

Annual Report 2025

Catholic Family Services of Toronto
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**Catholic
Family Services**
of Toronto



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Reflections

“This year, I would first like to consider the importance of making room for the word through listening. The willingness to listen is the first way we demonstrate our desire to enter into relationship with someone.”

Pope Leo XIV

Throughout 2025, Catholic Family Services of Toronto (CFST) continued to strengthen its ability to serve individuals, couples, families, and communities facing some of life's most difficult challenges. Against a backdrop of growing demand for mental health, violence prevention, family support, and community services, the agency remained focused on providing compassionate, high-quality care while investing in the long-term sustainability of the organization.

A major focus of the year was preparing CFST for the future. The Board of Directors, management team, staff, and community partners worked together to develop a new five-year Strategic Plan that will guide the organization through 2030. This process included extensive consultation, reflection on our mission and values, and consideration of the changing needs of the communities we serve. The resulting plan provides a clear framework for strengthening our services, deepening our community impact, and ensuring the agency remains responsive, innovative, and mission-driven.

The agency also continued to demonstrate leadership within the broader social service sector. CFST secured funding and assumed the lead role in a collaborative Diversity, Equity, Inclusion and Belonging (DEIB) initiative involving all five Catholic Family Services agencies in the Archdiocese. We expanded our participation in innovative violence prevention initiatives, including the Male Engagement Worker project and the Ontario Men's Counselling Link, while contributing to provincial advocacy efforts through Family Service Ontario. These partnerships have increased the visibility of our work and strengthened our ability to influence systems and policies that affect the individuals and families we serve.

At the same time, important investments were made in organizational capacity. Planning advanced for the modernization of the agency's client information systems, risk management and governance practices were strengthened, and new approaches to program planning, evaluation, and accountability were implemented. Throughout these efforts, CFST remained firmly grounded in its Catholic mission, participating actively in initiatives led by Catholic Charities to deepen alignment with Catholic Social Teaching and strengthen the shared mission of serving those who are vulnerable, marginalized, and in need of support.

None of this work would have been possible without the dedication of our staff, volunteers, Board members, donors, funders, and community partners. We are deeply grateful for their commitment, generosity, and belief in our mission. As we look ahead, we do so with confidence that CFST is well-positioned to continue providing compassionate service, responding to emerging needs, and building stronger families and communities for years to come.



Brenda Spitzer
Executive Director



Naguib Gouda
Board Chair

“Thank you for your service. It has been a great help for my life!!!” - Catholic Family Services of Toronto client

CFST STRATEGIC MAP 2026 - 2030

Vision

Compassionate communities where all can access care, grow, and thrive.

Mission

We strengthen lives by providing professional support that heals, empowers, and transforms.

Core Values

- Belonging
- Compassion
- Integrity
- Respect
- Social Justice

Priorities for 2026 to 2030

SP1: Optimize and Reimagine Our Service Delivery Model

Objectives:

- Prioritize early intervention to prevent escalation of needs
- Strengthen and forge partnerships and create integrated pathways to address complex client needs holistically, including academic, service navigation connections, parishes
- Expand outreach strategies to engage individuals with the greatest need
- Establish clear methods for measuring and communicating impact

SP2: Deepen Our Culture of Teamwork, Inclusion, and Learning

Objectives:

- Advance diversity, equity, inclusion and belonging across the Agency
- Build team expertise with a focus on emerging needs of those we serve
- Enhance supervision, professional development, and ongoing support for staff to address succession
- Promote collaboration and knowledge-sharing across all teams to strengthen collective capacity

SP3: Strengthen Our Organization to Maximize Impact

Objectives:

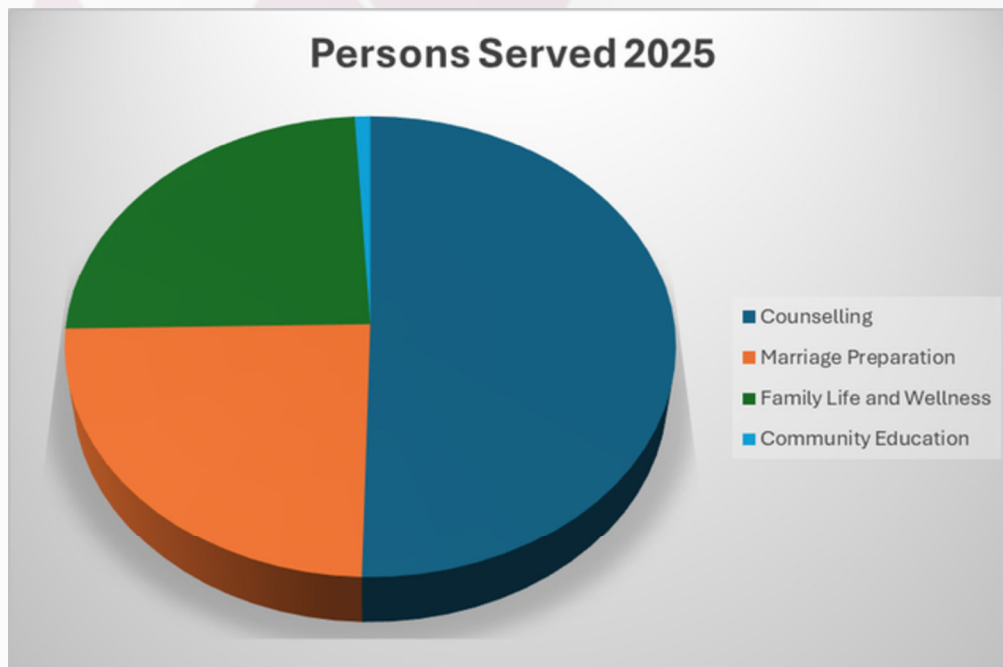
- Raise our profile by developing a compelling brand
- Implement a comprehensive fund development strategy
- Grow a volunteer network to complement our mission
- Leverage technology and AI to enhance service delivery and organizational efficiency
- Diversify funding sources to ensure long-term sustainability

Programs and Services

Catholic Family Services of Toronto provides Counselling/Psychotherapy and Wellness Services including Marriage Preparation courses and the New Beginnings program on a hybrid model - either in-person or virtually via video conference or by phone. The Agency continues to utilize paperless processes to support efficient operations. The Agency offered virtual counselling utilizing the secure platform "OnCall Health" to deliver services by video conferencing.

