

Title Sponsor:



Beneficiaries:



SEYMOUR CHARITY GOLF TOURNAMENT, proudly supporting mental health on the North Shore

Seymour Golf & Country Club is proud to support two outstanding North Shore organizations as beneficiaries of our 33rd Annual Golf Tournament on July 9, 2026. Both charities are dedicated to strengthening the mental health and wellbeing of individuals and families in our community through compassionate, practical, and life-changing support.

Canadian Mental Health Association – North & West Vancouver (CMHA NWV)

The Canadian Mental Health Association NWV has been serving the community since 1958, providing vital mental health and wellness services to individuals across the North Shore. With approximately 1 in 3 Canadians affected by mental illness in their lifetime, CMHA NWV plays an essential role in addressing a growing community need—particularly as many mental health services are not covered under BC’s Medical Services Plan.

Funds raised through the tournament help support key programs including:

- **STEPS Youth Program:** A low-barrier, nature-based recreational program supporting youth aged 13–29 experiencing mild to moderate mental health challenges. The program fosters connection, confidence, and belonging through guided group activities in a supportive, non-judgmental environment.
- **Counselling Services:** Affordable, confidential one-on-one counselling with Registered Clinical Counsellors for adults who may not have access to extended health benefits, helping bridge a critical gap in mental health care.
- **Outreach Services:** Personalized support for individuals navigating housing, income, and community resources, with tailored care plans designed to help clients achieve their short- and long-term goals.

Spectrum Mothers Support Society

Spectrum Mothers Support Society is a registered non-profit and charity committed to supporting mothers on the North Shore who are caring for young children in challenging circumstances. The organization focuses on families with children under the age of five, with priority given to low-income households, teenage mothers, new immigrants, and families supporting children with disabilities, developmental delays, or behavioral challenges.

Many of the women supported by Spectrum are also navigating significant personal challenges such as mental health concerns, post-partum depression, addiction, or experiences of domestic

abuse. Through trained, CPR-certified caregivers, Spectrum provides essential hands-on childcare support—often as little as one morning a week—which can make a meaningful difference for overwhelmed parents. This support allows mothers the time and stability needed to regain balance and better care for their families.

Spectrum is funded through grants, donations, and community support, and regularly receives referrals from healthcare professionals and social service agencies across the North Shore

Together, these programs provide accessible pathways to stability, connection, and improved mental health outcomes for some of the most vulnerable members of our community.

We are honored to support both Spectrum Mothers Support Society and CMHA North & West Vancouver through this year's tournament, and we thank our community for helping us make a meaningful difference where it is needed most.