

A close-up photograph of three women of different ethnicities (White, Asian, and Black) smiling warmly and embracing each other. The woman on the left has red hair and is wearing a teal jacket. The woman in the middle has dark hair and is wearing a blue blazer over a yellow top. The woman on the right has dark skin and is wearing a beige cardigan over a white top. The background is softly blurred.

Rise with Excellence



RISE IMPACT REPORT
Support Centre 2025

A WORD FROM THE EXECUTIVE DIRECTOR

This year, as we sought to “Rise with Excellence,” we strengthened our operations through accreditation and enhanced policies and procedures, creating a solid and accountable framework for our work.

We also completed a research project to better understand the needs of our clients, and developed sector-relevant cultural competency training to equip our team to serve with greater awareness and sensitivity.

Guided by our faith and our belief in the inherent worth of every person, these initiatives are an expression of our commitment to serve with both excellence and compassion, ensuring each client is supported with care that is thoughtful, informed, and respectful.

We can’t do this work without you!
Thank you for your support.

CHERYL LINDQUIST
EXECUTIVE DIRECTOR



A WORD FROM THE BOARD CHAIR

Last year was a year of real growth at the Centre. Not only did our growth continue in terms of client numbers and our ability to meet these needs, but we also strengthened our foundation through improved policies and practices. Our goal was to ensure that we continue to offer a high level of excellence in both our client care and our organizational practices, with even greater transparency.

A theme adopted by our staff and board in 2025 was “Rise with Excellence.” We are pleased to say that this is something we were able to achieve.

Together we are stronger, and together we can help RISE continue to be a place of excellent care for families in need.

Thank you for your continued partnership, and may God bless you!

SARAH RYTKONEN
CHAIR





ABOUT US

At RISE Support Centre, we are committed to walking alongside women and families facing unexpected or challenging pregnancies with compassion, dignity, and hope. We provide a safe, confidential space where individuals can access support, practical resources, and evidence-informed education as they navigate pregnancy, parenting, and pregnancy loss.

Rooted in our faith, we believe every person is created with inherent value and deserves to be met with care, respect, and grace. Our team of trained staff and volunteers is dedicated to offering client-centered support that empowers informed decisions and fosters resilience.

Together, we are building a place where individuals feel seen, supported, and equipped to move forward with hope.

MISSION

To show the love of Jesus through education and holistic support before, during, and after an unintended or challenging pregnancy.

VISION

To be known in our community as the place of help, hope and healing where individuals can transition from crisis to thriving.





Next Level Centre Accreditation

Pregnancy Care Canada (PCC) offers affiliated centres the opportunity to pursue Next Level Centre Accreditation (NLCA), a designation that recognizes organizations operating at the highest standards of care and excellence. This rigorous, year-long process requires centres to ensure all organizational documents are current, policies and procedures are comprehensive, and client services reflect established best practices.

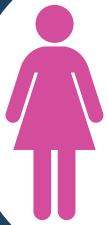
For RISE Support Centre, pursuing accreditation was a meaningful step in strengthening our operations and deepening our commitment to those we serve. We believe our clients are worthy of our very best, and NLCA provides a framework to ensure we are delivering care with excellence, integrity, and compassion.

After a year of dedicated work, including policy development, process improvements, and organizational review, our Executive Director, Cheryl Lindquist, was awarded NLCA on behalf of RISE Support Centre at the PCC National Conference on April 10, 2025. This designation affirms that our centre meets high standards of operational excellence, safety, and trust as a Canadian Christian charity.

We are deeply grateful for this achievement. It reflects the diligence of our staff and board, and it is made possible through the faithful support of our donors and community. Your generosity and prayers continue to strengthen this work and the clients we are privileged to serve.

