

# ANNUAL REPORT

## 2024-2025

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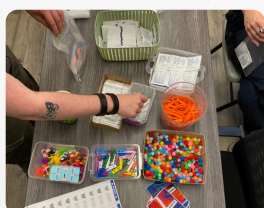
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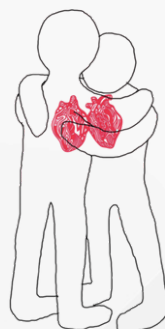
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"Hugs" by  
Aren Nelson:  
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# LETTER FROM THE EXECUTIVE DIRECTOR

Dear partners, donors, staff and clients:

This past year has reminded me how vital compassion, love, connection, and harm reduction are in the face of brutal challenges. In the Parkdale neighborhood and across Toronto, community members continue to navigate a toxic drug supply, service disruptions, no affordable housing, and widening inequities. Yet every day, we witnessed remarkable resilience—from the people that we serve, our staff, and the many partners who make this work possible.

This year, our team supported 865 registered clients and 4,452 anonymous clients through harm reduction supply provision, case management, outreach, counselling, supportive housing, and community programming. These touchpoints reflect deep need, and more importantly - deep trust. Every connection reminds us why harm reduction remains an essential, evidence-based public health practice, rooted in compassion and respect.

Amid the closures of several safe consumption sites and increasing pressures on harm reduction infrastructure province-wide, our teams showed profound leadership. Breakaway staff organized, advocated, and gathered with community for events such as Community Solidarity Day, where kindness, grief, and resistance met in equal measure. These moments remind us that our work is not only about services—it is about belonging, justice, and human rights.

We also invested in ourselves. Staff Planning Days brought our entire organization together to reflect and strengthen the ways we work, resulting in tangible improvements across programs and operations. Our client advisory committee advocated for us to prioritize opportunities for social connection through arts, and skill-based groups—from photography and ceramics to book clubs and crochet—offering clients joy, creativity, and community alongside care.

Through it all, our donors and partners played an essential role. Your generosity allowed us to sustain and grow services, respond quickly to community needs, and remain a stabilizing force during extremely challenging times. Thank you for standing with us, believing in harm reduction, and investing in care that saves lives.

As we look ahead, we hold both urgency and optimism. The challenges facing Toronto—housing precarity, toxic drug supply, systemic inequities—are not small. But neither is the strength of our community. Breakaway will continue to advocate for safe, compassionate, and effective harm reduction; to build collaborative and culturally safe services; and to ensure that every person we serve is met with respect and possibility.

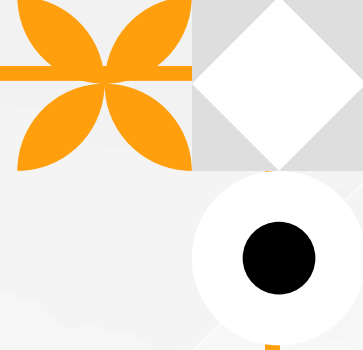
Thank you for walking alongside us during this deeply challenging year. Thank you for believing in harm reduction, in community, and in the futures our clients deserve. Together, we will keep moving forward—with courage, with love, and with hope.

With love and gratitude,

**Nicola Bangham,**  
**Executive Director**



Nicola at a rally to save the Parkdale Safe Consumption Site



# REDUCING HARM, ENHANCING HEALTH

Breakaway Community Services has provided innovative substance use support services with a focus on harm reduction since 1989. We pride ourselves in breaking down barriers to accessing support and filling in systemic gaps in substance use support services. We provide flexible, trauma-informed, and evidence-based programs, and work to meet our clients wherever they are at in their journey.

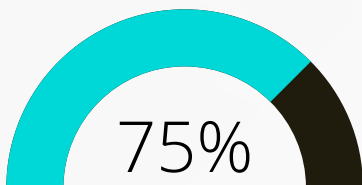
## Did you know?



1 in 5 Canadians will meet the criteria for a substance use disorder at some point in their lives



Of people who have used substances, 1 in 6 have reported experiencing harm as a result of their substance use.



