



CALGARY
JOHN HOWARD
SOCIETY

2025 - 26

ANNUAL REPORT

A message from our Executive Director and Board Chair

Every day, people walk through our doors carrying the weight of circumstances that brought them here, and leave with something they didn't have before: a path forward. This year, we found ourselves doing the same kind of work internally.

At the Calgary John Howard Society, we have spent time looking inward, examining who we are, what we believe, and how we show up for the people and communities we serve. The result is an organization that feels more clearly itself than ever before — reflected in an updated vision and mission, a refreshed brand, and a new strategic plan to guide the years ahead.

Our updated vision and mission reflect our belief that safer communities are built through prevention, support, and real opportunities for change:

Vision: A community that prevents crime.

Mission: Making communities safer by helping people make positive changes to reduce crime.

Looking ahead, our work will be guided by a new strategic plan built around three focus areas:

- 1. Program Delivery & Effectiveness
- 2. Awareness & Strategic Influence
- 3. Organizational Sustainability

Each of these priorities is explored in more detail throughout this report. Together, they position us to strengthen our programs, expand our impact, and ensure we remain responsive to the needs of the people and communities we serve.

Alongside this work, we refreshed our brand to better reflect who we are today.

The Calgary John Howard Society has always operated at the intersection of credibility and care. We are a trusted partner to funders, governments, and the broader community. We are also a first point of contact for people who are seeking support and taking accountability for their actions, and who are committed to moving forward. Our updated visual identity and messaging are designed to reflect both of these realities.

Our new tagline, “**Safer communities start here,**” captures this balance.

It positions our organization as both a place to access support and a starting point for meaningful change. In just a few words, it reflects our belief that when people are supported to make positive changes, entire communities benefit.

This report shows what that looks like in practice. It highlights the progress we are making, the challenges we continue to navigate, and the impact of the work happening every day across our organization.

None of this is possible without the dedication of our staff, the trust of our funders and community partners, and the resilience of the people we have the privilege to serve. Safer communities do, in fact, start here — in the relationships, the commitment, and the belief that people can and do change.

Thank you for being part of this work. ♦

Vision:

A community that prevents crime.

Mission:

Making communities safer by helping people make positive changes to reduce crime.

2025/26 Calgary John Howard Society
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Calgary Foundation

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Detective, Calgary Police Service

DANIEL JOHNS
Project Manager, Benevity

CHE GREYWALL
Donor Stewardship Officer, Nature United



N. Noble

Natalie Noble, Executive Director



Alex Laidlaw

Alex Laidlaw, Board Chair

We make Calgary safer by reducing crime.

The Calgary John Howard Society (CJHS) is a registered charity working with adults and youth who are involved in the justice system, focusing on what leads to crime in the first place: no housing, no job, mental health struggles, and isolation.

With access to education, employment, housing, and other supports, people are less likely to offend.

The result is fewer victims, safer communities, and less strain on our justice, health, and social systems.



Housing

Homes with wraparound support for youth and adults moving away from criminal behaviour or exiting jail. Stable housing is often the first step to breaking the cycle.



Employment & Education

We help people build real skills, find jobs, and keep them. A steady paycheck gives people a reason to stay on track.



Restorative Justice

We bring together the people harmed by a crime and the people responsible, so both can move forward. It's a chance for the victim to have a real voice, while encouraging offenders to take accountability.



Release Planning

We start planning before someone is released, connecting them to housing, ID, community resources, and other supports so they don't walk out the door with nowhere to go.



Youth Support & Mentorship

We support and mentor youth at risk of criminal involvement, addressing challenges at home, school, and in the community. This includes cultural connections and support tailored for racialized youth, helping them build a more positive future.

What's Next?

2026 - 29 Strategic Plan

The Calgary John Howard Society (CJHS) has spent more than 75 years reducing crime and building safer communities. That history is more than tenure; it's decades of frontline experience in what works, and it's the foundation this plan is built on. Here's how we're putting that experience to work over the next three years: closing service gaps, strengthening our voice in policy and public life, and building an organization strong enough to sustain the mission for the next 75 years.

1

Delivering results that reduce crime

Closing program gaps. We're looking at where our programs have gaps, then building funding proposals to fill them because we don't want anyone falling through the cracks. Every gap we close is a person who stays supported instead of cycling back into the justice system, and a community that's safer for it. One of the gaps we're focused on: stronger housing pathways for people leaving incarceration.

Proving what works. We're improving how we track client data across every program, then using what we learn to sharpen program quality and effectiveness, not just to report on it. That same evidence lets government and funders see verified results, not just good intentions.

2

Leading the conversation on community safety

Growing our public presence. With more than 75 years on the front lines, our perspective is grounded in real, operational experience. We're growing our presence at sector and government tables, in the media, and on public platforms to put that experience to work.

Impact you can see. Real client outcomes, a public annual report, and a clear, consistent CJHS brand show what our work is producing for Alberta communities.

