

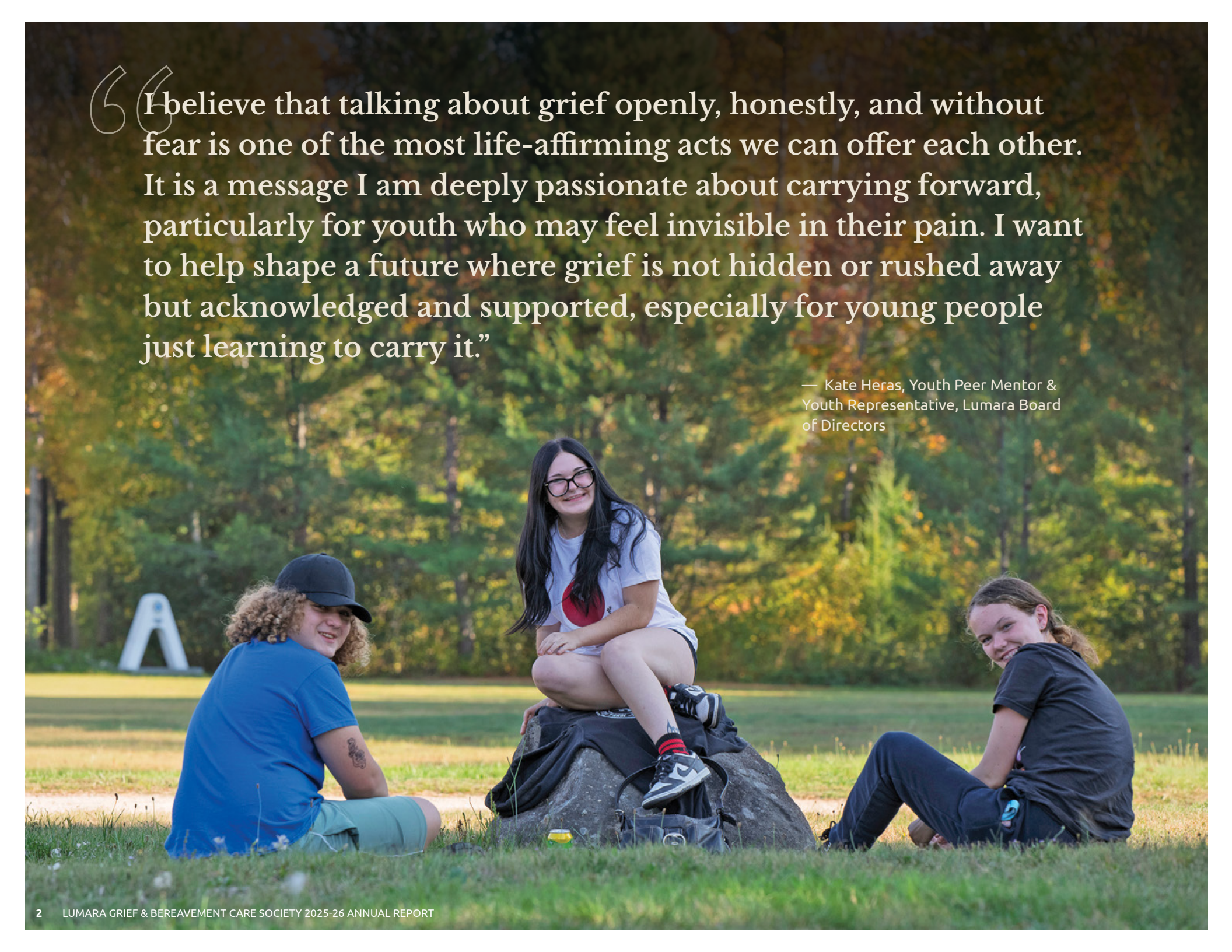


LUMARA
GRIEF & BEREAVEMENT CARE

2025-26

Annual Report

Grief needs space.
We've made room.

