

ANNUAL REPORT

TERMINATOR FOUNDATION



LETTER FROM THE CEO

DEAR ATHLETES, FRIENDS, SUPPORTERS AND PARTNERS,



As I reflect on the past year, I am filled with immense gratitude and pride for the journey we have shared. When I first envisioned the Terminator Foundation, it was born from a deeply personal and painful experience. My own daughter, Eden, was on the streets battling an opioid addiction. Watching her struggle, and feeling the weight of shame and stigma surrounding addiction, ignited a determination within me to take action. It was out of this love for her and the urgent need to create awareness that I started the first youth addiction awareness run. Today, we stand as a testament to the power of hope, resilience, and the unwavering belief that transformation is possible for every individual who struggles.

In 2015, we took our first bold step with the Terminator Run for Youth Addiction Awareness, igniting conversations about a crisis that touched countless lives. The misuse of prescription drugs and the early signs of an opioid epidemic were casting long shadows on our communities. These numbers were not just statistics; they represented

the faces and stories of people searching for a lifeline.

Fast forward to today, and while much progress has been made, the challenges remain urgent. This past September, we proudly celebrated the 10th annual Terminator Run for Youth Addiction Awareness, marking a decade of sparking crucial conversations and fostering hope. Additionally, this year we went national with our youth addiction awareness runs, extending our impact across Canada, Addiction and mental health struggles continue to evolve—with vaping now affecting nearly 20% of youth and the opioid crisis claiming too many lives across all age groups. Yet, amidst these realities, Terminator Foundation has grown into a beacon of hope. Our ABRT (Activity-Based Recovery Therapy) programs touch lives across a wide spectrum, from youth as young as 16 to individuals as experienced as 65, proving that recovery and transformation know no age limits. Using the disciplines of swimming, biking, and running, we harness the power of athletics to help individuals recover from addiction and



mental health challenges. Through fitness, mentorship, and community support, we have empowered countless individuals to rediscover their purpose and rebuild their lives.

This year, we faced significant financial challenges. Yet, we remained steadfast in our commitment to continue our ABRT programming, no matter the obstacles. I say every single life we have served is worth every financial risk I have ever taken. The impact we see—the lives transformed, the hope restored—makes every sacrifice worthwhile.

Despite these hurdles, we achieved remarkable milestones. From expanding our reach to new communities, to celebrating the transformative journeys of our participants, to building meaningful partnerships—every step forward has been fueled by your belief in our mission. You have stood with us as advocates, donors, and allies, and for that, we are profoundly thankful.

Looking ahead, we are more determined than ever to scale our impact. Our vision is bold: to

double the number of individuals we serve, innovate new approaches to addiction recovery, and ensure that no one feels alone in their struggle. With your continued support, we will bring this vision to life and create a future where every individual has the opportunity to thrive.

To those we serve: You are the heart of everything we do. Your courage inspires us daily. To our supporters: You are the foundation of our work. Together, we are building a legacy of hope, resilience, and transformation.

Thank you for standing with us on this journey. The best is yet to come.

With gratitude and hope,



VANISHA BREAULT FOUNDER & CEO

ABOUT TERMINATOR

Terminator's inception is rooted in understanding the profound challenges individuals face with mental health and addiction. Terminator set forth to create a revolutionary approach, to champion individuals battling addiction and mental health issues using our ABRT© (Activity-Based Recovery Therapy).

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OF OUR ABRT ATHLETES REPORT FULLY ATTAINING THEIR RECOVERY GOALS



"We believe YOU ARE CAPABLE, even when you don't believe yourself. We believe engaging your body, challenging your physical strength and endurance, ignites your brain to achieve what was once thought impossible. We believe you can recover no matter your situation. Whether that's overcoming your addiction for the first time ever- or maybe you've tried multiple times before and keep slipping- or maybe you just want more out of your life and your recovery -We believe you can have it!"

"We know our ABRT Program can take you there. Beyond your current situation, beyond what you currently believe about yourself and your abilities. Beyond your addiction, beyond your mental health challenges, the anxiety, the depression, that tape that plays repeatedly in your head that says this is as far as you'll ever go- that says recovery won't happen for you, that you don't have what it takes. I'm here to tell you right now – that's a lie. And we can prove it."- Vanisha Breault

VISION

To bring unyielding belief and relentless hope to every individual in the world impacted by addiction using our Activity Based Recovery Therapy Program.

MISSION

To believe in others until they believe in themselves. We champion individuals struggling with addiction and mental health to triumph! Through our rigorous and innovative Activity-Based Recovery Therapy Program individuals' lives are revolutionized and transformed.



A unique, research-driven, evidence
Over the 12 week

based outpatient approach to addiction and mental health, using athletics as a modality for recovery

Our ABRT program is designed to meet individuals exactly where they are, focusing on their strengths, potential, and path forward. We believe that every individual has the capacity for growth, resilience, and a healthy, fulfilling life. Our program is grounded in a comprehensive blend of established psychological, neurological and behavioural theories, equipping individuals with the tools and support they need to foster genuine recovery and improved mental health.

