



Women Helping Women Heal
from Addiction, Violence & Poverty

NEW DAWN • NEW DAY • NEW WAY

'Transformation' by Evanne Bednarski



ANNUAL REPORT 2026

MESSAGE FROM THE EXECUTIVE DIRECTOR AND BOARD CHAIR



This year marked Chrysalis Society's 38th year of women helping women recover. During the year, we admitted 95 women into our programs, 40% identified as alcohol being their primary drug of choice and 29% of those women drank only alcohol; 86% reported histories of violence and 51% identified as Indigenous.

Despite the ongoing overdose crisis, Chrysalis Society has been proud to witness incredible resilience and change. Women successfully moved through our continuum of care, from New Dawn to New Day or New Way, and into inter-dependent living through our housing subsidy program. Their success and wellness is a reminder that recovery is possible and that women can build healthy, meaningful lives when provided with the right support. While occupancy at New Dawn was lower than expected during the second half of the year, a challenge experienced across the sector, we used this time to strengthen our services and remain responsive to the changing needs of women seeking recovery.

Building community connections face-to-face has continued to remain a priority. Through our Program Advisory Working Group, we strengthened our relationships with local and provincial service providers, helping connect women, particularly Indigenous women, with valuable community resources.

We also had a significant transition in our physician care this year. After more than 20 years of dedicated service, we said goodbye to Dr. Annabel Mead, whose compassion, expertise, and commitment were a tremendous asset to Chrysalis Society and the women we serve. As we honour her legacy, we welcome Dr. Shiv Grewal and look forward to continuing to provide high-quality, supportive addiction medical care through our evolving model of service.

We are deeply grateful to our staff, Board of Directors, partners, donors, and community supporters. Their compassion, expertise, and commitment help create opportunities for healing and recovery every day. Together, we continue to show that when women are supported by their community, they can heal, grow, and thrive, not simply survive.

Two handwritten signatures in black ink. The first signature is on the left and the second is on the right.

"...when women are supported by their community, they can heal, grow, and thrive, not simply survive."

TEAM APPRECIATION

This past year brought many changes to our team, along with opportunities for growth, learning, and connection. Through it all, the dedication, compassion, and resilience of our staff, volunteers, and board members continued to make Chrysalis a place where women can find safety, healing, and hope.

One of our most significant transitions was saying goodbye to Dr. Annabel Mead after twenty years of providing specialized addiction medicine and deeply compassionate, woman-centered care. Her understanding of the unique experience's women face, combined with her unwavering support of both clients and staff, leaves a legacy that will continue to shape our work.

We were pleased to welcome Tina Church as Client Care Coordinator at New Way, Elder Jody Jones, and Janine Sterling, Alana Moller, and Shelby Dohlman as Addiction Support Workers at New Dawn. As Chrysalis alumnae, Janine, Alana and Shelby bring valuable lived experience and empathy to their roles supporting women in recovery. We were also delighted to welcome Lara Wood and Kara Ghuman back following medical leave.

We extend our gratitude to Betty Conroy for her years of service and continued support following her transition into partial retirement. We also thank Laura Barker, Candice Hilliker, Elder Maureen, Azra Citak, and Debbie Evans for their contributions and wish them well as they focus on their health, families, and new opportunities.

Special recognition goes to Cerise Agar for her flexibility and dedication in ensuring continuity of care, and to Angela Coubarakis for completing her VCC counselling coursework and beginning her practicum placement.

Throughout the year, our team remained committed to learning and growth through Indigenous cultural safety training with Elder Jody, BCCSU Foundational Skills for Substance Use, Treatment & Recovery Workforce, and ongoing collaboration with community partners.

We also made time to have some fun together, from our annual retreat held at Jericho Beach to holiday gatherings that strengthened the connections that support our work.

To our team: Carole Hale, Darline Barry, Tina Church, Lara Wood, Angela Coubarakis, Robyn Olson, Betty Conroy, Karen Hogge, Jessie Ledwidge, Vicky Johnson, Nicole Deveau, Janine Sterling, Alana Moller, Shelby Dohlman, Missy Wilson, Lois Omosanyin, Ann Opera, Esther Tom-Ayegunlell, Cerise Agar and Kara Ghuman thank you! Your compassion, professionalism, and commitment create an environment where women can heal, grow, and thrive.

