



Mood Disorders Association of Ontario

Annual Report  
2010 / 2011



## Vision

Individuals and families affected by mood disorders recover and heal.

## Mission

Our understanding of depression, anxiety and bipolar disorder is shaped by our lived experiences. The Mood Disorders Association serves individuals and families across Ontario by providing:

- awareness, education and training;
- family and youth clinical support;
- recovery programs; and,
- peer support.

[www.mooddisorders.ca](http://www.mooddisorders.ca)

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Cover photo featuring Linda Chamberlain, participant in the Mood Disorders Association's *Drumming To Our Own Beat* program. Photo by Barry Shainbaum.

The Mood Disorders Association of Ontario is a federally registered charity. All donations are tax receipted. Charitable registration number: 1309 7857 ORR0001

## Message from the President and Executive Director

Throughout our 25th Anniversary year, the Mood Disorders Association of Ontario continued building capacity to support people living with depression, anxiety and bipolar disorder – and their families. This busy year saw more than 17,000 visits to our free peer support programs across Ontario. Participants shared experiences, connected with each other and continued their recovery journeys.



Jacqueline Beurivage  
President

Our mission is to provide people living with mood disorders a welcome, supportive place that offers hope and helps them heal and recover. We are immensely proud of the hundreds of volunteers who join with us, facilitating groups and providing vital telephone support. A grateful thank you goes out to each and every volunteer: because of you, our impact is all the greater, and creates a lasting difference in the lives of the thousands of people we see every year.

In 2010-2011, we put additional focus on programs that support people in their recovery, such as Wellness Recovery Action Planning (WRAP), Drumming to Our Own Beat and Learn to Draw. All are proving to be so popular that we often have wait lists. Soon, a ground-breaking support program which has been two years in development will go online. This fall we will launch Mental Health: My Action Plan, an innovative website chock full of tools designed to help people plan for and live in recovery.

Early intervention continued to be a priority as we completed our third year of a wonderful partnership with the Toronto Catholic District School Board. Over the three years, more than 26,000 high school students have taken part in special Stop The Stigma weeks aimed at getting young people learning, and talking, about the early signs and symptoms of mental illnesses.



Colleen Cowman  
Executive Director

Through our workplace mental health program, Changing Minds at Work, we created a formal partnership with the Canadian Mental Health Association (Ontario) and the Great West Life Centre for Mental Health to promote the prevention, intervention and management of workplace mental health issues. More than 1,500 employees took part in our custom workshops and day-long seminars and learned how to create supportive workplaces for people experiencing a mental health condition.

The Board remains committed to improved governance. Over the past year our Board members reviewed the by-laws to ensure they will comply with Ontario's Not-for-Profit Corporations Act, put in place a new, rigorous self-assessment process and completed significant re-structuring work.

We also experienced a major leadership change at the Mood Disorders Association, as Karen Liberman retired in June after 10 tremendous years as Executive Director. Following an extensive search, the Board of Directors appointed Colleen Cowman as Karen's successor. Colleen joined the Mood Disorders Association with more than 15 years in senior roles in the non-profit sector, including McGill and McMaster Universities, and PEN Canada.

During the past 25 years, we have overcome challenges and seized opportunities. Thanks to our dedicated and passionate volunteers, sponsors and donors, we have supported thousands of people and families as they found their way out of the darkness. Heading into the next 25 years, we will remain dedicated to our vision: supporting individuals and their families living with mood disorders as they recover and heal. After all, we've been there. We know the power of hope, caring, support and, yes, friendship, as we all continue on the path to healing and recovery.

Jacqueline Beurivage  
President

Colleen Cowman  
Executive Director

## Annual Highlights

### Karen Liberman Retires

After 10 years as Executive Director of the Mood Disorders Association, Karen Liberman retired. Colleagues, friends and admirers praised her leadership at an often emotional retirement celebration in late June. Karen's legacy will live on through the new "Lit From Within" Award, which will be given out annually to a Mood Disorders Association volunteer who shows outstanding leadership, creativity and innovation.



