



2025-2026

Impact REPORT

 **THANK YOU VOLUNTEERS!**



Message From the Executive Director and Board Chair



Keddone Dias,
Executive Director



Julet Allen
Chair, Board of Directors

As LAMP Community Health Centre prepares to celebrate 50 years of service in the coming year, this annual report provides an opportunity to reflect on the accomplishments of the past fiscal year and the enduring values that have guided our organization for generations. Since our founding, LAMP has evolved alongside the communities we serve, responding to changing needs while remaining committed to advancing health equity, reducing barriers to care, and strengthening community well-being.

The 2025-2026 fiscal year reflected that commitment. Together, we continued to expand access to care, strengthen partnerships, and create meaningful opportunities for people to thrive.

This year marked several important milestones. We opened two new dental clinics in Mississauga, increasing access to essential oral health services for individuals and families facing barriers to care. We celebrated the opening of the Black Health & Social Services Hub in Peel, delivered in partnership with Roots Community Services and CMHA Peel Dufferin, and launched the Hub's Mobile Health Unit to bring culturally responsive health and social services directly into communities where they are needed most.

We were also honoured to receive primary care expansion funding through our collaboration with partners across the Mississauga Ontario Health Team. This investment will strengthen access to team-based primary care and our ability to respond to evolving community needs.

While these accomplishments are significant, they represent only part of the story. Every day, our teams make a meaningful difference through compassionate care, innovative programming, advocacy, and strong community relationships. Whether supporting newcomers, seniors, children and families, individuals experiencing homelessness, or people navigating complex challenges, our staff meet people where they are; with dignity, respect, and genuine care.

This year also demonstrated the power of community collaboration. We worked alongside our community to address pressing challenges, including advocating for affordable housing solutions and finding collaborative approaches to supporting those who need us most. We know that meaningful progress depends on partnership, dialogue, and a shared commitment to healthier communities.

Like many organizations addressing complex social issues, we also experienced moments that challenged us. Misinformation about some of our services circulated through social media, creating opportunities to strengthen communication, build understanding, and engage in meaningful dialogue. We remained committed to transparency and to highlighting the realities faced by people experiencing homelessness, poverty, mental illness, addiction, and other circumstances that can create barriers to well-being. Throughout it all, we continued to lead with compassion, respect, and kindness. These values are central to who we are.

As we look ahead, we do so with gratitude and renewed purpose. The coming year will mark LAMP's 50th anniversary, an extraordinary milestone that belongs to everyone who has been part of our journey. We look forward to celebrating the people, partnerships, and shared achievements that have shaped LAMP's legacy, and warmly invite our community to join us.

None of this work would be possible without the extraordinary people who make LAMP what it is today. We thank our staff and volunteers for their dedication, compassion, and unwavering commitment to our communities. We are grateful to our Board of Directors for their leadership and commitment to our mission, and extend our sincere appreciation to Timothy Ellis, Annette Heatherington, and Marianne Saragosa, whose Board service has recently concluded or will conclude this year. Your contributions have helped shape LAMP's continued success.

Finally, we thank our community for placing your trust in us. We are here because of our community, and we are here for our communities. Together, we will continue to improve access to care, champion health equity, and ensure every person feels seen, heard, valued, and cared for.

With gratitude,

A stylized black ink signature of Keddone Dias.

Keddone Dias
Executive Director

A stylized black ink signature of Julet Allen.

Julet Allen
Chair, Board of Directors

OUR LAND ACKNOWLEDGMENT

LAMP honours the land that we are on, which has been the site of human activity since time immemorial. It is the traditional territories of the Huron-Wendat, Anishinabeg, the Chippewa, the Haudenosaunee Confederacy and most recently, The Mississaugas of the Credit River First Nations.

Ontario is covered by 46 treaties and agreements, and is home to many Indigenous Nations from across Turtle Island, including the Inuit and the Metis. These treaties and other agreements, including the One Dish with One Spoon Wampum Belt Covenant, are agreements to peaceably share and care for the land and its resources. Other Indigenous Nations, Europeans, and newcomers, were invited into this covenant in the spirit of respect, peace, and friendship and a responsibility to care this land and each other.

We are mindful of broken covenants, the oppression experience by the community and many lives lost due to systemic violence and we strive to be accountable to make this right.

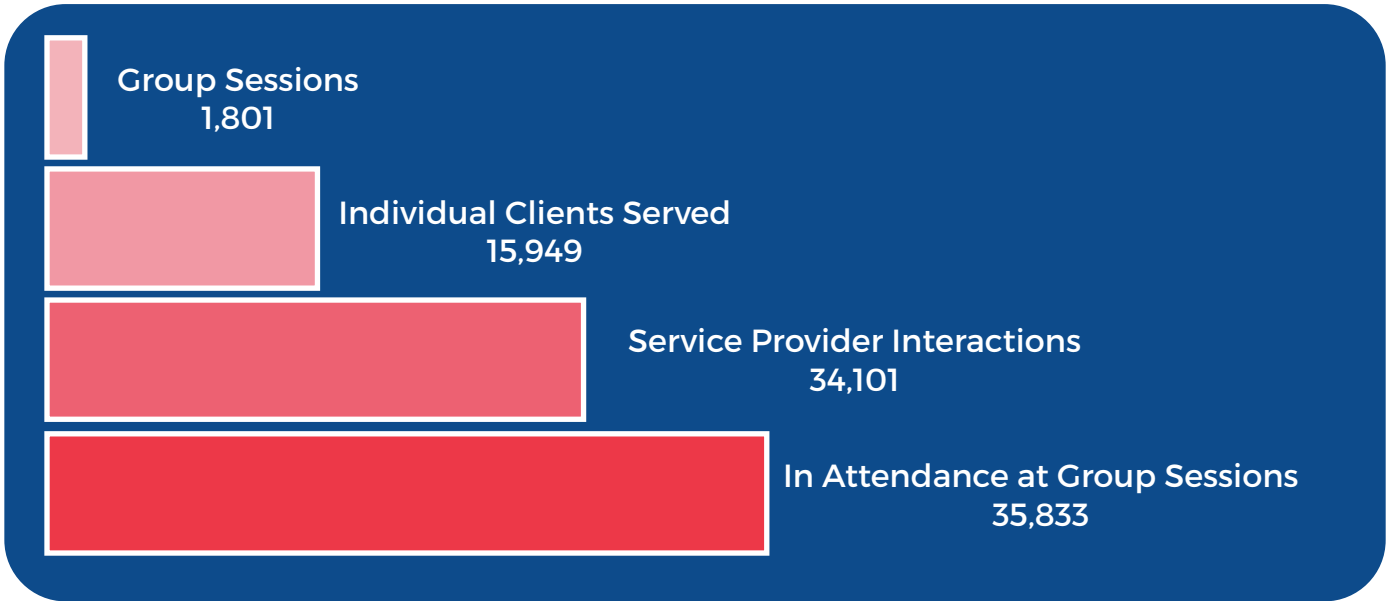
We are all Treaty people. We have come here as settlers, immigrants, newcomers in this generation and of generations past. I would like to also acknowledge those of us who came here forcibly, particularly as a result of the Trans-Atlantic Slave trade. Therefore, we honour and pay tribute to the ancestors of African Origin and Descent.



