A MESSAGE FROM THE CEO

Another year has passed and the pandemic has shown us how fragile life is and the need to strengthen the safety net for those most vulnerable in our communities.

The safety of which I speak of is more than just protection from those that might harm them or the weather; it’s providing a safe harbour from this virus. While many of us could cocoon in our homes, those experiencing homelessness had only organizations like us. Their response was one of gratitude and appreciation. Because of you, your gifts, your concern, and your faith in our ability to care for the less fortunate.

Throughout this report you will read some amazing stories of how your generous gifts helped our clients manage through the pandemic and receive the help they needed to thrive. It’s a principal of our faith that suffering produces “perseverance, character; and character, hope” (Romans 5:4, NIV). It would not be possible without the compassion that many of you have shown us this past year. Thank you!

Steve Wile
Chief Executive Officer

“PERSEVERANCE, CHARACTER; AND CHARACTER, HOPE”

(Romans 5:4, NIV)

A MESSAGE FROM THE BOARD OF DIRECTORS

It would be an understatement to say that 2020 was not what any of us expected. Through it all, we at The Seed, have been awed by the response of our community who have come together in unprecedented ways to continue caring for those in need.

Our mission is to build hope and well-being for our most vulnerable citizens through Jesus’ love. This remains unchanged, but how we do this has required creative adaptation, resilience, flexibility and grace, to respond to the ongoing changes while staying focused on serving those in need. This drastic transformation in our world has provided an opportunity to expand our reach and find creative solutions to help even more people in need. When additional shelter space was needed to allow for greater physical distancing, churches and city-owned facilities opened their doors. Volunteers continued to assist in unique and active ways, and donors gave generously to ensure that we were able to continue caring for those in need.

Whatever the next year may bring, may you find peace in your heart, from faith in an unchanging God, while navigating a constantly changing world.

Lorne Heppner
Chair, Board of Directors of The Mustard Seed Society
WHO WE ARE

Our Mission
To build hope and well-being for our most vulnerable citizens through Jesus’ love

Our Vision
To eliminate homelessness and reduce poverty where we serve

FINANCIALS
For the fiscal year ending March 31, 2020

Expenses
$31,032,842

- Housing 36%
- Basic Services 30%
- General Administration 6%
- Support Services 19%
- Fundraising 9%

Revenue
$29,420,498

- Rental & Other Income 12%
- Donations & Capital Funding 60%
- Government Funding 28%

Visit theseed.ca/accountability to read our complete financial statements
It takes a community of incredible people like you to help those experiencing homelessness and extreme poverty. We couldn’t have made it through this pandemic year without your commitment and compassion to helping those in need.

THANK YOU FOR YOUR TREMENDOUS SUPPORT
Across all Mustard Seed locations in 2020

501,000+ meals served
250+ Guests employed
635,500+ lbs of clothing
55,000+ health & wellness services
668 SHELTER MATS per night
4,440+ HOURS OF counselling
55,000+ health & wellness services
12,000+ SPIRITUAL CONVERSATIONS & EVENTS
55,000+ volunteer hours
310 Affordable housing units

THANK YOU!
Finding stable, affordable housing is a major obstacle for people experiencing homelessness and extreme poverty. Because of your generous donations, we’re able to help hundreds of guests break their cycle of homelessness and transition to independent living. Our staff provide residents with the support they need to thrive and live independently before, during, and after they’re housed.

Sable* has overcome an incredible amount of adversity to get to where she is today at just 23 years old.

She suffered from serious, but undiagnosed, mental health issues for years that intensified after she was assaulted. In the years that followed, her mental health deteriorated to the point that she lost everything and ended up in the hospital. After receiving treatment, she was released from the hospital but had nowhere to go. An online search led her to The Mustard Seed’s emergency shelter in Calgary.

“It was scary,” she admits, coming to the shelter for the first time, especially during a pandemic when routines were altered and everyone’s guard was up. Because of your donations, the shelter remained open and operational during the pandemic, providing Sable with nutritious food, clothing, a safe place to sleep, and the help she needed to get back on her feet again.