2025 IN NUMBERS

Unique Clients Served



160
female



152
children



3
male

Client Appointments

1059

Client Demographics

98%

of clients are
women

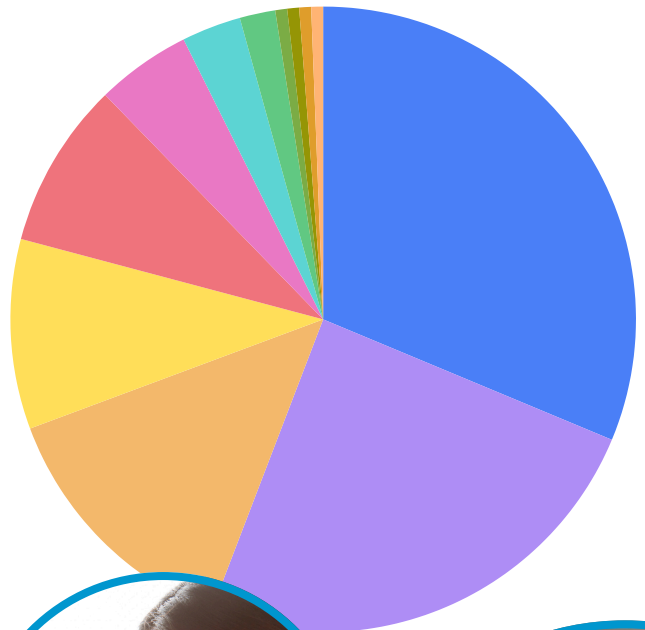
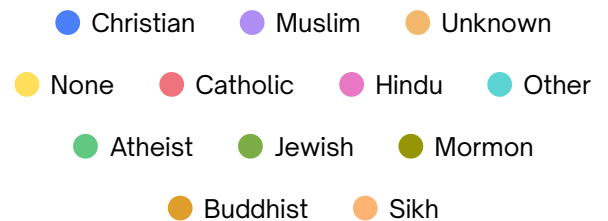
16-46
yrs

age range of clients
served

92.6%

of clients are struggling
financially

Unique Clients By Religion



"[RISE] has helped me in many ways. I have someone to talk to when I need it. Support for my kids. This year has been tough for me but rise made me feel loved and I'm glad we have resources like this in our community."

~Client



2025 CAPACITY BUILDING PROJECT

Intercultural and Interfaith Insights



PURPOSE

This project was dedicated to understanding the cultural and religious dimensions of pregnancy and pregnancy related loss, birth, and the postpartum season. We researched traditions, expectations, stigmas, and norms surrounding these milestones in the lives of the diverse families we serve.

MARP

Our Intercultural and Interfaith Insights project was part of the Multiculturalism and Anti-Racism Program; that's why we called it MARP!

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INITIATIVE #1: RESEARCH

- 400 Hours of research
- 307 Survey responses
- 55 Hours of interviews
- 11 Staff training sessions
- 5 Faith leader perspectives
- 3 Focus groups
- 1 Webinar, 40+ Attendees
- 1 Interfaith Symposium

3

Worldwide Survey Responses!

Each  shows where they came from!

4

INITIATIVE #2: COURSE DEVELOPMENT

- 6 Modules
- 8 Hours of course content
- 82 Minutes of video teaching
- 4 Podcast segments
- 16 Worksheets
- 13 Client Stories

Building Bridges Across Culture: Why It Matters At Your Centre
Presented at the Pregnancy Care Canada Virtual Conference

1



Watch the
promo video!



6

FINAL PUSH

Complete:

- ✓ Initiative #1
- ✓ Initiative #2
- ✓ Plan how to continue this project past the funding period

5

KEY TAKEAWAY

A persistent and unifying theme we found across all faiths and cultures is the need for a network of support for new mothers after birth. Many moms expected that family would surround them during this critical time of healing and bonding but because of unexpected, challenging or even tragic circumstances, they did not have the familial support they had hoped for. **A support network was the number one desire of women navigating unexpected pregnancy.**

FINAL PRODUCT

One really great online course that will equip our team and others to RISE with excellence as we serve our diverse community.

Our new online training course is called *Building Bridges of Care: Foundations for Intercultural Pregnancy Support*. It is the culmination of our research and learning.