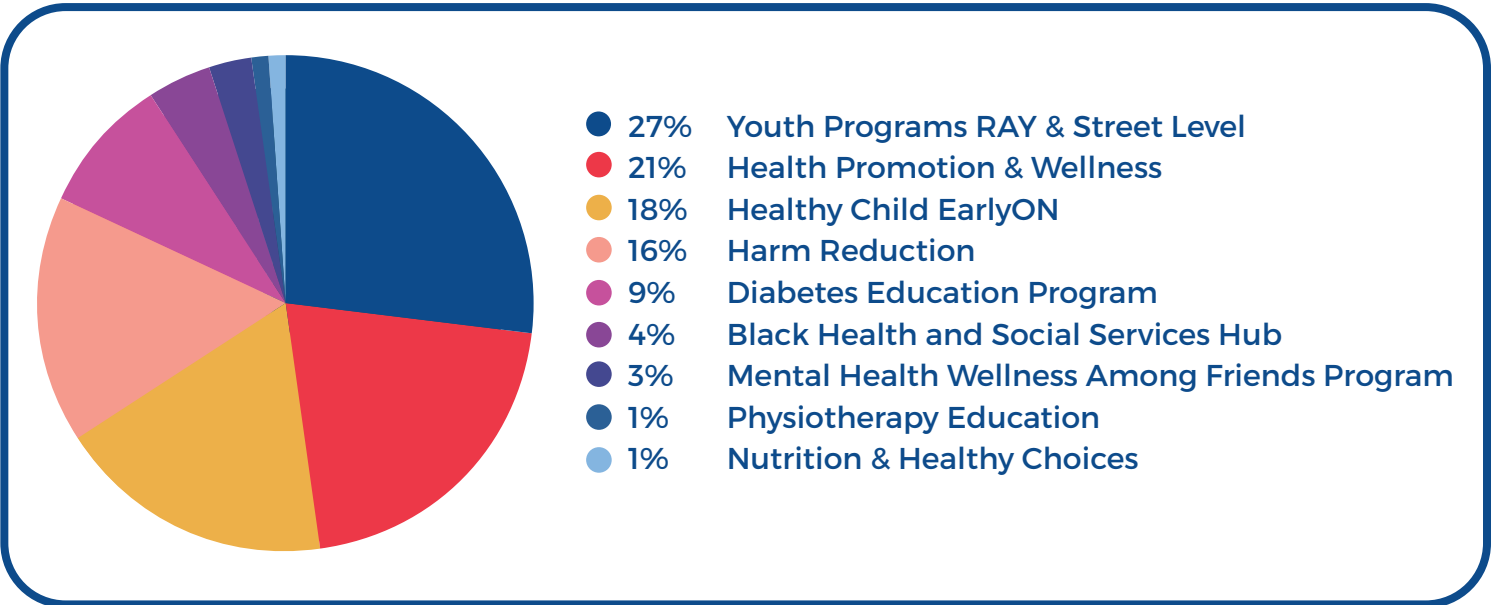
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Keeping Our Community Engaged and Healthy



Health Promotion Groups, Community Programs & Events

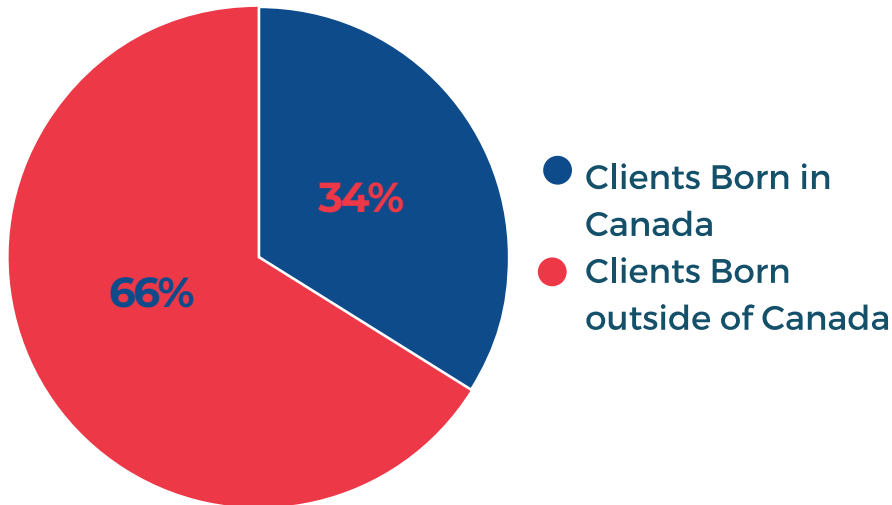


* Lower rates may reflect limited funding or resources and does not represent client need.

Top 10 Preferred Language of Service

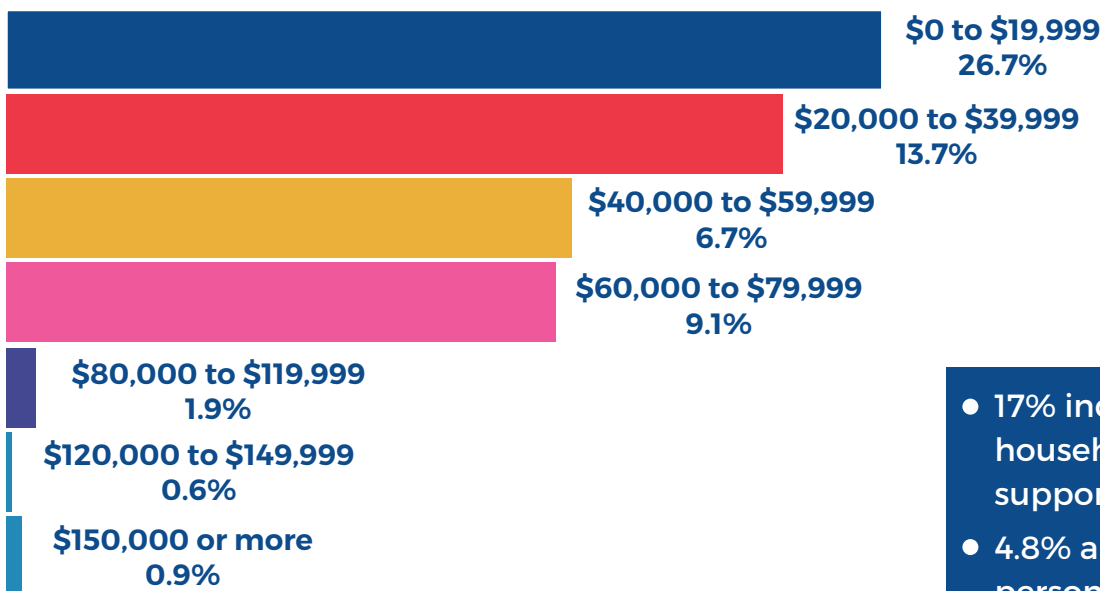
(other than English/French)

15%	Spanish	5%	Portuguese
6%	Polish	2%	Hungarian
6%	Arabic	2%	French
5%	Russian	2%	Albanian
5%	Ukrainian	2%	Urdu



- 72% of clients who indicated they were born outside of Canada are newcomers who have been here for five years or less.

