

John Howard

THE JOHN HOWARD SOCIETY OF FREDERICTON
La SOCIÉTÉ JOHN HOWARD DE FREDERICTON

ANNUAL REPORT 2025-2026



TABLE OF CONTENTS

Board and Management.....	2
Letter from the President.....	3
Mission and Core Values.....	4
Family Housing.....	5
Housing First Services.....	6
Intensive Case Management.....	7
Peer Support.....	8
Homelessness Outreach.....	9
The Oak Centre Shelter.....	11
Ironwood Resource Centre.....	13
9-8-8 Suicide Crisis Helpline.....	15
Housing First for Youth.....	16
Youth Connections.....	18
Direct Services.....	20
Record Suspension Program.....	20
Correctional Programs.....	21
Managing Anger and Difficult Emotions (MADE).....	21
Integrated Correctional Program Model (ICPM) Community	
Multi-Targeted Program.....	21
ICPM Community Maintenance Program.....	22
ICPM Community Maintenance Sex-Offender Program.....	22
Understanding Our Emotions.....	22
Partner Abuse Program.....	23
Youth Anger Management Program.....	23
Woodstock Client Support Program.....	23
Restorative Justice Program.....	24
Strengthening Families Program.....	24
YSHIELD Program.....	24
Suicide Prevention and Mental Health Training.....	25
Applied Suicide Intervention Skills Training (ASIST).....	25
Mental Health First Aid.....	25
Coldest Night of the Year.....	27
Partners and Sponsors.....	28

BOARD AND MANAGEMENT

Board of Directors

The John Howard Society of Fredericton has a dedicated Board of Directors that shares a passion for supporting and strengthening our community.

Pamela Bishop - President

L.A. Henry - Secretary

David Bemrose - Vice President

Joanne Thomson - Director

Barbara MacMullin - Treasurer

Scott Ronis - Director

Management

Our staff members bring a wide range of experience and diverse perspectives to the organization. They are passionately committed to our mission and values, and achieving our vision of a safer community.

John Barrow - Executive Director

Lisa Edwards - Assistant Director

Justin Young - Lead Trainer

Hilary Mullin - Office and Property Manager

Lindsay Norcott - Homelessness Services Manager

William Johnson - Manager of Shelter Operations

April Sullivan - Manager, Ironwood Resource Centre

Cameran Sargent - Manager of Youth Services



LETTER FROM THE PRESIDENT

It is my pleasure to present the John Howard Society of Fredericton's 2025–2026 Annual Report.

Over the past year, our dedicated staff, volunteers, partners, and supporters have continued to make a meaningful difference in the lives of individuals and families throughout our community. From housing and homelessness initiatives to peer support, youth services, correctional programming, and crisis intervention, our team has remained committed to helping people overcome barriers, build resilience, and create brighter futures.

This report highlights not only the impressive numbers behind our work, but also the compassion, collaboration, and hope that drive everything we do. Every client served, every partnership strengthened, and every success story reflects our shared belief that everyone deserves the opportunity to thrive.

On behalf of the Board of Directors, I extend my sincere gratitude to our staff, volunteers, funders, donors, community partners, and government agencies for your continued trust and support. Together, we are building safer, healthier, and more inclusive communities.

Thank you for being part of this important work.

Sincerely,

Pamela Bishop

President, John Howard Society of Fredericton

Housing

Homelessness Services

Adult Programs

Youth Programs

9-8-8

MISSION AND CORE VALUES

MISSION STATEMENT

The mandate of the John Howard Society of Fredericton Inc. is three-fold: direct service, reform, and community education & development. Direct Service provides community-based services and advocacy for individuals who have or may come into conflict with the law. Through reform, the organization reviews, analyses and evaluated criminal justice issues and actively promotes appropriate structural changes in the criminal justice process. With community education and development, the John Howard Society stimulates and engages community participation in response to the problems and issues of crime.

CORE VALUES

- People have the right to live in a safe and peaceful society as well as the responsibility implied by this right to respect the law.
- Every person has intrinsic worth and the right to be treated with dignity, equity, fairness and compassion when involved with the criminal justice process
- All people have the potential to become responsible citizens.
- Every person has the right and the responsibility to be informed about and involved in the criminal justice process.
- Justice is best served through measures that resolve conflicts, repair harm and restore peaceful relations in society.
- Independent, autonomous non-government organizations have a vital role in the criminal justice process.
- People have the right to live in a safe and peaceful society as well as the responsibility to accept humane consequences when this right is infringed.



FAMILY HOUSING

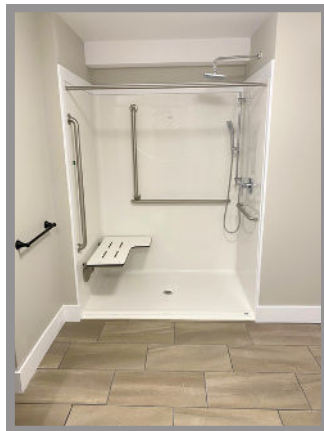


This fiscal year we completed our first family building. This nine-unit supportive housing building provides safe, affordable homes for women and children fleeing violence, as well as individuals from racialized communities, including Black Canadians. Two of the units are accessible.

The Canada Mortgage and Housing Corporation (CMHC) provided \$2 million through the Rapid Housing Initiative, while Housing New Brunswick provided \$758,000 through a forgivable loan. Our contribution was \$700,000. The City of Fredericton covered the building permit fees.



In partnership with the Government of New Brunswick, the building combines affordable housing with individualized supports to help residents achieve long-term stability and independence. Guided by Housing First principles, residents have immediate access to permanent housing and receive client-centred supports that promote recovery, self-sufficiency, and successful integration into the community. As residents become more independent, they can transition to other subsidized housing, creating opportunities for others in need of supportive housing.



HOUSING FIRST SERVICES

The Housing First Program is a progressive alternative to other services such as transitional housing or emergency shelters. Its main concern is to move people experiencing homelessness right away, from the streets or shelters into their own apartments.

The team collaborates with individuals to assist them in finding housing, as well as maintaining their housing. The team also connects individuals with organizations that can provide support outside of housing (i.e., Social Development, Post-Secondary Education, Training and Labour, Mental Health and Addictions.)

The program has a multi-disciplinary team that provides Intensive Case Management (ICM), Outreach, Street Outreach, Prevention and Diversion, and Peer Support.

Housing First operates under five main principles:

1. Immediate access to permanent housing with no housing readiness requirements.
2. Consumer choice and self-determination.
3. Recovery orientation.
4. Individualized and client driven support.
5. Social and community integration.



We use two assessment tools to assist in prioritizing the housing needs of service users and to determine areas for additional supports:

- Level 1: Vulnerable Index-Service Prioritization and Decision Assessment Tool (VI- SPDAT) is a triage or pre-screen.
- Level 2: Service Prioritization and Decision Assessment Tool (SPDAT) is the full assessment to pinpoint potential areas where the service user may need support.



