



adeara



2022–2023

Report to Our Community

We are licensed under the Mental Health Services Protection Act and accredited through the Canadian Accreditation Council.



Who We Are

Adeara is an accredited addiction recovery centre in Alberta for women. We provide faith-based, community-centred programming to women seeking to break the chains of addiction.

For Women and Their Children

We're proud to be one of Canada's few recovery centres accepting women and their children in Edmonton.

Treating the Whole Person

Adeara provides in-depth, research-based addiction treatment to treat the whole person: biologically, psychologically, socially, and spiritually.

Focused on Long-term Recovery

Our one-year (or more) program at our Edmonton facility is one of the lengthiest in Canada: this provides women with the time they need for a new start.

Support for Spiritual Restoration

We firmly believe spiritual healing is just as important as psychological, biological, and social healing. We trust in the spiritual, transformative power of the biblical Christ, who redeems, heals, and restores every single life.



Report from Executive Director

As I reflect on the last 12 months at Adeara, it is easy to let my mind go toward the challenges that we have walked through this year. As in many contexts, the losses we have felt can overshadow the wins we have experienced. Losses such as the departure of some key staff and board members due to a variety of reasons, the loss of a couple of thrift stores due to lower revenue compared to expenses, and even the pushback from the Sylvan Lake community. All of these significant challenges have forced us to pause and consider how to move forward. Quitting is never an option, even though discouragement and uncertainty can make you believe it is so.

As we celebrate 25 years of Adeara, I am reminded that this organization remains in operation because of the faithfulness of God through the many faithful supporters over the years, combined with the strength of the board and staff as they are determined to push through difficult barriers. While it's human to expect that there shouldn't be so many challenges by our 25th year, we remain committed to press forward toward our vision, and persevering no matter what comes across our path. The vision of changing lives remains the target we aim for. Perseverance in this journey reaps eternal rewards. The lives that have been changed have made all the barriers seem insignificant.

Each and every day, the residents of Adeara also face barriers that could keep them in their addiction. Yet, when they choose to face and press through those obstacles, they reap the rewards that life in recovery can bring.

So, instead of focusing on the challenges from this past year, I clearly see the lives that have been rebuilt and the relationships that have been restored. I see the community of support that has given generously with a passion to help those in need. I see an army of volunteers that has rallied around when work needs to be done and I see the faithfulness and protection of God, who's work we are doing!

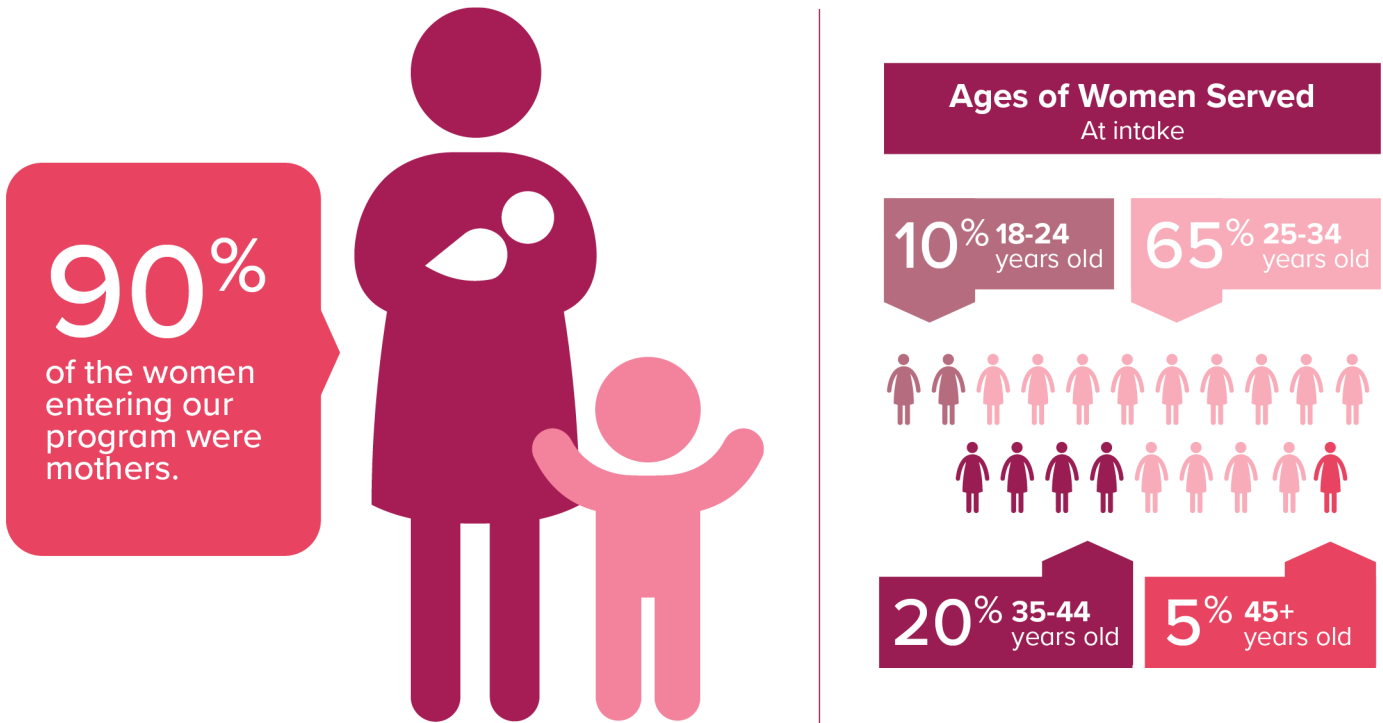
Thank you to each of you for your support this past year in helping us to see women in addiction live in freedom through a life of recovery. Recovery is possible and it is happening, one life at a time!

