



2025-2026

ANNUAL REPORT

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Letter from the President

Over the past quarter century, CHSSN has grown from a small initiative into a respected provincial network whose work is valued by partners, policymakers, and communities.

This year marked an important milestone for CHSSN as we celebrated our 25th anniversary, a moment to recognize how the organization has evolved and the impact it continues to have on English-speaking communities across Quebec.

CHSSN's achievements this year reflect the strength of its partnerships, the dedication of its staff, and the continued relevance of its mission. The Board remains committed to ensuring strong governance, financial sustainability, and long-term organizational resilience.

We also celebrated a significant moment for CHSSN with the retirement of our founder, Jim Carter. Jim's vision, determination, and unwavering commitment to improving access to health services in English laid the foundation for everything CHSSN has become. His leadership has had a profound and lasting impact on communities across Quebec, and the Board extends its deepest appreciation for his decades of service.

This year also included an important moment of representation for CHSSN and for the English-speaking community. I had the privilege of accompanying the Executive Director Jennifer Johnson to the National Assembly to present CHSSN's brief on the proposed Quebec Constitution (Bill 1). Opportunities for our community to speak at this level of government are rare and never undertaken lightly. In presenting our concerns,



we emphasized the serious risk that, as written, the legislation could weaken long-standing guarantees that protect access to health and social services in English. It was a responsibility we carried with conviction, and a reminder of the vital role CHSSN plays in safeguarding the rights and well-being of English-speaking Quebecers.

Board Governance & Strategic Reflection

This year, the Board also advanced important governance work. We implemented the new regional representation structure for Board members — a model first introduced at the September 2025 AGM. This change strengthens our accountability to communities across Quebec and ensures that regional realities are reflected in our governance and decision-making.

In addition, the Board held a two-day strategic discussion session to reflect on CHSSN's programming, the reorganization of the health system and its implications for access, the evolving language laws that add complexity to service delivery, and federal policies such as the Official Languages Act and their role in supporting community vitality. These conversations helped clarify the risks

Continued →

and challenges ahead and set the stage for CHSSN's strategic direction in the coming years.

The Board also engaged in thoughtful reflection on governance responsibilities, Board roles, and potential liabilities — and discussed strategies to mitigate those risks. This work reinforces our commitment to strong, responsible governance and ensures that CHSSN remains resilient and well-positioned for the future.

Leadership Transition

As we look ahead, the Board is also guiding another important transition. Our Executive Director, Jennifer Johnson, has begun a structured process toward retirement. Jennifer has led CHSSN with integrity, commitment, and a deep sense of purpose. Under her leadership, CHSSN has strengthened its partnerships, expanded its programming, and deepened its impact across the province. The Board is grateful for her service and is committed to ensuring a thoughtful, responsible succession process. Jennifer will continue to lead the organization until a new Executive Director is selected and will then serve provide support for the transition.

The Board is confident in CHSSN's future.

The organization is strong, its mission is clear, and its network of partners is vibrant and engaged.

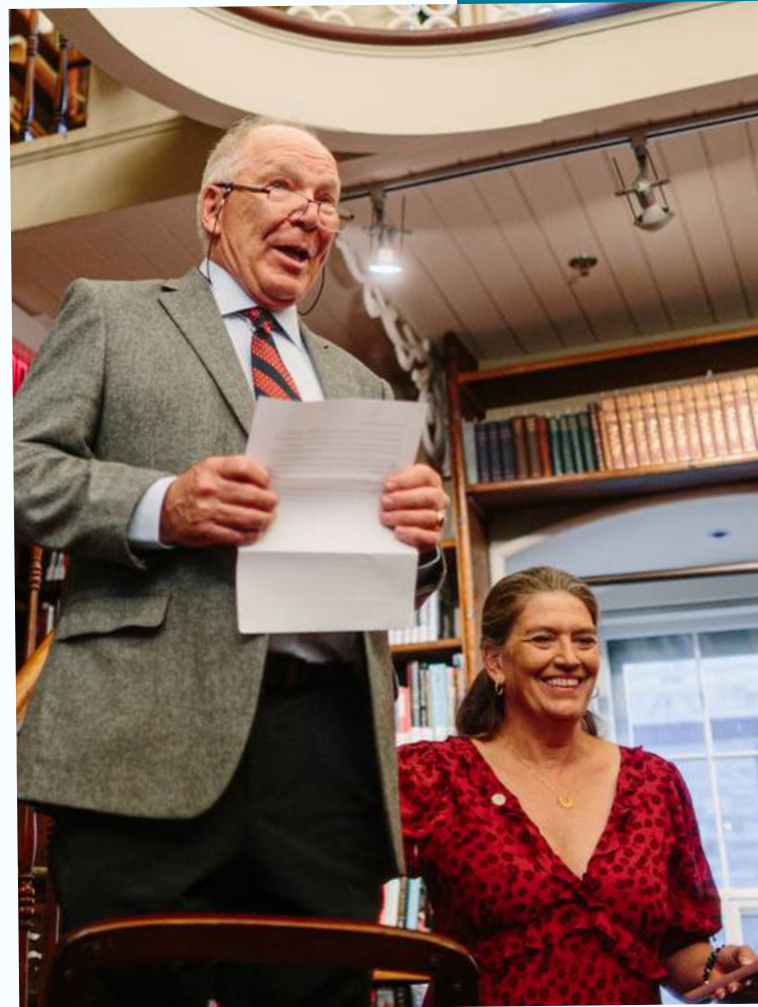
As we enter the next chapter, we remain committed to supporting CHSSN's strategic direction, safeguarding its financial health, and ensuring that Englishspeaking communities continue to have a strong voice in Quebec's health and social services landscape.

On behalf of the Board of Directors, I extend my sincere thanks to our staff, partners, funders, and community organizations for their dedication and collaboration. Together, we continue to build a healthier, more equitable future for Englishspeaking Quebecers.

Sincerely,

Ron Creary

President
CHSSN Board of Directors.



Letter from the Executive Director

CHSSN 25th anniversary year was certainly a year to remember!

In 2025-2026 the CHSSN programing was very strong, and the outputs identified in this report will illustrate the incredible impact that they are having in local communities. As an organization that focuses on enabling local organizations to become the key drivers of change in their communities, our programs directly reflect this role.

The 25th anniversary for CHSSN was celebrated throughout the year. In addition to some new branding for CHSSN, we produced a video highlighting the impact of our programs and our policy work and launched it at our 25th celebration event at the beautiful Morrin Centre in September. So many friends and partners came to celebrate with us and made for a special evening. The video production was a highlight for me personally this year. It allowed me to visit three of our networks and talk to them about the impact CHSSN has had in their communities. We don't often get opportunities to do that, and it made me appreciate how much we have done and the influence we have had in the past 25 years. We also produced a special edition of NetLink dedicated to the history and future of CHSSN.

This was also the year that our founder and longtime community champion, Jim Carter, took his well-deserved retirement. After dedicating his career to improving access to health services in English Jim has hung up the running shoes (because there is always a race to run or a hurdle to leap when it comes to ensuring access!) Jim was an amazing mentor for me and his legacy will carry on in

the strong organization he and the CHSSN team have created.