A trusted policy partner. Few organizations bring our depth of frontline experience to a policy table. We engage on priority issues every year and maintain strong, ongoing relationships with government, because policy shaped by practitioners is policy that improves community safety.

3

Investing in organizational sustainability

Financial strength. We're building stronger reserves and more disciplined budgeting. We're also growing new sources of income, through fundraising, donors, our social enterprise, and paid contracts. That means CJHS isn't dependent on any single funder, so we can keep showing up for the community for years to come.

A capable, supported team. The right people in the right roles, backed by ongoing development, review, and succession planning, because outcomes are only as good as the people delivering them.

Modern, reliable infrastructure. Upgraded systems and well-maintained facilities that keep our focus where it belongs: on the communities we serve.





Safer communities start here.

Our Impact

April 1, 2025 - March 31, 2026

2,456

youth and adults were supported to make positive changes and move away from criminal behaviour



67,867

Number of times clients used our services

1,402

Clients received 1,402 hours of literacy instruction



151 adults housed

88 youth served by our youth housing programs (ages 12-24)

1,272

adults accessed basic needs support, resource navigation, and connections to community services while incarcerated

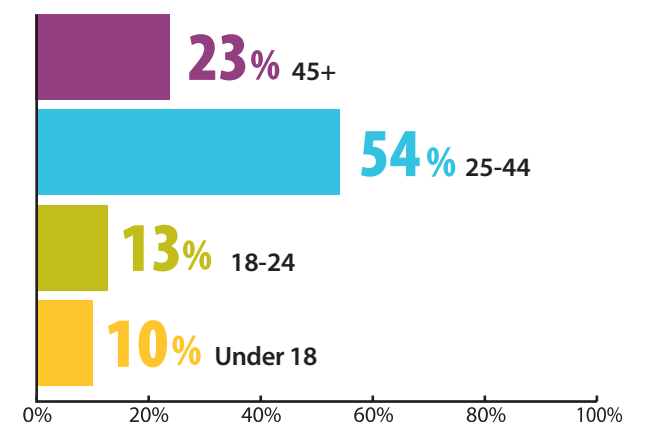
Client genders*



19% women
80% men

*About 1% identified as other or declined to answer

Client ages



Employment Hub:

New program helps justice-involved Calgarians find and keep work

On January 19, 2026, the doors of Calgary John Howard Society's new Employment Hub opened for the first time. The program aims to target a straightforward but stubborn problem: people leaving the justice system face a wall of barriers to employment. Gaps in work history are hard to explain. Stigma follows an application through every stage of hiring. For many, the result is a return to the same circumstances that led them into the system in the first place.

CJHS built the Employment Hub to stop that cycle. The program runs six weeks. Each participant is paired with a dedicated employment coach who helps them build an action plan, mapping out short- and long-term goals from day one. From there, participants move through weeks of targeted training, including group workshops, mock interviews, financial literacy sessions, technical skills instruction, and literacy development, before working with their employment coach to secure a position.

The curriculum also includes a soft-skills component, covering how to manage emotions and stress, get along with others, communicate and resolve conflicts, and learn the basics of mental health.

Chris, one of the Employment Hub's first participants, singled out that part of the program.

"I think all the areas that focused on the interpersonal relationships, how to work, how to bear yourself in a workplace, how to communicate effectively, how to respond to conflict in the workplace ... those were the big parts. They were the most poignant to me, and I've seen the biggest

difference in other people on those aspects," said Chris. "But just having the resources, like using the [Calgary John Howard Society's] networking and working with people getting the resumes out, that was huge too."

Participants also have access to an occupational therapist, whose support is focused on rebuilding structure and routine, improving time management, and easing anxiety that can come with returning to a job after time away.

For one participant, Eric, building a routine was essential to getting back to work. "What I found helpful was having that schedule and being accountable and being here on time every day. Having that time where it would simulate a workplace environment was so crucial for me getting back into the flow of things," said Eric.

Once someone is hired, CJHS doesn't step back. Staff continue working with both the employee and the employer to troubleshoot problems as they surface. That kind of support is designed to cut

down on turnover and keep people in the job long enough for it to matter.

The Hub is funded through a five-year, \$9.6 million contract with the Government of Alberta's Ministry of Assisted Living and Social Services. Funding is released once a participant successfully begins employment, and a further portion once they've held that job for six months. It is an accountability structure that ties public dollars directly to outcomes, not just enrolment numbers or placements that don't stick.

"We're comfortable being measured on long-term results because this is what we do," said Natalie Noble, Executive

"[Disclosing my criminal record] was one of the things that I was afraid of. You have to be honest. It will never leave your background. It was another thing that we learned here, because that's really why we're here to begin with. We do have a record. I know how to answer my questions in an interview when it comes to my criminal background check. I'm willing to share it because it's not who I am anymore. It will really be up to the employer to choose me or not, but it's not who I am. These things have nothing to do with the current person that I am right now."