PERSONS SERVED in 2025

Total Persons Served = 9,083

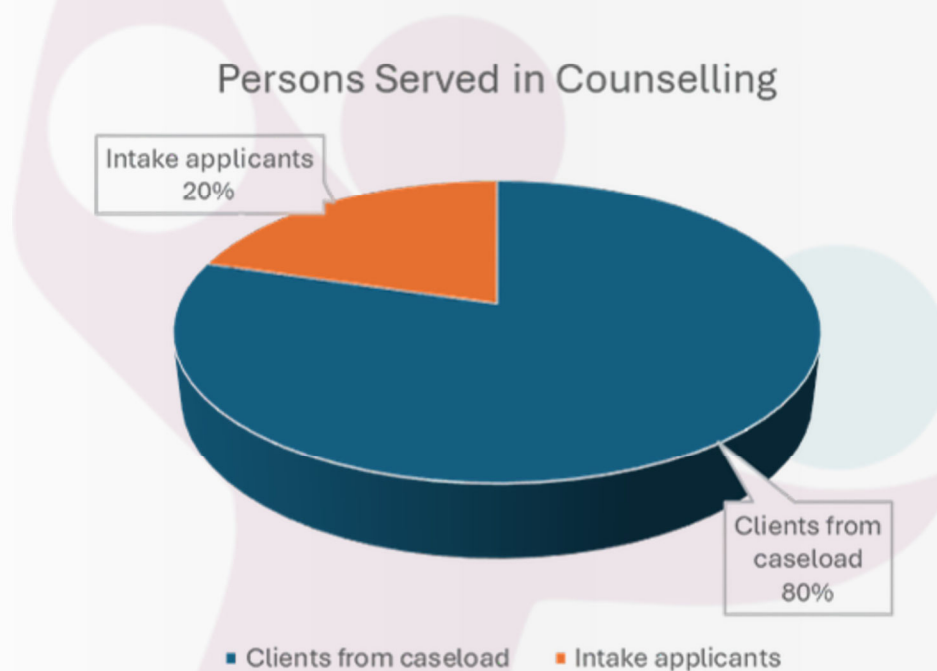


The Counselling Program in the chart above includes General Counselling, Quick Access Single Session, Domestic Violence, Sexual Assault, Male Engagement, Choosing to Change, Senior's, and the Men's, Women's and Children's Programs. The Counselling program accounts for 50.4% of the total clientele while the remaining 49.6% were served through the Marriage Preparation, New Beginnings, Family Life, Wellness and Community Education programs.

Counselling/Psychotherapy Program

In 2025, Catholic Family Services of Toronto continued to offer its counselling services and groups through in-person and virtual modes of delivery. Clients who preferred to be seen in-person were offered to come to the office on days when counsellors are scheduled to work onsite. Counselling groups offered included Children Experiencing Loss and Choosing to Change as well as groups for those involved in Domestic Violence situations.

Persons served in Counselling = 4,577



- Served **4,577** persons in direct service activities
- Provided **11,041** individual, couple, family and group sessions
- **60.9%** of applicants opened accessed service within 6 weeks
- Quick Access Single Session: opened **165** cases for a total of **198** people (139 individuals, 17 couples and 9 families).
- Individual counselling (**83.4%**) was the predominant mode of service followed by couple counselling (**13.5%**), group counselling (**2.3%**) and family counselling (**0.8%**).

Demographic Profile of Clients in 2025

Religion:	62.1% were Roman Catholic; 16.6% were Other Christian Religions; and 21.2% were Other Non-Christian Religions
Age:	3.0% were aged under 15 years; 4.8% were aged 15 to 24 years; 43.9% were aged 25 to 44 years; 36.0% were 45 to 64 years; and 12.4% were 65 years & over
Family Status:	32.8% individuals; 24.9% 2-parent families; 18.5% 1-parent families- female head; 13.1% couples; and 9.7% separated/divorced 2-parent families; 1% 1-parent families- male head
Family Income:	23.2% reported a family income of under \$10K; 38.5% reported \$10K to \$40K of family income; 25.2% reported \$40K to \$80K of family income; and 13.2% reported over \$80K in family income
Employment:	34.4% clients were employed full-time; 14.5% as part-time or seasonal and 19% as unemployed; and 32.3% were students, homemakers, disabled, retired, or children
Education:	55.1% university level; 24.8% community college; 14.8% secondary level; 5.4% none/elementary
Fees:	Non-paying clients – 49.2% and Partial fee-paying clients – 50.8%
Cultural Diversity:	32.0% Canadian; 10.3% South and East Asian; 10.1% Latin/South American; 17.1% Europeans; 8.6% Caribbean; 7.3% Filipino, and the rest (14.5%) were African, Chinese, Iranian, and others.

Number of Counselling Sessions at Close:

- 50.1% of client cases were closed after 1 to 3 counselling sessions
- 9.4% of client cases were closed within 4 to 6 sessions
- 10.2% of client cases were closed within 7 to 10 sessions
- 7.8% of client cases were closed within 11 to 15 sessions
- 4.1% of client cases were closed within 16 to 20 sessions
- 18.4% of clients were provided with longer-term counselling (21+ sessions)

Primary Concerns Presented:

- Mental and Emotional Health problems (22.2%)
- Marital/Couple Relationship (18.1%)
- Domestic Violence including Sexual Assault/Incest (17.3%)
- Personal/Individual problems (17.2%)
- Environmental (i.e., employment, financial, housing, job-related issues) (10.4%)
- Separation/Divorce (4.9%), Parenting(4.8%); Family Relationships (3.5%); Other (1.6)

Violence Against Women Program

The Violence Against Women Program (VAW) offers services to women who have experienced abuse in their intimate or family relationships. There are services available to women and their children, under the age of 16 years, who have witnessed the abuse.

