

## The Tenaquip Foundation, Helping Interval House Rebuild Shattered Lives

### *From Darkness to Hope: Kaya's Story*

*When Kaya arrived at Interval House, Canada's first center for abused women and children, she was a broken shell of a woman. Scared and emotionally battered, Kaya had endured a relentless storm of abuse at the hands of her partner that had shattered her self-esteem and left her in a state of constant anxiety. The abuse escalated to terrifying heights: "He would hit me so hard that I'd black out," shares Kaya. A turning point in Kaya's life came when she discovered she was pregnant. She had dreams of becoming a mother, but her joy quickly turned to sorrow when she suffered a miscarriage within the first trimester.*

*Despite the profound sadness of losing her pregnancy, Kaya's survival instinct kicked in, giving her the strength to break free from her abuser. She recalls, "I knew I had to leave for my own sake and for the sake of any future children I might have. I want to live a life where I can be truly happy and safe."*

Interval House is the first center offering support and shelter for abused women and children in Canada. They are leaders in the campaign for women's empowerment, providing innovative, specialized services that help women survivors of intimate partner violence and their children transform their lives and break the cycle of abuse ... With support from Interval House and caring donors such as the Tenaquip Foundation, Kaya is on the path to rebuilding her life, free from the fear that once consumed her.

*Katie Mosher, Interval House*



# Building Hope: The Tenaquip Foundation and the Douglas Foundation Working Together with the Promise of an Emergency Medication Fund

At the Douglas, people receive the best available treatment, which includes newer medications that insurance plans may not fully cover. While the organization works to break down barriers to mental health care, the financial cost remains a significant burden.

“We recently saw an international student who had been diagnosed with bipolar disorder” She was struggling to balance school and work, and ultimately lost her job when she couldn’t keep up. She had the courage to seek help, but also to admit to us that she couldn’t afford the prescription.”

“It’s the kind of situation that can easily make someone lose hope, you want help, but you can’t afford the help.”

Although cases like this are rare, they do happen. these cases represent moments where people can fall through the cracks in the system.

In 2024 The Tenaquip Foundation and the Douglas Foundation created the Emergency Medication Fund (EMF) to ensure that financial hardships do not prevent anyone from receiving the help they deserve.

“The EMF is more than just financial aid; it’s a promise that no one navigating the challenges of mental illness will be left behind. The Douglas Foundation is committed to breaking down barriers and building hope, one life at a time.”

Julie Brown, Douglas Foundation



# Harvest Manitoba - Keeping Manitobans Fed

Harvest Manitoba is the 4th largest food distributor of its kind in Canada, they are able to feed more than 100,000 Manitobans – hungry children, hardworking families, struggling adults and Northern Indigenous Communities every month.

In Red Sucker Lake First Nation, food insecurity is a daily reality that Sheldon, a local food bank coordinator, knows well.

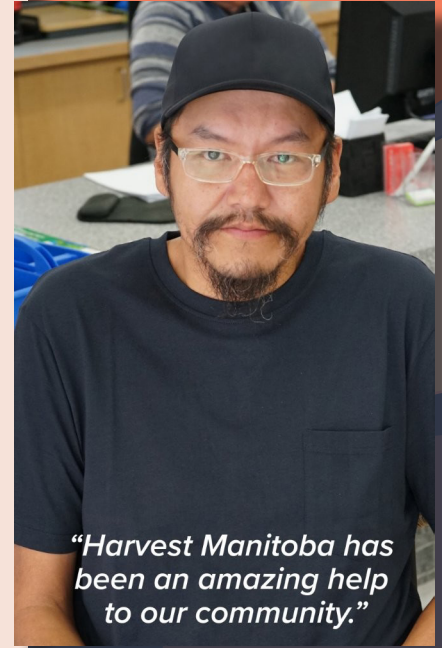
For over a year Sheldon has seen firsthand how high transportation costs lead to higher prices, making it nearly impossible for families to afford essentials like baby formula, which often costs over \$100.

