

2023-2024

YEAR IN REVIEW



**THIRD
SPACE³
CHARITY**

LEADERSHIP MESSAGE

As we close the chapter on our first 3-year strategic plan, we are embracing the fruits of our labor with joy and anticipation. Under the pioneering leadership of our predecessor, Karen Mason, Third Space Charity has cultivated a thriving community founded on core principles that resonate in every initiative we undertake. As I've transitioned from Manager of Programs and Services to Executive Director, I'm honoured to steer our vibrant organization into the next phase of its journey.

This past year was nothing short of remarkable. We soared to new heights with our inaugural benefit concert, setting a record for donations raised at \$57,000. We also launched the Caring for the Carers Award, celebrating Melissa Berry Appleton, a local Buddhist Chaplain and Trauma Informed Mindfulness Teacher, who is dedicated to fostering the wellbeing of front-line service workers. Our counselling interns have felt first hand the benefits of her teachings. It's initiatives like these that reinforce our commitment to the mental health and wellbeing of our caregivers and we can't wait to see who our community nominates for the award this fall.

Our collaborative spirit has been the wind beneath our wings, forging partnerships that echo our mission for a mentally resilient community.

We've proudly supported a new Mental Health Café for youth led dialogue, and co-hosted OPEN SPACE with Okanagan Lifestyle Apparel Inc to bring open, approachable conversations about mental health to our community on a larger scale.

While we bid farewell to Third Space Coffee, we carry forward the legacy it set for a mentally healthy community. Our interns and supervisors remain the heartbeat of our accessible supportive care counselling services, affirming our commitment to building capacity and supporting the resiliency of those who live here.

In this new era for Third Space Charity, we are the embodiment of the "third space" outside of home and work in every sense, preparing to weave a new 5-year strategic narrative that honours our legacy and propels us towards new possibilities.

We extend our deepest gratitude to you, our allies and advocates, for journeying with us. Here's to the road ahead, one that is filled with collaborations, bright opportunities, and unwavering mental health support for those who need it.



Megan Woodruff
Executive Director



Patrick Ng
Board President

THIRD SPACE³ CHARITY

MISSION

To provide accessible mental health services and supports.

VISION

A community in which mental wellness is prioritized, and quality mental health care services are available to everyone.

VALUES

The following values guide our decisions and actions:

- Professionalism and integrity
- Inclusivity and diversity
- Responsiveness and innovation
- Authenticity and compassion
- Connection and collaboration
- Growth and sustainability

KEY ACTIVITIES

TRAIN



We train the next generation of mental health care professionals through an intensive, clinically-supervised practicum internship program.

SUPPORT



We provide up to seven sessions of accessible, supportive care counselling to young adults between the ages of 18 and 29.

SHARE



We engage in public awareness and education activities around mental health and related issues in our community and beyond.



OUR TEAM



From left:
Jennifer Vulcan, Manager of Programs and Services
Megan Woodruff, Executive Director
Barb Egan, Clinical Supervisor
Sharlene O'Reilly, Clinical Supervisor
Ed Weiss, Clinical Supervisor
Chemen Osberg, Finance Manager
(not pictured)

OUR BOARD OF DIRECTORS



From left:
Christine Semeniuk, Secretary
Lawrence Takeuchi, Director
Sarah Marriott, Vice President
Patrick Ng, President
Aaron Halladeen, Treasurer
Sara Adami Johnson, Director
Remy Ventura, Director

THE NEXT GENERATION OF MENTAL HEALTH PROFESSIONALS



Our graduate student counselling internship training program provides comprehensive, quality training to graduate students of social work and counselling-related programs. The program offers exemplary real-world training to student interns under the guidance of senior registered clinical counsellors.

By fostering excellence in nurturing mental health care professionals in training today, Third Space Charity supports the addition of more quality counsellors and increased mental health services in the community for years to come.



Intern Tanis at graduation with her Clinical Supervisor, Sharlene Oreilly.



New interns Ali, Alisha and Kelsey at orientation training.



Intern Maddison at graduation with her Clinical Supervisor, Ed Weiss.

GRADUATE STUDENT INTERNSHIP PROGRAM- DID YOU KNOW?



We have a 100% graduation success rate and over 60 Alumni counsellors.



Our Interns conducted 1,778 hours of counselling last year.



There are 4 Alumni owned group counselling practices in Kelowna.



We offer 30 internship positions annually without any funding from post secondary institutions.

Third Space Intern

Josie Ruoss



Third Space Charity Intern, Fall 2023 Cohort
Masters of Arts in Counselling Psychology,
Yorkville University

“Completing a practicum at Third Space Charity was a dream I had for the last few years as I knew it was a program that embodied the values of service and compassion towards a demographic of young adults in need of mental health support. After working as a K-12 Educator for the past 4 years, I saw firsthand how much mental health contributes to one’s ability to grow, thrive, and contribute to our society. It was important to me to complete my practicum at a site that offered free or low-cost counselling to those who need it most. I was lucky enough to be selected as a practicum student for Third Space Charity and have been provided with supervision from experienced counsellors, the opportunity to work with a team of other student interns, and a placement that I am able to fulfill my hours requirements to register with the BC Association of Clinical Counsellors.

Young adults who have graduated from the K-12 system are in the vulnerable position of grappling with many life changes while supporting themselves on lower incomes with high costs of living. Many do not have dependable relational support. Many do not have the financial means or insurance coverage to seek mental health support through counselling. Third Space Charity provides a mutually beneficial program to both intern counsellors like myself, who often are required to complete 200 hours of direct counselling to graduate from our masters programs, and young adults seeking low-barrier mental health services. I have experienced Third Space Charity as a counselling training program that produces competent and compassionate counsellors.”