The Agency provides a safe and supportive environment in which women can learn about safety planning, receive individual counselling/psychotherapy and/or group counselling, receive support and education, receive assistance in applying for transitional housing, and obtain information regarding community resources.

The Agency also engages in projects and partnerships that involved collaboration and outreach to provide a multiservice approach to meeting clients' service needs.

The VAW Program accomplished the following in 2025:

- 494 cases with 3,310 direct client contacts (individual, couple, family interviews, and group sessions/ presentations).
- Three (3) "Understanding Abuse" groups served 23 women, Three (3) "Navigating Emotions Thoughtfully" groups served 24 women, Three (3) Domestic Violence Parenting groups served 14 women.
- Seven (7) groups of "Reclaiming Internal Self-Confidence and Esteem" (RISE) workshops were offered and attended by 29 women who have experienced intimate partner violence/abuse.
- Under the CCAS-CFST Co-location project, 112 women were served by one staff who worked with the CCAS Intake Branch to offer consultation and collaborative outreach between child welfare and violence against women sectors.
- 62 women who were in the process of leaving an abusive relationship were served under the Transitional Housing Support Program.
- Twenty-Three (23) "Teens Healthy Relationships" presentations were conducted to 644 youth and high school students in seven (7) Catholic secondary schools. One (1) program presentation was offered to 65 TCDSB social work staff.
- 57 women who experienced childhood sexual abuse were served in the Survivors of Sexual Abuse program.

Services for Men who have used abuse in their relationships:

Services for men who have used abuse in their relationships with their partners were provided for 41 men in seven groups through two group programs ("Choosing to Change" and "Being Dad") and an additional 56 men were served in individual counselling.

New Programming in 2025:

Men's Counselling Link: The Agency became a partner with the Men's Counselling Link in 2025. Men's Counselling Link is a free, confidential service available through 211 Ontario. It provides men with access to professional counselling, offering support for those experiencing stress, relationship conflict, harmful behaviours, or personal challenges. This service connects callers to trained counsellors through Family Service Ontario agencies, either virtually or in person. The aim of the Men's Counselling Link is to ease stress and help stabilize day-to-day challenges.

In June 2025, the expansion of the Male Engagement Program was launched in partnership with Catholic Children's Aid Society and Children's Aid Society of Toronto. This program is funded through to March 2027.

We began a new partnership with Elisa House, a long-term shelter for single women operated by the Society of Saint Vincent de Paul. Through a series of in-person workshops we support women to gain skills, build resilience and empower them in their journey.

In collaboration with Barbara Schliffer Clinic, we implemented RISA - a new risk assessment tool to identify risk and provide safety planning and immediate services for domestic violence cases.

In the Seniors Program we launched "Living Loss", an experiential group program designed to help seniors navigate the complex grief and loss transition through expressive exercises and creative movements.

In our Domestic Violence Program, we launched a pilot psycho-educational group titled Parenting Through DV (domestic violence). This group was designed to support women navigating parenting and co-parenting within the context of domestic violence.

As part of our commitment to raising awareness about mental health, we expanded our community outreach to engage youth within parish communities. We hosted a workshop at St. Thomas More Catholic Parish, attended by 75 young participants, where they received psycho-educational information and community resources on mental health.

To build stronger communities of practice and to raise the Agency's profile as a leader in the field of family services, in 2025 we offered two trainings for Single Sessions psychotherapy to other Agencies where 44 clinicians attended.