75% of Canadians would not disclose a substance use or mental health concern to a coworker.

## The Importance of Harm Reduction

Harm reduction is an approach to addressing substance use that focuses on minimizing the negative consequences associated with substance use. This strategy is rooted in public health principles, and emphasizes compassion, respect, and evidence-based practices.

At Breakaway we are dedicated to providing treatment that includes all aspects of our clients lives and situations, and guide our clients on the journey from surviving to thriving.



# OUR MISSION AND VALUES

Inclusive +  
Supportive

Strengths-  
based +  
Client-  
Centered

Accessible +  
Flexible

Harm  
reduction +  
Trauma-  
informed

Teams-based +  
Collaborative

Safe + Positive

**Breakaway Community Services is dedicated to transforming lives through accessible, compassionate, trauma-informed harm reduction and mental health supports. We collaborate with individuals to overcome challenges, achieve their goals, and thrive in a loving, open environment**

Authentic +  
Professional

Evidence-  
based +  
Outcome  
Measured

Intersectional  
+ Culturally-  
Safe

# OUR TEAM AND BOARD 2024-25

## The Breakaway Team

### Addiction Supportive Housing

Katrina Dunn  
Manisha Rampersad  
Marina Classen

### Pieces to Pathways

Carmel Hutchison  
Jean Malig  
Kennedy  
Rhekia Fahssi  
Reina Grant  
Rubén Tarajano  
RT  
Tim McConnell  
Winnie Payne

### Toronto Opioid Support Team

Gordon Seaman  
Kai Somerville  
Lindsay Williams  
Noah Gelb

### Family and Youth Initiative

Ellen Chang  
Finn Macleod  
Renee Sandler

### Satellite Opioid Treatment & Harm Reduction Outreach

Amanda Ross  
Amit Robson  
Dr. Anita Srivastava  
Karey Williams  
Liz Herlich  
Maura Pooran  
Melody Alderton-Ballik  
Milyon Woldemichael  
Mohak Ramnani  
Richard Utama  
Sev Arslan  
Stefania Sgambelluri  
Stephanie Grisafi

### Grief, Loss & Wellness

Amy Muli  
Dana Kirkcaldy  
Danielle Lobo

### Through Ruff Times

Melissa Pisante  
Mella Brown  
Sasha Humar

### Adminstration

Brynn Schatz  
Claudia Abdool  
Marina Douglas  
Odessa Hewitt-Bernhard

### Management

Anne-Marie DiCenso  
Kathy Hughes  
Nicola Bangham  
Stephen Chatterton

## BOARD OF DIRECTORS

Tracey Methven (Chair)  
Nicky Lightstone (Vice-Chair)  
Nicole Hunter (Secretary)  
Alex Perry (Treasurer)  
Aadil Mangalji

Chelsea Gagne  
Janet Hicks  
Jordan Thirgood  
Kelly Holt  
Laura Harris-Lane

Salematou Camara  
Selvalakshmi Rabindranath Tagore  
Thanuya Mohanathas

# OUR IMPACT 2024-2025

**865**

ONGOING CLIENTS

**4,452**

ANONYMOUS  
CLIENTS



Photography group

**18,706**

SERVICE  
INTERACTIONS

**7,747**

INHALATION  
SUPPLIES  
DISTRIBUTED



The Harm Reduction Advocacy Collective at a safe consumption sites closure rally



Harm reduction supplies order

**339**

NALAXONE KITS  
AND TRAINING

**4,386**

HARM REDUCTION  
KITS DISTRIBUTED

**47,852**

INJECTION  
SUPPLIES  
DISTRIBUTED



# OUR PROGRAMS

## SATELLITE OPIOID TREATMENT AND HARM REDUCTION OUTREACH

The Satellite Opioid Treatment and Harm Reduction Outreach program provides comprehensive primary care and nursing services to clients, offering opioid agonist treatment (OAT) to prevent withdrawal and reduce cravings from opioid drugs.