Our Household Incomes



- 17% indicate the household income supports 3-4 persons
- 4.8% are supporting 5-7 persons

* More families are facing difficulties in fulfilling their essential needs.

2025-2026

Client Experience Survey Insights

Client Experience Survey is collected all year round and any client may submit up to twice per year. This data helps evaluate our services along with identifying areas of improvement

Where we are doing well:

94%

I always feel comfortable and welcome at LAMP.
Overall satisfaction with care.
Treated with dignity and respect.
I would refer family or friends in the community to LAMP.

93%

LAMP has a positive impact on my community.

91%

I'm involved as much as I want to be in decisions about my care.

90%

Preferred language of service used at appointments, services and programs.
LAMP's programs and services have helped me improve my health and well-being.

Where we can improve:

8%

Indicate they are not able to be seen on the day they want to be seen (for health concern)

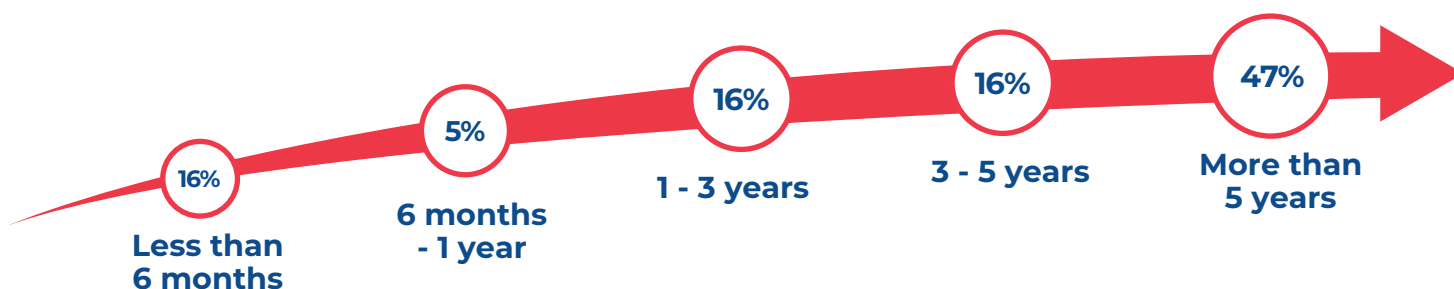
3%

Indicate they would like their health concerns better addressed during virtual care visits

3%

Indicate they would like a better understanding of the information provided - for us to explain things in ways they understand

How long have survey clients have been at LAMP



Feedback & Commentary:



"The programs for seniors are great for me and my husband."

"I'm really happy you guys are in our neighbourhood"

"Whenever we visit LAMP we feel comfortable. They listen to us, we are important. They care about us. They make us feel we get the best treatment we can get and we appreciate..."

"I very much enjoy the classes...I find the people running the classes to be doing a great job."

ASK!

Community Information Centre

ASK! Program 2025-2026

As part of LAMP's ASK! Information Centre, Settlement Services helps newcomers navigate the challenges and opportunities of building a life in Canada. Though delivered by a single settlement worker, the program is a well-established and trusted resource for individuals and families seeking support as they adjust to a new community.

This year, the program served more than 300 unique clients and delivered three community information sessions. Whether helping someone access services, understand complex systems, or work toward long-term goals, the program provides practical guidance and support at every stage of the settlement journey.

By helping newcomers build knowledge, confidence, and connections, Settlement Services supports successful integration and contributes to a stronger, more inclusive community.

LAMP Volunteers

The Heart of Our Community



6,841+ Hours

Total Time Contributed by Volunteers



187

Volunteers

Our volunteers embody the heart of LAMP's mission, bringing compassion, respect, and collaboration to every corner of our work. This year, 187 dedicated volunteers contributed more than 6,841 hours in support of our programs, services, and events.

Whether preparing tax returns through our Income Tax Clinic, providing tutoring and mentorship, supporting food programs, welcoming guests, assisting with administrative tasks, or helping at community events, volunteers play a vital role in creating inclusive spaces where people feel seen, heard, and valued.

Volunteers bring diverse skills, experiences, and perspectives that strengthen our organization and the communities we serve. Through their contributions, they help expand the reach of our services, foster meaningful connections, and support the health and well-being of community members.

Growing together means recognizing that positive change happens when people come together with a shared purpose. Our volunteers demonstrate this every day through their generosity, dedication, and care.

To every volunteer who stood alongside us this year, thank you. Your contributions help build a stronger, more connected community for all.

Income Tax Clinic

April 01 2025 to March 31 2026, LAMP's Income Tax Clinic supported 1,419 members in accessing the benefits and credits they are entitled to. With the support of 22 trained volunteers who contributed 1,316 hours, the clinic filed 1,606 tax returns and helped secure more than \$3.7 million in benefits, rebates, and tax credits for low-income individuals and families.

For many participants, filing a tax return is an important step toward accessing housing supports, health benefits, and other essential resources. By connecting people to these opportunities, the clinic helps strengthen both individual financial security and community well-being.

We are grateful to our volunteers whose dedication, compassion, and expertise help make this service possible and support a stronger community where we can all grow together.

ASK! Income Tax Clinic

1,606 Total Tax Returns Filed **1,419** Clients Served

CRA Community Volunteer Income Tax Program

22 Dedicated Volunteers **1,316** Total Hours of Volunteer Service

\$3,700,000

secured in benefits, rebates, and tax credits for low-income households



Adult Drop-In

A Place of Welcome and Connection

LAMP's Adult Drop-In Program provides a welcoming space for community members experiencing homelessness, food insecurity, social isolation, and other barriers to well-being. The program offers access to nutritious meals, showers, laundry facilities, referrals, and support navigating community resources.

This year, the program welcomed 18,708 visits and served 19,513 meals. Thanks to funding from the City of Toronto, we were also able to expand operations during the coldest months of the year, opening two additional days each week to provide increased access to essential supports.

For many participants, the Drop-In is a consistent point of connection where immediate needs can be met while longer-term goals are explored. Whether accessing basic necessities, connecting with services, or building relationships with staff and peers, community members find support in a space grounded in dignity, respect, and belonging.

As community needs continue to evolve, the Adult Drop-In Program remains a vital resource that helps people stay connected, supported, and engaged in their community.

Adult Drop-In Program Overview

18,708 Client Meals Served
19,513 Client Visits

Improving Care for Refugees

In response to the growing population of newcomers and refugees in Mississauga and Etobicoke, LAMP has been offering primary care and mental health services under the Improving Care for Refugees Program. Through this program, clients receive the services they need, when they need them, through a flexible approach that recognizes the challenges that newcomers and refugees face as they settle in Canada and adjust to life in a new country.