Lori Patrick
Executive Director

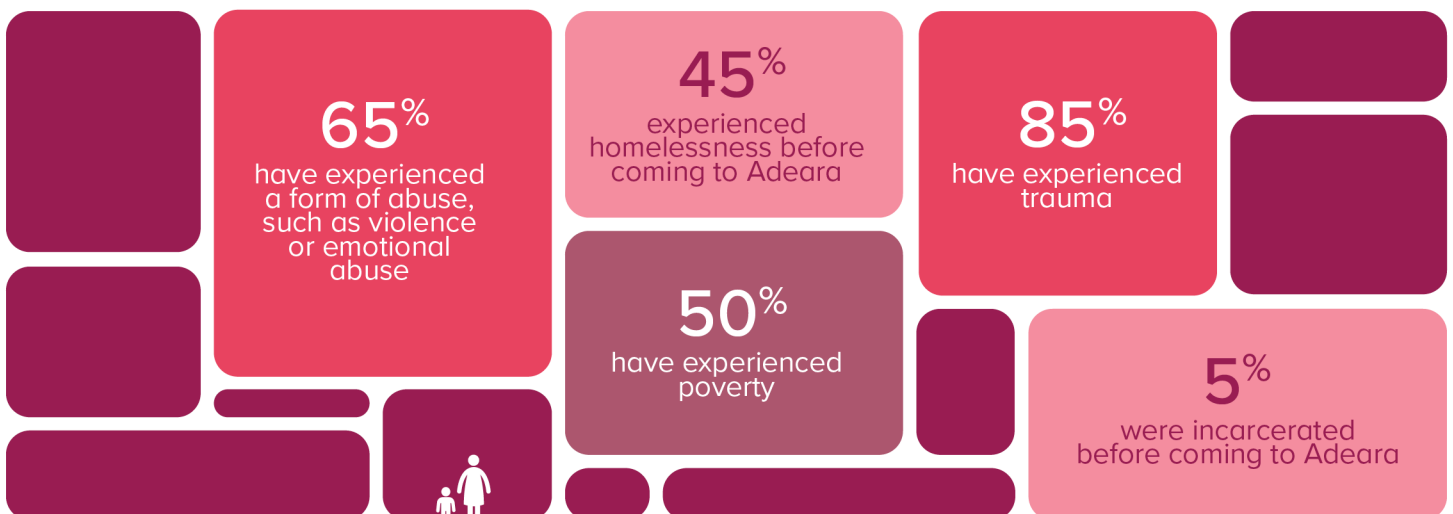
Our Impact 2022/2023

Rebuilding Families

90% of the women entering our program were mothers. Of this group of residents, 89% were given the chance to rebuild and restore the relationship with their children because of the commitment they made to the Adeara program and ultimately their recovery.

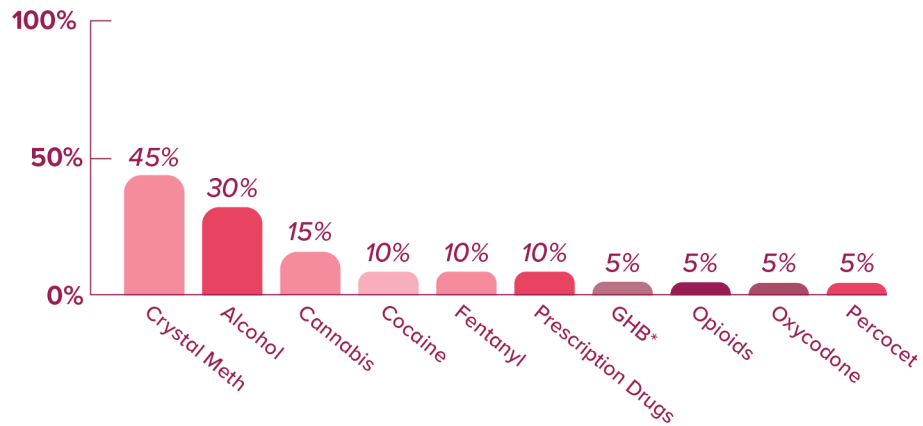


Barriers Clients Faced to Adeara: (20 women surveyed, data self reported by clients)



Clients served reported their following drugs of choice in addiction:

*Gamma-Hydroxybutyrate



Sustainable

In the last 12 months, we've seen again the strength and courage it takes for women to work through our program. We've also faced the reality that not all who come in, are ready for change.

20%



20% of the women in our centre this past year remained in the program for 3 to 45 days. Various obstacles and barriers sabotaged their early recovery. Some of these obstacles would be lack of readiness for change, misalignment with our program philosophy, being ill-prepared for the structure and/or lack of patience with the process. This reinforces the reality that although the need for recovery services is growing, unless a person is prepared to do the work, change will not happen. Long-term recovery and lifelong change take commitment and hard work. With this in mind, we have enhanced our intake process to ensure those women who enter the program are fully prepared for the process, cultivating a deeper commitment to recovery.