*Karen Liberman receives a special portrait as part of the "Lit From Within" Award.*



### Dancing in the Rain

The Mood Disorders Association celebrated its 25th Anniversary with a very special coffee table-style book, called "Dancing in the Rain". The book features the personal experiences of 25 people as they move through hope, healing and recovery. Those featured in the book joined with their friends and family in early March to celebrate the book's publication, and our 25th Anniversary. "Dancing in the Rain" is available to those making a one-time or monthly gift to the Mood Disorders Association.

### Recovery at Your Fingertips

People living with a mental illness will soon have an innovative website focused solely on recovery. Mental Health: My Action Plan (M.A.P.) has been created to support people on their recovery journey. The site helps people understand they are not alone and allows them to plan for and monitor their own recovery. Throughout the site, personal coaches share their experiences living with depression, anxiety or bipolar disorder and encourage people to complete the various modules. Mental Health M.A.P., which will launch in October 2011, is made possible through the support of the founding partners: AstraZeneca, Bristol-Myers Squibb Canada, Eli Lilly Canada, Lundbeck, Pfizer, Power Workers Union, Ontario Ministry of Health Promotion and Sport, and Ontario Power Generation.

### 26,000 Students Learn about Mental Health

Over the course of our three-year partnership with the Toronto Catholic District School Board, more than 26,000 high school students have taken part in "Stop The Stigma" – a week of activities to get students talking and learning about depression, anxiety, bipolar disorder and psychosis. This year, more than 11,000 students took part in a range of activities, planned by student committees, including art therapy, drama presentations, mental wellness fairs, meditation, workshops, speakers, and videos. "Stop The Stigma" is designed to reach young people at a time when they may be experiencing the first signs and symptoms of a mental illness so they can get care and support early.



*Students take part in an activity during Stop The Stigma Week*

## Annual Highlights

### Artists Celebrated at Touched By Fire

More than 700 people attended the Touched By Fire art show and sale featuring a range of art from people living with a mood disorder. Mitchell Clark Meller won the 2010 Rebecca Burghardt Award for his work titled "Scarecrow", and Heather Fulton received the Bristol-Myers Squibb Student Award for her works "The Serpent" and "The Liar". Touched By Fire is supported by presenting sponsor Raymond James, reception sponsor Loblaw and student award sponsor Bristol-Myers Squibb.



Robin and David Craig accept the Heart Award at the Mad About You Gala

### Hero, Hope and Heart

February's Mad about You Awards Gala celebrated another successful year – its seventh - as the organization's signature fundraiser. The evening recognized two incredible people, and an amazing family, with the inspirational Hero, Hope and Heart Awards.

Mark Tewksbury, Olympic gold medalist, received the Hero Award for using his profile to battle stigma and inspire others. Hope Award recipient, Dr. Trevor Young, was celebrated for his innovative research on bipolar disorder. For the first time, the Heart Award was given to a family – the Craig Family – for their exceptional support for their daughter and sister, Lorna. The Awards are sponsored by Morneau Shepell, Lilly and AstraZeneca.



Dr. Anthony Levitt, Psychiatrist-in-Chief at Sunnybrook Health Sciences Centre, was one of our Distinguished Speakers in 2010/2011. Photo by Barry Shainbaum.

### Hundreds Turn Out for Distinguished Speakers

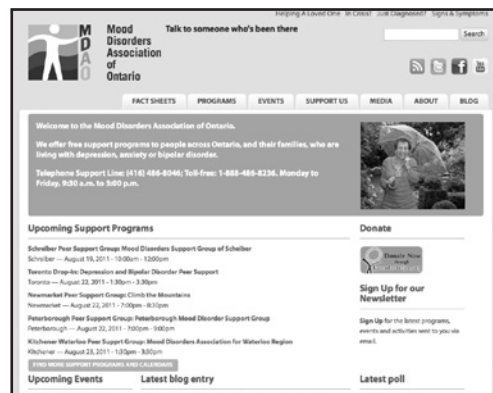
We hosted four public talks in our Distinguished Speaker series. The free presentations offer education and information about various aspects of mood disorders. Over the past year, people attended talks about the relationship between our metabolism and mood disorders, helping young people with mood disorders get on with their lives, and managing the side effects of medication.