— Rejina



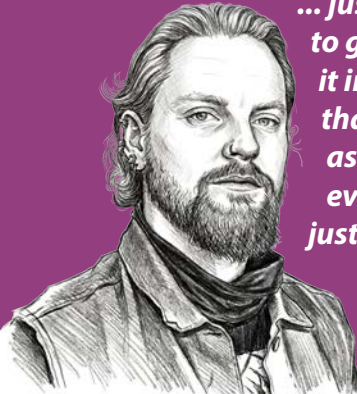
"I didn't have a bank account for almost 2 years. Couldn't work. I was under house arrest. It ... made my life stagnant. I couldn't progress. Couldn't move forward ... Alberta Works asked me if I would be willing to come to the Calgary John Howard Society and take this course. I lost everything. It's hard to talk about, but this was the first step to try and recover my life. I'm starting over. It's not easy at my age. But everybody here has just been amazing. They've helped me find some gratitude, and ... helped me move forward."

— Howie



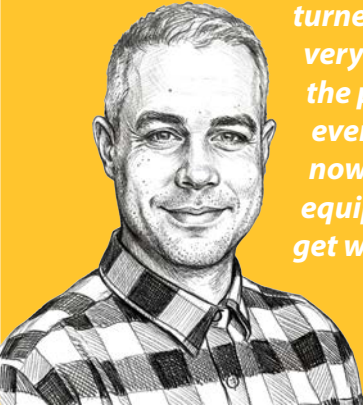
"Having that thought loom over your head about the involvement in the justice system lowered my confidence, and that worry that a potential employer was going to deep dive and find all these things and judge you immediately on that. For a long time, I just thought, now that I got involved with the justice system, it's over for me. I never thought I'd get a job again. But, [CJHS] provided a lot of help with that ... just telling me ways to gently ... talk about it instead of going to that immediate assumption that everyone's going to just immediately throw my resume away."

— Eric



"I struggled with dealing with the whole issue. I'm not used to navigating the legal system. I went into a bad mental state, and lost my apartment due to being arrested. I found myself living in a shelter, and just not capable mentally, and physically, of navigating both work and what I was going through at the same time. With the gap in my work history and with all the pending legal stuff coming up, I got turned down a lot. I'm very happy that I found the program ... I think everyone in that room now feels pretty well equipped to go out and get what they want."

— Chris



Director of CJHS. “CJHS has a proven track record of supporting people after release, and this model keeps everyone focused on what matters, which is helping people keep a job, stay stable, and avoid returning to custody.”

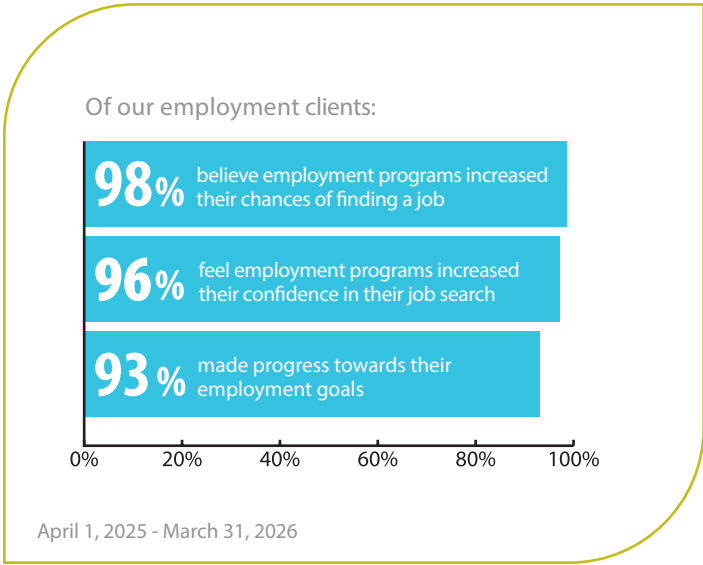
Nearly three quarters of federally sentenced individuals (72%) have some need for education or employment: more than half (54%) have less than a Grade 10 education and 62% of federally sentenced men were unemployed at the time of their arrest.¹

“Community safety is at stake when people who are involved in the justice system don’t have supports,” Noble added. “A stable job and the right resources reduces the risk of reoffending and gives people a real shot at a second chance.”

Meaningful employment and education are two of the most reliable ways for someone to move out of poverty and away from further involvement in the justice system.² With an education, job prospects, and the skills to navigate working life, a person is far less likely to reoffend, a shift that makes communities safer by giving adults the tools to be responsible, contributing members.

“Coming from a place where I was really down on myself, thinking I was unemployable and having all these negative thoughts ... I definitely think without this program, I probably wouldn’t have had the confidence to go in and nail that interview,” Eric said.

Since the Hub's January opening, CJHS has rolled out the full scope of the program outlined in the five-year agreement. What started as a contract announcement is now a room full of people updating resumes, practicing interviews, and a growing number of participants moving into jobs found through the program, with several approaching their six-month milestone in the months ahead. For many, it is more than a paycheck. It is proof that a second chance can become a first real opportunity. ♦



EMPLOYER PARTNERS

None of the Employment Hub's training means much without a job on the other end of it. Participant need businesses willing to hire them, and that side of the equation depends entirely on the employers who have partnered with CJHS.