55%



55% of the women who entered our program this past year chose to fully engage. They are either still in the program or have transitioned and have remained in contact with Adeara either through participation in the Aftercare Group or other means of relationship.

25%



The remaining 25% chose to leave the program before completion and we no longer have contact. Seeds were planted and we trust that Adeara was part of their recovery journey.

Resident Reflections

Since addiction impacts every part of a person's life, our program is designed to bring healing and restoration to these same areas. The following statements demonstrate significant growth in the bio/psycho/social/spiritual elements of a woman's life.

Women in the program report that they:

- ✔ Feel equipped with community resources to support her recovery
- ✔ Feel better prepared as a mother
- ✔ Made progress on their treatment goals
- ✔ Are better able to manage their emotions
- ✔ Are better able to manage their trauma
- ✔ Feel better about themselves
- ✔ Have a better understanding of their addiction
- ✔ Feel better prepared to manage their mental health
- ✔ Were provided with skills useful for their recovery
- ✔ Feel physically healthier
- ✔ They have an increased sense of hope for their future
- ✔ Many have committed their lives to Jesus
- ✔ Some have been baptized since coming to Adeara
- ✔ Most have seen their spiritual life grow

Our Team

Our Board 2022-2023

Chairman of the Board

Jesse Jervis

Vice Chair

David Cornock

Treasurer

Jayton Sontag

Secretary

Shauna Yohemas

Directors

Andrew Lee	John Powell
Fraser Genius	Natasha Varma
Erica Kalke	

Leaving the Board

We are so thankful for the time and effort these board members have dedicated to Adeara Recovery Centre. Each of them have made a remarkable impact on our centre, and in turn, the women who receive our care.

We pray for God's blessing as these members move forward to other areas of opportunity where they can put their skills and passion to use.

John Powell, Director – 2020-2023 (John sadly passed away January 24, 2023 after a courageous battle with cancer)

Erica Kalke, Director – 2019-2023

Andrew Lee, Director – 2020-2023

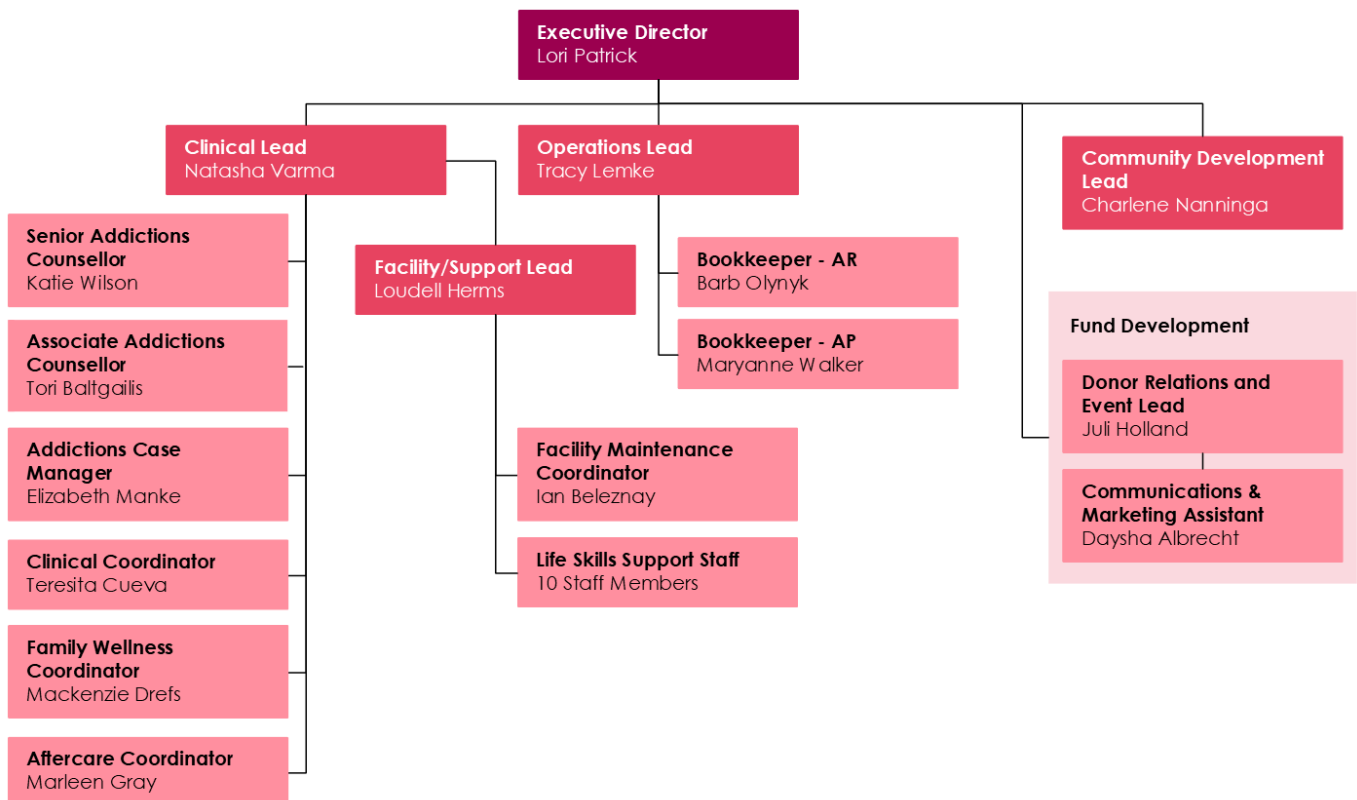
Natasha Varma, Director – 2021-2023

Proposed Board

Tammy Ward – Director, 3-year term

Tammy has a mission to support leaders in their growth and create cohesive teams by understanding how people interact. She joined ATB Financial in 2013 where she has held various roles in People & Culture leadership and now IT. Tammy's heart lies with both people and technology, striving to build strong and inclusive teams.