### Six Students Receive Scholarships

Thanks to support from Eli Lilly Canada, we provided scholarships to six students to help cover the costs of post-secondary education. Congratulations to Carlo Paolozzi, Jessica D'Ambrose, Sasha Adler, Tracey Little, Belinda Smith and Clayton Goodwin.

### New Website Features Up-To-Date Program Info:

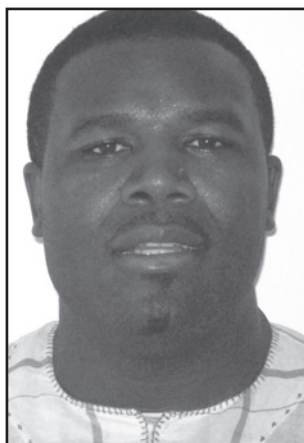
We revamped our website this year to make it easier for visitors to find information about our free peer support and recovery programs available across the province. The new online calendar feature offers up-to-date information for drop-in groups and programs that require pre-registration. The site also features a blog, updated fact sheets and guides, and a monthly e-newsletter. Check it out at [www.mooddisorders.ca](http://www.mooddisorders.ca).



## Peer Support and Recovery

### Recovery Program Pairs Physical and Mental Health

While receiving treatment for major depression and anxiety, Bart Campbell came across a notice in a consumer-survivor bulletin that caught his eye. It talked about a new recovery program being offered by the Mood Disorders Association, called *Boost Your Mood: Move, Eat and Be Healthy*. After reading about how the six-week program was structured to help people improve their mood by eating well and exercising regularly, Bart decided to sign up. It seemed like just the type of group that would give him a boost on his road to recovery.



*Bart Campbell learned how food and exercise can help support his recovery.*

Sport, for supporting our first Boost Your Mood program in Toronto, and the upcoming provincial sessions.



Guided by an accredited personal trainer and a registered dietician, both with lived experience, Bart learned how different types of food and even his posture can affect his mood. "I gained an advanced understanding of the Canada Food Guide and how to use it to my advantage and create meal plans that suit my taste buds with the right nutrients," says Bart. That's not all. He learned simple but effective exercises that can be done on a couch, a church bench or his desk at work. He now spends an extra 30 minutes each day being active. The healthier eating and increased exercise has helped Bart lose 36 pounds.

Bart says that *Boost Your Mood* gave him "mental, emotional, physical and practical support so I could eat and be healthy while staying fit for life. It means I can live a long stress-free and independent life with normal balance and control of my mood."

Based on the success of the *Boost Your Mood* program in Toronto, the Mood Disorders Association is now working to take it to other communities across Ontario. Through our participation in the provincial Minding Our Bodies program, we've received the resources we need to run special 'train the trainers' workshops outside of Toronto. Special thanks to Minding Our Bodies, funded by the Healthy Communities Fund through the Ministry of Health Promotion and

## Peer Support and Recovery

### 25 Years of Peer Support in Ottawa

“Peer support is one the most successful ways to help people cope with their illness. It helps people with little or no hope feel less isolated, and helps them improve their coping skills. The peer relationship allows for the exchange of knowledge and shared experience that benefits both the peer and the peer supporter.” Words of wisdom from Lianna Cousins, the President of the Mood Disorders Ottawa Mutual Support Group, an affiliate member of the Mood Disorders Association of Ontario.



*Lianna Cousins knows the difference that peer support can make in people's lives.*

Lianna knows whereof she speaks, having decided to volunteer in peer support following her last hospital stay. As Lianna says, “I knew that I needed to give back to a community that had and continues to support me in my own recovery. I believe that when you have a better understanding and acceptance of your own situation there is a willingness to share with other people and show people that there is hope. We are not alone.”