As in past years, it is our in-person events that have an important impact on fostering dialogue, sharing success stories and learning from peers and this year we had 9 of them! Each of the sectors we work in had one (Seniors, Early Childhood and Mental Health) and then there was our Adaptation Event held only 2 times in the five-year cycle as well as three NPI events, an event focused on issues facing visible minority populations and another specialized event for caregivers. As each one of these events require intense planning and dedication my hat is off to the CHSSN staff for making each one of them rated as a key learning event and extremely important by participants.

This year was also a year where CHSSN was present in multiple consultations and tables. Health prevention, mental health, early childhood, seniors, funding renewal discussions, and legislative review at both the Federal and Provincial levels. The input from CHSSN has had an important impact on the discussions about improving access. For example, CHSSN wrote a brief for the MSSS Health Prevention Consultation process and was invited to the in-person event held. We were able to play a role in the identification of the English-speaking community in the Action Plan that was released recently. The CHSSN president and I also presented our brief on the impact of the proposed Quebec Constitution to the National Assembly in February.

Continued →

We felt it critical to identify that the proposed legislation did not recognize the legislative guarantees to access to health services in English.

Although it was announced one day after the end of the fiscal year, I think it important to also recognize the successful funding request for the Patient Navigation Network. This program, financed by the SRQEA, will significantly change the landscape of what communities can do for individuals trying to navigate the health and social services system. Next year we will be reporting on the success of the 13 new navigators across the province!

The CHSSN continues to be a user and a developer of knowledge about the health and well-being of the English-speaking community. Sharing this expertise at conferences, on-line and through partnership remains key to our purpose. The Senior Wellness Initiative produced tools for assessing risk in community settings that we hope will have a pan-Canadian use. Collaborations with researchers in university settings like our partnership with Savoir Monfort Institute has increased our connection to the Canadian Official Language research community and we supported their development of a data catalogue that can serve researchers across the country interested in language variables in their health research.

In the following pages we explore the richness of the programs and projects supported by CHSSN, as well as the many important results achieved this year. All of this would not be possible without the strong networks we partner with who implement the programming at a local level. We are very proud of the amazing work our partners have done over the past year. All of the progress we have made would not be possible without them!

Finally, as I prepare to retire from CHSSN at the end of the year, I find myself looking back with deep gratitude of being part of this amazing cultural movement (and it has been a movement.) The re-vitalization of English-speaking communities across the province through a focus on health and well-being.

Leading the CHSSN has been one of the greatest privileges of my professional life. I have been so fortunate to be surrounded by visionaries, people devoted to their communities and partners willing to go the distance to make things happen.

I have often described it as I was in the right place, at the right time, with the right skills. That doesn't happen for everyone, and I am very aware of this privilege. Over the coming months I look forward to supporting a smooth transition and to cheering on the CHSSN's continued success from a new vantage point.

Warm regards,

Jennifer Johnson
Executive Director
CHSSN.



Highlight of Our 25th Anniversary

25 Years of Community, Connection & Care

On September 16, 2025, the CHSSN community gathered at the historic Morrin Centre in Quebec City to celebrate a monumental milestone: 25 years of building health equity.

What started in 2000 as a localized grassroots initiative has grown into a vast provincial network of over 60 member organizations. Together, we have spent a quarter-century working side-by-side to break down language barriers, empower local networks, and make health and social services more accessible for English-speaking Quebecers.

As we look back at how far we have come, we celebrate the dedicated advocates, partners, and community leaders who make this vital work possible every day.



“Health is not just a service—it is a cornerstone of vitality for the English-speaking community.

- Jennifer Johnson



Jennifer hit the road visiting the Network in our 25th anniversary video



Special Edition NetLink



Mission, Vision and Values

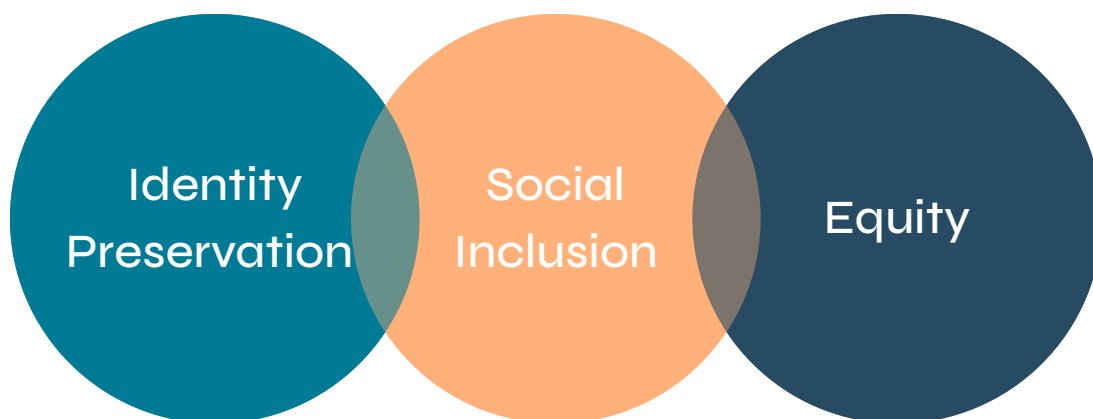
Our Mission

Our mission is to support the English-speaking communities in Quebec through promoting equitable access to health and social services in English and addressing the social determinants of health through relationship building, knowledge sharing, empowerment, and training.

Our Vision

Achieving equitable access to health and social services in English through the development of programs and partnerships to address social determinants of health and promoting the vitality of English-speaking communities of Quebec.

Values





Networking and Partnership

Health Canada supports the English-speaking community in Quebec through 3 main programs:

1. Support for community organizations to improve access through partnerships and networking (NPI).
2. The support of adaptation initiatives within the health and social services system (Adaptation).
3. Improving the knowledge base of the profile, needs and challenges of the community in accessing health and social services (Knowledge Development).

This initiative is financed by:



Health
Canada

Santé
Canada

Networking Partnership Initiative (NPI)

Over the past year, the Community Health and Social Services Network (CHSSN), in collaboration with its NPI organizations, continued to strengthen access to health and social services in English for Official Language Minority Communities (OLMCs) across Quebec.

Through sustained partnership development, networking, knowledge mobilization, outreach, evaluation, and policy engagement, the network contributed to improved collaboration and responsiveness within the health and social services system.

Highlights in 2025-2026 for the NPIs



112

New Collaborations



100+

Knowledge Products



520+

**Access & Outreach
Initiatives**

- NPIs participated in 340 advisory tables, reinforcing their role as valued partners within the health and social services system.
- Across the network, NPIs maintained 138 partnerships and established 112 new collaborations with CISSS/CIUSSS institutions and community stakeholders, strengthening the relationships needed to improve service access and coordination.
- NPIs produced more than 100 knowledge products and delivered 113 dissemination activities, reaching over 2,600 participants.
- NPIs implemented more than 220 access support initiatives and organized 300 learning and outreach events, engaging more than 9,000 English-speaking community members across Quebec.