Organizational Chart



Report from Chairman of the Board

For the past 25 years, Adeara has been working to see women in addiction experience freedom through a life of recovery. This past year we continued to impact lives and see women grow and move along their journey toward recovery.

Financially, the Lord continued to bless Adeara this past year. We saw so much support from individuals, families, businesses, foundations, and churches. Our words cannot express our gratitude for this generosity and investment.

More Than a Fad Southside saw amazing success and was able to start providing funds toward Adeara's operations. With a heavy heart, we closed both the Westpoint and Kingsway locations. We had high hopes, but due to the continued lack of revenue, it was decided that we would focus on the Southside location. It is through MTAF that we are able to provide a work experience program to our residents in an effort to help set them up for success. We are excited to see what is in store this next year as more people become aware of MTAF and the impact that it contributes toward.

Several projects are in development right now that will allow us to improve each resident's experience as they transition between phases and allow us to serve more women and their children. We are excited about this next year as we continue to ensure that Adeara has the necessary space and resources to equip women to live in sustainable recovery.

Thank you for your continued support as we work together to make a difference in the lives that come through both the doors of Adeara and More Than a Fad.

Jesse Jervis
Chairman of the Board



It all started in a little pink house.

On July 15, 1998 Adeara first opened its doors to women in crisis in downtown Edmonton. The founders Harry and Ellen Baur and Bruno and Hertha Buchstein, together with the Inner City Mission Board, recognized a critical need for a residential program to assist women and their children to come out of abusive relationships, trauma, and substance abuse.

With the help of volunteers and a few staff, a little house on 96th street was donated, renovated, and became a place where women could find safety, healing and for many of them, a family for the first time. The house would become affectionately known as "The Pink House" because it needed a paint job and pink paint was donated.

What began as an outreach of the Inner-City Mission, grew to become the Edmonton Dream Centre and now Adeara Recovery Centre 25 years later. Over 650 womens lives have been impacted, not to mention the children and communities that have been touched as well.

When asked what it was that kept them motivated to continue the vision throughout the years. Bruno's response said it all: *"When you see lives changed, that's when you realize it's all worth it."*



Resident's Story

I don't come from a history of dysfunction and chaos. I have countless memories of cheerful holidays; every birthday was extra special; and being the youngest sibling, my Dad teared up when I moved out on my own for the first time.

I just never felt normal, or like I fit in when I went to a Catholic school, as I was never baptized. I feared God, so I was always trying to be extra 'good' to make up for not being 'a true child of God.' I never thought God was bad, and I never hated God, but I never turned to him for comfort. I accepted this at a very young age and detached from roles, relationships and friendships, so I could avoid being hurt when I remembered I would never reach the sort of greatness my baptized peers were destined for. I entered adolescence with a large gap in my spirit.

I will never forget the power and hold alcohol took on me the first time I drank it when I was 14 years old. I remember thinking 'wow, this is what I've been looking for'. For the first time in my life, I wasn't anxious or concerned about pleasing everybody around me. That empty space inside of me was finally filled! I felt in charge of my life, and I was a force to be reckoned with. I continued to drink for many years seemingly unscathed. I was holding down a job, paying rent and bills. I was completely unaware of how much my consumption was increasing. My behaviour, along with the company I kept,

was becoming more and more dangerous. The underlying depression I felt for so long was becoming harder and harder to outrun.

In my early twenties, I became pregnant with my daughter. I was healthy throughout pregnancy, but after I gave birth, postpartum depression magnified the pre-existing depression within me. I couldn't do anything but cry. One night while sitting alone, I thought to myself that because I wasn't nursing, I was going to have a beer. I was 14 all over again. I finally stopped crying and enjoyed the time to myself. At the time, I had a husband, and a young child, and was running out of excuses to drink socially, so I started doing it in secret. Hard alcohol was easier to hide in a drawer or purse. Passing out at strange times of the day, driving drunk and the depression continued to grow. The woman everyone knew was slipping away.

I grew tired of the way I was living and made an attempt to take my own life. I woke up in the hospital after a day or so and was instantly overwhelmed by sadness for having failed. The emotions amplified when I realized no one was at the hospital to see if I would even wake up. The plans for my next attempt on my life quickly became the motivator to get out of the hospital to finish what I had started. By the grace of God and to the astonishment of medical science, I



"Asking for help is neither a sign of weakness nor a sacrifice. I was weary and with God's mercy, I was given rest."

somehow survived the second attempt as well. Even though my drinking and depression continued for many more years, I began to wonder if maybe there was a bigger plan for me.