The Agency entered a partnership agreement with Community Counselling Centre of Nipissing to provide clinical supervision to their staff. We provided individual and group clinical supervision to 13 staff members across two clinical teams, General Counseling and Trauma and Addiction.

In Couples Education, we offered a conflict resolution workshop at Our Lady of Sorrows Parish to 36 participants and a couples retreat to 60 participants at Valley of the Mother of God Retreat Centre.

Marriage Preparation, New Beginnings & Wellness

Sixteen (16) deacons trained in the Joy-Filled Marriage program facilitated the marriage preparation (MP) courses for first marriages while the Agency staff facilitated the re-marriage courses for second union couples, the single partners' group for transnational partners, and for couples in special circumstances. All courses were offered online. After attending the MP course, the participants received a couple single-session meeting with a counsellor to complete the course.

New Beginnings is a program dedicated to helping people who have suffered loss through separation, divorce or death. Through various activities, participants are given the opportunity to move through the stages of healing, leading to the beginning of a more fulfilling life.

Wellness programs help people to become more aware of the patterns and problems of life as an individual, a couple, a family and a community. Agency wellness services focus on education and skill development and address specific areas of well-being. These psychoeducational groups included: "The Self-Confident Woman", "Love After Loss", "Demystifying Anger", "CBT" Group, "Parenting Group", "Living Loss", and "Mental Health Program for Seniors and Caregivers" that focus on mental health issues such as mild to moderate depression and anxiety.

The Office of Marriage Preparation and Family Life accomplished the following in 2025:

- A total of 4,423 persons were served under the Office of Marriage Preparation and Family Life including New Beginnings along with the Wellness Program
- 16 deacons and 2 Agency staff offered online 65 Marriage Preparation and Re-marriage Preparation courses to 2,207 participants
- 60 Family Life groups were presented to 1,777 participants. Topics included issues affecting seniors and their caregivers; mental health presentations at a Parish and for the CWL; a couples' workshop on understanding and resolving conflict; a parish couples' retreat on improving their relationship; and healthy relationships
- New Beginnings offered 44 group activities that served 373 people who were journeying through bereavement or separation/divorce. Individual counselling sessions were offered to 284 people who were dealing with grief, bereavement or separation/divorce
- The Agency provided 8 online wellness groups for 61 people and 5 screening assessments
- At the request of the Chancellor of Spiritual Affairs, the Agency provided 11 Special Assessments and 7 Vétitum Assessments

Service Evaluation

CFST offers high quality services that create positive changes for clients.

In 2025, clients completed the Client Evaluation survey after counselling and other agency services. Based on client survey data, including trends overtime and thematic analysis of comments, CFST offers high quality services that create positive changes for clients.

CFST Counselling programs are helping improve client outcomes, including:

- Coping skills and ability
- Relationships with others and relationship skills
- Overall wellbeing
- Presenting concerns

Positive client outcomes are enabled by skilled and supportive staff and accessible agency services. Clients reported:

- Feeling respected by staff
- Feeling heard and understood
- Services are accessible and inclusive
- Overall satisfaction with agency services

Key 2025 Findings:

- Catholic Family Services of Toronto is providing high quality counselling service across counselling programs.
- All clients surveyed (100%) felt heard, listened to, and respected by staff at CFST after ongoing and QASS counseling.
- Overall satisfaction with services were extremely high after ongoing counseling, with 97,7% of clients satisfied or very satisfied. Client satisfaction after QASS was strong, with 90% feeling satisfied or very satisfied with their counseling experience.
- Staff-client relationships are a major strength of the counseling program.
- Of clients surveyed, 100% would recommend ongoing agency counselling services and 95% would recommend QASS counselling.

