



THE WELL-BEING HUB

2025-26
ANNUAL REPORT



A WORD FROM THE EXECUTIVE DIRECTOR



2025-26 was a challenging year for the Well-Being HUB, highlighting the financial precarity faced by non-profits of our size in the current funding environment. We began the year with strong momentum, doubling our team size and launching new initiatives like our Mental Wellness Ambassadors Program and a new Peer Support Program.

However, in early December, 2025, we received news that a key funding partner would no longer be able to continue to support our work. Despite our best efforts, we have been unable to secure replacement funding. This has forced us to pause essential aging-in-place initiatives, including our keystone "Visiting Buddies" program and our educational series in 2026-27. We have also reduced staff hours, resulting in reduced capacity to serve community members.

While our situation remains unchanged as of our 2026 AGM, we are actively working to diversify our income source. Opportunities we are exploring include fundraisers, private sector sponsorships, social enterprise models, and Registered Charity status. We are currently envisioning what this new landscape means for our future and how we can grow.

As Starhawk writes in *The Empowerment Manual*: "Community means strength that joins our strength to do the work that needs to be done. Arms to hold us when we falter. A circle of healing.

A circle of friends." As such, I want to extend a heartfelt thank you to our staff, board, volunteers, and partners, who support our staff team in our work. Your collective efforts and passion are what make our mission possible, and I am grateful for your continued support as we work toward our vision.

LESLEY MAGEE

EXECUTIVE DIRECTOR

A handwritten signature in dark ink that reads "Lesley Magee". The script is fluid and cursive.

ABOUT THE WELL-BEING HUB

The Well-Being HUB is a not-for-profit organization that brings together local community partners to collaborate on service provision and address the social determinants of health. We work to educate, coordinate and facilitate access to existing programs and services and create new ones to fill identified gaps.

We are a small, dedicated team working alongside local organizations to provide resources, programs, and support to residents of the Eastern Shore and Musquodoboit Valley. The initiative began in 2020 as a pilot project under Harbourview Lodge and the Old School Community Gathering Place. In 2024, we formalized our status as a nonprofit, strengthening partnerships to better serve our communities.

We help community members age in place and navigate transitions in care. Through our work, we aim to foster a connected, supportive community where everyone can experience hope, dignity, and belonging. Our services are supported by our Board Members, representing communities throughout the Eastern Shore and Musquodoboit Valley, who contribute their diverse range of professional expertise to our organization.





OUR VISION

A supportive community where residents can transition through life with hope and dignity, accessing the right care and services at the right time.

OUR MISSION

To create a network of community and health care providers working collaboratively to provide the right care and supports that will empower residents to take charge of their mental, physical and spiritual health. The network will work to navigate, educate, coordinate and facilitate access to existing programs and services and create new ones to fill identified gaps.

OUR VALUES

Integrity

We act ethically, transparently, and responsibly.

Integrity is the foundation of every decision we make and every relationship we build. We commit to honesty, accountability, and stewardship in service to our community.

Respect

We honour each person's lived experience and inherent worth.

We treat all individuals with compassion, fairness, and empathy.

We listen to community voices, value individual choice, and ensure people feel seen and heard.