I began attending AA but I was still reluctant to quit drinking, and alcoholism left me with that familiar feeling of not being good enough. My daughter's father and I were no longer together, and it was no longer safe for my daughter to be alone with me. He gradually took over the role of 'primary parent' as I wasn't fooling anybody anymore. Signing over custody so I could no longer endanger my child was the most loving and also devastating thing I have ever done. I lost everything and still, nothing made me want to change. As long as my next drink was in sight, nothing else mattered. I didn't care if I lived or died.

One night, after consuming an entire bottle of medication and drinking alcohol, I wandered out into the -35 weather. My best friend was not about to let me become 'another statistic' and called an ambulance. Shortly after that night, I was admitted into a detox program in critical condition. While it was not my first time in a detox program, it was the first time I felt motivated to change. I completely surrendered to what I now believe was a spiritual experience. I applied to treatment programs and checked on the status of those applications

because my life depended on it. Shortly after being released, I got a call from Adeara, and was walking through the doors a few days later.

The structure at Adeara was such a big change for me. The bond between the other residents and I grew very quickly, and I began to trust that everyone here wanted what was best for me. I was able to process the worst times of my life and the not-so-great things I had done. I was never judged or criticized. Any other time I tried to get sober, I always believed I wasn't worthy of love and all this madness was punishment for failing as a mother. Now I can see that my addiction was a bigger beast than I could have ever imagined, and it did exactly what it set out to do: steal, kill and destroy.

Recovery has mended so much heartache and re-established relationships with my parents, brother and sister, who mean the world to me. I am still working towards reconnecting with my daughter. I struggle with my faith at times and have moments where I try to take my will back and be the one in control. Thankfully, God is patient and lets me have those moments so I can keep learning and reminding myself that asking for help is neither a sign of weakness nor a sacrifice. I was weary and with God's mercy, I was given rest.

Krystle, Adeara Resident

Program Update

In this last quarter, I commenced my position at Adeara as Clinical Lead. While this position is a new role for me, I have had prior experiences within the organization which have equipped me for my current role as Clinical Lead. From 2017 – 2020, I worked as a Psychologist, providing individual and group therapy for our clients, and I also served on the Board of Directors from 2021 till my commencement as Clinical Lead. Working on the frontline with clients and also as a member of the Board, has given me insight into the day to day work of the organization, and also the overarching vision of the organization. It is these perspectives that I have been working to integrate in my current role, as I provide leadership for the Clinical Team and oversee the continued development and implementation of our recovery program.

Over the past few months, my focus has been on bringing more intentionality and consistency to each aspect of our bio-psycho-social-spiritual program. We have been working to more clearly align each aspect of our program to our recovery model, as well as the overarching mission of Adeara. This alignment is necessary in each stage of the process – beginning with the intake process, into our one-year residential program, through the transition out of the program, and

then into our Aftercare Program. Through working with some of our longer-term clients currently in our program, we have begun to identify the need for a more thorough transition phase, out of our residential program, into independent living. The additional support we have begun to provide our clients in this phase, has already made a significant impact, as we aim to more deeply equip our clients to live in recovery, well beyond the scope of our program. It is my hope that as we seek to be intentional in the programming we provide, we will more effectively fulfill the mission of the organization, and truly allow women to experience the abundant life God has for each of them, as they continue to pursue lifelong recovery.

It truly is an honor to serve the women and children at Adeara who place their lives in our care. For the past 25 years, we have been dedicated to seeing women in addiction experience freedom through a life of recovery. I am excited about the possibilities that are ahead for the organization, as we move forward throughout this next year.

Natasha Varma, R Psych.
Clinical Lead





Looking Foward

As we focus on the coming year, attention is being given to our Strategic Priorities. As we strive to help more women find freedom in a life of recovery, we are committed to:

1. Exploring Program Enhancement Opportunities
2. Elevating Organizational Culture
3. Ensuring Financial Stability
4. Enhancing Organizational Infrastructure

We recognize that every part our team is essential in achieving our vision and mission. The Adeara team consists of our staff, the board, volunteers, donors and community supports. Each person plays a vital role! Together, we can see recovery lived out and lives changed. That's why we do this work! Each day we're getting better and we're getting stronger. As we continue to deepen our roots, we look forward to widening our reach.

More Than a Fad Thrift Store

The past year More Than a Fad has continued to increase its awareness and reach across the city. While unfortunately our Westpoint and Kingsway locations closed this past year, our online and e-commerce presence have continued to grow and reach a broader demographic. Through platforms such as Poshmark and Facebook Marketplace, our online market has expanded our exposure and increased our client base and store revenue. Through this expansion, More Than a Fad has increased the merchandise available for customers to purchase, engaged new people with the work Adeara does, and advanced the discussion of addiction recovery across communities.

Behind the Scenes

With the mission to raise more funds and awareness for Adeara, More Than a Fad strives to be “more than” in all our efforts. The team is grateful for the opportunities to partner with the community and make Edmonton a better place for all. Each month, new individuals apply to volunteer and are quickly welcomed into the More Than a Fad team, which comprises of almost 100 volunteers with over 6,400 volunteer hours logged in the past year.