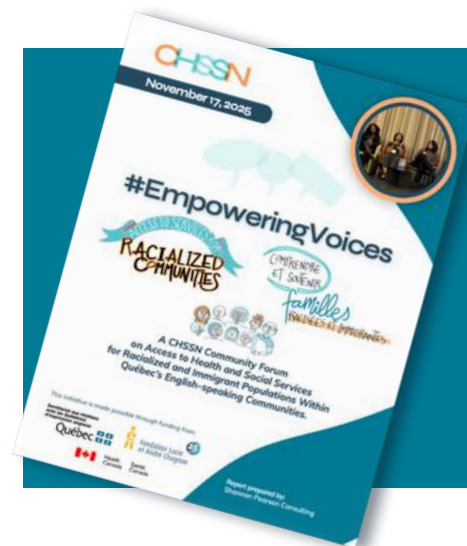


Networking Partnership Initiative (NPI)

CHSSN Highlights

In collaboration with 23 NPIs, CHSSN conducted a province-wide health partner survey. More than 80% of respondents reported improvements in services for English-speaking communities, particularly in mental health, seniors' services, and programs for children and youth. These findings support the effectiveness of NPI approach.

The #EmpoweringVoices Community Forum brought together approximately 100 participants for dialogue on improving equitable access to services for racialized English-speaking communities, including immigrants and newcomers.



CHSSN's NPI event in Quebec City brought together 60 participants, including NPI representatives, program managers, and Board members, to review achievements, examine priority identification survey findings to inform planning for the next funding cycle.

As part of the *Building Together* NPI and Adaptation event held in January, participants identified shared priorities for collective action across the network.

CHSSN also convened three virtual community of practice sessions and an NPI networking event in Terrebonne, supporting knowledge sharing, peer learning, and collaboration across 23 NPIs.

CHSSN strengthened evaluation capacity across the network through the standardized Key Accomplishments Questionnaire to support outcome-based reporting.

Networking Partnership Initiative (NPI)

Influencing Policy



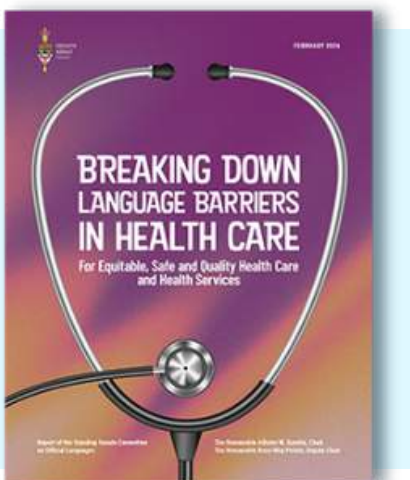
CHSSN contributed to increased recognition of English-speaking communities within Quebec's health promotion and prevention strategies through a policy brief submitted to the Ministère de la Santé et des Services sociaux (MSSS).

CHSSN wrote a brief on our concerns with the proposed Québec Constitution (Bill 1) and presented it to the Committee on Institutions at the National Assembly.

CHSSN Executive Director, Jennifer Johnson and President, Ron Creary, presented on behalf of the organization on February 11, 2026.



Photo Source: Assemblée Nationale du Québec



At the national level, CHSSN and NPI contributions were reflected in the Senate report *Breaking Down Language Barriers in Health Care*.

CHSSN also participated in consultations with Canadian Heritage, Health Canada, and Employment and Social Development Canada, helping ensure that the needs of Quebec's English-speaking communities were reflected in federal policy discussions.

Services for Healthy Aging in the Right Place (SHARP)

Through its Services for Healthy Aging in the Right Place (SHARP) initiative, CHSSN continued to advance healthy aging for English-speaking seniors and caregivers across Quebec.

Over the year, SHARP delivered nine province-wide information sessions, engaging nearly 900 live participants, with additional audiences reached through recorded webinars. Topics included fall prevention, medication management, home safety, social connection, and access to health and community services and financial support.



900+
Live Participants

By providing practical information and improving awareness of available supports, SHARP helps older adults and caregivers navigate challenges, maintain independence, and remain engaged in community life.



95%

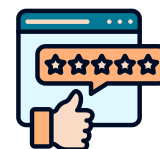
Increased Knowledge

Overall, the SHARP program proved to be a valuable and well-received resource, with 95% of participants reporting an increase in knowledge and 99% recommending the sessions to others.

Delivered through both live and recorded formats by 23 partner organizations, the program made expert content more accessible—especially in communities where local professionals may be hard to reach. Challenges such as low interest in presentations or scheduling conflicts were noted, but they were balanced by successes like increased access to health information and aging in place, and greater connection with community through in-person group attendance.

With strong satisfaction ratings for speaker quality (93%) and topic relevance (93%), SHARP continues to strengthen support for aging in place through informed and inclusive outreach.

23
Partners



93%

Speaker Satisfaction

Adaptation of Health and Social Services

CHSSN continued to advance Adaptation projects that strengthen access to health and social services in English across Quebec through its support, coordination, and administration of 16 regional health entities.

Highlights from the 16 Adaptation Projects:



1000+

Resources Translated
& Disseminated



34

Knowledge Products
Produced



30

New Partnerships
Established

- Translated and disseminated over 1,000 documents and communication tools.
- Increased availability of English-language information and resources across Quebec.
- Supported patient navigation and liaison services to improve system access and understanding.
- Developed initial promotional tools to raise awareness of the right to access services in English.
- Produced 34 knowledge products to support data-informed decision-making.
- Established 30 new partnerships, strengthening regional capacity and sustaining collaboration.

Together, these efforts demonstrate how CHSSN's support for partnership-based innovation can strengthen system responsiveness, expand regional capacity, and improve access to health and social services in English for English-speaking communities across Quebec.



Adaptation Project Members at 'Building Together 2026'



Building Together Conference 2026

The highlight of the year was the Building Together 2026 conference that was hosted in January. CHSSN convened more than 120 system stakeholders to advance equitable access to English-language health and social services for English-speaking communities in Quebec.

The conference brought together representatives from 15 of the 16 CISSS and CIUSSS regions, all 23 Networking and Partnership Initiative organizations, and key partners from the Ministère de la Santé et des Services sociaux, Santé Québec, and the Secretariat for relations with English-speaking Quebecers.

By providing a shared forum for dialogue, collaboration, and exchange, the event strengthened relationships across community and public health networks and reinforced a collective commitment to improving access to services in English.

Outcomes for the Network

1. Created an opportunity to share emerging research and deepen understanding of the realities and priorities of English-speaking communities across Quebec.
2. Highlighted effective practices that can strengthen service delivery and support more responsive, equitable care.
3. Fostered stronger connections among community organizations, health institutions, and government stakeholders, helping to reinforce the collaboration required to sustain long-term progress.

As both a knowledge-sharing and partnership-building forum, Building Together 2026 underscored CHSSN's distinctive role in connecting actors across the system and advancing coordinated action for health equity.



Enhancing Knowledge of Health Status and Well-Being

CHSSN continued to strengthen the evidence base required to advance equitable access to health and social services in English for Quebec's official language minority communities. During the year, significant progress was achieved across several strategic research and data initiatives.