“I feel like The Mustard Seed caught me. I found what I needed,” she says.

Our staff connected Sable with permanent supportive housing and soon she moved into her own apartment in The Mustard Seed’s 1010 Centre. The safety and stability of a home changed everything.

“I just felt a sigh of relief that the worst was over, that I was going to be helped,” Sable explains.

With your gifts and prayers, Sable received assistance from The Mustard Seed’s employment program and was able to find a job. She is thrilled to be moving forward in her life.

“I couldn’t have done it alone,” Sable says. “I think of my life as writing a story. These have been some of the rougher chapters, but the best is yet to come.”

*Name has been changed to protect our guest’s privacy

I feel like The Mustard Seed caught me. I found what I needed.
HOPE BEGINS WITH Basic Services

For many people experiencing homelessness and extreme poverty, having their basic needs met is a crucial first step towards a better life. Through your support, we’re able to offer our guests warm meals, a safe place to sleep, and clothing, so that they can begin to focus on other aspects of their journey.

YOu PROVIDED MEAL SECURITY IN A PANDEMIC

When COVID-19 was declared a global pandemic, Adam, like many of us, became anxious for what the future may hold.

Prior to the pandemic, Adam relied on meals served by The Mustard Seed’s 96th Street building in Edmonton. But as restrictions to limit the spread of COVID-19 took effect, the meal program was forced to quickly adapt to meeting the needs of the community.

Because of donors like you, we were able to launch Dinner2Door. This program is a contactless meal delivery service through which nutritious meals are prepared, packaged, and delivered free of charge by volunteers to the doorsteps of Edmontonians in need - all because of your donations.

For Adam, who lives on a fixed income in subsidized housing, these meals have been the answer to his prayers. When evening meals at 96th Street building ended, our wellness advocates helped him sign up for Dinner2Door. Meals are now delivered to his door weekly, and he loves how they are catered towards his specific needs.

“It’s almost like a meal prep. All I have to do is defrost the meals, pop it in the oven, and I’m good to go. Everything is healthy. You get protein, vegetables, carbs. I love it.”

For just $3.51, you can buy one meal for someone in need.

1,200 meals delivered weekly through Dinner2Door since March 2020

41,750+ meals served monthly across all Mustard Seed locations
Parry and his wife came to Kamloops after they were evacuated from their home due to a wildfire. In a desperate situation he never expected, Parry reached out to The Mustard Seed for help.

“Everyone has their own stories,” Parry says, launching into his own. “I had just graduated from Thompson Rivers University and it was the worst timing, knowing we had nowhere to go. One thing turned into another, and it turned into needing support, and The Mustard Seed was there.”

Your generosity ensured they were provided with emergency resources and received warm meals – “the best in town,” Parry says – and a safe place to sleep and spend the night. They also received clothing, footwear, and toiletries.

“The Mustard Seed will give you the things you need to make your day better and to make it survivable,” Parry says. “The showers are a big deal and I’m glad they’re here. I cherish them.”

Your support for individuals like Parry, helped him establish routine, stay healthy, find community, and work toward finding sustainable work and housing. He also shares that he can tell that the staff at The Mustard Seed really care.

“The staff notice you,” he says, recalling how staff came to him with a new coat even before he had a chance to ask for one. “There’s light at the end of the dark tunnel.”

SERVING HOPE IN TIMES OF DARKNESS

SHELTERS AT THE MUSTARD SEED FOR WINTER 2020 -21

Your support has been tremendous over this pandemic year and with your donations, we’re able to provide 691 mats per night across our shelters

225 mats per night
CALGARY
*Based on 2m physical distancing

400 mats per night
EDMONTON

20 mats per night
KAMLOOPS

46 mats per night
RED DEER

UNIQUE GUESTS Stayed in our Shelters

6,500+
HOPE BEGINS WITH

Health & Wellness

The life expectancy of a person experiencing homelessness can be up to 40 years less than the general population. With compromised immune systems, limited medical care, and poor nutrition, wellness services are a crucial component to keeping our vulnerable populations healthy and thriving. Our Wellness Advocates seek to target each individual’s unique health barriers and get them on a path to recovery - all made possible through your donations and prayers.

