

FINDING OUR POWER TOGETHER

ANNUAL REPORT



2025



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Through **culture**, we find
our resilience.

In **community**, we discover
our strength.

Together, we find our
power

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Letter from the Executive Director



Dr. Nicole Ineese-Nash
Founder and Executive Director

Boozhoo. Songe Wabigwanikwe niindizhinikaaz, Mamawmattawa nindonjiba, mukwa nindodem. My name is Nicole Ineese-Nash, and I am Anishinaabe-Oji Cree from Constance Lake First Nation in Treaty 9 territory.

As I reflect on 2025, I am struck by the power of relationship. Relationship is at the heart of everything we do at Finding Our Power Together.

It shapes how we support Indigenous youth and families, how we conduct research, how we build partnerships, and how we imagine a future where Indigenous communities can not only survive, but thrive.

This year, we continued to witness both the challenges and the possibilities facing our communities. We saw the ongoing impacts of colonialism, systemic inequities, and barriers to culturally safe care. At the same time, we saw tremendous strength, leadership, creativity, and resilience. We saw young people stepping into leadership roles, communities coming together in ceremony, and partners working collectively toward systems that better reflect Indigenous ways of knowing, being, and relating. Throughout 2025, Finding Our Power Together continued to grow as a national Indigenous-led charity dedicated to ending preventable death by suicide in Indigenous communities. We expanded culturally grounded mental health supports, facilitated ceremonies and land-based healing opportunities, strengthened peer mentorship and community programming, and advanced community-driven research that seeks to transform systems rather than simply study them.

One of the things I am most proud of is our commitment to a braided approach. Across our work, we continue to bring together Indigenous knowledge, community wisdom, lived experience, and evidence-informed practice. We know that healing cannot be separated from culture, that wellness cannot be separated from community, and that meaningful change requires both individual and systems-level transformation.

This year also marked significant growth in our research and knowledge mobilization work. Through our research lab, we continued to elevate Indigenous voices, generate community-driven knowledge, and advocate for systems that are more responsive, relational, and accountable.

At the same time, we invested in the future. We welcomed new staff, students, interns, volunteers, and collaborators into our circle. Together, we strengthened organizational infrastructure, expanded partnerships, and continued building the capacity needed to sustain this work for years to come. None of this would be possible without the many people who walk alongside us.

As we look ahead, we remain grounded in our mission and hopeful about what is possible. We know there is still much work to do. Yet we also know that when people come together in good ways, guided by relationship, reciprocity, and collective responsibility, transformation is possible.

Together, we are building the conditions for Indigenous youth, families, and communities to thrive.

Miigwetch for being part of this journey.

In gratitude

Nicole Ineese-Nash



Letter from the Board Chair



Hillory Tenute
Board Chair

A year of growth, connection, and community impact.

As an Indigenous-led organization, Finding Our Power Together (FOPT) continued to strengthen and expand culturally grounded programs that support the mental wellness, leadership development, and holistic well-being of Indigenous youth, families, and communities.

This report highlights the accomplishments and impact of our core initiatives — including youth leadership development, mentorship, cultural teachings, land-based healing, wellness programming, and community engagement. It also showcases the continued growth of **Circle of Wisdom**, **Building Our Bundle**, **Full Moon Teachings**, and **Sweat Lodge Ceremonies**.

Guided by the knowledge of Elders, Knowledge Keepers, staff, volunteers, our board and community partners, FOPT remains committed to creating spaces where Indigenous youth and families can reconnect with culture, strengthen relationships, and build the skills and confidence needed to thrive.

— Healing. Resilience. Self-determination.

8

PROGRAMS

546

COMMUNITY
MEMBERS
SERVED

11

CEREMONIES
HOSTED

INTRODUCTION

Finding Our Power Together (FOPT) is an Indigenous-led charitable organization rooted in relationship, culture, and collective responsibility. We bring together mental health support, ceremony, mentorship, training, research, and community-based programming to support Indigenous youth, families, and communities across Canada.

Across our programs and projects, we work alongside communities to respond to immediate needs while also addressing the broader systems that shape wellness, belonging, and self-determination.

At the heart of FOPT is the belief that our power is not found alone. It is found together.

OUR MISSION

Our mission is to end preventable death by suicide in Indigenous communities and support our people to not only survive, but thrive. We do this by offering culturally grounded programs and services that respond to immediate needs, building capacity through mentorship and training, and leading community-based research and advocacy to address the deeper systemic causes of harm.

Our work is grounded in a braided approach that brings together Indigenous knowledge, evidence-based strategies, and relational care, supporting individuals and communities to reclaim their power and use it to help others.

OUR VISION

We envision a future where Indigenous people are deeply connected to their culture, supported by strong communities, and living full lives with purpose, belonging, and joy.

We imagine a world where no one is lost to preventable death by suicide, because every child, youth, adult, and family has access to the relationships, knowledge, and care they need to thrive and the systemic causes that make life unliveable have been addressed.



OUR STORY

Rooted in community, carried forward through collective care

OUR HISTORY

Finding Our Power Together (FOPT) began in 2016 through a partnership with Nibinamik First Nation, a remote First Nation in Treaty 9 territory. Guided by Indigenous youth who wanted to respond to the impacts of suicide, grief, and crisis in their community, a documentary was created in collaboration with Toronto Metropolitan University, formerly Ryerson University, to share stories of hope, resilience, and healing. The name Finding Our Power Together reflects the strength that comes from connection, shared experience, and collective action. Following this youth-led work, and in response to the ongoing need for culturally grounded Indigenous mental health supports, FOPT grew into an Indigenous-led charitable organization. Today, we continue to offer programs, services, ceremonies, mentorship, training, and research rooted in culture, community, and wellness.

OUR APPROACH

As an Indigenous-led organization rooted in community, we know that healing happens through relationship. Our approach meets people where they are, while recognizing both the immediate challenges our communities face and the strengths, knowledge, and resilience we continue to carry.

Immediate Needs: We offer strengths-based, non-pathologizing, and culturally responsive mental health supports that honour diverse experiences and provide compassionate care.

Community Capacity: We invest in programs that support Indigenous youth and community members to build skills, strengthen identity, share knowledge, and lead in ways grounded in culture and community.

Addressing Social Conditions: We work to address the root causes of harm by centering cultural healing, ceremony, research, and systems change that challenge the structures impacting Indigenous mental health and wellbeing.

OUR TEAM

A collective of individuals whose dedication and diverse expertise drive our mission.

At Finding Our Power Together, our work is anchored by those who guide our strategic direction, those who carry out programs on the front lines, and those who bring fresh energy to our daily operations.

BOARD OF DIRECTORS

Provides strategic direction and accountability. Their cultural insight and lived experience ensure every decision reflects our community's needs.

STAFF

The backbone of our day-to-day operations. They deliver strengths-based mental health support, cultural healing, and educational programs.

INTERNS & VOLUNTEERS

Bring innovative ideas and unwavering commitment. They expand our capacity and help us remain adaptive and responsive to emerging needs.



OUR TEAM

BOARD OF DIRECTORS

www.findingourpowertogether.com



Hillory Tenute

Board Chair

Hillory Tenute (Gi Chi'noodinkwe Aapti Beebom N'gigikwe) (she/her/they/them) is an Indigiqueer Anishinaabekwe with settler descent from the Chippewas of Nawash First Nation in Neyaashiinigmiing, Ontario, part of the Saugeen Ojibway Nation.



Cecile Akiwenzie-Martin

Board Member

Cecile Akiwenzie-Martin is an Ojibway woman of the Turtle Clan, originally from Neyaashiinigmiing and now residing in Six Nations of the Grand River. As a mother, Nokomis, Lodge Conductor, Sundancer, and Aboriginal Midwife, she brings over 20 years of experience in holistic health and well-being, including roles as an RPN, Reflexologist, Aromatherapist, and Artist.



Arlene Hache

Board Member

Arlene Hache is a passionate advocate for social justice with lived experience of homelessness and childhood trauma. She holds an MA in Leadership from Royal Roads University and serves on the National Poverty Council, co-chairing the Women's National Housing and Homelessness Network.



Danika Charlebois

Board Member

Danika Charlebois is a Registered Psychotherapist in Ontario and a prominent mental health advocate specializing in supporting Indigenous youth. She is of francophone Algonquin descent on her maternal side and European descent on her paternal side. She focuses her clinical practice and community work on culturally safe, trauma-informed, and decolonized approaches to healing.

OUR TEAM

STAFF



Dr. Nicole Ineese-Nash
Executive Director



Gabby Gerlach-Morales
Administrative Coordinator



Tristan Peterson
Projects Manager



Lauren Harney
Research Coordinator



Felicia Morin
Program Coordinator



Kaiya Jordan
Youth/Intake Worker



Keelin Eastveld
Research Assistant



Breanna Berry
Research Assistant



Savannah Morin
Research Assistant

OUR TEAM

MENTAL HEALTH COUNSELLORS

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Cassandra Knecht
Counsellor



Loanna Zacharie
Counsellor



Veronica Miller
Counsellor



Jess Dewitt
Counsellor



River Valade
Counsellor



Sarah Yusufyan
Youth Counsellor

CULTURAL COUNSELLORS



James Carpenter
Knowledge Carrier



Nyle Johnston
Knowledge Carrier



Cecile Akiwenzie
Knowledge Carrier

OUR TEAM

2025 STAFF, STUDENTS AND VOLUNTEERS

The team at Finding Our Power Together extends our sincere gratitude to all staff, students, and volunteers who supported us throughout 2025. No matter how long you were with us, each of you made a meaningful impact. Your contributions have helped us grow as an organization, strengthen our programming, and deepen our connections with Indigenous youth. Chi-miigwetch!

Cecily Jacko
Galo Ginocchio
Jasmine Rice
Ji Eun Park
Kaitlin Rizarri
Kaitlyn Wilcox
Richelle Sauve
River Valade
Soleila Pierre
Mallory Solomon
Beth Jacobs
Blaire Playbuffalo
Brieanne John

Minoway Sinclair
Abby Osmond
Avni Baloria
Bowie Laforme
Shanta Hamal
Janessa Hester
Jasmine Kellman
Jodie Kennedy
Kate Briones
Laksija Ramkumar
Mariya Nawaz
Natalie Kwan
Sandy Cao

Stephanie Jeffery
Taylor Shortill
Teyam Bakhshi
Tiwa Akinmolayan
Virginia Chambers

WE CAN'T DO IT WITHOUT YOU!

Fun fact: since our inception in 2020, we've had the privilege of working with over 100 student interns. Each has brought unique skills and perspectives, significantly enriching our programs and helping us achieve our mission. Your contributions are invaluable, and we are incredibly grateful for the impact you've made. Together, we continue to empower and uplift Indigenous youth and communities. Thank you for being an essential part of our journey!



OUR YEAR IN REVIEW

2025 ANNUAL REPORT



In 2025, Finding Our Power Together continued to grow as an Indigenous-led charitable organization rooted in culture, relationship, and collective care. Across programs, ceremonies, mental health supports, partnerships, and research, we created spaces for Indigenous youth, families, caregivers, and community members to access support, strengthen identity, reconnect with culture, and build skills for wellness and leadership.

KEY HIGHLIGHTS

Culturally grounded wellness

Mentorship, counselling, cultural counselling, and DBT-informed group programming for Indigenous youth and community members.

Ceremony & cultural connection

Youth Sweat Lodge ceremonies, Full Moon Teachings, Circle of Wisdom, and Knowledge Keeper supports created spaces for healing and belonging.

Community partnerships

Programming delivered with First Nations, Indigenous organizations, and partners supporting youth wellness, caregiver wellbeing, and suicide prevention.

Research & knowledge mobilization

Community-based research on Indigenous youth mental health, healing spaces, youth leadership, disability-affirming care, and systems change.

Organizational capacity

Investments in staff, students, volunteers, partnerships, governance, and infrastructure to support sustainable growth and accountability.

