



Abiona Centre
For Infant & Early Mental Health

Reflecting on Our Impact.
Looking Ahead Together.

2025–2026 Annual Report



Land Acknowledgement

The Abiona Centre acknowledges that it works on the traditional territory of many nations, including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee, and the Wendat peoples. The land is now home to many diverse First Nations, Inuit, and Métis peoples.

Abiona Centre acknowledges that Toronto is covered by Treaty 13 with the Mississaugas of the Credit and by the Williams Treaties, signed with multiple Mississauga and Chippewa Nations.

Abiona Centre also recognizes all Treaty peoples—including settlers, migrants, and those brought here involuntarily. In particular, Abiona Centre honours the ancestors of African descent who were forcibly displaced through the transatlantic slave trade and slavery.

Abiona Centre is committed to deepening our understanding of these histories and to working in solidarity with Indigenous and Black communities to advance justice and healing.



Message from CEO and Board

This year marks a special milestone for Abiona Centre For Infant & Early Mental Health as we celebrate five years since Humewood House Association and The Massey Centre for Women came together with a shared belief: by combining our strengths, we could create something greater for young moms, infants, children and families.

Five years later, we are proud to see that vision taking shape.

The 2025–2026 fiscal year brought progress. Abiona Centre achieved accreditation through the Canadian Centre for Accreditation, affirming our commitment to quality, accountability and continuous improvement. We strengthened how client feedback and evidence inform our work, using the 2025 Client Satisfaction Survey to guide planning and advancing shared outcomes focused on healthy child development, attuned parenting and parent well-being.

We expanded access and partnerships. Our online referral form was launched, work advanced toward a Baby Love licensing agreement, and collaborations supported financial literacy, public health, research and coordinated care. We celebrated seven high school graduates, with three continuing to college or university.

Our leadership and advocacy continued beyond Abiona Centre. Through Toronto's Black Maternal Health Week and our CEO's leadership as President of the Ontario Association of Young Parent Agencies, we elevated the voices and needs of young parents and families. Her appointment to the Governing Council of the Provincial Council for Maternal and Child Health strengthens Abiona Centre's contribution to provincial maternal, child and youth health planning.

This year challenged us to look ahead. Housing pressures, uncertainty around supportive housing funding, growing mental health needs and persistent inequities reinforce the importance of partnerships, responsive services and sustained advocacy. Reviewing and evolving our intensive treatment model reflects our commitment to adapting services as needs and evidence change.

Behind every milestone is a young mom reaching a goal, a child gaining a stronger start, or a family moving toward greater stability and independence.

As we begin our strategic planning process, we do so with gratitude to our Board, staff, volunteers, partners, donors and funders, and above all, the families who trust us.

We look ahead with purpose, confidence and a commitment to building the next chapter together.



Beth Dewitt
Chair



Ekua Asabea Blair
President & CEO



**Scan to hear our
story and vision
for the future**

Mission, Vision & Values

Our Mission

Abiona Centre seeks to create a better future for vulnerable pregnant and parenting young mothers and their children aged 0–6. Our infant and early childhood mental health programs give our clients the tools they need to build secure relationships with their babies, cope with life's adversities, find help when needed and succeed in life.

Our Vision

A world where families led by young women have the emotional and physical supports to realize their full potential.

Our Values

- Client Engagement
- Trust and Respect
- Safety, Dignity, and Privacy
- Diversity
- Inspiring Our Team
- Evidence-Informed Practices



A young mom and her baby participating in Abiona Centre's Maternal Infant Mental Health (MIMH) program.



Three Campuses. One Mission

Broadview Campus

Located in East York, Broadview Campus provides transitional housing, education, child care and mental health supports for young moms and their children. The campus offers a safe, supportive environment where young moms can build skills, pursue their goals and create greater stability for their families. EarlyON also connects families with community resources and works alongside other Abiona Centre programs to extend support and outreach.

Sheppard Campus

Operated in partnership with Toronto Community Housing Corporation, Sheppard Campus provides affordable housing and wraparound services for young moms experiencing homelessness or housing instability. The campus supports young moms as they work toward greater independence, stability and long-term security.