365+ HOURS
OF COUNSELLING PROVIDED MONTHLY

FINDING A PURPOSE

Ron has had a long journey to become the man he is today – a man whose motivation to better himself relies on being a good father to his eight-year-old daughter.

For ten years, Ron has been visiting various Mustard Seed locations in times when he needed a helping hand to get back on track - a helping hand made possible by donors like you.

“One thing I really like about being at The Mustard Seed is that there is a no alcohol and no drug policy, so you need to be sober to access all the supports and services available here,” Ron says.

On top of receiving basic services, Ron sought out health and wellness supports offered by The Mustard Seed in Red Deer. Suffering from poor vision, your thoughtful donations provided him brand new prescription glasses which has greatly improved his well-being. He has also been able to meet with a doctor once a week, receive his medication, and partake in one-on-one counselling which he describes as being “instrumental” to bettering his mental health.

Having suffered from depression, Ron recognizes the importance of being in a healthy mental state. This year has been especially difficult for him due to the unknown circumstances of the pandemic.

“I try not to allow COVID-19 to dominate my thinking. But I do find myself getting sad or upset sometimes, which brings on my depression because there’s nowhere to go,” Ron says.

Although this year has been hard for many of our vulnerable population, including Ron, he is grateful for the help he has received from incredible donors like you.

“Thank you for all the support. It's been wonderful. I would definitely recommend The Mustard Seed to people who are struggling or simply want to better themselves. I’m so grateful for what is being offered here.”
Andrew has a cheerfulness about him that’s contagious. He smiles easily and makes sure everyone around him is smiling too, even in hard times. It’s one way he can give back to “an organization and community that has done so much for me,” he shares.

“This place puts you up, feeds you, shelters you, gives you access to what you need to get yourself together, and points you in the right direction to get yourself on your way,” Andrew says.

After a long career in manual labour, several workplace accidents, raising nine kids, and trying to keep up with 27 grandkids have taken their toll on his body, as has experiencing homelessness. Andrew, who gets around with help from a walker, suffers from spine and knee problems, migraines, and other health concerns that complicate his daily life.

“On the outside I look like I don’t have problems, but on the inside, I’ve beat myself up so much,” he admits.

He was relieved to learn that The Mustard Seed in Red Deer not only provides meals and a place to stay, but also has an onsite health and wellness clinic. In addition to counselling and advocacy support, he can visit with doctors and nurses on a regular basis. The medical team have helped him manage his pain and medication, and staff regularly check with him to ensure that he is well.

“I’m cared for 24/7 while I’m here,” he says.

In addition to the wellness programs and services, the community of friends he has made keeps him going. He met one of his best friends, Terry, a fellow guest staying at the shelter. The two spent their free time volunteering together and finding ways to make those around them laugh. Sadly, Terry passed away in the fall, but Andrew is determined to honor his friend by continuing to volunteer, smile, and live his best life.

At least 60% of our guests and clients have pre-existing health conditions

4,500+ health and wellness services provided monthly
HOPE BEGINS WITH Support

Although the world changed drastically this year, one thing that remained constant, and became even stronger, was the help of incredible donors like you. Because of your compassion and generous support, we were able to maintain operations and essential programming in all five cities.

SHELTERS

The introduction of the physical distancing guidelines by health authorities posed an immediate set of challenges at our emergency shelters. Thankfully, we had an amazing community rallying behind us and assistance from people like you.

