ANNUAL REPORT

2025–2026



adeara

SERVING WOMEN IN RECOVERY SINCE 1998.

Adeara is one of the few centres in Canada that provides comprehensive, long-term addiction recovery programming for women with children. Grounded in our faith and continued belief that lasting change is possible, we've made ongoing care a priority, supporting women through a minimum one-year program and beyond.

Whether it's our transition house, parenting support or spiritual development, we are dedicated to helping women through more than our live-in program. We are committed to seeing them thrive in sustained recovery long after.

22
Women served in our live-in Recovery Centre

3
Families housed in our new long-term Transition House

155
Applications received from women seeking care at our Recovery Centre

18
Children housed in our Recovery Centre and Transition House

Alberta Government

Adeara's Recovery Centre is licensed under the Mental Health Services Protection Act and accredited through the Canadian Accreditation Council.

LETTER FROM OUR EXECUTIVE DIRECTOR

"...The assumption [we often make is] that anything worthwhile can be acquired at once. We assume that if something can be done at all, it can be done quickly and efficiently."

- Eugene H. Peterson, A Long Obedience in the Same Direction

We are conditioned to think this way. I am often asked about the success rate of our program: success in many sectors is measured by increased efficiency, output and pace. When this efficiency mindset is applied to recovery, the numbers don't seem to measure up.

For a client with severe addictions who has come from generational addiction, success is relative to her circumstances, cognitive capacity and trauma. For those of us that have not experienced any of these challenges ourselves, we often take our own personal markers of success, or success from a societal perspective, and try to apply it to clients' lives. But this does not account for the difficult work a client must do every single day in her recovery, which many of us would not be able to do ourselves.

If we adopted the world's view of success, the long work of recovery may appear to fall short. The deep, internal work that a woman in recovery commits to is often unseen and dismissed if a relapse occurs, leaving us to believe recovery is impossible.

Fortunately, Adeara's perspective is founded in Christ. The gospel message is good news for all of us. It tells us that success is a life transformed, which is a slow shift, a daily commitment to staying the course. Each woman in our program is a daughter, a mother, a sister. And what she needs is not a quick fix, but continued support as she grows into who God made her to be.

Growth may look like a client willing to face her traumas while remaining sober, or a client deciding to put her child's needs first—a decision not possible when she was in active addiction. Success is a client choosing to take responsibility for how her addiction has harmed others after years of denial and blaming others. These instances are tremendous moments of growth in the recovery journey, but they don't instantly translate to long term sobriety, which is what is often deemed as "successful".

Daily steps, over a long period of time, do lead to change, but the journey is not as linear as we hope it might be. As seeds of truth are planted, fruit begins to grow over time. It is not scale, but consistency that leads to sustained behavioural change.

Adeara as an organization continues to evolve as we adapt our work to meet the needs of the clients we serve. We recognize that the journey is lifelong, and we are committed to staying the course.

We have a deep sense of gratitude for the community of support that has surrounded us this past year. Together, we are committed to walking with women as they are becoming who they were created to be. Thank you.

Lori Patrick
Executive Director



REPORT FROM ADEARA'S RECOVERY CENTRE

Live-in, Long-term Recovery Centre for Women with Severe Addictions

Adeara's Recovery Centre is a live-in recovery program with 10 furnished suites for women and their young children, 24/7 support staff and daily recovery programming. Clients can stay for a minimum of one year and receive professional individual therapy, relapse prevention education and addiction-focused coursework. Additionally, the centre helps clients navigate their personal faith, learn how to build healthy relationships with their children, and develop new life rhythms such as exercise, healthy eating and faith discipleship before transitioning into independent living.

This past year in our Recovery Centre has been one marked by the instability and chaos of addiction. While this has ultimately produced growth and a deepening of the program, it first challenged our understanding of addiction. We've seen the need to better support clients stabilizing in the early phases of sobriety so that they have a better opportunity to commit to long-term recovery.