The relationship runs both ways. Employers get access to candidates who have completed six weeks of pre-employment training, covering workplace expectations, communication, conflict resolution, professionalism, and industry certifications and safety tickets. CJHS stays involved after the hire to help resolve problems as they come up. In return, participants get an employer willing to look past a record and give them a real shot at the kind of long-term, stable job the program is built around.

"Alpha Better Landscaping is proud to have partnered with the Calgary John Howard Society this year ... We have welcomed talented, hardworking individuals to our team who have made significant contributions to our organization. The ongoing support, communication, and collaboration provided by the John Howard Society have been instrumental in creating successful outcomes for both employees and employers."

RevEx renovations

A renovation you can feel good about

This year, Calgary John Howard Society launched RevEx Renovations, a social enterprise that delivers professional renovation services while creating real employment for people who face significant barriers to work. It is a renovation company in every practical sense. RevEx takes on commercial projects, employs skilled tradespeople, and holds itself to the same standards of quality and reliability as any contractor in the city. What sets it apart is what happens with every dollar it earns.

Every project RevEx completes reinvests directly into its own workforce. Profits fund paid, hands-on positions for people with justice system involvement who are working to overcome barriers to employment, whether that means a criminal record, a gap in work history, or few employers willing to give them a chance. Instead of asking people to qualify for opportunity, RevEx builds the opportunity into the business itself.

Participants do not volunteer or intern. They work. They earn a training stipend that reflects their hands-on work in the program, all while learning a trade, gaining workplace certifications, and receiving mentorship and career coaching from experienced tradespeople. The goal is not a short-term placement. It is a pathway: real skills, real work history, and real connections to long-term employment once a person is ready to move on.

“A renovation business and a job training program don’t have to be two different things,” says Adaeze Hubbard, Director of Employment and Social Enterprise. “On our sites, they’re not. Every project we finish is a commercial space that’s been transformed and a career that’s gotten started, at the same time.”

People who hire RevEx get more than a contractor. They get a partner that treats every renovation as a professional job first, then channels its earnings into workforce development, turning a renovation into a direct investment in a safer Calgary.

That combination of quality work and lasting opportunity is the idea behind RevEx's brand promise: professional renovations, meaningful employment, and safer communities. It is also a clear expression of what Calgary John Howard Society has always believed: that people who are given real opportunity make different choices. RevEx just proves that belief can also be a very good business. ♦

What is a social enterprise?

A social enterprise is a business that exists to solve a social problem, not just to turn a profit. It sells real products or services, but instead of distributing earnings to owners or shareholders, it reinvests them back into its mission.

That sets it apart from both a typical charity and business. A charity relies mainly on donations and grants to fund its programs. A business exists primarily to generate returns for its owners. A social enterprise sits between the two: it earns its own revenue like a business, but, like a charity, it measures success by mission impact.

RevEx Renovations is Calgary John Howard Society's social enterprise. It operates as a fully functioning renovation company, competing for contracts and delivering professional results, while channeling its profit into paid employment and training for people who face barriers to work.



The 2025 CJHS Conference:

Culturally Informed Practices in Justice Work

In October 2025, the Calgary John Howard Society hosted its first ethno-cultural conference, bringing together 140 attendees from the justice, health, social service, and community sectors. Supported by the Government of Alberta's Ethnocultural Grant Program, the day was dedicated to exploring how the sector can better serve racialized communities and build more inclusive and collaborative systems of support.

"For a long time, our sector has talked about inclusion in general terms," says Natalie Noble, Executive Director of the Calgary John Howard Society. "This conference was about getting specific and sitting down with the people who are actually doing this work in racialized communities, and asking what genuine, culturally responsive support looks like. If we're serious about safer communities, we can't design one-size-fits-all programs and expect them to work for everyone."

Why this work matters

Canada's justice system does not affect all communities equally. Indigenous Peoples are incarcerated at a rate ten times higher than the rest of the population.³ Indigenous people make up only 5% of Canada's population, yet they account for 33% of federally sentenced individuals.⁴ Alberta has one of the highest rates of Indigenous overrepresentation in custody of any province, and that number continues to climb each year. For women, the gap

widens further still: Indigenous women make up 50% of all federally incarcerated women in Canada.⁵

These disparities don't stop at Indigenous people. Black people make up about 4% of the Canadian population, yet account for 9% of the federal custodial population.⁶ And the gap doesn't end at sentencing, either: Black individuals in federal custody are statistically less likely to reoffend than other groups (85.8% are not readmitted within five years of their sentence expiring),⁷ yet they continue to be assessed as higher-risk with lower reintegration potential than their outcomes actually warrant.

If we're serious about safer communities, we can't design one-size-fits-all programs and expect them to work for everyone.