We also extend our sincere appreciation to Elder Jody, our volunteers, community partners, and Board of Directors: Arielle Berze, Megan Jensen, Mary Marlow, Carly Norton, and Dave Dietrich. Together, you help make Chrysalis a community of belonging, recovery, and hope that helps drive our mission.

BE
THE
PERSON
YOU
WANT
TO
WORK
WITH.

First Stage: NEW DAWN

Average
Stay:

49
Days

Longest
Stay:

206
Days

Completion
Rate:

57%

Total Women:

55



Second Stage: NEW DAY

Average
Stay:

164
Days

Longest
Stay:

365+
Days

Completion
Rate:

64%

Total Women:

15



Second Stage: NEW WAY

Average
Stay:

174
Days

Longest
Stay:

365+
Days

Completion
Rate:

71%

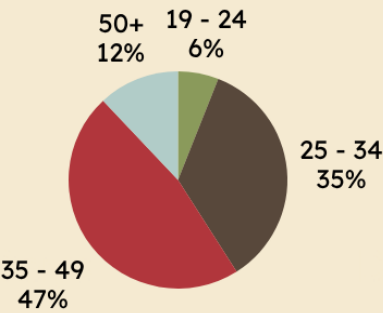
Total Women:

19



Of 95 Women....

Ages Across the program



Average Age:

37

Oldest Person:

68

Youngest Person:

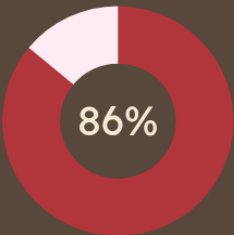
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Housing Subsidy clients:

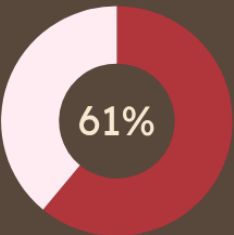
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Women