The year started off strong with the opening of our Transition House, Labonte Manor, which allowed three of our long-term clients to transition out of the centre into the new subsidized independent living program. While the Transition House has been a tremendous support for these three clients and their families, the sudden absence of long-term, stable clients from the Recovery Centre left a massive gap. Long-term clients in the centre provide new and short-term clients stability, hope, and an example of lived experience from their peers. The clients become a cohort of support to each other, which helps new clients persevere through the challenges of early sobriety in the initial days in the program.

Without long-term clients to support hope and stability in the centre, Adeara experienced above-average turnover in the program: of the 22 clients that our Recovery Centre served this fiscal year, 11 of them left within the first 100 days of programming, which is largely during the initial stabilization period. This repeated loss forced us to deepen our understanding of the acute needs clients are navigating when the treatment process first begins.

Of the women who entered our Recovery Centre this period, the average age at application was 34 years old and the average age of first substance use was 15 years old. **This means most clients have been using substances for approximately 20 years by the time they apply to our program.** Albeit, not necessarily using substances consecutively throughout this time, as most clients have had multiple past efforts at sobriety prior to applying to Adeara.

At the point of applying to Adeara, a client's substance use has progressed to severe and become completely unmanageable, taking over every area of her life. As substance use progresses, the drugs become more potent and lethal, trauma and loss worsen, health deteriorates, legal issues escalate, and the negative impact on children compounds. This is typically the starting point for clients who enter our program, and the journey towards sobriety can be tumultuous.

The pain of all the past hurts and mistakes, which was avoided in addiction, is at the forefront of a woman's mind as soon as sobriety begins. This can be very overwhelming to face. Our Clinical Team works hard to balance a client's readiness to face the pain and trauma with stability in her newfound sobriety. Often, a woman's desire to rush the process of facing the pain can overtake her, resulting in being flooded with pain and trauma without adequate coping skills. When this occurs, clients become destabilized and resort to the coping mechanisms they know: substance use. This has resulted in clients leaving the Recovery Centre prematurely and returning to substance use this year, which has weighed heavily on our team.

While we work hard to avoid premature exits, encountering relapse is the harsh reality of treating addiction. While long-term recovery and healing is possible, many do not attain this. The journey towards recovery is not as linear as we would hope. It can take many programs, mistakes, relapses and changes before recovery can be sustained. While this can be disheartening for us as staff to see, we realize that the seeds of hope and truth that are planted during this process are not in vain.

The seeds we plant do not bear fruit right away, but often it takes a great amount of effort, time and nurturing before fruit begins to grow. We have shifted our understanding this year towards intentionally planting seeds of hope and truth for as long as we have clients in our care, giving each woman the best chance to remain in the program and experience freedom from addiction.

We have done this by deepening our spiritual programming, which offers the hope and spiritual freedom found in Christ. We have also sought out ways to help clients better stabilize in the first month of the Recovery Centre Program, such as allowing their physical bodies to heal while developing a stronger foundation of coping skills before tackling the difficult healing work ahead.

Our newly established Recovery Support Program has also been wrestling with these same complexities of addiction as it supports those who have prematurely exited from our Recovery Center. Through this program, we have been able to maintain relationships with clients beyond a premature exit, which has increased the likelihood that they will access services once they are ready to re-engage with the recovery process. For some women, this support offered in a time of great need has proven to be a lifeline to hope and recovery supports. We have just begun to see the potential this program has to continue supporting women at all stages of the journey—from addiction, to sobriety, to treatment, to long-term recovery. We are excited to continue developing the services of the Recovery Support Program in the coming year so we can better meet the vast needs of the women we are called to serve.

Despite the instability and chaos of addiction, we have used all these challenges to deeply reflect on and understand how we can deepen the support we offer to women and children. **While the destruction of addiction is great, we believe the potential for healing is greater.** Our team perseveres in seeking the best ways to support women who are looking to build a new life, and we will continue to walk with them towards freedom, planting one seed at a time.