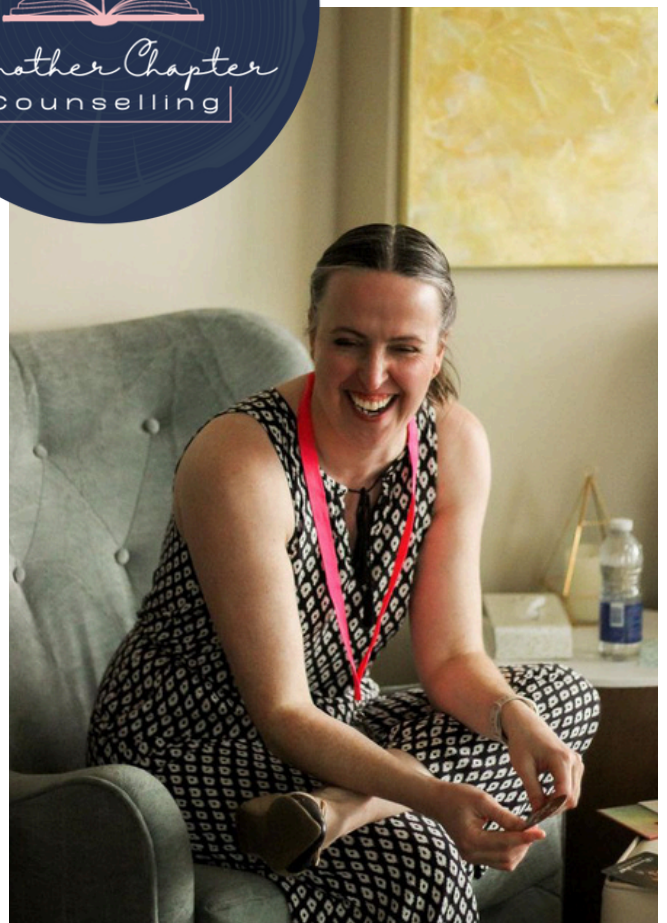
Third Space Alumni

Paige Mathison



Third Space Charity Alumni, Summer 2020 Cohort
Owner, Another Chapter Counselling

“I am so grateful for the autonomy I had when doing my practicum at Third Space Charity. There was a deep respect for my career as a psychiatric nurse, while acknowledging my new role in a counselling chair. Since finishing my practicum in December 2021, I have the honour to work alongside incredible mental health professionals and advocates in my group practice Another Chapter Counselling. I now specialize in trauma support, especially for those in the healthcare field or on route toward a helper career! As a public speaker, I also often share wellness information with audiences in hopes to provoke optimism and a sense of ability to heal and grow from the pains of life. I’ve maintained my connections with fellow interns and happily remain connected with TSC in any ways I can. Their support and guidance continue to help me flourish!”



OUR SUPPORTIVE CARE COUNSELLING CLIENTS TOP 10 REASONS FOR SEEKING HELP:

1. Anxiety
2. Low Mood or Depression
3. Self Esteem
4. Relationship Issues
5. Trauma
6. Emotional Regulation
7. Academic Stress
8. Loneliness
9. Financial Stress
10. Greif or Loss



OK

NOT
OK





Third Space Clients: Meet Taylor

Third Space Charity, Alumni Referral Program Client



“My Third Space Charity Alumni Counsellor revolutionized how I viewed mental health and therapy during the darkest period of my life. This therapy has been a catalyst for massive change for me personally and professionally. Without this experience, I would not have the knowledge, self-awareness and self-care routines I have today that enable me to be the healthy person that I am. I would not be in the place that I am now where I feel like I am truly where I am meant to be and doing the things that I am meant to do.”

Meet Kelly Grace

Third Space Charity, UBCO location Client

"I have had an excellent experience with my Third Space counselor. She was so easy to get along with and open up to, and she validated my feelings. All of these are so important to me during counseling. She would make me feel so excited to see her again because it would feel like I was just talking to a good friend! As she moves on from this internship, it makes me sad to see her go, but I wish her the very best! I also praise Third Space because the app/website used for booking appointments makes the process so easy. So far I've had a good experience counselling here, and I will keep coming back!"



HIGHLIGHTS IN THE COMMUNITY

LIME Micromobility names Third Space Charity as the first ever Canadian recipient of its Heroes program.



The team at BNA for Pins for Purpose.



Clinical supervisors Barb and Sharlene at OPEN SPACE.

HIGHLIGHTS IN THE COMMUNITY

Filming Mental Health Matters at Rogers Cable with guests Mahlon and Austin of Friends of Felix.



Our team at Okanagan Lifestyle learning about Ableism and Disability.

Art on the Line fundraiser at UBCO



VALUED SUPPORTERS

We are so grateful to our many donors and supporters in the community. Some of those who helped us out last year include:



STOBER
Foundation



motherlove



SUO
Students' Union
UBC Okanagan



PIHL LAW CORP



OKANAGAN
LIFESTYLE



DS | Doak Shirreff
Lawyers LLP

THIRD SPACE³ CHARITY

Building capacity. Supporting community.
www.thirdspacecanada.org



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INCLUSIVE OF ALL.

Third Space Charity acknowledges the land we occupy is the unceded, traditional, and ancestral territory of the Syilx (Okanagan) peoples.