A photograph of three young people sitting on a large, dark rock in a grassy park. On the left, a person with curly hair, wearing a blue t-shirt and a black baseball cap, is sitting and looking towards the center. In the middle, a person with long dark hair and glasses, wearing a white t-shirt with a red graphic, is sitting on the rock and looking towards the camera. On the right, a person with brown hair, wearing a dark t-shirt, is sitting and looking towards the camera. The background is a lush green park with trees and a white A-frame structure in the distance.

“I believe that talking about grief openly, honestly, and without fear is one of the most life-affirming acts we can offer each other. It is a message I am deeply passionate about carrying forward, particularly for youth who may feel invisible in their pain. I want to help shape a future where grief is not hidden or rushed away but acknowledged and supported, especially for young people just learning to carry it.”

— Kate Heras, Youth Peer Mentor &
Youth Representative, Lumara Board
of Directors

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Creating Room for Hope

Grief is both deeply personal and profoundly collective. This year, that truth was visible in communities across Canada as people came together in the face of tragedy, loss, and uncertainty to create spaces of care, compassion, and support. As more people carrying multiple losses and complex grief experiences turned to Lumara, we saw the incredible difference that connection and community can make in helping people navigate loss and find their way forward.

Through the generosity of our supporters, Lumara extended its reach, strengthened its leadership role in the grief sector, and was increasingly called upon as a trusted resource for people and communities navigating loss. From our responses to the Lapu Lapu Festival tragedy and the Tumbler Ridge school shooting, to the ongoing impacts of the toxic drug crisis, Lumara worked alongside communities, helping professionals, government partners, and the media to support healing and strengthen communities in the wake of profound loss. We reached millions of people through more than 295 media stories, presentations, interviews, commentary, and expert guidance, helping bring grief into the public conversation with compassion and hope.

Youth leadership flourished, with more young people stepping into roles as peer mentors, speakers, advisors, and advocates, including the election of a youth representative to our Board of Directors. We also welcomed a Youth Navigator to our team to help young people grieving deaths related to the toxic drug crisis access support and care.

Camp Kerry and our Youth Retreat continued to provide transformational spaces for healing, creating room for participants in BC and Ontario to step away from the demands of daily life and attend to their grief in a uniquely

supportive and welcoming space. Through sharing circles, art and music therapy, counselling, community grief rituals, outdoor adventures and animal-assisted therapies, children, youth and their families built deep connections and discovered new pathways toward healing.

Thousands more people connected with Lumara through workshops, public education initiatives, community events, outreach activities, and the Canadian Children's Grief Symposium, expanding the ripple effect of Lumara's work across the country, increasing grief literacy and building stronger, more compassionate communities.

At Lumara, we know that grief needs space. Space to be acknowledged. Space to be expressed. Space to be witnessed. Thanks to the collective care and generosity of our community, we continued to make room.



Spaces for Grief, Places for Healing

Lumara's Reach 2025-26

2,462

PEOPLE REACHED

9

CANADIAN PROVINCES

3

COUNTRIES

From counselling and retreats to workshops, education, and community response, Lumara creates spaces for healing, connection, learning, and belonging across Canada.

PARKSVILLE, BC – LUMARA HEAD OFFICE

NEW WESTMINSTER, BC – COUNSELLING OFFICE

PETERBOROUGH, ON – PROGRAM OFFICE

PRINCETON, BC – CAMP KERRY BC

CAMPBELL RIVER, BC – LUMARA YOUTH RETREAT

DORSET, ON – CAMP KERRY ONTARIO



How Lumara Makes Room for Grief



BEYOND WORDS

Grief can't always be spoken, and words can't always communicate its' depth and complexity. Through art, music, play, poetry, mindfulness, and other creative mediums, we create space for people to explore and express their grief beyond words.



LAND-BASED HEALING

Nature offers room to breathe, reflect, and heal. Through retreats, cultural teachings, and time on the land, participants are invited to slow down, reconnect with themselves, and find healing in the rhythms of the natural world.