Natasha Varma
Clinical Director





SAFE HOUSING

LIFE SKILLS DEVELOPMENT

INDIVIDUAL COUNSELLING & GROUP THERAPY

SPIRITUAL DEVELOPMENT

PARENTING SUPPORT

RELAPSE PREVENTION

TRANSITION INTO INDEPENDENT LIVING

EMPLOYMENT READINESS

WE INVITE YOU TO STEP INTO OUR CENTRE

The words shared in this video come from women who have walked through recovery at Adeara. Together, their stories offer a glimpse into what life inside our centre really looks like—the small moments of change, the hard work of healing and the impact recovery has on a mother's relationship with her children.

Addiction impacts every part of a person's life, and recovery asks for more than simply leaving substances behind. At Adeara, we care for the whole person, providing long-term support that prioritizes spiritual and social development alongside physical well-being and mental health.

Scan the QR code below or visit *adeara.ca/inside* to step inside Adeara and see what transformation looks like, day by day.



THRIFT WITH PURPOSE

As the new Thrift Store Lead, I am incredibly excited to join such a dedicated team of staff and volunteers. For the past six years, More Than a Fad has continued to grow and thrive, with each year building on the success of the last.

This past June, I had the opportunity to witness firsthand the remarkable support of our community during our anniversary sale. The event resulted in our highest single-day sales to date, generating over $15,000 in revenue. It was truly inspiring to see the overwhelming generosity of our donors and the incredible turnout of customers who came out to support More Than a Fad.

Looking ahead, More Than a Fad will continue to be much more than just a thrift store. We remain committed to raising funds and awareness for women in recovery at Adeara while serving our community by providing sustainable, affordable shopping. I am excited for all that lies ahead and look forward to the next chapter of growth and impact for both Adeara and More Than a Fad in the coming year.



Gabriela Orozco
Thrift Store Lead

$857,704
Total Sales

11
Community Events

9,527
Volunteer Hours

TOP FIVE DEPARTMENTS



Women's Clothing | **Furniture** | **Shoes & Accessories** | **Books, Games & DVDs** | **Home Decor**







more than ••• a fad

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Visit our website

A HOME BETWEEN

I was a resident at the Adeara Recovery Centre for a year and a half. During that time I learned a lot about addiction and mental health. I also experienced healing so profound it changed how I think about my past traumas, and helped me find self love again, after years of searching for it in dark places.

When I was ready to move on, I had a lot of concerns about what that would look like. I was worried about what types of people would live near me. If I'd be able to maintain the routines I built in Adeara. Who I'd talk to when I needed advice. How would I ensure that I wasn't isolating or hanging out with the wrong people? Would I be able to continue to provide my daughters with everything they need, including a safe home environment, boundaries, my presence and guidance, and of course, love and affection? And the thing I was most concerned about, **How would I remain sober and in recovery on my own?**

Being given the opportunity to move into the transition house, rather than finding my own place right away, has helped me and my daughters transition into normal life after Adeara.

Some things I find helpful are having bi-weekly meetings with Lana (Adeara's Recovery Support Lead). It's nice having someone to check in with who can help me identify challenges before they become problems. I also have a curfew and rules I have to abide by, such as a visitor sign in form, which help me stay mindful and accountable about who I'm spending my time with. The first year after leaving treatment is always the most vulnerable, so knowing that everyone else in the building have also successfully completed Adeara's recovery program and continues to work on themselves helps me feel safe and secure in my home.

Since becoming sober almost 3 years ago, I have accomplished more than I could have ever dreamed of. Parenting courses, treatment centres, Adeara, and reuniting with my daughters. I can honestly say I am proud of myself, I am resilient, I am strong, I am an advocate for my children, I am determined, I am courageous, I am committed to growing, I am reliable, I am a loving mother, and I am worthy.