Because of YOU, and valuable relationships with our communities, we were able to:

Maintain shelter operations and expand our shelter programs

Calgary
- First Alliance Church
  120 mats
- Foothills Emergency Shelter
  235 mats

Edmonton
- Kinsmen Sports Centre & Expo Centre
  180 mats (ended in June 2020)
- Trinity Lutheran Church & Strathcona Baptist Church
  80 mats (ended in October 2020)
- South Edmonton Temporary Winter Shelter
  100 mats
- Edmonton Convention Centre (Bissell Centre & Boyle Street Community Services)
  300 mats

Kamloops
- Outreach Centre
  20 mats

Red Deer
- City Chapel
  23 mats (ended in June 2020)
- Community Support Centre
  46 mats

Average of 668 shelter mats per night

COMING TOGETHER DURING A PANDEMIC

Hire

100+
additional staff to support operations of shelters across all Mustard Seed locations
ADAPTING OUR SERVICES & PROGRAMS

Although the pandemic has changed many things in our world, it has also given us opportunities that have required creative solutions and flexibility to help those we serve. Due to your generous donations, we were able to innovative and adapt by offering virtual, over-the-phone, and video conferencing supports across all our locations. This includes: health and wellness programs and services; counselling; employment assistance; housing advocacy; government financial assistance; case management; and much more.

With so much support from our amazing donors in many communities, we were also able to expand our food programs to help even more people in need, offering takeaway meals, bagged lunches, and snacks-to-go. This included initiatives like Dinner2Door in Edmonton and the Neighbourhood Care Package in Medicine Hat. Both services are a meal delivery program that provides nutritious meals to people in need. Additionally, Medicine Hat was able to begin construction on a commercial kitchen renovation in order to serve more people in need.

PERSONAL PROTECTIVE EQUIPMENT (PPE)

In order to protect our staff, our guests, and the community at large, PPE was essential to continue operations and support our vulnerable population in the safest way possible. But with limited resources, we relied on the generosity of our communities and people like you. After we had asked for help, we received an overwhelming amount of PPE donations from all corners of Alberta and British Columbia. Ranging from businesses providing cleaning supplies and hand soap, to individual hobby sewers creating homemade masks, the support was beyond what we could have ever expected.

"We don’t have a lot of resources but that doesn’t mean that because we’re small we can’t help. I think all organizations should dig deep and find ways of helping each other. We are all in this together. We were incredibly excited for the opportunity to provide our liquid hand soap to The Mustard Seed. That’s really why we’re in business, to help people, and make the world a better place."

— Jaeson, CEO of CleanO2, and a generous donor
**COVID-19 ISOLATION CENTRE**

With assistance from the Alberta Government, the Isolation Centre is unique to Calgary and is an initiative started by staff at our Wellness Centre. Any clients who are showing influenza-like symptoms or coming from outbreak areas, can be kept isolated from the rest of our vulnerable population while getting tested for COVID-19. While in isolation, we take care of all basic needs for our clients, utilizing several partnerships to help us do that holistically by treating the whole person physically, mentally, emotionally, and spiritually.

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**A SPIRITUAL TRANSFORMATION**

Talia* is a totally different person compared to when she first came to The Mustard Seed’s Isolation Centre in Calgary. She greets staff with a warm smile, a stark contrast to the hopeless and dark eyed individual who had first come through the doors.

“My addiction had taken me to a low I had never experienced before. I was alone, scared, hopeless, and too ashamed to ask for help,” Talia says.

One morning, a family approached her. They told her that “Jesus loves you,” and handed her some money.

“I really believe that was the beginning of my journey. Shortly after I went to detox and received a call that I was accepted into The Mustard Seed’s permanent housing program.”

As part of our housing process during the earlier stages of the pandemic, guests were required to stay in our Isolation Centre for 14 days before moving into their home. Your support and prayers have given Talia a transformational experience.

“This is my journey and I hope to be a ray of sunshine instead of a hurricane passing through,” Talia says. “God is working in my life today. I have never experienced such a power. The staff here have been so amazing.”

When asked about her future and her time at The Mustard Seed, she lit up with excitement.

