

*Fraser Recovery Program*

# ANNUAL REPORT



# 2025

Charitable number: 89273 0565 RR0001

# Table of Contents

Our Story .....	3
Our Mission, Our Vision, Our perspective on Addiction and Recovery .....	4
Our Values .....	5
President’s Report .....	6
Message from the Executive Director .....	7
Board of Directors & Staff .....	8
2020 to 2025 Highlights .....	9
A Permanent Home for FRP .....	10
Services	
Awareness & Prevention .....	11
Individual Counselling .....	12
Twice-Weekly Meetings .....	13
Family Support .....	14
24 Hour Hotline .....	15
Study Hall .....	16
The Camp .....	17
PUDS Project .....	19
Desjardins Bursary Program .....	20
FRP Team .....	22
Strategic Plan Update 2024-2027 .....	25
Donors & Partners .....	26
Financials .....	27
Looking Forward .....	28
Thank You .....	29

## Empowering youth

The Fraser Recovery Program (FRP) began in 1990 as an informal initiative and was officially incorporated as a non-profit charitable organization in 1996 by Hugh Fraser, then Assistant Academic Dean at St. Lawrence College. Faced with expelling students for poor academic performance, he discovered that many of those students were abusing alcohol and drugs. Instead of expulsion and deepening their challenges, he offered a more compassionate alternative grounded in clear expectations: maintain sobriety, attend classes, complete assignments, and commit to structured study.

While many students managed to stay sober during the week, weekends remained a challenge. In response, Mr. Fraser introduced them to a supportive, substance-free environment at a friend's fishing camp, where they could experience connection and learn to have fun without substances. The impact was remarkable, with students maintaining sobriety and improving academically. These early successes, combined with Mr. Fraser's continued study of addiction services, helped shape the program's approach. Notably, every participant in the initial cohort went on to graduate from university.

Over the past 35 years, FRP has supported more than 2,500 youth in overcoming substance use challenges. What began as a grassroots effort has evolved into a structured organization led by a dedicated team of staff and guided by a committed Board of Directors. Each year, the program delivers thousands of hours of service, supporting youth on their recovery journeys while also assisting their families. Thanks to the generosity of donors and community partners, the FRP continues to make a meaningful impact.

In December 2024, Hugh Fraser retired after 34 years of leadership. He is succeeded by Chantal Lafrenière, who brings over two decades of experience with FRP and a deep commitment to its mission, values, and long-standing philosophy. Under her leadership, the organization remains dedicated to empowering youth to build healthier, more stable, and fulfilling lives.



# Our Mission

The Fraser Recovery Program uses a unique combination of services to carry out its mission of responding to the needs of young people from the Quebec City region who are struggling with substance abuse and educating youth about the risks of consuming drugs and alcohol.

Unlike most treatment programs, the FRP equips its clients with the skills and resources to overcome substance abuse while remaining in their home and school environments. They learn to cope with life on life's terms, adopt healthy and sound attitudes and practices, all without turning to substances.

We are fully committed to anyone who reaches out for help, responding day or night—and ultimately, saving lives.

All our services are offered free of charge to participants.



# Our Vision

A community where all youth facing substance use challenges have the support, knowledge, and opportunity to build healthy, fulfilling lives.



# Our Perspective on Addiction and Recovery

Substance use can quickly escalate into abuse and, eventually, addiction. It often becomes a reflexive way of coping with life's challenges, despite its devastating consequences on physical and mental health and relationships.

The substance takes center stage, replacing daily responsibilities, meaningful activities, and connections. We believe in people's potential to rebuild their lives. With the right resources and support, the vicious cycle of addiction can be broken—leading to transformation in attitude, behaviour, and mindset.

We respond promptly to all those who reach out and provide a safe, supportive environment for healing.

*“There is no shame in being a drug addict. The only shame is refusing to do something about it. There is no person walking the face of the earth who demonstrates more courage, dignity and integrity, on a daily basis, than an addict in recovery.”*  
- Anonymous



# Our Values

## **Collaboration**

We use a team approach to build effective working relationships and strong partnerships between our staff, clients and the community at large.

## **Compassion**

Through understanding and empathy, we encourage compassion.

## **Integrity**

We strive to be ethical, trustworthy, and respectful in all of our activities.

## **Confidentiality**

We assure a safe and trusting environment by respecting the principle of confidentiality; information is not made available to anyone outside the team without prior consent, unless the law requires disclosure.

## **Client-centered**

We provide personalized recovery services and are available to our clients 24/7.

## **Dedication**

We are committed to the mission, spirit, and success of the Fraser Recovery Program. We demand high standards of professionalism of ourselves by continuously striving for improvement.

# Message from the President

I begin my message with gratitude. Gratitude for the dedicated individuals who work every day to carry out the Program's mission. Our outstanding ED, Chantal, led, supported and guided both the team, and board of directors through a year of renewal.