After years of addiction and recovery I am looking forward to going back to school in the fall, and working towards my career goals of becoming an ultrasound technician. Like any parent, especially one in recovery, I still face challenges from time to time. Balancing responsibilities, managing stress, and helping my daughters when they face challenges in their lives can be overwhelming at times. However, with healthy coping strategies and a strong support system I've been able to work through those issues without things escalating.

Looking back over the past 2 years and 7 months of recovery, I see God's grace in every step of my journey. **My faith gave me the courage to seek help, the strength to persevere during hard times, and the determination to keep working for a better life for my children and myself to this day.** I am so grateful to have been given the chance to continue working on myself in the transition house. It's the perfect next step that I needed after Adeara. I am so grateful for everyone who helped me get to this point and continues to help behind the scenes. Your help does not go unnoticed. My daughters and I are thriving because of Adeara and now the transition house, and for that I will forever be grateful.

— Client of Adeara's Recovery Centre and Transition House



"AFTER YEARS OF ADDICTION AND RECOVERY, I AM LOOKING FORWARD TO GOING BACK TO SCHOOL IN THE FALL AND WORKING TOWARDS MY CAREER GOALS"



GOLF WITH US

Held at The Ranch Golf and Country Club every June, our golf tournament unites golf enthusiasts and supporters for a memorable day of sport, camaraderie and philanthropy. Tickets go live early Spring 2027!

Join us for a tee at
adeara.ca/events



FUNDRAISE

You can make a meaningful difference whether you're organizing a community event, celebrating a birthday or taking on a personal challenge. There are countless ways to support women who are working hard to break the cycle of addiction.

Learn more at
adeara.ca/fundraise



SPONSOR

Partnering with Adeara through sponsorship is a strategic way to make an impact in your local community. Sign up for opportunities quickly or reach out to us directly!

Sign up at
adeara.ca/sponsor

COMMUNITY THAT SHOWS UP

This fiscal year was a remarkable testament to the power of community! Many individuals, businesses, churches and community groups rallied around Adeara's mission, helping women and children access the support needed to pursue lasting recovery.

Our two signature fundraising events, the Evening of Dreams gala and Golf Tournament, welcomed over **500 attendees** and raised an incredible **$366,072.97** in support! These events were strengthened by the partnership of 40+ sponsors, 30+ volunteers and many generous businesses that donated miscellaneous items to create memorable experiences for attendees.

This year also marked the launch of Adeara's Steps of Hope—a new community-led fundraising initiative that empowers individuals, businesses and community groups to host their own fundraiser walks in support of women and children impacted by addiction. We are especially grateful to the two courageous churches that embraced the pilot phase of this initiative, helping us learn, grow and refine the event so that it can become an accessible and flexible option to all!

Beyond Adeara's organized events, we witnessed unprecedented community support. **More than 25 community-led events** took place throughout the year, many with a fundraising component, generating **$31,484.82** for Adeara. These grassroots initiatives were led by individuals and groups who chose to champion our mission within their own circles, extending the reach and impact in ways we could never accomplish alone.

Collectively, this year reflects a growing movement of people who believe that recovery is possible and are willing to invest in making it a reality. This shared commitment continues to fuel life-changing programs that bring hope, healing and restoration to women and their children in our communities. Thank you for being part of this mission—your partnership is helping transform lives today while building a foundation of hope for generations to come.

Juli Holland
Engagement Lead



$31,484
Raised from community-led fundraisers

$366,073
Raised from Adeara-led fundraisers

WHY DO I GIVE TO ADEARA?

We asked you, our community of donors.

"Our church supports Adeara but I also wanted to continue supporting Adeara individually. There are so many lost and broken who live a very hard life and I really believe in the work you are all doing at Adeara to help bring healing and restoration to the lives of those in your care."

"We attended a gala and were inspired by the strength of the women. My personal mission in my own business is to help women become the best they can be so this fits with my mission in life."

"I heard about Adeara through More Than a Fad thrift store. Why do I give? Because it is rooted in faith with Christian principles. It is for women who are making a concerted effort to overcome addictions and create a new life for themselves."