“Amazing! The family I’ve discovered while in here. I just feel like isolation has been such a blessing and gift. It has given me a chance to get close to God. Now I feel like He’s just smiling.”

*Name has been changed due to privacy
DONATIONS

Over the past year, your generous gifts helped to give our guests a helping hand in times of uncertainty. All cities, where we serve, have their own unique needs to best support their vulnerable population. When we asked for your help – you rallied behind us and came together as a strong and caring community. With your help, we received thousands of donations ranging from masks, bottles of water, hygiene items, clothing, and so much more.

We’re so grateful for all the support you have shown us through this pandemic to help those experiencing homelessness and extreme poverty - we couldn’t have done it without you.

THOUSANDS OF POUNDS OF WINTER CLOTHING ITEMS

16,000+ Handmade & medical masks

6,100+ bottles of hand sanitizer

11,000+ medical gloves

650+ blankets and bedding set items

2 53 - FOOT REFRIGERATOR / COOLER TRAILERS

200+ hospital gowns

620+ backpacks for kids

1 WASHER AND 1 DRYER for our residents

11,000+ pallets & boxes of food

300+ boxes of hygiene items

30+ boxes of school supplies

39,000+ CUPS OF COFFEE

7,850+ BOTTLES OF WATER

1 DRYER
HOPE BEGINS WITH Spiritual Care

As a Christian organization, we provide opportunities to meet the spiritual needs of our community; spiritual care is the cornerstone of what we do. Releasing judgment and welcoming those in need with open hearts is critical during a pandemic. Depending on an individual’s particular needs, we have a variety of ways for our guests to feel supported spiritually.

This year has posed a great deal of loss and pain for many and we saw an increase in spiritual needs. Through prayer, one-on-one time with our Chaplins, Bible studies, and other spiritual programs, we were able to care for those seeking spiritual support from job loss, addiction, and abuse during the pandemic. Our spiritual care team welcomes everyone and are voluntary to those who seek it.

FINDING FAITH

Darald first came to The Mustard Seed in Red Deer for food, but he found so much more than a warm meal. He found God, and that, he says, “changed everything.”

“My life turned around for the better,” Darald says. “If I hadn’t started coming here, I’d probably still be living in the shelter.”

For years, he struggled with alcoholism and the consequences of his addiction, including homelessness and poverty.

“I’ve been searching for something my whole life. I always knew something was missing,” he says.

By providing your prayers and support, he realized that something was God. Darald began attending weekly Bible studies and Celebrate Recovery meetings. He was struck by the kindness and generosity of the community and began to open himself up to faith in a way he hadn’t done before.

“My sister was a devout Christian, and she was always praying for me. She never gave up on me,” Darald recalls. “When she had problems, she would turn to the Bible; when I had problems I turned to booze.”

Suddenly, his sister’s faith didn’t seem so strange. As Darald began to place his trust in God, it had a positive impact on different areas of his life. Sober and healthier than he had been in a long time, he sought housing and moved into his own apartment. He continued coming to The Mustard Seed for his meals and to seek the community support he cherishes greatly.

“I’m grateful that The Mustard Seed is here and for what they do, thank you.”

“I’ve been searching for something my whole life. I always knew something was missing.”
HOPE BEGINS WITH Employment

The employment program strives to assist those currently experiencing barriers to employment and helps individuals find purposeful, dignifying work and financial stability. Our services include skills development, resume building, job searching and interview skills, job maintenance support, as well as access to work attire and protective equipment.

The Mustard Seed offers so many resources to help you put your life back on track.

A DEDICATED & GRATEFUL WORKER

Derek has found a new beginning, thanks to donors like you; but his journey hasn’t been an easy one.

“I was in heavy, active addiction,” he explains. “There came a point that I was in the hospital, and felt I needed to stop and change my life.”

He reached out to The Mustard Seed in Kamloops and was quickly accepted into the Men’s Supportive Living program which provides housing, meals, and supports in a sober environment for individuals rebuilding after addiction and homelessness.

