. This year, we were humbled and inspired by the extraordinary generosity of those who gave \$1,000 or more to support our mission. These gifts are more than financial contributions; they are bold declarations of hope, belief, and shared purpose.

Because of your support, lives were changed, possibilities were opened, and communities grew stronger. Your generosity fuels our progress and reminds us that when we come together around a common cause, there is no limit to what we can achieve.

With heartfelt gratitude, we recognize the following donors for their transformative support. Thank you for being a part of this journey—and for helping to shape a brighter future.

Over \$25,000

The Clearview Foundation
The William and Nona Heaslip Foundation
The Henry White Kinnear Foundation
The Michael and Sonja Koerner Charitable Foundation
Laura Syron and Keith McLaughlin
RBC Foundation
Sun Life Financial

\$10,000 to \$25,000

Anonymous
The Bickle-Wilder Foundation
Cade Associates Insurance Brokers Limited
CIBC
Cooper Equipment Rentals
Deirdre Baker
The Gordon and Donna Feeney Family Foundation
The Hope Charitable Foundation
Michael McCain
Gary Whitelaw and Linda Mollenhauer Foundation
Harriet Powelson
Trisura Guarantee Insurance Company

\$5,000 to \$10,000

Neil Jacoby
Bailey Metal Products Limited
Robert and Catherine Hull
Jonathan Hunter
Geraldine Crisci
Doug and Sherry Dougherty
Abby Fedosoff Memorial Fund
Larry and Christine Foy
The Haick Family Fund
The Hunt Family Charitable Foundation
MFS Canada Ltd.
James Partridge
David Pauli
Paul and Lina Smith
The Tenaquip Foundation

\$1,000-\$5,000

Arceo Design + Build Inc
Catherine Acs
Kate Allan
Susan Armstrong
Freya Lawler Advocacy Pc
McM Architects
Michael Baker
Nicholas Bayley
Chander Chaddah
Marilyn Cade Schreiner
Susan Chamberlain
Janet Charlton
Jodi Clare
George Cooke
Shane Duff
Bradley Fedosoff
Leticia Gracia & Tim Griffin
Jerry Hopwood
Matthew Horan
David and Leslie Jeanneret
Bruce and Corinne Kenney Foundation
John H. Kennedy
Bruce Lewis
Ingrid Little and Ross Breithaupt
Gladys Massey
Ted and Cathy Rechtshaffen
Michelle and Steve Steinowicz
Susan Tallett
Anne Tauber
TD Bank - East Mall Branch
Tim Wach
Peter & Greg Walker Contracting Inc.
Elaine Wilson
Anne-Marie Vanier
Ya Ching Yu

The George Hull Centre Foundation is committed to recognizing our donors and partners accurately. If you notice an error or omission, please contact us at foundation@georgehull.on.ca so we can make the correction.

The George Hull Centre Foundation

At the George Hull Centre Foundation, we believe that every child deserves the chance for a hopeful and healthy future. Since 1995, the Foundation has been dedicated to raising the resources needed to make this vision possible—supporting the George Hull Centre's life-changing work in children's mental health, prevention, and early intervention.

Every dollar raised is an investment in children, families, and communities. It fuels groundbreaking programs, strengthens trauma-informed care, advances research through the Institute of Childhood Trauma and Attachment, and ensures that our staff have the tools, training, and support to deliver the very best care.

Because of the generosity of donors and partners, thousands of children and youth each year are met with compassion, innovation, and expertise at the George Hull Centre. Together, we are not only transforming individual lives—we are shaping a stronger, healthier future for all.

“Our donors and partners make everything we do possible. Your generosity fuels innovation, strengthens care, and gives thousands of children hope each year. Together, we're not just changing lives today—we're building a healthier future for tomorrow.”

— RYAN LESTER, CHIEF DEVELOPMENT & MARKETING OFFICER

Foundation Trustees

We are governed by a volunteer Board of Trustees chaired by George Hull's son, Robert Hull.



Robert G.S. Hull
Chair Partner, Gowling WLG



Kevin Doyle
President of The Michael and Sonja Koerner Charitable Foundation



Brad Fedosoff
Senior Vice-President, Head of U.S. Technology, Infrastructure & Innovation, CIBC



Judy MacGowan
Executive Director at Amici Children's Camp Charity



Chetan Baweja
Managing Director at BGO



Douglas Dougherty
CEO, Cooper Equipment Rentals Ltd.



Jonathan Hunter
Head of Global Markets for RBC Capital Markets



Patrick Scace
Executive Managing Director at TD Securities (retired)



Jennifer Boville
Co-Founder & CEO, Farm Girl

A Legacy of Care

The Impact of Planned Giving

At the George Hull Centre, we believe every child deserves the chance to thrive—and that belief doesn't end today. It extends into tomorrow, and the years ahead, through the compassion and foresight of those who choose to leave a legacy of care.

By including the George Hull Centre in your will or estate plans, you help ensure that future generations of children and families continue to receive the critical mental health support they need. Planned gifts—no matter the size—create lasting impact, allowing us to grow, innovate, and respond to evolving needs with confidence and care.

These gifts are more than donations. They are enduring acts of hope and kindness that reflect your values and commitment to children's mental health.

If you're considering a legacy gift, we would be honoured to speak with you about how your generosity can support the future of mental health care for children across Etobicoke and beyond.

Leave a legacy of hope.
Learn more about planned giving, contact:

Shelley Maynard
Director of Development
smaynard@georgehull.on.ca
416-622-8833 extension 270



Looking Ahead

As we move into the next fiscal year, the George Hull Centre is building on momentum with bold new initiatives that expand our impact and strengthen our community. From introducing **neurofeedback therapy**—a cutting-edge approach to help children regulate emotions and reclaim healing—to deepening our role as a **teaching hub** preparing the next generation of mental health leaders, we are investing in innovation, education, and care that lasts. At the same time, our **First Annual Walk for Young Minds** will mark the beginning of a powerful new tradition, bringing families and community members together to champion prevention and early intervention.

None of this would be possible without the dedication of our supporters, partners, and donors. Your generosity fuels our work and ensures that every child has the tools, support, and opportunities they need to thrive. We invite you to stay connected—[subscribe to our newsletter](#), and follow us on social media to continue walking alongside us as we shape a brighter future for children, youth, and families.

The George Hull Centre for Children and Families

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T: 416-622-8833

georgehullcentre.on.ca

    @georgehullcentre

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GEORGE HULL CENTRE
FOR CHILDREN & FAMILIES

**Changing the
trajectory of children's
mental health.**