"My friend invited me to a gala night. I loved how you provided some small practical ways I could support your work. To contribute to providing trhe things I take for granted ... to provide hope."

"I have a friend who needs the kind of hope Adeara offers. I've seen what addiction and despair can do to a family. You are helping women just like her."

"Adeara is one of the only addiction treatment programs that keeps children with their mothers and I believe that is incredibly beneficial for the family unit, and recovery as a whole. I have seen firsthand that the program works and the employees Adeara has are top notch."

"A few years ago I was actively involved in prison ministry. During that time, I realized that women are often treated like doormats, like the weak part of a family, community or even society, which often resulted in them looking for acceptance and respect in the wrong places and groups. I followed an invitation from Adeara to donate some much needed items for women, because God placed it on my heart to help struggling women change their life, one step at a time."

GRANTS

We gratefully acknowledge the following grant partners for their generous support:

- **Edmonton Civic Employees Charitable Assistance Fund**
- **Family funds at Edmonton Community Foundation**
- **Government of Alberta**
- **Realtor's Community Foundation**
- **Shopper's Life Foundation**
- **St. John's Legacy Foundation**
- **Starbucks Foundation**
- **WFG Charitable Fund**

COMMUNITY-LED FUNDRAISERS

Thank you to these incredible groups that led fundraisers for Adeara! To learn how to host your own, visit adeara.ca/fundraise.

- **APEX Fit Co.**
- **Bird Lief**
- **Candid Coffee Roasters**
- **Champion City Church**
- **El Mero Mero**
- **Ellerslie Baptist Church (Steps of Hope)**
- **Hillview Baptist Church (Steps of Hope)**
- **Kyung Sun Lee Benefit Concert**
- **Movement for Mental Health**
- **Rachelle McElheran Photography**
- **Shopper's Foundation for Women's Health**
- **Sort & Simple Professional Organizing**
- **Square 1 Coffee**
- **The Park Church**

COMMUNITY PARTNERS

Thank you for coming alongside Adeara in so many meaningful ways. Every contribution helps create a place where women can experience dignity, support and the opportunity to build a life of lasting recovery.

To our entire community of support: your monthly gifts, one-time donations, needs list contributions and advocacy have made a bigger impact than you know.

Thank you.

LOOKING TO MAKE A SUSTAINABLE DIFFERENCE?

Monthly donors support the day-to-day costs of our Recovery Centre, including 24/7 care, safe housing, life skills development, counselling, and relapse prevention. With your consistent donation, recovery supports become accessible to those who need them.

Become a monthly donor at adeara.ca/monthly.

A LIFE RECLAIMED

"At age 21, I turned to hard drugs, and that's when everything spiraled.

"The first time I tried cocaine, I knew I was addicted. I remember thinking, 'What have I been missing?' From that moment, everything changed.

"I lost my job. I gave up boxing. I was evicted from my apartment. Eventually, I was living in a drug house.

"Then I found out I was pregnant.

"My daughter was the light of my life. But not long after she was born, I fell back into addiction again.

"In April 2014, my daughter was taken from me through social services. That crushed me.

"By June, the reality of not being able to hold my baby, see her grow, or be her mother began to destroy me from the inside out. I felt trapped. Alone. Defeated. And in that place of despair, something in me shifted.