“The Mustard Seed offers so many resources to help you put your life back on track. For me, I took advantage of anything I could,” Derek says.

As part of the program, Derek began volunteering at The Mustard Seed’s Thrift Store. Though he is legally blind, Derek adapted to the work and gave it his all. Staff noticed his dedication and were blown away when he requested additional hours, having taken it upon himself to locate and apply for a wage subsidy.

“I’m here five days a week. I work 30 hours paid, and I do 10 volunteer hours a week,” Derek says.

What does the job mean to Derek? “Stability, responsibility, accountability, humility,” he says, noting that learning to work for someone else has been invaluable.

Because of your donations, Derek was provided the opportunity to get specialized glasses to correct his vision. With a roof over his head, a job to go to each day, and a supportive community around him, Derek knows he is blessed and grateful to donors for all the help he has received from people like you.

250+

INDIVIDUALS FOUND MEANINGFUL WORK THROUGH OUR EMPLOYMENT PROGRAMS
At The Mustard Seed, we recognize that poverty is no longer confined within the blocks of our downtown cores. We understand the value of going out into communities and providing resources to those in need, especially families. By supporting impoverished families overcome their complex and unique challenges, you can help prevent a family from falling into a cycle of homelessness. With your help, we strive to move forward by offering even more programs and services dedicated to families in need.

**RED DEER**

**School Lunch Program**
The overwhelming and compassionate support for this crucial program is truly a blessing. This program strives to provide meals for students from impoverished families who may not have one otherwise. The quality of food is essential, and an important ingredient, that contributes to the children’s success and development.

The need to feed children in Red Deer, and throughout many communities in Central Alberta, is greater than ever before – especially in a pandemic year. Through incredible donors like you, partnerships with local organizations, and Government assistance, we can help more children in need and continue to grow this important program for families across Alberta.

59,000+ school lunches provided

49+ schools and over 4 school districts ARE PART OF THE SCHOOL LUNCH PROGRAM

**MEDICINE HAT**

**Harvest Takeaway Event**
In partnership with Carl Augustino of Shooting Star Events, South Country Co-op Medicine Hat and other local food producers, this event sold vegetable harvest soup kits. Proceeds went to help all those in need and to combat hunger for vulnerable individuals and families in the community.

**Community Kitchen**
The Mustard Seed Community Centre will have a new well-equipped kitchen that will provide healthy and nutritious meals to over 700 individuals and families a week.

**EDMONTON & KAMLOOPS**

**The Mustard Seed Thrift Stores**
The thrift stores offer a sustainable shopping experiences while allowing buyers to purchase with a purpose. Beyond offering a great selection of items, such as everything from home goods, to bedding, to trendy clothing, both stores provide employment opportunities and help prepare individuals looking to reintege into the job market.

**Kamloops:** 346 Seymour St, Kamloops, BC
**Edmonton:** 6527 118 Ave, Edmonton, AB
CALGARY

Ogden Family Housing
The Mustard Seed is in partnership with Ogden United Church and the United Church of Canada to develop a multi-purpose residential apartment building for families experiencing poverty and homelessness. The housing will include 24 two and three-bedroom units that will operate as affordable, permanent supportive housing. Families living in these units will have access to wrap-around supports and individualized care such as community resources like a daycare, a community kitchen, cafe, and a multi-purpose community space.

For more information on this exciting project, visit TheSeed.ca/ogden

SEEDSchool
This is an opportunity for students in grades 3 and up to spend a week learning in-depth about poverty, homelessness, and how we can build healthy communities. This strengths-based program also encourages students bring these conversations home to their families.

The Neighbour Centre
We have four community hubs located in neighbourhoods around the City of Calgary. These community, family-focused spaces exist to facilitate a greater sense of community and well-being by providing a safe, empowering environment to facilitate connections with others living in the community, employment support, basic need resources, and mental health support.