The Satellite Opioid Treatment and Harm Reduction Outreach program also offers counselling, case management, health education, peer support, and off-site harm reduction services for all types of substance use.



The Breakaway Mural, painted by Milyon, one of our Administrative Coordinators on the Satellite team, and Ehrling, a former client.

**184 CLIENTS SERVED THIS YEAR**

## FAMILY AND YOUTH INITIATIVE (FYI)

FYI is one of the only harm reduction based substance use services for families and youth in Toronto. Our outpatient program offers assessments, individual & family therapy, and community and school outreach and education to help youth and their families build tools to achieve healthier outcomes.

**113 CLIENTS SERVED THIS YEAR**

**255 YOUTH REACHED THROUGH OUTREACH**

# OUR PROGRAMS

## TORONTO OPIATE SUPPORT TEAM (TOST)

TOST is an outreach team that operates within Toronto, reducing barriers to support by engaging with and advocating for clients, with a focus on youth, seniors, and women using opioids. Our services include case management, counselling, and service provider training.



The Harm Reduction Advocacy Collective  
at a safe consumption sites closure rally

"...four years ago, I was completely defeated, without hope and all alone and I was not sure how I could rebuild my life. Breakaway helped me and still does. My counsellor is dedicated, honest, opened minded, and a good listener. Breakaway has helped me to get to where I am today- housed , reconnected with my family, and free from the rat race of using." - Rob, TOST client

**53 CLIENTS SERVED  
THIS YEAR**

## ADDICTION SUPPORTIVE HOUSING (ASH)

Breakaway is partnered with CommunitiCare (formally Regeneration Community Services) to offer supportive housing to individuals. This Housing First approach stabilizes clients, increases uptake of services (e.g. addiction treatment), and builds the foundations for achieving long-term goals (e.g. stable housing and stable employment).

**42 CLIENTS SERVED THIS YEAR**

**37 UNITS OF HOUSING**



# OUR PROGRAMS

## THROUGH RUFF TIMES (TRT)

Many clients are forced to choose between their health and their ability to care for their furry family members- often their only family. TRT offers temporary pet care that allow clients to take up health services such as medical operations and addiction treatments, enabling preventative care and reducing load on public services when conditions worsen. TRT also offers a pet food bank and pet-related grief and loss support.



Ponzu and pet food

**1,097**

**CLIENTS SERVED THIS YEAR**

**1,758**

**ANIMALS SUPPORTED**

## PIECES TO PATHWAYS (P2P)



P2P assembling kits

P2P was Canada's first harm reduction service designed specifically for LGBTQ2S+ youth, a still marginalized group. Delivered by queer and trans staff with lived experience of substance use and recovery, P2P offers case management, skills building, and community groups, as well as harm reduction training for other organizations.

**84** **CLIENTS SERVED THIS YEAR**



# OUR PROGRAMS

## GRIEF, LOSS, & WELLNESS (GLOW)

GLoW is a unique program that supports frontline workers who are overwhelmingly impacted by trauma and loss driven by Canada's opioid and overdose crisis. Often, these workers are contract staff and lack access to benefits - GLoW steps into provide one-to-one and peer supports that protect workers and allow them to stay in the field, as well as training for organizations to better care for their workers.

"I really enjoyed my sessions with [my practitioner]. She was great and made so much space for my grief and healing." - Anonymous client

**1,500**  
**CLIENTS SERVED THIS YEAR**

**144**  
**TRAININGS/WORKSHOPS & GROUP SESSIONS**



Grief care packages



Amy on Community Solidarity Day



# 2024-2025 HIGHLIGHTS

## Community Solidarity Day

Our GLoW team organized a gathering for harm reduction workers and community impacted by the toxic drug poisoning crisis. We saw the power of collective care and kindness, and continue to support our community during this heavy chapter of safe consumption site closures.



Sonic quilt workshop



## Staff Planning Day



Some of the Breakaway staff on Staff Planning Day

This year, we gathered all staff to explore and plan how we can build on the important work we do to ensure we are meeting the needs of our clients. We spent two full days developing action items and have seen great improvements as we've implemented these changes.



