



Backyard BBQ at New Dawn



ANNUAL REPORT 2025

MESSAGE FROM THE EXECUTIVE DIRECTOR AND BOARD CHAIR



Vancouver and British Columbia has entered the ninth year of the overdose crisis, and the need for recovery services has never been greater. Chrysalis Society supported 102 women facing substance use and mental health challenges last year, with nearly half (47%) of the women identifying as Indigenous. New Day has been a critical asset in supporting Indigenous women to connect and reconnect with their cultural identity. We are beyond grateful to the Canadian Mental Health Association for the ability to provide this very important resource.

All of our homes continue to offer safety, community, and structure and a place for women to begin or deepen their healing journeys, and we are proud of what we have been able to accomplish as a team. This year, our team expanded, including key roles in intake, housing, and administration, and we launched new tools to improve feedback and program evaluation to further empower women in their recovery journeys. We also ratified a union agreement with HEU in July of 2024.

All three homes received important upgrades, from plumbing and electrical to outdoor spaces, thanks to strong support from partners and donors. We grew our alumnae network and deepened community connections through storytelling, events, and shared advocacy. Highlights included engaging with Elders, welcoming visits from funders and health leaders, and participating in public events like Recovery Day and Fair in the Square.

While we continue to face challenges including, sector-wide staffing pressures and gaps in services for women who need longer term stabilization, and treatment through a gender analysis lens, we're encouraged by the momentum we've built. Recovery is gaining a stronger voice in the provincial landscape, and our team is actively shaping that conversation. We appreciate that more consistency is starting to take place with data being captured through new portals being used by CMHA and VCH. Our focus continues to be on building relationships, working together and making sure cultural safety and competency is at the core of everything we do. Chrysalis' foundation is strong, and so is our vision for the future. This is thanks to the women we serve and all our supporters on our heartfelt thank you page.

Warmest regards,

Two handwritten signatures in black ink. The first signature is on the left, and the second signature, which appears to read 'Aubrey Bayle', is on the right.

"Our focus continues to be on building relationships, working together and making sure cultural safety and competency is at the core of everything we do."

TEAM APPRECIATION



This past year we were excited to welcome Robyn Olson as our new Housing Coordinator and Vicky Johnson as Intake Coordinator. The team came together with care and mentorship to support each other through these transitions. Regular monthly team meetings and advisory working groups continued to offer meaningful opportunities for collaboration and shared leadership. Staff took part in ALR training, implementing the Provincial Standards for Supportive Recovery Services, along with experiential workshops on relational practice and trauma-informed care.

Beyond the day-to-day work staff enjoyed team-building events including our well-earned annual retreat picnic at Kits Beach, a Winter Solstice feast at New Day, and a festive Christmas dinner. Together, the team helped create a safe and beautiful holiday season for the women in our programs, which was made abundant by generous donors and attention to detail by the staff. Highlights included the Winter Solstice celebration, Christmas gifts, tree decorating, and Santa's deliveries.

And behind the scenes, important organizational updates evolved. We improved our digital surveys, continued growing engagement on our website and social media, and launched fundraising efforts led by Laura Barker, our Community Development Manager.

To our team, Carole Hale, Laura Barker, Karen Hogge, Betty Conroy, Jessie Ledwidge, Lara Wood, Angela Coubarakis, Elder Maureen Kennedy, Missy Wilson, Cerise Agar, Darline Barry, Candice Hilliker, Robyn Olson, Vicky Johnson, Lois Omosanyin, Sneha Philip, Ann Opara, Kara Ghuman, Nicole Deveau, and Esther Tom-Ayegunle, THANK YOU! Your steady presence, compassion, and commitment to the work help to create the kind of space where healing and connection can begin. We offer heartfelt thanks to Kayla Pouliot, Elder Jean Wasegijig, Madison Morton, and Lia Stoneburg, who needed to step away this past year. Your contributions remain deeply appreciated.

And to our Board of Directors, Arielle Berze, Chair; Megan Jensen, Vice Chair; Mary Marlow, Secretary; David Dunn, Treasurer; Sheila Schierbeck, Director/Chair of Membership; Carly Norton, Director; and David Dietrich, our newest Board member, THANK YOU for your professionalism, diverse skills, and steady guidance. Your support is vital to the work we do and to the women we serve!