The report of the Institut de la statistique du Québec analysis of the Enquête Québécoise sur la santé de la population (EQSP) was completed and is now in preparation for publication, representing an important milestone in expanding knowledge on the health status and realities of English-speaking communities.

At the same time, CHSSN initiated a priorities assessment in collaboration with the 23 NPIs that will generate critical data to inform future planning and support the renewal process for 2028–2033. Community mapping resources were also expanded to two additional regions, increasing access to practical information on service providers able to deliver services in English.

These achievements were supported by a strong program of research and data development across the network. Using hospital records, CHSSN analyzed service utilization among men by language over a 15-year period, identifying notable differences between language groups; a journal article based on this work has been drafted for publication.

Additional research examined barriers encountered by English-speaking parents whose children attend French-language schools, establishing a foundation for a larger research project in the coming year.

CHSSN also finalized a data catalogue of national and provincial surveys and their language variables, creating a practical resource for researchers, planners, and decision makers.



Early Childhood, Youth and Families Initiatives

Bright Beginnings is funded by:



Fondation Lucie
et André Chagnon

Financial Contribution for Healthy Early Years by:



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Bright Beginnings (BB)

Through this program, 23 regional organizations work closely with our Program Manager to transform the early childhood ecosystem across Quebec. Together, we remove barriers and improve access to health and social services. Our goal is to help English-speaking children, youth, and families thrive and succeed.

During the 2025–2026 program year, regional and provincial partners mobilized like never before. These new and strengthened partnerships directly helped English-speaking families across Quebec access the services they need.

Regional Highlights

The examples below show how regional organizations worked with partners to improve service access and connect with families:

- 4Korners, in the Laurentides, entered into a 3-year agreement with the CISSS to provide prenatal classes and postnatal support programs, ensuring the delivery of structured, evidence-based sessions for English-speaking expectant and new parents.
- MWCN (Montréal West) and the Centre de Ressources Familiales du Haut St-Laurent jointly offered Roll & Stroll, a program for moms to walk and talk together with their young children. MWCN led the program during the summer months when the Centre de Ressources Familiales was at capacity.
- Connexions was invited by the French school board's Centre de services scolaire des Portages-de-l'Outaouais to participate in a kiosk fair on community services for immigrant families and to outreach to immigrant families who speak English as their first language.
- After Neighbours Abitibi-Témiscamingue joined the Comité Persévérance Scolaire, the Maison des jeunes partnered with them to engage local youth. They presented their activities in English to Noranda School teens and hosted a pizza night to introduce them to the center. They toured the Grade 6 class, successfully overcoming the students' initial hesitation to join.



Bright Beginnings (BB)

Provincial Highlights

At the provincial level, early childhood organizations took concrete steps to collaborate with CHSSN. A major milestone was the co-creation of the CHSSN Early Childhood Guide on the inclusion of English-speaking families: *Les tout-petits des familles d'expression anglaise ont-ils accès à vos services? Guide de soutien à l'inclusion des familles d'expression anglaise en contexte de vulnérabilité* (launched in May 2026).



Other collaborations with partners that drove meaningful change:



Collectif Petite-Enfance

Included a specific recommendation on the importance of access to English-language services in its 21-recommendations platform to the government.

- Fondation OLO, Regroupement pour la valorisation de la paternité (RVP), Fondation Marie-Vincent, and Naître et grandir: Offered specialized tools or training sessions in English.
- Réseau des Centres de ressources périnatales du Québec: Translated a critical press release sharing data on perinatal mental health.

Observatoire des tout-petits

Published a dedicated article on its website exploring the realities of English-speaking families, titled *Les tout-petits d'expression anglaise : entre vulnérabilité et difficultés d'accès aux services*.



Healthy Early Years (HEY)

In the 2025–2026, the Healthy Early Years (HEY) program supported 22 regional organizations to carry out projects offering direct support to English-speaking children and their families.

CHSSN led several knowledge exchange activities during the year, including one in-person and four online Community of Practice sessions as well as three online training sessions.

Program Highlights

The HEY program continues to show strong and growing engagement. Third-party organizations implemented innovative strategies to overcome barriers to access, thereby increasing the reach of services offered to children and families within official language minority communities (OLMCs). 7,608 participants were reached by the organizations this year.



Participants Reached



Fathers Reached



Partnerships Created

- Moreover, organizations remarkably doubled (1,341) the number of fathers reached by their programs compared to the previous year (609).
- Partnerships were created with 286 organizations from the health, education, municipal, and community sectors across the province.

Support to Early Childhood Leads

In May 2025, CHSSN hosted a two-day in-person Community of Practice (CoP) retreat titled *Enchantment Under the Sea* for 25 Early Childhood leads. The event focused on strengthening professional capacity in two key areas: building strategic partner relations and supporting healthy coparenting.





Soutien à la mission globale (SMG)

With the financial support of:

Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec 

Soutien à la mission globale (SMG)

This year marked a significant milestone for SMG, as we proudly renewed the project, entitled Strengthening Support and Representation within the Health and Social Services Sector for English-Speaking Communities in Québec (also known as Soutien à la mission globale SMG), with the Secrétariat aux relations avec les Québécois d'expression anglaise (SRQEA) for an additional three years. This renewed commitment paves the way for even greater impact, strengthening partnerships, expanding knowledge sharing, and improving accessibility across the sector.

CHSSN Mapping Application

One of the year's standout achievements was the continued evolution of our interactive mapping application. Now used by over 300 organizations and individuals, the platform has expanded both its reach and its relevance, with new regional coverage that now includes the Laurentians. Through presentations across public health, academic, and community networks, we actively promoted the tool, fostering increased engagement and collaboration.