EDMONTON

Family Gift Centre
Many vulnerable Edmontonians are raising children with household incomes well below the poverty line. The Family Gift Centre is a Christmas initiative that provides community members with the opportunity to purchase gifts for only $2; this festive shopping experience empowers families with the dignity to shop for their kids.

Dinner2Door
Dinner2Door is a delivery service through which nutritious meals are prepared, packaged, and delivered free of charge by volunteers to the doorsteps of individuals and families in need.
HOPE BEGINS WITH Government Support

We’re grateful for the public support we have received to provide services to people experiencing homelessness and poverty in this time of crisis.

Several of our basic services and wellness programs have received assistance from the Government of Canada’s Emergency Community Support Fund and the local community foundations and United Ways in Calgary, Edmonton, Red Deer, Medicine Hat, and Kamloops. Other grants from federal, provincial, and municipal governments have also been instrumental in delivering services.

**SHELTER**

An average of 668 shelter mats are available per night thanks to provincial support for shelters in Calgary, Edmonton, Red Deer, and Kamloops.

One new isolation ward was created in Calgary thanks to support from the Government of Alberta.

**FOOD**

In total, 300 people received nutritious meals through Government of Canada support for the Dinner2Door program in Edmonton.

More than 400 children are fed each day through Government of Alberta support for the School Lunch Program in Red Deer.

One new community kitchen was created through the generosity of the community of Medicine Hat and the support of the Government of Canada.

**HOUSING**

More than 150 people found housing in Calgary through a grant from the Calgary Homeless Foundation.

One new transitional housing program at Kootenay Lodge was created through Calgary Homeless Foundation support.

**WELLNESS**

Hundreds of vulnerable people received assistance from advocates in Kamloops thanks to assistance from the Government of Canada.
Without the compassion and generosity of thousands of volunteers and donors each year, we simply wouldn’t be able to serve those in need. We’re endlessly grateful for all that you’ve done – for the financial contributions, volunteer hours, prayers, fundraisers, and gifts-in-kind, without which we simply could not do the work we do.

You are the lifeline of The Mustard Seed, and we thank you from the bottom of our hearts.

Below are some of our incredible volunteers and organizations who have helped those experiencing poverty and homelessness during this past pandemic year.

“I wanted to be part of The Mustard Seed and I believe in everything that this organization is doing – especially now during this pandemic and when many people are battling with mental illness. I know the comforting feeling when I get a home cooked meal made for me and when we’re cooking meals and serving them to guests, I can see they’re happy and full of warmth inside and out - That’s love and that’s what they need.”

— Derek, a compassionate volunteer at The Mustard Seed Medicine Hat

“At the start of the pandemic, I did have some concerns due to my age. I don’t want to live in fear but the helping hand needs to go out regardless of what’s happening in the community. I’m honoured to volunteer for The Mustard Seed - they fill such a need in our community and our guests need to rely on someone. Especially now during COVID-19, you see so many people distancing and The Mustard Seed does the opposite, they’re reaching out and we’re giving our time, love and talents - that’s giving our very best.”

— Shari, a dedicated volunteer at The Mustard Seed Medicine Hat

A heartfelt thanks to the Calgary Flames Foundation for their COVID-19 Community Support Program, donating over one million dollars to 15 organizations in need of assistance to deliver critical and essential community needs, including The Mustard Seed.

“The Mustard Seed is delivering incredibly important services right now. Having a place to go, people that you can reach out to, where you can access food, medicine, and care, are so important for vulnerable populations.”

— Candice Goudie, Charitable Foundations Calgary Sports and Entertainment

A special thank you to Fairfield Watson, who not once, but twice, was our generous sponsor for two important days at The Mustard Seed – Giving Tuesday on May 5, 2020 and Dec. 1, 2020. Thank you for your leadership gift, inspiring people across different communities to donate to The Mustard Seed and help those in need.
FROM ALL OF US AT THE MUSTARD SEED –
THANK YOU
FOR BUILDING COMMUNITY.
GROWING HOPE.
SUPPORTING CHANGE.