But overrepresentation in custody is only part of the picture. For newcomers and immigrants, the barrier is often on the other side of the system entirely: getting access to justice at all. Refugees and new Canadians frequently arrive with little understanding of Canadian law, no local support network, language barriers, and, for many, histories of

trauma from the circumstances that brought them here in the first place — all of which make navigating our justice and social service systems significantly harder than it is for the average Canadian. Newcomers to Canada often don't ask for help at all, largely because the support system is too complex and disconnected to navigate on their own.

These aren't just numbers for the people who walk through our doors. They are the reason racialized and newcomer

communities so often need more than a generic program. They need supports that understand language barriers, cultural stigma around the justice system, immigration status complications, and histories of trauma that don't always look the way our systems are built to recognize.

The takeaway is straightforward: closing the gap in outcomes means closing the gap in how services are designed. Programs built around a single default experience will keep underserving the communities who need them most, which is exactly the shift CJHS's ethno-cultural conference set out to advance.

A day of shared learning

The conference brought together voices from across the community: researchers from the University of Calgary, newcomer specialists from the Calgary Immigrant Women's Association and the Centre for Newcomers, presenters from the Islamic Restoration Society, recovery specialists from Northeast Addictions and Mental Health Centre for Holistic Recovery, and correctional professionals from Correctional Services Canada, alongside CJHS staff working with these people every day.

Through a keynote address, workshops, a panel discussion, and world café-style dialogue sessions, attendees left with concrete ideas for partnership, referral pathways, and advocacy going forward.

Feedback highlighted just how much the interactive format resonated. Attendees pointed to the value of learning from such a range of presenters and engaging in open dialogue across organizations, describing a space that encouraged "collaboration rather than competition."

"It was truly moving to witness the impactful and powerful work we are all doing together to empower vulnerable populations and amplify the voices of those in need," said one attendee.

Keynote speaker Cam Stewart, a former police officer turned author and advocate for diversity, equity, and inclusion, shared his own journey from law enforcement to championing those values, challenging attendees to think differently about what justice, compassion, and belonging can look like in practice.

What's next

Feedback from the day was overwhelmingly positive, and conversations are already underway about how to turn a single conference into an ongoing collaboration. For CJHS, that means continuing to build relationships across sector lines, because reducing crime and building safer communities means making sure every community has a real path to support, not just the ones our systems were originally built around. ♦

Mentorship and Support for Racialized Youth

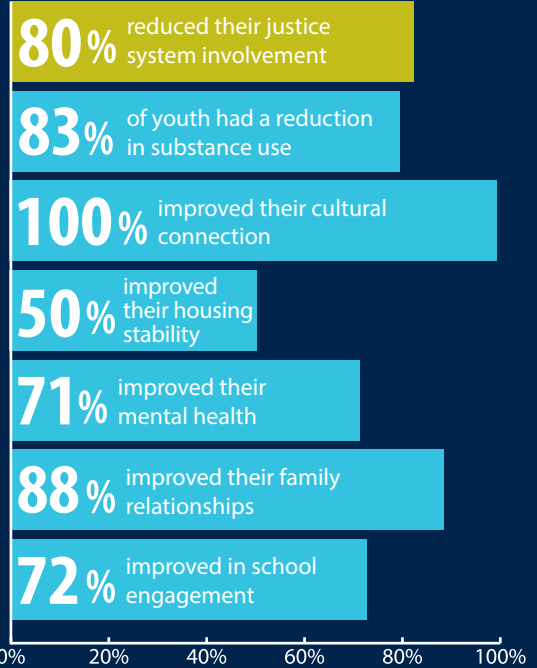
Support for Immigrant Youth

This program welcomes justice-involved newcomer, immigrant, and refugee youth ages 12-24, many who face barriers including language challenges, cultural adjustment, and difficulties navigating systems of care and support.



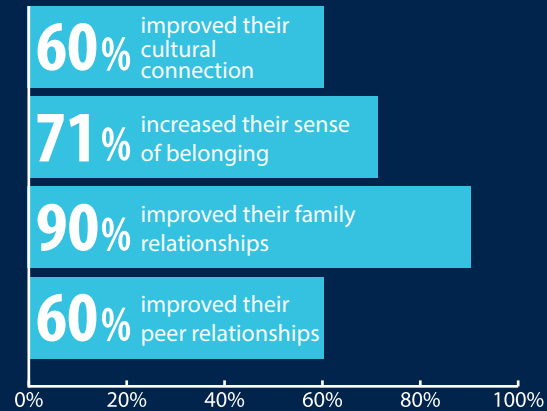
Support for BIPOC Youth Leaving Incarceration

This program welcomes justice-involved and incarcerated Black, Indigenous, and People of Colour youth ages 12-17.



Mentorship for Indigenous Youth

The Indigenous Youth Mentorship Program offers a safe, culturally grounded space for Indigenous youth aged 12–24 who are at risk of criminal involvement, helping them build relationships, strengthen their cultural identity, and develop life skills alongside mentors and Elders. Through weekly mentorship nights featuring cultural teachings, talking circles, traditional workshops, and recreational activities, youth grow in confidence, leadership, and connection to their heritage — building resilience and a stronger sense of belonging within their families, communities, and cultures.



