

kindred

**Realize the power of
human connection.**

Melanie Grylls
Chief Executive Officer, Kindred



WHO WE ARE

65+ years of walking alongside Calgary families

Parenting Supports

Coaching, prenatal outreach, and wraparound support that help caregivers build confidence and strong attachment with their children.

Mental Health Services

Rapid, low-barrier counselling — often within the week — so people can navigate anxiety, grief, and life's toughest transitions in real time.





WHAT WE DO

Who we supported in 2025

2,205

unique individuals supported
across Calgary

6,914

service sessions delivered
across all programs

93%

overall service
completion rate

Community demographics



68% women/girls
30% men & boys
2% gender diverse



51%
of households report
income under \$40,000



28%
born outside Canada

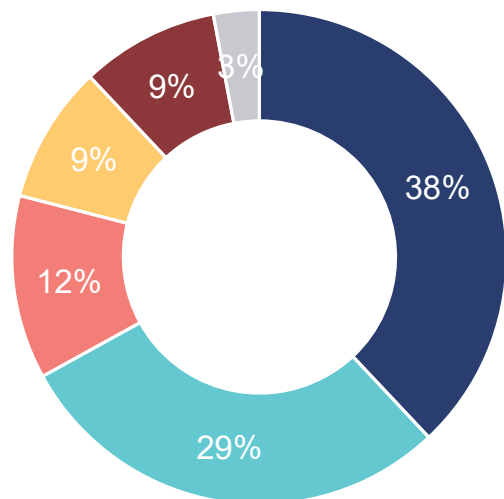


14%
identify as Indigenous

HOW WE'RE FUNDED

Community partnerships are an essential part of our work

Sources of Support — 2025 (\$7.6M total)



- Government of Alberta
- City of Calgary
- United Way of Calgary and Area
- Public Health Agency of Canada
- Donations
- Other

**Just over 1 in every 10 dollars
Kindred spends comes directly
from community donations**

WHY IT MATTERS

Without early, connected support, challenges become crisis

Parenting is under pressure

1.4 million children in Canada live in poverty — a number that keeps rising

11,925 Alberta children received intervention services this past year

21% of mothers and birthing parents say no one asked about their emotional wellbeing after childbirth

Loneliness is a health crisis

41% of young adults feel lonelier now than during the pandemic

2 in 10 people say they feel lonely often or always

871,000 deaths globally each year are linked to loneliness (WHO, 2025)

THE DIFFERENCE WE MAKE

Support that changes how families cope



96%

of PIRT caregivers
better understood
their parent-child bond



82%

of Outreach Parent
Support clients felt
better equipped for
everyday challenges



85%

of Rapid Access
Counselling clients
better understood how
relationships affect
them



80%

of Rapid Access
Counselling clients felt
better after a single
session

Community Connect YYC

4,849

support sessions booked across 15 partner agencies in 2025 — connecting
Calgarians to the right care, faster.

Louise Dean Centre

Partnership
with CBE and
AHS

Daycare Centre

High School
Completion

Wrap around
parenting
supports



A PIVOTAL MOMENT

Our new Program Centre



**Room for
Everyone**



**Room for
Discovery &
Healing**



**Room for
Connection**



**Room for
Indigenous Ways
of Knowing**





You're invited.

Open House

Wednesday, September 23

3:00 – 7:00 PM

Kindred Program Centre · #10, 2175 29 Street NE, Calgary





Questions? Please stay connected.

Melanie Grylls • Chief Executive Officer

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