This year, we were able to support a total of 159 clients through our Registered Nurse and/or Social Worker.

Clients were able to access primary health care referrals, mental health and trauma counseling, pediatric care, immunization and infectious disease care, and women's health care. We also provided service navigation and referrals to programs in the community, to ensure that client needs were met.

In order to increase access to services, we worked closely with community partners such as Dixie-Bloor Neighbourhood Centre and Polycultural Immigrant & Community Services. Together, we were able to provide wraparound support for clients to address holistic health needs. By addressing both immediate and long-term health needs through coordinated, wraparound supports, the program has helped ensure that newcomers and refugees receive the care and resources needed to successfully settle and thrive in Canada.

Children's Programs: Growing Together to Strengthen Families and Communities

The Children's Programs, including EarlyON, Home Visiting, Family Centre, and Parent Relief, work together to provide a coordinated network of support that helps children and families thrive. By connecting families to services, resources, and meaningful relationships, these programs strengthen child development, build caregiver confidence, and foster a greater sense of belonging within the community.

For many families, EarlyON serves as the first point of connection, offering welcoming spaces where children and caregivers can learn, play, and build social connections. Last year, families made 39,270 visits across nine EarlyON sites, accessing opportunities that support healthy child development and reduce social isolation.

Home Visiting extends this support into the home, helping families identify their strengths, navigate challenges, and connect with community resources. During the year, 66 families received individualized support from a Family Support Worker.

The Family Centre addresses key family needs through food security initiatives, culturally responsive programming, and school readiness supports. In 2025, 27 children participated in the School Readiness Program, helping them transition successfully to kindergarten, while 401 children and caregivers attended the Learning & Growing Together Program for Black Children and Families.

Parent Relief provides caregivers with much-needed respite while children participate in structured, high-quality programming that includes nutritious meals and snacks. During the year, 50 children benefited from the program, supporting both child well-being and caregiver wellness.



Together, these interconnected programs, in collaboration with other internal departments, create a continuum of care that supports families at every stage of their journey.

39,270 Visits across nine EarlyON sites

66 Families received individualized support from a Family Support Worker

27 Children participated in the School Readiness Program

50 Kids benefitted from the Parent Relief Program

Learning & Growing Together Program for Black Children & Families

401

Total # of visits made

Health Equity Committee

At LAMP Community Health Centre, we are committed to advancing health equity by ensuring that Black, Indigenous, and 2SLGBTQ+ communities have access to safe, inclusive, and equitable care. Guided by our vision of healthy, thriving communities for all, the Health Equity Committee leads organizational efforts to strengthen our capacity to respond to the diverse and evolving needs of the communities we serve.

Over the past year, LAMP maintained an active leadership role across regional health equity tables and partnerships, contributing to collaborative efforts aimed at reducing systemic barriers and improving coordinated care for priority populations. Internally, we focused on strengthening organizational capacity through the implementation of a comprehensive Health Equity Training Plan, designed to embed equity, cultural safety, and anti-oppression principles across all programs and roles.

This year marked a significant milestone in staff engagement and training completion. Out of 209 staff, 150 completed all required health equity trainings, reflecting a 91% completion rate. These results demonstrate strong organizational commitment to building shared understanding and practice in health equity across LAMP.

Looking ahead, LAMP continues to advance the implementation of equity assessment tools, strengthen data-informed decision-making, and deepen partnerships with organizations serving Black, Indigenous, and 2SLGBTQ+ communities. We remain committed to embedding health equity into all aspects of our work and ensuring that our policies, practices, and services continue to evolve in response to community needs.



BLACK HEALTH & SOCIAL SERVICES HUB PEEL



The Black Health and Social Services (BHSS) Hub had a very successful year and established expanded comprehensive and integrated health care, mental health and addiction services, and social supports tailored to the needs of Black, African and Caribbean (BAC) communities across the Region of Peel. The Hub's Central Location 19 Rutherford Road South, Brampton Ontario was under construction for most of this year and is set to open its doors in Q1 next year. We had a visit from the Ontario Minister of Health, Hon. Sylvia Jones and MPP Charmaine Williams on February 23rd, 2026 to celebrate this milestone occasion. The BHSS Hub's site in Brampton marks a transformative step forward in delivering culturally-responsive care. Designed in collaboration with the community, this 16,000 square-foot space will be a vibrant centre of health, connection and healing reflecting the strength, diversity and lived experiences of Peel's BAC communities next fiscal year.

Client Story:

A member of the BAC community arrived at the East Mississauga location with multiple unmanaged chronic conditions, including dangerously high blood pressure. The medical team immediately recognized the severity of their symptoms and referred him to the emergency department. At the hospital, the client was assessed and was advised that they required urgent surgery. Thanks to the staff's swift action, compassionate advocacy, and coordinated support, the client received a life-saving procedure.

Primary Care Impacting Numbers

Empowering improved access to health care for Black, African and Caribbean in Peel

2,262 Number of clients served this fiscal year

2,817 Service Provider Interactions

Partnership Development and Community Connections

We launched our Mobile HEalth Unit during Black History Month and have been able to collaborate with additional key community, hospital and long term facility partners across the boarder healthcare system to improve access to hundreds of new patients across the Peel Region