A year marked with meaningful progress, renewed energy, and continued collaborations. Day after day, the team worked to provide support and hope to the individuals and families who rely on our services. Their resilience and genuine concern for the well-being of others have helped strengthen our program and deepen our impact.

This year has also been marked by the renewal and strengthening of important partnerships. These collaborations have helped us broaden our reach and enhance the quality of our services. Strong partnerships are essential to fulfilling our mission, and we are grateful to the many community partners, stakeholders, and supporters who share our vision and continue to work alongside us. Thanks to the commitment of our team, the support of our partners, and the guidance of our leadership, Fraser Recovery Program is set to meet the year ahead with compassion and determination.

As President, I am deeply proud of what we have achieved together. The progress we have made over the past year is a testament to the strength of our collective efforts and to the shared belief in the importance of recovery, support, and community.

On behalf of the Board, I would like to thank our team, partners, volunteers, and supporters for their invaluable contributions. Your dedication makes a real difference, and it is because of you that Fraser Recovery Program continues to make a lasting positive impact in the lives of the individuals who count on us.

I look forward to the year ahead with confidence and optimism as we continue building on this strong foundation together.

Sincerely,

*Brigitte Wellens*  
President

# Message from the Executive Director

While I have been part of the Fraser Recovery Program for over 25 years, 2025 marks my second year as Executive Director. It continues to be both an honor and a privilege to lead this organization. I am deeply grateful for the opportunity to support clients on their recovery journeys alongside such a dedicated and passionate team.

This past year has been one of growth and steady progress. Following Mr. Fraser's retirement, we have continued to build on the strong foundation he created. His vision and values continue to guide us, and I remain thankful for the trust he placed in me. We are committed to evolving while staying true to our roots.

I am incredibly proud of our team. Their compassion, professionalism, and creativity ensure that youth in our community receive the high-quality care and support they deserve. I am equally thankful to our Board of Directors for their ongoing guidance. Together, their expertise and collaborative spirit allow us to grow, innovate, and navigate new opportunities and challenges with confidence.

One of the highlights of the year has been the progress toward our new home. This exciting milestone will provide a welcoming and supportive environment where youth can feel safe, develop new skills, foster independence, and truly feel at home.

Above all, I am inspired by the young people and families we serve. Their strength and resilience remind us why this work matters. While we are proud of the role we play in their journeys, our impact would not be possible without the continued trust and support of our partners, funders, and community.

Thank you for being part of our journey.

*Chantal Lafrenière*  
Executive Director

# Board of Directors

Brigitte Wellens	<i>President</i>
Joanne Dunkin	<i>Vice-President</i>
Stéphanie Tassé	<i>Secretary &amp; Treasurer</i>
Michel Vigeant	<i>Administrator</i>
Whitney Richardson	<i>Administrator</i>
Andrew Cornforth	<i>Administrator</i>
Angelie Caissy	<i>Administrator</i>
Antoine Bégin	<i>Administrator</i>
Martha Seaman	<i>Administrator</i>

## Staff

The FRP's work is supported by a multidisciplinary team that reflects the complexity of the needs faced by youth and families. Together we provide coordinated support addressing emotional, behavioral, educational, and family related challenges.

Chantal Lafrenière	<i>Executive Director</i>
Steven Dubois	<i>Program Manager</i>
Fatiha Dahmani	<i>Administrative Assistant</i>
Karen Tétreault	<i>Psychoeducator</i>
Tarek Mandor	<i>Counselor</i>
Janik Robitaille	<i>Counselor</i>
Caroline Bélanger	<i>Counselor</i>
Daphnée Hanrahan	<i>Counselor</i>
Jean-Philippe Pitre-Couture	<i>Counselor</i>



# 2020 to 2025 Highlights

## Services

- Provided over **140,000** service hours to clients.
- Supported **467** English-speaking youth struggling with substance abuse and their families.

## Funding and Partnerships

- Explored and **strengthened partnerships** with the English-speaking schools of the Quebec City area, the Central Quebec School Board, institutional partners, and community organizations.
- Explored **new funding opportunities** to diversify income and respond to emerging needs, while remaining true to the FRP's founding philosophy.
- **Developed and maintained partnerships** with new and recurrent funders.

## Organizational capacity

- Purchased, renovated and moved to a strategically located **new permanent home**.
- Transitioned from a founder-led phase to an **experienced management team**.
- Underwent a **strategic planning process** to define future direction, ensure long-term organizational resilience, and optimize resource allocation for the greatest impact.
- Began a **government funded multi-year evaluation and development initiative**.

# A Permanent Home for FRP

For many years, the FRP operated out of rented space that, while functional, never fully reflected the warmth, accessibility, and sense of belonging we strive to offer every young person who walks through our doors. As costs rose and limitations became more apparent, we began to imagine something more: a true home for FRP.