2025 Evaluation Report from Client Counselling Surveys and Presenting Concern Ratings

CFST has worked with agency partners in the CFS Collaborative Evaluation Project (CCEP) since 2016. The CCEP is funded by Catholic Charities of the Archdiocese of Toronto. CCEP partners (CFS Durham, CFS Peel, CFS Uffert, CFS Counselling+ Wellbeing (Simcoe County), CFS Toronto, and CCSYR (York Region)) have co-created a shared evaluation framework and approach to understanding the outcomes/impacts and quality of counselling services.

In 2025, clients completed CFST Client Evaluation Survey after Quick Access Single Session (QASS) and ongoing counseling services. Clients also rated their Client Presenting Concerns (CPCs) at the start and end of counseling.

Clients in the Marriage Preparation program completed evaluation surveys after they completed the “Joy-Filled Marriage” course and after they completed the Pre-Marriage Review session.

Ongoing Counselling Outcome:

- The goal of ongoing counselling is to improve client outcomes related to wellbeing, relationships, and coping.
- CFS agencies ask clients to report on changes in key outcomes near the close of counselling sessions to report changes before and after services. Clients also have an opportunity to provide open ended feedback.
- The CFST Client Evaluation Survey for ongoing counselling services shows overwhelmingly positive outcomes for clients across all key areas of wellbeing, coping, and service experience.

QASS Counselling Outcome

- The goal of QASS session counselling is to improve clients' hope, coping, and feelings about their situation.
- The single session survey is provided at the end of the session. Clients rate their experience and what changed for them after receiving QASS counseling. They also have an opportunity to provide open ended feedback.
- The results show meaningful improvements in clients' understanding, coping, wellbeing, and goal progress, alongside strong satisfaction with staff interactions and service delivery.

Client Presenting Concerns (CPCs):

- CFST clients identify the type of up to five presenting concerns, and rate issue severity at the start and end of counselling. These ratings help clinicians understand clients' needs and progress.

Marriage Preparation Program Outcome:

- Participants in the “Joy Filled Marriage” MP courses were invited to complete a confidential evaluation of the program. Also, at the end of the Marriage Preparation course, couples completed the evaluation survey of the Pre-Marriage Preparation Review session at CFST.
- The outcome of the MP survey showed that 97% of participants felt welcomed and respected, 96% felt that the program helped them grow in the understanding of the meaning of a Catholic marriage and the majority would recommend the program to others.
- 99% of couples who completed that pre-Marriage Preparation Review Session survey reported that they better understood healthy relationships, 95% showed an increased ability to resolve conflict and improve their life skills, and 93% would consider seeking counseling from CFST to strengthen their marriage if the need arises in the future.

2025 Results Show CFST Counselling Is Helping Clients

Overall, based on available data, the 2025 evaluation results show that CFST counselling and MP programs are meeting client outcome and service quality goals. The survey results demonstrate that CFST ongoing and QASS counseling are highly effective, client-centered, and responsive to client needs, contributing to meaningful improvements in client’s emotional well-being, coping skills, and overall quality of life.

Client Feedback

"I felt that I needed to speak up about my feelings and what I had been carrying around internally, privately for some time. It was helpful to hear my thoughts in speech. It was also helpful getting some feedback related to my own ability for insight. It was validating. I was also given helpful steps to take some action on."

"My counselor was so very helpful offering imagery and considerations to help me understand what I was feeling, and they offered me strategies and exercises to direct me towards something better. Additionally, the religious and spiritual part of who I am is so important so having a Catholic support network was so central to my journey."

"I am very grateful to receive this service. I find that my ability to reflect on myself and my perception of various issues is growing deeper. Thank you."

"My therapist created a safe, non-judgemental space which enabled me to progress and evolve as a person. I was heard and validated which has made me more resilient and stronger."

"So thankful that there is sliding scale for payment - not enough of those services available".

"There is no long-term affordable therapy in Toronto. Finding your services were the only option after years of looking for ongoing therapy."

"I am very grateful to receive this service. I find that my ability to reflect on myself and my perception of various issues is growing deeper. Thank you."