INTENSIVE CASE MANAGEMENT

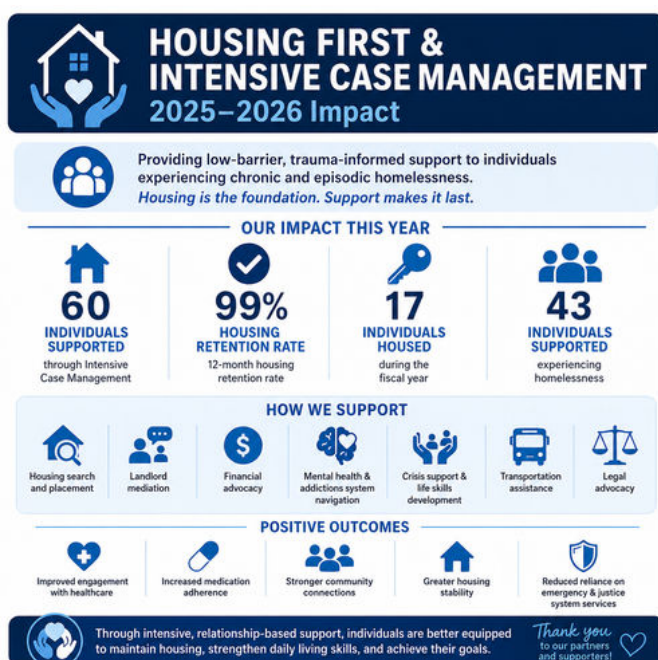
Intensive Case Managers (ICMs) provide one on one case management to clients using a recovery-oriented approach. They work with individuals with higher needs requiring long-term support to overcome chronic and episodic homelessness. The case managers follow a harm reduction model, encouraging social and community integration and individualized, recovery-orientated and client driven supports.

During 2025–2026, the program supported 60 individuals through community-based Intensive Case Management. Despite increasing demand, rising housing costs, and limited access to affordable housing and mental health services, the program maintained an outstanding 99% housing retention rate among participants. Seventeen individuals were successfully housed during the year, while ongoing support was provided to 43 individuals experiencing homelessness.

Intensive Case Managers worked closely with participants to provide housing search and placement, landlord mediation, financial advocacy, mental health and addictions system navigation, crisis intervention, life skills development, transportation, and legal advocacy. Staff collaborated extensively with healthcare providers, Social Development, community organizations, shelters, Outreach, Adult Protection Services, Mobile Crisis, and justice partners to ensure coordinated, responsive care.

The program continued to demonstrate meaningful outcomes beyond housing. Participants experienced improved engagement with healthcare, increased medication adherence, stronger community connections, greater housing stability, and reduced reliance on emergency and justice system services. Through intensive, relationship-based support, individuals were better equipped to maintain housing, strengthen daily living skills, and work toward their personal goals.

Looking ahead, the program will focus on expanding partnerships, strengthening early intervention efforts, enhancing outcome measurement, and advocating for increased affordable housing and continued investment in high-intensity community supports.



Peer Support

The John Howard Society of Fredericton's Peer Support Program provides trauma-informed, relationship-based support delivered by trained Peer Support Specialists with lived experience. The program helps adults experiencing homelessness, mental health and substance use challenges, justice system involvement, and other complex barriers by fostering connection, hope, and practical support.

During 2025–2026, the program supported 285 individuals and recorded more than 3,500 participant interactions through one-to-one support, weekly peer support groups, the Peer Support Café, and the Community Peer Support Garden. Services included emotional support, systems navigation, advocacy, housing and healthcare referrals, crisis support, and accompaniment to appointments.



Participants reported greater housing stability, improved engagement with healthcare and community services, stronger social connections, and increased hope and confidence. Peer workers also strengthened collaboration with probation services, healthcare providers, housing organizations, and other community partners to help individuals navigate complex systems and reduce barriers to support.

“The atmosphere and warmth in the Peer Support Café make me feel that someone believes in me. To share with someone who has lived experience and understands me, and I feel no judgment, makes me feel valued.”

Looking ahead, the program aims to expand community-based peer support opportunities, increase staffing capacity, and improve access to services during evenings and weekends to better meet the needs of the community.



HOMELESSNESS OUTREACH

The John Howard Society of Fredericton's Homelessness Outreach Program provides daily, street-based support to individuals experiencing homelessness throughout the city. Outreach staff connect people with housing, healthcare, income assistance, and community resources while distributing essential supplies such as food, water, clothing, hygiene kits, and naloxone to address immediate needs.

A key focus of the program is helping individuals become "housing ready" by securing identification, completing assessments, and navigating applications for housing and support programs. Staff work closely with healthcare providers, shelters, detox services, food programs, and other community partners to coordinate care and improve access to services.

During the year, Outreach supported 462 unique individuals, assisted 99 people in obtaining housing or more stable living situations, and responded to more than 650 requests for assistance from clients and community members. Teams engaged an average of 159 individuals each day, with increased demand during the winter months for emergency supplies and supports.



While the program celebrated meaningful housing outcomes and strong community partnerships, staff also responded to increasingly complex needs, including mental health and substance use challenges, chronic homelessness, and the tragic loss of 16 community members during the year. Through compassionate, relationship-based support, the Outreach team continues to play a critical role in helping individuals meet their immediate needs while working toward long-term housing stability.



YEAR AT A GLANCE



462

UNIQUE INDIVIDUALS
SUPPORTED



99

INDIVIDUALS HOUSED
OR LEFT COMMUNITY



>200

NEW INDIVIDUALS
ENTERED HOMELESSNESS



159

AVERAGE CLIENTS
ON ANY GIVEN DAY



650+

CALLS FOR HELP FROM
COMMUNITY/CLIENTS

WHAT OUTREACH PROVIDES



HOUSING NAVIGATION & DOCUMENTATION

Helping clients complete paperwork and become "document ready" for housing opportunities.



SURVIVAL SUPPLIES

Providing food, water, clothing, hygiene kits, first-aid supplies, MREs, and seasonal gear.



HARM REDUCTION

Naloxone kits and education to help prevent overdose and save lives.



REFERRALS & CONNECTIONS

Linking clients to health care, shelters, detox, food bank, Social Development and more.



COMMUNITY EDUCATION

Raising awareness and fostering understanding of homelessness and available resources.

QUARTERLY SNAPSHOT

	NEW CLIENTS	AVG. CLIENTS PER DAY	INDIVIDUALS HOUSED
Q1 APR - JUN	75	116	22
Q2 JUL - SEP	65	173	32
Q3 OCT - DEC	61	175	24
Q4 JAN - MAR	49	174	21



A total of 99 individuals were housed or left the community with the assistance of Outreach this year.