In 2024, that vision became real with the purchase of a house located within walking distance of the future English-speaking high school. In December 2025, after a year of planning, renovations, and determination, we officially transitioned into this space—our permanent home.

This milestone represents far more than a change of address. It is an investment in stability, in growth, and in the quality of care we provide. It is a space designed not just for services, but for connection, safety, and healing.

Transforming the house required significant work. With a combination of contractors and hands-on effort from our team and volunteers, we completed major structural, electrical, and plumbing upgrades, while also reshaping the interior to better meet the needs of our clients. To stretch every dollar, materials were reused whenever possible, and costs were carefully managed, with renovations totaling \$114,847 to date.

What made this project especially meaningful was the involvement of our clients. When safe and appropriate, they contributed directly to the work—learning practical skills, building confidence, and taking pride in helping shape the future of FRP. For many, this was more than a renovation project; it was an opportunity to be part of something lasting. While we have settled into the main floor, work will continue in 2026 to render the basement fully functional.

From our earliest days in Hazel Breakey’s living room, FRP has always been about creating a place where young people feel seen, supported, and safe. Today, thanks to the generosity and belief of our donors and partners, that vision has found a permanent home.



**In 2025, we connected with over 50 students, 21 of whom went on to participate in FRP programming to receive ongoing support.**

# Services

## *Awareness and Prevention*

While much of the FRP’s work is centered on supporting youth already facing substance use challenges, awareness and prevention remains a cornerstone of our approach. By educating young people early and helping them make informed choices, we can reduce the likelihood that risky behaviors develop into addiction.

Our prevention efforts range from foundational education on substance use to targeted interventions for youth who may already be at risk. We aim to help young people better understand the realities and consequences of substance use, while offering healthier perspectives and alternatives.

When requested, our team also works directly within local schools, delivering tailored awareness sessions. This includes the Better Options Program (BOP), through which FRP staff meet regularly with students who have been found in possession of, or under the influence of, drugs or alcohol. These sessions are designed to raise awareness, encourage reflection, and guide students toward safer, more positive choices.





# Services

## *Individual counseling*

At the heart of the FRP is our commitment to providing personalized, accessible support—particularly for English-speaking youth in the Québec City region, where such services can be limited.

Upon entering the program, each participant is matched with a professional counsellor who offers consistent, long-term guidance tailored to their individual needs. This one-on-one support creates a safe and flexible environment where youth can build trust and work through challenges at their own pace.

Our counsellors also connect participants with additional services when needed, including psychological or psychiatric care, educational guidance, financial assistance, and other community resources that contribute to overall well-being and long-term success.

*“Having access to individual meetings made a huge difference for me. The counsellors are easy to reach and really flexible. The meetings can be really informal and felt relaxed. For example, instead of meeting in an office, we met in a coffee shop; It made it much easier to open up.”*

– FRP Client

**In 2025, our team delivered more than 1,350 hours of individual counselling to 35 youth.**



# Services

## *Twice-weekly meetings*

Group support meetings are a key element of the FRP, offering youth a consistent and supportive space to share their experiences and strengthen their commitment to sobriety.

Held twice a week at our Québec City office, these sessions bring together participants who are ready to acknowledge their substance use challenges and work towards recovery. Guided by trained professionals, the meetings encourage open discussion, peer support, and shared learning.

Meetings take place every Tuesday and Thursday afternoon, with time set aside beforehand for socializing and enjoying snacks. Transportation is available when needed to ensure accessibility.

**Each session welcomed  
between 4 and 8  
participants, totaling  
approximately 700  
hours of attendance  
over the year.**

# Services

## *Family Support Meetings*

Substance use affects not only the individual, but also those closest to them. For many of the youth we support, family plays a crucial role in the recovery process. That's why we are committed to supporting parents and loved ones as they navigate these challenges.

We emphasize an important message: you did not cause the problem, you cannot control it, and you cannot cure it—but you can learn how to cope and provide meaningful support.

Our family support meetings offer guidance on addiction and recovery, practical strategies for intervention, and tools to help rebuild healthy relationships. These sessions create a space where families can share experiences, feel understood, and gain strength from one another.

Meetings are typically held from 6 to 7 p.m. at the FRP office or via Zoom, and individual support is also available.

*“My child was in the vicious cycle of addiction, and I felt completely lost. Through the family meetings and the individual support, I realized that I was not alone. I felt heard, supported, and never judged. I learned how to better support my son, while taking care of myself and reestablishing a healthy home environment.”*

*– Parent of a client*

**Each session welcomed between 4 and 7 participants, representing approximately 700 hours of attendance throughout the year.**



# Services

## 24-Hour Hotline

Recovery is not a linear process. Moments of crisis, uncertainty, and relapse are part of the journey, which is why continuous support is essential.