Humewood Campus

Located in midtown Toronto, Humewood Campus provides housing, education, child care, mental health services and employment support, including the Employment Support Program. These services help young moms build skills, pursue education and employment opportunities and work toward their goals.

Strengthening Support Through Partnerships

Partnerships help Abiona Centre provide connected, responsive care for young moms, infants, children and families across our campuses. Collaborations with the Hanen Centre, Toronto Public Health's Nurse-Family Partnership, SickKids Young Families Program, Surrey Place, Central Toronto Youth Services and Lumenus Community Services connect families with expertise, developmental supports and community resources. These relationships deepen support available on campus, extend our reach into the community and strengthen pathways to care, learning and family well-being.



Did You Know?

62 HOUSING UNITS across three locations for young moms and their children

Sheppard: 27

Humewood: 8

Broadview: 27

Meet the Governance Leaders Behind Our Mission

Behind every achievement at Abiona Centre, there is a community of people who believe in what is possible for young moms and their families.

Our Board of Directors brings together diverse experience, expertise and perspectives, united by a shared commitment to the well-being and success of the young moms, infants, children and families we serve. Their leadership helps shape our direction, strengthen our organization and keep our mission at the heart of everything we do.



Beth Dewitt
Chair



Susan Golets
Vice-Chair



Heather Mundell
Treasurer



Edem Akan
Secretary

Directors

Alexandra Clark	Carolina Martelo	Elena Blackwood	Elena Simonetta
Helen Harris	Irene Andress	Jalpa Patel	Keri Hyde*
Lisa Blanchette	Michael Kuske	Nicolette Mills	*Left during the 2025–2026 fiscal year