Equity

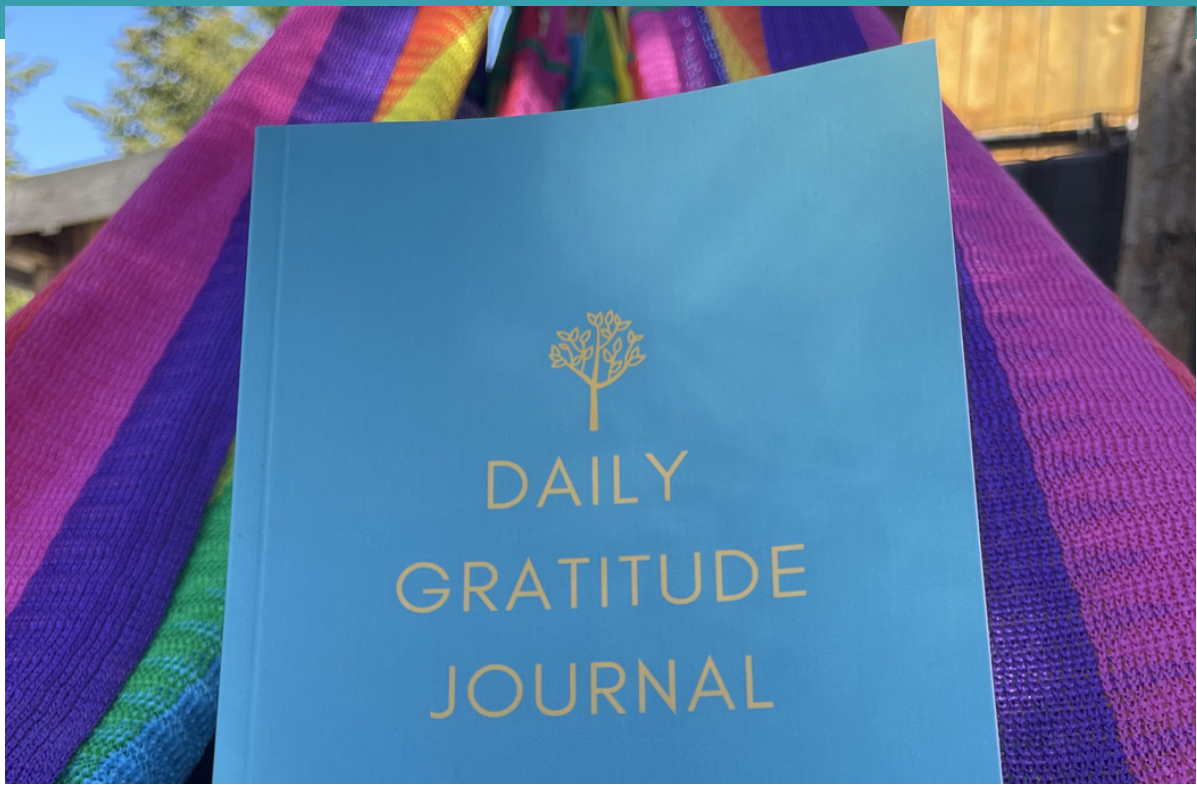
We champion fair access to resources, opportunities, and support. Regardless of age, background, identity, or circumstance, we work to reduce barriers so everyone can participate fully and benefit equally.

Relationship Building

We strengthen community by connecting people, organizations, and sectors. Through collaboration, trust, and shared purpose, we build the relationships that help communities grow, solve problems, and support one another.

Self-Determination

We support each person's right to direct their own decisions and path. We will walk alongside individuals as partners, offering encouragement, information, and resources that strengthen their confidence to choose what is best for them.



WE OFFER:

- A Navigation Services with a Seniors' Navigator and Wellness Navigator
- Workshops, seminars & information sessions focused on mental wellness literacy and aging in place
- Intergenerational activities that help build skills and social connections
- Peer support programming and capacity building in community-based mental health
- Opportunities for collaboration



NAVIGATION SERVICE

Our Navigation Service grew in 2025-26, with Wellness Navigator Julia Brown, joining our team. Julia and our Seniors' Navigator, Michelle Williams were able to expand our Navigation Services to anyone aged 16 years and over.

Our Navigation team completed over 335 Navigation cases through 2025-26, with Seniors' Navigation in highest demand with over 300 cases. Both of our Navigators were trained in Peer Support in the fall and our Wellness Navigator has since become one of our primary Peer Support specialists at the HUB.

Most of the contacts our Navigators receive are connected to the social determinants of health and often require clients being connected with:

- transportation services
- housing supports
- financial benefits
- government, including health, services
- wellness supports, including clinical and community-based mental health services
- social activities & supports, as well as other community resources.

Our Navigators help community members overcome the diverse barriers they face in accessing services and resources, helping improve their well-being.

Navigation in numbers 2025-26

- 336 Navigation contacts
- 246 individuals supported
- 90 repeat clients with 2-6 contacts

PROGRAMMING

Our Program Coordinator, Nicola Bailey, and Outreach and Education Coordinator, Sarah Ryan, have worked hard through 2025-26 to bring a growing body of programming opportunities. From our brand new Peer Support Program, which soft-launched in late winter, to an intergenerational podcasting project with students from Musquodoboit Valley Education Centre (MVEC) and local seniors, our focus has been on building mental health literacy and community capacity, while creating opportunities to build social connections and skills.

Our 2025-26 programming included:

- Development and launch of our new Peer Support Program
- Mental Wellness Ambassadors Program - two rounds offered, 48 participants with 23 completing all five modules
- Online Stress Management workshop - 10 participants
- Supporting seniors-led social activities, like Bingo games and musical entertainment in local apartment complexes
- Intergenerational storytelling through podcasts - 7 youth and 5 seniors
- Three part fly fishing workshop series (completed in June 2026) - 12 participants
- Three Scams and Frauds Lunch and Learns for over 30 participants
- Self-care activities for volunteers, including visits with horses at Double J Stable, a mindfulness workshop and journaling workshop series with Surefooted
- First Aid, Mental Health First Aid, and ASIST training for staff, volunteers, and other community support workers.

