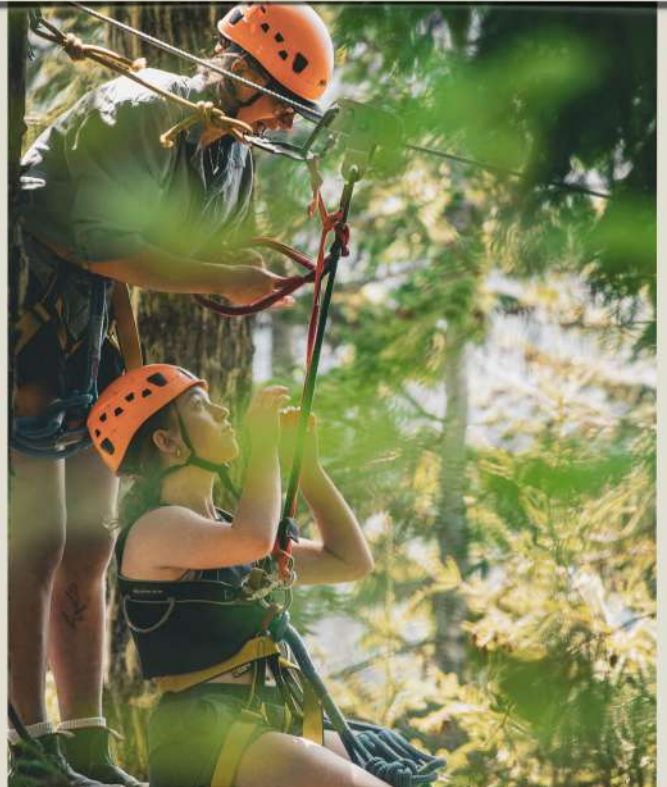




LUMARA
GRIEF & BEREAVEMENT CARE

ANNUAL REPORT

2023-2024



Dear friends and supporters,

This year we witnessed the transformative potential of Lumara's core mission: building a compassionate community to surround those impacted by grief and loss. Children, youth, and families opened their hearts to healing in a community of belonging—an experience that is life-changing and long-lasting.



After more than 15 years since our very first program began, we can see the deeply meaningful, long-term impact that Lumara is having. This is particularly evident in the emergence of our youth leaders. Many participants from our earliest Camp Kerry retreats are now young adults whose lives have been changed by their losses—and by healing in the Lumara community. In 2023-24, we invested in the growth and leadership skills of some of these young people. Their eagerness to provide connection and care for others who are grieving reinforced the relationships we've been able to cultivate over the years.

We also experienced the strength of our community at our two Camp Kerry Family Retreats, our Youth Retreat, and for the first time, at our Indigenous Wellness Retreat. We spent five days with the people of Haida Gwaii at the invitation of the community. It was a powerful experience of community building through healing circles, meals, ceremonies, and expressive arts, while learning and listening to better understand Indigenous ways of healing.

Every year we are reminded that though grief is universal, it often hides in the shadows. At Lumara, we recognize that when we make space for pain and sorrow, we open ourselves to a renewed sense of hope, richness, and joy. Your support allows us to bring light and healing to moments of unspeakable trauma and loss. Thank you.

With gratitude,
Heather

Contact Info

Visit **LumaraSociety.org** to Join Us Today

info@LumaraSociety.org | 604.553.4663
Registered Charity Number:
84876 4684 RR0001

HEAD OFFICE

322 - 198 Island Highway East, P.O. Box 809,
Parksville, BC V9P 2G8

ONTARIO OFFICE

Peterborough, ON

At Lumara, we know that true healing cannot happen in isolation. Below is a snapshot of the ways Lumara supported children and families in 2023-24 through every step of their healing journey. More than 3,950 people were touched by Lumara's programming this year—the vast majority of whom reported feeling more hopeful and more connected to community.

April 15

Youth Peer Social

April 27

Métis Mental Health & Wellness Gathering (Osoyoos, BC)

April 30

Families and Feelings Workshop

May 12-15

Vancouver Island Youth Retreat

June 3

Guided Imagery & Music Workshop

Year Round

Adult Support Groups

June 17

Free Your Voice Workshop

June 20

Self-Care & Compassion for Physicians (UBC Department of Medicine Presentation)

June 24

Synergy Bereavement Choir Reunion

June 29

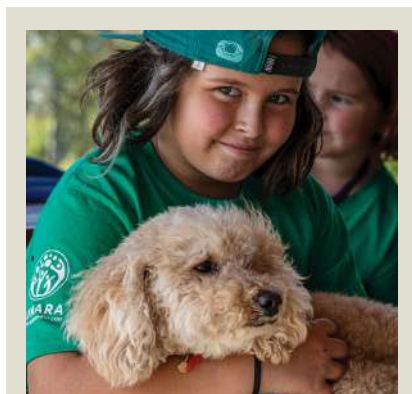
Tsay Keh Dene Nation Workshop

July 17-21

Lumaria: Children's Minecraft Summer Camp

Year Round

Mindfulness Meditation Drop-In Group



"I'm not just treading water to survive anymore. The difference is night and day."

Lumara Programs Participant



"In four days, Lumara had transformed our lives in a way that a year of traditional therapy never did."

Lumara Youth Retreat Parent



"I just hit the reset button in a good way, I reset all my poor thoughts into hope."