50 people volunteered their time with the Calgary John Howard Society this year

"For me, it feels like an area where I can actually affect change. From my experience here over the past six or eight months, I've learned about some of the really difficult realities facing some of the kids we work with. Even just being a big-brother figure, or somebody they can look to as a role model, I think can be powerful. Throughout my life, I've heard different instances of people saying, 'I had this experience with a teacher,' or a coach, or whoever, and it set them on a good trajectory going forward into adulthood. Ultimately, as mentors, that's what we're trying to do — help establish that foundation and give our experiences as adults to the people we're serving here, to help them make a better life for themselves."

— Cody
Indigenous Youth Mentor Volunteer

The Hidden Disability:

FASD and the Justice System

Fetal Alcohol Spectrum Disorder (FASD) is a lifelong disability caused by prenatal alcohol exposure that affects the brain and body, with impacts on memory, learning, attention, emotional regulation, and social functioning that look different in every person. It's often called a hidden disability, since fewer than 10% of those affected show any physical markers, and there is no blood test or medical scan that can confirm it. Underdiagnosis is common: stigma discourages people from disclosing prenatal alcohol exposure, no standard screening test exists in Canada, and symptoms frequently overlap with conditions like ADHD, leading to missed or incorrect diagnoses. Even when FASD is suspected, getting a formal diagnosis requires a multidisciplinary team of physicians, psychologists, and developmental specialists, along with interviews to confirm prenatal exposure — a process that is often lengthy, expensive, and out of reach without money, advocacy, or access to private practitioners.

The consequences of going undiagnosed and unsupported are steep. People with FASD come into contact with the justice system at rates roughly 30 times higher than the general population,⁸ often because impulsivity, memory difficulties, and a desire to please authority figures make it hard to navigate court processes, understand consequences, and avoid false statements, creating a revolving door rather than genuine accountability. This is why the Calgary John Howard Society provides wraparound support for people with FASD: we help them understand and move

through the justice system, connect them to natural supports like stable caregivers and mentors (shown to meaningfully reduce police contact), refer them for a proper FASD assessment, assist with applying for the financial supports they are entitled to, and connect them with health and well-being professionals. Together, these supports work to interrupt the cycle and give people with FASD a real path forward. ♦

60% of people with FASD will have contact with the justice system⁸

Of the individuals with diagnosed or suspected Fetal Alcohol Spectrum Disorder in our FASD program:

225 received education and support related to FASD and its impact on justice involvement.

152 received intensive reintegration and justice navigation support while exiting custody or navigating court processes.

57 were referred for formal FASD assessment to improve access to diagnosis and specialized supports.

90%

receiving FASD justice supports in our programs had no new charges during the year.

Berkana House:

Celebrating 25 years

History of Berkana House

Twenty-five years ago, a woman leaving prison had nowhere to go designed with her in mind. Community residential facilities existed, but they were built for men, and for women carrying histories of trauma and abuse, that meant healing had to wait. Berkana House was created to change that.

Berkana House opened in October 2001. It grew out of a partnership between the Elizabeth Fry Society of Calgary and the Calgary John Howard Society, and is now completely operated by CJHS.

Before Berkana House opened, women being released to a Community Residential Facility (CRF), often called a halfway house, were housed in facilities designed for men, including CJHS's Bedford House. There was little acknowledgment that these women were often healing from histories of trauma and abuse, and even less infrastructure was built around their specific needs.

Berkana House was designed as a women-centred environment grounded in respect, empowerment, and healing: a place where women, and in some cases their children, could rebuild their lives together. The house was among the first in Canada to allow

children to live with their mothers as part of a residential reintegration program, reflecting a belief that family connection could be part of the healing process itself.

That belief has never changed: giving women a safe place to heal, along with housing, support, and where possible, family reunification, can break cycles of incarceration and homelessness. Berkana's apartment-style model supports independent living and helps women build the skills and confidence to transition back into the community. Recognizing the unique cultural needs of Indigenous women, an Elder has always been connected to the program, offering cultural and spiritual support.

Twenty-five years later, this work matters more than ever. Women are the fastest-growing prison population in Canada, and Indigenous women are dramatically overrepresented in the system, accounting for nearly half of the women incarcerated nationally. Berkana House's mission, to offer women a path away from incarceration and toward stability, remains as urgent today as it was at its founding.

Berkana House Today

That original vision continues to shape how

What is a Community Residential Facility (CRF)?

A Community Residential Facility (CRF), sometimes called a halfway house, is a supervised residence where individuals live for a period of time after leaving prison, before fully returning to independent life in the community. CRFs bridge the gap between incarceration and community reintegration, offering structure, support, and supervision while residents rebuild routines, access services, and work toward stable housing and employment. Programs like Berkana House go further, tailoring that support to the specific needs of the population they serve. Residents are referred by Correctional Service Canada.