Now celebrating its 25th Anniversary, Mood Disorders Ottawa offers a variety of peer support and recovery programs, including: monthly movie night; monthly information session, featuring a speaker knowledgeable about mental health; a drop-in peer support group; a monthly peer support group for family members; semi-annual recovery programs – Pathways to Recovery and Wellness Recovery Action Planning; and, monthly social events, such as museum visits, bowling, holiday celebrations and many more. This past year, the group had the

opportunity to attend mental health workshops in high schools and at local agencies, letting more people know about the power of peer support. Over the coming year, the group hopes to add a recovery program focused on families called Family Recovery Action Plan.

“We have the capacity to offer more through expanding our educational programs, expanding our mutual support groups by reaching out to families and addressing the fact that better family and caregiver support systems benefits the consumer as well,” says Lianna.

## Family and Youth

### Supporting the Supporters

Ellen doesn't remember who first suggested that she and her former husband, John, inquire about the Mood Disorders Association's clinical support for parents and family members, but she's certainly glad she made the call. At the time their daughter, who had her first episode of psychosis at age 12, had been diagnosed with bipolar disorder. Not surprisingly, all of the focus was "solely, completely and lovingly on our daughter," says Ellen. With the support of Catherine Bancroft, a social worker and the Mood Disorders Association's Manager of Family and Youth Programs, Ellen and John had the chance to look at themselves and what they had been coping with as parents. Although divorced, Ellen and John co-parent well together, Ellen says.

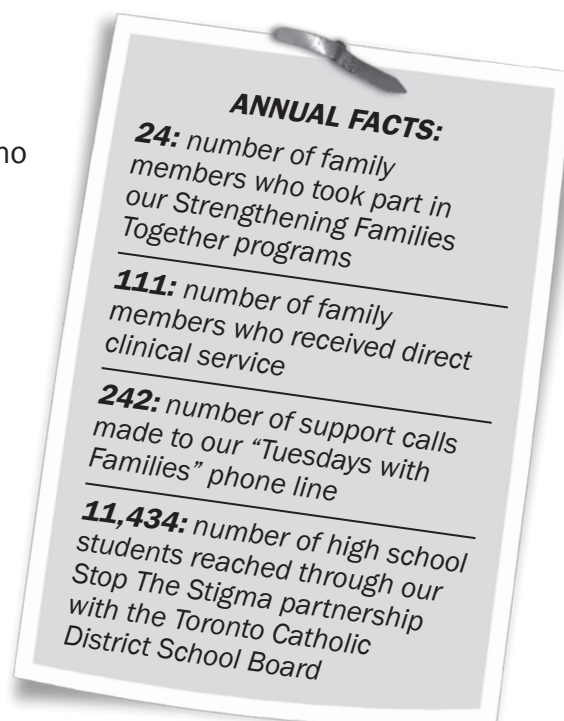
"With Catherine, we were able to look at our needs as parents, and learn to understand each other's ways of coping with the situation. Being able to have someone to talk to is very important," says Ellen. "We now understand more about each other and how our daughter's mental health was affecting us. We learned it was OK to be angry, to miss our daughter and all of the other feelings that go with this situation. We were free to express whatever feelings we had."

In addition to direct support from Catherine, Ellen and John attended *Strengthening Families Together*, a 10-week group free to parents who have children diagnosed with a mood disorder and psychosis. The speakers in the group were helpful, Ellen found, particularly the young woman who shared her experience living with bipolar disorder. "Listening to that young woman and seeing what she's doing today is quite amazing. That gave me a lot of hope."

Ellen says she really appreciated the flexibility of the support offered by the Mood Disorders Association. It was through the meetings with Catherine and John that Ellen spoke about her abuse as a child. Together, they agreed that Ellen would use some of the time with Catherine as a bridge until she found a therapist to support her through difficulties stemming from that abuse.

