



lumenus
Community Services

SPOTLIGHT

LUMENUS DONORS HAVE A POSITIVE IMPACT ON THE MENTAL HEALTH AND DEVELOPMENTAL JOURNEY FOR THOUSANDS OF TORONTO INFANTS, CHILDREN, PARENTS AND YOUTH EVERY YEAR.

Mental health and developmental challenges are frequently a lonely journey in the dark. For thousands of Toronto's infants, children, youth and parents, this has been especially true during COVID, and the damage done will impact our city for years. Lumenus Community Services exists to address that challenge: to close system gaps and remove barriers so that every child, youth and parent in Toronto can be seen, be heard and be well. This Spotlight report identifies just a few of our achievements as the city slowly emerges from the pandemic.

LUMENUS MISSION

Illuminate a seamless pathway to optimal well-being through high-impact mental health and developmental services and strong system leadership.

FIRST 6 MONTHS, FISCAL 2021/2022

1,031

UNIQUE CLIENTS SERVED
Counselling

13,398

TOTAL VISITS
Despite COVID-related service interruption

804

CLIENT VISITS
Funded by donations alone

103

CLIENTS 18+ SERVED
Made possible because of your support

YOUR DONATIONS: One youth's journey to independence and employment...

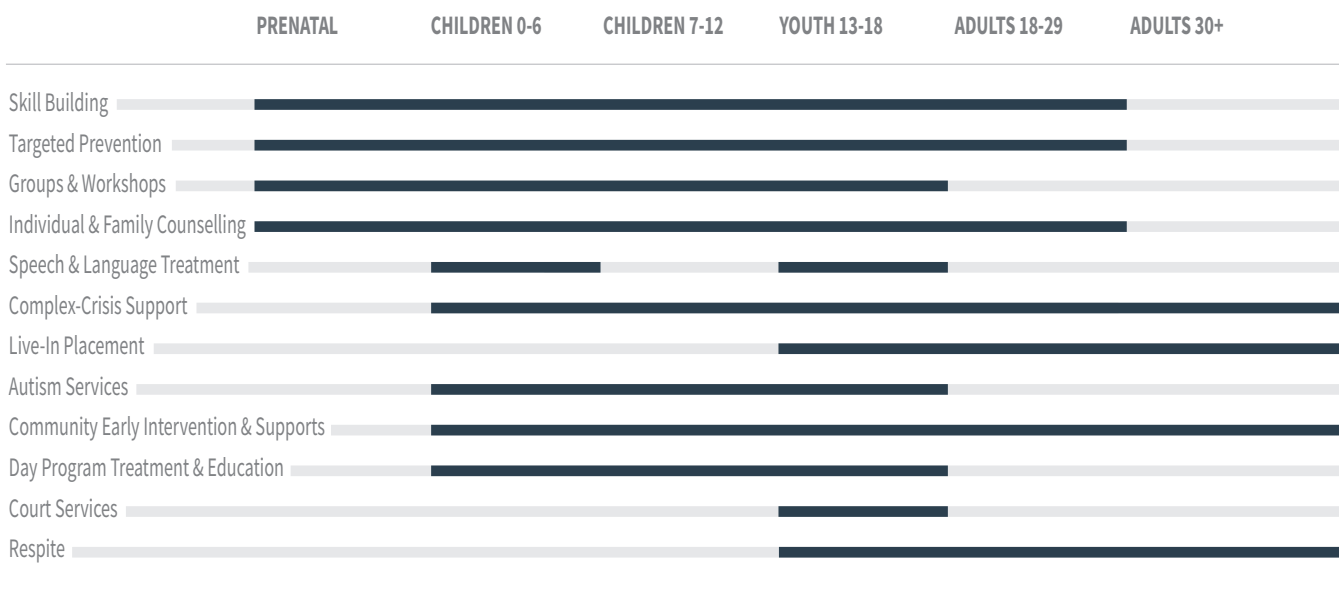
Transgender, Indigenous, marginalized and living in poverty in Toronto: The related challenges facing one 17-year old youth seemed insurmountable. The *Lumenus Studio Drop-In Centre* offered them hope, community and a sense of belonging. Studio staff deliver one-on-one support and guidance across different community programs in housing, mental and physical health, education and employment. The objective is to help participants find their sense of self while forging the confidence required to live well independently. When our 17-year old client first arrived, they were traveling hours by TTC just to avail themselves of Studio food services and support. Today, they are successfully working through mental health and employment challenges. A simple example of one of the barriers Lumenus helped remove was to supply our client with a mobile phone, provided by one of our retail partners. It kept them in closer contact with Lumenus services and other supports and helped them land a job they love, contributing to their growing confidence. We closed the gap between isolation and connectedness: A very small change for most of us - it was a life-changing shift for them.

YOUR DONATIONS: A child with cognitive behaviour challenges, a Father's letter...

"I can't describe how alone, worried and desperate I felt before we found Lumenus. The worst feeling I've ever felt is not knowing how to help my child while they suffered. I didn't have the understanding nor the tools. It is thanks to all of the wonderful counselling staff at Lumenus that we not only found people that could help our child and guide them back to health but they also taught us (how to use) the tools to do so. The tools that you will learn are priceless and my wish is that they could be taught to everyone. If you're a parent in the situation that I found myself in before Lumenus, may I humbly encourage you to let the staff at Lumenus be your guide back to a happy and healthy life for you, your child and the rest of your family. You'll be grateful that you did."

- Jason

YOUR DONATIONS: Help Lumenus close gaps for children, youth and parents...



75% of parents looking for developmental help in Toronto for their children can't find it and stop searching. Demand has doubled through COVID. 16% of Toronto adolescents consider suicide every year. LGBTQ2+ youth are five times as likely to make the attempt. The complex web of mental health and development challenges and options is impossible to navigate alone. Lumenus is committed to leading change by integrating services and lighting each client's path forward.

THANK YOU FOR YOUR INTEREST, YOUR COMPASSION AND YOUR SUPPORT.
IF YOU HAVE QUESTIONS ABOUT OUR PROGRAMS OR OUR STRATEGY,
PLEASE CONTACT: Deb Greenfield at [**dgreenfield@lumenus.ca**](mailto:dgreenfield@lumenus.ca)

Foundation Charitable Registration # 890358179 RR 0001