TRENDS THROUGHOUT THE YEAR

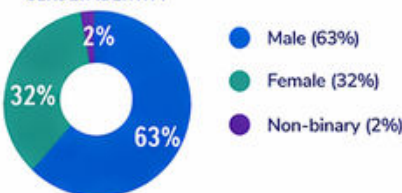
AVERAGE CLIENTS SLEEPING ROUGH PER MONTH



- Homelessness increases in warmer months and drops in winter; however, overall numbers continue to rise.
- Peak of over 200 individuals sleeping rough in the fall months.

DEMOGRAPHICS

GENDER IDENTITY



INDIGENOUS IDENTITY



26%
OF CLIENTS
IDENTIFY AS
INDIGENOUS

Outreach interacts with a wide variety of clients across all age groups in our community.

AGE GROUPS (LARGEST GROUP)



35-45
YEARS OLD
40.6%

DOCUMENT READINESS

Helping clients complete essential documents and get ready for housing.



76%
HAVE SOME FORM OF ID
(e.g., birth certificate, health card)



75%+
HAVE A SOURCE OF INCOME
(government assistance or employment)



80%
ON THE BY-NAMES LIST



50%
ON THE NB HOUSING WAITLIST

KEY CHALLENGES



EXTREME WEATHER

Heat waves, freezing temperatures and outdoor living conditions create serious health risks.



HEALTH CRISES & OVERDOSES

Increasing overdoses and complex health needs are a daily reality.



INCREASING VULNERABILITY

More older adults and individuals with complex needs are facing homelessness.



BARRIERS TO HOUSING

Limited affordable housing and long waitlists continue to be the biggest challenge.



TOGETHER, WE MAKE A DIFFERENCE.

Thank you to our community partners, donors, volunteers and supporters who help us provide compassionate, life-saving outreach and create pathways to housing and stability for our community.

OUR PARTNERS INCLUDE:



Downtown
Community
Health Centre



The Food
Bank



Fredericton
Police Force



Doctor Everett
Chalmers
Hospital



Social
Development



Local Shelters
& Community
Services



Outreach continues to provide life-saving support and pathways to housing for Fredericton's most vulnerable.



johnhowardfredericton.ca

THE OAK CENTRE SHELTER

The Oak Centre Shelter remained one of the busiest programs operated by The John Howard Society of Fredericton throughout the 2025–2026 fiscal year. Operating 24/7 with a capacity of 30 beds and double staffing at all times, the shelter provided low-barrier emergency housing and support for individuals experiencing homelessness. The Oak Centre served a diverse population, including Indigenous people, members of the LGBTQIA2S+ community, newcomers to Canada, and individuals who may have been excluded from other services due to behavioural challenges, substance use, or complex support needs. In 2025–2026, 18% of shelter users identified as Indigenous, while 4% identified as transgender or non-binary, reinforcing the importance of inclusive and culturally responsive care.

The shelter continued to operate under a low-barrier philosophy, prioritizing compassion, safety, and harm reduction. Staff received ongoing training in de-escalation, trauma-informed care, mental health support, and crisis intervention, helping clients navigate challenges while supporting transitions into permanent housing. Throughout the fiscal year, the Oak Centre served 275 unique individuals and maintained an average nightly occupancy of 26 beds. Despite expanded community shelter capacity through the opening of Out of the Cold (OOTC), demand remained high, resulting in 348 turnaways during the year.

Many clients accessing the Oak Centre experienced tri-morbidity, including combinations of mental health challenges, substance use, and chronic physical health concerns. Staff regularly responded to complex situations involving crisis intervention, psychosis, and emotional distress, managing most incidents internally through training and de-escalation techniques. During the year, there were 132 emergency service calls and one call to Adult Protection Services.

The shelter also saw an increase in individuals newly experiencing homelessness, many of whom required additional support navigating shelter systems and community resources. Transportation assistance remained a critical support, with 1,522 bus tickets distributed to help clients attend medical appointments, access housing and income supports, seek employment, and meet basic daily needs. Continued investment in staff training and wraparound supports strengthened the Oak Centre's ability to provide safe, compassionate, and person-centered care to some of the community's most vulnerable individuals.

The Oak Centre Shelter

BY THE NUMBERS



275

unique
clients served



171

Averaged unique
clients per quarter



26

Average beds in
use per night
across all months



132

Emergency
Service Calls



1,522

bus tickets
provided

WHAT WE'RE DOING



**Meet
People Where
They Are**

Our team builds
relationships in the
community through
regular, compassionate
engagement.



**Connect to
Resources**

We provide personalized
referrals and walk alongside
individuals to help them
access services.



**Support
Stability**

From shelter to housing
and beyond, we support
people on their journey
toward stability.



**Collaborate
as a
Community**

We work with local
partners, businesses,
and residents to create
lasting solutions
together.



IRONWOOD RESOURCE CENTRE

Ironwood Resource Centre was established to address a critical gap in the homelessness response system—serving those with the most complex needs.

We support individuals facing chronic homelessness alongside serious mental illness, substance use, developmental disabilities, chronic health issues, and trauma. Many have been turned away from shelters, denied housing due to behavioral challenges, or discharged from institutions without support. As a low-barrier, 24/7 resource center, Ironwood offers stability through dignity and unconditional care for those excluded by traditional services.

Guests can access basic services, such as washrooms, showers, laundry, and light refreshments, at any time of day or night. The center also serves as a Coordinated Access point, where trained Resource Navigators help connect individuals to shelter systems, prevention and diversion programs, and other social services. IRC hosts meetings with community partners and provides ongoing support through on-site security and dedicated staff, all working to meet guests' immediate needs while supporting their long-term housing goals.

Clients at the Ironwood Resource Centre have access to a variety of community services and supports, including:

- Mental Health and Addiction Detox Intake
- Probation Services
- Nursing
- Social Development
- Child Protection
- Adult Protection
- Mobile Crisis
- Police
- Flexible Assertive Community Treatment (FACT) Team
- Prevention / Diversion
- Shelters
- Outreach
- Intensive Case Management
- Social Development Case Workers
- Social Worker, Fredericton Downtown Community Health Centre.

This past year highlighted the deep connection between homelessness, behavioral health challenges, and the lack of housing. Many participants live with severe mental illness, substance use disorders, or cognitive impairments—needs the traditional system isn't equipped to address, especially without accessible housing. Without options like supportive housing, low-barrier shelters, or on-site care, individuals often cycle through ERs, jails, streets, or encampments. Our center offers critical stability, but stability alone isn't enough—we need a full range of housing with built-in supports for those with the most complex needs.