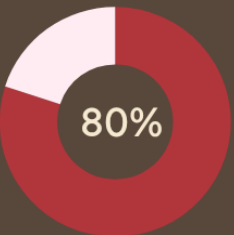
Reported History of Violence



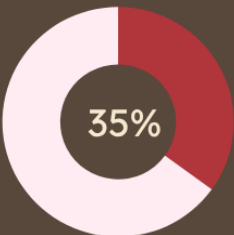
Medical Health Issues



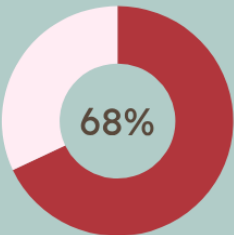
Polysubstance Users



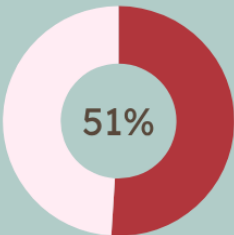
On Opiate Replacement Therapy



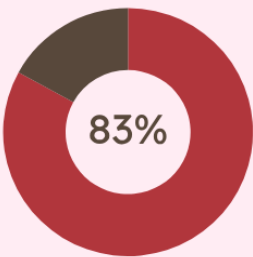
Homeless Upon Entry



Self-Identified as Indigenous



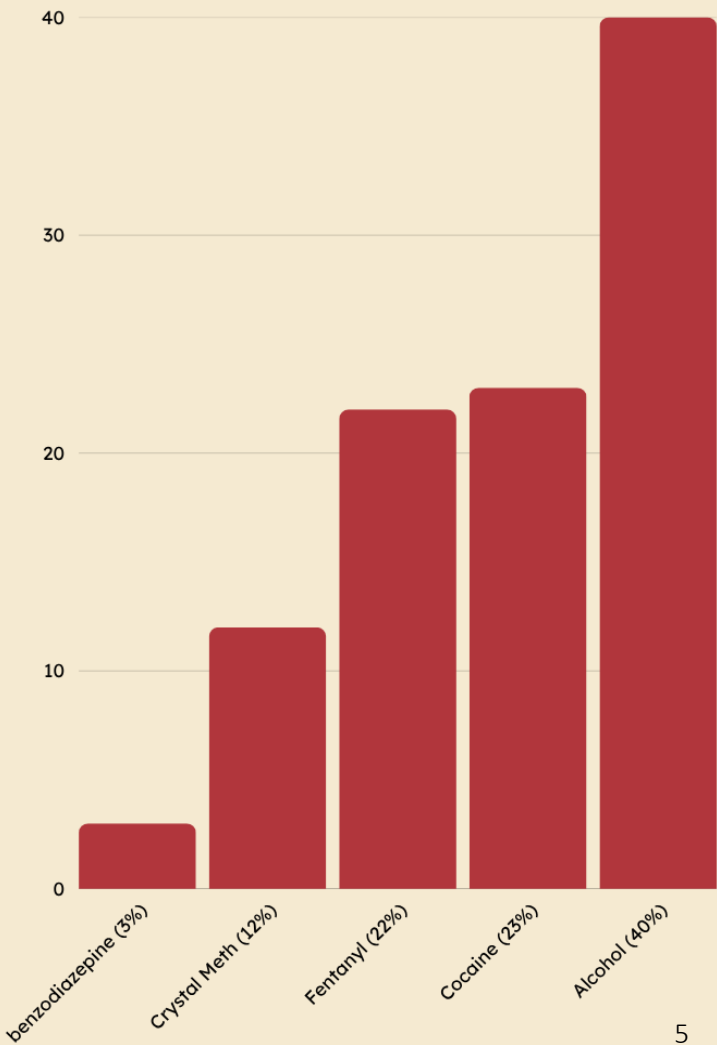
Complex Mental Health Needs



Average Waitlist Time

23 Days

Primary Drugs



“Combined 83%: ADHD; Borderline Personality Disorder; Anxiety Disorder; General Anxiety; Depression; Post Traumatic Stress /complex PTSD; Major Depressive Disorder; Traumatic Brain injury; Bi-Polar Disorder; Schizophrenia; Schizoaffective Disorder; Eating Disorder; Fetal Alcohol Spectrum Disorder; Obsessive Compulsive Disorder /OCD; Anxiety Psychosis; Suicidal ideation”

THIS YEAR AT OUR NEW DAWN HOME

This past year, we welcomed many new women into New Dawn, including several who shared that this was their first experience with bed based recovery. Entering treatment can be a significant and overwhelming transition. Many women arrive feeling uncertain, exhausted, and unsure of what to expect. Our staff continued to provide compassionate, trauma-responsive support, helping each woman feel safe, valued, and at home as she began her recovery journey.

New Dawn is proud to offer a holistic program that recognizes recovery as a whole-person process. Many women came to New Dawn feeling emotionally, physically, and spiritually depleted, and the program is designed to support healing in all these areas. We're grateful to Melissa Holt, who volunteered her time weekly to facilitate Yoga Nidra sessions that helped women reduce stress, improve sleep, and develop greater self-awareness. Jennifer Kleinsteuber's monthly art therapy groups provided opportunities for creative expression and reflection, while Elder Jody Jones shared Indigenous teachings that fostered connection, learning, and personal growth. Women also benefited from monthly Sound Bath sessions with Kendall Boyd and twice-monthly music therapy groups facilitated by Rebecca Barr, both of which supported relaxation, confidence-building, and emotional wellness.

Alongside these therapeutic offerings, women continued to build strong foundations in recovery through education on topics such as post-acute withdrawal, relapse prevention, healthy relationships, parenting in recovery, and other areas of interest identified by participants. Just as importantly, women learned valuable relationship-building, communication, and conflict-resolution skills through communal living, shared meals, and daily interactions that fostered trust, connection, and a sense of belonging.

