



The Building for Mental Health Campaign

Final Campaign Report
November 2023



The future is here at Stella's Place

Dear Friends,

At Stella's Place, we envision a world where healthy, resilient young adults can live the lives they choose – where they can access free mental health programs and services that meet their unique needs.

We are grateful to the many donors who supported our Building for Mental Health Campaign, despite the uncertainty of a global pandemic.

Together, we created a new mental health healing hub in the heart of Toronto—the first facility of its kind in Canada that caters exclusively to young adults age 16–29.

In March 2023, we opened our new building at 54 Wolseley Street to in-person programming for the first time since the pandemic began, following three years of remote programming.

The sights and sounds of young adults and their community now fill our space.

The generosity of donors has provided a vital new home for a community deserves to have a place of its own. Their gifts have helped to change the landscape of young adult mental healthcare.

Thousands of young adults, now—and in the future—can cross a welcoming threshold where they, and their needs, truly matter.

Sincerely,

Donna Green

Donna Green
Founder and Chair | Stella's Place

“ I really don't think there is anywhere else like this. I can only imagine how many other young people are stuck in the darkness, trying to find help. I don't know what I would have done without Stella's Place. It changed my life. ”

– Stella's Place
Program Participant



**Did you know
that Stella's Place
is ten years old?
We've come so far in
our first decade!**

Collaboration, community, and co-design

For ten years, Stella's Place has been doing things differently with better results. How?



We bring young adults into the conversation

By pairing a community of peers with caring professionals, they co-create programs that work.



We create community

Everyone is welcome in our non-judgmental space. A text message or a step through the front door is all it takes to begin a journey with Stella's Place.



Programs are free

They meet the unique needs of today's young adults, with a holistic approach that considers the whole person.



We embrace a cycle of learning

The needs of young adults are constantly changing, and so are we. Attention to research and best practices is in our DNA, and always will be.



We create safe spaces

Our new home in Toronto is the first walk-in facility of its kind in Canada.

“ The best way to reach young adults is to seek out and incorporate their voices and ideas into the design and delivery of our program model.

It was crucially important for our new space to feel like a home-away-from-home—a place where young adults feel comfortable, safe, and heard. A place where they can develop connections with others and not feel so alone in their journey. ”

– **Nzinga Walker**
Executive Director
Stella's Place



Our donors have helped us create a new healing hub in the heart of Toronto

Goldie's Café is our signature space, our front door to support—an inclusive, comfortable space where young adults can relax, connect with each other or meet members of our trained Access Team.

From this location, participants can register for programs or participate in drop-in programs at their own pace. We offer immediate supports such as walk-in counselling and wellness programs that don't require a long-term time commitment or the completion of registration forms.

Trained Peers provide safe and effective support to other young adults experiencing similar challenges. Having "been there" themselves, Peers can listen and respond from a place of true understanding, and communicate hope and optimism.

Through registered individual and group counselling programs, clinicians support young adults to learn the skills they need and develop the tools necessary to manage their emotions and difficult situations in their lives.

We are on Indigenous land | We recognize the enduring presence and resilience of Indigenous peoples in our area for time immemorial. We acknowledge that the land we are on is the traditional territory of many nations including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee, and the Wendat peoples, and is now home to many diverse First Nations, Inuit, and Métis peoples.

The next generation of mental health care in Canada looks like Stella's Place:

- It is the first fully accessible walk-in facility of its kind in Canada, with every aspect of the space co-designed with, for, and by young adults.
- It is state-of-the-art and energy-efficient, with fully accessible, welcoming spaces designed to foster the well-being of all who enter.
- Double the size our previous rented space, it features large- and small-group program spaces, a community kitchen, cozy nooks, and private counselling rooms—with ample space for staff.
- The space is fully accessible with ramps, braille, and other helpful guidance systems throughout.
- The ambiance is non-clinical, with natural light throughout the space.
- Modern technology and multimedia resources support the spectrum of young adult learning styles and enhance experiential healing.