Now, after nearly two years, Ellen's daughter is leaving hospital and moving to supportive housing. Ellen is pleased her daughter is well enough to leave hospital but also knows the transition will bring new challenges. She's glad that she and John have time with Catherine to discuss how the change affects their roles as parents.

Ellen's advice to parents or family members? "It is natural that you focus on your daughter or son, but you also need to take care of yourself. The Mood Disorders Association is a great place to get that support, and if you choose to meet other parents who are dealing with a daughter or son who has a mood disorder, the sharing and feeling that you are not alone is enormously helpful."



## Family and Youth

### Youth Sharing with Youth



Erin Hodgson

Erin Hodgson knows the power of personal experience. As a high school student in Toronto, Erin attended a school-wide assembly about mental health. The guest speaker was the Mood Disorders Association's then Executive Director, Karen Liberman. As Karen described her personal experience with depression, Erin realized she had been having similar thoughts and feelings. When Karen asked the students if they had questions, Erin promptly raised her hand, came to the front of the room and said she was experiencing many of the signs and symptoms Karen described as depression.



Asante Haughton and his mom.  
Photo by Barry Shainbaum.

Fast forward several years, and Erin – now living in recovery – is in front of hundreds of high school students talking about her personal experience with obsessive compulsive disorder as a child and depression as a teenager and young adult. It's a difficult story to share, but Erin doesn't shrink from talking about the hard times. As Erin says, "By sharing my story, I want to give them hope. I want to shatter the silence that keeps them prisoners in their own minds, and tell them that they deserve health and happiness, that they can get their lives back, and that giving up is never the answer."

Sharing his experience is also important to Asante Haughton, a recent university graduate who had depression throughout his high school years. Like Erin, Asante doesn't hold back as he talks about the lowest times. Yet, for both Erin and Asante, it's hope that comes through and outshines the difficult times. "You do get better," says Asante. "It's not a life sentence. You can learn how to manage it and it makes you a stronger person."

All told, thousands of students at 10 Catholic high schools heard Erin's and Asante's open, honest accounts about mental illness, and were left knowing that help is available and hope is always present. The talks were part of Stop The Stigma, an unique partnership between the Mood Disorders Association of Ontario and the Toronto Catholic District School Board. Since the partnership started three years ago, more than 26,000 students have taken part in Stop The Stigma, learning and talking about mental health as a means to getting support and treatment for early signs of depression, anxiety, bipolar disorder, psychosis and other mental illnesses.

"What excites me most about Stop the Stigma is the number of lives we touch along the way. For so many, these assemblies and school events were full of life-changing moments. After so many years of suffering, I've been able to turn a profoundly negative experience into something positive and inspiring, something that changes many lives, including my own. It's by far the best thing I've ever done," says Erin.

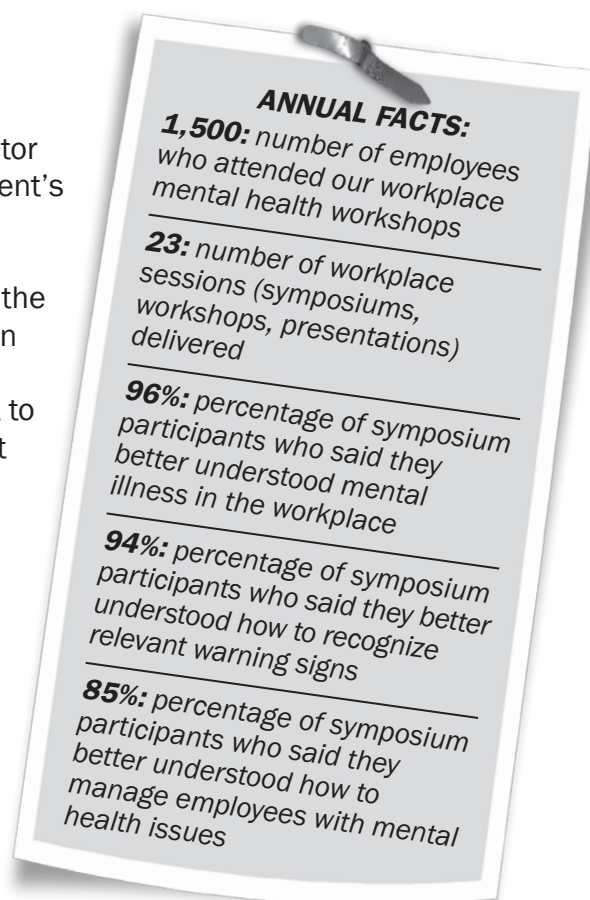
Asante agrees. "I never expected to get the huge positive response that I have received from speaking at Stop the Stigma events. To be able to reach so many people of such diverse backgrounds is truly humbling and awe inspiring at the same time. I am honoured to be a part of this project."