Women also remained actively engaged in the broader recovery community by attending 12-Step meetings, securing sponsors, connecting with home groups, and taking on service positions. Many expressed pride in their accomplishments and the confidence they gained through meaningful connection and service. We continue to be inspired by the courage and resilience of the women we serve and are honoured to support them as they strengthen their recovery journey and build on the tools and skills they have developed

Carole Hale (She/Her)

New Dawn Facilitator & Program Supervisor



'Today, I have over a year clean, healthier relationships, and a life I am genuinely proud of.

I've learned that recovery isn't about being perfect; it's about showing up, asking for help, and continuing to move forward one day at a time.

I couldn't have done it without the support of Chrysalis Society and I'm forever grateful for what they've given me.' ~ K.B.

THIS YEAR AT OUR NEW DAY HOME

The past year at New Day has been full of powerful moments of growth, healing and reconnection. Women of all ages from both urban and remote communities have come to New Day; each bringing with them their stories, strengths, and hopes for their futures.

Whether they are reconnecting with teachings they grew up with or learning cultural practices for the first time, the women have created a space of trust and sisterhood. Sitting together in circle and ceremony, they shared teachings, laughter, tears, and vulnerability, learning from one another along the way.

A highlight for many is the in-house Elder visits. These sessions are filled with storytelling, cultural workshops, teachings and guidance on protocols that offer grounding and inspiration. The women consistently speak about how much they value this time and how it helps them deepen their sense of pride, strengthen their connection to their identity, and honor their lineage.

Wellbriety meetings are another core part of the program. Held weekly, these circles are rooted in culturally based principles and values supported by medicine wheel teachings from White Bison. The women participated in a combination of workshops, including ribbon skirt and drum making, educational videos, and open discussions, all within a sacred space of respect and encouragement.

In community beyond the walls of New Day, the women had the opportunity to take part in attending sweat lodges, pipe ceremonies, drumming circles, land-based art therapy groups, equine therapy led by Indigenous facilitators, as well as many community gatherings, where they have met Elders and Knowledge keepers, adding another layer of richness to their experiences.

This year many women have completed our program and taken the next steps in their healing. Each of them has been honored in a blanket ceremony, to recognize their individual contributions, and the strength and courage it took to show up and do the work.

We are also proud of the many connections, both Indigenous led and non-indigenous, we have built and deepened within community to expand and have available to the women we serve. Our hands are raised in gratitude to Slaxin Lelum (MVISS), the Urban Indigenous Integration Specialists, the Vancouver Friendship Center, Native Court workers, BWSS, NEC, ACCESS, IRSSS, MMIWS, Recovery Café, Vancouver Junction and Salal. Your partnership, information sharing, and time have made a real difference in women's journeys.

Darline Barry (She/Her)

Metis/Cree Nation

Cultural Program Coordinator



'I'm not writing this in any particular order but one of the biggest things I am grateful for here is stability. Before I came here, before I sobered up, I lived 6 years of addiction that brought me to new levels of lows that got lower & deeper as each year passed.

Things I would never tolerate became tolerable, places I would never dare sleep, I slept in, abuse I'd never tolerate, I was all of a sudden, a punching bag for someone else.

Going to treatment and ending up in second stage has been nothing short of a miracle. Since moving here, I have my own space, a home, a bed, clothes, literally everything a person could ever need; so for that I am immensely grateful.

.... I am also super grateful to have the chance to get to deal with my cultural roots. I get to focus on sobriety but also deal with my native teachings and heritage'. ~ S.W.

THIS YEAR AT OUR NEW WAY HOME

This year at New Way, we witnessed incredible growth, healing, and transformation within both the women and the home itself. Recovery continued to be about far more than abstaining from substances; it became about rebuilding identity, connection, confidence, and hope for the future.

This year brought the introduction of sound bowl meditation and art therapy programming into the home. These practices became meaningful tools for grounding, emotional regulation, creativity, and self-expression, while other trauma-informed groups focused on communication, boundaries, emotional wellness, relapse prevention, and healthy relationships. The honesty, vulnerability, and support shown within these groups have been incredibly powerful to witness.