Employment Readiness

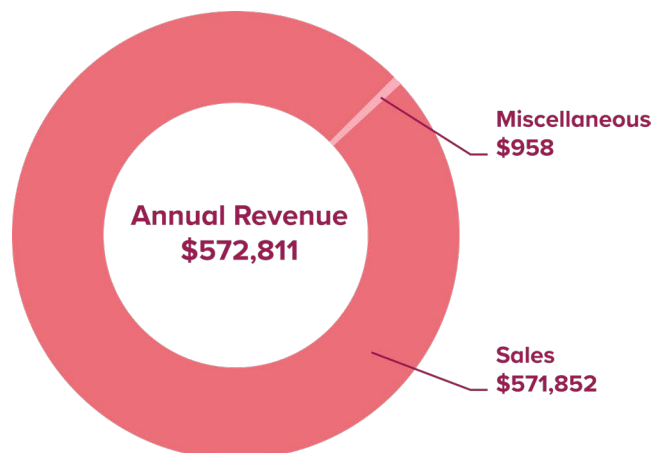
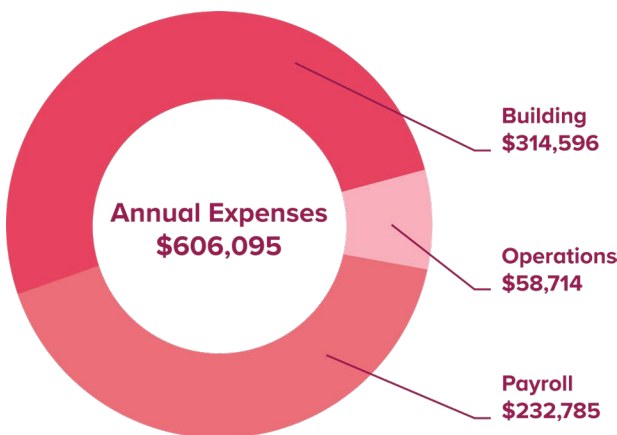
In 2022/23 More Than a Fad continued to partner with local organizations such as the Winnifred Stewart Association, Centre for Autism Services and NorQuest College. Through these partnerships, individuals gained work experience through volunteer work at More Than a Fad. By providing work experience for community

members, we hope to empower them and increase their employability so they can experience better independence and quality of life.

Similarly, an Employment Readiness Program for the residents of Adeara has been incorporated into Adeara's programming. The women from Adeara learn retail employment skills through working at More Than a Fad and develop their confidence in the workplace. We are proud to report that through this Program, we have been able to hire a few of the women who have completed their time at Adeara. This opportunity provides them with an income and a safe work environment to become independent as they step back into the community. We are excited to continue growing and strengthening this program into the new fiscal year.

Finances & Looking Forward

We are encouraged by the increased awareness and reach of new customers that has generated more store revenue in More Than a Fad's third year of operation. The expenses that resulted in operating three stores became no longer financially viable, so we regretfully made the decision to close two of our three locations. During this time, the Southside location saw a steady increase in new customers and revenue. We are confident that we will meet our financial goals as we continue to grow our customer base at the Southside store. We regularly hear our customers applaud and support our cause, making them feel confident when shopping and donating to More Than a Fad. We welcome and appreciate any exposure by our existing community of support.



6,400+
volunteer hours
contributed



**more
than...
a fad**

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www.morethanafad.ca



@more.than.a.fad



41
Jumpers

\$97,076
Raised



Walking into Adeara as a client is a leap of faith: it requires complete surrender.

10th Annual Leap of Faith Skydive

June 16th, 2023 was our 10th and final Leap of Faith! This year, 41 jumpers took the leap and raised \$97,076.88 for women in recovery! Included in those jumpers were 5 Adeara Alumni who chose to raise funds and support the very place that saved their lives years prior. Huge thank you to SureFire IT, Wall Coffee Roasters, and P Treats by Patsy who fueled us with delicious food and beverages throughout the day. It was a celebratory time as we gathered together in community, heard stories of transformation, and watched as the jumpers floated down from the sky! Our Top Individual Fundraiser this year was Donna Mondor, who teaches Art Therapy on Saturdays at Adeara. She alone raised \$7,210.50! Our Top Fundraising Team was 'Team Wiens', consisting of brother and sister duo Ryan and Kariss Wiens. Together they raised \$9,735! Over the last decade, 200+ brave individuals have taken the leap, raising over \$650,000!

Our Supporters



Evening of Dreams Gala

On Friday November 4, 2022, we gathered for the first time in three years to celebrate Adeara's 10th annual Evening of Dreams Gala. Together, we learned how each of us have an instrumental role in ensuring that more women have access to recovery.

This year's theme, "Together we're brilliant," communicates the strength we have as a community when we walk alongside women and children in their recovery. Addiction thrives in chaos, and the opposite of chaos is connection. Together, we can build strong communities for these women as they live out their recovery.

For the first time, we auctioned off 10 floral bouquets - "Arrangements of Hope" - made by the residents of Adeara in a professional workshop led by Swish & Co. Much like the raw, unfinished flowers at the beginning of the workshop, women often come to Adeara in pieces. Day by day, they begin to form something new and beautiful. These bouquets alone raised a total of \$17,300.

Together we raised \$200,000 at this year's gala, through our 'Arrangements of Hope', the live and silent auctions, the bucket draws, the 'Needs List', monthly support, and the generosity of anonymous matching donors.

Special thanks to Matt and Amanda Kassian, our emcees for the night and long-time Adeara supporters. The Seen Ministry team for putting hours of work into the vision, design and execution of this event. Lesley Smith and Lerena Greig who both shared powerfully about the significant needs Adeara is meeting in our city. We look forward to gathering on October 20, 2023 to celebrate the stories of transformation that have taken place over the past 25 years.