# 2024-2025 HIGHLIGHTS

## Funding for GLoW

Thanks to the support of our partner TO2AN, our GLoW program is fully funded! This funding will allow us to expand and grow our grief, loss, and wellness services to our community.



Juno, Dana, & Nicola

## Groups at Breakaway

Many of our clients are looking for opportunities to connect and participate in activities. This year, we offered several groups including a photography group, book club, crochet group, and ceramics group.



Photography group member



Photography group facilitators



Crochet group members



Ceramics group member



## 2SLGBTQ+ HARM REDUCTION TRAINING PROGRAM HIGHLIGHTS 2024-2025

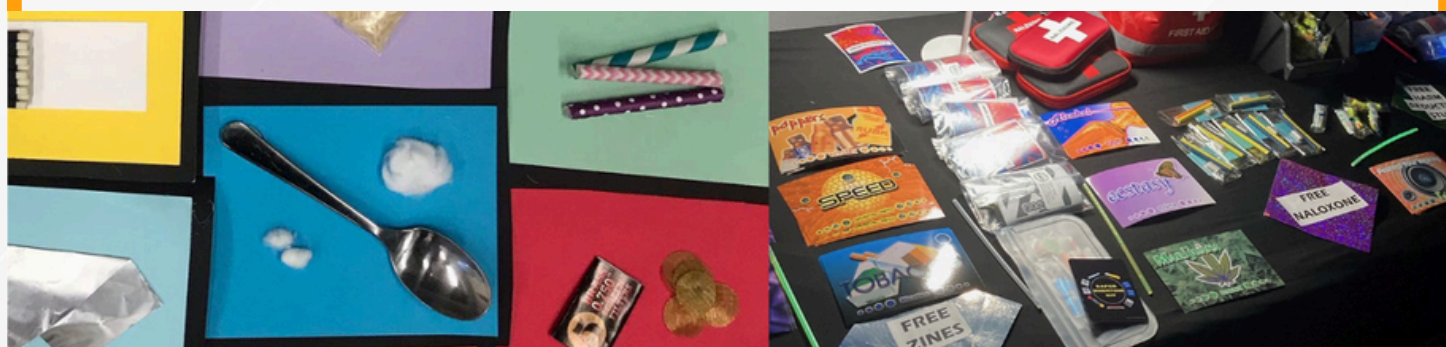
**OVER 4,386 KITS MADE  
& DISTRIBUTED**

**MORE THAN 4,151  
PEOPLE REACHED**

**ROUGHLY 2,850 HOURS  
WORKED**

## NEW FRIENDSHIPS FORMED

- YOHOMO Pride
- Horsegiirl/CODA Live Music Event
- Bi Bi Baby
- New Ho Queen-Lunar New Year Party
- Metamorphosis Trans Community Party
- Buddies in Bad Times Theatre
- UofT Sexual Education Centre
- Encampment Support Network Parkdale
- Best in Town Sound Music Festival
- Dance Hard Collective
- Street Health
- Harm Reduction Kit Making x 4
- Safer Partying & Drug Use
- Queer Harm Reduction 101
- T4T Trans Sexual Health
- Best Out of Town Festival Harm Reduction Team
- Queer Nightlife Toronto Town Hall
- Zines