OUR PROGRAMS

BY THE NUMBERS

59

Individuals supported through **mental health mentorship**

52

Youth who learned mental health skills through **Building our Bundle**

5

emerging leaders enhanced their skills through the **Young Leaders Circle**

26

Youth who participated in our **Cultural Counselling**

93

Women and girls who learned to connect with **Full Moon** teachings and ceremonies

53

Indigenous youth connected spiritually in **Youth Sweat Lodge ceremonies**

51

Individuals supported through **mental health counselling**

86

Community members engaged with elders' wisdom through **Circle of Wisdom**

546

Individuals who found their power

OUR PROGRAMS

FOPT's programs are grounded in the understanding that suicide prevention is not only about responding to crisis. It is also about addressing the conditions that make life feel unliveable and strengthening the relationships, supports, teachings, and systems that help Indigenous people thrive. Our programming is guided by three interconnected pillars:

Wellbeing & Evidence-Based Support

Providing responsive, strengths-based mental health and wellness supports that meet people where they are.

Culture, Community & Connection

Creating opportunities to reconnect with teachings, ceremony, land, spirit, identity, and community.

Empowerment & Capacity Building

Supporting youth, families, and community members to build skills, confidence, and lead grounded in Indigenous values.

PROGRAMS AT A GLANCE

- **Mental Health Counselling**
Individual counselling with Indigenous and allied mental health professionals.
- **Cultural Counselling**
Sessions with Knowledge Keepers and cultural helpers offering guidance, teachings, and ceremony.
- **Youth Sweat Lodge**
Land-based ceremony for Indigenous youth to connect with culture, spirit, and community.
- **Circle of Wisdom**
An Elder and Knowledge Keeper storytelling series sharing teachings and intergenerational knowledge.
- **Young Leaders Circle**
A cultural leadership program building confidence, identity, and community-rooted leadership.
- **Peer Mentorship**
One-on-one relational support from trained mentors who help youth build skills and confidence.
- **Building Our Bundle**
An eight-week DBT-informed mental health skills group braiding cultural teachings and peer connection.
- **Full Moon Lodge**
Ceremonies and teachings for Indigenous women and girls grounded in lunar cycles and water teachings.
- **Fasting Camp**
A land-based learning opportunity supporting youth in fasting, reflection, and spiritual growth.

OUR PROGRAMS

PROGRAMS AT A GLANCE

PROGRAM	DATE	REGISTRANTS
Mental Health Mentorship	Ongoing	59
Professional Counselling	Ongoing	51
Building Our Bundle	Feb 27-Nov 20	52
Cultural Counselling	Jan 30-Nov 25	26
Full Moon Sweat Lodge	May 2025-Oct 2025	93
Youth Sweat Lodge	June 2025- Oct 2025	53
Circle Of Wisdom	Feb 2025- Oct 2025	86
Young Leaders Circle	Feb 12, 2025	5

BUILDING OUR BUNDLE

INDIGENOUS MENTAL HEALTH SKILLS GROUP

ABOUT

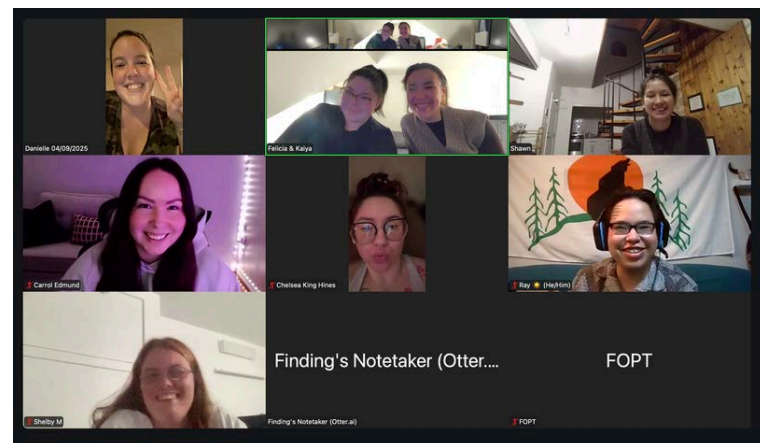
The Building Our Bundle Program is an 8-week online mental and spiritual health initiative designed to empower Indigenous youth in developing the skills and relationships needed to lead a balanced and fulfilling life. The program provides a safe, supportive virtual space for youth to connect with one another and explore essential mental health skills alongside cultural teachings.

Through group sessions and individualized peer mentorship, participants strengthened their “bundle” of skills related to emotional regulation, self-reflection, accountability, and overall wellness. This season emphasized cultural teachings, storytelling, and the integration of DBT skills within a welcoming and supportive environment, fostering meaningful engagement, connection, and practical skill development. Participants reported valuing the smaller group setting and one-on-one mentorship opportunities, which supported reflection, implementation of learned skills, and continued commitment to their wellness journey.



PROGRAM OBJECTIVES

- ✓ **Promote Mental and Spiritual Wellness**
- ✓ **Foster Peer Connections**
- ✓ **Develop Coping Mechanisms and Skills**
- ✓ **Integrate Cultural Teachings**



PROGRAM OVERVIEW

WINTER 2025

Throughout the Winter season of Building Our Bundle, participants demonstrated strong engagement and contributed to a positive learning environment. Participants valued the cultural teachings, storytelling, DBT skills, and peer mentorship components. Smaller group settings and interactive discussions supported meaningful connection, reflection, and skill development. Areas for improvement included allowing more time for content delivery, improving communication and accessibility, and incorporating additional breaks. Overall, participants reported increased wellness knowledge, and meaningful personal growth throughout the program.

REGISTRANTS

17

OF 20 AVAILABLE SPOTS

SPRING 2025

Throughout the program, participants demonstrated strong engagement, particularly during scenario-based activities and cultural teachings. Feedback highlighted that smaller group settings, virtual accessibility, and facilitator modeling supported comfort, participation, and sharing. A more interactive, participant-centered approach contributed to improved understanding and skill development. Areas for improvement included addressing technological barriers, strengthening facilitator communication, increasing mentor participation, and balancing accessibility with engagement in virtual settings. Overall, the program fostered positive participant experiences, meaningful skill development, and increased engagement with cultural and wellness teachings.

REGISTRANTS

11

OF 20 AVAILABLE SPOTS

FALL 2025

Throughout this season of Building Our Bundle, participants demonstrated strong engagement and helped foster a positive, welcoming, and safe environment. Storytelling, cultural teachings, DBT integration, smaller group settings, and one-on-one peer mentorship were identified as key strengths. Simplified skill descriptions also improved accessibility and engagement. Areas for improvement included allowing more time for content delivery, reducing administrative burden, and improving communication around time zones. Despite challenges with focus and balancing busy schedules, participants expressed appreciation for the program and pride in maintaining their commitment throughout the season.

REGISTRANTS

24

OF 20 AVAILABLE SPOTS

MENTAL HEALTH MENTORSHIP

ONE-ON-ONE MENTAL HEALTH SUPPORT

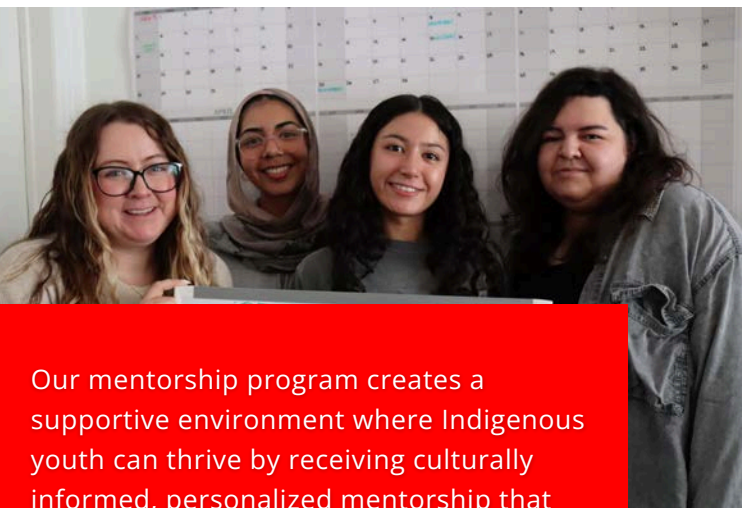
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ABOUT

Our Mental Health Mentorship program is designed to offer one-on-one support tailored to the unique needs of Indigenous youth. This relational psychoeducation initiative pairs participants with experienced mental health mentors for regular weekly sessions conducted via telephone or video call, lasting one hour each.

Throughout the program, mentors, who come from diverse professional backgrounds including child and youth care, social work, early childhood studies, and traditional knowledge, provide personalized guidance. They help youth develop key skills, achieve specific goals, and foster a sense of consistent connection and support.

In 2025, we strengthened the Peer Mentorship Program through enhanced mentor training and capacity-building initiatives. This included specialized training on the Building Our Bundle program and crisis intervention, ensuring mentors were equipped to deliver the program's braided approach and effectively support mentees as they navigated new skills and wellness teachings. These trainings enhanced our team's ability to provide culturally responsive, trauma-informed support. These investments have strengthened mentor confidence, improved participant support, and enhanced the overall quality and impact of the program.



Our mentorship program creates a supportive environment where Indigenous youth can thrive by receiving culturally informed, personalized mentorship that promotes their mental and emotional well-being, incorporating an understanding of trauma and the healing power of traditional practices.

PROGRAM OBJECTIVES

- ✓ **Empower Through Indigenous Healing**
- ✓ **Promote holistic well-being and healing from trauma**
- ✓ **Provide Tailored Support**
- ✓ **Improve Mental Health Outcomes**
- ✓ **Enhance Personal Development**

PROGRAM OVERVIEW

PEER MENTORSHIP



Our Peer-Mentorship program offers online support from trained peers with relevant lived experiences or mental health training. This free service provides empathetic guidance, helping youth navigate their challenges with someone who can relate personally to their experiences.

REGISTRANTS

59

MENTAL HEALTH COUNSELLING



Our Mental Health Counseling provides individual online sessions by Indigenous and allied professionals, using approaches like Dialectical Behavior Therapy (DBT), Trauma-Informed Practices, and Indigenous healing. It offers a safe space for Indigenous youth to develop coping strategies and discuss personal issues. Sessions are available on a sliding scale.

REGISTRANTS

51

CULTURAL COUNSELLING



Cultural Counseling connects Indigenous youth with cultural healers and counselors online, focusing on traditional healing practices and cultural ceremonies. This service aims to strengthen youths' connection to their cultural roots in a supportive environment, also available on a sliding scale.

SESSIONS

26

YOUTH SWEAT

SWEAT LODGE CEREMONY

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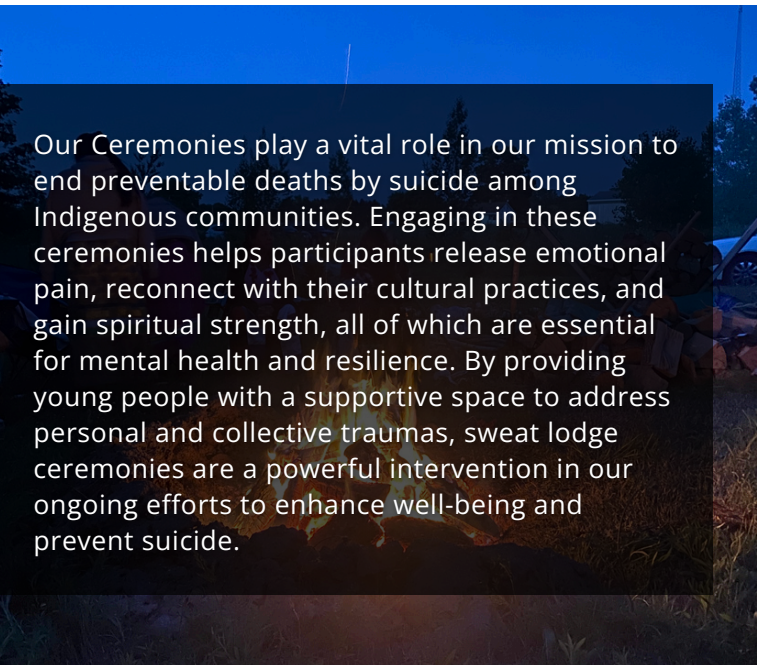
ABOUT

This year marked a significant development in our cultural and healing practices with the construction of a new Bear Lodge at our ceremony site in Oshweken, Ontario. Under the guidance of Anishinaabe knowledge keeper Nyle Johnston, we have expanded our offerings to include Youth Sweat Lodge Ceremonies, integrating Indigenous healing methods with youth-centered practices.