“Harvest Manitoba has been an amazing help to our community,” Sheldon says. “Their food deliveries are a much-needed help in this remote area, where many have limited options for affordable food.”

About a quarter of the community relies on the food bank, and Sheldon has noticed more young adults coming for support.

Harvest Manitoba is proud to work alongside Red Sucker Lake First Nation in helping them achieve this vision for a healthier, more resilient future with the help from Foundations such as the Tenaquip Foundation.

John Heim, Harvest Manitoba



*“Harvest Manitoba has been an amazing help to our community.”*

## Breaking Free: Karol’s Journey from Addiction to Achievement with the help of Harvest House and The Tenaquip Foundation

Harvest House could be described as a home for young men struggling with drug and alcohol addiction. It was founded with the goal of preparing its residents to re-enter society, a task that requires more than addiction treatments alone.

Karol’s journey from addiction to recovery is a powerful testament to the strength of hope and community. For eight years, Karol struggled with drugs and alcohol, feeling isolated and lost. Facing criminal charges and the loss of family and friends, it seemed like there was no way out. But in 2021, Karol reached a turning point and entered Harvest House Ministries for treatment.

Through the program, Karol found not only the tools to overcome addiction, but also the support of a community that truly understood the struggle. Now, nearly four years of sobriety later, Karol is building a brighter future. Karol recently began studying for a Bachelor of Commerce degree, marking a new chapter of growth and achievement.

To anyone still struggling, Karol shares this message: “No matter how alone you feel, there is a community of people who have been where you are and are willing to help. There is always hope, and you can overcome.” Karol’s story is proof that recovery is possible, and a better future is within reach.



# “Tenaquip Place” – An Old Brewery Mission Housing Project

## **On June 19, 2025 the Old Brewery Mission inaugurated Tenaquip Place, a new mixed rehousing project in Lachine borough.**

The idea for this project was born in January 2021 during a casual conversation between members of The Tenaquip Foundation and The Old Brewery Mission. In July of 2021 the two parties agreed on, and signed the necessary documents to move ahead with the project.

Construction of the 18-unit building began in November 2023, and has now welcomed its first residents; people experiencing, or at risk of homelessness. Each unit contains a full kitchen and private bathroom, and residents will have access to a common room, garden and two shared laundry rooms.

Tenaquip Place comprises thirteen studio apartments and five 3½ room apartments that can accommodate couples, a first for the Old Brewery Mission’s housing stock. It was developed as part of the Old Brewery Mission’s effort to establish itself as a major provider of community and social housing in Montreal at a time when the population experiencing homelessness is becoming increasingly diverse.

Residents will have a lease and will be able to live at Tenaquip Place on a permanent basis. A supportive housing team will help them through the process of achieving residential stability with individualized follow-up and organized activities.

This innovative project was made possible by an exceptional \$4.5 million donation from the Tenaquip Foundation, a uniquely generous contribution to an Old Brewery Mission housing project. For nearly 20 years, the Tenaquip Foundation has been presenting the Ken Reed Golf Tournament, an annual fundraiser that is essential to the Old Brewery Mission’s financing.

Over the years, the Foundation has established itself as a key partner and major donor to the organization.

“As homelessness spreads beyond the major urban centers, we need to adapt our response to the emerging realities in local communities,” “We are therefore announcing the opening of this first facility in Lachine, a neighborhood outside the city center that is facing increasing pressure for affordable housing and support services for people in precarious situations. With this presence in Lachine, we are responding proactively to this development and providing accessible, adapted resources where they are now needed.” A number of places have been reserved for people already living in Lachine.”

*James Hughes, President and CEO The Old Brewery Mission*

“We are proud to partner with the Old Brewery Mission to develop this new facility, our largest philanthropic project to date,” “We want to help break the cycle of homelessness through long-term solutions, such as building stable housing for people in vulnerable situations. This project is a perfect fit with the Tenaquip Foundation’s mission, particularly in the midst of an unprecedented housing crisis.”