TALK THERAPY

Loss can feel overwhelming and isolating. Lumara's experienced counsellors provide individual, family, and group support, creating a safe place where people can share their stories, process their grief, and feel seen and understood.



GRIEF EDUCATION

Creating space for grief means creating understanding. Through workshops, training, and public education, we help individuals, professionals, and communities increase their grief literacy and build the knowledge, confidence, and compassion needed to support grief and loss.



FAMILIES & COMMUNITY

Grief affects entire families and communities. We help children, youth, adults, and families build connection, strengthen relationships with one another, and find support from others who understand the challenges of living with loss.

The Difference Lumara Makes

97%

FEEL MORE CONNECTED

98%

FEEL MORE HOPEFUL

“Grief never leaves
but love always stays.”



CHILDREN AND FAMILIES

Camp Kerry gave me a peaceful place to share my grief experience, connect with others, and learn from their coping mechanisms. I learned that I'm not alone, that we all hurt and carry pain together."

- Camp Kerry Participant

YOUTH LEADERSHIP AND ENGAGEMENT

Young people are not only participants at Lumara. They are mentors, leaders, advocates, and changemakers.

We do this work for ourselves, but also for friends, for families, for communities and for our loved ones. Thank-you for giving me this experience ... I want you to know that it is life-saving to be seen."

- Lumara Youth Retreat Participant

CONNECTIONS AND COMMUNITY

Through workshops, conferences, outreach, public education, and the launch of Lumara's new website, Lumara is helping build more grief-informed communities.

The most impactful session was the very first speaker—a young person who shared her own experiences and grief journey. Her message was about building community and a network of peers who can hold space for one another, speak openly, feel seen and heard, and honour their truth."

- Canadian Children's Grief Symposium attendee, reflecting on a presentation by a Lumara youth speaker



At Lumara, we create spaces where grief can be shared, understood, and supported. Participants consistently report feeling more connected to others, more hopeful about the future, and better equipped to navigate life's challenges. Based on surveys completed before and after their program experience, participants report meaningful changes because of Lumara programs:



MORE CONNECTED

33% increase in feeling connected to a broader community of support



MORE HOPEFUL

22% increase in feelings of hope about navigating grief



LESS ANXIOUS

16% increase in ability to cope with anxiety.



GREATER CONFIDENCE IN COPING SKILLS

12% increase in confidence in ability to make healthy, positive coping decisions



BETTER COMMUNICATION

9% increase in ability to communicate with friends & family about their grief

“I felt connected hearing other parents talk about their babies and getting to talk about mine. I don’t often get the opportunity to tell others about my babies, say their names, tell their stories. It felt really hopeful and provided immense healing to share this with other parents. It has been such a gift.”

– Camp Kerry Participant

One Family's Story

“When my husband Stephen died of cancer, my world shattered. Suddenly, I was raising our daughters on my own. They were just seven and four years old.

Then we found Lumara.

Through Camp Kerry, my daughters and I found something we desperately needed: a community of people who understood what we were going through.

I'll never forget when Frankie met other children who had lost a parent and said, “Mom, I'm not the only kid like this!” At Camp Kerry, my girls found connection and support, while I found a space where I could be vulnerable and feel truly understood.

It gave us a place to release what we had been carrying for so long. Together, we found tools to navigate our grief, ways to honour Stephen's memory, and a community that continues to walk alongside us.

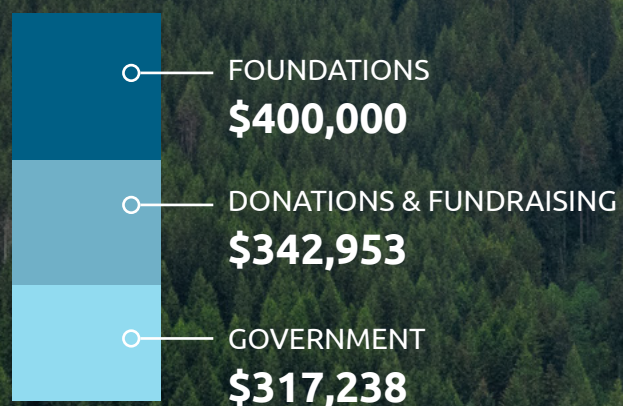
I'm changed forever. My kids are changed forever. Losing Stephen will always be part of our story. But through Lumara, we learned that we don't have to carry that grief alone.”