# 2024-2025 FINANCIAL STATEMENTS

	2025	2024
<b>Revenue</b>		
MOH - Long Term Care	\$ 2,763,082	\$ 2,679,082
MOH - Child and Youth Mental Health	359,968	309,968
Other grants	405,394	191,455
Grief And Loss funding	517,350	483,511
Pieces to Pathways funding	154,056	225,637
Donations and other income	111,058	95,466
	<u>4,310,908</u>	<u>3,985,119</u>
<b>Expenses</b>		
Salaries	2,847,305	2,761,646
Employee benefits	552,135	528,599
Building occupancy	355,942	357,778
Client medical supplies and food	32,581	25,884
Accounting and bookkeeping	41,534	41,534
Clinical, governance and management consulting	79,543	38,288
Program operation and general administration	114,480	42,097
Postage, stationery and office supplies	17,845	14,608
Telephone	19,076	22,132
Audit and legal fees	15,650	10,374
Equipment leases and maintenance	4,805	5,202
Staff travel	20,699	20,294
Staff education	23,836	16,691
Insurance	15,398	14,713
Computer maintenance	59,020	50,124
Public education, advertising and promotion	-	2,639
Fundraising	739	1,046
	<u>4,200,588</u>	<u>3,953,649</u>
<b>Excess of revenue over expenses for the year</b>	<b>110,320</b>	<b>31,470</b>
<b>Fund balance, beginning of year</b>	<b>153,175</b>	<b>121,705</b>
<b>Fund balance, end of year</b>	<b>\$ 263,495</b>	<b>\$ 153,175</b>

# THANK YOU TO OUR DONORS

Thanks to the generosity and support of our community, we've been able to continuously provide, adapt, and expand our services. Our donors play a vital role in supporting our clients as they navigate their relationship to substance use. Whether its through a monetary donation, a donation of supplies, or hosting a fundraiser, our donors ensure that our services are able to meet the needs of our community.

Throughout the challenges of the past few years, including COVID-19 recovery and the ongoing drug poisoning crisis, our community has shown incredible resilience and strength. Thanks to our donors, we've been able to meet these challenges head on, expanding our services to provide more effective and comprehensive programming.

## OUR MAJOR DONORS, 2024-2025

As we reflect on the past year, we would like to extend our sincere gratitude to the organizations and individuals who have supported our work with major gifts. Thank you for your generous support of evidence based and client centered healthcare in your community.

- **A Dollar a Day**
- **Coleman Leggitt Trust**
- **Donna Balfour**
- **Echo Foundation**
- **Elizabeth Scott**
- **Innovation Inc.**
- **La Foundation Emmanuelle Gattuso**
- **Marc Morisset**
- **MEH Foundation**
- **Reuven International**
- **The Auxilium Foundation**
- **The Eric S. Margolis Family Foundation**
- **Waterloo Region Community Foundation**
- **Yohomo**

## SUPPORT US TODAY

### [CLICK HERE TO DONATE TO BREAKAWAY](#)

The generosity of donors like you allows us to continue and expand our programming. By donating to Breakaway, you are ensuring that we can continue providing high quality and effective programming that supports our clients when they need it the most. Your commitment and generosity makes this work possible.



# THANK YOU TO OUR PARTNERS

Brands for Canada  
Canada Summer Jobs  
CHUM City Christmas Wish  
City of Toronto Drug Strategy  
Covenant House  
Daily Bread Food Bank  
FOCUS Toronto  
George Brown College  
Jean Tweed Centre  
Kensington Health  
La Fondation Emmanuelle Gattuso  
Midwest Ontario Health Team  
Parkdale Queen West CHC  
PARC  
Regeneration Community Services  
Royal Ontario Museum  
Toronto Metropolitan University  
Second Harvest  
Sick Kids Hospital  
SNYP  
Stella's Place  
St. Michael's Hospital FHT  
SUAP  
Strides Toronto  
South Riverdale CHC  
Moss Park OPS  
PHAC  
TDIN  
The Stop Community Food Centre  
TO2AN  
Toronto District School Board  
Toronto Catholic District School Board  
Toronto Metropolitan University  
Toronto Public Health  
Toronto Foundation  
TELUS Mobility for Good Program  
VIRCAN  
Mid-West Toronto OHT  
West Toronto Network of Community Care  
Youthlink What's Up Walk-In  
Yonge Street Mission  
Evergreen Drop-In  
York University

## OUR FUNDERS

Thank you for the ongoing commitment of our funders: Ontario Health; and the Ministry of Children, Community and Social Services via MOH. This support makes it possible for us to deliver accessible and effective substance-use services and achieve our mandate to reduce harm and enhance health in our community.