The sweat lodge ceremonies are a profound form of spiritual healing, deeply rooted in Anishinaabe traditions. These ceremonies provide a space for intense healing—where physical, emotional, and spiritual cleansing occurs. Participants experience a deep connection to the land and their culture, emerging with a renewed sense of clarity and purpose.

The Youth Sweat Lodge Ceremonies serve as a powerful land-based intervention that allows young participants to immerse themselves in the practices of their ancestors. It's an opportunity to learn about traditional ways, hear stories, and engage in rituals that have been passed down through generations, fostering a strong connection with their culture.

This year, we offered 5 youth sweat lodge ceremonies for our youth. For many participants, this was the first opportunity they had to experience the ceremony and many expressed a profound shift in their understandings of self and culture.



Our Ceremonies play a vital role in our mission to end preventable deaths by suicide among Indigenous communities. Engaging in these ceremonies helps participants release emotional pain, reconnect with their cultural practices, and gain spiritual strength, all of which are essential for mental health and resilience. By providing young people with a supportive space to address personal and collective traumas, sweat lodge ceremonies are a powerful intervention in our ongoing efforts to enhance well-being and prevent suicide.

PROGRAM OBJECTIVES

- ✓ **Promote Cultural Reconnection and Education**
- ✓ **Facilitate Holistic Healing and Personal Growth**
- ✓ **Strengthen Connections to Land and Community**
- ✓ **Develop Resilience and Self-Reflection Skills**
- ✓ **Encourage somatic healing methods for trauma within the context of Indigenous traditions**

PROGRAM OVERVIEW



JUNE 28, 2025

Conductor: James Carpenter
Location: Sprinterwater, ON
Funded by: Laidlaw Foundation

REGISTRANTS

8



JULY 26TH, 2025

Conductor: James Carpenter
Location: Sprinterwater, ON
Funded by: Laidlaw Foundation

REGISTRANTS

11



AUGUST 23RD, 2025

Conductor: James Carpenter
Location: Sprinterwater, ON
Funded by: OIYPP

REGISTRANTS

8



SEPTEMBER 20TH, 2025

Conductor: James Carpenter
Location: Sprinterwater, ON
Funded by: Laidlaw Foundation

REGISTRANTS

9



OCTOBER 18TH, 2025

Conductor: James Carpenter
Location: Sprinterwater, ON
Funded by: Laidlaw Foundation

REGISTRANTS

17

YOUNG LEADERS CIRCLE

INDIGENOUS YOUTH LEADERSHIP PROGRAM

ABOUT

The Young Leaders Circle was created to support emerging Indigenous leaders in strengthening their leadership skills through cultural learning, relationship building, and community connection. Through virtual gatherings led by Knowledge Keeper James Carpenter, participants were invited into a space of storytelling, teachings, reflection, and dialogue rooted in Indigenous ways of knowing and being.

The Circle provided opportunities for young Indigenous leaders to deepen their understanding of traditional leadership principles, explore their roles within their communities, and learn from both cultural teachings and one another's experiences. Discussions focused on the importance of relationships, stewardship, community responsibility, and the role of culture in guiding leadership and decision-making.

In addition to receiving teachings, participants engaged in interactive conversations and peer-to-peer learning, creating connections with other Indigenous youth and young adults from diverse communities. These gatherings fostered a sense of belonging, cultural pride, and shared responsibility, while encouraging participants to carry forward Indigenous leadership values in ways that support and uplift their families, communities, and future generations. This program reflects Finding Our Power Together's commitment to investing in Indigenous youth leadership and creating spaces where emerging leaders can learn, connect, and grow in ways that are grounded in culture, community, and collective wellbeing.

PROGRAM OBJECTIVES

- ✓ **Strengthen Indigenous youth leadership capacity through cultural teachings**
- ✓ **Build leadership skills grounded in Indigenous knowledge.**
- ✓ **Equip youth with practical skills and knowledge**
- ✓ **Foster cultural connection and identity.**
- ✓ **Empower young leaders to support and uplift their communities.**



The YLC was inspired by and designed in alignment with our foundational support for a group of dedicated youth in Nibinamik First Nation, who were actively involved in saving their peers. Recognizing their deep understanding of their community's needs yet seeing their desire for further support, training, and leadership development, we created the YLC to empower and elevate Indigenous youth leaders across the nation.

PROGRAM OVERVIEW

YLC 2025 OVERVIEW

GATHERING WINTER 2025



The Young Leaders Circle brought together Indigenous youth and emerging leaders for an evening of cultural teachings, storytelling, and connection. Led by Knowledge Keeper James Carpenter, participants explored Indigenous leadership principles rooted in relationships, stewardship, community responsibility, and service. Through shared learning, dialogue, and peer connection, the gathering fostered cultural pride, leadership development, and community building among Indigenous young leaders.

REGISTRANTS

5

WHAT PARTICIPANTS EXPLORED

- ✓ Indigenous leadership principles
- ✓ Storytelling & cultural teachings
- ✓ Stewardship & community responsibility
- ✓ Peer connection & shared dialogue

FULL MOON TEACHINGS & LODGE

CULTURAL PROGRAM FOR INDIGENOUS WOMEN AND GIRLS

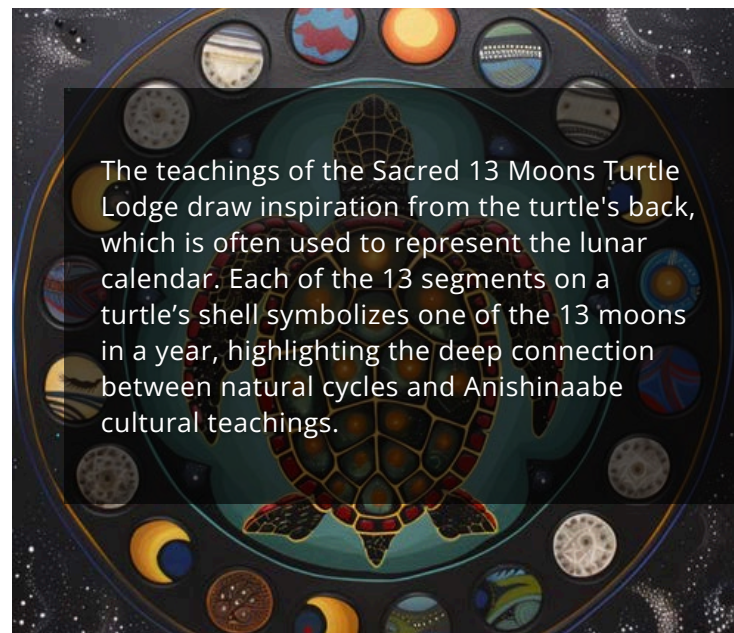
ABOUT

In 2025, the Full Moon Teachings & Lodge program, led by Turtle Lodge keeper Cecily Akiwenzie Martin, continued to offer a transformative space for Indigenous women and girls to connect with culture, spirituality, and one another. Rooted in Anishinaabe traditions, the program explores the deep connections between lunar cycles and feminine life cycles, weaving together teachings about menstruation, birth, and the sacred role of water.

Held at the Sacred 13 Moons Turtle Lodge in Ohsweken, Ontario, these gatherings featured Full Moon Women's Sweat ceremonies that aligned participants with the rhythms of the natural world — fostering healing, restoration, and a deeper understanding of the connections between lunar, ecological, and personal well-being.

PROGRAM OBJECTIVES

- ✓ **Provide a safe and sacred space for Indigenous women and girls to engage in healing practices**
- ✓ **Deepen understanding and appreciation of Anishinaabe moon teachings**
- ✓ **Teach the ecological aspects of the full moon and its influence on the natural world, integrating these teachings with broader environmental awareness**
- ✓ **To empower young women to take active roles in their communities as keepers of traditional knowledge and cultural practices**



The teachings of the Sacred 13 Moons Turtle Lodge draw inspiration from the turtle's back, which is often used to represent the lunar calendar. Each of the 13 segments on a turtle's shell symbolizes one of the 13 moons in a year, highlighting the deep connection between natural cycles and Anishinaabe cultural teachings.

PROGRAM OVERVIEW



May 10th, 2025: Blooming Moon
Conductor: Cecile Akiwenzie
Location: Ohsweken, ON
Funded by: Laidlaw Foundation

REGISTRANTS

13



June 14th, 2025: Strawberry Moon
Conductor: Cecile Akiwenzie
Location: Ohsweken, ON
Funded by: Laidlaw Foundation

REGISTRANTS

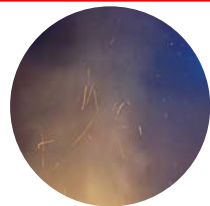
16



July 12th, 2025: Raspberry Moon
Conductor: Cecile Akiwenzie
Location: Ohsweken, ON
Funded by: Laidlaw Foundation

REGISTRANTS

12



August 9th, 2025: Ricing Moon
Conductor: Cecile Akiwenzie
Location: Ohsweken, ON
Funded by: Laidlaw Foundation

REGISTRANTS

11



September 6, 2025: Changing Colours Moon
Conductor: Cecile Akiwenzie
Location: Ohsweken, ON
Funded by: Laidlaw Foundation

REGISTRANTS

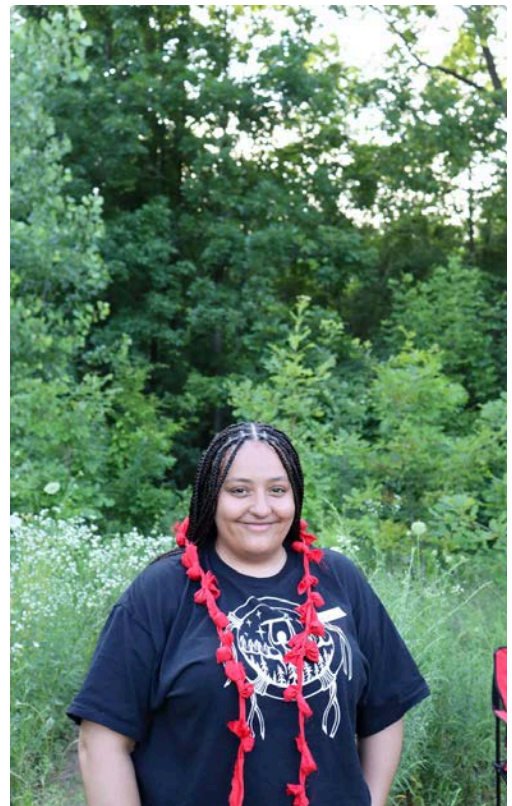
22



October 4th, 2025: Falling Leaves Moon
Conductor: Cecile Akiwenzie
Location: Ohsweken, ON
Funded by: Laidlaw Foundation

REGISTRANTS

19





CIRCLE OF WISDOM

ELDER STORYTELLING SERIES

ABOUT

Circle of Wisdom is an Elder and Knowledge Keeper storytelling series funded by the Gord Downie & Chanie Wenjack Fund. Through monthly hybrid gatherings, Elders, Knowledge Keepers, and Traditional Helpers share teachings, stories, and lived experiences rooted in Indigenous cultures and ways of knowing. Topics explored throughout the year included ceremony, identity, healing, traditional medicines, community responsibility, Truth and Reconciliation, and cultural revitalization. By creating accessible opportunities for learning and reflection, Circle of Wisdom helps preserve Indigenous knowledge while strengthening connections across generations, communities, and Nations.