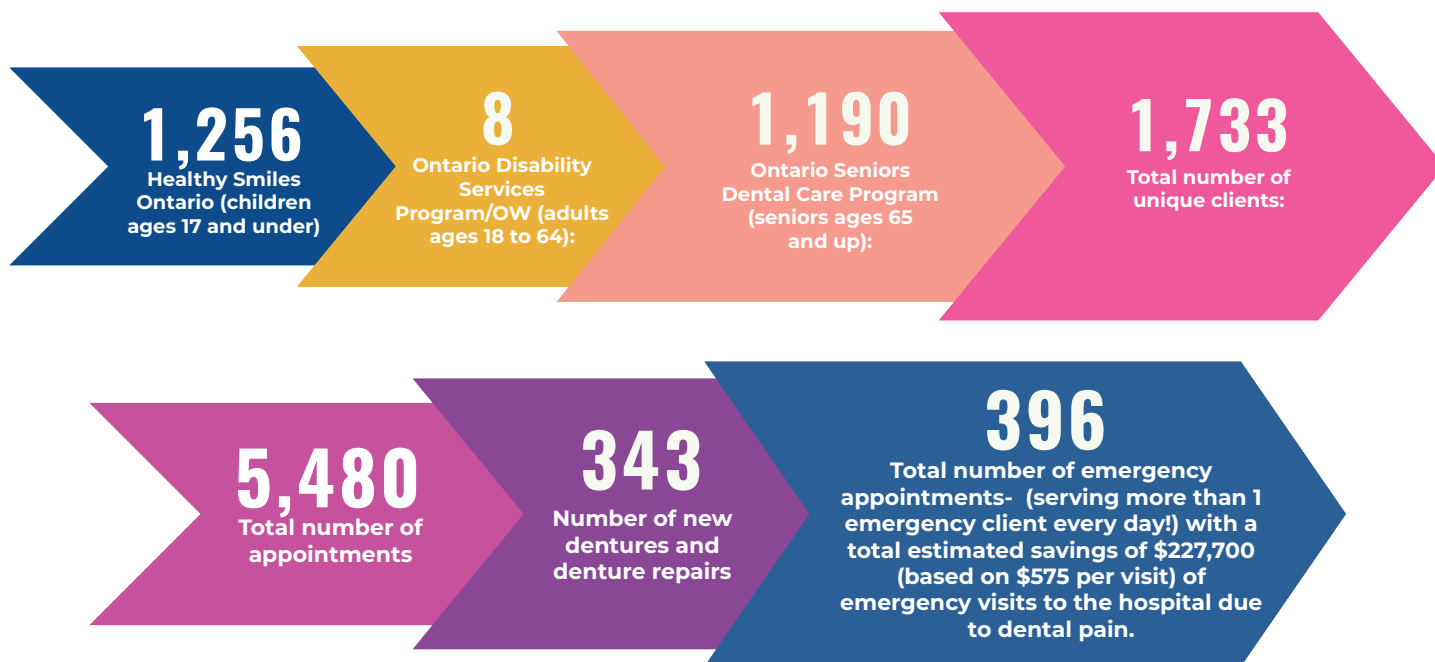
Higher Community Engagement

We provided 91 group sessions that attracted 1.516 attendees between 2025-2026

Dental Health Care Program



Unique clients from April 1 2025 to March 31 2026 were as follows:



Impact of Dental Health Care

In Fall 2025, LAMP received \$466,000 in one-time funding to set up 2 new dental clinics in Mississauga, expanding the number of dental clinics to three, with a total of 17 operatories now available for service. The launching of the 2 new dental clinics resulted in a 60% increase in service capacity, and a 100% increase in senior client intake, in addition to increased emergency care and improved access. An additional \$504,320 was received in base funding in 2026 for the 2 new dental clinics, bringing the dental budget to \$2,644,015.

LAMP's dental team supported 396 emergency appointments, averaging 2 emergency appointments daily! Treating clients in pain at our clinics has been crucial to their overall health and wellbeing, and it has also reduced hospital emergency visits, with a savings of \$227,700 in healthcare. 60% of families will not qualify for the Canadian Dental Care Plan due to income levels, resulting in high need for children to access emergency care at LAMP's clinic.

For the first time, LAMP's dental clinics were asked to provide emergency dental services to First Nations evacuees. Evacuees related a high need for dental care, and LAMP played an important role in access for Indigenous clients, working with partnering agencies, and specialists in a time of great need.

Throughout the year, the dental team was active in the community raising oral health awareness, and providing educational sessions at events such as Black, African and Caribbean Health Fairs, Pride events, Preventive Care Program events, LAMP's EarlyON and the Mississauga Seniors Centre.



DENTAL HEALTH CARE Program Testimonials



"I am happy to be a part of the seniors' dental program. All the staff were wonderful and I want to give thanks to each and every one".



"I visited the Central Mississauga Dental clinic. I felt very comfortable there. I will surely recommend to anyone".

YOUTH PROGRAMS SO REFRESHING!

Each year, our program is fortunate to welcome both new and returning youth whose passions, interests, and needs help shape our commitment to continuous growth and responsive, informed care.

One of the key priorities our program undertook this year was the beginning of a program refresh. With input and feedback from our participants, we reviewed our program offerings to assess how effectively and efficiently they were meeting the evolving needs and interests of the youth and families we serve. As we continue this process into the next programming year, we will continue to gather participant feedback and identify opportunities to strengthen our services so that they remain relevant, accessible, and meaningful.

Another important goal was increasing the capacity of youth participants within both the program and the broader community. We expanded opportunities for youth leadership, skill development, and mentorship. By investing in youth leadership, we strive to foster individual growth while strengthening community engagement.

Strengthening partnerships was also a central program focus. We worked to deepen relationships with existing community partners while actively building new connections with youth-led organizations and agencies. These collaborations will continue to help expand available program resources, improve referral pathways, and create more comprehensive support networks for our participants.

A key priority of the program refresh is re-engaging older youth aged 19 and above, a group that often faces unique challenges as they transition into adulthood. We identified that targeted outreach and programming are essential to reconnect with these young adults while maximizing the use and accessibility of our youth space beyond traditional after-school and seasonal programming. Expanding opportunities for older youth to access supports, social connections, and leadership experiences will help ensure that our space remains a welcoming and valuable resource for young people at every stage of their development.

Together, these goals reflect our commitment to strengthening services, deepening community connections, and creating meaningful opportunities that support youth wellness and development.



A special thank you to all of the facilitators who provide workshops and contribute their time, expertise, and dedication to supporting our youth.

We would also like to thank all of our volunteers and program partners who collaborated on programs, workshops, and events throughout the year. In addition, we extend our sincere gratitude to The Six Convenience, SVP Sports Steeles (Etobicoke), CF Shops at Sherway Gardens for their generous support and donations toward our annual back-to-school initiatives.

Primary Health Care

At LAMP Community Health Centre, primary care is more than medical treatment: it is often the first step toward improved health, stability and belonging. This year, our Primary Health Care program continued to grow alongside the communities we serve, expanding access to care for individuals facing health, social and systemic barriers.

Through enhanced intake processes, we increased new client attachments by approximately 10%, helping more people establish ongoing relationships with primary care providers. Across our Lakeshore and East Mississauga sites, we provided over 17,600 interactions, providing individuals and families preventive care, chronic disease management, mental health support, prenatal care and gender-affirming services through in-person, virtual and home visit appointments.

As community needs grew, so did our capacity to respond. We improved our approach to care by strengthening our team-based care model, expanding our team, and engaging in health equity training to better understand and work with our diverse community.

Together with community partners, we made it easier to access mental health, psychiatric and other wraparound services, helping clients to find the support they need to face everyday life challenges.

By growing together, with our clients, staff and partners, we continue to build a healthier, more equitable community where everyone has the access to primary care and the opportunity to thrive.

OUR IMPACT AT A GLANCE

10%

Increase in new client attachments

17,600+

Provider interactions



Community Nutrition

At the heart of community nutrition are partnerships!

The Community Nutrition Program has remained a consistent source of support within the community over the years.

This year, program goals focused on revitalizing and strengthening community presence. The program will expand access to core offerings, including cooking workshops, EarlyON visits, community garden activities and health promotion collaborations.

This initiative will support continued program growth, building on lessons from last year, particularly the strong community preference for hands-on learning. The program will prioritize expanding practical, engaging opportunities through ongoing partnerships with LAMP programs and community organizations, supporting healthy eating, chronic disease prevention and food skills development.