## Workplace Mental Health

### Opening the Door: Mental Health in the Workplace

As the Regional Coordinator of the Federal Government's National Managers' Community, Ontario Region, Christina Prozes understands the challenges facing employees in today's increasingly busy and complex workplaces. At a cost to Canadian businesses of about \$20 billion per year, mental health is one of the leading issues that workplaces are tackling. "It's the number one disability, so it's important to address this from many perspectives, including the economic one," says Christina. "It's also important for employees to share their concerns around mental health, whether for themselves or for friends, colleagues or family members, so issues don't simmer and get worse."

Christina and her team first started working with the Mood Disorders Association of Ontario about four years ago. "The organization is very innovative and is proving to be a leader in terms of workplace sessions. Its partnerships with the Canadian Mental Health Association, Ontario and the Great West Life Centre for Mental Health mean that we get to hear from people who are advancing work on the topic."

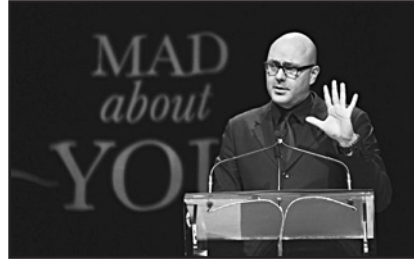


Front row, left to right: Karen Liberman and Donna MacCandlish, Mood Disorders Association  
Back row, left to right: Mary Ann Baynton, Katharina Kiewiet, Major Glenn Barbour

Over the past few years, the Mood Disorders Association created two custom workshops for managers, supervisors, human resources staff, and senior staff within federal and provincial government workplaces in Ontario. At sessions held in 2011 in Toronto and London, about 150 employees heard from a panel of experts who offered a range of knowledge and experience: Karen Liberman, then Executive Director of the Mood Disorders Association shared her personal experience living with severe depression; Mary Ann Baynton offered her expertise on return to work issues; and, Lieutenant Colonel Stéphane Grenier spoke of his successful work creating peer support programs within the Canadian military.

"The mix of knowledge and personal experience made it very innovative and interesting, and the panel offered many opportunities for discussion during the interactive Q & As," says Christina. "After the workshops, our evaluations showed that the knowledge increased and that people felt they received valuable tools for managing mental health in the workplace."

## Mad About You Success



*Mad About You Host James Cunningham*

More than 300 people were treated to a very special night out at The Carlu in support of the Mood Disorders Association at the 7th Annual Mad About You Gala, just a few days before Valentine's Day. Those in attendance celebrated the recipients of our Hero, Hope and Heart Awards, bought some wonderful items at our silent auction, and enjoyed a delicious dinner catered by L-Eat. One lucky person walked away with the raffle prize – a cruise for two!



*Olympic gold medalist Mark Tewksbury accepts the Hero Award from Karen Liberman (left) of the Mood Disorders Association and Susan Baker of Eli Lilly Canada, sponsor of the award.*



*Checking out the silent auction*

Mad About You raised more than nearly **\$130,000** to support our free programs for people living with depression, anxiety or bipolar disorder – and their families – across Ontario. Thanks to everyone who made the event possible through sponsorship, ticket purchases, silent auction donations, and volunteer support.