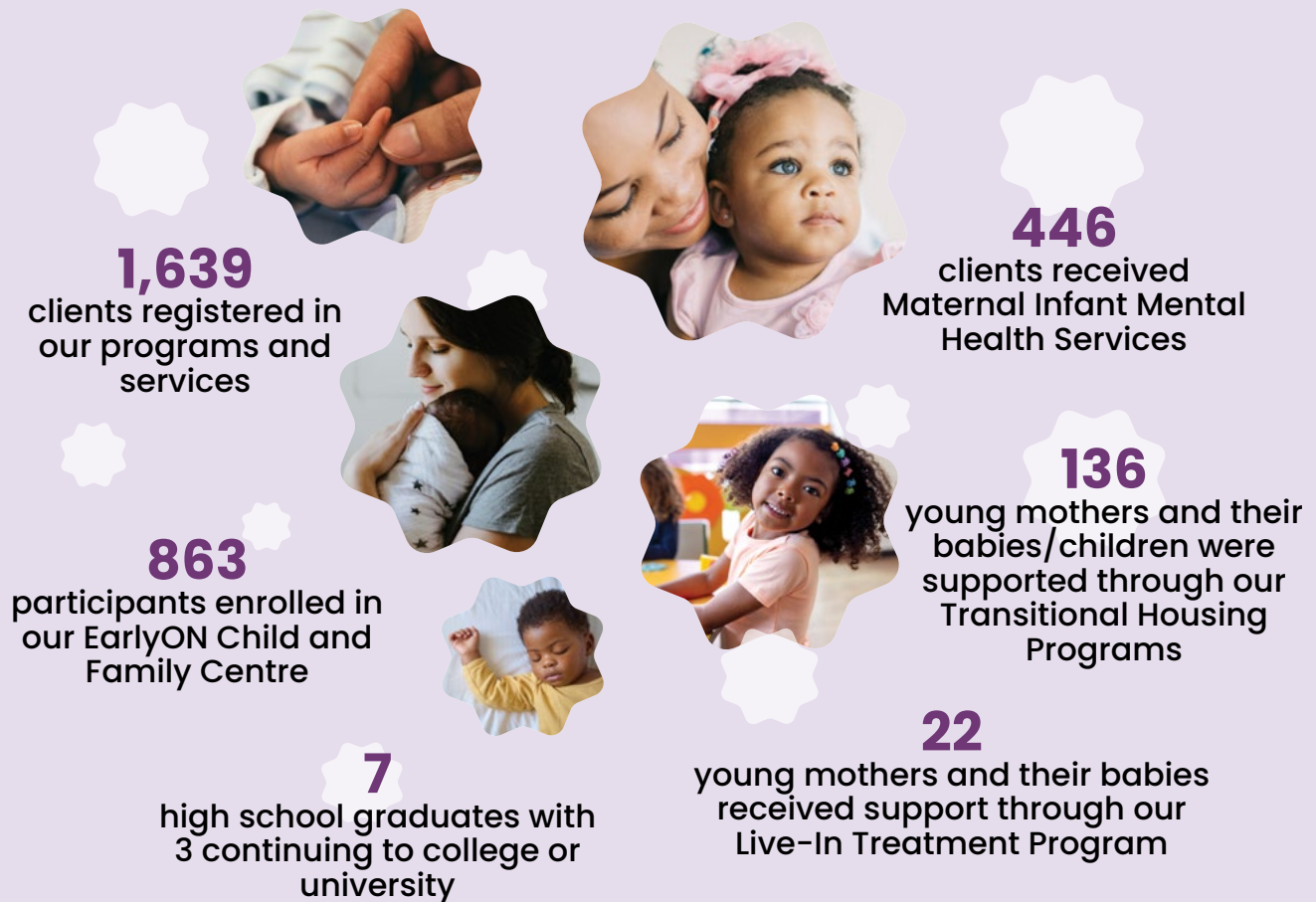
Ex-Officio

Ekua Asabea Blair President & CEO	Jody Maltby, Regional Staff Lead & Financial Property Minister, Shining Waters, Canadian Shield Regional Council, & United Church of Canada
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Learn More Online
Scan to learn more about our Senior Leadership.

A Year of Impact



Milestones That Made a Difference

11 young moms gave birth while living in our housing	30,000+ client interactions recorded	122 children were enrolled in our Child Care Program
30 rent subsidies were provided to young mothers and their babies in our Baby & Me Program	49 clients were supported through HomeNest, Abiona Centre's in-home intensive program	17 young moms secured employment in our Employment Support Program

Every number in this report represents a person, a family and a step forward. This year, young moms built skills, pursued education and employment, celebrated milestones and worked toward greater stability. The supports they received helped them and their babies grow, develop and thrive.

"Abiona Centre gave me more than support. They helped me believe in myself again. For the first time, I felt like my child and I had a future full of possibilities."

-Current Abiona Centre client

Education & Employment: Two Pathways. One Goal.

For young moms, education and employment can be important pathways to stability and independence. But parenting at a young age can also bring barriers that make traditional school and employment pathways difficult to access.

At Abiona Centre, two programs help young moms move forward on their own terms:

Image source: istockphoto.com

High School & Treatment Program

For pregnant and parenting youth aged 15–21, the program combines accredited high school education in a therapeutic, client-centred environment. Small classes, trauma-informed educators and integrated supports help students continue their education while navigating motherhood.

Employment Support Program

For pregnant and parenting youth aged 16–29, the program builds practical skills and confidence for employment, education and financial stability. Résumé and interview preparation, career exploration, financial literacy and one-to-one coaching help participants take their next steps.

7 Graduates. 7 New Directions. 3 continued to college or university.

Together, these programs help young moms complete high school, pursue post-secondary education, enter the workforce or explore new career directions.

“The staff at Abiona Centre made sure my baby and I were okay and helped me move forward when everything felt uncertain.”

— McKenzie, current client of Abiona Centre

After losing her job during the COVID-19 pandemic, McKenzie came to Abiona Centre while navigating new motherhood. With support, she found a path forward. Today, she is raising two children and building a career in social services, supporting others who face challenges of their own.

Her journey reflects what becomes possible when young moms have the support, skills and opportunities to pursue their goals.