The home itself also experienced meaningful change. A beautiful new paint job refreshed the living space, while a new garage floor transformed the area into a welcoming multi-purpose space for groups, meditation, art therapy, and community connection. We are incredibly grateful for the support of Home Depot in helping bring these improvements to life.

This year also included moments of joy and celebration, including a trip to the pumpkin patch, a summer barbecue, and a holiday gathering that brought together women from multiple houses along with alumnae, strengthening connection and community beyond residency.

One especially meaningful milestone this year was celebrating the first woman from New Way to receive a three-bedroom Chrysalis Society subsidy for herself and her children, a powerful reminder of the life-changing possibilities recovery can create.

Through employment, education, volunteering, rebuilding family relationships, and supporting one another through difficult moments, the women at New Way continued to show incredible courage, resilience, and determination. It continues to be a privilege to witness women begin believing in themselves and their futures again.

Tina Church (She/Her)

New Way Client Care Coordinator



'My year at Chrysalis's recovery houses New Dawn, and then their second stage New Way, was one of the most life-changing experiences I have ever had.

When I first arrived, I felt overwhelmed, lost and unsure if real healing was even possible for me. From the moment I walked through the doors, I was met with compassion, understanding and genuine care from both the staff and the women around me.

Over the course of the year, I gained confidence, healthier coping skills, stronger relationships and a renewed sense of purpose that I honestly thought that I would never find.

I will always be deeply grateful for the love and support that I received during my time there. Chrysalis helped me rediscover who I am and showed me that recovery and a brighter future are truly possible.' ~ C.C.

HEALING THROUGH ART AND ANIMALS

Over the past year, I have had the privilege of facilitating art therapy groups within Chrysalis Society's bed-based recovery programs. Through trauma-informed, strengths-based art therapy, I have witnessed women engage in meaningful processes of healing, self-discovery, and recovery.

Art therapy provides a unique pathway for expression, particularly for individuals whose experiences may be difficult to articulate through words alone. Through symbolic imagery, creative exploration, and guided reflection, participants have been able to safely externalize complex emotions, develop greater self-awareness, and reconnect with personal strengths that may have been overshadowed by trauma, addiction, and life challenges.

Across the programs, I have observed participants build emotional regulation skills, strengthen their capacity for reflection, and develop more compassionate relationships with themselves and others. The creative process often becomes a bridge between surviving and healing, allowing women to explore new possibilities for identity, resilience, and recovery.

What has been most inspiring is witnessing the shift from initial hesitation to authentic engagement. As trust and safety develop within the group environment, participants increasingly take creative risks, share insights, and support one another in meaningful ways. The artwork they create reflects not only their struggles, but also their courage, wisdom, hope, and capacity for transformation.

Art therapy continues to be a valuable clinical component of bed-based care at Chrysalis Society, offering a contained and supportive space where healing can be explored, witnessed, and expressed through creativity.



Participant image of Personal Symbol of Safety

Jennifer Kleinsteuber, DVATI
Art Therapist

Dear Stormy,

You handsome beautiful boy. I want you to know how much you have helped heal me on my recovery journey. Your gorgeous green eyes and calm demeanor have helped me to surrender, slow down and see things from a different perspective.



Your stretches and yawns encouraged me to do yoga again, have a healthy body and to hone my sleep habits. You curled up next to me and were 'present' with my grief, surrounding me with comfort and purrs. You simply let me move through it, and your stillness was grace without trying to change or fix me.

Your magical purr planted seeds of wonder and curiosity always reminding me to investigate before decision making or judging. Your zig zag walking beside, in front and in between my legs reminded me to stay balanced and on my toes. Vigilance.

But it is your loyalty and sense of devotion and love that has taught me to love myself and to trust those who love me.

I love you... truly, madly, deeply and in loving gratitude. I will miss you and will come back to visit until then, it is not goodbye, just a gentle 'see you later'.