300+

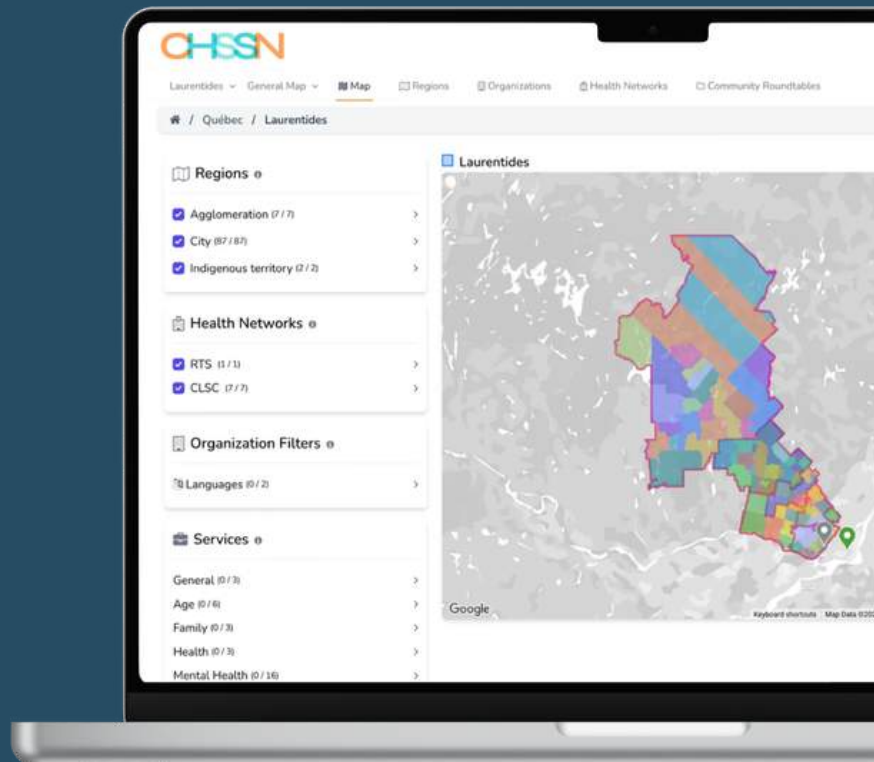
Organizations on the Map

6

Regional Maps



Jennifer Cooke presenting the app at the #Reflect & Rise Mental Health Forum

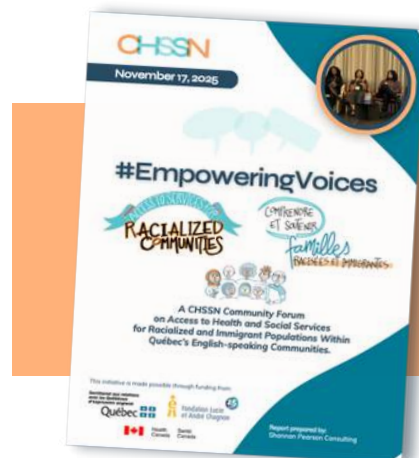


Soutien à la mission globale (SMG)

Throughout the year, we created meaningful spaces for connection, learning, and collaboration. Networking events, training sessions, and communications initiatives engaged more than 200 participants.

#EmpoweringVoices Conference

A highlight was the #EmpoweringVoices forum, in November, which brought together nearly 100 participants for a dynamic exchange focused on advancing equitable access to services for diverse English-speaking communities.



Graphic facilitation mural from afternoon sessions by Alina Gutierrez Mejia, Visual Versa

Our relationships with government bodies and NGOs also continued to grow, enabling strong knowledge exchange and advocacy. This work included formal submissions, such as briefs to the MSSS, as well as active participation in key conferences and consultations shaping the future of Québec's health and social services landscape.

Finally, our research and partnership efforts advanced, including a large-scale survey conducted with Regroupement des Organismes pour Hommes de l'île de Montréal (ROHIM) exploring men's help-seeking behaviors and mental health.



Senior Wellness Initiative (SWI)

With the financial support of:

Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec 

Senior Wellness Initiative (SWI)

In 2025-2026, the SRQEA funded Senior Wellness Initiative (SWI) continued to strengthen opportunities for healthy aging among English-speaking seniors across Quebec. Through 34 community organizations operating at 125 sites, the initiative delivered 4,693 health education and health promotion activities and 18,928 personalized outreach engagements, reaching 7,190 unique seniors. These community-based efforts generated 76,776 participant engagements and were supported by 726 volunteers, including many seniors who contributed their time, expertise, and leadership to strengthen their communities and shape local programming.



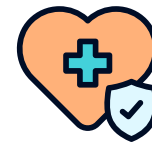
76,776

Participant Engagements



7,190

Unique Seniors Reached



4,693

Health Education & Promotion Activities

Successes included participant-centered programming tailored to local needs and interests, expanded partnerships, transportation supports, hybrid and outreach models, and strong volunteer engagement. Programs addressing physical activity, dementia awareness, mental health, emergency preparedness, financial literacy, personal safety, and social connection contributed to increased access to information and support. Organizations continued to navigate challenges related to workforce capacity, reaching socially isolated seniors, and meeting the needs of increasingly diverse participant populations. SWI organizations reported strong demand for programs, outreach, and support services, often exceeding available resources and reinforcing the value of continued investment in community-based aging initiatives.

Capacity and quality improvement were strengthened across the SWI network through Community of Practice sessions, a virtual retreat, and the development of practical tools and resources. The year saw important investments in the long-term sustainability of the network through the development of SWI Compass resources and a suite of practical Risk and Quality Management tools, including resources to support inclusive outreach, risk assessment, and safety planning. These efforts position the network to continue evolving through evidence-informed approaches, continuous improvement, and the sharing of promising practices across regions.





Mental Health Programs

PAOSM is supported with the financial contribution from:

Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec 

YMHI is supported with the financial contribution from:

Secrétariat
à la jeunesse

Québec 



Fondation Lucie
et André Chagnon

Partenariat d'assistance aux organismes en santé mentale (PAOSM)

The guiding purpose of the PAOSM project is to expand access to linguistically and culturally appropriate mental health support and services to vulnerable English-speakers across Quebec.

In 2025-26, CHSSN continued its support of a network of 16 community organizations in achieving this goal through capacity-building initiatives related to expanding outreach and offerings, growing visibility, building collaborations, and reinforcing the sustainability of programs and personnel.



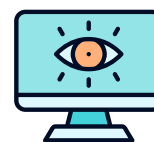
23,000+

People Reached



261

Collaborations



659K

Outreach Visibility

By diversifying communications strategies PAOSM organizations grew their visibility to an estimated 659,000 people including unique web site visitors, social media views, and in-person outreach at public venues.

Additionally, PAOSM has contributed to greater integration and collaboration among key stakeholders in mental health across different systems, with funded organizations reporting a total of 178 project-related collaborations and 83 intra-network collaborations with CHSSN supported organizations who have connected through CHSSN networking, capacity-building, community of practice sessions, or the #Reflect and Rise Mental Health Forum.

All of the funded organizations report increased demand and higher complexity of needs within communities, and in response the PAOSM project network has succeeded in reaching over 23,000 people with direct intervention such as counseling and groups, as well as prevention activities such as workshops, public presentations, and community events.

Youth Mental Health Initiative (YMHI)

During the 2025–2026 period, funding for the Youth Mental Health Initiative (YMHI) was secured under the Secrétariat à la jeunesse for another 3 years, which, combined with funding from the Fondation Lucie et André Chagnon, enabling CHSSN to support 30 community organizations across Québec including one new organization in Estrie.

While YMHI historically targeted youth 15-29, we extended the program age limit to 12 to improve the early prevention model. The program continues to include young people from ethnic minorities, Indigenous youth, neurodivergent youth, those living with a disability or in situations of financial vulnerability, as well as parents and close caregivers.



YMHI Advisory Committee



2,282

Youth Participants

Key outputs for 2025-2026 include 2,282 youth participating in 84 prevention, awareness-raising, practical workshops and training activities designed to improve their knowledge of supportive resources around them, their mental health skills, and their active participation in youth-centered mental health programming.

Impacts of CHSSN support on YMHI organizations: Capacity Building and Support Survey

CHSSN continues to support the 30 participating organizations through project implementation and capacity-building, including direct staff support, training workshops, and a community of practice that fosters peer exchange and knowledge sharing. These supports are highly valued: 85% of organizations rated trainings as useful, 89% valued community of practice sessions, and direct support received strong appreciation (3.48/4).