Building Bridges of Care is about equipping our team, as well as other care providers, with the knowledge and skills they need to deliver culturally sensitive and respectful care for everyone.

This project was only possible thanks to grant funding through Canada Heritage - Multicultural and Anti-Racism Program

Funded by the
Government
of Canada

Financé par le
gouvernement
du Canada

Canada



Building Knowledge and Professional Skillset in Canada

Arriving in Canada approximately five months pregnant, Tessy found herself far from her caring husband, loving family, and close friends. "I had no family or friends in Canada," she shares.

When Tessy made the bold decision to come to Canada, her goal was clear: to transform her passion into a meaningful career by pursuing education and gaining the professional knowledge and skills needed to make a difference in her home country. Pregnancy was not part of the plan. She did not anticipate navigating a new country and preparing to welcome a baby largely on her own.

As she began navigating the healthcare system, Tessy searched for information on healthcare and health insurance. "A public health nurse connected me with Rise," she explains.

"My first appointment was supposed to be in person," she recalls, "but it became a virtual call due to a snowy winter day. The first person I spoke with, Julie, was so kind and compassionate." From that very first interaction, Tessy felt loved and supported. "They provided guidance and support, and helped me understand that I wasn't alone."

"They gave me a care package, I wasn't expecting that!" Tessy says. Through Rise's Bright Beginnings program, she received support when her son was born. Now 22 months old, he continues to benefit from bi-monthly care packages — a consistent reminder that she is not alone.

It is indeed a practical support. Each visit for a care package also brought love, care, and a sense of connection. "One time, when I was particularly overwhelmed, Julie's encouragement with compassion was exactly what I needed."

As Tessy continues her journey in Canada, her focus remains steadfast. She is committed to gaining a high-quality education, valuable experience, and professional skills that will equip her to return to her home country and make a meaningful impact. "I'm proud I didn't give up," she says.

Throughout her journey, her faith has been a source of strength. "I trusted God and found comfort in knowing He went ahead of me," Tessy shares. "I'm thankful for the grace, wisdom, and strength to keep going."



"When you receive support, you receive it with love and care, and it makes a significant difference," she reflects. "I want to extend that same compassionate care and support to others."

Her vision is to return home and establish a care facility that serves both children and the elderly in need — a place grounded in compassion, dignity, and quality care. "I love children!" she adds with a smile.

*name changed for confidentiality

PROGRAMS & SERVICES

All support services and programs are free, confidential, and provided without judgment.

At RISE Support Centre, we thoughtfully design our programs to support individuals through every pregnancy journey and outcome. Our non-medical, peer-based services provide a safe, confidential, and non-judgmental space where clients can access free pregnancy testing, explore their options, and receive support in making informed decisions. Whether facing an unintended or challenging pregnancy, pregnancy loss, or seeking post-abortion support, we walk alongside each individual with compassion and care.

17
Services &
Programs

Top attended programs:

1. Moms and Tots
2. Gather & Grow
3. MPower



21,514
Material Items Provided

Top priority essentials

420 Boxes of diapers
754 Packs of wipes
2404 Food pouches
610 Cans of formula
425 Feminine pad packs

5.75K

Staff Hours

"The support I get has helped me take care of the basic needs of my family. And the feeling of knowing someone cares makes me feel safe and loved."

~Client



Pregnancy Support:

- Pregnancy Tests
- Pregnancy Decision-Making Support
- Growing Together Prenatal Support & Education
- Pregnancy & Infant Loss Support
- Post-Abortion Support

Parenting Support:

- Moms & Tots
- MPower
- Gather & Grow at the Farm
- Flourishing Family
- Growing & Thriving

Mental Wellness Support:

- RISE Together

Material Assistance Support:

- Bright Beginnings
- Growing Goodness- Nutrition Support
- Precious Cargo

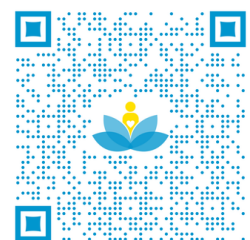
Peer Mentoring Support:

- NEST Mentoring (Nurture, Empower, Support, Transform)
- Spiritual Support & Mentoring
- Community Connections



"I had no idea I was even pregnant so this has been an invaluable resource for me and my partner! We got our first car seat here, which we never would have been able to afford! And our care packages have gotten us through every month... thank you so much for helping my family!"