*Michael Fitzgerald,  
Executive Director The Tenaquip Foundation*



From left to right  
 Laurent McComber, (Architect)  
 Chantal Bouchard, (Director CDEC)  
 Maja Vodanovic, (Mayor of Lachine)  
 Michael Fitzgerald, (Executive Director, The Tenaquip Foundation)  
 Shirley Reed, (President, Tenaquip Foundation)  
 James Hughes, (President and CEO, Old Brewery Mission)  
 Murielle Kwendé, (Director, Group CDH)

## The annual cost of homelessness for the Canadian Government is over \$10 Billion a year



For obvious reasons it is impossible to know the exact number of homeless people in Canada, but it is estimated at between 150,000 and 300,000 and rising every year. Sixty seven percent of homeless are males and twenty three percent are under 24 years old and as young as 14. However, there could be many more people without a permanent home in Canada. It is difficult to know the exact number because many are hidden homeless. They are so-called because they temporarily live in squats, or stay with friends and family. It is estimated that around 1.7 million Canadians have

experienced insecure housing or homelessness. There is rarely just one reason behind someone becoming homeless, but the root cause is often poverty. Other reasons behind homelessness include emotional or physical abuse by a parent or partner, substance abuse, lack of employment, lack of affordable homes, family conflicts, coming from a marginalized community, physical or mental disability, and deteriorating mental health. Homelessness has become an epidemic, no one wants to be homeless ... but for some there is no choice.

# The Mental Health Foundation – Pushing Towards a Better Future

The Tenaquip Foundation has joined forces with the Mental Health Foundation to help people like Angelika who need specialized medical care and treatment for their recovery.

**A Beautiful Mind: Angelika's Brave Battle**  
Mental illness is an unavoidable and often debilitating reality for many people. More than 120,000 people suffer Major Depressive Disorder, but alternative therapies can give hope for a better future. Angelika, who lives with treatment-resistant depression, remembers struggling to build up the strength to swim upstream against a tsunami. Traditional treatments offered little relief, leaving her feeling low and unsafe with herself. Electroconvulsive Therapy (ECT), a medical procedure that uses small electric currents to change brain chemistry and help reverse symptoms of severe depression, helped change her life.



After ECT treatment, Angelika felt like herself again. “Basically, this saved my life. People think saving lives can only happen with things like heart attacks or trauma -like car accidents, but sometimes it’s our brains.”

Now, Angelika uses her voice on Instagram to share her journey, hoping to inspire others who may be struggling. “A lot of people ask, isn’t it hard to open up and share? And I am like yeah, but it’s much harder to pretend I’m okay when I’m not. And so, it’s been freeing. I feel like I am fully myself now.”

“Our deepest thanks to The Tenaquip Foundation for investing in improving access to mental health care.”

Darren Lunt, President and CEO  
Mental Health Foundation



# THANK YOU'S

Words cannot express our gratitude for your support in 2024. What an amazing year! Over 4,300 children received back to School Backpacks and Christmas Backpacks. 2025 will mark a huge achievement for us, surpassing 100,000 backpacks ... Thank you so much for your support.

*Stephen McPhee, Stephen's Backpacks for Kids*

I am writing to express our heartfelt thanks to you and everyone at The Tenaquip Foundation for partnering with us to make a difference for thousands of members of the York Region community facing food insecurity. The Foundation's support was critical to our services to meet the growing need for food assistance in 2025.

*Claire Davis, The Food Bank of York Region*

Dear Michael and the Tenaquip Foundation: I wish to extend my sincere thanks, appreciation and acknowledgement to the Foundation for your very generous donation to National Service Dogs. We are very proud to partner with the Foundation to enhance the lives of children, youth and their families. Your gift is already changing lives in a profound way.

