

*The Edify Centre*



[www.edifycentre.ca](http://www.edifycentre.ca)

# Who we are



**SONIA MCDONALD**

Facilitator ~ Counsellor



**BRIAN MCFADDEN**

Head Coach

# Our Centre



## CLASSROOM

For Workshops and  
community use

## GYM

A place to  
become  
empowered

## SUPPORT

A comfortable  
relaxed  
environment



311-A Broadway  
Orangeville, ON



## AWARENESS

We are creating a more  
resilient community



## INCLUSION

Everyone is welcome  
No wrong door policy



## CONNECTIONS

Find the resource that fits  
the need

# What we do

## WORKSHOPS

ASIST      safeTALK  
ASK      Substance Use  
Empathic Strain      Coping strategies  
Safe Surfing      Bullycide  
Self-Injury      Custom Workshops

## SELF CARE SERIES

Some workshops we offer are fun, therapeutic and just good self care  
The Broken Bowl      Mandala Rocks  
Zentangle Art      Vision Boarding  
Dream Catcher      Masks we wear

## COUNSELLING

We offer Counselling to all ages on a fee for service basis

## GROUP SERIES

We offer various groups to the community to assist in mental health awareness and healing.  
Anxiety series for youth      Adult support and education  
Coping Skills      Kids social-emotional support

## COMMUNITY USE

Our space can be made available for use.  
We have partnered with other business owners and community groups already

## PHYSICAL FOCUS PROGRAM

Boxing is such a focused and thought-provoking sport that it has proven to uplift mental health in many ways

## **We offer an essential service**

Recent research indicates Canadians' mental health is worsening due to rising cost of living. Canadians affected by inflation are experiencing:

- higher self-rated anxiety (33%)
- depression (32%)
- higher rates of recent diagnosis of a mood disorder since the pandemic (14%)
- higher suicidal ideation (31%).

*These factors are in turn making people cut back on their personal health expenses.*

*Mental health research Canada oct 2023*



# What we are seeing

## WEEKLY REQUESTS

4-6 calls per week seeking services

Crisis calls or walk-ins have increased to approx 1 per week

## CONCERNS

- Anxiety
- Depression
- Burnout
- Suicidal thoughts
- Addiction
- Financial Stress

## NEW CLIENTS

Of the 3-5 tours we give per week of the centre, 80% are wanting to access services  
-of that 80%, 30% realize that they cannot pay for services

*For every 10 clients in 2023, 4 stop paying and/or stop attending*

## WORKSHOPS

Many calls of interest for workshops and groups

Very few sessions have been facilitated as participants cannot pay

## FIGHTER 30/30

8 of 10 new clients are seeking this program

# Connections in the Community



## REFERRING AGENCIES

- DCAFS
- Family Transition Place
- Community Living
- Boss
- Local therapists
- ODSS, Westside, CDDHS
- Local Dr's
- Headwaters Hospital
- Georgian College



## GUIDANCE

- Small Business Enterprise
- Orangeville BIA
- Grant writing help-local
- Bookkeeping support
- Key professionals in the community (consultation)
- DC Moves



## LOCAL PARTNERS FINANCIAL & IN-KIND

- Tire Discounter
- JS Construction
- Perry Meeker Real Estate
- DejaVu Diner
- I'll Gofer it
- Cobbs Bread
- Rose Digital Media

# Avenues we have tried



## **GRANTING WITHOUT SUCCESS**

- Dufferin Community Fund
- Dufferin County
- Air Canada
- Honda
- Indigo
- Meridian Credit union
- Scotiabank
- RBC
- ifundwomen
- Spark women's fund



## **SMALL VICTORIES**

- local business donating back proceeds from small fundraisers
- our fidget jewelley, worry worms, hoodies, water bottles
- community members donations
- events paid by donation
- giving Tuesday 2022 & 2023



## **IN-KIND REQUESTS**

- Crayola
- Home Depot
- Staples
- Tim Hortons
- Ice River springs
- Post Consumer Brands
- Dollarama

**Current Crowdfunding on-line with:** <https://gogetfunding.com/we-all-have-mental-health/>



# The reality today

Current expenses      Monthly		<b>We are asking for emergency immediate financial assistance for The Edify Centre</b>
Rent	5,597.18	
Utilities	519.99	
Supplies & Materials Client Essentials	300.00	
Counsellors & Coach	3000-5000 average currently does not include S & B	



# We need your help

Our being here today, requesting your help is from a place of need

- Our services are **needed** in our community
- Our clients **need** us to keep operating
- We **need** the opportunity to find a new feasible space in Orangeville
- We **need** some relief to afford us the time to focus on future direction
- Our clients **need** for us to be healthy and strong to help them in any way we can



THANK YOU

Sonia McDonald  
soniamc@edifycentre.ca  
905-866-2172

Brian McFadden  
brianmc@edifycentre.ca  
519-216-7042