KEY HIGHLIGHTS

In 2025, Circle of Wisdom welcomed ten (10) respected Elders, Knowledge Keepers, and Traditional Helpers representing diverse Indigenous Nations and knowledge systems. Through teachings grounded in Anishinaabe, Cree, Mushkego Cree, Ojibwe, Mohawk, and Nishnawbeg traditions, participants explored themes of cultural identity, healing, resilience, ceremony, and connection to the land. The hybrid format increased access to cultural teachings while supporting meaningful opportunities for community members to learn from one another, strengthen cultural understanding, and engage in ongoing reflection and growth.

PROGRAM OBJECTIVES

- ✓ **Support intergenerational knowledge sharing and cultural continuity**
- ✓ **Preserve and share cultural knowledge for future generations**
- ✓ **Increase access to Indigenous teachings, stories, and lived experiences**
- ✓ **Strengthen cultural identity, belonging, and connection to community**

Did You Know?

Research on First Nations youth suicide has shown that cultural continuity can be a powerful protective factor. When communities are able to preserve, share, and carry forward cultural knowledge, young people are more likely to see themselves as connected to a past, grounded in the present, and responsible to a future.

Circle of Wisdom supports this kind of continuity by creating space for Elders, Knowledge Keepers, and community members to share teachings, stories, and lived experience across generations.

PROGRAM OVERVIEW



CECILE AKIWENZIE MARTIN

On February 20, 2025, Circle of Wisdom explored Anishinaabe full moon teachings, women's teachings, and rites of passage. Cecile shared teachings on the cycles that guide our lives and the traditions that support spiritual and cultural resilience.

REGISTRANTS

3



JAMES CARPENTER

On March 27, 2025 Circle of Wisdom, led by Knowledge Keeper James Carpenter, explored Anishinaabe cultural practices and foundational teachings that support holistic well-being. Through storytelling, James shared teachings on relationships, community, responsibility, and living in balance.

REGISTRANTS

9



NYLE MIGIZI JOHNSTON

On April 24, 2025, Circle of Wisdom, led by Knowledge Keeper Nyle Migizi Johnston, focused on storytelling and cultural wisdom through an Anishinaabe lens. Nyle shared teachings on the importance of community, culture, and the spiritual strength that helps guide us through life's challenges.

REGISTRANTS

5



JOHN LAFORME

On May 8, 2025, Circle of Wisdom, led by Knowledge Keeper John LaForme (Bi-naagozi Animikii – Big Thunder), this Circle of Wisdom explored teachings rooted in Ojibwe and Mohawk traditions. Drawing on decades of cultural knowledge, John shared teachings on identity, healing, and the sacred connections between ourselves, our communities, and the land.

REGISTRANTS

3



JUDY SACKANEY

On May 22, 2025, Circle of Wisdom, led by Knowledge Keeper Judy Sackaney (Wachi Medowin – Mountain Song), this Circle of Wisdom explored Nishnawbeg teachings rooted in ceremony, healing, and connection to the land. Drawing on ancestral knowledge, Judy shared teachings on traditional medicines, self-determination, and cultural reclamation.

REGISTRANTS

8

PROGRAM OVERVIEW



JIMMY DICK

On June 26, 2025, Circle of Wisdom, led by Elder Jimmy Dick, a respected Cree Knowledge Keeper and ceremonial leader from Moose Cree First Nation, explored teachings rooted in land, language, and ceremony. Jimmy shared teachings focused on Indigenous identity, community responsibility, and maintaining connection to culture through traditional ways of knowing.

REGISTRANTS

4



ROBERT KESHANE

On August 21, 2025, Circle of Wisdom, led by Knowledge Keeper Robert Keshane, a traditional healer and Knowledge Keeper from Keeseekoose First Nation in Saskatchewan, explored teachings rooted in ceremony, storytelling, and traditional medicines. Robert shared teachings that support Indigenous healing, wellness, and connection to cultural ways of knowing.

REGISTRANTS

13



ELAINE KICKNOSWAY

On August 26, 2025, Circle of Wisdom, led by Traditional Helper Elaine Kicknosway, explored teachings rooted in Indigenous wellness, healing, and community care. Elaine shared teachings on resilience, identity, family, and reclaiming Indigenous ways of being.

REGISTRANTS

10



ROSARY SPENCE

On September 25, 2025, Circle of Wisdom, led by Rosary Spence (Piisimonapii Iskewew), a Mushkego Cree traditional singer and cultural worker from Fort Albany First Nation, explored teachings rooted in music, ceremony, and community wellness. Rosary shared teachings grounded in Cree traditions and Indigenous knowledge systems.

REGISTRANTS

8



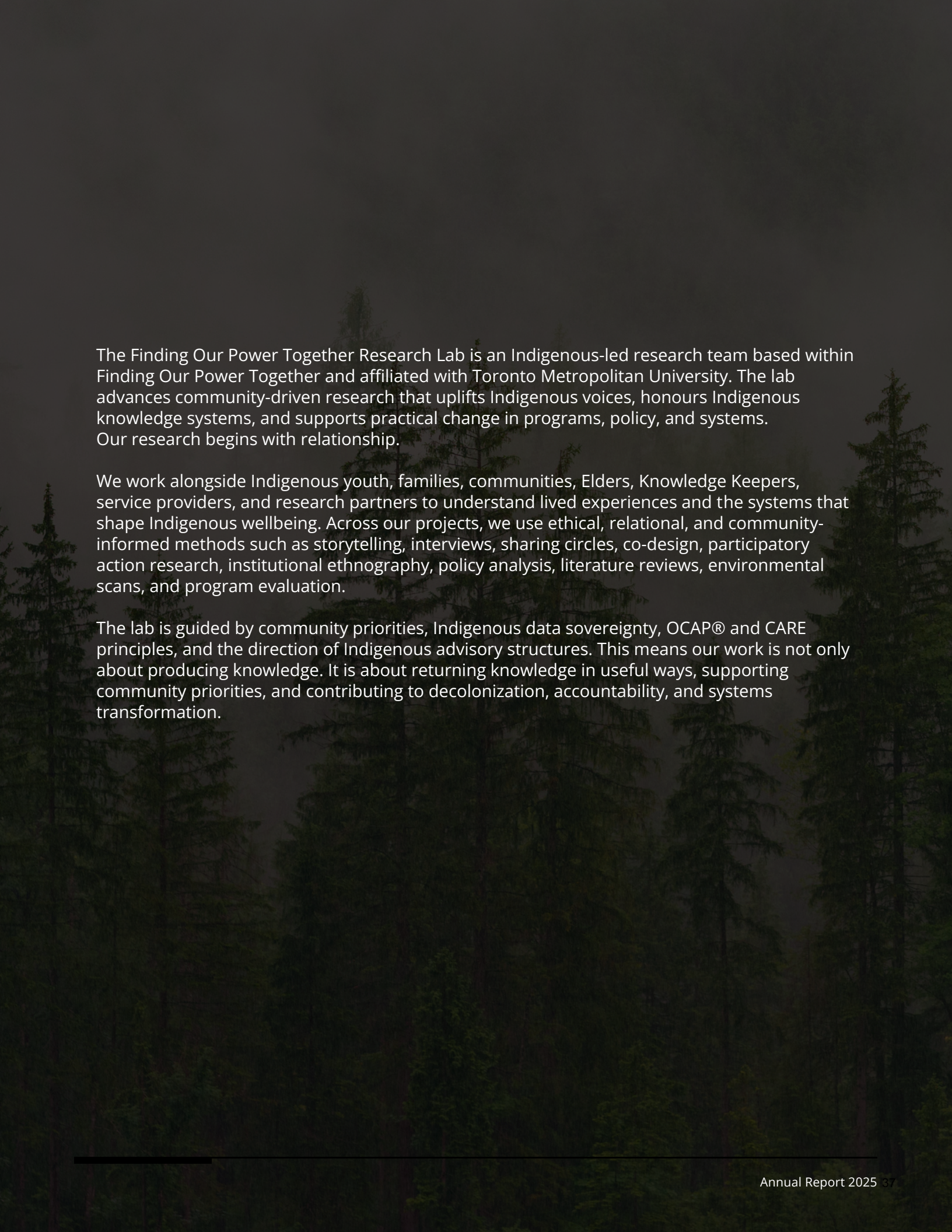
LIZ AKIWENZIE

On October 22, 2025, Circle of Wisdom, led by Knowledge Keeper Liz Akiwenzie, explored teachings on Truth and Reconciliation, Indigenous identity, and cultural revitalization. Liz shared teachings on healing, reconnecting with culture and the land, and rebuilding relationships with self, family, and community.

REGISTRANTS

23

RESEARCH & KNOWLEDGE DISSIMINATION



The Finding Our Power Together Research Lab is an Indigenous-led research team based within Finding Our Power Together and affiliated with Toronto Metropolitan University. The lab advances community-driven research that uplifts Indigenous voices, honours Indigenous knowledge systems, and supports practical change in programs, policy, and systems. Our research begins with relationship.

We work alongside Indigenous youth, families, communities, Elders, Knowledge Keepers, service providers, and research partners to understand lived experiences and the systems that shape Indigenous wellbeing. Across our projects, we use ethical, relational, and community-informed methods such as storytelling, interviews, sharing circles, co-design, participatory action research, institutional ethnography, policy analysis, literature reviews, environmental scans, and program evaluation.

The lab is guided by community priorities, Indigenous data sovereignty, OCAP® and CARE principles, and the direction of Indigenous advisory structures. This means our work is not only about producing knowledge. It is about returning knowledge in useful ways, supporting community priorities, and contributing to decolonization, accountability, and systems transformation.

BRIDGING THE GAP

SYSTEMS INNOVATION PROJECT

ABOUT

Bridging the Gap is a five-year collaborative research study launched in 2023, in partnership with Bereaved Families Ontario and funded by the Ontario Trillium Foundation Systems Innovation Project and in partnership with the Center for Grief and Healing and Distress Centers of Greater Toronto. This project seeks to understand and strengthen the mental health support systems available to Indigenous youth in the Greater Toronto Area (GTA).

In 2025, the project entered its main data collection phase, focusing on storytelling interviews and institutional ethnography to capture the lived experiences of Indigenous youth navigating the mental health system. Through journey mapping, we analyzed key touchpoints, identified systemic barriers, and explored the role of kinship networks and institutional supports in shaping youth experiences. This phase was critical in gathering firsthand insights into both the strengths and shortcomings of existing mental health services, providing a strong foundation for future recommendations and system improvements.

PROJECT OBJECTIVES

- **Understand Indigenous Youth Experiences:** Conduct in-depth storytelling interviews to map the personal journeys of Indigenous youth through the mental health system, identifying key touchpoints, challenges, and moments of support.
- **Analyze Institutional Impact:** Investigate how mental health institutions currently serve Indigenous youth, spotlighting both the positive influences and areas where needs are unmet.
- **Develop Recommendations:** Based on the collected data, identify strengths and weaknesses within the existing system and propose targeted strategies for improvement to better serve the Indigenous youth population.

In 2025, the project will shift into data analysis and the development of a Community Education Model (CEM) aimed at providing training and educational opportunities to organizations within the GTA. This next phase will focus on synthesizing findings, co-developing culturally responsive resources, and equipping service providers with the knowledge and tools necessary to improve support for Indigenous youth.

Indigenous youth face significantly higher rates of mental health challenges compared to their non-Indigenous counterparts. Studies show that Indigenous youth under the age of 25 are up to six times more likely to die by suicide than non-Indigenous youth. This stark disparity underscores the urgent need for culturally appropriate and accessible mental health services that are informed by and adapted to the unique needs and circumstances of Indigenous communities. "Bridging the Gap" aims to address these critical issues by tailoring mental health systems to better support Indigenous youth in the GTA.