John Howard

THE JOHN HOWARD SOCIETY OF FREDERICTON
La SOCIÉTÉ JOHN HOWARD DE FREDERICTON

Ironwood Resource Centre

STATISTICS 2025-2026



44,904

Total Visits



476

Average Number of
Unique Individuals
Served per Month



2,491

Individuals
Document Ready



22,102

Refreshments
Served



11,836

Snacks Served



382

De-Escalations



9

Child Protection
Calls



31

Adult Protection
Calls



221

Medical
Interventions



503

Referrals



96

Intakes



A safe place. Support without barriers.

Dignity. Connection. Hope.



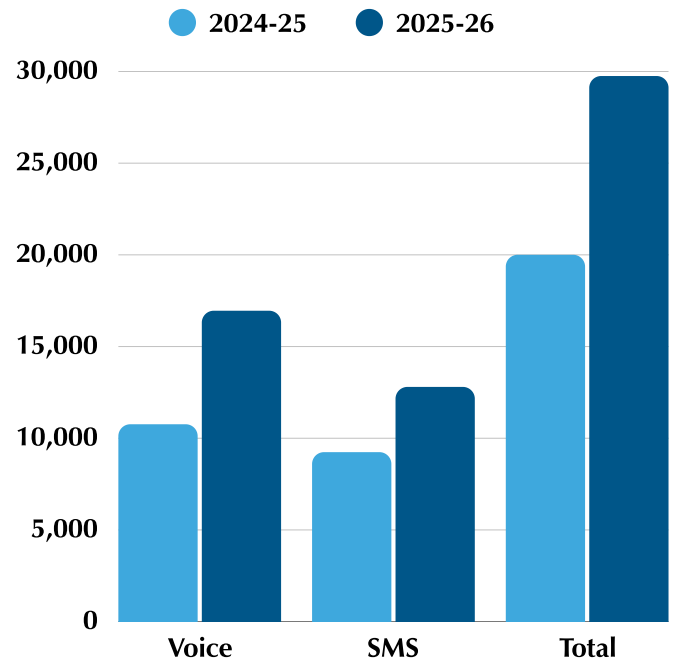
9-8-8 SUICIDE CRISIS HELPLINE

The John Howard Society of Fredericton is a proud partner in the nation-wide 9-8-8 Suicide Crisis Helpline.

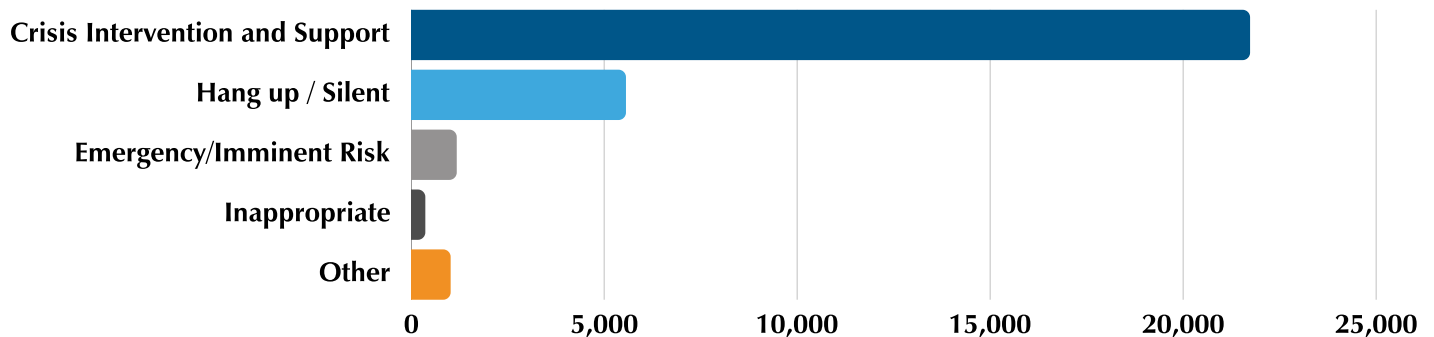
As part of the national 988 network, we respond to French and English voice and text interactions as part of the national surge service. Text interactions from a phone number with a NB area code are routed to our centre before bouncing to the national surge.

The chart to the right shows the total number of 988 interactions our program took in the 2025-26 fiscal year compared to the previous year. As can be seen by the chart, we have experienced a significant growth in the number of interactions our center handles, increasing by 9,749 interactions this year.

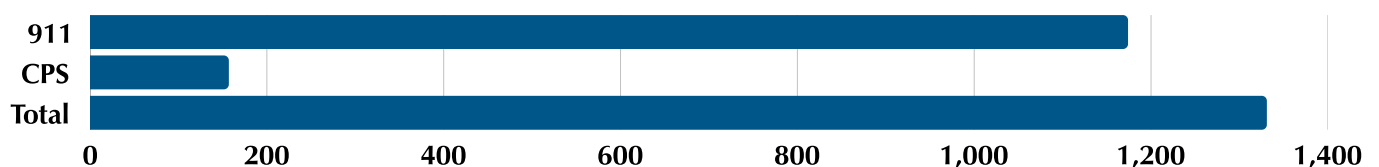
988 CALL VOLUMES



The chart below shows the number of interactions per interaction type that the Chimo program has taken over the course of this fiscal year. There are no numbers from the previous fiscal year for comparison as we were not tracking data in the same manner.

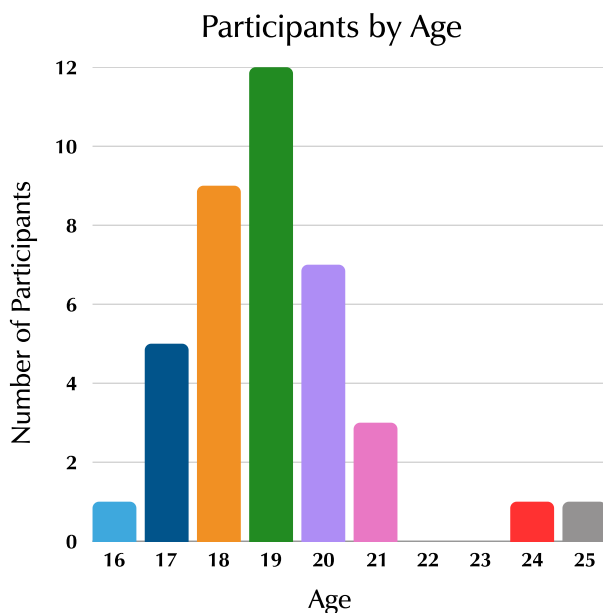


The chart below outlines the number of times responders had to call for intervention from emergency services or Child Protection Services (CPS).



HOUSING FIRST FOR YOUTH

The Housing First for Youth Direct to Tenant Benefit (DTT) program supports youth aged 16–25 who are connected to youth services through the John Howard Society of Fredericton and require housing support. The program focuses on helping youth transitioning out of care secure and maintain safe, stable housing while developing life skills such as budgeting, employment readiness, conflict resolution, and accessing community resources.