Findings from the March 2026 survey of the participating organizations highlight a strong overall impact. All respondents reported improved understanding of youth mental health needs and available services, while nearly all (96%) noted gains in access to information, understanding of key issues, availability of tools, and expanded networks and collaborations.

85%

Rate Trainings
as Useful

96%

Gained
Knowledge

Youth Mental Health Initiative (YMHI)

We Asked:

What Would You Like To See CHSSN Do To Support the Network?

“Spotlight funded organizations and collaborate on themed workshops helps foster ongoing interaction and knowledge exchange among organizations. These opportunities allow us to better understand each other’s work and identify potential collaborations. For example, we first learned about Vent Over Tea through a previous mental health CHSSN event, which later led to a meaningful exchange of supports between our organizations.”

“Continue offering workshops that combine useful knowledge with concrete tools and examples are particularly valuable, as they allow participants to directly apply what they learn in their own programs and initiatives supporting youth mental well-being.”

Areas of Growth in YMHI

- More tailored and expanded programming for English-speaking youth, including new or strengthened youth mental health programs, drop-ins, workshops, respite, youth clubs, and school-based activities.
- Stronger understanding of local youth mental health needs and service gaps, including for specific populations such as youth in care, Black youth, neurodivergent youth, LGBTQ2S+ youth, rural and isolated youth, and English-speaking youth in regions with limited services
- Stronger partnerships with schools, CISSS/CIUSSS partners, Francophone community partners, mental health organizations, youth-serving organizations, and provincial organizations.
- Greater confidence and capacity to speak about youth mental health, share resources, and advocate for English-speaking youth and their families.
- More meaningful youth engagement, including youth committees, youth ambassadors, youth representation in decision-making spaces, and youth involvement across the program cycle.
- Improved organizational clarity and positioning, with some organizations refining their niche, mandate, or role in the youth mental health ecosystem.

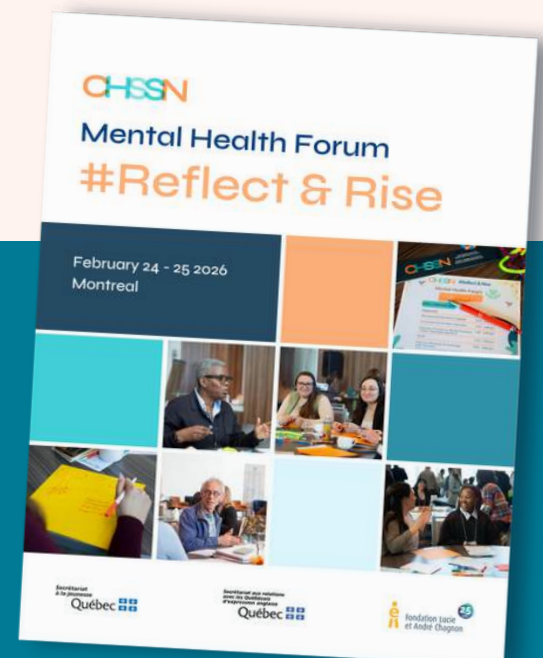
Mental Health Forum #Reflect & Rise

CHSSN convened its annual Mental Health Forum, #Reflect & Rise, bringing together YMHI coordinators, PAOSM project leads, Executive Directors, and partners from across the mental health sector. The Forum provided a space for participants to connect, share experiences, and explore key issues related to collaboration, and access to mental health services in English.

The event generated strong networking outcomes, with 98% of participants establishing new contacts and 87% strengthening existing collaborations, reinforcing the Forum's role in building and sustaining connections across the sector. Twelve kiosk exhibitors were present, representing provincial organizations such as ASPQ, Fondation Jeunes en Tête, CAP Santé Mentale, Mouvement Jeunes et Santé Mentale, Vent Over Tea, and Santé Québec (Aire ouverte), along with regional resources such as SPARX, Tel-Aide Montréal, AlterHéros, ACCROC, ACSM-Montréal branch, and FDMT.



Above all, the Forum reaffirmed that Québec's English-speaking mental health ecosystem is collaborative, values-driven, and ready to think boldly about the future. Participants left not only with tools and strategies, but with renewed energy, strengthened relationships, and a shared commitment to sustained, collective impact.



#Reflect&Rise Forum Report



Patient Navigation Network

With the financial support of:

Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec 

Patient Navigation Network (PNN)

Since 2018, the CHSSN Patient Navigator program has provided in-person support to primarily English-speaking patients from Quebec's eastern regions who must travel to Quebec City to access specialized medical services unavailable in their local communities. In 2025-26 the Patient Navigator service had another very active year assisting 219 clients and their companions.



216

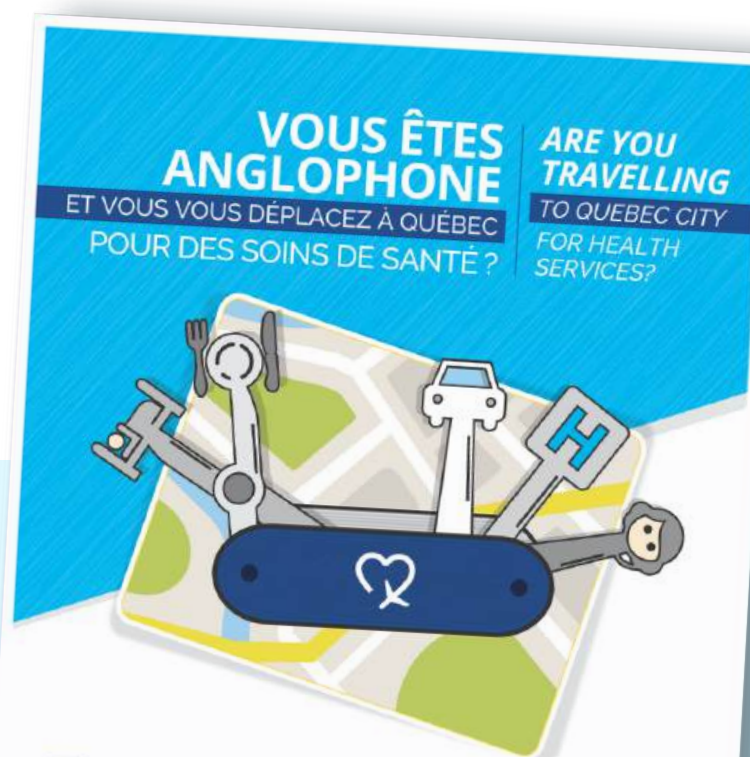
Patients
Assisted

Exciting News for Patient Navigation in Quebec!

For several years the CHSSN has engaged in ongoing discussions with both provincial and federal governments to secure stable, recurring funding that would ensure the long-term sustainability of the Patient Navigator service and expand the service to other regions. In December 2025 CHSSN received funding from the Secrétariat aux relations avec les Québécois d'expression anglaise (SRQEA) for three years to establish a Patient Navigation Network (PNN) across twelve regions of Quebec, including the existing service in Quebec City. This funding will allow CHSSN to expand its proven model and share its expertise with other regions of the province.