The FRP's 24-hour hotline ensures that help is always available. Our counsellors are on call every day of the year, ready to respond whenever support is needed—whether in the middle of the day or the middle of the night.

If there is any doubt about reaching out, we encourage clients to call. No one has to face these challenges alone.

While exact figures are not tracked, we estimate that approximately 200 calls were handled in 2025.

*“There was always someone that I could talk to, no matter the hour. Dealing with drug and alcohol problems is really difficult for teenagers, but the FRP is a safe zone, a support system that is always there. Even if I didn't have a meeting scheduled, I could call someone up and they would even come to meet me and chat for a bit. I knew that I didn't have to deal with it alone, which contributed to me feeling more stable, despite all the chaos around me.”*

– FRP Client

**Counsellors remain directly accessible to clients outside of scheduled meetings, ensuring that support is always within reach.**



# Services

## Study Hall

The FRP was founded on a simple but powerful belief: that youth struggling with substance use deserve the opportunity to stay in school and succeed. That belief continues to guide our work today.

Substance use often leads to declining academic performance and school disengagement. Too often, youth facing these challenges are excluded from the very systems that could support them.

To address this gap, we offer a supervised evening study hall open to all FRP participants. This structured environment provides academic support, encouragement, and access to volunteer tutors.

Whether catching up on coursework, preparing for exams, or rebuilding study habits, participants are supported in reconnecting with their education and working toward their goals.

At its core, study hall represents more than academic support; it offers a renewed sense of possibility.

*“I didn’t have a home where I could go to do my homework after school, so I would go to the FRP and do my homework there. They would help me and then even bring me home afterwards. I don’t believe I would have finished high school without that support. It helped keep me focused and motivated.”*

– FRP Client

**In 2025, 4 youth attended regularly, while 12 accessed the service over the course of the year.**





# Services

## *The Camp*

For many participants, the FRP camp near La Tuque is a transformative part of their recovery journey. By stepping away from familiar environments and influences, youth are able to fully focus on their well-being in a supportive and structured community setting.

The camp operates on weekends, during holidays, and throughout the summer, welcoming 4 to 8 participants at a time. Surrounded by nature, youth are given the opportunity to disconnect from daily stressors—including technology—and reconnect with themselves and others.

Through activities such as cooking, fishing, kayaking, and hiking, participants build practical life skills while discovering new, healthy ways to experience enjoyment and fulfillment without substances.

Counsellors accompany participants throughout the weekend, providing continuous support and fostering strong group connections.

*“The Camp is where I discovered who I was, what I enjoyed, and who I wanted to become. I spent time in the woods, fishing, swimming, kayaking, and hiking. For a city kid, it was such a healing process.”*

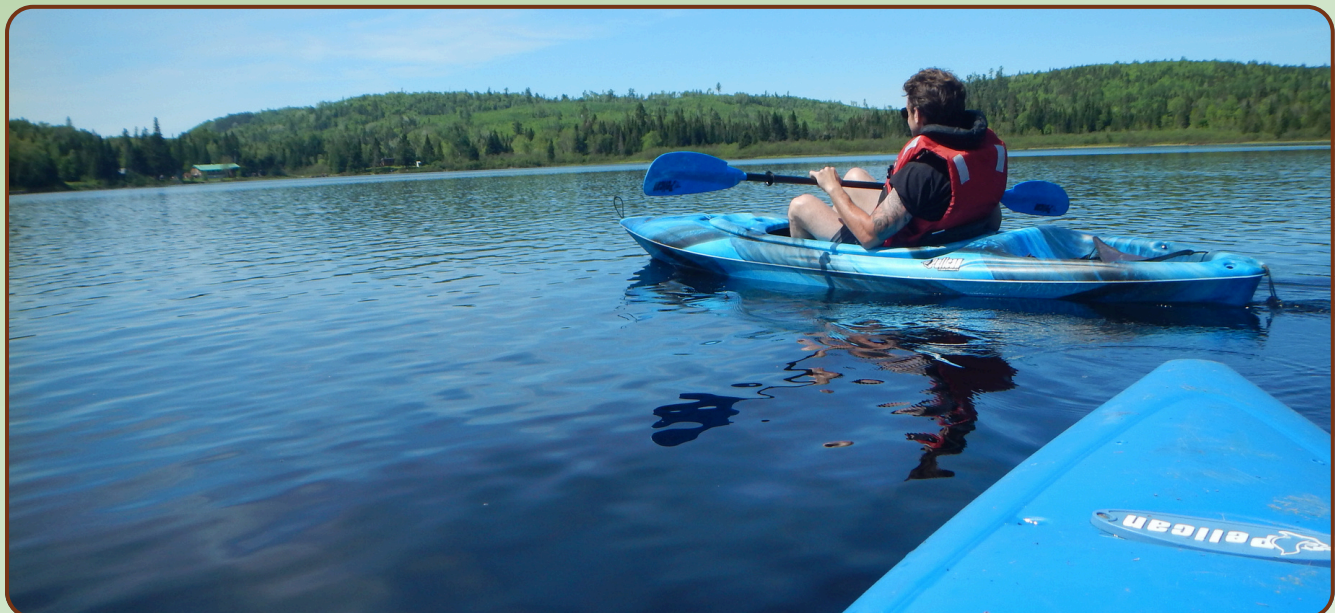
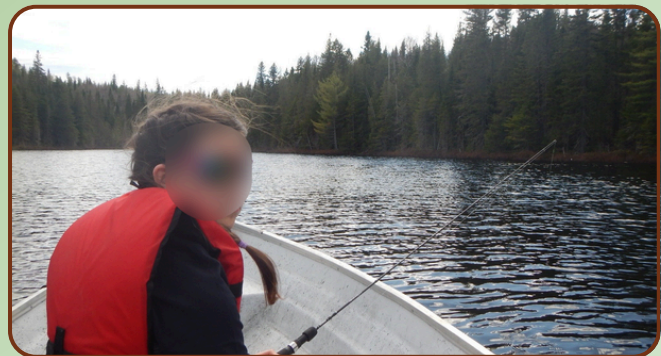
*-FRP client*

