





# HOPE AND DIGNITY

## OUR VISION

We envision a diverse community where people have the resources they need to be healthy and well.

## OUR MISSION

To combat the causes and effects of poverty by providing the community with programming, resources, and advocacy to help people achieve well-being.

## OUR VALUES

- Be open and welcoming, providing a safe space for anyone seeking support
- Reach out to those in need, offering support through our programming
- Treat everyone with dignity and respect, the way we all wish to be treated
- Embed diversity and inclusion in all our programs, helping to improve the quality of life for people in need no matter what
- Build relationships and partnerships with people and organizations for strong synergies
- Employ a trauma-informed lens in our work with clients and community members

Cover photo: Mandy, breakfast guest



Meftuha,  
Food Bank  
Volunteer



# DIRECTORS WHO SERVED IN 2024

## DIRECTORS

Heather Star Williams: Chair  
Sundari Pashupathinathan: Vice-Chair  
Sundeep Chopra: Treasurer  
Bill Chambre: Secretary  
Margaret Casey: Advocacy Chair  
Jim Sharpe: HR Chair  
David Griffiths: Governance Chair  
Rick Gunn  
Heather Fitzpatrick  
Laura King  
Ian Parker  
Sohani Welcher  
Liz Townsend  
Ann Collinson  
Chanse Diplock  
Josh Bates

## EX-OFFICIO

Lisa Harrison, BSM Executive Director  
Rev. Faith March-MacCuish



# EXECUTIVE DIRECTOR

2024 was a record-breaking year for Brunswick Street Mission

Growing food insecurity demanded that we do even more to help our community – and our staff, volunteers, and donors heeded the call. We raised more money, helped more people, and had more volunteers than ever before! Thank you!

A stark indicator of growing need is our ballooning Breakfast program, where we never turn anyone away: in 2024 we served a whopping 18,674 meals – that's 66% more than the 11,194 served in 2023. Our food bills grew throughout the year, and we are always trying find ways to make our resources go farther.

To reduce waste and enhance choice in the Food Bank, we launched our Healthy Minds program – rescuing food that was moving past its best, and turning it into delicious prepared frozen meals to heat at home. We also started growing our own food. The Local Food Infrastructure Fund helped

us plant our Urban Garden, tended by young folks hired via the Canada Summer Jobs program. Our Urban Garden beautified our property and created volunteer opportunities for clients. Plus we got some lovely vegetables, herbs, and flowers!

We've also completely changed the vibe in the Mission space. The Red Door Café was created with funding from the Mental Health Foundation of NS. Now snacks and drinks are available to clients waiting for service, as well as supplies for drawing and crafts. Art-work festoons our walls, creating a calmer, more relaxed environment.

Overall, we have met challenges with cheer, energy and good will. I am so proud of our terrific staff and amazing volunteers – and our generous supporters. We couldn't do any of this without all of you.

- Lisa Harrison, Executive Director





# BRUNSWICK STREET MARKET

Demand continued to grow in 2024, increasing our costs and the number of people served in our Food Bank

Brunswick Street Market, our choice-model food bank, gives clients dignity through offering them control. Giving someone the opportunity to choose food specific to their needs is key to improving confidence and well-being while providing needed food security.

On top of the ton (literally) of food we receive from *Feed Nova Scotia* each week, we spent an average of \$7,665 per month to ensure our shelves were stocked with staples and diet-specific foods. Rice, cereal, milk, eggs, and tuna were always provided, as well as Halal meat and gluten-free and vegetarian options. Prices increased for everyone; rising costs brought more people to our Market, which continues to get more expensive to stock.

In 2024, the Market served 2,270 people across 993 households. About a

third of service users are living on the street or precariously housed (ie. shelter, hotel, etc.).

Market customers also benefit from the Healthy Minds program. A key purpose of Healthy Minds is to reduce waste that could be generated by the market (foods that might otherwise go out of date or expire) by turning it into prepared meal portions in the kitchen. In the hands of kitchen coordinators Rudy and then Codi, food that might have been thrown out has become a source for delicious, nutritious meals.

2025 will no doubt bring more challenges, but we will continue to work across departments and test new ideas to meet community needs however we can.