During the first year of the DTT pilot program, we received 41 referrals. To date, 4 referrals have been closed due to relocation out of province, lack of engagement, or successful stabilization through skill development and connection to community supports.

Currently, 27 individuals are safely housed, while 2 others are living in less safe situations and actively seeking safer accommodations. Of those safely housed, 26 are receiving the DTT benefit. One individual is ineligible due to dependent status, and another has secured housing with a lease beginning later this year and will begin receiving the benefit at that time.

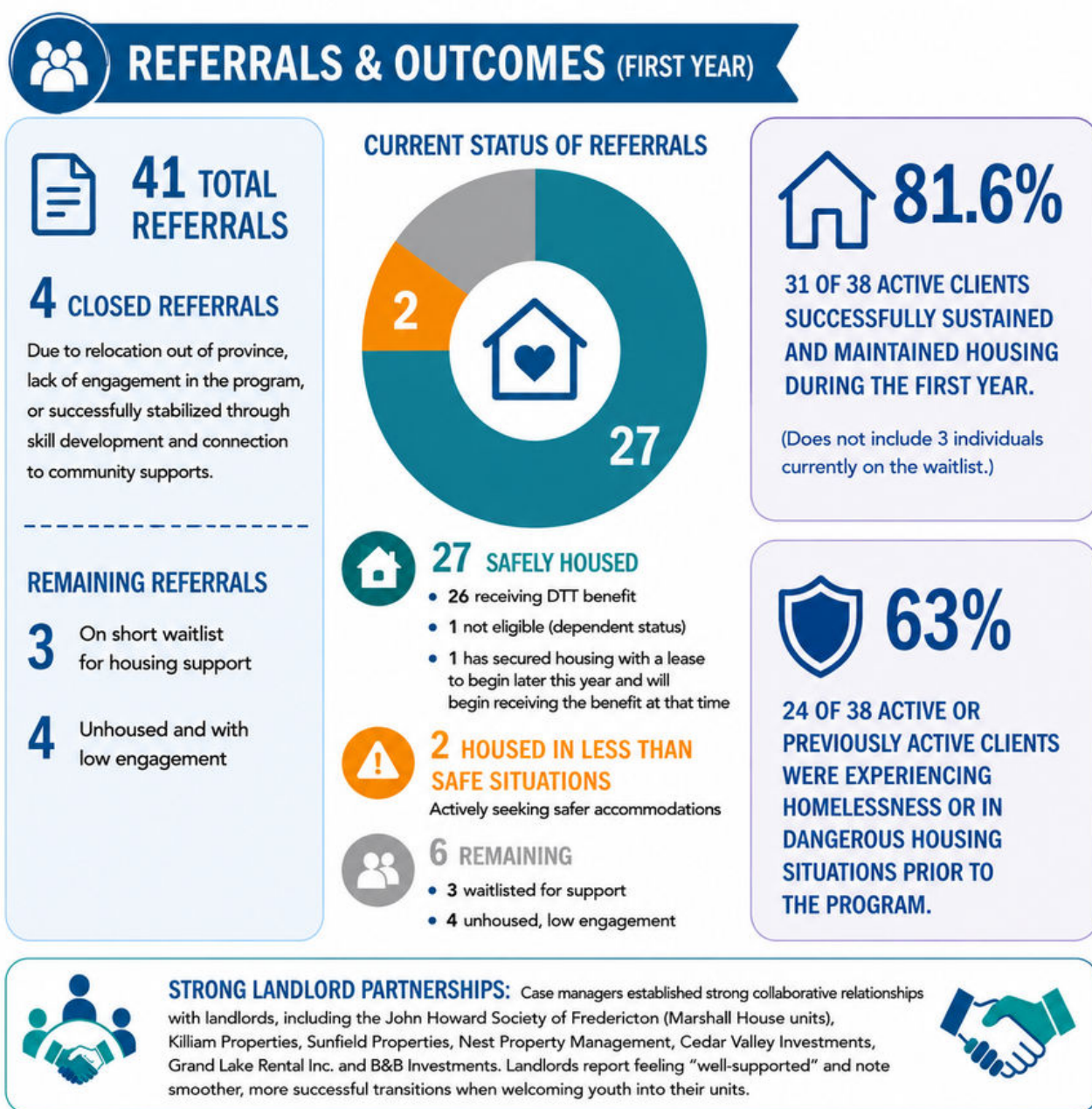
Of the remaining referrals, 3 individuals are currently on a short waitlist for housing support, while 4 remain unhoused and are demonstrating low levels of engagement. Case managers continue to support all open files and connect clients with the resources needed to succeed.

During the program's first year, 31 of 38 active clients (81.6%) successfully maintained stable housing. Prior to entering the Housing First Youth program, 63% of active or previously active clients were experiencing homelessness or living in unsafe housing situations.

A key strength of the program has been the development of strong partnerships with local landlords and property management companies. These relationships have improved housing access for youth and provided landlords with additional support when challenges arise.

Throughout the year, case managers connected youth with a wide range of community resources designed to strengthen five protective factors: education, peer support, community connection, individual resilience, and family relationships. Referrals included employment and education programs, peer support opportunities, life-skills development services, and family mediation supports aimed at rebuilding healthy relationships and improving long-term stability.

Many participants require intensive support related to mental health, substance use, daily living skills, and system navigation before they are ready to maintain housing successfully. Delays in benefit payments have occasionally resulted in late rent payments, NSF fees, and increased stress for participants. Staff also identified the need for stronger coordination with Housing New Brunswick to improve accountability and housing stability outcomes



YOUTH CONNECTIONS

Youth Connections Fredericton (YCF) is a partnership between the John Howard Society of Fredericton and the Fredericton Police Force's Community Integrated Services. Operating from the John Howard Society, the program supports youth aged 12–25 who are at risk of gun and gang involvement by providing individualized case management, mentorship, advocacy, and connections to community resources.

Through strong partnerships with families, schools, healthcare providers, community agencies, and law enforcement, Youth Connectors help young people build protective factors, address barriers to success, and strengthen their support networks. By connecting youth to education, mental health services, employment opportunities, recreation, housing supports, and positive adult mentors, the program works to prevent crisis situations before they occur.

YCF is funded by Public Safety Canada's Gun and Gang Violence Action Fund and the United Way's Building Safer Communities initiative.



During the 2025–2026 reporting period, Youth Connections continued to provide intensive, individualized support to vulnerable youth and families throughout the Fredericton region. The program:

- Supported families referred through the Fredericton Police Force's Community Integrated Services.
- Facilitated 105 referrals to 80 different community services, addressing education, employment, mental health, family support, recreation, and community engagement.
- Provided more than 500 hours of direct client service, family support, collaboration with community partners, and transportation to ensure youth could access essential services.

Youth Connections continued to demonstrate meaningful outcomes for participating youth and families.