McKenzie with her children, current client of Abiona Centre

Maternal Infant Mental Health Services: Supporting Healthy Beginnings

Every child deserves a strong start, and every young mom deserves support as she navigates pregnancy, parenthood and the early years of her child's life.

At Abiona Centre, maternal infant mental health services are integrated throughout our work with young moms and their children. Counselling, parenting support, developmental screening, early intervention and attachment-focused approaches help parents understand their children's needs, build confidence and foster secure, nurturing connections.

A child's well-being is closely connected to the well-being of their parent or caregiver. Supporting young moms' emotional health helps create a strong foundation for their children's growth and development.

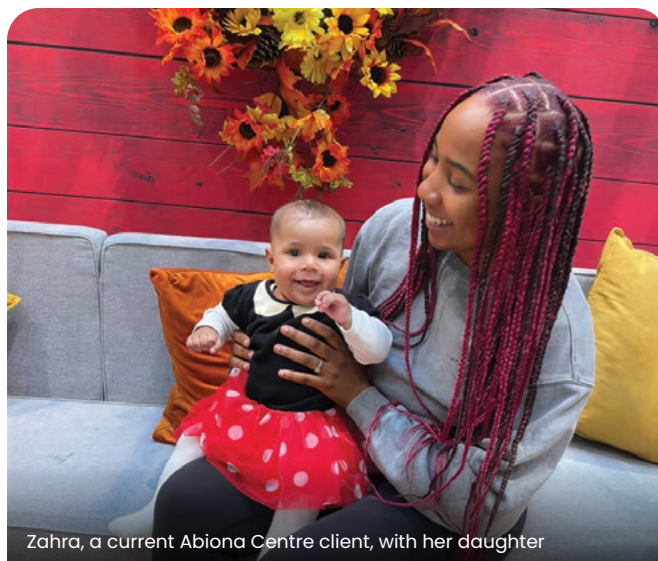
When we support a parent's well-being, we help create the conditions for a child to thrive.

EarlyON Child and Family Centre

Early learning plays an important role in a child's earliest years. Abiona Centre's child care programs provide nurturing, play-based environments where children can learn and grow, while EarlyON offers free programs, resources and connections for young children and their caregivers.

Live-In Treatment and Transitional Housing Program

These programs create pathways to stability and brighter futures for young moms and their children. The Live-In Treatment Program provides mothers and babies with timely, individualized, around-the-clock support addressing critical needs related to mental health, parenting, education and family stability. The Transitional Housing Program helps young mothers and their children build confidence, strengthen independent living skills and work toward secure, long-term housing.



Zahra, a current Abiona Centre client, with her daughter

For Zahra, Abiona Centre became a place where she no longer had to navigate motherhood alone. Surrounded by people who believed in her, she found the confidence to take the next steps toward the future she wanted for herself and her child.

"The support I received helped me build confidence as a parent and create a stronger future for my child."

— Zahra, current client of Abiona Centre

Our commitment to advancing maternal infant mental health extends beyond our direct services. As a member of the Black Maternal Health Collective's planning group, Abiona Centre contributed to Toronto's Black Maternal Health Week, supporting efforts to advance more equitable and culturally responsive care for Black mothers, babies and families.



Abiona Centre Board members
celebrating the organization's accreditation

Accreditation: A Commitment to Quality

In 2025–2026, Abiona Centre achieved four-year accreditation through the Canadian Centre for Accreditation (CCA), meeting 68 of 68 mandatory standards and 29 of 30 leading practice standards.

Accreditation gives us a framework to examine how we work, strengthen our practices and remain accountable to the families we serve. For young moms and their children, this means services that are safe, responsive and grounded in evidence and best practices, while recognizing their strengths, experiences and goals.

But standards tell only part of the story. The experiences of the families we serve show us what quality care looks and feels like. Listening to young moms and families helps us understand what matters most, recognize what is working and identify opportunities for improvement.

Our commitment to quality also means putting evidence into practice. Baby Love is a preventive parenting intervention that supports young moms and their babies through an attachment-focused approach that promotes healthy early relationships and the social emotional development of infants and children.