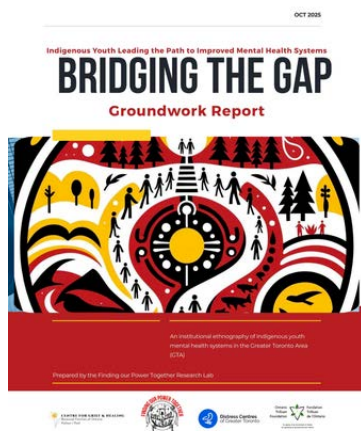


Bridging the Gap Knowledge Sharing Event

A community gathering that brought together Indigenous youth, community members, service providers, and researchers to share preliminary findings from the Bridging the Gap Groundwork Report, reflect on youth experiences accessing mental health services in the GTA, and identify priorities for future systems change.

Youth Artist Showcase

A featured showcase where Indigenous youth shared creative works inspired by the project themes, highlighting their experiences, perspectives, and visions for change.



Groundwork Report

A foundational report summarizing insights gathered from Indigenous youth, community members, and service providers regarding mental health service access in the GTA, identifying key barriers, strengths, and opportunities for systems transformation



INDIGENOUS HEALING LODGE

FEASIBILITY STUDY

ABOUT

The Indigenous Healing Lodge (IHL) Feasibility Study, done in partnership with the United Way of Greater Toronto and the Indigenous Partnership Council, is a community-led research initiative designed to assess the possibility of establishing a culturally grounded healing space in the Greater Toronto Area, with a specific focus on the Peel and York Regions. This project is structured into three interconnected phases. The project is structured into 3 phases, moving from foundational research to direct community engagement and collaborative analysis.

The first phase established an evidence base for the study through systematic research and mapping of existing healing models across Canada. Phase 2 (current) is focusing on gathering lived experiences and vision for an ideal healing space by engaging with community members, key informants, Indigenous organizations, Elders, and Knowledge Keepers. Additionally, a video asset is being developed in partnership with Bawaadan Collective to document the history of Indigenous healing in the Greater Toronto Area. This video features Elders and Knowledge Keepers.

The final phase centers on synthesizing all gathered information into actionable recommendations to put forward to the Indigenous Partnership Council. They will then collaboratively decide on the model that best suits feasibility and their vision.

PROJECT OBJECTIVES

- 1. Identify Successful Components of a Healing Lodge:** Explore factors for successful healing spaces through landscape research and community consultation including financial sustainability, preferred location, physical design, partnership and governance model, and specific model (e.g. detox, addiction, family, trauma).
- 2. Develop Evidence-Based Recommendations:** Gather research and community insights to inform the establishment of a culturally rooted and sustainable Indigenous Healing Space that centers community vision and needs.
- 3. Inform Systemic Decision-Making:** Provide actionable recommendations and strategic guidance for funders (such as United Way Greater Toronto), service providers, and policymakers regarding the design, governance, and sustainability of a future urban lodge.

Did You Know?

FOPT supports communities and organizations to move from vision to action through Indigenous-led research, feasibility studies, community engagement, policy analysis, environmental scans, and evaluation. Our process helps partners understand what communities need, what systems currently offer, and what models are most likely to create meaningful change.



INDIGENOUS YOUTH RISE

PARTICIPATORY ACTION RESEARCH PROJECT

ABOUT

The Indigenous Youth Rising Project is a SSHRC-funded Partnership Engage Grant led by Dr. Leah Levac at the University of Guelph and Dr. Nicole Ineese-Nash with the Finding Our Power Together Research Lab.

This collaborative project explores how Indigenous youth understand leadership, community responsibility, advocacy, and political participation. Through participatory action research, co-design sessions, and individual interviews, Indigenous youth shared how they define leadership on their own terms, what supports they need to participate meaningfully, and how current systems and policies can either create pathways or barriers to youth leadership.

A central goal of the project is to support the development of a culturally relevant youth leadership structure at FOPT. Rather than designing a youth council for young people, this project works with Indigenous youth to co-create a model that reflects their priorities, values, experiences, and visions for change.

The project also examines federal policies related to Indigenous youth participation and leadership. By bringing youth knowledge together with policy analysis, Indigenous Youth Rising helps identify what needs to shift so that Indigenous youth are not only invited into leadership spaces, but meaningfully supported to shape decisions that affect their lives, communities, and futures.

PROJECT OBJECTIVES

1. **Youth Leadership:** Explore how Indigenous youth define leadership, contribute to their communities, engage in advocacy, and understand their roles in creating change.
2. **Program Development:** Co-design a culturally relevant youth leadership model and youth council structure for FOPT that reflects Indigenous youth priorities, support needs, and visions for collective action.
3. **Youth Voice and Lived Experience:** Use interviews and co-design sessions to better understand Indigenous youth experiences, leadership pathways, barriers to participation, and recommendations for improving youth leadership opportunities.
4. **Policy Engagement:** Analyze federal policies to assess how they support, limit, or shape Indigenous youth participation, leadership, and self-determination.
5. **Knowledge Mobilization:** Translate project findings into practical recommendations for youth leadership programming, policy development, and Indigenous-led organizational practice.



KEEPERS OF THE CIRCLE: ON-THE-LAND PROGRAM

PROGRAM EVALUTATION PROJECT

ABOUT

Finding Our Power Together (FOPT), in partnership with Keepers of the Circle (KOTC) and research partners, is supporting the evaluation of the On-the-Land Learning Program through a culturally grounded and community-centered approach. The evaluation explores how land-based learning supports children's development, cultural identity, inclusion, and holistic wellbeing.

Throughout 2025, the project moved from planning into implementation, including an initial site visit and interviews with families and staff. These activities helped strengthen relationships and ensure community perspectives informed the evaluation process.

The team also supported the development of an Inclusivity Framework, grounded in the Seven Grandfather Teachings and informed by the Index for Inclusion, to guide program reflection and strengthen inclusive, culturally responsive learning environments.

As the project continues, insights from children, families, educators, Elders, and community partners will help strengthen program delivery, support ongoing learning, and contribute to broader understandings of Indigenous Early Learning and Child Care grounded in culture, community, and connection to the land.

PROJECT OBJECTIVES

1. **Understand Children's Learning and Development:** Explore how participation in land based and culturally grounded programming supports children's social, emotional, cognitive, physical, and cultural development.
2. **Strengthen Community Driven Programming Work:** collaboratively with educators, families, Elders, and community partners to identify strengths, opportunities, and approaches that strengthen culturally responsive early learning experiences
3. **Support Continuous Learning and Improvement:** Develop meaningful evaluation processes that help inform program development, guide future decision making, and support ongoing learning within the On the Land Learning Program.
4. **Centre Indigenous Knowledge and Land Based Learning:** Support approaches that honour Indigenous knowledge systems, cultural teachings, connection to land, and community priorities within early childhood programming.
5. **Build Knowledge for Future Growth:** Generate insights that can strengthen program delivery, support knowledge sharing, and contribute to broader conversations about Indigenous Early Learning and Child Care approaches grounded in culture, relationships, and community priorities.

EMBRACING OUR CHILDREN OUR WAY

QUALITY IMPROVEMENT PROJECT

ABOUT

As part of a Quality Improvement Plan (QIP) Project running from January 2025 to March 2026, Toronto Metropolitan University (TMU), Nishnawbe Aski Nation (NAN), and Finding Our Power Together (FOPT) have partnered to strengthen Indigenous Early Learning and Child Care (IELCC) systems. This initiative is focused on developing a culturally responsive IELCC framework tailored to the unique needs of Indigenous communities.

Throughout 2025, the TMU x FOPT Research Lab advanced its work on strengthening IELCC systems through targeted research and analysis. Key activities included the NAN Data Synthesis (May–Sept 2025), which identified gaps in existing data, and a Landscape Analysis (Sept 2025–Jan 2026) that examined early childhood education training, models of care, and licensing policies. Additionally, an International Models of Care Scan provided insights into global best practices, while a Systematic Literature Review on Indigenous Early Learning (Jan 2025–March 2026) contributed to knowledge-sharing and policy development. These efforts are laying the foundation for a culturally responsive IELCC framework that integrates Indigenous knowledge and best practices.

In 2026, the project will move into a pilot case study phase, partnering with NAN communities to implement, evaluate, and refine community-led IELCC models to ensure they are practical, culturally responsive, and sustainable.



Indigenous families in Ontario face barriers to accessing high-quality, culturally responsive early learning and child care, including limited spaces, a lack of Indigenous-led programming, and challenges integrating language and culture into early learning environments. This project addresses these gaps by supporting the development and implementation of community-driven IELCC models that reflect Indigenous values, knowledge, and priorities.

TELLING OUR STORIES

A COMMUNITY-ENGAGED PHOTOVOICE PROJECT WITH
AUTISTIC YOUTH IN NORTHERN ONTARIO

ABOUT

Telling Our Stories is a collaborative research project focused on uplifting the voices and experiences of diverse autistic youth in Northern Ontario and Indigenous communities. Through arts-based methods such as Photovoice, the project centres youth and community knowledge to better understand what thriving means for autistic youth within their families, cultures, communities, and service systems. The project responds to gaps in autism services that are often inaccessible, under-resourced, or culturally misaligned, particularly in Northern and Indigenous contexts. Rather than focusing only on barriers, Telling Our Stories highlights youth strengths, lived experience, creativity, and community priorities to support more culturally relevant and neurodiversity-affirming approaches.

FOPT is a partner on this project, contributing Indigenous-led research expertise, community-engaged methods, and a commitment to centring Indigenous and disabled youth as knowledge holders. Through this partnership, FOPT supports research that is relational, accessible, culturally responsive, and grounded in community priorities.

Telling Our Stories is supported by a cross-sector research team including Dr. Patty Douglas from Queen's University, Dr. Nicole Ineese-Nash from Toronto Metropolitan University and Finding Our Power Together, Dr. Elizabeth Straus from the University of Guelph, and Dr. Nicole J. Bobbette from Queen's University.

Partners include Autism Ontario, Autism Alliance of Canada, Algoma Family Services, Finding Our Power Together, Queen's University, and Re-Storying Autism.

This project is supported in part by funding from the Social Sciences and Humanities Research Council.

In 2025, the project advanced its foundation for community-engaged research through partnership development, research planning, and preparation for youth-centred activities. The team worked to shape the project's scoping review, environmental scan, Photovoice process, co-design activities, and knowledge mobilization plans with attention to accessibility, community context, and youth voice.

INDIGENOUS DISABILITY AFFIRMING EARLY LEARNING AND CARE (IDAEI) PARTNERSHIP

ABOUT

The Indigenous Disability Affirming Early Learning and Care (IDAEI) partnership brings together researchers, Indigenous leaders, disabled youth, families, educators, Elders, and community organizations to strengthen disability-affirming and culturally grounded approaches to early learning and care. Co-led by Dr. Kathryn Underwood and Dr. Nicole Ineese-Nash, the project is grounded in Indigenous knowledges, disability justice, and community leadership.

Launched in 2025, IDAEI focuses on developing community-based approaches that affirm disability, honour cultural identity, and strengthen inclusion for disabled children and their families. The partnership brings together lived experience, Indigenous disability knowledge, practitioner expertise, and research to explore new ways of supporting belonging, participation, and wellbeing.

Throughout 2025, the project focused on relationship building, governance development, and establishing a shared foundation for collaborative work. A key milestone was the first in-person Advisory Council gathering, which brought together partners, community leaders, and advisors to identify priorities and help shape the future direction of the project.

