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Distress Centre of Ottawa and Region
Financial Statements
March 31, 2026

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Numeris CPA
PROFESSIONAL CORPORATION

Independent Auditor's Report

To the members of
Distress Centre of Ottawa and Region

Opinion
We have audited the financial statements of Distress Centre of Ottawa and Region, which comprise the statement of financial position as at March 31, 2026, and the statements of changes in net assets, operations and cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the accompanying financial statements present fairly, in all material respects, the financial position of the Centre as at March 31, 2026, and the results of its operations and its cash flows for the year then ended in accordance with ASNPO.

Basis for Opinion
In common with many not-for-profit organizations, the Centre derives revenue from fundraising activities the completeness of which is not susceptible to satisfactory audit verification. Accordingly, verification of these revenues was limited to the amounts recorded in the records of the Centre. Therefore, we were not able to determine whether any adjustments might be necessary to fundraising revenue, excess of revenues over expenses, and cash flows from operations for the years ended March 31, 2026 and 2025, current assets as at March 31, 2026 and 2025, and net assets as at April 1 and March 31 for both the 2026 and 2025 years. Our audit opinion on the financial statements for the year ended March 31, 2025 was modified accordingly because of the possible effects of this limitation in scope.

We conducted our audit in accordance with Canadian generally accepted auditing standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of our report. We are independent of the Centre in accordance with the ethical requirements that are relevant to our audit of the financial statements in Canada, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Responsibilities of Management and Those Charged with Governance for the Financial Statements
Management is responsible for the preparation and fair presentation of the financial statements in accordance with ASNPO, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, management is responsible for assessing the Centre's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Centre or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Centre's financial reporting process.

Auditor's Responsibilities for the Audit of the Financial Statements
Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Canadian generally accepted auditing standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements. As part of an audit in accordance with Canadian generally accepted auditing standards, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

Docusign Envelope ID: A94B26DC-F8D6-8DEA-81C5-31806FD7D820

Independent Auditor's Report, continued

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Centre's internal control.

- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.

- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Centre's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Centre to cease to continue as a going concern.

- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

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Numeris CPA Professional Corporation
Chartered Professional Accountant
Licensed Public Accountant

Ottawa, ON
June 15, 2026

Docusign Envelope ID: A94B26DC-F8D6-8DEA-81C5-31806FD7D820

Distress Centre of Ottawa and Region
Statement of Financial Position
As at March 31, 2026

	2026	2025
Assets		
Current		
Cash	$ 224,742	$ 299,238
Marketable securities (note 3)	727,574	462,989
Accounts receivable	2,709	126,756
Prepaid expenses	48,997	47,677
Government receivable	29,986	35,536
	1,034,008	972,196
Capital assets (note 4)	15,732	20,774
	$ 1,049,740	$ 992,970
Liabilities		
Current		
Accounts payable and accrued liabilities	$ 88,395	$ 44,358
Deferred revenue (note 5)	38,700	43,553
Government remittances payable	2,967	17,316
Deferred capital contributions (note 6)	-	16,000
	130,062	121,227
Balance	919,678	871,743
	$ 1,049,740	$ 992,970

On behalf of the Board

Signed by: Matthew Triemstra
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Member

Signed by:
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Member

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Distress Centre of Ottawa and Region
Statement of Changes in Net Assets
Year ended March 31, 2026

	Invested in capital assets	Internally restricted	Total 2026	Total 2025
Balance, beginning of year	$ 7,627	$ 864,116	$ 871,743	$ 614,244
Excess (deficiency) of revenues over expenditures	(5,041)	52,976	47,935	257,499
Adjustment	13,146	(13,146)	-	-
Balance, end of year	$ 15,732	$ 903,946	$ 919,678	$ 871,743

Docusign Envelope ID: A94B26DC-F8D6-8DEA-81C5-31806FD7D820

Distress Centre of Ottawa and Region
Statement of Operations
Year ended March 31, 2026

	2026	2025
Revenues		
Centre for Addiction and Mental Health	$ 1,341,523	$ 1,266,922
Champlain District	427,804	419,991
City of Ottawa	100,409	103,181
United Way/Centraide Ottawa	90,000	97,890
Bingo- lottery trust	89,241	116,663
OC Transpo	81,980	79,152
Pembroke General Hospital	71,113	71,113
Montfort Hospital	66,912	66,912
Donations	50,127	103,224
Nunavut	37,080	37,080
Fundraising projects	33,222	36,410
Special grant	31,898	-
Interest	28,144	36,514
Ottawa Paramedic Service	26,000	26,000
Centraide Outaouais	14,018	13,811
Administrative Tribunals Support Service of Canada	7,250	14,865
Fees for service	5,350	8,950
Capital contributions	-	7,671
	2,502,071	2,506,349
Expenditures		
Salaries and related benefits	1,589,039	1,366,031
Wages and benefits	284,636	257,916
Media & Recruitment	174,463	154,047
Rent	118,610	111,739
Technology	107,860	132,649
Audit & Professional fees	57,263	36,565
Communications	52,165	61,864
Volunteer Programs	40,905	30,433
Insurance	29,761	27,239
Administrative	25,551	17,813
Other expenses	7,750	-
Professional Development	6,977	1,319
Amortization	5,041	(4,258)
Dues and memberships	1,243	1,785
Leasehold improvements	-	26,601
Equipment	-	18,649
One time expenses	-	4,646
Repairs and maintenance	-	3,812
	2,501,264	2,248,850
Excess of revenues over expenditures before extraordinary item	807	257,499
Extraordinary item (note 7)	(47,128)	-
Excess of revenues over expenditures	$ 47,935	$ 257,499