Camp Kerry BC Participant



July 22

Lumara's Run to Remember

Sept 15-18

Camp Kerry BC

Oct 12-15

Camp Kerry Ontario

Oct 16-19

Métis Mental Health & Wellness
Gathering (Parksville, BC)

Year Round

Circles of Strength Family
Support Groups

Oct 19

New Westminster Secondary
School Wellness Fair

Oct 19

BC Centre for Palliative Care
Conference – Minecraft Children's
Grief Program Presentation

Oct 26

Open Mic Volunteer Night

Nov 4-5

Hospice and Palliative Care
Association Conference: We Stand
Shoulder to Shoulder: Lumara
Youth Presentation

Nov 11

Keeping it Campy Fundraiser
(Peterborough, ON)

Nov 14-15

Canadian Children's Grief
Symposium
(multiple Lumara presentations)

Year Round

Lumaria: Children's Minecraft
Monthly Meet-Ups

**"I feel like I have a tribe of people
holding me up. I have hope for my
child with the friendships made."**

Camp Kerry BC Participant



**"I am not sure how you
find the volunteers &
staff but they are MAGICAL!!
Truly beautiful souls that
are filled with so much love
& compassion."**

**I truly felt supported
every step of the way."**

Camp Kerry BC Participant



**"I'm actually opening up about my
grief and being more open with my
friends and with people from the
Lumara community. That really has
helped me in indescribable ways. I
just feel so much happier, like my
life just got a lot better."**

Camp Kerry BC Participant



Nov 23-26

Haida Gwaii Indigenous
Wellness Retreat

Dec 2

"100KMforQ" Rowing Fundraiser
(Vancouver Island, BC)

Dec 9

Interlude Holiday Grief Gathering

March 18-22

Lumara: Children's Minecraft
Spring Break Camp



"People that genuinely cared for me and my son making sure we are ok - that makes me feel like I have people in my corner no matter where we are living or how far away we are."

Camp Kerry BC Participant

In 2023-24, Lumara reached

3,968
People



174
Communities



10
Provinces



1
Territory



95%

of participants said they felt more connected to community after participating in a Lumara program.

98%

of participants said they felt more hopeful after participating in a Lumara program.

Through

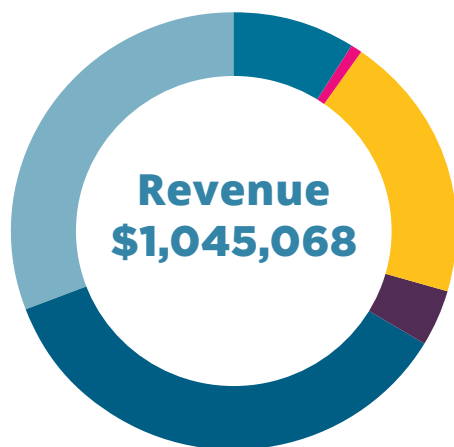
269
Group Sessions



516
Counselling Sessions



Financial Report



Revenue
\$1,045,068

► **9% Program Contributions**
\$96,799

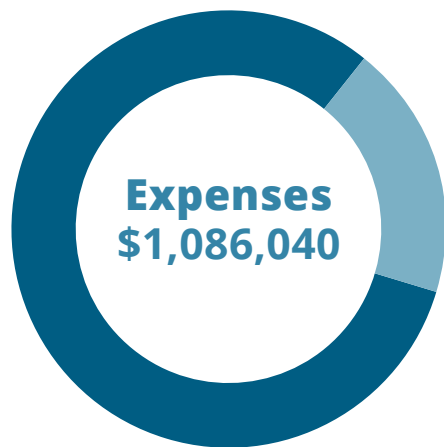
► **1% Other Revenue**
\$5,635

► **20% Donations & Fundraising**
\$205,721

► **4% Endowment Income**
\$41,145

► **36% Community Grants**
\$371,833

► **31% Government Grants**
\$323,935



Expenses
\$1,086,040

► **20% Fundraising & Administration**
\$216,720

► **80% Program Investment**
\$869,320

Board of Directors

Vivian A. Smith, President
Ben Siemens, Vice President
Daniel Hincks, Treasurer
Patrick Morrissey, Secretary
Tamara Bustos, Director
Michael Fogel, Director
Brian Kwok, Director
Laurette Riel, Director

Staff

Dr. Heather Mohan, Executive Director
Joshua Dahling, Director of Operations
Leah Hamer, Program Coordinator
Shelley Hermer, Manager Regional Programs: Canada East
Lawrence Phillips, Administrative Coordinator
RaeAnne Rose, Director of Advancement
Vernon Williams Jr., Cultural Support Worker

Elders Advisory Circle

Susan Dowan, Opaskwayak Cree Nation and Gods Lake Narrows
Joe Keesickquayash, Mishkeegogaman, Ontario and Red Sucker Lake, Manitoba
Vernon Williams Jr., Kuunlaanaas Raven Grizzly Bear of Yakin Point Haida Gwaii

Funders & Donors

We couldn't have done it without the support from many donors including these generous organizations:

Adera Foundation Society
BC Centre for Palliative Care
Canucks for Kids Fund
Charles and Eve Chang Foundation
Civil Forfeiture Crime Prevention and Remediation Grant Program
CKNW Kids' Fund
Corporation of the City of New Westminster
Corporation of the District of North Vancouver
Face the World Foundation

Fairbairn Foundation
Government of Canada Community Services Recovery Fund
Greygates Foundation
Hamber Foundation
Johansen Larsen Foundation
John Hardie Mitchell Family Foundation
Kinsmen Super TV Bingo
KPMG
Malberry Foundation
Market Hall Performing Arts Centre Inc.
Mary and Gordon Christopher Foundation

Music Heals Foundation
Niislaa Naay Healing House Society
Odlum Brown Limited
Province of British Columbia
RBC Foundation
Sovereign Order of St. John of Jerusalem, Knights Hospitaller
TELUS Friendly Future Foundation
The Kerry Glade Kirstiuk Legacy Fund
United Way BC
Vancouver Foundation