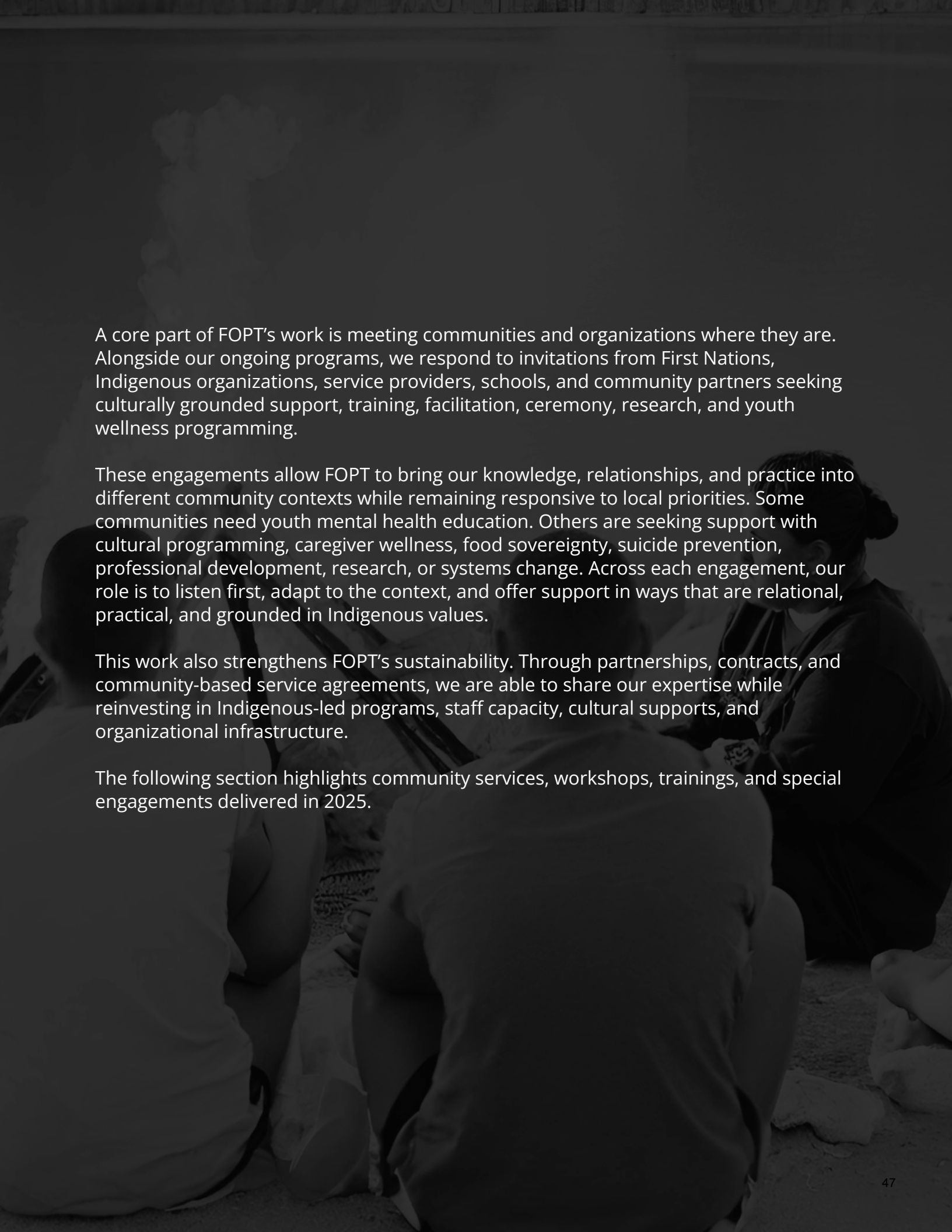
As the partnership moves forward, activities will include community engagement, knowledge gathering, training development, and collaborative initiatives designed to support more inclusive and culturally responsive early learning and care systems.

PROJECT OBJECTIVES

1. Develop Disability-Affirming Models of Care – Co-create culturally grounded approaches to early learning and care that affirm disability and honour community strengths and identities.
2. Address Systemic Barriers – Identify barriers within early childhood, education, health, and care systems and explore opportunities for meaningful systems change.
3. Create Inclusive Resources and Training – Develop culturally relevant tools, resources, and training to support disability-affirming and inclusive practice.
4. Strengthen Community Leadership – Foster partnerships and governance structures that centre the voices and leadership of disabled children, families, and communities.
5. Support Policy and Systems Change – Generate and mobilize knowledge to inform more equitable, culturally responsive, and disability-affirming early childhood systems.



COMMUNITY SERVICES, EVENTS & OTHER ENGAGEMENTS

A group of people, including children and adults, are sitting in a circle on the ground in an outdoor setting. They appear to be engaged in a community meeting or workshop. The background shows a natural, possibly wooded or grassy area.

A core part of FOPT's work is meeting communities and organizations where they are. Alongside our ongoing programs, we respond to invitations from First Nations, Indigenous organizations, service providers, schools, and community partners seeking culturally grounded support, training, facilitation, ceremony, research, and youth wellness programming.

These engagements allow FOPT to bring our knowledge, relationships, and practice into different community contexts while remaining responsive to local priorities. Some communities need youth mental health education. Others are seeking support with cultural programming, caregiver wellness, food sovereignty, suicide prevention, professional development, research, or systems change. Across each engagement, our role is to listen first, adapt to the context, and offer support in ways that are relational, practical, and grounded in Indigenous values.

This work also strengthens FOPT's sustainability. Through partnerships, contracts, and community-based service agreements, we are able to share our expertise while reinvesting in Indigenous-led programs, staff capacity, cultural supports, and organizational infrastructure.

The following section highlights community services, workshops, trainings, and special engagements delivered in 2025.

CULTURAL CONNECTEDNESS, YOUTH MENTAL HEALTH AND LEADERSHIP

NIBINAMIK FIRST NATION

In 2025, Finding Our Power Together travelled to Nibinamik First Nation for two community visits focused on youth mental wellness, relationship-building, and community-informed programming. Across the January and March visits, FOPT staff, counsellors, youth workers, and placement students worked alongside community members to create supportive spaces for children, youth, families, adults, and Elders. The visits included classroom-based mental wellness activities, community drop-ins, arts-based programming, beading, sports and recreation, and community meals. Activities were designed to support emotional awareness, grounding, self-expression, goal-setting, confidence, connection, and belonging.

2025 Highlights

- **Responsive programming in challenging conditions:** During the January visit, extreme weather, a power outage, and school closures disrupted planned activities. The team adapted by offering community drop-ins, creative activities, and relationship-building opportunities wherever possible.
- **Youth-centred mental wellness activities:** Through classroom visits, students participated in activities such as grounding exercises, safe-space drawings, emotion games, affirmations, and goal-setting reflections. These activities helped youth explore emotions, coping tools, self-care, and personal strengths in age-appropriate ways.
- **Arts, culture, and intergenerational connection:** Community drop-ins created accessible spaces for beading, drawing, colouring, scrapbooking, conversation, and connection across age groups. Beading was especially meaningful for older youth, adults, and Elders.
- **Community meals and recreation:** In March, FOPT hosted community dinners and a recreation night, creating informal spaces for food, physical activity, conversation, and relationship-building across the community.
- **Learning for future support:** Together, the visits strengthened relationships and offered important guidance for future programming. Community conversations helped FOPT better understand local strengths, priorities, logistical needs, and opportunities for continued youth and community support.



YOUTH WELLNESS WEEK ENGAGEMENTS

CURVE LAKE FIRST NATION

www.findingourpowertogether.com

In August 2025, Finding Our Power Together was invited to Curve Lake First Nation's Youth Wellness Week to deliver two age-appropriate sessions on suicide awareness, mental wellness, and cultural strength. The sessions were designed for youth ages 7–12 and 13–18, with content adapted to meet each group's developmental needs. The community requested programming that moved beyond surface-level wellness and created space for meaningful conversations about emotions, support, identity, and resilience. In response, FOPT developed a custom storytelling-based session facilitated by Indigenous youth mental health workers and a Traditional Knowledge Keeper.



2025 Highlights

- **Age-appropriate youth wellness education:** FOPT delivered separate sessions for younger children and teens, using gentle language, interactive activities, storytelling, reflection, and practical tools.
- **Cultural teachings and mental health skills:** The sessions braided traditional teachings with DBT-informed skills, including grounding, emotional awareness, STOP skills, self-soothing, and identifying personal supports.
- **Building each youth's bundle of support:** Youth were invited to reflect on their strengths, coping tools, trusted supports, and cultural connections. Activities helped participants identify what they can turn to during difficult moments.
- **Supporting help-seeking and community care:** The sessions emphasized that emotions and struggles are valid, help is available, and youth do not have to carry difficult experiences alone.

This engagement reflects FOPT's commitment to meeting communities where they are and offering culturally grounded, practical, and responsive support for Indigenous youth wellness.

BUILDING OUR FAMILY BUNDLE

NATIVE CHILD AND FAMILY SERVICES

In 2025, Finding Our Power Together delivered Building Our Family Bundle in partnership with Native Child and Family Services of Toronto. Adapted from FOPT's Building Our Bundle model, this culturally grounded mental health psychoeducation program was designed to support Indigenous caregivers in strengthening their own wellbeing while building tools to support their families.

The program braided Indigenous knowledge, mental health skills, emotional regulation strategies, peer learning, and practical wellness tools. Through facilitated discussion, activities, and reflection, caregivers were invited to explore their own needs, strengthen coping strategies, and connect with others navigating similar responsibilities.

2025 Highlights

- **Supporting caregiver wellbeing:** Participants explored tools for emotional regulation, stress, self-awareness, and wellness, recognizing that caregiver support is a critical part of family and community wellbeing.
- **Building practical skills:** The program offered concrete strategies caregivers could use in daily life, including skills for grounding, regulation, communication, and responding to difficult moments.
- **Strengthening peer connection:** Caregivers engaged in discussion, shared experiences, and built relationships with one another, creating space for mutual support and reduced isolation.
- **Connecting families to further support:** Several participants completed intake appointments and were connected to additional FOPT services, helping extend support beyond the workshop space.
- **Learning for future delivery:** Participant feedback highlighted the value of the program while also identifying opportunities to strengthen future sessions through shorter pacing, more breaks, enhanced sensory resources, and improved logistics.

Building Our Family Bundle reflects FOPT's commitment to supporting not only youth, but the families, caregivers, and relational networks that surround them. Moving forward, FOPT is considering adding this program to its internal service offerings.



OTHER ENGAGEMENTS

INDIGENOUS NETWORK FOUNDATIONS COURSE

COMMUNITY FOOD CENTRES CANADA

FOPT delivered a multi-session learning series supporting participants to explore Indigenous sovereignty, colonial systems of harm, community engagement, and Indigenous resurgence. The sessions created space for reflection, dialogue, and practical action toward more accountable relationships with Indigenous communities.

INDIGENOUS CULTURAL SAFETY WORKSHOP

WOODGREEN COMMUNITY SERVICES

FOPT facilitated an in-person professional development session supporting staff to deepen their understanding of Indigenous cultural safety, trauma-informed practice, and relational approaches to service delivery.

TRUTH AND RECONCILIATION DAY PRESENTATION

WEST NEIGHBOURHOOD GROUP

FOPT delivered a Truth and Reconciliation learning session designed to support staff reflection, deepen understanding of colonial history and its ongoing impacts, and encourage more accountable practice with Indigenous communities.

SUSTAINING CULTURAL SAFETY WORKSHOP

TORONTO METROPOLITAN UNIVERSITY STUDENT AFFAIRS

FOPT delivered a custom workshop supporting staff to move beyond introductory awareness toward sustained cultural safety, institutional accountability, and long-term transformation in student support settings.

SUPPORTING INDIGENOUS YOUTH GUEST LECTURE

TRENT UNIVERSITY

FOPT delivered a guest lecture on supporting Indigenous youth through culturally grounded, relational, and strengths-based approaches. The session supported students to better understand Indigenous youth wellbeing, systemic barriers, cultural safety, and the importance of centring youth voice, identity, and community connection.