Youth reported improvements in confidence, coping skills, social skills, decision-making, and family relationships. Every youth who completed the program survey identified at least one trusted adult in their community and reported developing new personal strengths through the program.

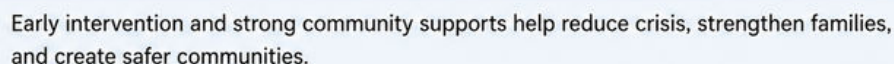
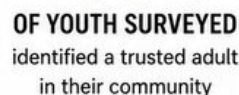
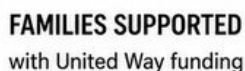
Participants also increased their involvement in positive community activities through volunteering, clubs, employment preparation, and recreational opportunities, helping to strengthen healthy peer relationships and community connections.

- Successfully completing addiction treatment and anger management programming.
- Returning to school and improving school engagement.
- Leaving unhealthy relationships after participating in healthy relationship education.
- Developing healthier coping strategies through structured recreational activities such as boxing.
- Avoiding further involvement with the justice system through restorative approaches and ongoing mentorship.

- 100% experienced no increase in police involvement after entering the program.
- 86% experienced fewer police interactions over time.
- Overall, police calls involving participating families decreased by 40% compared with the previous year.

These outcomes reflect the value of early intervention and coordinated community support in reducing reliance on crisis services while improving long-term outcomes for youth and families.

Supporting youth (ages 12–25) at risk of gun and gang involvement through connection, mentorship, and community.



DIRECT SERVICES

Traffic Controllers Program

The Traffic Controllers Program provides certification in traffic control procedures and workplace safety, supporting participants in securing employment in the construction industry. Three workshops trained twenty-five participants during 2025–2026.

Noon Hour Meal Program

Every business day, the Fredericton Community Kitchens provides the John Howard Society of Fredericton with 35 hot lunches.

At the Oak Centre, 120 meals are provided seven days a week. Meals are free for everyone to take. There are a limited availability and are dispersed on a first come, first serve basis.

Transit Fare Assistance Program

Since 2006, the John Howard Society has accessed bus tickets through the City of Fredericton's Transit Fare Assistance Program. These tickets support participants in areas like job searches, mental health and addiction services, and food bank access. The Society manages the distribution and reporting of tickets, submitting monthly and final reports to the City.

GED Program

The Community Adult Learning Program aims to assist individuals in obtaining their GED certificate. Participants can work and learn at their own pace to ensure readiness for their exam. To be eligible for the program, applicants must be a minimum of 19 years of age and have not completed their high school education.

RECORD SUSPENSION

Record suspensions help remove the stigma of a criminal record so that people with criminal records who have completed their sentences and are living law-abiding lives can access meaningful employment, housing, education, and volunteer opportunities, which are key to safe and successful reintegration as productive members of society.

We help individuals navigate the process and ensure that they have access to the right information and resources.

At the end of the fiscal year, we had served 132 individuals who were seeking a record suspension.

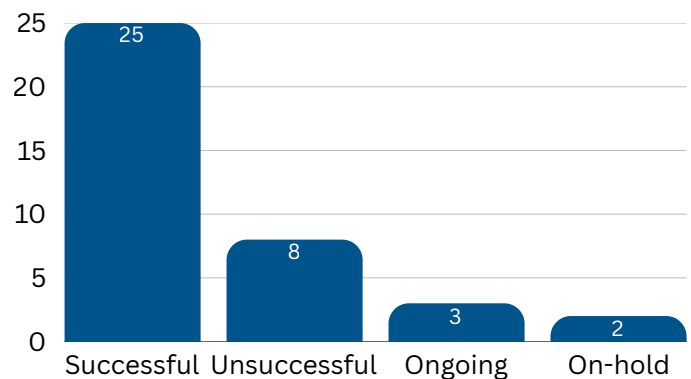
CORRECTIONAL PROGRAMS

The John Howard Society of Fredericton delivers evidence-based correctional programs that support rehabilitation, reduce reoffending, and promote safer communities. During 2025–2026, we provided programs for adults, youth, and families focused on emotional regulation, healthy relationships, accountability, and successful community reintegration. We continue to see growing community awareness through increased self-referrals and strong partnerships with justice and community agencies.

Managing Anger and Difficult Emotions (MADE)

MADE is a CBT-based anger management program for men that helps participants build emotional regulation, improve communication, and develop healthier coping strategies. In 2025–2026, 38 participants engaged in the program, with 25 successful completions. While probation referrals have declined due to the introduction of ICPM programming, community and self-referrals remain strong, reflecting continued public confidence in the program.

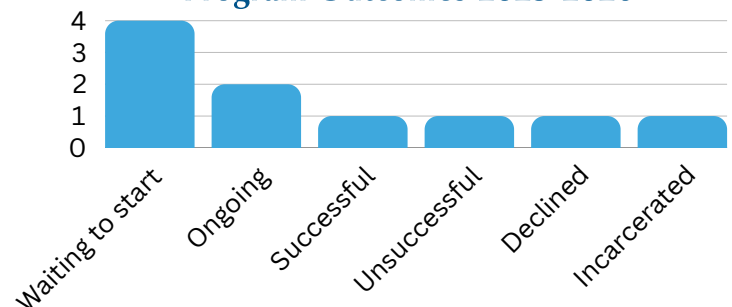
MADE Outcomes 2025-2026



Integrated Correctional Program Model (ICPM) Community Multi-Targeted Program

The ICPM Community Multi-Target Program supports men returning to the community after incarceration by addressing criminogenic needs and reducing the risk of reoffending. Although referrals declined from the program's first year, participation remained steady, with clients working toward individualized reintegration goals through structured programming and one-on-one support.

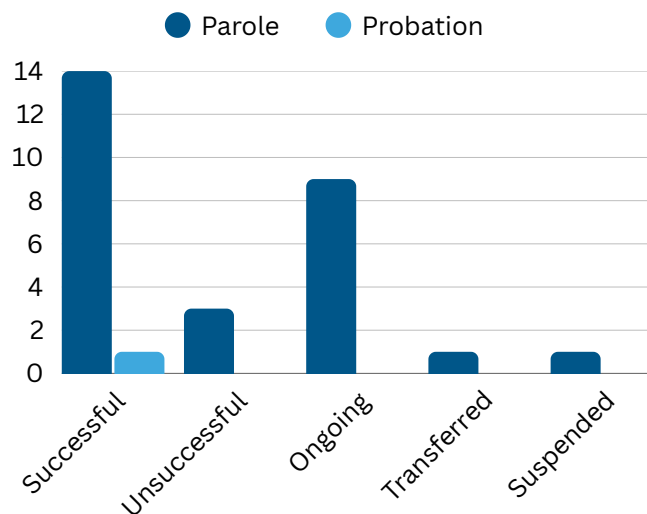
ICPM Community Multi-Targeted Program Outcomes 2025-2026



ICPM Community Maintenance Program

The Community Maintenance Program reinforces the skills participants need to successfully reintegrate following incarceration. In 2025–2026, the program expanded to include referrals from New Brunswick Probation while continuing its longstanding partnership with Correctional Service Canada. Twenty-nine participants engaged in the program, with many successfully completing or continuing their maintenance plans.

