



LUMARA
GRIEF & BEREAVEMENT CARE



*Annual
Report*
2024-25



Dear friends and supporters,

This year, the Lumara team committed to deepening the quality of our work, making an intentional shift to define our growth in terms of quality, depth, and rigor. We have refined our existing evaluation systems to look at the impact of our programs over longer periods of time. We articulated an organizational statement of culture that aligns directly with our values. We also initiated conversations about organizational sustainability and writing down the embodied knowledge within our organization for the benefit of those who come after.

Lumara's voice continues to grow stronger on the national and provincial stage. Today, more people are recognizing the wide-reaching mental health impacts of unmet grief and loss. I've been honoured to contribute to this growing conversation through many public speaking engagements, conferences, workshops, and media appearances this past year. I am also proud of our partnership work with the Canadian Alliance for Children's Grief, the BC Centre for Palliative Care and the Hospice Care Alliance of British Columbia that collectively raises awareness and brings the challenges of living with grief further out of the shadows.

Of course, our core work—surrounding children, youth, adults, and families experiencing grief with a compassionate community—continued. Our programs intentionally help people stand together against the isolation of grief, and interrupt the progress of depression, anxiety, addiction, and other mental health challenges before they become too big to overcome. This past year, we repeatedly saw the value of building communities of belonging through two Camp Kerry Family Retreats, our annual Youth Retreat, and year-round programming with support groups for all ages, grief counselling, expressive arts therapies, and educational workshops.

As Kate, an active member of our youth leadership program, recently said: *"One of the most powerful lessons Lumara taught me is that grief needs a voice. In a world that often encourages silence around loss, **Lumara creates a space where grief is not something to hide, but something to hold together...** I believe that talking about grief openly, honestly, and without fear is one of the most life-affirming acts we can offer each other."*

Kate, who joined our community as a child after losing her mother, understands the beating heart of what we do. We are offering experiences that diminish isolation and accelerate hope, healing, and transformation. We are building a future where grief can be shared openly, without shame.

As a friend and supporter of Lumara, you are part of building that future too. On behalf of our board, our staff, and all those who are participants in our amazing community, thank you.

With much gratitude,

Heather Prohan



CONTACT INFO

Visit LumaraSociety.org
to Join Us Today

Head Office

322 - 198 Island Highway East,
P.O. Box 809, Parksville, BC
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BC LOWER MAINLAND PROGRAM CENTRE

The Wellness Centre at New
Westminster Secondary School

ONTARIO OFFICE

Peterborough, ON

info@LumaraSociety.org

604.553.4663

Registered Charity Number:

84876 4684 RR0001

2024/25 was another extraordinary year supporting life after loss. Below is a snapshot of the unique ways we provided transformative care to more than 2,350 children and families facing grief. We know that we are providing quality services and achieving our goals when we hear feedback like this, from one of our camp participants: "I've never felt more loved, understood, and heard."

"I have a fuller heart and more capacity to endure."

– Adult Grief Support Group Participant



"The writing exercises are incredibly useful for self-reflection. Sharing the process and raw feelings with the group in a sacred safe place is so healing and helped me feel connected and supported in a unique way by true peers in grief recovery."

– Writing Our Grief Adult Support Group Participant



April - June
Circles of Strength Family Support Group
(New Westminster)

April 18
New Westminster Secondary School Wellness Fair

April 25
Grief in the Classroom Workshop
(BC Library Association)

May 12
Mother's Day Candle Lighting

May 31 - June 3
Vancouver Island Youth Retreat
(Campbell River)

July 8 - 12
Lumaria: Children's Minecraft Summer Camp

July 25
Indigenous Grief & Wellness Education Day
(BC Cancer Agency, Richmond)

April 17
Self-Care for Physicians Workshop
(UBC Department of Medicine, Vancouver)

April 25 - June 20
Adult Support Group

May 1
Grief Workshop for Therapists & Social Workers

May 23 - 25
Grief in the Classroom Workshop
(Early Childhood Education Conference)

June 5 - 6
Indigenous Grief & Wellness Retreat
(Squamish Nation)

July 22 - 24
Indigenous Grief & Wellness Retreat
(Ucluelet First Nation)

August 18
Lumara Youth Fundraiser:
A Run to Remember
(Vancouver)



"I feel truly heard and supported – a deep sense of connection. I can hold these women and their babies close to my heart as we bear this unbearable journey together."

– Pregnancy & Infant Loss Support Group Participant



"I really enjoyed being disconnected from the online world. It allowed me to be very present."

– Youth Retreat Participant

"My grief connects me to my love for my son. Time at CK has offered me the space to connect and love and miss him. Sharing my child with those who have also lost their children was an opportunity to talk about him, when regular life no longer offers this invitation."

– Camp Kerry BC Participant



"Sharing about the life and beauty of our lost children in our group session showed just how loved they are and continue to be."