~Client



Learn more about our programs



FINANCIALS

	2025	2024
Income	\$245,354	\$255,919
Expenditures	\$221,928	\$215,544
Net Income	\$23,426	\$40,375

\$18,000/month

The cost to keep the lights on, doors open, and staff available and ready to care for clients.

Monthly Support is an essential part of long term sustainability.

Become a monthly donor today!

How else can you help?

Be involved as a:

- Program Volunteer
- Event Volunteer
- Donation drive organizer
- Board Director
- Program Sponsor
- Event Sponsor



VISION

As we look to the year ahead, RISE Support Centre is committed to growing both our reach and our impact. We aim to increase awareness of our services so that more women facing unintended pregnancies, and those struggling after an abortion experience, know they are not alone and can access compassionate, non-judgmental support.

We also seek to deepen engagement with our community by expanding donor support and involvement, inviting more individuals to partner with us in this important work. At the same time, we are prayerfully pursuing a new space that will allow us to grow and serve more effectively.

We trust that as we take these steps forward, God will faithfully provide the people, resources, and opportunities needed to continue this mission with excellence and care.



Did you know our Executive Director was interviewed about RISE on the 700 Club Canada? Check out the segment here!

2026 CAPACITY BUILDING PROJECT

Bright Beginnings:

Where caring for babies meets caring for the earth

Overview:

The Bright Beginnings Program aims to create a sustainable and supportive community where resources are shared, and waste is minimized. By collecting gently used items such as clothing, toys, strollers, and other baby essentials, we provide a lifeline for families who are struggling financially. Our initiative not only helps reduce environmental impact but also ensures that every child can grow and thrive with the necessary resources.

Objectives:

- 1.Reduce Waste
- 2.Support Families
- 3.Build Community



This project will allow us to increase the capacity of our already awesome Bright Beginnings program to help even more families struggling in early parenting while protecting the planet for future generations.

This project is funded in part by The Regional Municipality of York: Circular Economies Initiatives Fund (CEIF)



THANK YOU!

We are so grateful to the many churches, community groups, businesses and individuals who come alongside RISE to care for families as they navigate unexpected pregnancy. From handmade items, to donation drives, to financials gifts, to sharing your space with us, we cannot do what we do without you!

"It takes a village" and you are an important part of ours!



Rise with Excellence

Our Village

Our Church Partners

- The Bridge
- Cornerstone Christian Community Church
- Hillside Evangelical Missionary Church
- Hope Bible Church Markham
- Langstaff Assembly
- Life Church
- Markham Baptist Church
- Milliken Wesleyan Methodist Church
- Springvale Church
- St. Andrew's Presbyterian Church
- St. Andrew's United Church (UCW)
- Unionville Alliance Church

Grants

- Canada Heritage Multicultural and Anti-Racism Program
- Sobey's Community Action Fund

Our Community Supporters

- Albamar Holding Company Inc.
- Casting Off the Cold
- Knights of Columbus #17065
- Markham Food Bank
- Markham Guild of Village Crafts
- Markham Waxers U11 Boys
- Montessori North School
- Peter and Suzie's No Frills
- Radiant Way Montessori
- Reesor's Farm
- St. John's Ambulance
- Stouffville Care & Share
- Stouffville Food Bank
- T & T Bakery
- The Christian Broadcasting Associates INC.
- Toronto Hong Kong Lions Foundation
- Valleyview Gardens
- Wesley Christian Academy
- Willowgrove Farm
- Willowool Foundation





*"I felt very
welcomed every
time I stopped by.
I am always
excited to visit."*

~RISE CLIENT