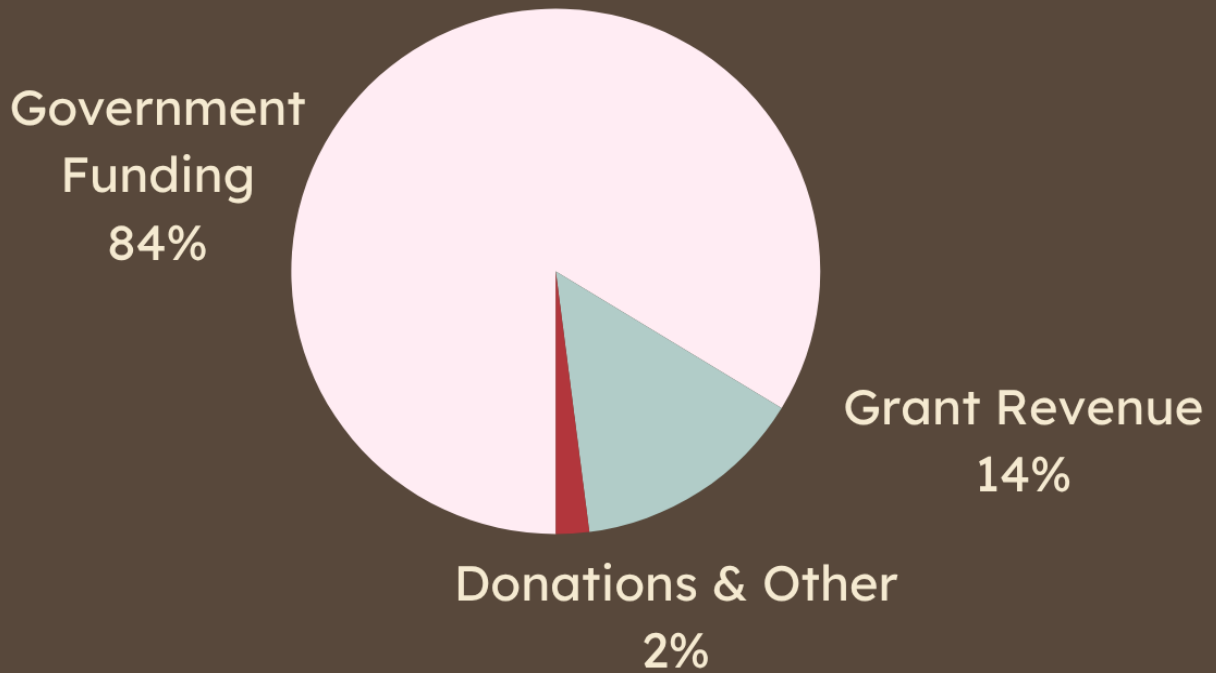


Forever yours,

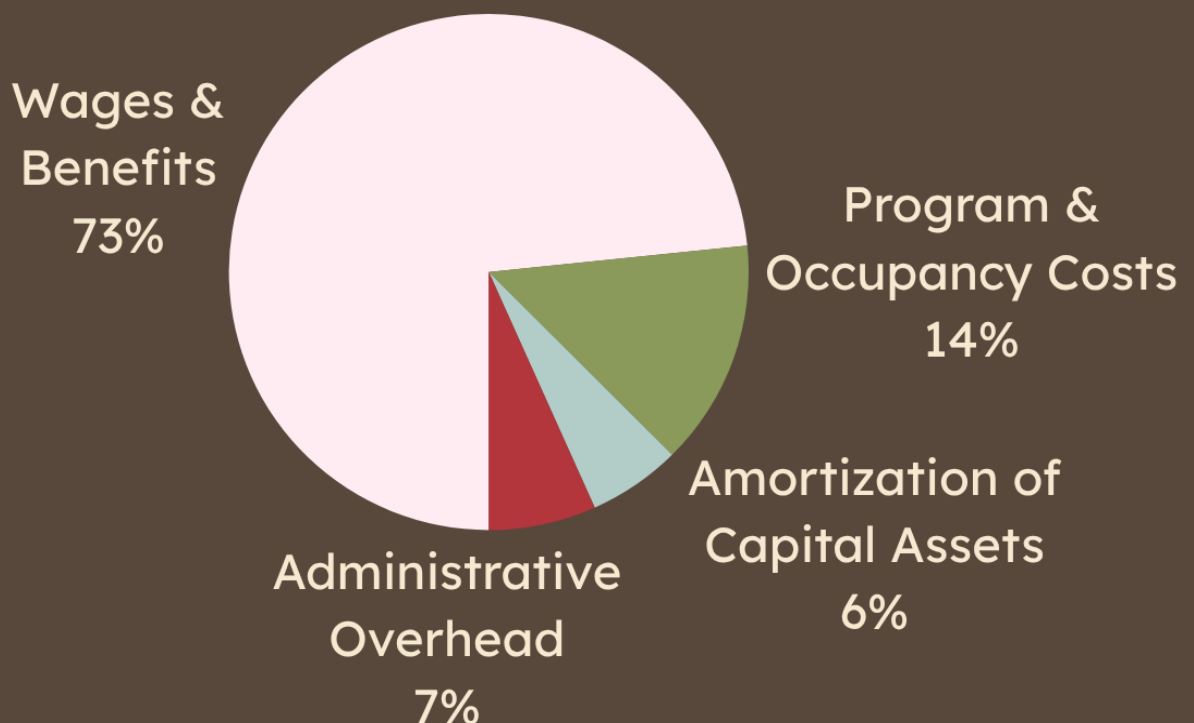
Leonie

Financial Overview

Total Revenue: \$1,167,622



Total Expenses: \$1,158,362



HEARTFELT THANKS

A heartfelt thank you to our core funders: *Vancouver Coastal Health* (Andrew Stone, Laura Richard, Viki Douglas & Alexis Flynn), and the *Canadian Mental Health Association* (Maddi Nelles & Mahabhir Kandola). Your support makes everything we do possible! Thank you to *BC Housing* (Sikee Liu), and *BC Community Gaming and the Ministry of Social Development* (Daniel Kosgei).

We're also especially grateful to the *Canadian Mental Health Association* for their funding support for renovations to the four bathrooms at New Day, our Indigenous-led program. The women are so grateful for the new walk-in showers, and beautiful new soaker tubs.

A big shoutout to *Allison Downie, Eliane Michel, Allison Milroy* and all the wonderful friends behind the 17th *Annual Giving Back Breakfast*. Thank you for creating a space each year where women can share their stories with such openness, compassion, and heart. It means more than words can express, and we are all deeply grateful for all that you do.

Our heartfelt gratitude goes out to *Home Depot* for your generosity and the invaluable support to New Way. We are deeply grateful for the installation of the rubber flooring in the garage, the paint and labour to refresh the living room, and the many upgrades that have helped improve and enhance the space. Your kindness and commitment have made a meaningful difference, creating a safer, more welcoming environment for those who call it home. Thank you for being such an important partner in this work.