First Stage: NEW DAWN

Average
Stay:

62

Days

Longest
Stay:

212

Days

Completion
Rate:

65%

Total Women:

57



Second Stage: NEW DAY

Average
Stay:

191

Days

Longest
Stay:

365+

Days

Completion
Rate:

55%

Total Women:

15



Second Stage: NEW WAY

Average
Stay:

252

Days

Longest
Stay:

365+

Days

Completion
Rate:

82%

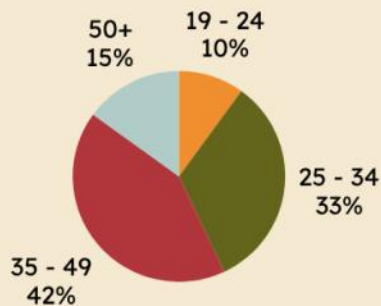
Total Women:

20



Of 102 Women....

Ages Across the program



Average Age:

38

Oldest Person:

71

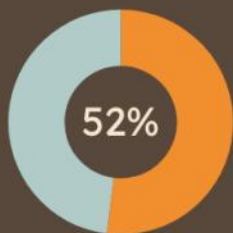
Youngest Person:

22

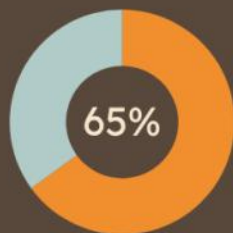
Housing Subsidy clients:

10 Women

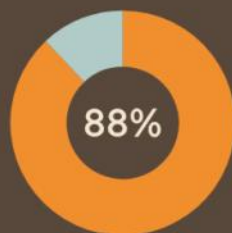
Reported History of Violence



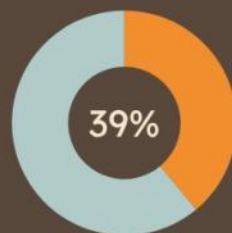
Medical Health Issues



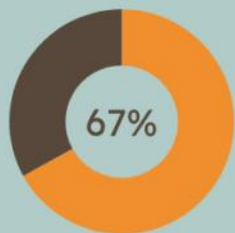
Polysubstance Users



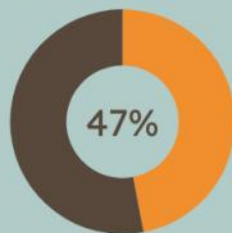
On Opiate Replacement Therapy



Homeless Upon Entry



Self-Identified as Indigenous



Complex Mental Health Needs

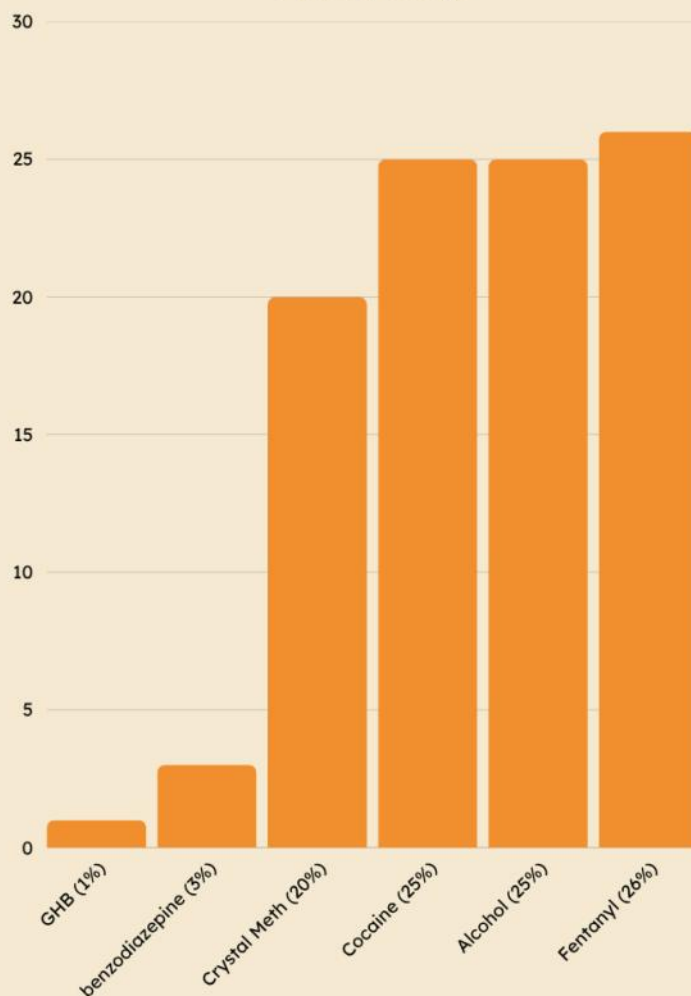


Average Waitlist Time

32 Days

"Combined 90%: ADHD; Borderline Personality Disorder; Anxiety Disorder; General Anxiety; Depression; Post Traumatic Stress /complex PTSD; Major Depressive Disorder; Traumatic Brain injury; Bi-Polar Disorder; Schizophrenia; Schizoaffective Disorder; Eating Disorder; Fetal Alcohol Spectrum Disorder; Obsessive Compulsive Disorder /OCD; Anxiety Psychosis; Suicidal ideation"

Primary Drugs



THIS YEAR AT OUR NEW DAWN HOME

"Now, at 9 months sober, I can look back and truly appreciate the incredible journey I've been on. Recovery was the hardest challenge of my life, but New Dawn was there to support me when I needed it most. After struggling with addiction for 10 years, they helped me find hope and take those first critical steps toward a clean and healthy life. Their support and guidance in the early weeks of recovery made all the difference, and for that, I will always be grateful. Thank you, New Dawn, for helping me rebuild my life, one day at a time." R.A 02/25

It's been a full and meaningful year at New Dawn! Witnessing women arriving exhausted and unsure, and then watch them slowly settle, take a breath, and begin the work of healing is transformative. It's powerful to see them start setting personal goals they believe in and embracing the rhythm of the house, finding small moments of strength and hope along the way.

This year, the updated *Women's Way Through the Twelve Steps* has been a welcome addition. The more inclusive language really resonates, and we've seen women feeling motivated, even excited, to complete their first set of steps before moving into second stage. We've also had a strong year for programming. Azra Citak has returned from maternity leave and is now offering CBT/DBT sessions and yoga combined every other week. The women consistently say her groups are helpful and grounding. Rebecca Barr continues to bring so much joy through music therapy, and Carol Weinstock's weekly Reiki sessions remain a highlight; many women describe them as deeply calming and supportive in their recovery.

We've also welcomed a new volunteer, Vanessa Cha, who offers occasional meditation groups using singing bowls. They've been a beautiful addition. I continue to run regular groups covering topics like communication, relapse prevention, polyvagal theory, and identity exploration through art. The therapy mask activity, where women create masks reflecting how they see themselves versus how others see them, sparked a lot of honest reflection and conversation.

The women have enjoyed a few great outings this year: visits to the Art Gallery, Queen Elizabeth Park Conservatory, and the Native Education College festival. They've been active in the garden and are already looking forward to summer BBQs. We also received some new living room furniture, including a desk and lamp that's perfect for crafts like diamond dots, which have been a huge hit.

And of course, Storm the cat continues to be a source of comfort in the house! I'm hopeful and excited to see what the coming year brings.

Carole Hale (She/Her)

New Dawn Facilitator

It's been such a joy to return in person. The connection with the women has been so rich and engaging, and it's heartwarming as a clinician to witness their growth firsthand as the weeks come and go. The staff and women have been incredibly welcoming and kind, and the level of engagement in both group and yoga has been truly inspiring. It puts a smile on my face to hear how much they look forward to group and enjoy the classes. Being able to share CBT therapy in group, and support their journey through mindfulness and yoga has been an incredibly meaningful experience, both professionally and personally.

Warmly,
Azra Citak

Clinical Counsellor & Psychiatric Nurse
Founder of Inner Light Therapy



"I'm grateful for New Dawn and for my time as a former client. Chrysalis Society has given me a sense of community and purpose, and I still practice many of the skills I developed while I was there. Thanks to Chrysalis Society for helping me build a solid foundation; today, I am proud to say I have three years of continuous sobriety and a life full of opportunities." - M.M Alumna 02/25

THIS YEAR AT OUR NEW DAY HOME

This past year at New Day has been full of growth, healing, and powerful moments of reconnection. Women from both urban and remote Indigenous communities have come through our doors at different stages of their recovery journeys, each bringing with them their stories, strengths, and hopes.

Whether reconnecting with teachings they grew up with or learning cultural practices for the first time, the women have created a space of trust and sisterhood. Sitting together in circle and ceremony, they've shared teachings, laughter, tears, and moments of deep vulnerability. It's been moving to witness women reclaim parts of themselves that were lost or pushed aside, and to watch them support each other through that process.