ICPM Community Maintenance Program Outcomes 2025-2026



ICPM Community Maintenance Sex-Offender Program

During 2025–2026, staff completed specialized training to deliver the ICPM Community Maintenance Sex Offender Program. Although no participants were enrolled this year, the organization is now fully prepared to offer the program as referrals become available.

Understanding Our Emotions

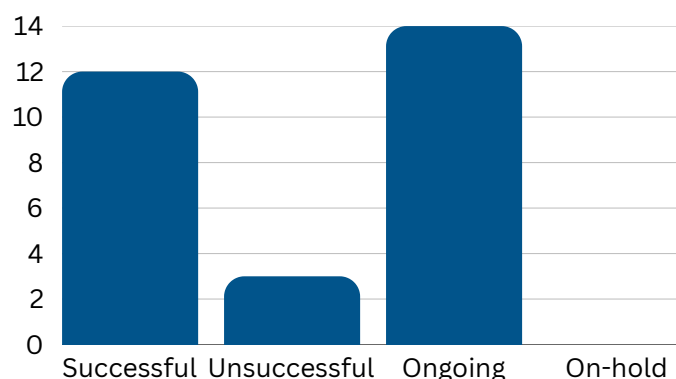
Understanding Our Emotions is a CBT-based program for women that promotes emotional awareness, healthy coping strategies, and conflict resolution. Limited funding and small group sizes continue to affect participation; however, individual services remained available, and a new group is planned for 2026–2027.

During the 2025-26 fiscal year, one (1) participant successfully completed the Understanding Our Emotions program, and there are currently three (3) ongoing participants.

Partner Abuse Program

The Partner Abuse Program supports participants in developing healthy, respectful, and non-violent intimate relationships through a structured, narrative therapy approach. Twenty-nine participants engaged in the program this year, including 12 successful completions. While referrals have declined as clients are redirected to ICPM programming, PAP continues to meet an important community need.

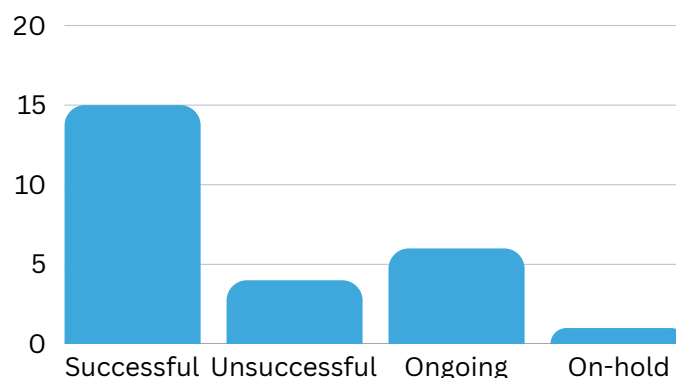
Partner Abuse Program Outcomes 2025-2026



Youth Anger Management Program (TEAM)

TEAM helps youth develop emotional regulation, conflict resolution, and problem-solving skills using cognitive behavioural approaches. Twenty-five youth participated during the year, with 15 successful completions. Although referrals have declined, this reflects the positive impact of prevention initiatives such as Youth Connections, Youth Housing, and Employment Enhancement.

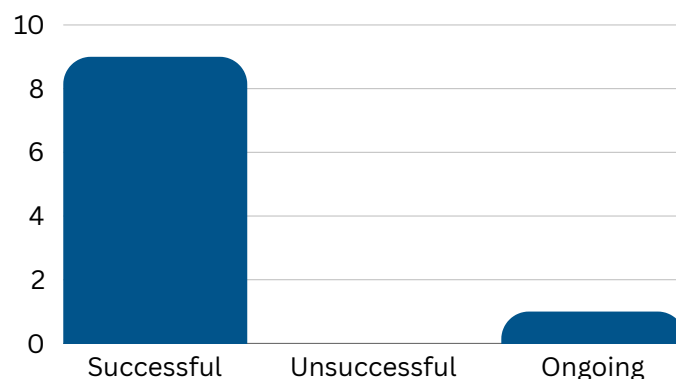
Youth Anger Management (TEAM) Program Outcomes 2025-2026



Woodstock Client Support Program

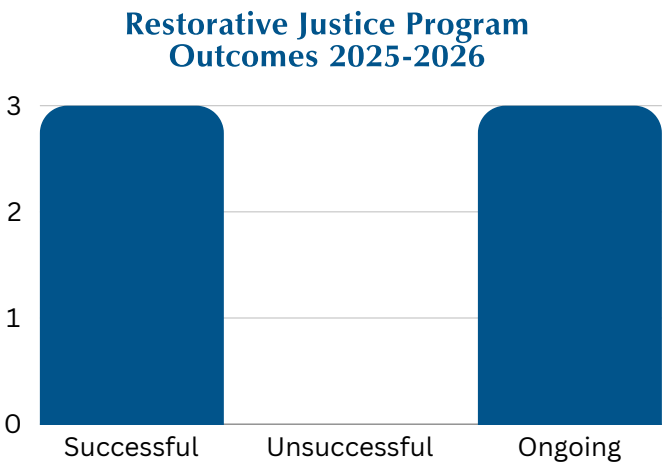
The Woodstock Client Support Program provides CBT-based support focused on anger management, communication, and emotional regulation. Despite a slight decline in referrals, the program achieved strong outcomes, with nine of ten participants successfully completing the program.

Woodstock Client Support Program Outcomes 2025-2026



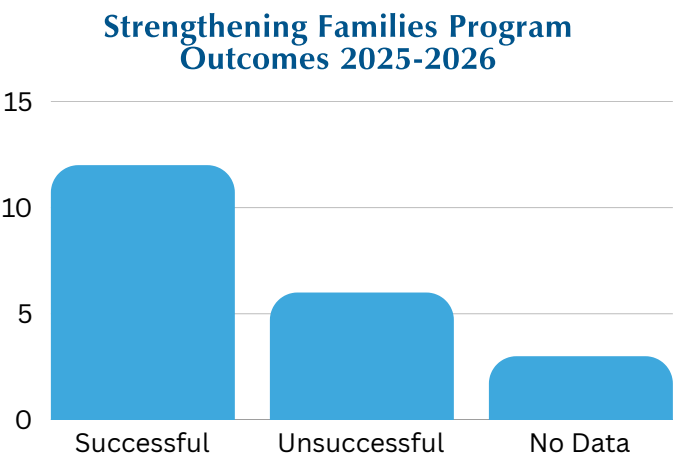
Restorative Justice Program

The Restorative Justice Program provides a trauma-informed, community-based approach to repairing harm, promoting accountability, and strengthening relationships. Referral levels remained steady in the program's second year, with half of participants successfully completing the process and the remainder continuing toward resolution.



