



PROVIDING A CARING SPACE, TOGETHER

This past year at Lighthouse we have experienced significant growth and some change. And thanks to our incredible staff, volunteers, and donors we have continued to play a critical role in assisting children, teens, and their families as they navigate their grief journey.

We saw the highest rate in Lighthouse history of families wanting to return to our grief support groups after the summer break. We also saw an increase in new families wanting to access our support. Last year alone over 380 attended our peer-to-peer groups, representing a 17% increase. We also saw an increased demand for additional support from our teens who were aging out of their groups. To accommodate those requests, we started 2 online Young Adults groups (aged 19 – 24) and they have been well received.

We continued to develop and strengthen relationships with new and existing community partners with the goal of learning more about the diverse populations in the community and how we can humbly learn about their approaches to grief and bereavement. This ongoing work helps us explore how we can best serve their needs.

We said goodbye to our amazing Director of Services Candace Ray, who shared her leadership and passion with Lighthouse for 10+ years. We wish Candace all the best in her retirement. Although her shoes were hard to fill, we welcomed Jason Dockeray as our new Director of Services.

It is with immense gratitude that we share the Lighthouse 2023 Annual Report. We could not do this work without you. Thank you for being a part of our community to help families find hope for a brighter future and for believing in the work that we do to ensure that “no child grieves alone”.

This year marks our 25th anniversary of working in the community with grieving families and we are proud of how far we have come. We are excited about the future of our organization and how we can continue to make an impact on the lives of our grieving families.

With much gratitude,

Maarten Jansen | Board Chair
and
Anne Smith | Executive Director



Land Acknowledgement

Lighthouse is situated on the Treaty lands of the Mississaugas of the Credit First Nation and the traditional territory of the Haudenosaunee and the Huron-Wendat. We honour the Haudenosaunee, Métis, Attawandaron, and Huron-Wendat peoples of Halton and Peel, who lived on these traditional territories and continue to have presence here. Lighthouse gratefully acknowledges these nations for their guardianship of this land.

OUR MISSION

To help children, youth and their families who are grieving a death, find a sense of belonging, connection and understanding from others experiencing a similar loss.

AT LIGHTHOUSE, YOU ARE NOT ALONE

LOOKING BACK AT 2023

- We trained 22 new volunteer facilitators and ended the year with 49 active volunteers. Volunteer facilitators donated over 2205 hours in support groups last year alone.
- Saw an increase of new inquiries and past participating families rejoining groups, plus a surge of new participants resulting in a 17% increase over 2022.
- Launched 2 new online support groups for young adults, aged 19-24, for those aging out of the Teen Groups and needing continued support.
- Released 4 new Podcasts with a total of 1600 downloads, shining a spotlight on diverse voices in the grief and bereavement sector.
- 2nd year for new fundraising event, FOOD FASHION FUN, that raised over \$100,000
- Close to 1200 participants came out to our Run 4 Lighthouse, our largest annual fundraiser where we raised more than \$300K with a generous match of \$100K from June and Ian.
- Partnered with Walden International School and Oakville Public Libraries to create and display an art project in honor of Children's Grief Awareness Month in November.
- Continued to support the Annual Canadian Children's Grief Symposium with several presenters from our incredible Services team.
- Supported various third-party events hosted by members and organizations in our communities



CREATING COMMUNITIES OF CARING

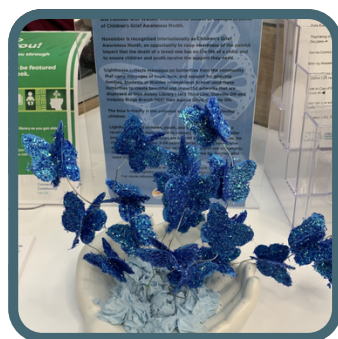
Multicultural Outreach



Releasing new podcasts featuring guests from diverse communities, supported by a \$10,000 grant from the Maxwell & Catherine Meaghan Foundation. The Beacon Podcast, with over 2.6K downloads, has enabled us to extend our educational offerings in the field of children's grief and diversity to a broader multinational audience.

Hosting grief workshops in partnership with diverse community service providers, including Punjabi Community Health Services, Sisters in Synch, Oakville Public Library, and the Halton Catholic District School Board, to help build capacity within these organizations. Additionally, we have secured a \$29,400 grant from the Halton Region Community Investment Fund to provide additional workshops in diverse communities across Halton in 2024-25.

Enhancing Community Capacity



Lighthouse continues to raise awareness and advocate for children's grief through various community-focused initiatives, such as monument lighting, local partnerships, educational opportunities, and community art projects. These efforts have enabled us to offer both virtual and in-person workshops and training, helping to build capacity across the sector.

In 2023, Lighthouse invited over 10 community partners from a wide range of agencies to attend our facilitator training. This initiative aimed to spread awareness of our unique program to diverse communities and build capacity within our community partners to provide trauma-informed grief support based on our model directly to their diverse participants.

Advocacy and Education



In 2023, Lighthouse was a key contributor to the 3rd Annual Canadian Children's Grief Symposium, which has seen considerable growth since its inception and has become a premier training ground for grief providers across Canada. Additionally, Lighthouse remains a thought leader in the children's grief sector. We have had the privilege of offering training workshops in schools, community centres, and virtually. These workshops have increased community awareness of The Lighthouse and enhanced the effectiveness of grief support beyond our organization.