Chiropody Program

The Chiropody Program continues to strengthen access to foot care services across the community, building on last year's expansion at the East Mississauga location that improved capacity and reduced wait times. The program will further enhance service delivery through continued team development and increased system collaboration.

In the last year, the program has participated in working groups aimed at improving regional access pathways to chiropody services and engaged in community partnership tables to support shared learning, strengthen system navigation and enhance collaboration across service providers.

With a continued focus on prevention and early intervention, the Chiropody team provides consistent, high-quality, person-centred services that support mobility and overall well-being, while continuing to improve access and responsiveness to community needs.

West Toronto Diabetes Education

Building on the momentum of previous years, the West Toronto Diabetes Education Program has continued to expand its reach and impact across the community. Through strengthened partnerships with community organizations and healthcare providers, the program has increased opportunities for individuals to access diabetes education and support in accessible community settings.

This past year, the team participated in a community A1C screening project raising awareness of diabetes risk factors, supporting early identification efforts and connecting individuals to education and care. The program also expanded its educational offerings through an increased number of diabetes workshops and community-based learning opportunities, providing participants with practical knowledge and tools to better manage their health.

These efforts reflect the program's commitment to extending diabetes education beyond traditional clinical settings and fostering meaningful community connections. Looking ahead, the program is well-positioned to further enhance its impact through an expanding team and increased service capacity. The addition of new diabetes education professionals will support broader programming, stronger community partnerships and improved access to specialized care. Together, these developments will enable the program to respond to the evolving needs of the community while continuing to deliver high-quality, client-centered diabetes education and support.

Physiotherapy

The Physiotherapy program continues to expand its impact through strengthened partnerships, increased community engagement and innovative programming. This year, the program enhanced opportunities for clients to improve mobility, independence and overall well-being through walking groups, health fairs and an expanded falls prevention program.

Strong client feedback continues to highlight the value of personalized, client-centred care and the positive impact physiotherapy services have on health outcomes. As community demand grows, the program remains committed to providing accessible, high-quality care that meets the evolving needs of clients.

Looking ahead, opportunities to increase capacity and strengthen partnerships will support broader programming, greater community reach, and improved access to physiotherapy services across the community.

Seniors

Wellness Program - EM

Throughout the year, our Seniors Wellness Program continued to support older adults in staying active, connected, and engaged in their community. Programming focused on health education, social connection, and overall well-being, creating meaningful opportunities for participation and learning.

Partnerships with the City of Mississauga, the Arthritis Society of Canada, and LAMP's different internal providers strengthened our ability to deliver a wide range of workshops on healthy aging and chronic disease management. These sessions provided practical tools while also fostering peer support and connection among participants.

Community outings and celebrations remained highlights of the year. A memorable trip to St. Jacobs Farmers' Market brought nearly 60 seniors together for a day of exploration and social connection outside their usual routines. Our annual holiday celebration also created space for music, dancing, and joyful community gathering.

We were also proud to participate in the 2025 Aging Summit as partners and exhibitors, engaging with sector leaders and reinforcing the importance of collaborative approaches to supporting older adults.

The program continues to grow in both reach and impact, grounded in the belief that aging well is supported through connection, dignity, and community participation.



The Locally Driven Population Health Models (LDPHM)

The Locally Driven Population Health Models (LDPHM) Program takes a culturally responsive approach to diabetes and chronic disease management in the Mississauga area. Our objective is to support Black, South Asian, and Newcomer communities in preventing or managing health issues, without having to compromise on cultural foods or traditions.

Since November 2025, we saw:

- 600+** Visits to in-person group programs, focused on culturally responsive approaches to managing diabetes and chronic illness
- 25+** Clients served through 1:1 consultation with a Registered Dietitian, who provided personalized advice on how to prevent or manage diabetes and chronic illness
- 100+** Referrals made to community programs and resources such as food banks, group programs, and cancer screening services
- 1** Health fair hosted, providing over 30 clients with personalized health screenings and goal setting

As we continue to establish this program and measure the growing impact, we look forward to improving access to culturally responsive health education and support. As the program continues to grow, we remain committed to reducing health inequities and fostering healthier, more connected communities.



Activatelt! Programs for Newcomers Immigrants and Refugees

Funded by United Way Greater Toronto, Activatelt! promoted mental health and well-being among newcomer, immigrant, and refugee communities in East Mississauga through accessible, culturally responsive, and community-centered wellness programming. The program embodied values of inclusion, accessibility, empowerment, and belonging by offering activities such as yoga, mindfulness meditation, watercolor art, gardening, and health education workshops.

During the 2025-2026 fiscal year, Activatelt! engaged participants through virtual and in-person programming designed to reduce social isolation, strengthen resilience, and support emotional wellness. Participants gained practical tools for stress management, mindfulness, creative expression, and healthy coping strategies while building meaningful connections with peers and facilitators.

Feedback highlighted the program's impact in creating safe and welcoming spaces where participants felt supported and valued. Flexible delivery options and activity modifications ensured equitable participation for individuals with diverse abilities, schedules, and life circumstances. Through strong community partnerships and participant-informed programming, Activatelt! enhanced access to mental health promotion services, fostered social connection, and contributed to healthier, more connected communities.

“Yoga helps me manage my stress tremendously. Being able to do yoga with a group makes me feel less lonely.”

“For me, it was a safer space and I could show up as I was.”

“The facilitator was empathetic and knowledgeable. She didn't assume people's abilities and provided modifications with ease.”

“I thoroughly enjoyed this watercolor painting workshop, learning new techniques, feeling relaxed and having much fun.”

Sexual and Gender Diverse Community Programs - EM

The multiple programming at EM focused on health education, decreasing social isolation and increasing social connection, and referring clients to EM medical supports. We created partnerships with a number of agencies such as; Dixie Bloor Neighbourhood Centre, MOYO Community Health Services, Associated Youth Services of Peel, Applewood United Church and Region of Peel Harm Reduction continues to build capacity for the sexual and gender diverse communities in Peel Region- Harm Reduction Program.

EM has once again worked with the Peel 2SLGBTQ+ Collaborative to organise Peel Pride. EM and AYSP co created events where approximately 20 community members attended the Trans Day of Visibility and 30 more attended Trans Day of Remembrance. Supported by our partnership with Applewood United Church, we held our annual Holiday Gathering. Our partnership with DBNC has seen more queer parents come out, and share their own experiences with daycares and schools. We have been able to give them some tools to navigate their child's world as they grow. This program has allowed parents/families to grow..

French Language Health Promotion

– Health Promotion East Mississauga CHC

This year (2025-2026), we have increased the number of Francophones who participated in our programs and received our services. Throughout the year, 1128 clients visits, 98 individuals participated in one of the 67 activities offered (chair yoga, arts, mindfulness, nutrition, wellness, French Books Club). The main objectives of the programs are to increase knowledge on various topics to maintain or improve the health of our clients, break isolation, and increase access to community resources available in French. Participants report acquired knowledge and tools that will help them to improve their health and well-being. Evaluations demonstrate the positive impact of these programs on their overall health.