"We learned important skills to marriage management. It is really important especially financial, communication and conflict topics."

"It was a wonderful experience to have this program before our marriage. This will help us to understand and know more about our partner that can help us with our marriage."

"Overall, this course was well done and professional. Enjoyed group calls and chat sessions between videos. Highly recommend for future couples planning marriage in the Catholic church."

"It was a wonderful experience to have this program before our marriage. This will help us to understand and know more about our partner that can help us with our marriage."

Community Program Partners

- 
- 211 Ontario
 - Archdiocese of Toronto
 - Catholic Children's Aid Society
 - Catholic Community Services of York Region
 - Catholic Family Services of Durham
 - Catholic Family Services of Peel-Dufferin
 - CFS Counselling + Wellbeing
 - Catholic Women's League
 - Children's Aid Society of Toronto
 - Community Counselling Centre of Nipissing
 - Downtown East Toronto Ontario Health Team
 - Elisa House
 - Family Service Ontario
 - Family Services of Peel
 - Family Service Toronto
 - HF Care
 - Jewish Family and Child Service of Toronto
 - LA Centre for Active Living
 - Native Child and Family Services of Toronto
 - North York Women's Centre
 - Sherbourne Health Centre
 - St. Elizabeth Health Care
 - Tyndale University
 - Toronto Catholic District School Board
 - Toronto Walk-In Network (TWIN)
 - University of Toronto
 - Wilfrid Laurier University
 - WomanAct
 - Woodgreen Community Services
 - Yonge Street Mission
 - Yorkville University

REPORT OF THE INDEPENDENT AUDITOR ON THE SUMMARY FINANCIAL STATEMENT

TO THE MEMBERS AND DIRECTORS OF CATHOLIC FAMILY SERVICES OF TORONTO

Opinion

The summary financial statement, which comprises the summary statement of operations for the year ended December 31, 2025 and related note, is derived from the audited financial statements of Catholic Family Services of Toronto (the "Organization") for the year ended December 31, 2025.

In our opinion, the accompanying summary financial statement is a fair summary of the audited financial statements, in accordance with the criteria described in the note to the summary financial statement.

Summary Financial Statement

The summary financial statement does not contain all the disclosures required by Canadian accounting standards for not-for profit organizations. Reading the summary financial statement and the auditor's report thereon, therefore, is not a substitute or reading the audited financial statements of the Agency and the auditor's report thereon.

The Audited Financial Statements and Our Report Thereon

We expressed an unmodified audit opinion on the audited financial statements in our report dated May 12, 2026.

Management's Responsibility for the Summary Financial Statement

Management is responsible for the preparation of the summary financial statement in accordance with the criteria described in the note to the summary financial statement.

Auditor's Responsibility

Our responsibility is to express an opinion on whether the summary financial statement is a fair summary of the audited financial statements based on our procedures, which were conducted in accordance with Canadian Auditing Standard (CAS) 810, Engagements to Report on Summary Financial Statements.



HILBORN
LISTENERS. THINKERS. DOERS.

Toronto, Ontario
May 12, 2026

Chartered Professional Accountants
Licensed Public Accountants

CATHOLIC FAMILY SERVICES OF TORONTO

SUMMARY STATEMENT OF OPERATIONS

YEAR ENDED DECEMBER 31

	2025	2024
Revenues		
ShareLife - Catholic Charities of the Archdiocese of Toronto Allocation	\$ 1,752,363	\$ 1,752,363
Fees for services	518,508	519,483
Ministry of Children, Community and Social Services	1,205,326	907,235
Archdiocesan grant - Office of Marriage and Family Life	247,953	239,385
- New Beginnings Program	214,529	253,508
Canadian Red Cross	-	3,625
Investment, donations and other income	231,346	228,166
	4,170,025	3,903,765
Expenses		
Salaries and employee benefits	3,564,949	3,308,698
Building occupancy	164,432	140,803
Depreciation	19,883	17,873
Office, training and education	200,895	189,413
Advertising and promotion	3,106	4,388
Purchased services	94,788	135,750
Evaluation project	4,391	4,963
Transportation	2,598	793
Financial assistance	126	-
Group and education program	13,369	29,131
Organization dues and fees	15,198	9,698
	4,083,735	3,841,510
Excess of revenues over expenses for year	\$ 86,290	\$ 62,255

The accompanying note is an integral part of the summary financial statement.