Following the announcement of the project's expansion, CHSSN began preparing for the implementation of the network in the additional regions. As part of this transition, a new Patient Navigator was hired for Quebec City in February 2026. This change has allowed the previous navigator to assume the role of program coordinator and focus fully on launching and overseeing the Patient Navigation Network.

As this next phase of the initiative begins, CHSSN anticipates both challenges and rewards. The expansion of the program represents an important step toward increasing health equity and ensuring that more English-speaking Quebecers receive the guidance and support they need while navigating complex health-care pathways.



**VOUS CHERCHEZ DE L'APPUI À DESTINATION ?
LOOKING FOR SUPPORT WHILE YOU ARE THERE?**
Le guide accompagnateur pour les patients est là
pour vous assister pendant votre séjour à Québec.
*A patient navigator can accompany you
while you are in Quebec city*

CHSSN Team



Jennifer Johnson
Executive Director



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Program Manager
for Seniors



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Program Manager
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Erica Botner
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CHSSN Team



CHSSN Board of Directors

As of March 31, 2026

Ron Creary
President

John Haberlin
Vice-president, Treasurer

Mary Ellen Beaulieu

Stella Briand Kennedy

Paula Celani

Kevin Erskine-Henry

Kevin Drysdale

Pauline Grunberg

Ann Marie Powell

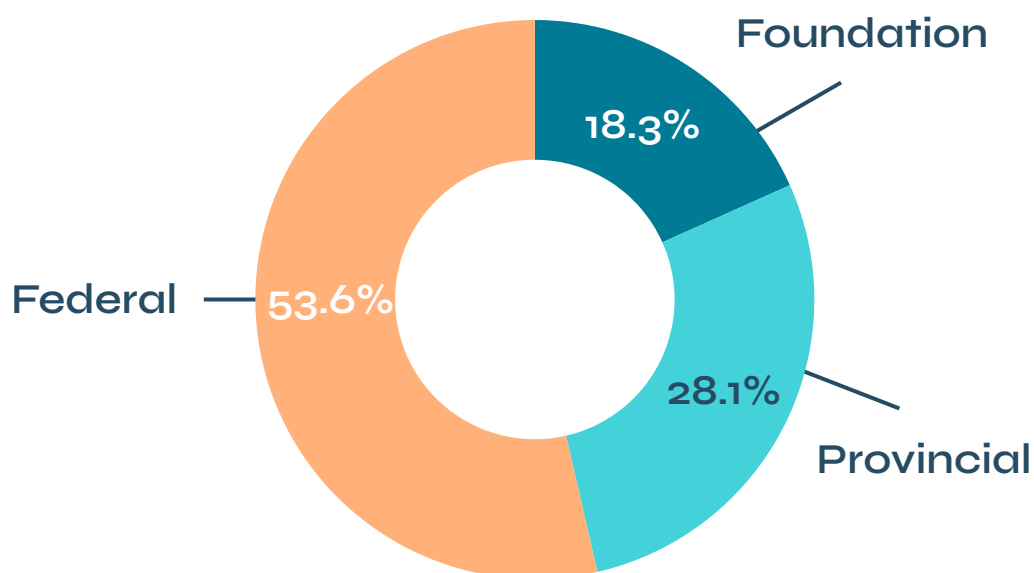
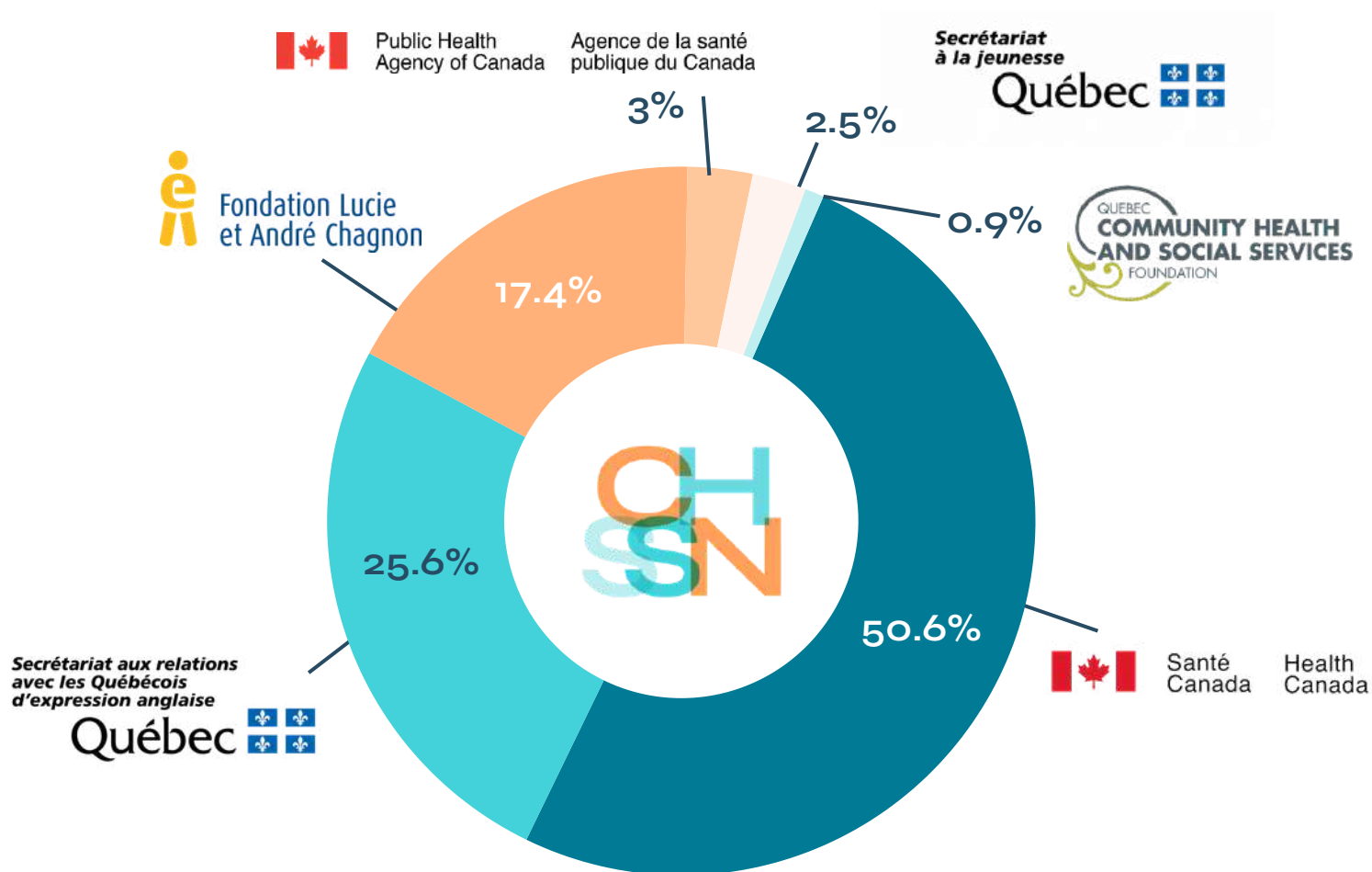
Dolly Shinhat



