



# Helix's Annual Report 2025

## Introduction & Overview

### Welcome From Leadership

As we reflect on 2025, we are struck by both the challenges facing young people and the extraordinary determination of those working alongside them to build a better future.

Across Canada, children and youth continue to navigate increasing complexity. Many are experiencing declining mental health, barriers to meaningful employment, growing uncertainty about democratic institutions, and ongoing inequities that limit opportunities to thrive. Yet we continue to see remarkable innovation, resilience, and leadership emerging from communities, organizations, and young people themselves.

At the Helix Foundation, we believe that every young person deserves the opportunity to be safe, healthy, connected, and empowered. This belief guides our grantmaking, partnerships, and learning. Throughout 2025, we had the privilege of supporting organizations that are addressing urgent needs while also tackling the root causes of the challenges young people face.

Our grantees are creating pathways to employment, strengthening civic engagement, supporting Indigenous youth in reconnecting with culture and community, advancing child safety, and ensuring that young people have a meaningful voice in decisions that affect their lives. Their work demonstrates that lasting change happens when we invest not only in programs, but also in people, relationships, and systems.

This year also reinforced the importance of listening. Through conversations with youth leaders, community partners, researchers, and fellow funders, we continued to deepen our understanding of emerging issues and opportunities. These perspectives help shape our approach and remind us that meaningful philanthropy requires humility, curiosity, and collaboration.

We are deeply grateful to our grantees, partners, advisors, and supporters. Your expertise, commitment, and trust make this work possible. We are especially inspired by the young people whose experiences, ideas, and leadership continue to challenge us to think differently and act boldly.

As we look ahead, we remain committed to supporting innovative solutions, fostering collaboration, and investing in initiatives that help young people reach their full potential. While the challenges are significant, so too is the opportunity to create lasting positive change.

Thank you for being part of this journey. Together, we are helping build a future in which all young people can thrive.

Sincerely,

Kate Butler, President

## Vision & Mission

Our vision is that all young people should be able to realize the rights necessary for a happy, healthy childhood where they are safe, where they have their needs met, and where they can participate in decisions about their lives.

Helix's mission is to build child and youth resiliency through strengthening communities. We do this by strategic granting, philanthropic investments, and engaging young people in creating change.

## A Year in Review

In 2025, the Helix Foundation:

- Gave 4 grants totalling over \$35,000 through a **fully trust-based model**, including one to a non-qualified donee, a first for us
- Formed a **Youth Advisory Team** composed of individuals with lived experience of structural vulnerability
- Launched a **youth-led advocacy project**, the Youth Resiliency Hub, amplifying voices and driving awareness around key systemic issues
- Engaged in **strategic convenings** and collaborations with other funders and sector leaders
- Delivered **research presentations** to inform policy and practice, including in Montreal

- Strengthened our **communications and outreach**, enhancing our ability to connect, share, and influence

## Our Impact

Helix was founded in 2020 with the vision of contributing to a deeper understanding of youth resilience through research, advocacy, programming, and public dialogue. As the COVID-19 pandemic intensified, young people transitioning out of the care system were met with impossible choices: remain in unstable or unsupportive foster care situations, or ‘age out’ into a world dramatically altered by crisis. While many organizations mobilized quickly to provide support, significant gaps persisted.

In response to these gaps, we founded the **Helix Foundation for Children and Youth**, an initiative grounded in research, collaboration, and a commitment to trust-based support with youth and partner organizations. Over time, Helix evolved from a small grassroots effort into a registered charity in 2023—a milestone that has enabled us to formally begin our grant making journey and expand our reach. Since inception, we have worked to elevate the voices of young people and to advance innovative solutions that build and foster resiliency at the individual and system levels.

## Stories of Impact

We are proud to support [Boost Child & Youth Advocacy Centre](#) this year, for their inaugural grant with Helix. When a crisis affects children and youth, the impact extends far beyond the immediate event. Whether responding to allegations of abuse, incidents of violence, sudden loss, or community-wide trauma, schools and child-serving organizations are often asked to provide support in moments when young people need safety, stability, and connection most. Yet many organizations face these challenges without access to consistent, trauma-informed guidance. That’s why The Helix Foundation is proud to support Boost in developing a Community Crisis Response Practice Guide—a resource that will help organizations across Ontario and Canada respond to crises with confidence, compassion, and care. Boost’s new guide recognizes that children deserve thoughtful, coordinated support during times of crisis and that the adults and organizations who care for them deserve access to the tools and knowledge needed to provide that support effectively.

## Program Highlights

A highlight of 2025 was attending the Canadian Alliance to End Homelessness Conference in Montreal with our Youth Advisory Team. Five youth team members were selected to present at the conference, showcasing the results of months of preparation and collaboration. Their engaging and interactive presentation was exceptionally well received, generating positive feedback, meaningful conversations, and new ideas for future initiatives.

For many participants, this was their first experience attending a national conference, making the opportunity both professionally and personally significant. The experience provided valuable opportunities for learning, networking, and leadership development, while highlighting the important contributions that young people can make to conversations about homelessness and systems change.

## Financials

### Financial Summary

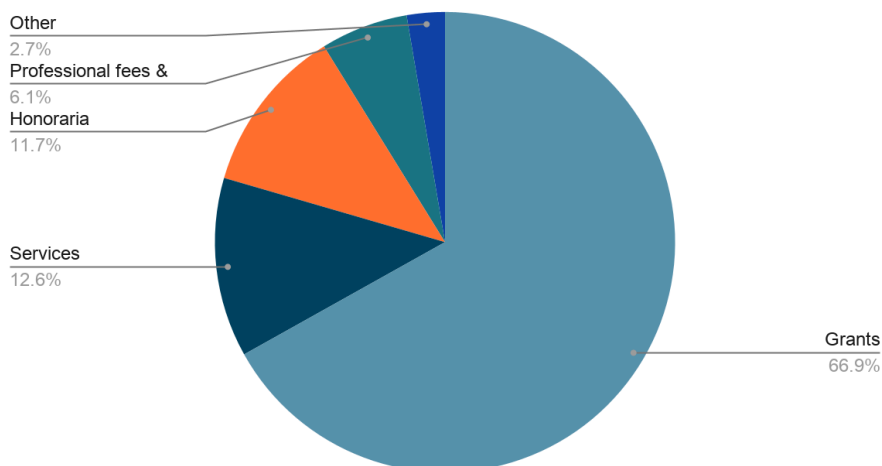
Revenues: \$53,800

Expenditures: \$56,135

Unrestricted Fund balance: \$72,924

### Summary of Expenditures

## Expenditures



## Transparency & Accountability:

At Helix, we are committed to maintaining the highest standards of financial stewardship, transparency, and accountability. Through prudent management of our assets, careful oversight of our investments and grants, and strong governance practices, we work to ensure the long-term sustainability of our foundation and maximize our impact for children, youth, and families.

## Our Community & Supporters

A big thank you to our supporters, partners, grantees, service providers, volunteers, youth team members, board members, and everyone who supports Helix! We couldn't do this without you. We're grateful for your time, energy, and passion for supporting our organization.

## Looking Ahead

As we embark into 2026 and beyond, we are looking to continue doing the following:

- Growing our granting program to reach more youth-serving organizations
- Deepening our partnerships with youth and communities with lived experience
- Expanding our research and advocacy work to drive systemic change
- Investing in organizational sustainability and innovation

Together, with our partners and supporters, we remain committed to reimagining what support can look like for children and young people in times of transition—one relationship, one insight, and one opportunity at a time.