NOTE TO SUMMARY FINANCIAL STATEMENT DECEMBER 31, 2025

Amalgamation

Effective June 12, 2025, Catholic Family Services of Toronto (the "Agency") and Catholic Family Services of Toronto Foundation (the "Foundation") amalgamated. Prior to the amalgamation, the Agency was the sole beneficiary of the Foundation. The amalgamated organization continues under the name of Catholic Family Services of Toronto. The summary financial statement of the Agency and the Foundation for the year ended December 31, 2024 have been combined to present the results of operations as if the operations of the Agency and the Foundation had been combined since inception.

Basis of presentation

The summary financial statement has been prepared from the audited financial statements of Catholic Family Services of Toronto (the "Organization") for the year ended December 31, 2025, on a basis that is consistent, in all material respects, with the audited financial statements of the Organization except that the information presented in respect of financial position, changes in net assets and cash flows has not been presented and information disclosed in the notes to the financial statements has been reduced.

Complete audited financial statements are available to members upon request from the Organization.

Officers & Board of Directors

2025 – 2026

Our sincerest thanks and appreciation go to our Volunteer Board of Directors for their steady commitment, leadership and dedication to support the Catholic Family Services of Toronto's Mission to provide innovative, relevant and quality family services to the entire community.

Honourary Chair – His Eminence, Frank Cardinal Leo,
Metropolitan Archbishop of Toronto

Chair – Naguib Gouda

Vice-Chair - John Cooney

Treasurer - Naguib Gouda (Jun – Dec)

Treasurer - Suzzette James (Jan – Jun)

Secretary & Executive Director - Brenda Spitzer

Lesley-Anne Carrothers

Sudha Datta

Monika Frejlich

Ellen Malcolmson

Mary McGraw

Kathleen Morris

Patricia Pillai

P. Daniel Robertson

Thank you also to the dedicated management team, our compassionate counsellors and administrative staff for their hard work and commitment, providing much-needed services and programs that assist our clients in their journeys towards healing and wellness.

THANK YOU!

Funders

Our sincere appreciation and thank you to all our Funders for trusting CFS Toronto. Through their generous support, we were able to continue delivering essential services and programs to our clients and the people who are in most need of help.

- Catholic Charities of the Archdiocese of Toronto
- ShareLife
- Archdiocese of Toronto
- Ministry of Children, Community and Social Services
- Catholic Family Services of Toronto Foundation
- Catholic Children's Aid Society of Toronto
- Knights of Columbus, Jesus the King Council 15045



SUPPORTED BY



Archdiocese
of Toronto



Ontario



Catholic Family Services of Toronto is a Catholic Charities member agency supported by [ShareLife](#).

A Message of Gratitude to Our Donors:

At Catholic Family Services of Toronto, we witness every day the difference that compassion can make in the lives of individuals, couples, children, families, seniors, and those facing some of life's most difficult challenges.

None of this work would be possible without the generosity of our donors, supporters, and community partners. Your commitment enables us to provide counselling, violence against women services, family support programs, and mental health services to those who might otherwise be unable to access the help they need.

Your gifts do more than fund programs—they offer hope, dignity, healing, and connection. They help ensure that financial circumstances are not a barrier to receiving care and support during times of crisis, transition, and personal growth.

On behalf of our Board of Directors, staff, volunteers, and the thousands of individuals and families we serve each year, thank you for your trust, generosity, and partnership. Together, we are building a stronger, more compassionate community and helping to transform lives.

We are deeply grateful for your support!