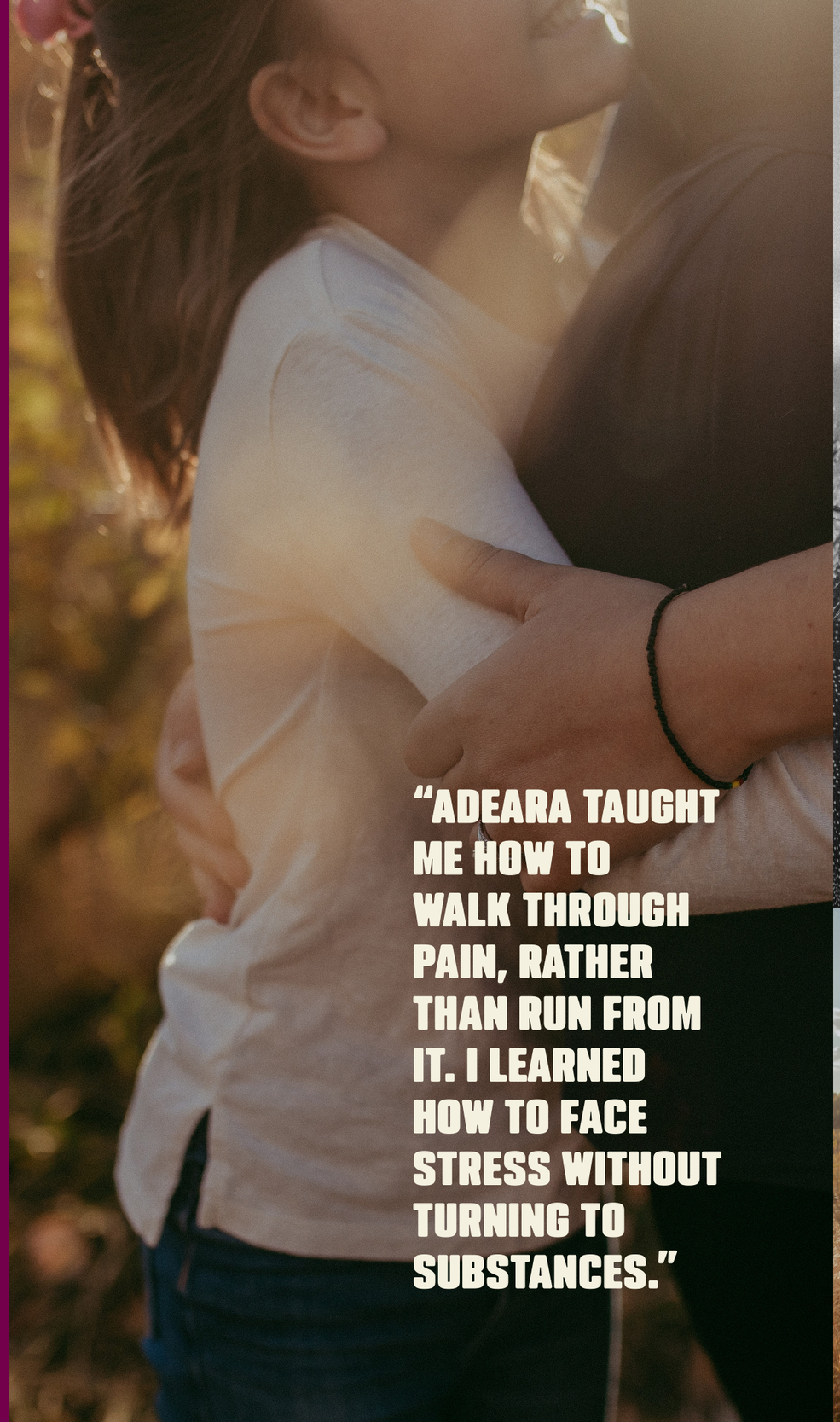
"I knew I couldn't live like this anymore.

"On June 20, 2014, I made the decision to go to detox. Six days later, I was accepted into Adeara. That decision changed everything.

"Today, I'm married, and we are raising a total of three beautiful kids together. Ours is a Christian home filled with love, grace, and stability—the kind of home I once thought I'd never have.

"You are not too far gone. You are not too broken. With God, recovery is possible."

Watch Amber's whole story at ***adeara.ca/amber***.









A MESSAGE FROM OUR BOARD CHAIR

As I reflect on this past year, I am filled with gratitude for God's faithfulness to Adeara and for the many people who continue to support this ministry through their service, generosity and prayers. It has been a year of preparation, progress and positioning the organization for its next chapter as we pursue our vision of seeing women experience freedom through a life of recovery.