This year, we took an important step toward expanding access to this specialized knowledge by working toward a licensing agreement to deliver Baby Love training for this evidence-based parenting intervention.

Accreditation provides a foundation for quality and accountability. Family voices help us turn that commitment into action—strengthening our services, responding to changing needs and keeping families at the centre of our work.



Feliscia, a former Abiona Centre client, with her daughter

"They saw something in me that I couldn't see in myself. Their support changed the direction of my life."

— Feliscia, former client of Abiona Centre



Abiona Centre staff at the Baby Love Training Workshop

Looking Ahead Together

Five years after amalgamation, Abiona Centre has built a stronger, more integrated organization with a shared commitment to young moms, children and families. As we look ahead, we are building on that foundation, strengthening what works, learning from the families we serve and evolving to meet new and changing needs.

This includes reviewing our intensive treatment model to explore how services can become even more community-based, trauma-informed and responsive to changing client needs. Evaluation findings from HomeNest also reinforced the value of flexible, community-based wraparound support in strengthening mental health, parenting and housing stability.

The years ahead will bring both opportunities and challenges. Housing affordability, growing demand for mental health support and persistent inequities continue to affect young families. Across our programs, from housing, education and employment to family support and maternal infant mental health, we will continue working toward a system of care that is connected, responsive and accessible.

We are also looking for new ways to expand our reach and deepen our impact. This includes building on evidence-informed approaches such as Baby Love, strengthening collaboration across sectors, and investing in the people, partnerships and organizational capacity that make quality care possible.

As we develop our next five-year Strategic Plan, we are listening, learning and looking ahead, guided by the experiences of families and the opportunities we see for the future.



Abiona Centre staff and community partners celebrating Children's Mental Health Week



Image source: istockphoto.com

A Future We Build Together

The next chapter of Abiona Centre will be shaped by the voices and aspirations of the young moms and families we serve and strengthened by our staff, volunteers, donors, partners and community.

Our future is not simply about doing more. It is about doing what matters most, doing it well and building it together.

Our Community, Together

1627 volunteer/student hours

32 active students and volunteers

**Volunteer.
Get involved.
Make a difference.**



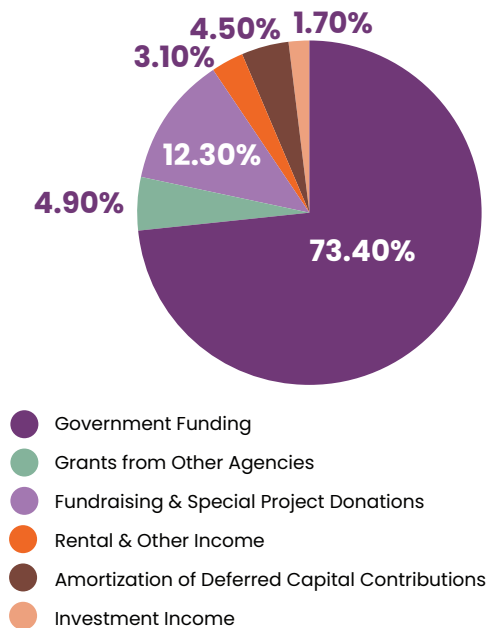
Scan to get involved with Abiona Centre.

Financial Highlights:

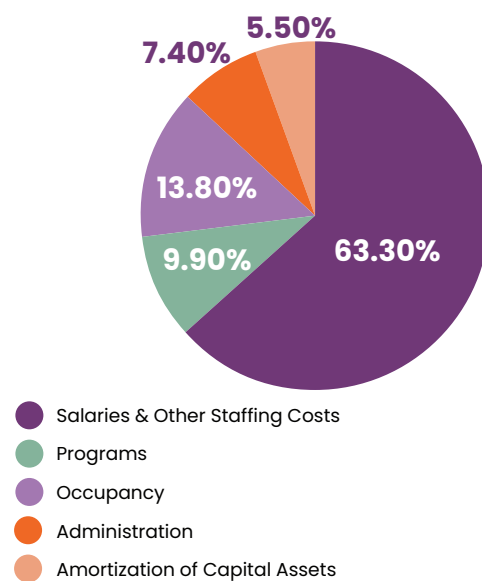
Ensuring Transparency and Accountability