Strengthening Families Program

The Strengthening Families Program returned in 2025–2026 thanks to new funding and supported families in strengthening communication, boundaries, and relationships. The program received 21 referrals and saw 12 successful family completions. Scheduling remained the primary barrier to participation, highlighting the challenges many families face while demonstrating continued demand for family-based programming.



YSHIELD Program

YSHIELD is an innovative CBT-based program currently under development to support youth displaying harmful sexual behaviours through education, intervention, and skill development. During the year, staff completed specialized training, collaborated with clinical experts, and launched a public awareness campaign. The program is expected to begin accepting referrals following its completion.

SUICIDE PREVENTION AND MENTAL HEALTH TRAINING

The John Howard Society of Fredericton continued to strengthen community well-being through evidence-based mental health and suicide prevention training. During 2025–2026, we delivered ASIST, Mental Health First Aid, safeTALK, and De-Escalating Potentially Violent Situations (DPVS), helping individuals build the skills and confidence to respond effectively in crisis and support others.

Applied Suicide Intervention Skills Training (ASIST)

ASIST is a two-day, internationally recognized suicide intervention program that equips participants with the skills to identify suicide risk, intervene effectively, and connect individuals with appropriate supports. During 2025–2026, two workshops trained 34 participants.

Since launching the program in 2022, we have trained 122 community members, strengthening suicide prevention capacity across the region.

Mental Health First Aid (MHFA)

Mental Health First Aid (MHFA) equips participants with the knowledge and confidence to recognize and respond to emerging mental health concerns using practical, evidence-based intervention strategies. During 2025–2026, MHFA transitioned to a new training model, replacing the original course with two streams: MHFA Essentials and MHFA Certification.

MHFA (Original Course)

The original MHFA course continued to be offered during the transition period, with two workshops training 22 participants.

MHFA Essentials (MHFA-E)

Introduced this year, MHFA-E is a one-day course that provides foundational mental health knowledge for workplaces and community organizations. One workshop trained 10 participants.

MHFA Certification (MHFA-C)

MHFA-C is a comprehensive two-day course that includes formal assessment and awards participants a nationally recognized certification valid for three years. One workshop trained nine participants.

2025–2026 Highlights

- 4 MHFA workshops delivered across all course streams.
- 44 participants trained during the fiscal year.
- Participant numbers doubled compared to the previous year.

More than 100 individuals have completed Mental Health First Aid training through The John Howard Society of Fredericton since 2023.



COLDEST NIGHT OF THE YEAR

On February 28, 2026, the streets of Fredericton came alive as hundreds bundled up and braved the chill for Coldest Night of the Year—our biggest and boldest fundraising event of the year!

Part of a nationwide initiative, CNOY is a heartfelt walk that raises critical funds for charities supporting people facing hurt, hunger and homelessness. In Fredericton, The John Howard Society proudly hosts this powerful event, with proceeds fueling our vital community programs.

Participants bundled up for 2, 5, or 10 km walks through the frosty winter air, sharing stories, warmth, and purpose. Afterward, walkers were welcomed back with hot soup and full hearts.

The event was highly successful, raising \$142,521, well beyond our goal of \$110,000. The community showed incredible spirit, with 349 walkers on 61 teams and over 80 dedicated volunteers making it all possible.

Fredericton truly stepped up, showing what's possible when we walk together for change.



The top five fundraisers were: Arja Pot (\$10,643), Tim Fox (\$6,650), Rose-Marie Stewart (\$4,755), Jocelyn Pike (\$4,375) and John Barrow (\$3,895).

The top five fundraising teams were: Eager Beavers (\$18,383), Freezing Foxes (\$11,702), New Maryland Layered in Long Johns Lions Club (\$10,496), Forever Young (\$6,220) and the Frozen Dragons (\$4,692).

We had amazing support of our sponsors! Once again, Liberty proudly stepped up as our lead sponsor, setting the stage for an unforgettable event. We were also thrilled to have Canadian Tire (North Side), Stewart McKelvey, TNT Insulation and Building Supplies and Hanwell Rural Community as key supporting sponsors.

In addition, a heartfelt thanks to all of our other generous sponsors, who contributed with both financial support and essential goods and services. Their commitment to our cause made all the difference!

Please save the date! Coldest Night of the Year will be back on February 27, 2027!



PARTNERS AND SPONSORS

Throughout the year, we partner with many governments and agencies to deliver programs to our clients.

Thank you to our partners:

- Government of Canada
- Government of New Brunswick
- City of Fredericton
- Brunswick Street Baptist Church
- Capital Region Mental Health and Addictions
- Connaught Street Elementary School
- Fredericton Community Kitchens
- Fredericton Downtown Community Health Centre
- Fredericton High School
- Fredericton Homeless Shelters
- Grace Memorial Baptist Church
- Greener Village
- Horizon Mental Health and Addictions
- Human Development Council
- Leo Hayes High School
- New Brunswick African Association
- Oromoctio Baptist Church
- Sitansisk (St. Mary's First Nation)
- Smythe Street Church
- St. Thomas University
- United Way of Central New Brunswick
- University of New Brunswick
- Wilmot Church

Thank you to our many sponsors who provide financial support and/or goods and services:

- Bookmark
- Canadian Tire (north side)
- Capital Region Service Commission
- Carmichael Healthcare
- Cliff's No Frills
- Costco
- Dillon Consulting
- Eastern College
- East Lens Media
- Egg Farmers of New Brunswick
- Gahan House Riverside
- Gemtec
- Home Fashions
- J.D. Irving Limited
- Justin Dutcher Photography
- Kinette Club of Fredericton
- Liberty
- Maple Street Dental
- MC Border Security
- Momentum Design & Print
- Rob Brown Realty Inc.
- Run the River
- Rural Community of Hanwell
- Scott's Nursery Ltd.
- St. Mary Magdalene Parish
- St. Mary's PharmaChoice
- Starbucks
- Stepping Stone Senior Centre
- Stewart McKelvey
- Teed Saunders Doyle & Co.
- Terre Neuve Consulting Ltd.
- The Home Depot
- TNT Insulation and Building Supplies
- Women@Plaza



Suicide Crisis Helpline

**Ligne d'aide en cas de
crise de suicide**

John Howard

THE JOHN HOWARD SOCIETY OF FREDERICTON
La SOCIÉTÉ JOHN HOWARD DE FREDERICTON

294 Main Street, Fredericton, NB. E3A 1C9

jhsf@johnhoward.ca

(506) 450-2750