- Mike O'Brien, Food Bank Coordinator

4,195  
VISITS

2,270  
INDIVIDUALS  
SUPPORTED

650  
CHILDREN  
SUPPORTED

3,720  
VOLUNTEER  
HOURS

Helen,  
Food Bank Client





# OUTREACH PROGRAM

This year marked a period of growth, innovation, and deepened impact

In 2024, we expanded our outreach supports to include not only clothing and essential supplies, but also broader service navigation. Our work has helped individuals secure stable housing, reconnect with family, enter rehab programs, find employment, and restart their lives. The demand for support remained high, and I carried a consistently full caseload of case management clients through the year.

A major highlight in 2024 was the expansion of our services and team. We developed a meaningful new partnership with the *Dalhousie School of Social Work* and were fortunate to host two outstanding student placements, Jaydean and Courtney, whose contributions were invaluable and helped offer more wraparound services for our clients.

Jaydean's involvement extended beyond placement, as they were hired

in the Fall to deliver outreach work while I was away on a short sabbatical to work on a theatre production. Their dedication and leadership helped maintain program momentum through to the end of a busy year.

Other initiatives we are grateful for are: a Music Group led by music therapists, Community Network meetings with other local organizations, a weekly housing clinic delivered by *Welcome Housing*, and a collaboration with *Bluenose Laundromat* to offer more laundry services. A notable and much-loved addition to our program is the Red Door Café (see page 13), a space for people to feel safe and relax.

The impact of these developments is tremendous, and we look forward to building on this momentum.

- Patrick Maubert  
Program Director, Social Worker

3,431  
CLIENT  
ENGAGEMENTS

34  
HOUSING  
REFERRALS

600+  
LOADS OF  
LAUNDRY

135  
SUPPLIES AND  
KITS PROVIDED



Brian,  
Breakfast Guest







# BREAKFAST

A place for food, connection, and support

Our Breakfast program provides a safe and comfortable space for folks to get their first meal of the day. Breakfast is served 5 days every week.

Some of the most vulnerable folks in our community rely on breakfast, so one of our social workers is available to connect with guests and provide additional resources and support.

In 2024, we saw an increased use of our breakfast services and served 18,674 meals, an average of 78 meals per day, including a record busiest day serving 121 meals!

We are able to meet these demands only through the hard work and dedication of our volunteers. A big thank you to them!

- Codi McNeil, Kitchen Coordinator

# HEALTHY MINDS

Serving our community one meal at a time

In late 2023, the *Mental Health Foundation of Nova Scotia* funded the launch of our Healthy Minds program. This program creates nutritious and culturally diverse prepared frozen meals for the food bank.

Foods are prepared using purchased food ingredients, end-of-life produce in the food bank, and harvested produce from our new urban garden.

In 2024, the Healthy Minds and kitchen coordinator roles were merged into one. A wonderful group of volunteers cooked, prepared, and packaged the meals.

An incredible 2,657 take-away meals were prepared for the food bank, an average of 222 meals per month!

- Codi McNeil, Kitchen Coordinator

18,674  
MEALS SERVED

1,043  
SOCIAL WORKER  
ENGAGEMENTS







Jazmin (right)  
and a guest  
in the Café

## RED DOOR CAFÉ

A safe, warm space to meet

The first few months of establishing the Café program saw a growing number of guests curious about the new space. Funded by the *Mental Health Foundation of Nova Scotia*, the Café is intended to provide a more comfortable atmosphere and respite from the elements. We introduced a variety of snacks, beverages, games, toys, art supplies, and gently-used clothing and supplies to meet the wide range of needs of our community.

Over time, and with input from our guests, we organized group activities like art therapy sessions, educational presentations, and an opportunity to volunteer in a supportive environment.

The Café and kitchen also collaborated to offer more substantial nourishment options such as soup, sandwiches, fresh fruit, and yogurt parfaits. The Red Door Café is truly the place to be!

- Jazmin Bye, Outreach Café

## TAX CLINIC

In March and April 2024, Brunswick Street Mission hosted 15 clinics where clients could have their income tax returns filed on the spot. Tax clients come from many walks of life. Some have relied on this service for years; others are newcomers to the city.

Outcomes can be life-changing, helping people access tax credits and benefits they may not even know existed!

The drop-in clinics served 691 clients, and filed 767 returns. During the rest of the year, clients were able drop off copies of their tax documents for filing. The off-season service assisted 273 people and a further 325 returns for these clients.

In total, 1,092 income tax returns were completed for 964 clients.

- Heidi, Tax Clinic Volunteer Lead



Heidi,  
Tax volunteer



# THANK YOU VOLUNTEERS!

Thank you so much for your love and kindness

I would like to give thanks to the volunteers for your generosity in volunteering your time.