Our Communications Specialist, Laura Conrod, who joined our team in early August, has led us on a social media expansion project, significantly increasing our newsletter and social media audiences. Her work has contributed significantly to the steady growth in engagement with our programming through 2025-26. We have shifted to using our communications channels as a venue to spark conversations and provide evidence-based information to community members about relevant issues and topics in mental wellness and aging. This has helped in our transition into a HUB for online services in addition to our in-person services and programming.

THE BREAKDOWN

205+

INDIVIDUALS ENGAGED
DIRECTLY WITH OUR
PROGRAMMING IN
2025-26

95%

OF PROGRAMMING
PARTICIPANTS
SURVEYED WERE
“VERY SATISFIED”
WITH THE SESSION
THEY ATTENDED

30

COMMUNITY MEMBERS
TRAINED IN COMMUNITY-
BASED MENTAL HEALTH
CARE, LIKE PEER SUPPORT,
MHFA, FIRST AID, AND ASIST
(INCLUDING HUB STAFF,
VOLUNTEERS, AND STAFF
FROM LOCAL PARTNER
ORGANIZATIONS)

96%

OF PROGRAMMING
PARTICIPANTS
SURVEYED FOUND THE
SESSION THEY
ATTENDED WAS EASILY
ACCESSIBLE

2000

PROGRAMMING
GUIDES DISTRIBUTED
IN OUR CATCHMENT
AREA

11

ACTIVE VISITING
BUDDIES PAIRS



WHAT WE'VE HEARD

"I found the facilitator was well prepared and communicated well. She had a nice way of getting people to feel relaxed enough to speak. I felt very comfortable talking with her on any of those mental health discussions. The topic was very clear and understandable and the information that was discussed was very useful and a gentle reminder to myself on how to handle situations such as discussed. It was a very good workshop . Thank you for offering it."

-Participant feedback from the Mental Wellness Literacy workshop series, Part 2

Casting for Community:

"Very relaxing and I had a sense of calm after spending the day on the river. Facilitators were excellent!"

"Amazing program encouraging community building, being outdoors, and being active. This was such a fun, big thanks to the organizers and the instructors!"



Visiting Buddies:

"I look forward to them (Visiting Buddies visits), you know. Because I'm all by myself, I live alone, and I'm 94 years old."

"It feels reciprocal and beneficial both ways. We're able to both share our experiences and grow."

"We developed a bonded friendship and I saw how my visits lit up her world."

"Knowing that I'm doing something supportive for another person. I get to be a caring and supportive presence to someone who needs it."

"I love the program! It's nice to have someone visit and I have nothing but great things to say about my match. Thank you!"

"With the Well-Being Hub's supportive leadership, my contribution to their program allows me to feel valued, along with personal fulfillment, that's reinforced weekly during my time spent with my Visiting Buddy match"

From Community Wellness Day:

"The exact type of event our organization would like to attend."

"There are always the "What should we have done differently?" questions, but in a rural setting it's always a challenge to get people out, so congrats to all the organizers for this well-organized event."

PEER SUPPORT

Our Peer Support Working Group (PSWG), led by Outreach and Education Coordinator, Sarah Ryan, was brought together in February, 2024 and met regularly between then and the end of April, 2025. Together, the group started mapping out what a peer support program in our area could look like. Thanks to their efforts, and the dedicated work of our OEC, our Peer Support Program soft launched in the winter of 2025 with our first match, through an internal referral process. In February of 2026, the HUB met one of our milestones for the year by being invited to present at the Lived Experience Recovery Network (LERN) and Peer Works national virtual conference, From Lived Experience to Lasting Impact. There, Sarah and one of our first peer support volunteers, Bruno Baurin, presented on the process of creating and building a responsive rural peer support program.

Through 2025-26,

- Two staff members and one volunteer completed Peer Works peer support training.
- Three volunteers were onboarded and our first volunteer match was completed.
- Two volunteers and one staff member attended the Canadian Mental Health Association National Conference.
- Three peer support volunteers attended First Aid Training.
- Our OEC and a volunteer peer supporter presented at a national conference. The HUB also received an invitation to present in person at the Mental Health Innovations' (MHI) Power of Peer Support conference in May, 2026.
- Planning began for our official Peer Support Program Launch in April, 2026.
- We incorporated a Peer Supporter role into our MWA Program.