Together, Board and leadership invested significant time in developing a new long-term strategic plan to guide Adeara's future. Grounded in our mission, the plan focuses on expanding our capacity to serve, strengthening strategic relationships, supporting sustainable recovery outcomes and continuing to mature as an organization. This work has provided important clarity on our priorities and the opportunities ahead, while ensuring we remain focused on creating lasting impact in the lives of the women we serve.

Perhaps the most significant milestone this year has been the work undertaken to position Adeara for its next chapter. Important progress has been made in exploring opportunities to strengthen our long-term sustainability and increase our capacity for impact.

This work is the result of the vision, dedication and faithful stewardship of many who have served Adeara over the years. We are building on foundations laid by past Board members, leaders, staff, volunteers, donors and supporters whose investments of time, resources and prayer helped shape the organization we are today. We are grateful to those who planted the seeds that brought us to this moment and for the opportunity to carry that vision forward.

We have been encouraged by the continued support of our broader community. Through financial contributions, volunteer service participation in events such as the Evening of Dreams Gala and Golf Tournament, and ongoing prayer and encouragement, our supporters continue to play an essential role in advancing Adeara's mission.

As we look ahead, we do so with optimism, humility and faith. We remain committed to stewarding the opportunities before us and building on the strong foundation established over many years. As Psalm 127:1 reminds us, "Unless the Lord builds the house, the builders labor in vain." We are grateful for His guidance and provision as we continue this work together.

On behalf of the Board of Directors, thank you to our staff, volunteers, donors, prayer partners and community supporters. Your generosity and commitment make a lasting difference in the lives of the women we serve. We look forward with anticipation to all that God has in store for Adeara in the years ahead.



Shauna Yohemas
Board Chair

FINANCIAL REPORT

2025–2026

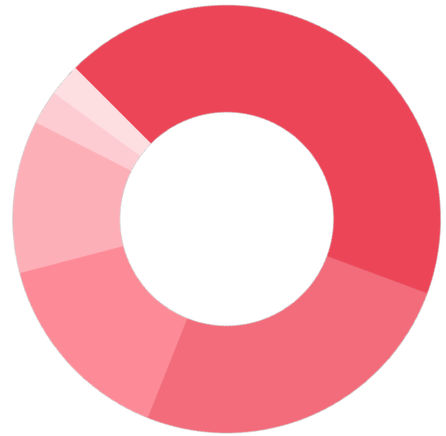
Revenue
$3,237,165

- **53%** **Donations $1,713,075**
  Donations & Campaigns, 62%
  Fundraising Events, 38%
- **27%** **Thrift Store Sales $857,704**
- **15%** **Grants $495,430**
- **5%** **Other $170,956**
  Resident Contributions, 31%
  Interest, 28%
  Transition House Rent, 22%
  Amortization, 15%
  Other, 4%



Expenses
$2,672,140

- **43%** **Program $1,153,095**
- **25%** **Thrift Store $678,118**
- **15%** **Fund Development $398,449**
- **12%** **Administration $307,841**
- **3%** **Amortization $68,516**
- **2%** **Transition House $66,121**



The above is a breakdown of Adeara's financial statements for the fiscal year of July 1, 2025 to June 30, 2026. See previous annual reports at adeara.ca/about-us.

LET'S STAY CONNECTED

COME TO OUR NEXT EVENT

Visit adeara.ca/events to find details about our next event.

VOLUNTEER WITH US

Visit adeara.ca/volunteer to see our current volunteer opportunities.

CONNECT ON SOCIAL MEDIA

Find us on Instagram, LinkedIn, Facebook and YouTube at @adeararecovery.

JOIN OUR DONOR COMMUNITY

To give monthly or one time through our secure portal, visit give.adeara.ca.

PRAY WITH US

Gather around our centre in prayer through monthly updates at adeara.ca/pray.

Supporting Women in Recovery

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