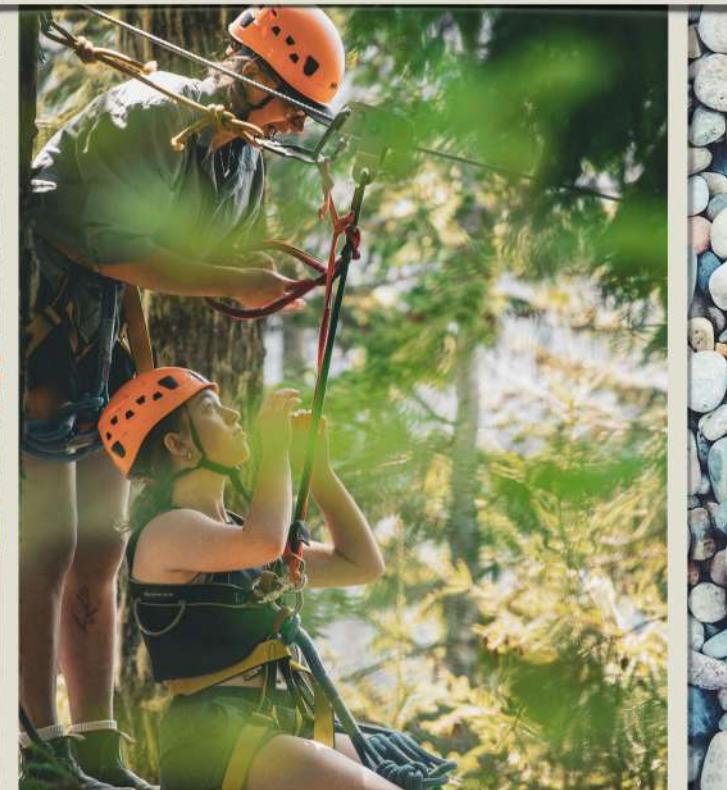
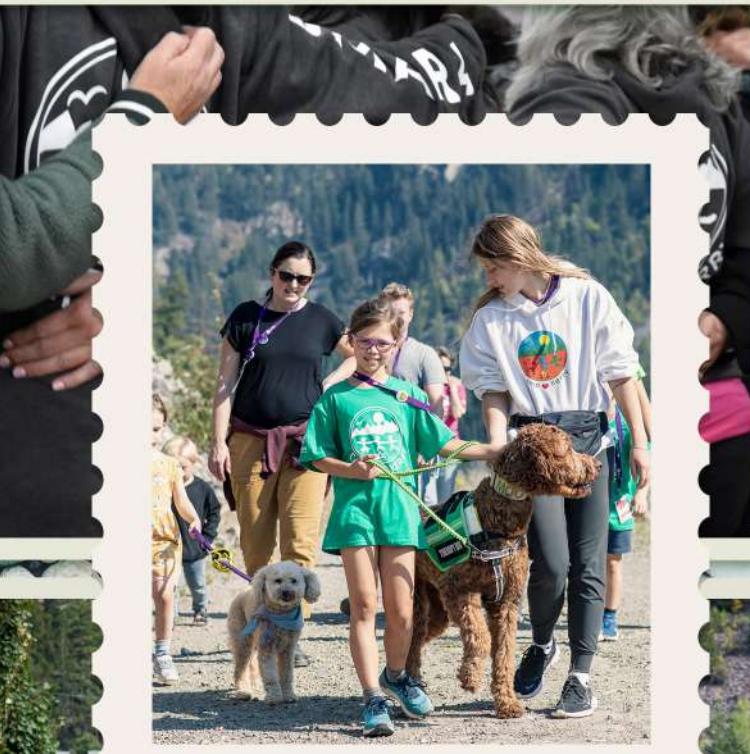




LUMARA  
GRIEF & BEREAVEMENT CARE

# 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](https://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

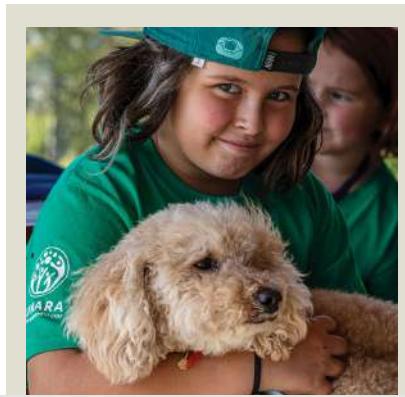
### ONTARIO OFFICE

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



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

Lumara Programs Participant

### April 27

Métis Mental Health & Wellness Gathering (Osoyoos, BC)



### April 30

Families and Feelings Workshop

### May 12-15

Vancouver Island Youth Retreat

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

Lumara Youth Retreat Parent

### 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)



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

Camp Kerry BC Participant

### 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

## July 22

Lumara's Run to Remember

**"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



## 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

**"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

## 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

**"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 11

Keeping it Campy Fundraiser (Peterborough, ON)



## Nov 14-15

Canadian Children's Grief Symposium (multiple Lumara presentations)



### 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

Lumaria: 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

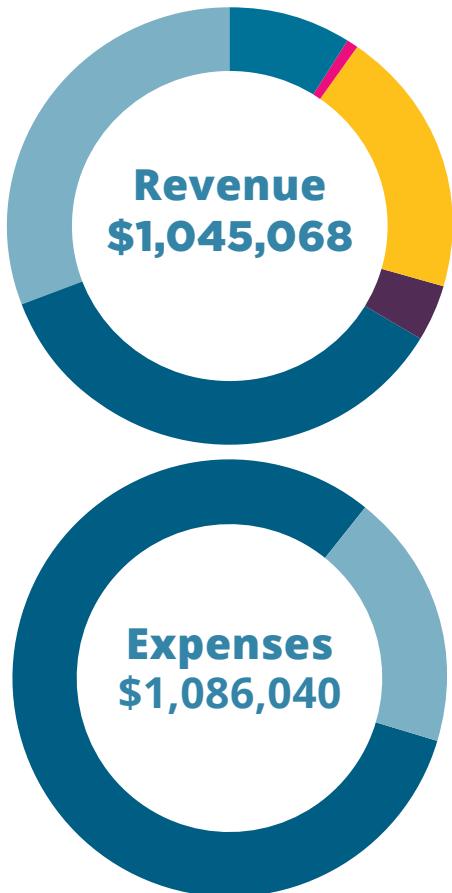
**269**  
Group Sessions



**516**  
Counselling Sessions



# Financial Report



## 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