Audited Income Statement for the period April 1, 2025 to March 31, 2026

REVENUES	\$ 10,427,999
Government Funding	\$ 7,654,685
Grants from Other Agencies	\$ 510,451
Fundraising & Special Project Donations	\$ 1,285,813
Rental & Other Income	\$ 323,914
Amortization of Deferred Capital Contributions	\$ 474,252
Investment Income	\$ 178,884



EXPENSES	\$ 10,189,866
Salaries & Other Staffing Costs*	\$ 6,445,955
Programs	\$ 1,013,282
Occupancy	\$ 1,410,789
Administration	\$ 757,103
Amortization of Capital Assets	\$ 562,737



SURPLUS \$ 238,133

* Includes administration salaries

A Heartfelt Thank You

Every gift helps make brighter futures possible for young moms and their children.

To every donor, funder, partner and community supporter—thank you. Your generosity fuels possibility, strengthens our community and helps young moms and their children move forward with confidence, hope and a brighter future.

Our Supporters

Government of Canada

Canada Revenue Agency, Children's Special Allowances
Employment and Social Development Canada, Canada Summer Jobs
Public Health Agency of Canada

Province of Ontario

Ministry of Children, Community and Social Services
Ministry of Municipal Affairs and Housing

City of Toronto

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Other

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\$100,000+

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\$50,000 – \$99,999

Anonymous
LesLois Shaw Foundation
ScotiaRISE

\$25,000 – \$49,999

Azrieli Foundation
State Street Foundation
Temerty Foundation
The Krawczyk Family Foundation
Tippet Foundation

\$10,000 – \$24,999

Frederick and Douglas Dickson Memorial Foundation
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Shining Waters Regional Council
TD Bank Group
The Tenaquip Foundation
Throop Family Foundation
Tides Foundation
Toronto Foundation
Toronto United Church Council
Stephan & Jeannie von Buttlar

\$5,000 – \$9,999

MYR-Cliff Family Fund

\$1,000 – \$4,999

Lisa Ballinger
Ekua Asabea Blair
Janet Bodley
Burgundy Legacy Foundation
CHUM Charitable Foundation
Alexandra Clark
Sharon Dowdall
Eglinton St. George's United Church
Enakshi Ferdnands
Shira Gold
Susan Golets
Harry A. Newman Memorial Foundation
Michelle Illiatovitch
Heather Jessiman

\$1,000 – \$4,999 (continued)

Raymond Kilroy
Kingsway-Lambton United Church Women
Michael Kuske
Laurie MacLachlan
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Barbara Mitton
Nixon Charitable Foundation
Perry Family Charitable Fund
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Diana Reitberger
Rotary Club of East York
Kevin Rowe
RW Photographic Inc.
Stephen Smith
The Dawson Family Sharing Foundation
The United Church of Canada Foundation
Timothy Eaton Memorial Church
Rhonda Upshaw

\$500 – \$999

Jonathan Abbatt
Mary-Jo Beauchamp
BOMB Fitness
Chapel in the Park United Church
Cindy Cindy
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Enrico Dilello
Nick Galletto
Goodwood United Church Women
Lori Hall-Kimm
Alison Ho
Mandi Kimsa
Knox United Church
Lansing United Church
Mary Ann Lundy
George Macri
Ardyth Percy-Robb
Erine Roberts
Mary Watson
Jean-Victor Wittenberg



Celebrating an Abiona Centre young mom's graduation

Donate TODAY!



**Help build
brighter
futures
for young
families.**



Abiona Centre

For Infant & Early Mental Health

The impact we've reflected on is only the beginning.
Together, we're creating what comes next.

Let's Stay Connected

Abiona Centre For Infant & Early Mental Health

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Charitable Registration
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 Abiona Centre

 Abiona Centre

A special message from our CEO:



Scan to hear a
message of reflection,
gratitude, and hope
for the future.