**In 2025, 21 youth  
attended the camp.**



# Services

## The Camp



# Strengthening Our Approach: The PUDS Project

PUDS, which stands for Programme sur l'usage et les dépendances aux substances in French, or Substance Use and Addictions Program in English, is a Health Canada funding initiative designed to support community organizations in developing more inclusive, evidence-based approaches to substance use awareness, prevention, harm reduction, and rehabilitation. In 2024, the Fraser Recovery Program was awarded \$300,000 over four years through this initiative, in partnership with the Centre intégré universitaire de santé et de services sociaux de la Capitale-Nationale (CIUSSS-CN). Now in its second year, the project is focused on strengthening the FRP's capacity to understand and respond to the diverse realities of the youth we serve, with particular attention to how gender, sexual orientation, ethnicity, culture, and other social factors shape both the experience of substance use and the path to recovery.

Although the project start was delayed, significant progress was made throughout 2025. A comprehensive survey was developed and administered to current and past FRP clients to better understand their lived realities and needs. The data was analyzed and synthesized by our partnering consultants, and the findings will be shared with FRP staff and the Board of Directors in early 2026, informing both our organizational understanding and our approach to service delivery. Building directly on these findings, new client intake forms are being developed, ensuring that the information we gather from the outset of a client's journey better reflects their full reality. As the project continues, the FRP will work toward developing, piloting, and evaluating an updated intervention framework grounded in these insights, with the goal of sharing tools and knowledge broadly with youth, families, schools, and partners across the health and community sector.





# The Desjardins Bursary Program

Now in its third year, the Desjardins Bursary Program continues to reflect one of the FRP's most foundational beliefs: that recovery and education go hand in hand. Through the ongoing generosity of the Caisse Desjardins du Plateau Montcalm, the program provides financial support to current and former FRP clients who are actively enrolled in an educational program and committed to their recovery journey.

Eligible expenses include tuition, school materials, health and social services, and other related costs. To qualify, applicants must be registered in an accredited educational program, attend classes regularly, demonstrate perseverance, participate actively in FRP programming, and continue to work on their sobriety. These criteria reflect the original vision that gave rise to the FRP itself, the belief that young people deserve a second chance, and that the right support at the right moment can change the course of a life.

In 2025, six bursaries totalling \$15,000 were awarded to FRP participants. The recipients are enrolled across a range of programs, from nursing and social sciences to special education, and their stories speak to the breadth of possibility that recovery can open up.

*We are deeply grateful to the Caisse Desjardins du Plateau Montcalm for their continued belief in our clients and in the transformative power of education. We also remain hopeful that other donors will consider contributing to this program, helping us reach more young people who are working hard to build the futures they deserve.*

# The Desjardins Bursary Program

**\$15,000 awarded in bursaries to six FRP participants**

## Quotes shared by bursary recipients

“I would like to express my thanks to the Fraser Recovery Program for the role they played in supporting me, as I doubt that I would be in the place I am today, pursuing a degree, had they not helped me in my recovery.”