Members of the Board in attendance at the 25th Anniversary Gala

From Left to Right: Mary Ellen Beaulieu, John Haberlin, Stella Briand Kennedy, Paula Celani, Ron Creary, Ann Marie Powell, Deborah St-Martin, Kevin Erskine-Henry, Kevin Drysdale

Funding Partners



Networking and Partnership Initiative

Initiative de réseautage et de partenariat (NPI)

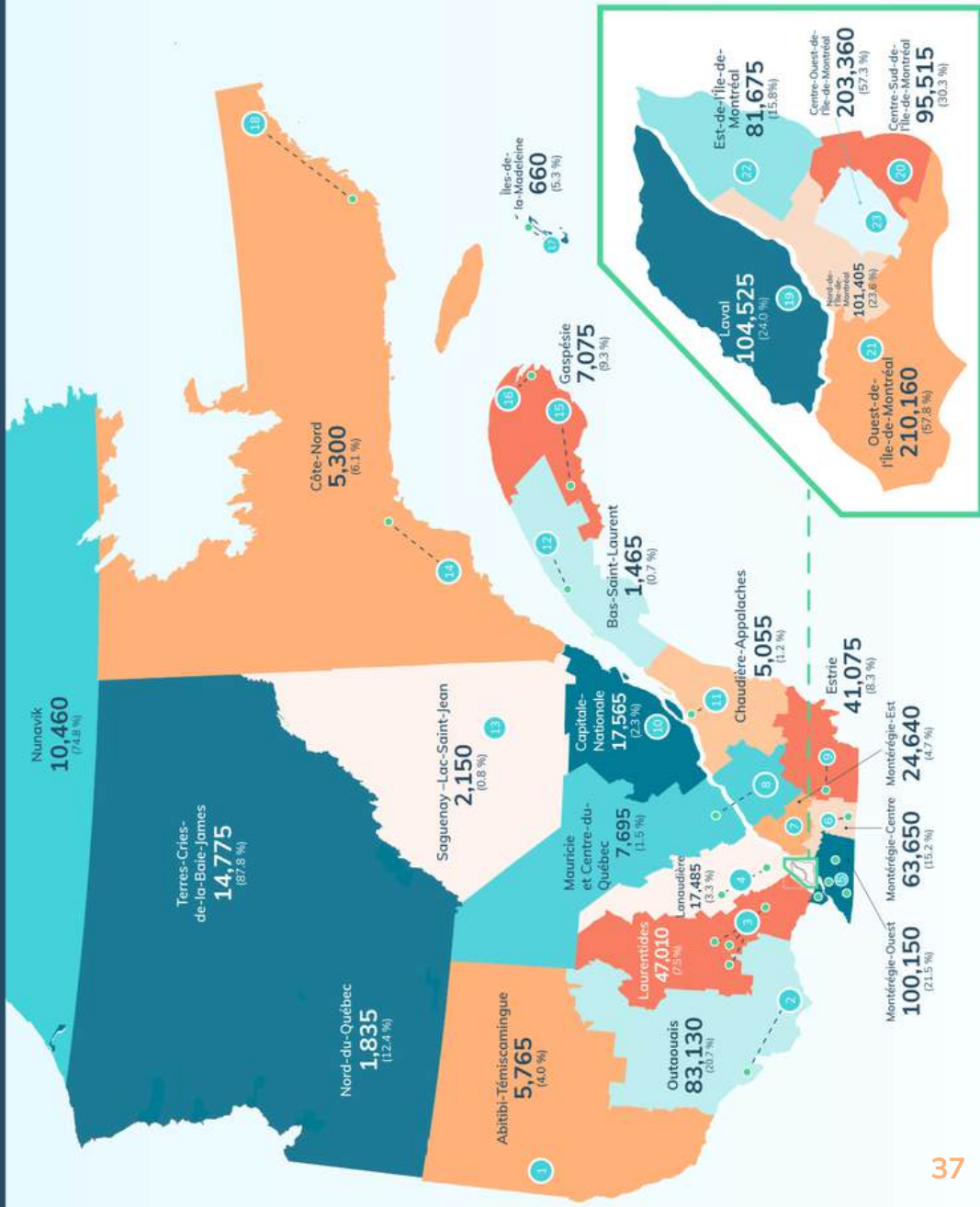
Quebec's English-Speaking Communities
Les communautés d'expression anglaise du Québec

English-Speaking
Population in Quebec

→ 1,253,580

2021 Census of Canada
Recensement du Canada, 2021

14.9%
of Quebec
du Québec



The CHSSN NPI Network Le réseau NPI du CHSSN

- | | | | |
|----|---|----|--|
| 1 | Abitibi-Témiscamingue
Neighbours Regional Association | 19 | Saguenay-Lac-Saint-Jean
English Community Organization of Saguenay - Lac-Saint-Jean (ECO-02) |
| 2 | Outaouais
Connexions Resource Centre | 16 | Gaspésie
Vision Gaspé-Perce Now (VGPN) |
| 3 | Laurentides
4Korners | 17 | Iles-de-la-Madeleine
Council for Anglophone Magdalen Islanders (CAMI) |
| 4 | Lanaudière
English Community Organization of Lanaudière (ECOL) | 18 | Côte-Nord
Coasters Association |
| 5 | Monteregie-Ouest
Monteregie West Community Network (MWCN) | 19 | Laval
AGAPE - The Youth & Parents AGAPE Association Inc. |
| 6 | Monteregie-Centre
Assistance and Referral Centre (ARC) | 20 | Centre-Sud-de-l'Île-de-Montreal
BGC Dawson - Anglo Family Council (AFC) |
| 7 | Monteregie-Est
Monteregie East Partnership for the English-Speaking Community (MEPEC) | 21 | Ouest-de-l'Île-de-Montreal
African Canadian Development & Prevention Network (ACDPN) |
| 8 | Mauricie et Centre-du-Québec
Centre for Access to Services in English (CASE) | 22 | Est-de-l'Île-de-Montreal
East Island Network for English-Language Services (REISA) |
| 9 | Estrie
Townshippers' Association | 23 | Centre-Ouest-de-l'Île-de-Montreal
Eva Marsden Centre for Social Justice and Aging |
| 10 | Capitale-Nationale
Jeffery Hale Community Partners (JH Partners) | | |
| 11 | Chaudière-Appalaches
Megantic English-speaking Community Development Corp. (MCCDC) | | |
| 12 | Bas-Saint-Laurent
Heritage Lower Saint Lawrence | | |

Financial contribution from: Avec le financement de
Santé
Canada
Canada



As we reflect on the accomplishments of the past year, we also look forward to the opportunities ahead.

Together, we will continue to strengthen partnerships, improve access to services, and support the vitality of English-speaking communities throughout Quebec.

Thank you for helping us build healthier, more connected communities.



2025-2026

ANNUAL REPORT

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