*Danielle Forbes, National Service Dogs*

First, I would like to extend our deepest appreciation, on behalf of Le Phare's team, and thank you for your generous donation. Your support and trust in our mission to support families with children with limited life expectancy means a lot to us.

*Karine Philipps, Le Phare*

From all of us at ALS Quebec, thank you for your recent gift. Donors like you show us what it truly means to embody hope together.

*Claudine Cook, ALS Quebec*

Thank you so much for your many years of support. You have, and are making a tremendous difference in the lives of the campers and their families ... Bravo!

*Theodora Brickman, Habilitas Foundation*

On behalf of the entire Corbeille de Pain team, I would like to express our gratitude for the donation that we have recently received. We are truly grateful for the support that the Tenaquip Foundation had shown to Corbeille de Pain, in addition to other well deserving charities.

*Anik Vigneault, Corbeille de Pain*

First and foremost, we would like to express our heartfelt gratitude for the generous donation we received earlier this week. Once again, we feel privileged to count on the unwavering support of the Tenaquip Foundation, and we are profoundly thankful for your generosity.

*Guillaume Lalonde, Fondation Philou*

From all of us at ALS Quebec, thank you for your recent gift. Donors like you show us what it truly means to embody hope together.

*Claudine Cook, ALS Quebec*

We would like to extend our deepest gratitude for your generous donation. Your support plays a critical role in helping us continue our mission to improve rural communities across Canada.

*Lisa Belanger, Rural development Network*

As the demand for our help continues to grow, your commitment has never been more meaningful. Thank you again for your generosity in providing a wonderful holiday season for many families in need,

*Vincent Ploux, Toujours Ensemble*

Over the past 15 years, Operation veteran has provided over 23,000 complimentary meals to Canadian veterans visiting the museum as a way of honoring their service. Please know that your support means so much to our veterans.

*Megan Olliver, Canadian War Museum*

On behalf of the entire team at the Douglas Foundation, I would like to express my heartfelt gratitude for your generous donation. Thank you for building hope for those struggling with mental illness.

*Laura Fish, Douglas Foundation*

Dear Michael, it is with a heart of thanks I send you this card to you wonderful folks. You really have a big impact on the lives of the kids in our program.

*Vicky Jaggard, Big Brothers Big sisters of Halifax*

Thank you for your ongoing support! Your generous gift will save over \$130,000 in food costs over the year and keep good food out of landfill sand going to the people who need it the most.

*Jocelyn Herbert, Leftovers Foundation*

# A Message From The Director

Imagine waking up one day and finding yourself in a situation where you don't know how to take care of yourself.

Imagine you have suddenly lost your job, and you can no longer afford food for your family; or worse, you lose your home and your family has nowhere to live.

Imagine you are in a terrible accident and need special treatment and medication, but you can't afford it.

Imagine a traumatic event so strong, like the death of a child or spouse that you just can't seem to get it together, and the rest of your life just keeps spiraling down and down until you have hit rock bottom.

For most of us, fortunately this is not the case, but for some, this is the reality they find themselves living in.

Fortunately for these people there are organizations across the country that can help them through their difficulties and help get them back on their feet again.

This is why the Tenaquip Foundation is so proud to support organizations across Canada that work with people who so desperately need their help. Organizations like the over 200 that we support annually, including the ones that are featured in this, and in past Tenaquip Foundation Newsletters.