Berkana House at a Glance

 **10** residents

 **4** single-occupancy units

 **2** three-bed units (each with one single and one double bedroom)

 All units are self-contained, with a private kitchen, bathroom, bedroom(s), and living space

 **24^h** 24/7 on-site staff



Berkana House opening day in October 2001



Berkana House works with an Elder for cultural support

Berkana House operates today. Two dedicated caseworkers partner with residents on goal-setting, safety planning, and regular check-ins that build trust and address each woman's individual needs. An integration coach supports the practical side of reintegration, helping residents obtain identification, build grocery shopping and budgeting skills, attend appointments, and learn to navigate public transit, while also fostering connection through a twice-monthly social club and a weekly residents dinner, which an Elder joins twice a month to offer cultural support and guidance.

Berkana House works closely alongside Correctional Service Canada, whose parole officers, program coordinators, and Indigenous cultural liaison officers all play a role in supporting residents' reintegration. Twice a year, the Berkana team also travels to the Edmonton Institution for Women to meet with potential future residents and begin building relationships before they arrive.

Setbacks are treated as part of the journey, not as a reason for automatic removal from the program. When a resident faces a setback, staff work together with parole officers and the resident herself to build a plan that keeps her safety and continued progress at the centre.

None of this happens alone. Berkana House relies on a strong network of community partners: the Calgary Food Bank provides food to subsidize meals, Women in Need Society (WINS) supplies clothing at intake and furniture at exit, and Aventa, a treatment centre for women, is a frequent bridge into Berkana House for women continuing their recovery journey.

Support doesn't end when a woman moves out. Former residents remain part of the Berkana community, with open invitations to social outings and events, as well as ongoing phone calls and check-ins from staff. Many women continue to return to Berkana House long after their stay ends, whether to reconnect with staff or to access practical supports like food and other supplies they may need. ♦

"Staying at Berkana House was an amazing experience for me. I instantly felt welcome and comfortable. I was able to start a positive, confident, and independent new chapter in my life. They made becoming independent an easy transition. They have always been supportive and very helpful with any questions or problems I needed help with. They made me feel like I can, and did, accomplish anything I wanted. I always looked forward to coming back with my diary of the day — they listened with pride and such positive encouragement. I'm grateful for the whole staff, and God bless them all for having such understanding, compassionate, patient, caring, and beautiful hearts. Thank you, Berkana."

— Christina

"Berkana House was a very positive experience in my journey. Upon my arrival, I was a little withdrawn, nervous, and scared, not knowing what to expect. I was experiencing a lot of social anxiety as well. On day one the staff made me feel very welcomed and immediately began helping me with my issues. They also did a wonderful job preparing me with support and strategies. The staff here are beyond amazing, and everyone went above and beyond the call of duty ... [they] really dedicate themselves to working in the girls' best interest. I am forever grateful to have had this experience."

— Jessica

"My stay at Berkana house was very positive. The staff was amazing at supporting my transition from Edmonton to Calgary and out into the community. They were always there with an ear to listen and good advice for life's conundrums. I feel very lucky to have had the opportunity to have the support of Berkana then, and now. It's great to check in with them and know that you always have their support."

— Jen

New Gym Equipment at Bedford House

For the men living at Bedford House, our men's Community Residential Facility, the first months after prison are about one thing above all — stability. Steady routines, positive outlets, and small daily wins are what help them rebuild a healthy life in the community after incarceration.

As part of our ongoing work to improve our facilities and the outcomes for the people we serve, we reached out to Calgary-based fitness equipment company Bells of Steel this year. The result? Bedford House residents gained a new tool for building that stability — an on-site gym.

Physical activity helps reduce crime and reoffending. It improves mental health, helps people manage their emotions and aggression, reduces antisocial behaviour, builds self-esteem, and helps people form positive connections with others.⁹ Having equipment on site also removes real barriers: the cost of a gym membership, the challenge of getting there, and the discomfort many people feel going into public spaces in their first weeks out.