*John Burghardt. Photo by Barry Shainbaum*

## Giving from the Heart

For 10 years now, John Burghardt has been supporting the Mood Disorders Association of Ontario, sharing his creative talents and making regular financial contributions.

He first became involved with the Mood Disorders Association thanks to his “talented but sick daughter Rebecca,” John says. Working with Paul Grissom, an art director, John has created advertising campaigns and played a significant part in the Mood Disorders Association’s Check Up From the Neck Up program.

“I gave moderately over the years – but then Rebecca died in July 2005, and we decided to commemorate her passing with a financial gift, which turned into the incredibly successful Touched By Fire art show and sale.” Now in its fifth year, Touched By Fire features works of art by people living with depression, anxiety or bipolar disorder.

John continues to support the Mood Disorders Association because he’s seen first-hand the difference it makes in people’s lives. “You can go in the door and see what’s going on at the Association, from drumming to comedy to support for people learning and working on their challenges. There are other mental health organizations, some of them quite good, but there is only one Mood Disorders Association. It has changed my life for the better, and I hope it will do the same for friends and family members.”

# Thank You!

The Mood Disorders Association of Ontario wishes to gratefully acknowledge our sponsors, partners and philanthropic donors from our generous Giving Circles. Contributions during the 2010/2011 fiscal year supported our free programs for people living with depression, anxiety, bipolar disorder, and their families, across Ontario.

## **HOPE (\$50,000 - \$99,999)**

CIBC

Ministry of Health and Sports Promotion  
Morneau Shepell Inc.

## **HEART (\$25,000 - \$49,999)**

AstraZeneca Canada Inc.

Great Gulf Homes Charitable Foundation

Lilly Canada Inc.

Lundbeck Canada Inc.

Ontario Power Generation

Power Workers' Union, Local 1000

Raymond James Ltd.

## **INSPIRATION (\$15,000 - \$24,999)**

Bristol-Myers Squibb

Pfizer Canada Inc.

## **CHAMPION (\$5,000 - \$14,999)**

Cameo Parent Corp.

Desjardins Sécurité financière

Ed Mirvish Enterprises Limited

Ernst and Young LLP (Canada)

George Frankfort

Gibcor Holdings

Great West Life

Jacqueline Beaurivage and Keith Wilhelm

Loblaw

Michael Vukets and Associates Ltd.

Penegal Trim and Supply Ltd.

Pizza Pizza

Rayjo Charitable Trust

Rose Corporation

Salit Steel

Silver Carpentry Limited

Tramore Group

Weston Flooring Ltd.

Winberg Foundation

**FRIENDSHIP (\$1,000 - \$4,999)**

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 Briarhurst Realty Limited  
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 John Callaghan  
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 Standard Life  
 Steamcan Equipment Ltd.  
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**NEW DAY DAWNING CLUB**

*This dedicated group of donors provides the Mood Disorders Association of Ontario with ongoing monthly support. Special thanks to these supporters who are contributing regularly throughout the year to our free programs for individuals and families.*

**THANK YOU TO OUR FUNDERS**

Ministry of Health and Long-Term Care  
 Toronto Central Local Health Integration Network (LHIN)  
 City of Toronto

*The Mood Disorders Association is grateful to all of its donors, and apologizes if any names have been omitted due to printing deadlines.*

## Statement of Financial Position for the year ended March 31, 2011

**Treasurer's Note**

The past year was one of renewal for the Mood Disorders Association of Ontario in the area of finance and administration. A comprehensive review of our financial systems and processes was undertaken with a view to enhancing core capabilities for an organization that has grown substantially over the past decade. Documentation of existing and new policies and practices, with a focus on internal controls, has been largely completed. A more robust approach to budgeting and forecasting has been

initiated with further improvements slated for the current year.

Operationally, fundraising remained a challenge in 2011 and will continue to be so in the current fiscal year. The Board of Directors and management have identified this area as a primary focus for the 2012 fiscal year with a number of changes contemplated for fundraising activities and strategies.

