



**Canadian Mental
Health Association**
The Battlefords
Mental health for all

2025 Annual Report



About Canadian Mental Health Association (CMHA)

CMHA Battlefords Branch is a non-profit organization, which supports and promotes the rights of persons experiencing mental illness to achieve their full potential; and supports the mental health and well-being across The Battlefords and Surrounding Communities.

Our Vision

A Canada where mental health is a universal human right.

Our Purpose

People in Saskatchewan can rely on CMHA to promote mental health and well-being for everyone by,

- ♥ Fighting to reduce the stigma of mental illness and promoting inclusion;
- ♥ Providing tools and educational resources to help the public understand mental health issues;
- ♥ Providing programming and services to schools, communities and individuals and
- ♥ Advocating for timely, adequate and accessible mental health and addictions services.

Our Values

- ♥ Advocacy: we embrace and amplify the diverse voices of people with mental health issues.
- ♥ Diversity & Inclusion: we focus on mental issues of all people.
- ♥ Safety: we provide a welcoming, non-judgemental and psychological safe space for those seeking support.
- ♥ Social Wellbeing: we support the social determinants of health (e.g. housing, justice, etc.)
- ♥ Work Collaboratively: we nurture mutually beneficial partnerships working to move the issues of mental health forward.
- ♥ Evidence Based: we use the evidence to inform our work and to innovate.
- ♥ Transparency & Accountability: we are transparent and accountable to our funders, partners, and those we serve.

Annual General Meeting Agenda

October 2, 2025 6:30 pm

Royal Canadian Legion, Sloan Auditorium

1. Call to Order
2. Welcome, Land Acknowledgement
3. Moment of Silence
4. Adoption of Agenda
5. Review & Adoption of Preceding Annual General Meeting Minutes
6. Reports
 - a. Board President
 - b. Management
 - c. Financial (Auditor or Treasurer)
7. Directors
 - a. Introduction of Board of Directors - Current
 - b. Introduction of Board of Directors - Nominees
 - c. Approval of Board of Directors – New
8. Appointment of Auditors
9. Adjournment

Canadian Mental Health Association Battlefords Branch Inc.

Minutes of the Annual General Meeting, October 10, 2024 6:30 pm

1. Board President, Katherine Gerbrandt called the meeting to order at 6:32 pm.
2. Kent Lindgren welcomed attendees and presented the land acknowledgement. Deputy Mayor Ross MacAngus presented greetings on behalf of the City of North Battleford and lead participants in a moment of silence.
3. **Motion** to accept the agenda presented by Jocelyn Bear, seconded by Jerry Burnett-Scrimgeour. Carried.
4. **Motion** to accept the October 20, 2023 AGM minutes presented by Tanya Skinner, seconded by Jerry Burnett-Scrimgeour. Carried.
5. **Motion** to accept amendment to Bylaw 3.3.3 Membership presented by Erin Katerynych, seconded by Charlotte Hamilton. Carried.
6. Reports
 - a. **Motion** to accept Katherine Gerbrandt Board President Report presented by Jennifer Karpenko, seconded by Jocelyn Bear. Carried.
 - b. **Motion** to accept Michele Winterholt Management Report presented by Jeremy Machin, seconded by Jonathon Key. Carried.
 - c. **Motion** to accept Auditor's Report & Financial Statements presented by Tanya Skinner, seconded by Jocelyn Bear. Carried. Board Treasurer, Sandra Bennie presented the auditor findings and financial report. Questions from the floor were discussed.
7. Directors
 - a. Board President, Katherine Gerbrandt introduced current board members.
 - b. Board Director, Kent Lindgren introduced board member nominees.
 - c. **Motion** to accept Board of Director nominations presented by Sandra Bennie, seconded by Jocelyn Bear. Carried.
8. **Motion** to engage Vantage Chartered Accountants for the 2025-2026 fiscal year presented by Tanya Skinner, seconded by Jerry Burnett-Scrimgeour. Carried. Questions and discussion presented on audit costs, services provided, absence of representation and process for recruiting and selection was held.
9. Open Floor

Questions presented to Executive Director, Michele Winterholt on occurrences from Tour 2023 and associated concerns on communications, processes, staffing and impacts and what has been done to address those; along with professionalism. Michele Winterholt provided responses to all questions put forward. Board Director, Kent Lindgren spoke on confidentiality and shared insights on revised policies for harassment and workplace violence as part of what has occurred in the last year. Board Director & Secretary, Charlotte Hamilton shared the complaint process for concerns with Executive Director, and it was requested by attendee to provide to all home operators. Executive Director will provide information on complaint process including the board email.
10. Board President, Katherine Gerbrandt adjourned the meeting at 7: 22 pm.

Board President's Message, submitted by Kathy Gerbrandt



On behalf of the Board of Directors, it is my pleasure to report on this year's highlights. This year has been one of resilience and collaboration. Our organization has remained steadfast in its mission and vision, thanks to the dedication of our board members, management, staff, and community partners.

This year presented challenges in staffing continuity; however, the team demonstrated agility, creativity and collaboration to limit program disruption, learning valuable lessons throughout the journey.