CONCLUSION & NEXT STEPS

As we close 2025, we do so with gratitude, humility, and renewed responsibility. This year reminded us that Indigenous wellness is strengthened through relationship: to culture, to community, to land, to knowledge, to spirit, and to one another.

Across programs, ceremonies, services, research, and partnerships, FOPT continued to respond to immediate needs while working toward deeper change. Looking ahead, FOPT will focus on six core priorities:

Cultural Mental Health

Strengthening culturally grounded mental health supports for Indigenous youth, families, and community members.

Ceremony & Land

Expanding access to ceremony, land-based healing, and cultural connection through Elders, Knowledge Keepers, and partners.

Youth Leadership

Growing youth leadership and peer capacity so Indigenous youth are supported as leaders, helpers, and change-makers.

Families & Community Support

Supporting families, caregivers, and community networks because youth wellness is strengthened by the systems of care around them.

Research & Knowledge

Advancing Indigenous-led research and knowledge mobilization that centres community priorities and informs systems change.

Sustainable Infrastructure

Building sustainable infrastructure, governance, and partnerships so FOPT can continue this work with long-term stability.

Together, we will continue building pathways of healing, belonging, and self-determination for future generations.

MIIGWETCH!

FINANCIAL REPORT

Statement of Financial Position

As of December 31, 2025

	Total
ASSETS	
Current Assets	
Cash and Cash Equivalent	
1020 BUSINESS DEPOSIT ACCOUNT CAD (7416)	64,715.16
FLOAT CLEARING ACCOUNT	1,077.21
PETTY CASH	72.55
Total Cash and Cash Equivalent	65,864.92
Accounts Receivable (A/R)	
Accounts Receivable (A/R)	56,194.25
Total Accounts Receivable (A/R)	56,194.25
GST/HST Receivable	12,973.30
Prepaid expenses	5,207.10
Total Current Assets	140,239.57
Total Assets	\$140,239.57
LIABILITIES AND EQUITY	
Liabilities	
Current Liabilities	
Accounts Payable (A/P)	
2000 Accounts Payable (A/P)	1,500.00
Total Accounts Payable (A/P)	1,500.00
2400 Payroll Liabilities	0.00
2405 Federal Taxes	74,724.19
2407 Vacation Pay	72.80
Total 2400 Payroll Liabilities	74,796.99
Accrued Liabilities (Year-end)	13,992.86
Deferred Revenue	210,216.82
Total Current Liabilities	300,506.67
Total Liabilities	300,506.67
Equity	
Retained Earnings	-103,195.48
Profit for the year	-57,071.62
Total Equity	-160,267.10
Total Liabilities and Equity	\$140,239.57

Statement of Activity

January - December 2025

	Total
INCOME	
4000 Grants	
Canada Post Young Leader (YL) - Income	4,250.00
City of Toronto (Climate Action Grant 2/2) - Income	7,000.00
Downie Wenjack Fund (DWF) - Income	15,000.00
FGF Healing our Youth (HoY) - Grant	13,410.14
Indigenous Youth Rising (IYR)-Leading the Future - Grant	17,740.54
Laidlaw 2025 (IYCFF) - Grant	39,266.07
Laidlaw OM-PN - Grant	8,419.17
Laidlaw RFOR - Grant	12,338.20
McConnel Healing - Grant	130,465.70
OIYPP - Grant	3,444.35
OTF YOF Bridging The Gap (BTG) - Grant	132,896.10
Youth Harbour Action - Grant	2,102.53
Youth Harbour Assembly - Grant	1,587.60
Total 4000 Grants	387,920.40
4005 Fundraising & Donations	
4001 Sales	3,472.18
Corporate Donations	39,881.78
Fundraising Revenue	4,704.75
General Donations	5,256.41
Total 4005 Fundraising & Donations	53,315.12
4012 Refunds-Allowances	803.45
Service/Fee Income	2,429.70
2Spirits - Income	1,200.00
CFC Canada Indigenous Sovereignty 2025 - Income	10,560.00
City of Toronto (EarlyON) - Income	16,416.33
Curve Lake (CL) - Income	2,915.70
Fort Erie NFC-Naming Ceremony - Income	4,439.00
IHL - Income	66,154.26
Keepers of the Circle (KOTC) - Income	14,805.67
Mental Health Gen. Counselling - Income	
Express Scripts Canada (Mental Health) Income	41,659.03
Jane Payments (Mental Health) Income	5,381.48
Total Mental Health Gen. Counselling - Income	47,040.51
Native Child & Family Services of Toronto (NCFST) - Income	17,938.27
Neighbourhood Group - Income	1,140.00
Nibinamik - Income	70,756.40
ONWA - Income	2,672.52
Right To Play (RTP) - Income	2,502.89
SCHC - Income	1,380.00
TESS - Income	1,210.00
WoodGreen Community Services - Income	3,110.88
YWCA - Income	757.86

	Total
Total Service/Fee Income	267,429.99
Total Income	709,468.96
GROSS PROFIT	709,468.96
EXPENSES	
2Spirits - Expenses	
2Spirits - Traditional Healer	1,200.00
Total 2Spirits - Expenses	1,200.00
Canada Post Young Leader (YL) - Expenses	
Canada Post YL - Communications	301.46
Canada Post YL - Cultural Teacher Honor.	1,000.00
Canada Post YL - Participant Incentive	950.00
Canada Post YL - Salaries & Benefits	
Canada Post YL - Employer CPP & EI	35.18
Canada Post YL - Facilitator Wages	1,000.00
Canada Post YL - Prog Coordinator	459.68
Total Canada Post YL - Salaries & Benefits	1,494.86
Canada Post YL - Supplies	503.68
Total Canada Post Young Leader (YL) - Expenses	4,250.00
CFC Canada Indigenous Sovereignty - Expenses	
CFC Canada Indig Sov - Admin	
CFC Canada Indig Sov - Rent	1,760.00
Total CFC Canada Indig Sov - Admin	1,760.00
CFC Canada Indig Sov - Salaries & Benefits	
CFC Canada Indig Sov - Employer CPP & EI	473.95
CFC Canada Indig Sov - Facilitation Wages	2,000.00
CFC Canada Indig Sov - Proj/Service Coord Wages	6,326.05
Total CFC Canada Indig Sov - Salaries & Benefits	8,800.00
Total CFC Canada Indigenous Sovereignty - Expenses	10,560.00
City of Toronto (Climate Action I & 2) - Expenses	
City of Toronto (Climate Action) - Feast/Food/Refreshments	665.32
City of Toronto (Climate Action) - Honor (Elders/Knowledge Keepers)	2,500.00
City of Toronto (Climate Action) - Program Materials	834.68
City of Toronto (Climate Action) - Traditional Materials	2,000.00
City of Toronto (Climate Action) - Transportation	1,000.00
Total City of Toronto (Climate Action I & 2) - Expenses	7,000.00
City of Toronto (EarlyON) - Expenses	
City of Toronto (EarlyON) - Healer (Knowledge/Fire Keeper)	1,366.09
City of Toronto (EarlyON) - Printing, Materials & Supplies	233.25
City of Toronto (EarlyON) - Salaries & Benefits	
CoT (EarlyON) - Employer CPP & EI	961.80
CoT (EarlyON) - Mental Health Support (Wages)	13,248.60
Total City of Toronto (EarlyON) - Salaries & Benefits	14,210.40
City of Toronto (EarlyON) - Space Rental & Permits	606.59
Total City of Toronto (EarlyON) - Expenses	16,416.33
CORE Operating Expenses – General Fund	

	Total
6300 Fundraising Expense	35.03
6415 Meals and entertainment	34.74
7700 Bank charges	574.25
8000 Utilities	2,568.32
8100 Rent or lease payments	9,526.35
8450 Materials & supplies	2,927.30
8500 General technology expenses	58.79
8600 Office Supplies	275.44
8705 Insurance	1,142.49
9700 Payroll Expenses	
9705 Wages	57,435.16
9710 Taxes	3,070.67
Total 9700 Payroll Expenses	60,505.83
ADP Fee	1,273.81
Dues and Subscriptions	10,308.21
Legal and professional fees	1,723.47
Marketing & Promotion	834.79
Professional Fees	
8700 Accounting & Audit fees	
Accounting	4,897.77
Audit Fees	14,471.30
Total 8700 Accounting & Audit fees	19,369.07
Total Professional Fees	19,369.07
Stationery and printing	177.77
Total CORE Operating Expenses – General Fund	111,335.66
Curve Lake (CL) - Expenses	
CL - Admin	591.74
CL - Program Developer	400.00
CL - Program Facilitation	1,500.00
CL - Program Materials	194.34
CL - Travel	313.92
Total Curve Lake (CL) - Expenses	3,000.00
Downie Wenjack Fund (DWF) - Expenses	
Downie Wenjack Fund (DWF) - Admin	1,000.00
Downie Wenjack Fund (DWF) - Facilitator	1,000.00
Downie Wenjack Fund (DWF) - Food/Refreshments	1,400.72
Downie Wenjack Fund (DWF) - Honorarium (Elders)	5,000.00
Downie Wenjack Fund (DWF) - Materials (Equipment)	1,250.49
Downie Wenjack Fund (DWF) - Salaries & Benefits	
Downie Wenjack Fund (DWF) - Employer CPP & EI	284.03
Downie Wenjack Fund (DWF) - Prog Faciliator Wages	2,351.43
Downie Wenjack Fund (DWF) - Video Edit Wages	1,365.13
Total Downie Wenjack Fund (DWF) - Salaries & Benefits	4,000.59
Downie Wenjack Fund (DWF) - Video Editing Prg Exp	348.00
Downie Wenjack Fund (DWF) - Youth Stipend	1,000.00
Total Downie Wenjack Fund (DWF) - Expenses	14,999.80

	Total
FGF Healing our Youth (HoY) - Expenses	
FGF HoY - Admin Costs	3,457.03
FGF HoY - Counsellor's Fees	240.00
FGF HoY - Facilitator's Fees	1,600.00
FGF HoY - Guide's Fees	410.38
FGF HoY - Marketing & Outreach	448.76
FGF HoY - Salaries & Benefits	
FGF HoY - Employer CPP & EI	443.62
FGF HoY - Prog Coord Wages	5,983.20
Total FGF HoY - Salaries & Benefits	6,426.82
FGF HoY - Space Rental	519.70
FGF HoY - Supplies	349.17
Total FGF Healing our Youth (HoY) - Expenses	13,451.86
Fort Erie NFC-Naming Ceremony - Expenses	
Fort Erie NFC-Naming Ceremony - Admin	
Fort Erie NFC-Naming Ceremony - Phone/Internet	79.00
Fort Erie NFC-Naming Ceremony - Utilities	500.00
Total Fort Erie NFC-Naming Ceremony - Admin	579.00
Fort Erie NFC-Naming Ceremony - Food/Refreshments	157.69
Fort Erie NFC-Naming Ceremony - Honor (Helper)	500.00
Fort Erie NFC-Naming Ceremony - Honor (Knowledge Keeper)	2,451.87
Fort Erie NFC-Naming Ceremony - Prog Materials	172.72
Fort Erie NFC-Naming Ceremony - Transportation	497.84
Total Fort Erie NFC-Naming Ceremony - Expenses	4,359.12
IHL - Expenses	
IHL - Admin	2,300.00
IHL - Accounting	7,095.40
IHL - Insurance	453.78
IHL - Rent	2,257.50
IHL - Utilities	193.32
Total IHL - Admin	12,300.00
IHL - Data Collection Software	1,226.20
IHL - Incidentals (Bawaadan Collective)	1,975.00
IHL - Participant Honorarium	50.00
IHL - Post Production (Bawaadan Collective)	5,500.00
IHL - Production (Bawaadan Collective)	15,000.00
IHL - Salaries & Benefits	
IHL - Employer CPP & EI	2,303.83
IHL - Lead Reseacher Wages	4,439.72
IHL - Prog Coordinator Wages	1,884.35
IHL - Research Assistant Wages	21,475.16
Total IHL - Salaries & Benefits	30,103.06
Total IHL - Expenses	66,154.26
IYR-Leading the Future - Expenses	
IYR-Leading - Participant Honorarium	800.00
IYR-Leading - Salaries & Benefits	