– Camp Kerry Ontario Participant



September 12
Camp Kerry BC
Volunteer Orientation

Oct - Dec
Circles of
Strength
Family Support
Group
(New Westminster)

Oct 3 - 6
Camp Kerry Ontario
(Dorset)

Oct 16 - Nov 20
Writing our
Grief Adult
Support Group

November 7
Dialogue on
Death & Dying,
Community
Conversation
Facilitation
(New Westminster)

Nov 12 - Dec 17
Pregnancy and
Infant Loss
Support Group

December 14
Interlude Holiday
Support Program &
Outreach
(In-Person in New
Westminster, BC,
Peterborough, ON,
& Virtual)

Jan 28 - Mar 4
Writing our Grief
Adult Support Group

Sept 13 - 16
Camp Kerry BC
(Princeton)

Oct 2
Camp Kerry ON
Volunteer
Orientation

Oct 15 - Dec 10
Adult Grief Support
Group

November 1
Indigenous Grief &
Wellness Education Day
(Cameray Family Services,
Vancouver)

Nov 12 - 13
3rd Annual Canadian
Children's Grief
Symposium
(Co-Hosts & Presenters)

November 21
Grief, Bereavement
& Mental Health
Summit
(Richmond)

December 17
Christmas Candle
Lighting

Jan - March
Circles of Strength
Family Support
Group
(New Westminster)



"Moments of connection with the youth at camp – witnessing their vulnerability and their compassion and empathy – these kids are going to help change the way the world sees grief."

– Camp Kerry BC Participant





February 17

Family Day
Skating Party
(Peterborough, ON)

March 13

Grief in the
Classroom
Workshop
(Archway Community
Services)

March 24 -28

Lumaria:
Children's
Minecraft Spring
Break Camp

Year Round

Mindfulness
Meditation
Drop-In Group



February 25

New Westminster
Secondary School
Wellness Fair

March 18

Traumatic Grief
& Loss Workshop
(Oceanside Hospice
Society, Qualicum
Beach)

Year Round

Lumara Youth
Leadership
Program

Year Round

Lumaria: Children's
Minecraft Support
Group

"This place is the
first resource I've found
that wants us to heal
as a family as opposed to
on our own paths. I have
so much appreciation
for this."

– Camp Kerry Ontario
Participant



LUMARA REACHED

143 Communities

9 Provinces

THROUGH

222 Group Sessions

2,353 People

1 Territory

4 Countries

476 Counselling
Sessions

97% of participants
said they felt
more connected to
community after
participating in a
Lumara program

98% of participants
said they felt more
hopeful after
participating in a
Lumara program

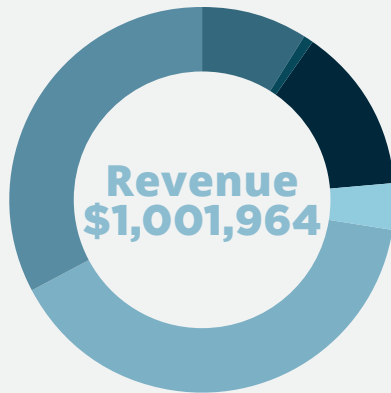


Woven throughout our work was the deep wisdom and guidance of our Indigenous Elder. Vernon Williams' presence has helped us build trust and create healing spaces with Indigenous individuals and communities, while strengthening all our programs by reinforcing the importance of music, art, nature, and ceremony in the healing journey. As one Camp Kerry participant shared:

"It was incredible to learn from a culture that weaves lost loved ones into ceremonies and daily life. This is so different from my own culture where people expect you to 'move on' and not acknowledge the loss because it makes others uncomfortable."

FINANCIAL

REPORT



▶ **9% Program Contributions**
\$92,964

▶ **0% Other Revenue**
\$3,735

▶ **14% Donations & Fundraising**
\$137,962

▶ **4% Endowment Income**
\$43,471

▶ **40% Community Grants**
\$398,250

▶ **33% Government Grants**
\$326,199

BOARD OF DIRECTORS

Ben Siemens, President
Brian Kwok, Treasurer
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Dr. David Moniz, Director
Laurette Riel, Director

STAFF

Dr. Heather Mohan, Executive Director
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Shelley Hermer, Manager Regional Programs: Canada East
Lawrence Phillips, Administrative Coordinator
RaeAnne Rose, Director of Advancement
Bob Wang, Director of Finance
Vernon Williams Jr., Elder in Residence

ELDERS ADVISORY CIRCLE

Susan Dowan, Opaskwayak Cree Nation and Gods Lake Narrows
Joe Keesickquayash, Mishkeegogaman, Ontario and Red Sucker Lake, Manitoba
Vernon Williams Jr., Kuunlaanaas Raven Grizzly Bear of Yakin Point Haida Gwaii

FUNDERS & DONORS

We couldn't have done it without the support from many donors including these generous organizations:

Adera Foundation Society
Beem Foundation
Canucks for Kids Fund
Charles and Eve Chang Foundation
Chris Spencer Foundation
City of North Vancouver
Civil Forfeiture Crime Prevention and Remediation Grant Program
CKNW Kids' Fund
Community Action Initiative
Coquitlam Foundation

Corporation of the City of New Westminster
Corporation of the District of North Vancouver
Face the World Foundation
Government of Canada Community Services Recovery Fund
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KPMG
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