



Annual Report 2024 – 2025

Celebrating Progress and Impact in Our
Community



PRESENTED TO
Stakeholders and Partners

PRESENTED BY
Board of Directors

Introduction

Connecting Our Community Together

Raising the Hope (RTH) Community Services has remained deeply committed to opening up honest conversations around mental health in the **Bangladeshi** and wider South Asian community throughout 2024-2025. Too often, silence, stigma, and fear prevent us from speaking about what we are going through. At RTH, we believe that **every story deserves to be heard**, and that healing begins when we feel safe to share.

This year, we continued to create welcoming spaces for young individuals, families, and adults to talk openly about stress, identity, trauma, and the everyday challenges of life. By combining

empathy with cultural understanding, we are helping to **break down barriers** and **encourage healthier communication** across generations.

As we reflect on this second year, the growth of RTH demonstrates the critical need for culturally informed mental health support. We remain committed to expanding our services to meet diverse community needs, cultivating resilience, and raising hope for individuals and families navigating mental health and social challenges across Canada.



Our Mission and Core Values

Rooted in Community Impact



We are a Canadian not-for-profit dedicated in the mission on raising hope for people experiencing mental health difficulties, addiction, isolation, and housing insecurity.

Our vision is to contribute to a society where every individual has **equitable access** to mental health care and social services, regardless of race, immigration status, or economic background.

Our Core Values:

- *Respect*
- *Partnership and Collaboration*
- *Excellence*
- *Optimization of Resources*

Raising the Hope (RTH) focuses on supporting new immigrants, refugees, Canadian residents, international students, and seniors across Toronto and beyond. Our services include empathetic listening, awareness-building, referrals, and volunteer engagement. While we began by serving the Bangladeshi community, our work is expanding to reach diverse groups across Canada, guided by community needs, research, and available resources.



A Year in Review

Highlights and Outcomes of Our Community Impact

One-to-One Mental Health Support Sessions

RTH facilitated **35 individualized** mental health support sessions delivered virtually, by phone, and in person. These sessions provided confidential, culturally safe spaces for clients to address:

- **Anxiety and depression**
- **Domestic violence**
- **Divorce-related trauma**
- **Childhood and adult trauma**
- **Parenting struggles**
- **Career-related anxiety and transition stress**

Each session was tailored to meet clients' unique emotional and cultural needs.

Advocacy & Media Engagement

RTH expanded advocacy and visibility efforts, particularly with **NRB TV** media outlet. This successful collaboration led to:

- Direct advocacy to **Canadian NRB TV** for mental health collaboration.
- A televised segment promoting mental health awareness.
- Porobashi's broadcast coverage helped normalize mental health as a shared responsibility.



A Year in Review Cont'd

Highlights and Outcomes of Our Community Impact

Community Conversation Circles

Two culturally informed Community Conversation Circles were organized with trauma-informed facilitators:

Adult Circle: 16 participants engaged in **open discussion** on mental health stigma, parenting, stressors, and generational silence around trauma. The aim was to normalize dialogue and introduce pathways to accessible mental health care.



Youth Circle: 11 participants (ages 16–27) discussed career anxiety, academic stress, and identity struggles. One participant, recently accepted into medical school, shared perspectives that inspired peers.

These circles fostered **trust**, **empathy**, and **validation** of shared experiences.



Looking Ahead

Milestones and Events



01

Expansion of Community Conversation Circles

02

Youth Leadership & Mental Health First Aid Training

03

RTH Face-to-Face Centre

In 2025, RTH achieved remarkable milestones that highlight both growth and impact. The **Community Conversation Circles** expanded their reach, showing how vital it is to create safe spaces for young adults and families to openly share their struggles. Our **one-to-one support sessions**, along with advocacy efforts in the Bangladeshi community, demonstrated the urgent need for culturally informed mental health services.

RTH is committed to strengthening its programs and expanding its reach through innovative, community-driven initiatives:

- 1. Community Conversation Circles:** We aim to host **quarterly circles** to engage a wider demographic, including young adults, parents, and stakeholders. Each circle will focus on specific themes such as intergenerational trauma, parenting strategies, and workplace mental health.
- 2. Youth Leadership & Mental Health First Aid Training:** RTH will train 15 young leaders to serve as peer advocates and conduct community engagement for mental health. By equipping youth with leadership and mental health skills, we foster resilience and long-term cultural change.
- 3. Face-to-Face Centre Development:** We plan to establish an **RTH Face-to-Face Centre**, designed as a safe, welcoming hub where community members can access Mental health peer support.



Conclusion

The past year has shown how deeply the **Bangladeshi** and **South Asian community** values safe, culturally informed spaces to talk about mental health. Through **one-to-one support** sessions, **community conversation circles**, and **advocacy**, RTH has worked to reduce stigma, strengthen family and intergenerational communication, and create pathways toward healing.

These achievements would not have been possible without the **trust** of **young adults, families, and community stakeholders** who continue to stand with us. As we look ahead, RTH remains committed to expanding our reach, **empowering youth**, and **ensuring** that no one has to struggle in silence.

Together, we are building a community where every story is heard, every individual is valued, and hope is raised for all.





Thank You!

OUR CONTACT:

www.raisingthehopecs.com

raisingthehope.cs@gmail.com