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Distress Centre of Ottawa and Region
Statement of Cash Flows
Year ended March 31, 2026

	2026	2025
Operating activities		
Excess of revenues over expenditures	$ 47,935	$ 257,499
Adjustment for		
Amortization	5,041	(4,258)
	52,976	253,241
Change in non-cash working capital items		
Marketable securities	(264,585)	42,871
Accounts receivable	124,047	(87,571)
Prepaid expenses	(1,320)	(16,234)
Government receivable	5,550	(12,922)
Accounts payable and accrued liabilities	44,038	(34,555)
Deferred revenue	(4,853)	(65,519)
Government remittances payable	(14,349)	(1,802)
Deferred capital contributions	(16,000)	12,329
	(74,496)	89,838
Investing activity		
Purchase of capital assets	-	(5,217)
Net (decrease) increase in cash	(74,496)	84,621
Cash, beginning of year	299,238	214,617
Cash, end of year	$ 224,742	$ 299,238

See accompanying notes to the financial statements

Docusign Envelope ID: A94B26DC-F8D6-8DEA-81C5-31806FD7D820

1. Nature of operations

Distress Centre of Ottawa and Region was incorporated by letters patent in the Province of Ontario. The objectives of the Centre are to provide confidential telephone assistance to individuals in need and to provide the community with information and training, primarily on crisis/suicide intervention.

As a registered charity under subsection 149(1)(f) of the Income Tax Act, the Centre is exempt from paying income taxes.

2. Significant accounting policies

(a) Basis of accounting

These financial statements have been prepared in accordance with Canadian accounting standards for not-for-profit organizations.

(b) Revenue recognition

Revenue on significant contracts, which provide for progress billings and payments as part of the contract, are recognized on the percentage of completion method. Deferred revenue, in current liabilities, represents billings rendered in excess of revenue earned.

Restricted investment income is recognized as revenue in the year in which the related expenses are incurred. Unrestricted investment income is recognized as revenue when earned.

(c) Capital assets

Capital assets are recorded at cost. The Centre provides for amortization using the straight-line method at rates designed to amortize the cost of the capital assets over their estimated useful lives. The annual amortization rates are as follows:

The Centre maintains a capital asset policy whereby all acquisitions of property, plant, and equipment with a unit cost of less than $3,500 are expensed in the period of acquisition.

Furniture and fixtures	5 years
Leasehold improvements	10 years
Computer software	2 years

(d) Investments

Investments are recorded at stated market value. The investments consist of Guaranteed Investment Certificates. It is management's opinion that the Centre is not exposed to significant interest, current or credit risk arising from these financial instruments.

Docusign Envelope ID: A94B26DC-F8D6-8DEA-81C5-31806FD7D820

2. Significant accounting policies, continued

(e) Use of estimates

The preparation of financial statements in conformity with Canadian accounting standards for not-for-profit organizations requires management to make estimates and assumptions that affect the reported amounts of assets and liabilities and disclosure of contingent assets and liabilities at the statement of financial position date and the reported amounts of revenues and expenditures during the year. Actual results could differ from those estimates.

(f) Financial instruments

The Centre's financial instruments consist of cash, accounts receivable, and accounts payable and accrued liabilities.. Unless otherwise noted it is management's opinion that the Centre is not exposed to significant interest, currency or credit risks.

(g) Cash and cash equivalents

Cash and cash equivalents include cash and short-term investments with maturities of three months or less from their date of acquisition, which are readily convertible into a known amount of cash, and are subject to an insignificant risk to changes in their fair value.

(h) Contributed services

Directors, committee members and owners volunteer their time to assist in the Centre's activities. While these services benefit the Centre considerably, a reasonable estimate of their amount and fair value cannot be made and, accordingly, these contributed services are not recognized in the financial statements.

3. Marketable securities

	2026 Market	2026 Cost	2025 Market	2025 Cost
Marketable securities	$ 727,574	$ -	$ 462,989	$ 446,800

4. Capital assets

			2026	2025
	Cost	Accumulated amortization	Net	Net
Furniture and fixtures	$ 309,906	$ 298,608	$ 11,298	$ 15,818
Leasehold improvements	137,721	133,287	4,434	4,956
	$ 447,627	$ 431,895	$ 15,732	$ 20,774

Docusign Envelope ID: A94B26DC-F8D6-8DEA-81C5-31806FD7D820

5. Deferred revenue

	2026	2025
Champlain District	$ 38,700	$ 43,553

6. Deferred capital contributions

	2026	2025
Beginning of year	$ 16,000	$ 3,671
	-	20,000
	(16,000)	(7,671)
End of year	$ -	$ 16,000

7. Extraordinary item

On May 28, 2026, the organization met with the Centre for Addiction and Mental Health (CAMH). At this time, the organization was informed that its 24/25 funding had been under-paid. This was rectified. As there are no taxation consequences to this error, it was determined to record this corrected funding in fiscal 25/26 as an extraordinary item.

8. Commitments

The Centre has entered into a lease for office space with a term ending November 2028, with an option to extend one further term for five years.

The minimum annual lease payments, including additional rent for operating costs and property taxes, for the next five years is as follows:

2027	$ 124,300
2028	86,200
	$ 210,500