A highlight for many is the weekly in-house Elder visits. These sessions are filled with storytelling, cultural teachings, and guidance on protocols that offer grounding and inspiration. The women consistently speak about how much they value this time, and how it helps them connect more deeply to who they are and where they come from.

Wellbriety meetings are another core part of the program. Held weekly, these circles are rooted in culturally based principles and values, supported by teachings from White Bison. The women work through a combination of workbooks, videos, and open discussion within a sacred space of respect and encouragement.

Beyond the walls of New Day, the women have also had the opportunity to take part in sweats, drumming circles, and Grief and Loss circles. Meeting with Elders and Knowledge Keepers in the community has added another layer of richness to their experience.

This year, many women have completed the program and taken the next steps in their healing. Each of them has been honored in a blanket ceremony, recognizing their journey, contributions, and the strength it took to show up and do this work.

We're also proud of the connections we've built and deepened with other organizations, both Indigenous-led and non-Indigenous, to expand the support available to the women. Our heartfelt thanks to Slakin Lelum (formerly MVISS), Indigenous Innovations, the Urban Indigenous Integration Specialist, Reaching Home, the Vancouver Friendship Center, ACCESS, the Aboriginal Mother's Centre, BWSS, Work BC, and Fraserside Community Services. Your partnership makes a real difference.

Candice Hilliker (She/Her)

Haisla Nation

Indigenous Addiction Wellness Counsellor

Darline Barry (She/Her)

Metis/Cree Nation

Cultural Program Coordinator

"I was a client at New Day for indigenous women. I stayed at the house for 13 months. It was an amazing experience! I was able to reconnect with my culture that I had lost through addiction and it gave me a safe place to transition back into society. The staff were amazing and very supportive at all times! I was able to make connections with other women that were going through the same things that I had gone through and the elders that came in to see us were amazing! Hearing their experience strength and hope and how they recovered was truly inspiring to myself!"

I would highly recommend any women wanting to slowly transition back into society apply to Chrysalis Society ! It truly made all the difference and my being able to maintain my sobriety and build a strong foundation for myself that I have been able to take into the next phase of my journey!"

- C.T Alumna 04/25



THIS YEAR AT OUR NEW WAY HOME

This year at New Way, we've seen some incredible growth! The women worked hard to build strong foundations for their recovery, reconnecting with their values, and finding purpose in their lives and their futures.

I witnessed women gain confidence and practical skills through workshops including experiential workshops gardening, baking, and even putting together IKEA furniture (which, let's be honest, is no small feat). Women took part in personal development sessions and connected with WorkBC to figure out what job readiness looked like. Some took steps toward careers in healthcare, starting with care aide programs with the hope to eventually train to become a nurse.

Women committed to rebuilding relationships with their kids, their families, and their communities, whether local or more rural. A big part of the journey has been learning what self-care truly looks like in recovery. For many, that's meant slowly rebuilding trust in themselves, with the steady support of counsellors, doctors, and dentists. Accessing mental health care has helped them form new routines, and for the first time in a long time, begin to feel a sense of pride in looking after themselves.

Women began giving back, and being of service through volunteering by accompanying new women to appointments and meetings. Women took courses, began working part-time, a few jumped into community theatre, some helped others file taxes, and some took a brave step towards independent living by accessing a Chrysalis subsidy or transitioning to addiction housing.

It hasn't always been easy but the women at New Way remained committed. Through all the ups and downs, they kept showing up, growing, and building lives they can be proud of!