LOOKING FORWARD

We go into 2026-27 with:

- Two-years of funding remaining from the Nova Scotia Office of Addictions and Mental Health's (OAMH) Community Wellness Framework
- one-year funding from the Department of Seniors and Long Term Care's (SLTC) Age Friendly Communities
- one-year funding from Canada's New Horizons for Seniors Program (NHSP)
- Community Health Board (CHB) Wellness Fund grant
- Halifax Community Grant Program funding

In 2025-26, our staff team incorporated seasonal periods of reflection into our workplan in order to evaluate our activities through the year. This allowed us to identify challenges as they arose, and celebrate our milestones, reflecting on how far we have come. Although the next few months will be some of our most challenging so far, we remain dedicated to the vision and mission of the Well-Being HUB in supporting the flourishing of the communities we serve.

Staff Team

Lesley Magee, Executive Director

Laura Conrod, Communications Specialist

Michelle Williams, Seniors' Navigator

Julia Brown, Wellness Navigator

Nicola Bailey, Program Coordinator

Sarah Ryan, Outreach and Education Coordinator

Board Members

Sharon Arsenault - Community Member, Middle Musquodoboit
Lorrie Boutilier - Sheet Harbour
Roberta Duchesne - NSH representative, ex officio
Dee Dwyer - Treasurer, Musquodoboit Harbour
Laura Homans - Co-Chair, Ship Harbour
Margaret Merlin Wilson - Co-Chair, Clam Harbour
Karen Negas - Musquodoboit Harbour
Brandon Neuman - Musquodoboit Harbour
Denise VanWycken - Secretary, ESMCHB representative

Our Partners

Nova Scotia Health (NSH)
Office of Addictions & Mental Health, Community Wellness Fund
Eastern Shore Musquodoboit Community Health Board, Wellness Fund
Nova Scotia Dept of Seniors and Long Term Care Age Friendly Communities
Canada's New Horizons for Seniors Program
YMCA NS Works
MusGo Rider
Mental Health and Addictions
Eastern Shore Mental Health
among others!



FINANCIAL REPORT 2025-2026

APRIL 1, 2025 - MARCH 31, 2026

Financial Position as of March 31, 2025		
Current Assets	March 31, 2026	March 31, 2025
Cash	\$108,687	\$240,037
Short term investment	\$142,515	0
Accounts Receivable	\$2,000	\$16,257
HST Public Services Bodies Rebate	\$3,885	\$3,133
Total Assets	\$257,087	\$259,427
Current Liabilities		
Accounts payable and accrued liabilities	\$51,086	\$9,526
Deferred Grant Revenue	\$161,460	\$196,021
Total Liabilities	\$212,546	\$205,547
Net Assets	\$44,541	\$53,880
	\$257,087	\$259,427

FINANCIAL REPORT 2025-2026

APRIL 1, 2025 - MARCH 31, 2026

Statement of Operations and Changes in Net Assets		
April 1, 2025 - March 31, 2026		
Revenues	2026	2025
Office of Addictions and Mental Health Grant (OAMH)	\$279,086	\$58,301
Services revenue	\$87,764	\$151,511
Employment and Social Development Canada grant (New Horizons for Seniors Program)	\$12,966	-
Mental Health Foundation of NS grant	\$12,823	-
NS Dept. Of Seniors & LTC grant (Age Friendly Communities)	\$6,843	-
Other grants	\$2,000	\$15,500
Miscellaneous	\$601	\$500
Total Revenue	\$402,083	\$225,812
Expenditures	2026	2025
Wages & Benefits	\$235,554	\$151,696
Programming	\$80,898	\$23,970
Professional fees	\$27,465	\$15,100
Office	\$26,813	\$17,594
Travel and mileage	\$25,993	\$9,948
Rent	\$6,282	\$1,750
Phone	\$4,142	\$3,589

FINANCIAL REPORT 2025-2026

APRIL 1, 2025 - MARCH 31, 2026

Statement of Operations and Changes in Net Assets		
April 1, 2025 - March 31, 2026		
Advertising and promotions	\$1550	-
Insurance	\$1491	-
Interest and bank charges	\$913	\$1,475
Board & Governance	\$321	\$662
Total Expenses	\$411,422	\$225,784
Deficiency/Excess of Revenues over Expenses	(\$9,339)	\$28
Net assets, beginning of year	\$53,880	\$53,852
Balance at end of year	\$44,541	\$53,880



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