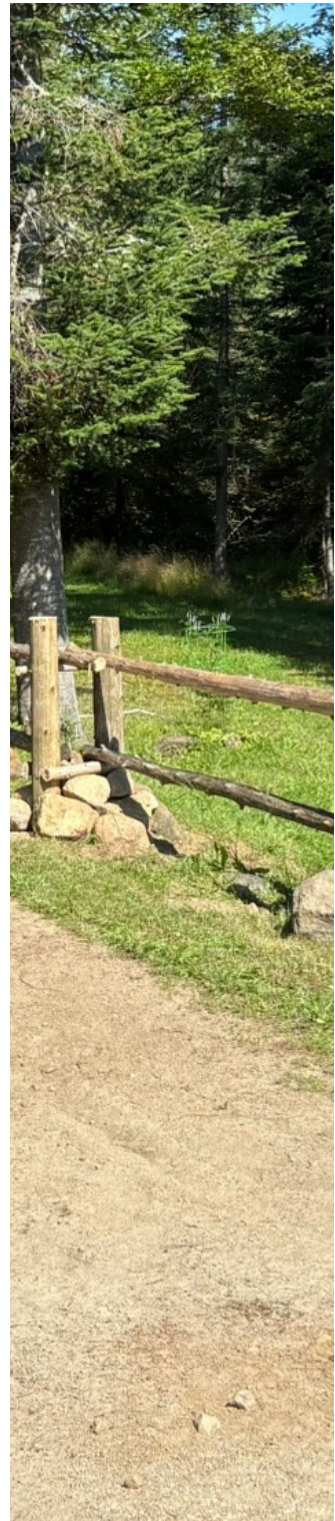
– Bursary recipient, Bachelor of Science in Nursing

“The FRP has been one of the biggest contributors to my recovery; they've helped me recover my happiness and relationship with those around me by introducing better habits and ways of seeing and navigating situations.”

– Bursary recipient, Social Sciences, Champlain College St. Lawrence.

“Without learning about the FRP, I would never have understood that I have a problem with drugs, and I would most definitely not be where I am today.”

– Bursary recipient, Nursing, Cégep Lévis.



# The FRP Team

## **Chantal Lafrenière, Executive Director**

**DEC**

Chantal started doing the bookkeeping and volunteering with the FRP in 2000. In 2004, upon returning from university, she joined the team as the administrative assistant. Shadowing Hugh Fraser, she gradually took on more and more of the administrative duties and helping with the counselling services, taking addiction counselling courses. Over the years, she was promoted to Assistant Director, and eventually Executive Director upon Mr. Fraser's retirement.

*"I am continually in awe of the young people who come through our doors, who face their challenges with courage and determination, and who choose, day by day, to move toward a better future."*

*"Our greatest glory is not in never failing, but in rising up every time we fail."  
- Ralph Waldo Emerson*

## **Steven Dubois, Program Manager**

**Addiction Careworker Dipl.**

Steven first joined the Fraser Recovery Program in 2009 as a case manager, working with the team until 2012. He went on to travel and then build his career in Alberta, working in the addictions and homelessness field. After more than a decade working in the field, he returned to Quebec City two years ago and was thrilled to rejoin the FRP family as Program Manager. Today, Steven focuses on ensuring the long-term sustainability of FRP's services, while still getting to witness the remarkable work and transformations that happen every day with the youth the team serves.

*"The most important thing you can do for someone is to believe in them before they believe in themselves."*

## **Fatiha Dahmani, Administrative Assistant**

**BSc.**

Before joining the FRP, Fatiha was invited by Chantal to sit in on a meeting between counsellors and youth. Hearing young people speak openly about their struggles with substance use left a lasting impression on her, and reminded her that asking for help is never something to be ashamed of. That experience made her want to be part of the team, and she has brought that same spirit of commitment to her work ever since.

*"I knew at that moment that I would love to be part of the FRP team, and that I would do my best to make a difference through my work."*



# The FRP Team

## **Karen Tétreault, Psychoeducator**

**PhD.**

Karen started working part-time for the FRP in December 2018 as a camp counsellor. Looking for new challenges, she joined the team to support teenagers and young adults struggling with addiction. She fell in love with the camp context and all the shared time in day-to-day activities with the youth. Helping youth is something Karen holds dear in her heart.

*"You can't stop the waves, but you can learn to surf."*

*- Jon Kabat-Zinn*

*"Life is waiting for you... It's all messed up but we'll survive."*

*- Our Lady Peace*



## **Tarek Mandor, Counsellor**

**MPsych.**

Tarek has been with the Fraser Recovery Program since 2002, making him one of the longest-serving members of the team. He stays because the work continues to be genuinely rewarding. Seeing young people turn their lives around and build better futures for themselves never gets old.

*"We cannot direct the wind, but we can adjust our sails."*

*- Anonymous*



## **Janik Robitaille, Counsellor**

**BEd.**

Janik first came to the FRP as a teacher, accompanying a group of his students for an end-of-year activity. His natural ability to connect with young people and his genuine desire to make a difference caught the attention of the organization, and it wasn't long before he was offered the opportunity to join the team. Since then, Janik has dedicated his time and energy to the FRP, leading interventions, designing activities, and working side-by-side with clients to help them develop essential life skills.