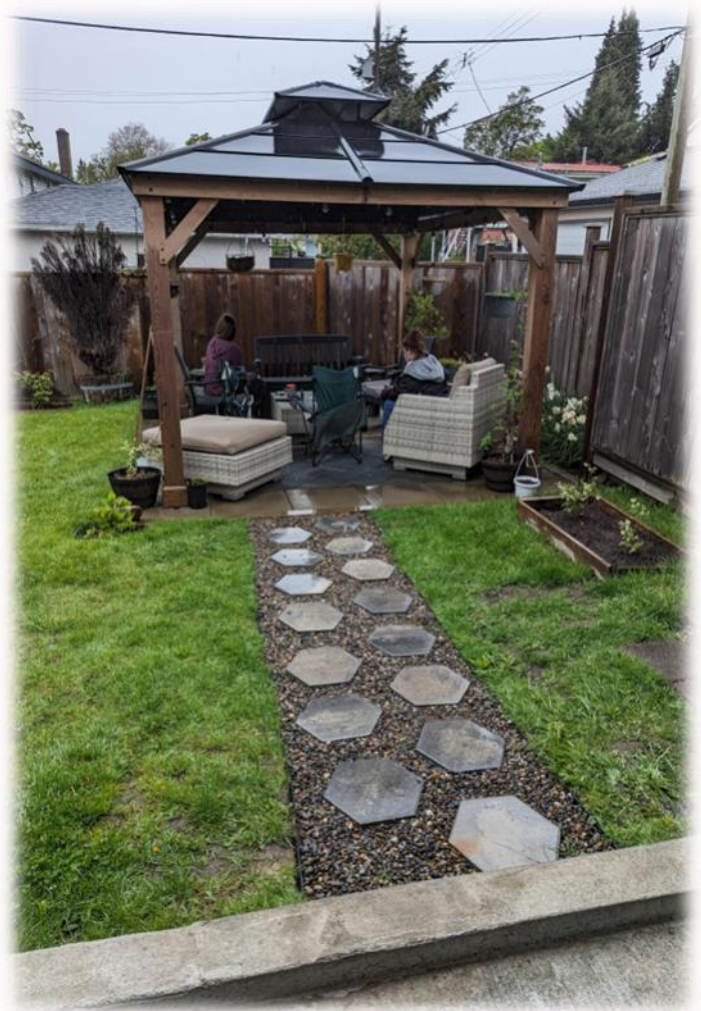
Betty Conroy (She/Her)
Client Care Coordinator

"In two days, I'll be celebrating one year of living independently in recovery, an exciting milestone made possible by Chrysalis Society's subsidy program. I'm over three years sober now, and in the past year, I graduated with great distinction from Brighton College's Office Assistant Certificate program. I have job interviews lined up and feel hopeful about returning to a career I once loved before addiction took over my life."

The subsidy gave me the chance to focus on education without the stress of rent, and that support has made all the difference. I live in a beautiful apartment near English Bay, close to meetings and my sponsor. I'm sponsoring someone, doing service work, and continuing to grow in my recovery."

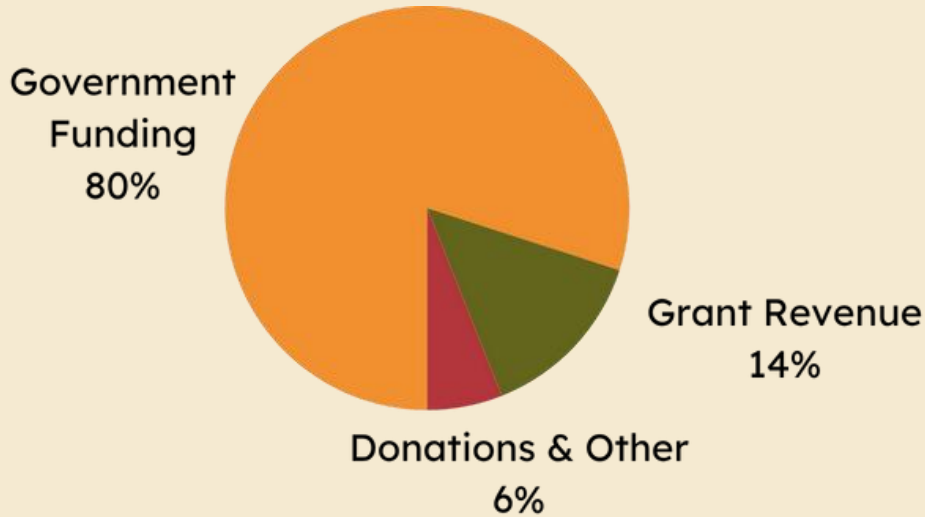
My next goal is to find a job and save to reunite with my daughter and family in another province—something I've been working toward for three years. The unwavering support from Chrysalis, especially Vicki, has helped me through some of the hardest days. Today, I'm sober, grateful, and excited for what's ahead."