Events Are At The Heart Of Our Fundraising

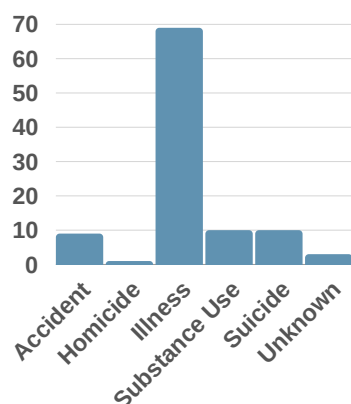


We had close to 1200 participants come out and join us at our Run 4 Lighthouse event in 2023 and raised over \$300,000. We hosted our 2nd FOOD FASHION FUN event that raised over \$100,000 and look forward to bringing it back in 2024. Fundraising events are the basis of our funding, and these events would not be possible without the generous support of our sponsors, donors, and event participants. Event sponsorship enables 100% of net proceeds to directly benefit families at Lighthouse.

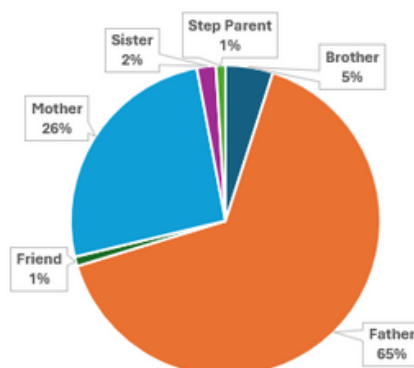
2023 BY THE NUMBERS



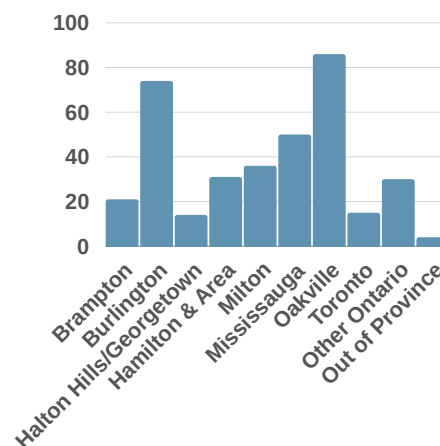
Cause of death of the deceased (by %)



Relationship of the deceased to the participant

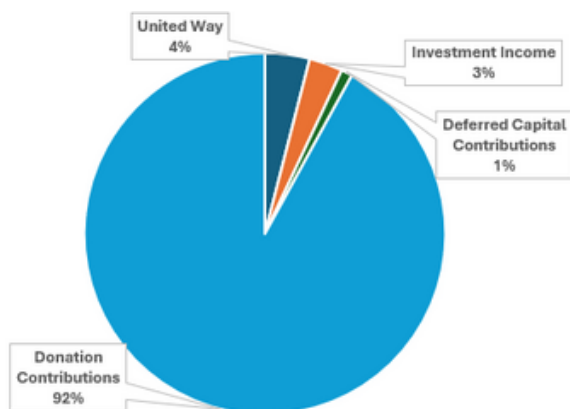


Where our participants live



FINANCIALS

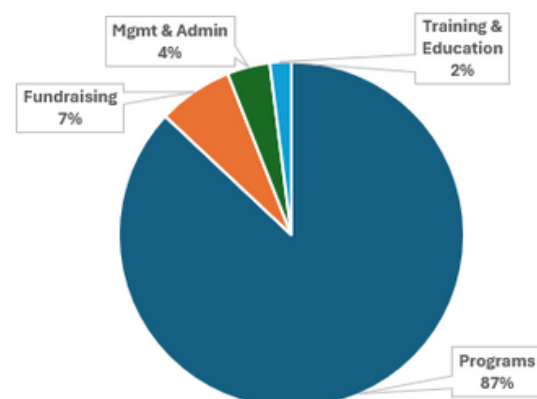
Sources of Funding



\$1,019,568
Revenue

\$1,014,703
Expenses

How Funds Were Spent





MAJOR GIFT DONORS 2023

*"Only by giving are you able to receive
more than you already have."*

- Jim Rohn

Thank you to all our donors who bring hope to our Lighthouse families

CHANGEMAKERS

\$100,000 +

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\$25,000 - \$99,999

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THANK YOU!



We are so grateful to everyone who made financial contributions to Lighthouse in 2023. Your support allows families in our communities to receive free grief support at a time in their lives when they are at their most vulnerable. Financial support includes all individual donations, private family foundations, donations via funds held within community foundations, corporate donations, third party fundraisers, service clubs and event sponsors.

We would also like to acknowledge the businesses who have sponsored or donated gifts and services in-kind to support our fundraising events and initiatives. And to all the amazing volunteers who generously give their time and talents throughout the year, none of this would be possible without your support. Thank you!



"Lighthouse provides us with a safe environment to share our deepest feelings, with supportive staff and volunteers that are available and smiling. Most importantly, Lighthouse gives us hope and faith to keep moving forward."

KIRAN, LIGHTHOUSE FAMILY



United Way
Halton & Hamilton



Lighthouse
For Grieving Children & Families



@LighthouseGrief



Accredited
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