*"Thanks to mentoring from the team, as well as the opportunity to pursue a certificate in addiction counseling, I feel myself becoming a force for positive change for our clients."*



# The FRP Team

## **Caroline Bélanger, Counsellor**

**Psychology Dipl., MSc.**

Caroline joined the FRP team as a counselor in June 2024, after she fortuitously met Janik during a motivational interviewing class at university. She was grateful for this work opportunity as she was in the process of doing her addiction counselling certificate. Her past experiences in counselling, her genuine desire to help youth in recovery and her empathic attitude were a great fit with the team.

*"If you don't make the time to work on creating the life you want, you're eventually going to be forced to spend a lot of time dealing with a life you don't want."*

*- Kevin Ngo*



## **Daphnée Hanrahan, Counsellor**

**DEC**

Daphnée has been a counsellor at the Fraser Recovery Program since January 2025. She is currently completing a certificate in addictions counselling at Université Laval. She brings a grounded, straightforward approach to her work, focusing on building trust and offering support that feels real, practical, and respectful of where each person is at, and that carries into everyday situations.

*"What I've seen is that motivation often builds after action, not before it. Sometimes that starts with a safe space where people can speak openly, feel supported, and connect with others going through similar experiences."*

*"Do not wait; the time will never be 'just right.' Start where you stand."*

*- Napoleon Hill*



## **Jean-Philippe Pitre-Couture, Counsellor**

**TES**

Jean-Philippe works part-time with the FRP as a camp counsellor, bringing his experience working with youth to every weekend and stay at the camp. His ease with clients and genuine enjoyment of their interactions make him a natural fit for the camp environment. Reliable and always ready to pitch in, Jean-Philippe is a valued presence whenever the team heads up to La Tuque.

*"Every young person has the potential to surprise you. You just have to give them the space to do it."*



# Strategic Plan Update

## 2024-2027

With the second year of our strategic plan completed, we can provide an update on the objectives set out in the strategic plan:

Strategic Objective	Progress
Integrate nicotine into the prevention and awareness campaigns for schools	Nicotine awareness and prevention is present in nearly all FRP services, given the prevalence of vaping among youth. We are working towards a clear nicotine prevention program (e.g., handouts for youth, parents, and schools).
Develop funding horizons through relationship building with a greater diversity of funders who align with the FRP's philosophy	9 funding applications for a total of \$424,000 submitted. 4 positive endorsements totaling 67,000. Newsletters and impact reports sent to major funders. Requests for renewed multi-year commitments to be submitted to 2 major funders in 2026.
Succession planning	Hugh Fraser, founder and former Executive Director, retired in December 2024. Chantal Lafrenière remained as Executive Director in 2025 began, with support from Steven Dubois, the new Program Manager.
Review policies	Organizational by-laws reviewed and new by-laws adopted by FRP membership in 2025. Personnel policy to be reviewed in 2026.
Develop communication tools that explain FRP for partners. Update posters and pamphlets	Presentation prepared in 2025 for information session with partners, which will be held in 2026. Posters and pamphlets being updated in 2026.
Look for a home for the FRP's Québec City office, preferably close to the new future high school	We moved our offices and services to the renovated new FRP home in December 2025. The house is a 10 min walk from where the new school will be.

# Donors and Partners

“2025 saw a continuation of our fundraising success. Total revenues were \$726,357, representing an 8% increase from 2024.”

*To all of our donors and partners, we extend our deepest thanks.*

The Jeffrey Hale Foundation, the Hazel Breakey Youth Foundation, and the Citadel Foundation continue to serve as our principal funders, collectively contributing \$515,387 in 2025. Their sustained commitment provides a strong and stable foundation for the FRP’s work.

We are also grateful for the continued support of our valued returning donors. The Community Health and Social Services Network (CHSSN) contributed \$44,000, while the Caisse Desjardins du Plateau Montcalm provided \$10,000 in support of our bursary program. Fondation Jeunes en Tête contributed \$8,000 toward core funding, Fondation Normand Brie provided \$5,000 for operational support, and another foundation contributed \$25,000 toward the renovations of the new FRP house.

In addition, the FRP received \$115,614 in funding for the PUDS project. We also benefited from \$3,356 in private and corporate donations, compared to \$17,057 in 2024.

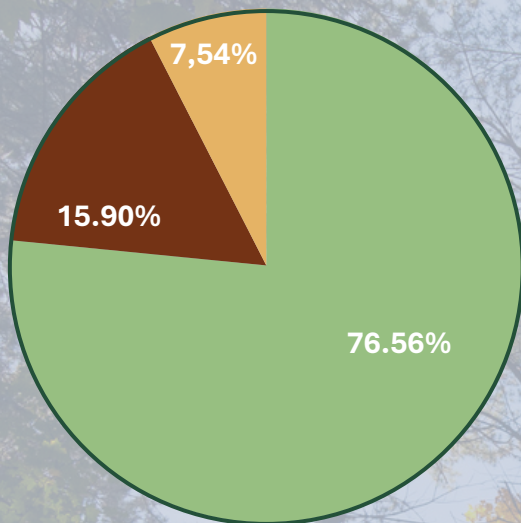
As a community-funded organization, the FRP relies entirely on the trust, generosity, and continued engagement of those who believe in our mission. Your support makes our work possible and allows us to continue serving youth and families in need. For the youth, many of whom have been overlooked or written off, this support tells them that their recovery, their dignity, and their future are worth investing in.