- M.B alumna 06/25

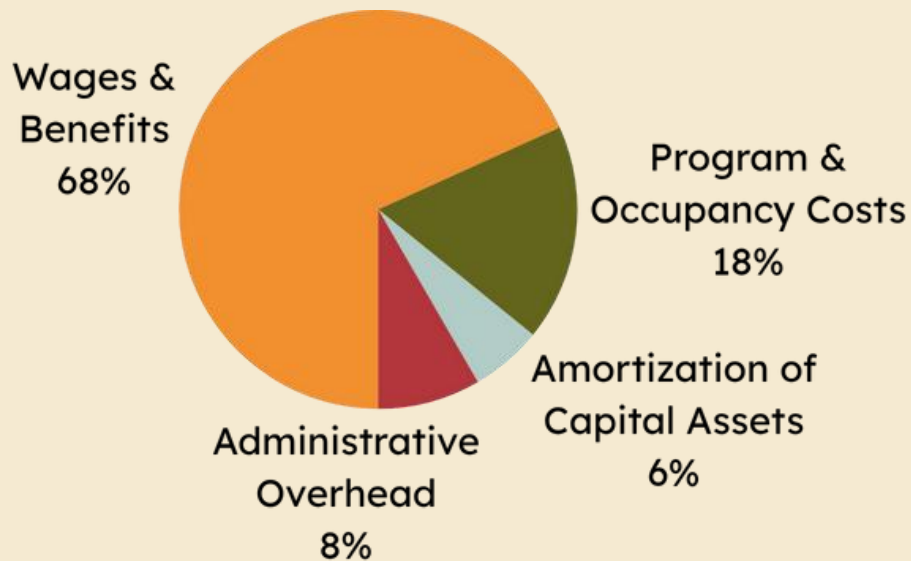


FINANCIAL OVERVIEW

REVENUE: \$1,284,194



EXPENSES: \$1,238,097



I have been fortunate to serve as the Treasurer of Chrysalis for the past 6 years. As my term on the Board comes to an end, I am pleased that the organization is on a solid financial foundation and that the funding we receive is being spent well in assisting marginalized women in need of a safe haven where they receive care from the dedicated staff of Chrysalis and have the opportunity to grow & experience transformation.

David Dunn,
Chrysalis Board Treasure

HEARTFELT THANKS

A heartfelt thank you to our core funders: *Vancouver Coastal Health*, and the *Canadian Mental Health Association*. Your support makes everything we do possible. Thank you to *BC Housing*, and *BC Community Gaming and the Ministry of Social Development*.

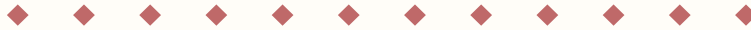
We're also especially grateful to the *Canadian Mental Health Association* for their continued funding of New Day, our Indigenous-led home. This ongoing support means so much to the women we serve.

A big shoutout to *Allison Downie, Eliane Michel*, and all the wonderful friends behind the *Annual Giving Back Breakfast*. Thank you for holding space each year with so much heart, and for standing alongside the women. It truly means more than words can say.

Thank you to *Music Heals Charitable Foundation* for supporting the women's music therapy program at New Dawn. Your generosity helps bring healing and connection through music.

Thank you as well to *Shoppers Drug Mart* for funding toiletry items for all our homes and for the thoughtful "welcome kits" they've provided for every woman arriving at New Dawn. Those small touches make a big difference!

Thank you to *TransLink* for continuing to provide transit passes for our clients at Chrysalis. Access to services across the community is vital, and those passes go a long way. And thank you to the *Canadian Women's Foundation* for supporting our audit and accounting needs this year, we truly appreciate it!



We're really touched and so grateful for *Emma, Tanvir, Harry, Reet & Purab* the Grade 10 students from *St. John's School* who chose our charity as part of their *Youth Philanthropy Initiative project*! They came fully prepared and asked great questions. Their presentation won the \$5000 grant for Chrysalis! We're honored and inspired by their support and commitment to create a stronger, more compassionate community!



HEARTFELT THANKS

To our individual, monthly donors and community supporters: your support, whether big or small, is deeply appreciated. Thank you for standing with marginalized women in recovery across BC!

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grateful



Chrysalis, the third of the four distinctive stages of a butterfly's life. The most fascinating, and the easiest to miss. It is the stage in which the caterpillar transforms into a butterfly.

CHRYsalis SOCIETY

• New Dawn • New Day • New Way •
Specialized Recovery Homes For Women

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We respectfully acknowledge the ancestral and unceded territory of the Coast Salish Peoples, including the host nations, xʷməθkʷəyəm (Musqueam), Skwxwú7mesh (Squamish), and Səlílʷatəʔ/Selilwitulh (Tsleil-Waututh) Nations. We acknowledge that their spirit, beauty, and strength rings loud and clear from the sea below to the sky above..