In addition, we continued the activities of the community of practice for professionals offering services in French. The 12 members of the CofP meet 5 times during the year. They discussed topic such as the delivery of French Language Services, Inequities, Programs Evaluation, Resources available in in French).

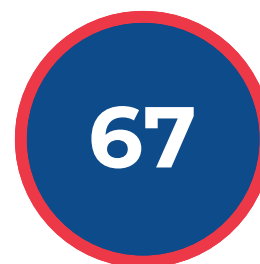
We also continued to build stronger relationships with our partners (Ontario Health, Conseil scolaire Viamonde, Retraite active de Peel, Children's Books Foundation, Halton Early On Centre, Credit Valley Family Team, le Centre de planification des services de santé en français and Laurentian University). Collaborating allows us to increase our reach and engagement to meet the needs of the Francophone community.



Clients
Visits



Individual
Served
(unique)



Sessions
Offered

From clients:

Merci beaucoup Christiane pour tout ce que tu nous offres comme ateliers. Bravo pour le travail que tu fais pour la communauté.

Nous avons passé une excellente soirée à l'atelier de peinture. Je tiens à vous remercier pour avoir organisé une si belle célébration.

Je tiens à vous remercier de votre diligence dans l'organisation des activités pour les aînés. J'apprécie énormément la qualité des activités offertes.

Mon épouse et moi participons à votre groupe zoom du yoga sur chaise. Nous apprécions beaucoup votre classe et votre approche.

Thank you so much, Christiane, for all the workshops you offer us. Continue on the work you do for the community.

We had a wonderful evening at the painting workshop. I want to thank you for organizing such a lovely celebration.

I would like to thank you for your diligence in organizing activities for seniors. I greatly appreciate the quality of the activities offered.

My wife and I participate in your chair yoga Zoom group. We really enjoy your class and your approach.

From partners:

Au nom de « ON y va Halton », je tiens à vous exprimer notre sincère gratitude pour votre partenariat tout au long des différents événements et activités que nous avons menés ensemble cette année. Votre engagement, votre dévouement et votre soutien ont grandement contribué au succès de ces initiatives. Grâce à vous, nous avons pu offrir des expériences enrichissantes et significatives à notre communauté et rejoindre un plus grand nombre de personnes. C'est toujours un plaisir de travailler avec une organisation aussi dévouée et passionnée.

Retraite active de Peel (RAP) est l'organisme porte-parole des personnes âgées et retraitées francophones de 55 ans et plus dans la région de Peel. Retraite active bénéficie d'un partenariat avec le East Mississauga Community Health Centre par l'entremise de la promotrice des services en français. Ce partenariat permet à nos membres d'avoir accès à plusieurs sessions intéressantes au cours de l'année. L'appui du East Mississauga Community Health Centre contribue à solidifier notre sentiment d'appartenance à la communauté francophone.

Retraite Active de Peel (RAP) is the voice of Francophone seniors and retirees aged 55 and over in Peel Region. Retraite Active benefits from a partnership with the East Mississauga Community Health Centre through the French Language Services Promoter. This partnership has provided our members with access to several interesting sessions. It is important for our members to feel part of a larger community, and the support of the East Mississauga Community Health Centre helps strengthen their sense of belonging.

On behalf of "ON y va Halton," I would like to express our sincere gratitude for your partnership throughout the different events and activities we have conducted together this year. Your commitment, dedication, and support have greatly contributed to the success of these initiatives. Thanks to you, we have been able to offer meaningful and enriching experiences to our community and reach a greater number of people. It is always a pleasure to work with such a dedicated and passionate organization.



Halloween



PicNic



Soirée d'art

Preventive Care Program

The Preventive Care Program helps community members take charge of their health through personalized goal setting, health education, and connections to the resources they need to thrive. During the 2025–2026 fiscal year, the East Mississauga team supported more than 300 residents, with a focus on improving access to preventive care and reducing barriers to health.

Using a health equity and social determinants of health approach, the program prioritized support for individuals facing challenges related to:

- Access to health care and cancer screening
- Chronic disease prevention and management
- Social isolation and community connectedness
- Language and system navigation barriers
- Food security and nutrition
- Income and financial stability

Through individualized care planning, clients received support to:

- Set and achieve meaningful health goals
- Access PHC, Allied health, chronic disease prevention and social services
- Learn about and participate in cancer screening
- Improve health behaviours related to nutrition, physical activity, diet, and stress management
- Connect to community resources, social supports, and LAMP programs

To extend our reach beyond one-on-one services, the team participated in several community outreach events and hosted two **Health-A-Maze Health & Wellness Fairs** at East Mississauga CHC. These events brought together residents, health providers, and community organizations to promote health literacy, chronic disease prevention, and access to local supports.

Highlights



Participant Voices

"I recently gained a lot of information from the presentations and booths regarding the needs of me and my family. I also learned about valuable health and support services that I can share with my peer support group and seniors who may benefit from them."

"The safe, friendly, and welcoming environment made it easy to learn and connect with resources. I plan to follow the guidelines and valuable information provided at the event."

By delivering person-centred, culturally responsive care and strengthening partnerships across the community, the Preventive Care Program continues to advance health equity and empower residents to live healthier lives.

Community Wellness & Preventive Care: Impact Report

Individual Preventive Planning



300+ Clients Supported

Direct assistance provided to community members seeking wellness support.



270 Preventive Care Plans Developed

Resulting from 273 dedicated preventive care planning conversations.



270 Health Behavior Change Goals Achieved

Demonstrating a high success rate in individual health improvements.

Targeted Health & Outreach Impact

348 Specialized Health Goals Supported



223 diabetes management



125 cancer screening education goals



300+ Community Members Reached

Engagement driven by outreach efforts and 2 Health-A-Maze Wellness Fairs



84 Social Determinant Goals Addressed

Tackling non-medical factors that influence health outcomes.



Health Promotion & Community Relations

At LAMP, this year's work across Health Promotion, Seniors Programming, Adult Education, Gardens and Good Food Market, and Community Relations reflected a shared commitment to dignity, accessibility, and community-led change. Each program met people where they were, whether that meant a senior building strength through Tai Chi, a learner working toward independence and job readiness, or a family harvesting their own vegetables for the first time.

Seniors Program - LK

Our Health Promotion programming grew significantly this year, welcoming 101 new participants and hosting 538 workshops and classes that drew 12,430 visits.

101

**New
Participants**

538

**Workshops &
Classes**

12,430

Visits

Beyond physical activity, sessions like Soca Cardio Dance, Tai Chi, and Balance and Breathwork created spaces that reduced isolation and built genuine community connection. Mental wellness was woven throughout, from our Spring Reset: Bloom Into Your Best Self series to a Mental Health Awareness session delivered through the ACE Project: Promoting Seniors Mental Health. We delivered peer-to-peer mental health training, equipping senior peer leaders with the listening and advocacy skills to support one another and connect peers to LAMP's broader resources. Seniors also engaged in dedicated services information sessions and a Scam Prevention and Anti-Fraud Workshop to protect their banking and personal information, alongside community-building events like our seniors holiday celebration and Walking and Qigong in the park.