*Thank you for standing with us.*



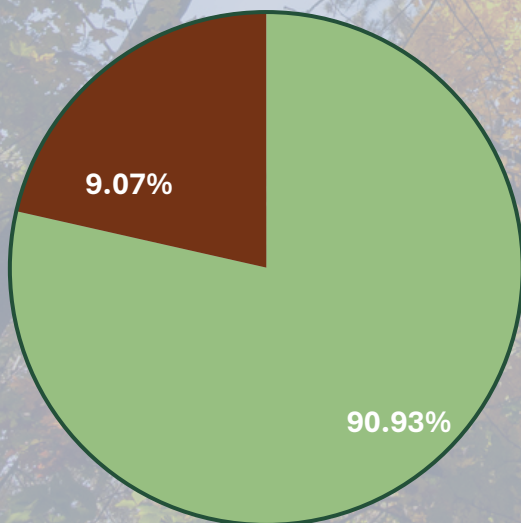
# Financials

## Revenue



Donations	\$556 743
Government Funding	\$115 614
Other Revenue	\$54 800
<b>Total</b>	<b>\$727 157</b>

## Expenses



Charitable Programs	\$672 125
Management and Administration	\$67 041
Fundraising/Other	\$0
<b>Total</b>	<b>\$739 166</b>

# Looking Forward

After a year of meaningful progress, we enter 2026 with a sense of renewed purpose. The foundation is solid. The team is strong. And the work ahead is both exciting and deeply important.

One of our most significant priorities for 2026 will be putting into practice what we have learned through the PUDS project. After months of careful survey development, data collection, and analysis in collaboration with our research partners, we will finally be bringing those findings to life. The insights gathered from current and former clients about their lived realities, including how factors like gender, culture, and background shape their experience of substance use and recovery, will directly inform how we welcome new clients, how we structure our support, and how we continue to grow as an organization. This is not just a project update. It is a shift in how we understand the people we serve, and we are committed to making sure that shift is felt in every interaction.

We are also entering new territory in our school-based work. In 2025, we began supporting youth in two local English high schools who are navigating challenges related to screen addiction and social media use. This is a growing and urgent reality for young people today, and we are proud to be developing the tools and approaches to meet it. Expanding this work in 2026 reflects our ongoing commitment to evolving alongside the needs of the youth in our community, while staying true to the values that have always guided us.

At the heart of everything we do are the relationships that make this work possible. In 2026, we look forward to continuing to strengthen our ties with the English-speaking community of Quebec City, with Jeffrey Hale Community Services, and with the Central Quebec School Board. These partnerships are not administrative. They represent a shared belief that young people deserve coordinated, compassionate, and accessible support, and that no single organization can provide that alone.

Above all, we remain committed to the youth and families who walk through our doors, call our line at 2 a.m., and show up week after week, even when it is hard. They are why we do this. And as long as they need us, we will be here.

# Thank you

Every year, we close our annual report with a thank you. After more than three decades of this work, there are never enough words to fully capture what it means to be trusted with the most difficult moments in a young person's life. But we try.

To our clients: you are the reason for everything. You arrive at our door carrying weight that most people will never understand, and you stay. You show up on Tuesdays and Thursdays, you pack your bags for camp, you answer the phone when we call, and you keep going when it would be easier not to. Your courage is not a small thing. We do not take lightly the trust you place in us, and we never will.

To the families who reached out for guidance, who sat in our meetings and asked hard questions, who kept showing up even when they weren't sure it was working: thank you. Your love for your children, even when that love was exhausted and uncertain, makes a difference that you may not always see.

To our staff: what you do cannot be reduced to a job description. You answer calls at midnight, you drive to the camp on Friday afternoons, you sit with young people in the hard, uncomfortable silences that eventually become honest conversations. You carry this work home with you, and you return the next morning ready to do it again. We are grateful for every one of you.

To our Board of Directors: your guidance steadies us. The decisions you make in those meeting rooms protect the integrity of everything we do, and we are fortunate to have people who take that responsibility seriously.

To our funders, donors, and partners: you make it possible for us to say yes. Yes to the youth who walks in unannounced. Yes to the family that calls on a Sunday. Yes to one more bursary, one more camp weekend, one more chance. That yes is yours as much as ours.

And to everyone reading this report: thank you for taking the time to understand what we do and why we do it. If you ever want to learn more, get involved, or simply reach out, we are always here.



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