You have helped so many people with breakfast meals, meal prep, groceries, filing income tax, laundry service,

gardening and more. There is no way BSM could serve our community without your help. THANK YOU!

Your willingness to give your time and effort is greatly appreciated, and your support allows us to continue to fulfill our mission to serve our community!

- Arman, Volunteer Services

TOTAL VOLUNTEER  
HOURS  
**6,329**  
=  
A SAVING OF  
**\$160,000**  
SALARY COSTS



# DONATIONS AND FUNDRAISING

With strong community support, 2024 was a banner year for fundraising

Thanks to our dedicated donors for supporting our community! Your generosity provided critical services for folks in need. With the addition of several grantors this year, we continue to raise more funds year over year.

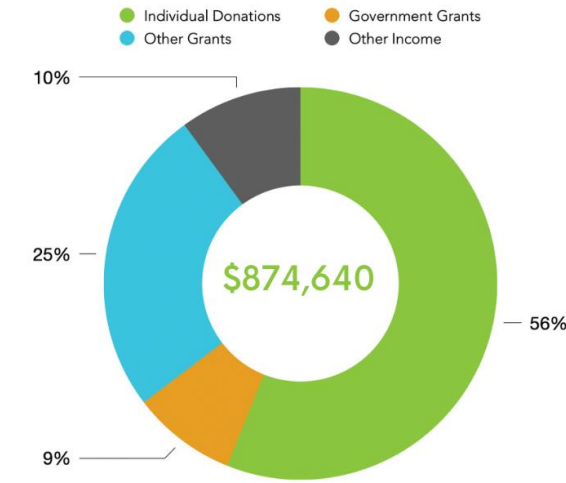
Our strongest support comes from individuals, and we're grateful for every dollar you gave to make sure people in our community had the resources they need. Your donation served meals,

provided groceries, cleaned laundry, and lifted spirits. You also helped folks gain housing and a foundation to rebuild their lives in the midst of an ongoing cost of living crisis.

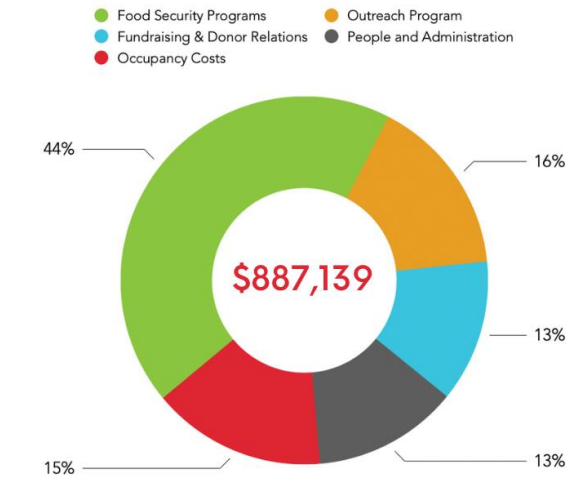
We're honoured to have such strong community support. You make it possible to serve thousands of folks in need every year. Thank you!

- Matt Kok, Fund Development Director

## INCOME



## EXPENSES





# MISSION BREAKFAST

Thank you! You helped to raise over \$55,000 during our annual fundraiser

This year's Mission Breakfast was a great success! Margaret Trudeau candidly shared about her struggles with mental illness. Her humour and matter of fact approach in retelling her story captivated the audience. Homelessness and the challenges our

clients often face can lead to worsening mental health. Her story resonates with the lived experience of many people that we support.

Thank you to our guests and sponsors for another successful event!



## THANK YOU TO THIS YEAR'S SPONSORS:



# FUNDERS AND SUPPORTERS

\$50,000+



\$10,000+



Agriculture and Agri-Food Canada

- Black Family Foundation
- Brunswick Street United Church
- The Christina & Hedley G. Ivany Charitable Foundation
- Halifax Foundation

- Halifax Youth Foundation
- Windsor Foundation
- United Church of Canada - Regional Council 15

## Thanks to our additional major (over \$1,000) supporters in 2024:

- Bethany United Church
- Community Foundation of Nova Scotia
- DA Stinson Foundation
- Eastern Shore Environment Society
- Fort Massey United Church
- Halifax Visiting Dispensary
- Hotel Association of Nova Scotia
- Royal Bank of Canada
- Sisters of Charity
- Spencer Family Charitable Foundation
- St. Andrews United Church
- Starbucks Foundation





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