Adult Literacy Program

In Adult Literacy Program, we supported 44 learners pursuing goals tied to independence, job readiness, or entrepreneurship. This work reflects our belief that education is a pathway to economic stability and self-determination, equipping learners with practical skills and the confidence to pursue meaningful employment or business opportunities. We extended this commitment to skill-building and community knowledge through outreach efforts that connected with over 1,000 residents across the broader community.

Gardens / Good Food Market

Our Good Food Market marked a major milestone this year: its 10th anniversary. Over the past decade it has become a trusted source of affordable, healthy produce in a part of Etobicoke facing real food access barriers, and this year alone it supported over 300 families. The Gardens project deepened that impact, training 25 pod leaders in urban farming skills and producing 620 pounds of fresh produce, including onions, beets, peppers, tomatoes, zucchini, basil, beans, carrots, thyme, fenugreek, squash, kale, cucumbers, and collard greens. Together, these programs tackled food insecurity not as a one-time response but as a community-driven, sustainable practice that builds long-term resilience and self-sufficiency among participating families.



Community Relations

Community Relations work this year focused on fostering trust through visibility, listening, and ongoing dialogue through the Community Relations Advisory Council. We held meaningful conversations with residents addressing safety concerns, service gaps, and opportunities for collaboration.



200
Box Food
Giveaway

Supported
200
Families

Reached
1,000
Community
Members

We hosted a 200-box food giveaway in partnership with the Ontario Produce Marketing Association and North American Produce, supporting 200 families with fresh, healthy produce, and reached over 1,000 community members through a dedicated health fair.



We expanded LAMP's visibility by participating in local events including the Grilled Cheese Festival and the Etobicoke Community Fair at Cloverdale Mall, introducing new residents to our services. We also organized a Scam Prevention and Anti-Fraud Workshop to help protect community members' banking and personal information, and hosted an International Women's Day Fundraiser to bring people together in celebration and solidarity.



Advancing Affordable Housing

A key highlight was hosting the Affordable Housing Solutions Community Stakeholders Round Table, featuring guest speakers Etobicoke-Lakeshore MP James Maloney and Jennifer McKelvie, Parliamentary Secretary to the Minister of Housing and Infrastructure. The discussion focused on turning the Ontario and federal governments' \$8.8-billion investment into concrete action on rent-geared-to-income, co-operative, non-profit, and purpose-built affordable housing.



Awards of Merit

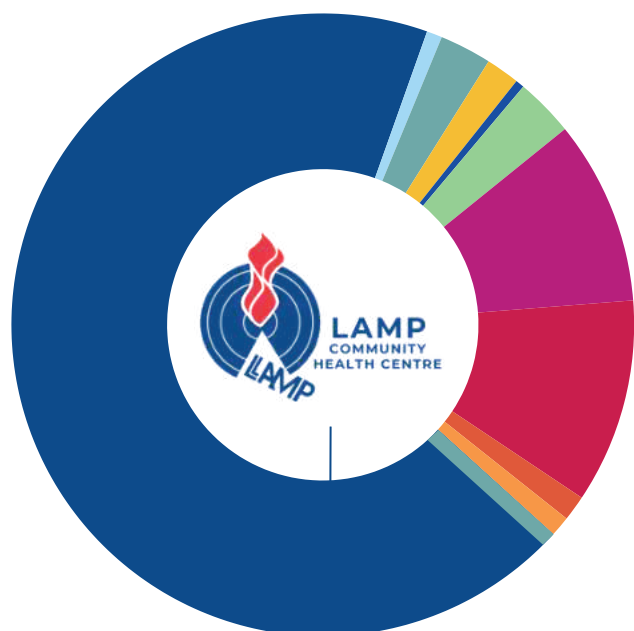
This year marked the celebration of LAMP's Awards of Merit, themed "Come Together," honouring community champions who uplift and inspire. More than 250 people attended, bringing together staff, volunteers, and community members in a meaningful celebration of local leadership and impact.

The event featured performances from our community classes, including drumming, ukulele, and Latin dance, alongside hands-on activities like art, henna, and face painting. Indigenous displays, storytelling, books, and a smudging ceremony grounded the celebration in reflection and respect.

The event captured the spirit of community at its best: people connecting across generations and backgrounds, sharing food, creativity, and culture while recognizing the individuals and organizations whose work strengthens Etobicoke-Lakeshore every day.

Financial Report 2025-26 (Fiscal Year)

Where the money comes from...



\$14,657,424	Ontario Health - Toronto Central LHIN & Mississauga-Halton
\$157,026	Rental, Consulting, Membership, Deferred Income
\$438,522	United Way
\$193,622	Federal Government of Canada
\$73,754	The George Hull Centre
\$486,465	Donations, Fundraising, Interest
\$1,497,923	City of Toronto
\$2,953,916	Region of Peel
\$186,265	The Ontario Trillium Foundation
\$60,668	Ministry of Training Colleges and Universities
\$83,580	Ontario HIV Treatment Network

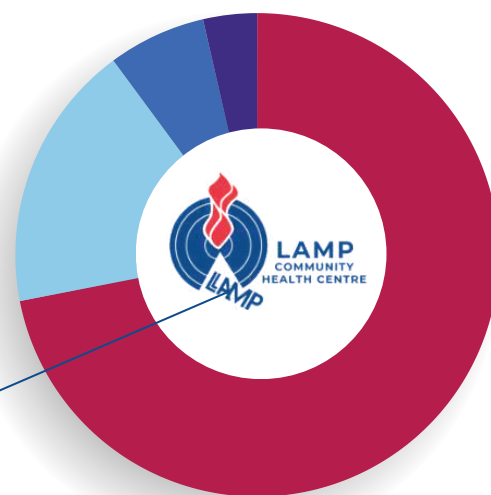
TOTAL: \$20,789,165

Where the money goes...

Salaries and Employee Benefits	\$14,785,195
Administrative and Program Support	\$2,847,111
Building Operations, Furniture and Equipment	\$1,498,714
Professional and Contract Services	\$1,306,090

TOTAL: \$20,437,110

SURPLUS: \$352,055





VISIT US ONLINE!
LAMPCHC.ORG



SCAN ME

OUR LOCATIONS

LAMP Community Health Centre

185 Fifth Street
Toronto, ON
M8V 2Z5
Phone:
416.252.6471

East Mississauga Community Health Centre

2555 Dixie Road
Unit 7
Mississauga, ON
L4Y 4C4
Phone:
905.602.4082

Among Friends

2788 Lake Shore
Blvd. West
Etobicoke, ON
M8V 1J7
Phone:
416.251.8666

Rathburn Area Youth Space

105-385
The West Mall
Etobicoke, ON
M9C 1E7
Phone:
416.626.6068

West Toronto Diabetes Education Program

365 Evans Ave.
Unit 201
Etobicoke, ON
M8Z 1K2
Phone:
416.252.1928



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