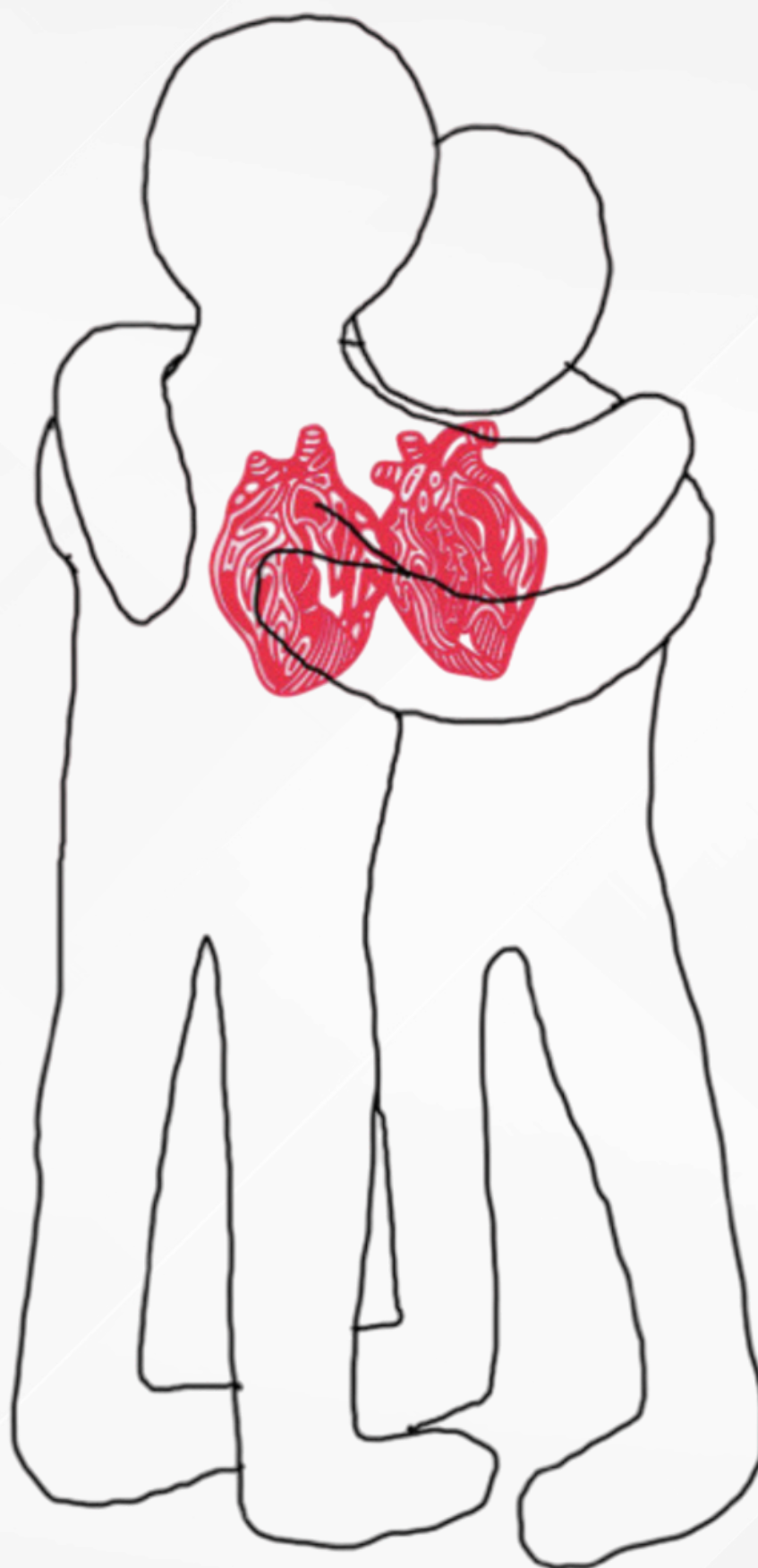


Ministry of  
Children, Community &  
Social Services



Public Health  
Agency of Canada  
Agence de la santé  
publique du Canada





**"HUGS" BY AREN NELSON**