2025-26 Financials

TOTAL REVENUE

\$1.06M

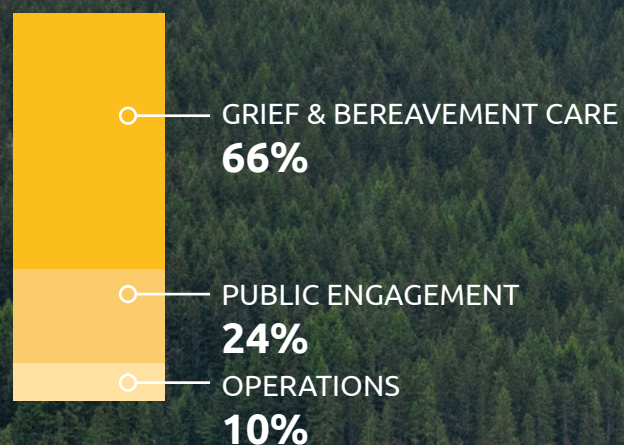


IN 2025-26, WE INVESTED

\$729K in grief & bereavement care for children, youth and families

\$265K in public engagement

\$111K to fund operations



NET ASSETS

2026: **\$321,312**

[Read our full financial report](#)

Leadership and Community

BOARD OF DIRECTORS

Ben Siemens, President
Dr. David Moniz, Vice President
Brian Kwok, Treasurer
Nikki Hincks, Secretary
Michael Fogel, Director
Kate Heras, Director
Laurette Riel, Director

STAFF

Dr. Heather Mohan, Executive Director
Joshua Dahling, Director of Operations
Leah Hamer, Program Coordinator
Shelley Hermer, Manager Regional Programs: Canada East
Lawrence Phillips, Administrative Coordinator
RaeAnne Rose, Director of Advancement
Vernon Williams Jr., Cultural Support Worker
Sophie Arkell, Youth Navigator

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

SUPPORTERS

Behind every Lumara program and every moment of support offered to grieving families is a community that believes this work matters. Our supporters help sustain the circle of care that surrounds families facing loss. We are deeply grateful for the generosity and trust that make this work possible.

Bryn & Margaret Davis Giving Fund
Charles and Eve Chang Foundation
City of North Vancouver
CKNW Kids' Fund
Community Action Initiative
Coquitlam Foundation
Corporation of the City of New Westminster
Corporation of the District of North Vancouver
First West Foundation
Greygates Foundation
Island Savings
Kinsmen Super TV Bingo
KPMG
Mary and Gordon Christopher Foundation
Music Heals Foundation
Odlum Brown Limited
Order of St. John Palliative Care Foundation
Pacific Blue Cross Health Foundation
Province of British Columbia

Provincial Employees Community Services Fund
Seaside Cruizers Society
Tee Up Advisors
TELUS Friendly Future Foundation
The Alan John Foundation for the Arts
The Hamber Foundation
The Kerry Glade Kirstiuk Legacy Fund
The Rix Family Foundation
ThoughtExchange



Looking Ahead

We have seen what becomes possible when grief is met with compassion, community, and support. Children build resilience for the future. Young people find a community and surround one another with support and belonging. Families re-connect and build bridges of authentic communication and understanding. Communities create space where people are cared for through life's most difficult moments.

Lumara is shaping a future where grief no longer falls into the shadows. We are working to shift how people, organizations, and institutions think about and respond to bereavement, so that no one has to walk through grief alone.

Changing how grief is understood and supported will take all of us. *Please join us as we make more room for grief in our world and unlock the transformative power of compassion, belonging and hope.*