Michael Fitzgerald  
Executive Director  
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## THE TENAQUIP FOUNDATION IS PROUD TO SUPPORT THE FOLLOWING ORGANIZATIONS IN 2025-2026

Abavos  
Abonia Center  
Accueil Bonneau  
Alberta Council of Women's Shelters  
ALS Quebec  
AMCAL Family Services  
Asia's HopE  
Auberge Madelaine  
Aurora Food Pantry  
Batshaw Foundation  
BC Foodbanks  
Beyond 21 Hub  
Big Brothers Big Sisters Greater Halifax  
Big Brothers Big Sisters Montreal  
Big Brothers Big Sisters of Guelph  
Big Brothers Big Sisters of Yukon  
Big Brothers Big Sisters WestIsland  
Blue Door Shelter  
Bread and Beyond  
Calgary Drop in Center  
Calgary Food Bank  
Calgary Homeless Foundation  
Calgary Meals on Wheels  
Canada War Museum - operation Veteran  
Canadian Men's Health Foundation  
Canuck Place Children's Hospice  
Center for Immigrant Services  
Centraide  
Champions for Life  
Chez Doris  
Childrens Aid Foundation of Canada  
Children's aid Foundation of Ottawa  
Children's Organ Transplant Society  
CLSC Lac St. Louis Pierrefonds Foundation  
Community Kitchen  
Concordia University Faculty of Fine Arts Dept.  
Corbeille de Pain Lac St -Louis  
Covenant House  
Cummings Jewish Center for Seniors  
Cure SMA  
Dans la Rue  
Distress Center Calgary  
Distress Centers of Toronto  
Doane Hospice House  
Douglas Foundation  
Dress for Success Montreal  
Dudes Club Society  
Dunham House  
Durham Children's Aid

Edmonton Food Bank  
Edmonton Meals on Wheels  
Fear is Not Love  
Fondation Charles Bruneau  
Fondation Gisele Faubert  
Fondation Jeunes en Tete  
Friends of Mental Health  
Greater Vancouver Fodbank  
Hadley Community  
Harvest House  
Heads Up Guys  
Health Bridge  
Homes First  
Hope Air  
Hope and Cope Compassionate Fund  
Hope Mission Homeless Center  
Independent Living Center Kingston  
Inn From the Cold  
Interval House  
Jennifer Ashleigh Children's Charity  
Kids Help Phone Line  
Kids With Cancer Society  
Le Phare  
Leftovers Foundation  
Liberty House (one time capital)  
Light a Dream  
L'île des amis  
Literacy Unlimited  
Little Brothers  
Little Warriors Canada  
Loft Community Services  
Love Quebec  
Mackay Center  
Mada  
Madagascar School Project  
Make a Wish Canada  
Mental Health Services  
Mississauga Food Bank  
Moisson Montreal  
Montreal Children's Hospital Foundation  
Montreal Oral School for the Deaf  
Muscular Dystrophy Canada  
National School of Puppet Learning  
National Service Dogs  
Newmarket Food Pantry  
Northern Rockies Seniors Society  
Nova Montreal  
Nova West Island  
On Rock Community Services

Operation Come Home  
Options Bytown  
Orbis Canada  
Philou Center Foundation  
Quebec Veteran's Foundation  
Radiance Family Society  
Retina Foundation  
Revdec  
Ronald Mcdonald House  
Rural Development Network Society  
Salvation Army  
Santropol Roulant  
Second Harvest  
Separated Fathers  
Shelter Movers  
Shine Foundation  
Shine Through the Rain  
Shoe Box Project for Women  
Societe de Saint Vincent  
Southlake Regional Health Care  
Starlight Foundation  
Stephen's Backpacks for Children  
Stepstones for Youth  
Sun Youth  
Teresa Dellar Palliative Care Residence  
The Children's Foundation Ontario  
The Depot  
The Food Bank of York Region  
The Gleebe Center  
The Raw Carrot  
Toujours Ensemble  
VGH & UBC Hospital Foundation  
Victim Services Toronto  
VOBOC  
Welcome Hall Mission  
Weredale Foundation  
West Island Cancer Wellness Center  
West Island Citizens Advocacy  
West Island Community Shares  
West Island LGBTQ2+ Centre (West Island)  
West Island Mission  
West Island Women's Centre  
Winnipeg Harvest  
Women on the Rise  
Womens Center of Montreal  
World Vision  
Wounded Warriors  
YESS