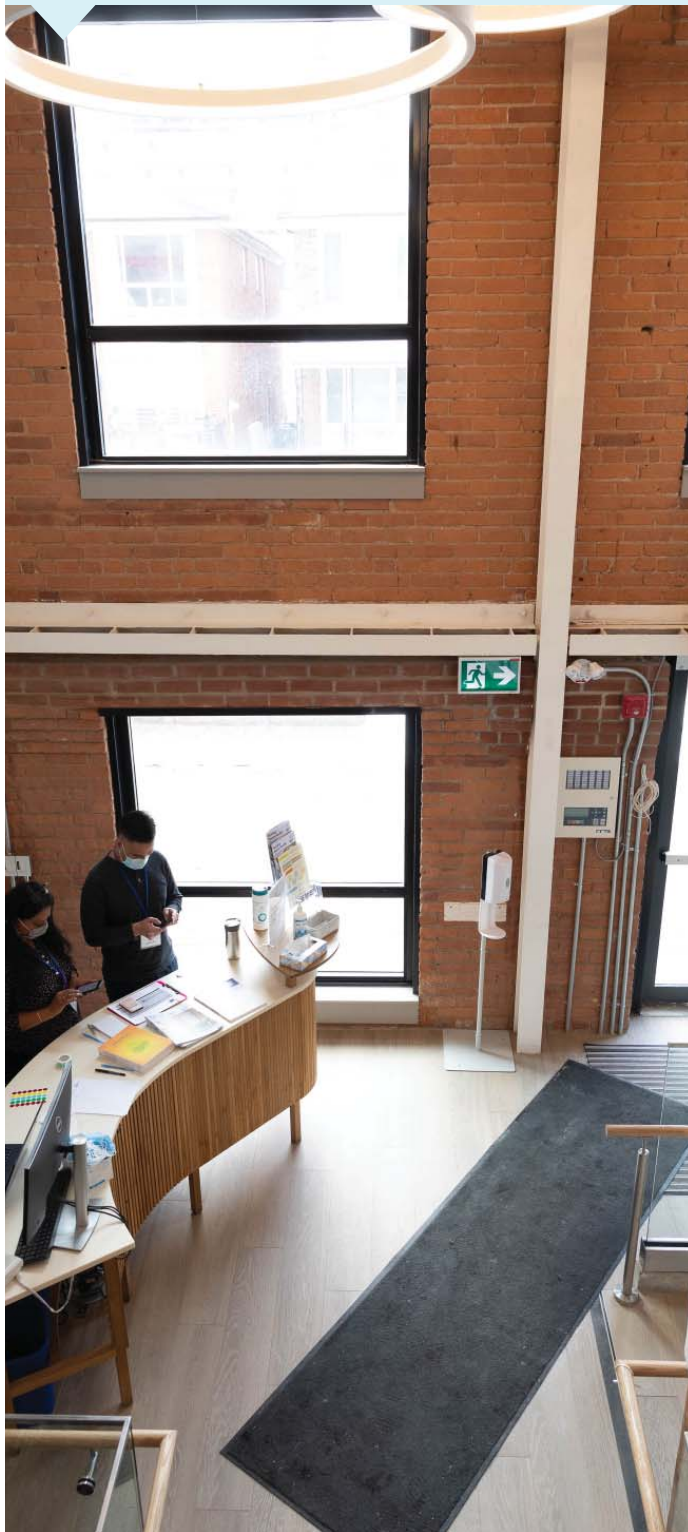




Since 2013, thousands of young people have crossed our threshold. More than 700 young adults have already accessed Stella's Place so far in 2023.

Young adults helped co-design our new places and spaces

Unobstructed sightlines and intuitive building navigation promote a sense of ease and belonging.



Natural materials and green space soothe the body and ground the mind.

Vibrant, open spaces bathed in natural light uplift the senses and foster a spirit of hope.



However a young adult expresses their identity, they are welcome in our non-judgmental space.



Inclusive, barrier-free design respects the dignity of all individuals.

Multi-function room design and flexible gathering spaces throughout the building provide ample capacity for group programs.



“ Stella’s Place believes that young adults with lived experience are experts—that me and other young adults know what we want. And the result of this collaboration between young adults and professionals is that we are creating services young people will find safe, comfortable, and incredibly relevant. ”
– Co-design Participant

Comfortable and flexible workspaces expand our ability to create, collaborate, innovate and grow.



A fully equipped teaching kitchen fosters community connections and holistic wellness.



Come celebrate what we've achieved together.

Our new space is so inspiring that seeing is believing! Join a group tour, or request a private tour any time. Your guests are welcome too.

When you visit, be sure to stop by and see our electronic wall that celebrates donors, volunteers, and the many stakeholders invested in our success.

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Our Mission | Partnering young adults and professionals to provide a collaborative, innovative model of mental health services.

Our Vision | Healthy, resilient young adults living the lives they choose.

Charitable Registration Number: 817186935RR0001

“ Stella’s Place is a thriving hub of creativity, positive energy, and support that makes me feel like I am part of something. It validates my experience and improves my mental well-being.

It provides me with reassurance that Toronto wants me to exist within it, and most importantly, wants me to thrive. ”

– Stella’s Place Participant