	Total
IYR-Leading - Employer CPP & EI	1,223.03
IYR-Leading - Project Coord Wages	7,282.55
IYR-Leading - Research Assistant Wages	8,434.96
Total IYR-Leading - Salaries & Benefits	16,940.54
Total IYR-Leading the Future - Expenses	17,740.54
Keepers of the Circle (KOTC) - Expenses	
KOTC - Accommodation	1,514.16
KOTC - Admin	1,000.00
KOTC - Accounting	3,425.00
KOTC - Rent	480.00
Total KOTC - Admin	4,905.00
KOTC - Food/Refreshment	141.47
KOTC - Salaries & Benefits	
KOTC - Employer CPP & EI	736.15
KOTC - Lead Researcher Wages	4,461.90
KOTC - Research Assistant Wages	2,686.05
Total KOTC - Salaries & Benefits	7,884.10
KOTC - Travel	360.94
Total Keepers of the Circle (KOTC) - Expenses	14,805.67
Laidlaw 2025 (IYCFF) - Expenses	
Laidlaw 2025 (IYCFF) - Admin/Accounting	2,453.66
Laidlaw 2025 (IYCFF) - Capacity Building Initiatives	1,214.35
Laidlaw 2025 (IYCFF) - Food & Refreshments	3,138.63
Laidlaw 2025 (IYCFF) - Honorarium	15,500.00
Laidlaw 2025 (IYCFF) - Lodge Rental/Maintenance	1,150.00
Laidlaw 2025 (IYCFF) - Marketing/Promotion	1,897.10
Laidlaw 2025 (IYCFF) - Mat & Supplies	1,275.90
Laidlaw 2025 (IYCFF) - Salaries & Benefits	
Laidlaw 2025 (IYCFF) - Employer CPP & EI	222.14
Laidlaw 2025 (IYCFF) - Staff Wages	8,381.12
Total Laidlaw 2025 (IYCFF) - Salaries & Benefits	8,603.26
Laidlaw 2025 (IYCFF) - Travel	4,033.17
Total Laidlaw 2025 (IYCFF) - Expenses	39,266.07
Laidlaw OM-PN - Expenses	
Laidlaw OM-PN - Equipment	2,598.51
Laidlaw OM-PN - Fees for Service (Facilitation & Talent)	4,365.49
Laidlaw OM-PN - Fees for Service (Tech/Video/Editing/Design)	1,455.17
Total Laidlaw OM-PN - Expenses	8,419.17
Laidlaw RFOR - Expenses	
Laidlaw RFOR - Accessibility	250.00
Laidlaw RFOR - Administration	1,500.00
Laidlaw RFOR - Capacity Building	1,000.00
Laidlaw RFOR - Core Member Honoraria	4,500.00
Laidlaw RFOR - Food & Refreshment	700.00
Laidlaw RFOR - Peer Support	750.00
Laidlaw RFOR - Printing	250.00

	Total
Laidlaw RFOR - Supplies	-2,903.01
Laidlaw RFOR - Tech/Equipment	-58.79
Laidlaw RFOR - Transportation	50.00
Laidlaw RFOR - Workshop/Art Workshop Facil	1,300.00
Laidlaw RFOR - Youth Member Honoraria	5,000.00
Total Laidlaw RFOR - Expenses	12,338.20
McConnel-Healing - Expenses	
McConnel-Healing - Admin	
McConnel-Healing - Insurance	453.78
McConnel-Healing - Rent	4,683.82
Total McConnel-Healing - Admin	5,137.60
McConnel-Healing - Salaries & Benefits	
McConnel-Healing - Admin Coord Wages	49,050.39
McConnel-Healing - Employer CPP & EI	8,362.89
McConnel-Healing - MH Counsellors Wages	1,872.44
McConnel-Healing - Program Coord Wages	29,854.50
McConnel-Healing - YIW Wages	20,187.88
Total McConnel-Healing - Salaries & Benefits	109,328.10
McConnell Healing - DBT Facilitator	6,000.00
McConnell Healing - Honor (Elder/Knowledge Keeper)	4,000.00
McConnell Healing - Honor (Lodge Conductor)	4,000.00
McConnell Healing - Traditional Healing Sessions	2,000.00
Total McConnel-Healing - Expenses	130,465.70
Mental Health Gen. Counselling - Expenses	
Mental Health Gen. Counselling Fees	53,275.05
Total Mental Health Gen. Counselling - Expenses	53,275.05
Native Child & Family Services of Toronto (NCFST) - Expenses	
NCFST - Admin	3,813.56
NCFST - Fire Keeper	1,000.00
NCFST - Food	3,084.48
NCFST - Knowledge Keeper	2,000.00
NCFST - Prog Support/Child Minding	1,472.00
NCFST - Salaries & Benefits	
NCFST - ED Supervision	500.00
NCFST - Staff Wages	1,779.78
Total NCFST - Salaries & Benefits	2,279.78
NCFST - Supplies	3,486.61
NCFST - Travel	801.84
Total Native Child & Family Services of Toronto (NCFST) - Expenses	17,938.27
Neighbourhood Group - Program Expenses	1,140.00
Nibinamik - Expenses	
Nibinamik - Admin	
Nibinamik - Accounting	2,538.08
Nibinamik - Phone/Internet	184.26
Nibinamik - Rent	3,000.00
Nibinamik - Utilities	710.06

	Total
Total Nibinamik - Admin	6,432.40
Nibinamik - Facilitation (contract)	4,350.00
Nibinamik - Food/Refreshments	2,003.39
Nibinamik - Materials & Supplies	751.11
Nibinamik - Salaries & Benefits	
Nibinamik - Employer CPP & EI	914.23
Nibinamik - Prog Coord. Wages	2,411.83
Nibinamik - Prog Facilitator Wages	9,239.75
Total Nibinamik - Salaries & Benefits	12,565.81
Nibinamik - Travel & Accommodation	44,653.69
Total Nibinamik - Expenses	70,756.40
OIYPP - Expenses	
OIYPP - Honorarium	2,500.00
OIYPP - Other Expenses	291.85
OIYPP - Travel	652.50
Total OIYPP - Expenses	3,444.35
ONWA - Program Expenses	2,672.52
OTF YOF-BTG - Expenses	
OTF YOF-BTG - Facility Rental	3,000.00
OTF YOF-BTG - Meetings/Convenings	
OTF YOF-BTG - Elder Appreciation/Refreshment	3,152.76
OTF YOF-BTG - Marketing & Promotion	1,434.20
OTF YOF-BTG - Zoom, Subscriptions & Telecommunications	450.00
Total OTF YOF-BTG - Meetings/Convenings	5,036.96
OTF YOF-BTG - Participant Incentive	1,700.00
OTF YOF-BTG - Participant Travel	1,000.00
OTF YOF-BTG - Printing/Materials & Supplies	584.98
OTF YOF-BTG - Purchased Services	
OTF YOF-BTG - Training Cost for Ind. Youths	1,800.00
Total OTF YOF-BTG - Purchased Services	1,800.00
OTF YOF-BTG - Rent & Insurance (ADMIN COST)	1,500.00
OTF YOF-BTG - Salaries & Benefits	
OTF YOF-BTG - Employer CPP & EI	8,437.00
OTF YOF-BTG - Project Manager Wages	65,266.47
OTF YOF-BTG - Project Supervisor Wages	24,406.45
OTF YOF-BTG - Research Assistant Wages	15,152.76
Total OTF YOF-BTG - Salaries & Benefits	113,262.68
OTF YOF-BTG - Staff Travel	1,044.20
Total OTF YOF-BTG - Expenses	128,928.82
Right To Play (RTP) - Expenses	
RTP - Admin	490.00
RTP - Salaries & Benefits	
RTP - ED Supervision Wages	500.00
RTP - Facilitator WAGES	1,500.00
Total RTP - Salaries & Benefits	2,000.00
RTP - Travel	12.89

	Total
Total Right To Play (RTP) - Expenses	2,502.89
SCHC - Program Expenses	1,380.00
TESS - Expenses	
TESS - Admin	210.00
TESS - Knowledge Keeper	1,000.00
Total TESS - Expenses	1,210.00
WoodGreen Community Services - Expenses	3,110.88
Youth Harbour Action (YHA) - Expenses	
Youth Harbour Action - Comm/Outreach	468.62
Youth Harbour Action - Honorarium	1,633.91
Total Youth Harbour Action (YHA) - Expenses	2,102.53
Youth Harbour Assembly - Expenses	
Youth Harbour Assembly - Miscellaneous Expenses	750.00
Youth Harbour Assembly - Travel	837.60
Total Youth Harbour Assembly - Expenses	1,587.60
YWCA - Program Expenses	757.86
Total Expenses	766,569.55
OTHER INCOME	
Interest earned	28.97
Total Other Income	28.97
PROFIT	\$ -57,071.62

GRANTS RECEIVED IN 2025

Grant Name	Funder	Amount received
McConnell Foundation	McConnell Foundation	\$150,000
Systems Innovation Fund	Ontario Trillium Foundation	\$164,325.90
Healing Our Youth	Future Generation Foundation	\$51,000
Indigenous Youth and Community Futures Fund	Laidlaw Foundation	\$30,000
Reconciliation Action Grant	The Gord Downie and Chanie Wenjack Fund	\$15,000
Indigenous Climate Action	City of Toronto	\$14,000
Ontario Indigenous Youth Partnership Project	Ontario Indigenous Youth Partnership Project	\$5,000
Canada Post Community Fund	Canada Post Community Fund	\$4,250
Total:		\$433,575.90

FEES FOR SERVICE IN 2025

Service Name	Funder	Amount received
Choose Life	Nibinamik First Nations	\$70,756.40
Research Project Collaboration	United Way	\$40,000
Building Our Family Bundle	Native Child and Family Services	\$25,000
Program Evaluation	Keepers of the Circle	\$20,955
2 Workshop Series on Indigenous Sovereignty	Community Food Centres Canada	\$10,560
Naming Ceremony	Fort Erie Native Friendship Centre	\$4,439
Professional Development Workshop on Indigenous Cultural Awareness	WoodGreen Community Services	\$3,110.88
Youth Wellness Week Workshop on Suicide Awareness	Curve Lake First Nations	\$3,000
Roots to Fruits Event	Ontario Native Women's Association	\$2,672
Drumming & Singing Circle	YWCA	\$780

FEES FOR SERVICE IN 2025

Service Name	Funder	Amount received
Knowledge Keeper Teachings	Toronto Employment and Social Services	\$1,380
Truth and Reconciliation Day Professional Development Workshop	The Neighbourhood Group	\$1,140
Traditional Storytelling Session for Truth and Reconciliation Day	Scarborough Centre for Healthy Communities	\$1,280
Research Workshop on Indigenous Participatory Action	Right To Play	\$2,939
Total:		\$188,012.28

FOPT ACKNOWLEDGES

Our 2025 Funders & Partners

Ontario Trillium Foundation
Future Generation Foundation
Laidlaw Foundation
The Gord Downie and Chanie Wenjack Fund
City of Toronto
Ontario Indigenous Youth Partnership Project
Canada Post Community Fund
Bawaadan Collective
City of Toronto
Toronto Metropolitan University (TMU)
Center for Grief and Healing
University of Guelph
Western University
United Way
Queen's University
Nishnawbe Aski Nation
Keepers of the Circle
Distress Centres of Greater Toronto

ACKNOWLEDGEMENTS

Finding Our Power Together Donors

\$10,000 - \$20,000

The National Club
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\$1,000 - \$5,000

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2025

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