Our Sponsors



412
Attended
\$200,000
Raised





187
Walkers

26
Teams

\$60,156
Raised

3rd Annual Coldest Night of the Year

We hosted our 3rd annual Coldest Night of the Year walk on February 25th, 2023. CNOY is a national event, held every February, where families and community members can walk to raise funds and awareness for those affected by homelessness, hurt and hunger in our community. This year 26 Teams, made up of 187 walkers, braved the cold and raised \$60,156 for the residents of Adeara! Special thanks to our Lead Sponsor, Ascend Psychology Ltd, and Route Sponsor, Flare Mortgage Group. Thank you to P Treats for making custom cookies; Starbucks for fueling us with hot coffee and treats; Right At Home Edmonton for providing Hot Chocolate; and Hope City Church for allowing us to host our event at their Millwoods campus, along with preparing and serving a hot meal to all of our walkers upon their return. We hope you'll join us next year on Saturday, February 24, 2024.

Our Supporters



Our Community

Volunteers

Our volunteers are invaluable to the work accomplished at Adeara and More Than a Fad. As COVID-19 restrictions began to lift we were thrilled to welcome more volunteer opportunities at the recovery centre. This year, we had 124 volunteers facilitating classes, leading devotions, serving on our board, and supporting our events for a total of 1,144 volunteer hours. That's in addition to the 6,400 hours served at More Than a Fad. Thank you so much to each person who has served Adeara so selflessly!

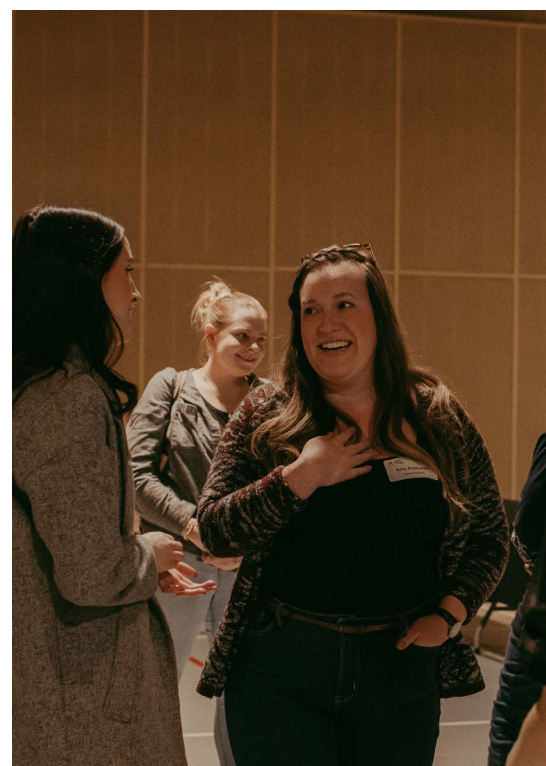
At the same time, we have been able to grow opportunities at More Than a Fad thrift store. Our team of volunteer cashiers, donation sorters, pricers, and cleaner-uppers are the people who make the wheels turn at our store, and we couldn't do it without them. We are excited to continue growing our team of 90 volunteers to 100 and beyond! You can find opportunities to serve at morethanafad.ca/volunteer.

Needs List Supporters

Giving financially or with one's time isn't the only way to support Adeara. Every month, Adeara updates adeara.ca/needs with a list of items needed at our centre. And every month, we are blessed by individuals who step up and fill those needs. Thank you to the 40+ givers who gave to Adeara's needs this fiscal year.

"I'm a previous resident and have almost 9 years in recovery. I have been teaching the Staying Sober class for 2 years. I volunteer because I enjoy giving back my time to the current ladies at Adeara. I'm grateful that I can help them learn the tools needed throughout recovery."

- Amber, Adeara Volunteer



1,144+
volunteer hours
contributed



A big thank you to the following community members...

- Leftovers Foundation provided quality grocery donations weekly for our clients.
- Edmonton Food Bank gave Adeara food for our clients.
- New Sarepta Busy Bees gifted each woman and child at the centre with a hand-made quilt.
- Shopper's Drug Mart, Growing Women's Health campaign raised a total of \$11,000 for Adeara.
- Seen Ministry contributed several hours of work into the vision, planning and execution of the Evening of Dreams gala.
- P Treats created incredible custom cookies for several of our events.
- Tiny Tots Daycare supported our women with sponsored dinners and other fun activities.
- Wall Coffee Roasters sold Adeara Recovery Coffee and donated a portion of all sales to Adeara.
- Kids on Track hosted an appreciative Mother's Day event that our resident mothers attended.
- Vertical Roots donated fresh local grown lettuce to our clients.
- Chartwell Hawthorn Retirement Residence provided wrapped presents for the children at Christmas.
- All One Jewelry provided the residents with immediate needs such as kitchenware, hygiene items and cleaning supplies.

...And to all the others who made this year special. We appreciate each of you!