We gratefully acknowledge *Music Heals Charitable Foundation* for your generous support of the women's music therapy program at New Dawn. Your kindness helps create meaningful opportunities for healing, connection, and self-expression through music. We are deeply grateful for your commitment to supporting the well-being of women on their recovery journeys.

Our sincere thanks go to *TransLink* for continuing to provide transit passes for women at New Dawn. Access to services and appointments across the community is vital, and those passes go a long way!



HEARTFELT THANKS

To our individual, monthly donors and community supporters: your support, whether big or small, is deeply appreciated. Thank you for standing with marginalized women in recovery across BC!

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*Gratitude
changes ♥
Everything*



Chrysalis, the third of the four distinctive stages of a butterfly's life. The most fascinating, and the easiest to miss. It is the stage in which the caterpillar transforms into a butterfly.

CHRYSLIS SOCIETY

• New Dawn • New Day • New Way •
Specialized Recovery Homes For Women

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We respectfully acknowledge the ancestral and unceded territory of the Coast Salish Peoples, including the host nations, xʷməθkʷəyəm (Musqueam), Skwxwú7mesh (Squamish), and Səllwataʔ/Selilwitulh (Tsleil-Waututh) Nations. We acknowledge that their spirit, beauty, and strength rings loud and clear from the sea below to the sky above..