As we look to the future, our priorities include stabilizing staffing, the delivery of quality programming remains at the heart of our work, deepening relationships with existing partners, and increasing visibility and trust through transparent communication and shared initiatives.

We are excited about what lies ahead and confident in our ability to meet the opportunities with purpose and passion.

A heartfelt thank you to the board of directors, management, staff, volunteers, partners, funders and community supporters for their commitment, hard work and dedication – the foundation of success.

Together, we are making a difference.

With appreciation,

A handwritten signature in black ink, reading "Kathy Gerbrandt".

Kathy Gerbrandt
Board President, CMHA Battlefords Branch

Executive Director's Report, submitted by Michele Winterholt



Community

The support of our funders, partners, donors, sponsors and community members enables us to sustain and enhance our services and is a testament to the generosity, spirit and belief our community holds in the work we do. Community events such as the Smashing Pumpkins, Meota 5KM Walk and Tree of Hope brought people together in support of mental health and raised essential funds for our programs. Thank you for making a difference!

Membership

We are proud to offer memberships to 131 members, with the benefit of our Independent Fitness Program - making fitness a key part in their mental health recovery and wellness journey. We have over 60 members who actively participate in our programs.

Vocational, Training Employment Program (TEP)

This program provides meaningful work, connection, skill development and the opportunity to earn money. There is a large demand for participation in this program. We are thankful to our customers and partners who use our services, creating these opportunities for our members.

Social, Recreational and Wellness Program

This program promotes positive mental health through social connections, community engagement, and opportunities to help build one's confidence and self-esteem. A group of participants attended tour in Wasekesiu and another participated in Camp Cosmo.

Housing Program

Independence Commons Housing continues to be at full capacity. The Tenant Support Worker is there to coach, guide and support them in maintaining their abilities to live independently.


Living Wells Learning Centre

Our partner who delivers H.O.P.E paused programming until future funding is possible. We look forward to this becoming a larger part of our next year!

Peer Support Program

Our Peer Support Program is doing well, with group meetings on Tuesdays and positive enrollment in our 1:1 service. Our Peer Support worker helps deliver educational opportunities in the community.

Thanks to the board for their leadership and the staff for their continued commitment in supporting those we serve. Our success is a direct result of your contributions!

Stay well,


Michele Winterholt, Executive Director

Board of Directors – Current



Kathy Gerbrandt

Board Executive – President, Board Director since 2010



Erin Katerynych

Vice President, Board Director since 2024



Charlotte Hamilton

Board Executive – Secretary, Board Director since 2018



Sandra Bennie

Board Executive – Treasurer, Board Director since 2017



Michael Moloff

Board Consumer Representative, Board Director since 2012



Marion Palidwor

Board Director since 2012



Joyce Salie

Board Director since 2013



Ceilidh LaFreniere

Board Director since 2023



Elissa Parker

Board Director since 2024



Amanda Markmeyer

Board Director since 2024



Kent Lindgren

Board Director since 2013

We acknowledge and extend our appreciation to outgoing board member Kent Lindgren for his service and dedication. He made many positive contributions to the organization and the community since 2019.

Board of Directors Nominees 2025-2026



Dana Lavoie is a Human Resource Specialist with North West College, bringing a dynamic blend of expertise and passion to our organization. With a strong background in human resources, finance, strategic planning, risk and event management and accounting, Dana offers a wealth of knowledge that will strengthen our organization's leadership and vision.

Dana is deeply committed to mental health and wellbeing in our communities. Her belief in fostering supportive, resilient environments aligns perfectly with our mission and values.

We are excited for the insight, energy and dedication that Dana will bring and the positive impact she will make.



Alexandra is a Social Worker with the Saskatchewan Health Authority, bringing a compassionate and community-focused perspective. She is deeply committed to supporting mental health in our communities and feels privileged to work alongside those who resource our programs and services—witnessing the positive impact firsthand.

Alexandra brings with her knowledge and experience in the mental health industry, housing management, her own lived experience, offering a unique and valuable lens to our work. She continues to champion efforts that build meaningful connections and strengthen the wellbeing of those we serve.

We are excited for the insight, empathy, and dedication Alexandra will bring to the board, and we look forward to the difference she will make.



Nissar is deeply passionate about making a difference in the community and advancing mental health initiatives. His commitment is fueled by personal lived experience, which continues to inspire his efforts to support and uplift others.

With over 10 years of experience in the financial services industry, Nissar brings a strong foundation in board and corporate governance, strategic planning, risk and event management, and accounting. His well-rounded expertise and heartfelt dedication make him a powerful advocate for meaningful change.

We look forward to the insight, leadership, and compassion he brings to our mission.

Year At a Glance



Memories in Pictures



#waskesiu



#turtlelake



#goodeats



#mingolf



#friends



#mhwalk



#beach



#christmas



#dlc



#dances



#mweek



#tour

Thank You to Our Supporters



*Special thanks to Judy Lavoie & Crochet Knit & Knatter, Wilkie Catholic Women's League.
Thanks to all those who made donations, supported fundraising events (Tree of Hope, Cash
Calendar, Raffle basket), and all our customers. 💚*

We do what we do, because of the support from others 💚

We remember those who lost their battle to mental health 💚