Our Supporters

We're grateful for the faithful support of the following:

- Bean Family Foundation
- Bethel Christian Reformed Community Church
- Beulah Alliance Church
- Blessings Foundation
- Champion City Church
- Eaglemont Christian Church
- Ellerslie Road Baptist Church
- Gospel Centre Church
- Hope City Church
- Jireh Industries
- Leder Charitable Foundation
- North Pointe Community Church
- Raymond James Canada Foundation
- Saints Church
- Sherril Bohn
- Southside Pentecostal Assembly
- The Park Pentecostal Church
- WFG Charitable Trust

Special thanks to:

- Nudge Creative
- g[squared] Marketing
- Journey Cafe
- Safeway Pharmacy
- SureFire IT Solutions Inc.
- Vimark Solutions
- Regent Signs
- No Period Without
- WOW! Factor Desserts

Grant Funding

- Mental Health & Addiction COVID-19 Community Funding Grant
- Edmonton Realtor's Foundation
- Canada Summer Jobs Wage Subsidies
- Saint John's Legacy Foundation

Thank you to all the individuals, businesses, churches and foundations who invest so generously in the lives of Adeara's beautiful women. Your kindness has made an eternal impact.





Emily's Poem

Sometimes I don't want to be who I am. I'd like to be someone I can better understand.

I sometimes feel I cannot be my real self. Often feeling forgotten, disregarded and shelved.

What would be easy? To lie and to hide, to ignore who I am deep inside?

Yeah, that would be easy, you've done it for years. But for anger, resentment, betrayal. Fears and tears.

Was that a life happily lived, do you think? Teetering self abuse, suicide and success on the brink?

That's not what was in mind. Could success be something that I may find?

But life's been so hard, is that what I deserve? No time better than now to grow and relearn.

Believe that my future, if I try, will be bright. There is fulfillment and joy on the horizon in sight.

I am happy I'm me, I will allow myself grace. I'm beginning to fit in, stand out, learn my place.



Financial Year Summary

2022- 2023

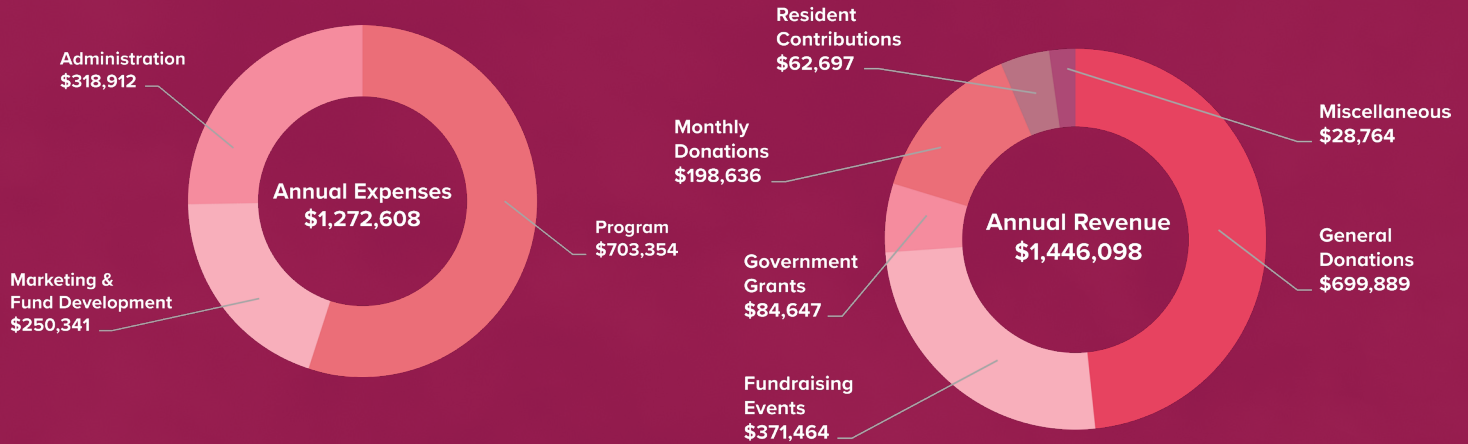
After getting through over two years of the COVID-19 pandemic and seeing restrictions lifted, 2022/23 allowed us to shift our focus while remembering what we have learned. Financial stability is always important but became key to seeing Adeara through the pandemic. We were very fortunate and grateful to receive government support but the generosity of our donors ensured we would continue and make it to year 25.

To continue for another 25 years our focus for the past year has been financial stability. This includes building consistent and reliable revenue streams through donors and fundraising events to increase awareness. It was wonderful to gather in person again at the Evening of Dreams and amazing to see so many people come out and support Adeara. Hosting large fundraising events became very challenging during the pandemic but are crucial in raising awareness and financial support. We were also able to have the Leap of Faith for the tenth year and participate in the Coldest Night of the Year for the third time. We are very blessed for the continued support generated from these events.

Financial stability also means managing expenses which has become increasingly important with the current inflationary pressure. This meant the More Than a Fad thrift stores went through some changes this past year as we had to adjust our expansion strategy but we are excited for the future and the support and awareness created for Adeara. We have invested considerable time ensuring every dollar spent generates the best opportunities for Adeara to serve the community and make a difference in mental health and addiction.

Looking forward I am very excited to see what God has planned for Adeara and I want to thank you for your continued support. We would not be here without generous donors like you.

Jayton Sontag,
Board Treasurer



growing forward

Upcoming Events

Evening of Dreams – October 20, 2023

Purchase tickets at adeara.ca/EOD

Coldest Night of the Year –
February 24, 2024

Donate, walk, or start a team at cnoy.org/edmontonmillwoods



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