In our General Fund, revenue declined significantly from the prior year by \$277,173 due principally to declines in revenue from two of our annual events (the Mad About You gala and Mood Swings golf tournament) totaling \$138,478 and to the diversion of revenues to the development of Mental Health: My Action Plan (M.A.P.) project which accounted for a further \$80,000. Expenses remained relatively flat year over year with the savings from the cancellation of Mood Swings offsetting general expense increases over a range of categories.

Although next year will continue to be a challenge, the changes to financial management processes last year have significantly strengthened the Association's ability to address them.

Peter Lane  
Treasurer

**Statement of Financial Position  
For the year ended March 31, 2011**

	MAP Project Fund	General Fund	2011 Total	2010 Total
<b>Assets</b>				
Current				
Cash and cash equivalents	\$ 82,457	\$ 126,616	\$ 209,073	\$ 378,225
Accounts receivable	-	74,074	74,074	102,098
Prepaid expenses	-	13,722	13,722	9,067
	82,457	214,412	296,869	489,390
MAP website	118,449	-	118,449	-
Marketable securities	-	10,686	10,686	7,475
Equipment	-	10,072	10,072	6,274
	<u>\$ 200,906</u>	<u>\$ 235,170</u>	<u>\$ 436,076</u>	<u>\$ 503,139</u>
<b>Liabilities</b>				
Current				
Accounts payable and accrued liabilities \$	-	\$ 36,926	\$ 36,926	\$ 19,159
Deferred revenue	200,906	-	200,906	95,503
	200,906	36,926	237,832	114,662
<b>Members' Equity</b>				
Unrestricted	-	198,244	198,244	19,681
Restricted	-	-	-	-
Internally restricted	-	-	-	368,796
	-	198,244	198,244	388,477
	<u>\$ 200,906</u>	<u>\$ 235,170</u>	<u>\$ 436,076</u>	<u>\$ 503,139</u>

**Statement of General Operations and Fund Balance  
for the Year Ended March 31, 2011**

**Statement of General Operations and Fund Balance  
For the year ended March 31**

	<u>2011</u>	<u>2010</u>
Revenue		
Grants - Ministry of Health	\$ 475,315	\$ 458,229
Grant - City of Toronto	15,503	15,610
Grant – Foundations	10,000	10,000
Membership fees	825	2,115
Donations	49,918	39,024
Corporate donations and sponsorships	42,453	183,850
Sales of books	3,774	4,388
Other	<u>449,017</u>	<u>610,762</u>
	<u>1,046,805</u>	<u>1,323,978</u>
Expenses		
Advertising and promotion	17,096	12,629
Amortization	2,900	5,072
Books and tapes	7,197	1,967
Conferences and education	7,584	970
Consulting	11,846	2,802
Fundraising	179,377	246,040
Meetings	26,070	22,884
Moving lives forward	10,260	12,000
Office expenses	94,737	96,911
Peer support	6,331	20,830
Postage and courier	8,856	11,311
Professional fees	25,949	17,468
Programs	77,928	57,785
Rent	119,150	107,837
Salaries and contract labour	582,707	548,976
Social recreational programs	27,985	18,001
Telephone and internet	35,021	21,829
Touched by Fire	-	33,395
	<u>1,240,994</u>	<u>1,238,707</u>
Excess of (expenses over revenue) revenue over expenses for the year	(194,189)	85,271
Balance, beginning of the year	19,681	4,410
Allocation from (to) reserve fund	285,674	(70,000)
Allocation from special projects fund	79,854	-
Allocation from Our Sisters' Place reserve fund	<u>7,224</u>	<u>-</u>
Balance, end of the year	<u>\$ 198,244</u>	<u>\$ 19,681</u>

Talk to someone who's been there



**Mood Disorders Association of Ontario**

36 Eglinton Avenue W., Suite 602  
Toronto, Ontario M4R 1A1  
[www.mooddisorders.ca](http://www.mooddisorders.ca)