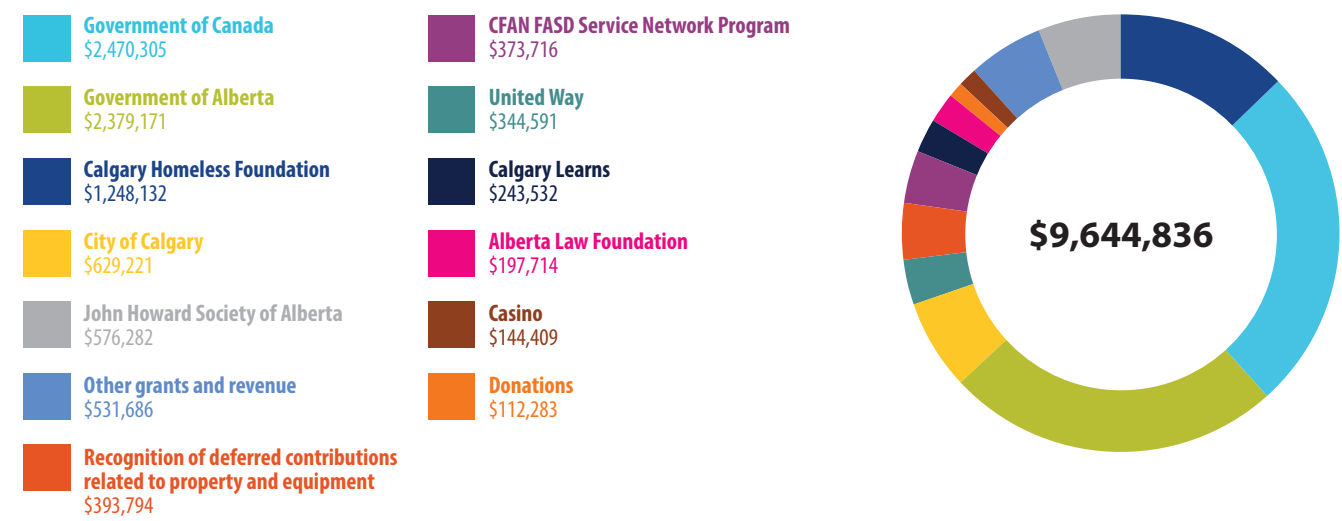
Bells of Steel didn't just donate equipment. They connected with why it matters: "We're honoured to support Bedford House in their mission to create safer, stronger communities by providing residents with on-site gym equipment. We hope this helps everyone at Bedford House build healthy habits, resilience, and confidence as they work toward long-term success."

Cam, a Bedford House resident, has seen firsthand what access to a gym can mean. "I've seen a lot of guys that did have addictions problems that left the prison because of fitness and because of the gym. It was the reason they were a success," he says. "When I get stressed out, I work out. I don't know how I would have coped if I didn't have the gym. It's my release."

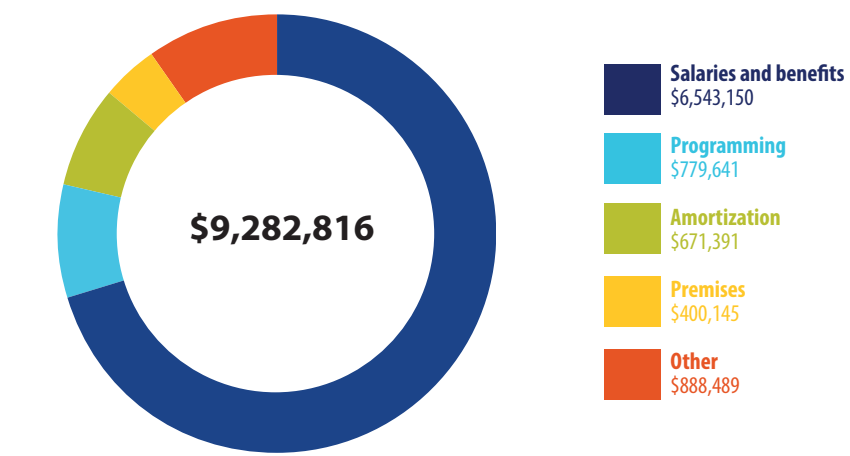
By supporting programs that build daily structure and accountability, partners like Bells of Steel are helping us do what we're here to do: build safer communities through prevention, support, and real chances to change. ♦

Financial Statement

Revenue for the year ended March 31, 2026



Expenses for the year ended March 31, 2026



For a full copy of our audited financials, visit our website at cjhs.ca.

The Calgary John Howard Society operates on Treaty 7 territory. These are the traditional lands of the Blackfoot Confederacy: the Siksika, Kainai and Piikani Nations. They are also the lands of the Tsuut'ina Nation and the Îethka Nakoda Nation, made up of the Bearspaw, Chiniki and Goodstoney First Nations. Calgary is also home to the Otipemisiwak Métis Government, Métis Nation Battle River Territory, Nose Hill Métis District 5 and Elbow Métis District 6.

The traditional names for the City of Calgary are "Mohkinstsis" (meaning Elbow in Blackfoot), "Otoskunee" (meaning Elbow in Cree), "Wincheeshpah" (meaning Elbow in Stoney Nakoda) and "Kootsisaw" (meaning Elbow in Dene Tsuut'ina). Today and every day, we honour the Elders and Knowledge Keepers of this land.

Thank you.

The work of CJHS could not be done without the generous support of our donors and funders. Your contributions allow us to continue our work, making our communities safer.

- Alberta Law Foundation
- Calgary Foundation
- Calgary Homeless Foundation
- Calgary Learns
- City of Calgary
- Correctional Service Canada
- Government of Alberta
- Government of Canada
- JHSA-CBSA
- John Howard Society of Alberta
- Momentum
- My Potentia
- United Way

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CALGARY
JOHN HOWARD
SOCIETY

Safer communities start here.

Calgary John Howard Society

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