Over the 12 weeks, participants engage in:

Athletic Progressive Development:

Our team of professional athletic coaches teach the 3 disciplines of swimming biking and running, focusing on technique, injury prevention, and motivation.

Holistic Recovery Support:

Individuals work with, recovery coaches, and peer support, to set goals, develop recovery strategies, and build resilience.

Supportive Community:

We welcome individuals from all fitness backgrounds, focusing on fostering a compassionate, encouraging environment.

ABRT is more than a recovery program; it's a supportive, empowering community dedicated to helping individuals thrive. Our research-based, strengths-oriented approach offers a trusted option for sustainable recovery and personal growth. ABRT stands as a program with proven and measurable impact and lasting change.



"In the midst of her darkest days, she made a life-altering decision: to train for a 70.3 Ironman triathlon."

The story of the Terminator Foundation is one of transformation, hope, and a commitment to addressing the often-taboo topics of youth addiction and mental health. Founded by Vanisha Breault, the foundation emerged from deeply personal experiences with the impact of addiction.

TRANSFORMATIVE

RECOVERY PROGRAM.

In 2015, Vanisha publicly shared the challenges and heartache of her teenage daughter's battle with substance abuse, which included fentanyl, meth, and heroin. This raw and honest sharing highlighted the shame, stigma, and isolation that often accompany addiction, not only for those suffering but also for their families.

Determined to break this silence and create meaningful change, Vanisha launched the Terminator Run for Youth Addiction Awareness in the same year. The run was intended to shine a light on the escalating crisis of youth addiction, inspire community conversations, and foster hope among individuals and families navigating similar challenges.

Despite the run's success, Vanisha's personal journey remained fraught. Two years later, Eden was still in the grip of addiction, and Vanisha found herself in a place of despair, preparing for the unthinkable. In the midst of her darkest days, she made a life-altering decision: to train for a 70.3 Ironman triathlon.

With just 3.5 months to prepare—no swimming skills, no bike, only her running shoes—Vanisha. took on the challenge. Completing the Ironman on July 24, 2016, she emerged transformed, finding strength, a renewed sense of purpose, and unvielding belief in herself.

This pivotal moment gave rise to the Terminator Foundation. In January 2017, Vanisha took to social media, inviting individuals battling addiction to join her in training. Her vision was clear: to harness the power of physical activity—running, swimming, and cycling—as a transformative tool for recovery.

THE PROGRAM WAS EDEN"



NO SWIMMING SKILLS, NO BIKE, ONLY HER RUNNING SHOES-VANISHA. TOOK ON THE CHALLENGE.



Among the first to join the program was Eden, who decided to give recovery one more try. She trained, ran her first triathlon, and began her path to sobriety. Today, Eden has remained sober—a powerful testament to the foundation's impact.

What started as one woman's quest for hope has grown into a life-changing recovery program built on the foundation of Activity-Based Recovery Therapy (ABRT). The Terminator Foundation empowers individuals to reclaim their lives, fostering resilience, selfbelief, and personal triumph through highintensity movement and community support.

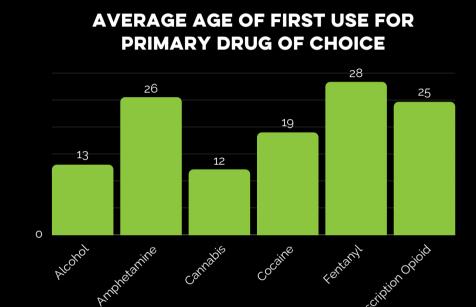
forward—believing in people until they believe in themselves.

For nearly nine years, Terminator has helped countless individuals prove to themselves that healing is possible, offering them not just recovery, but a renewed sense of purpose and possibility. This mission continues to drive us

BY THE NUMBERS

AT TERMINATOR FOUNDATION, WE KNOW EVERY NUMBER TELLS A STORY.

Our athletes come from diverse backgrounds, united by a shared commitment to recovery and resilience. This page offers a glimpse into the demographics, experiences, and impact of those who have joined our programs. These insights help us better understand the challenges faced by our community and highlight the incredible progress they make every day.

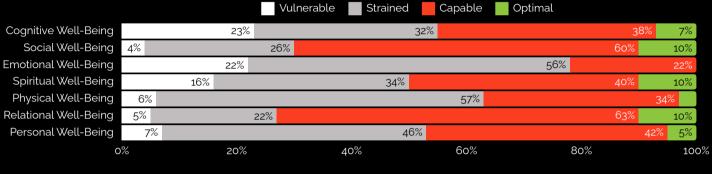


THE 7 WELL-BEING FACTORS

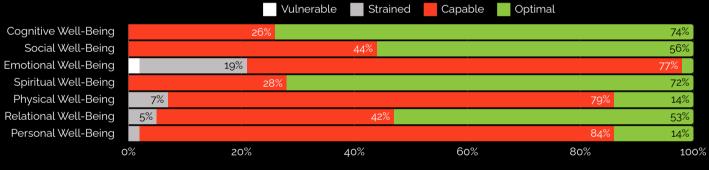
Our program focuses on holistic recovery by addressing the 7 factors of well-being: Cognitive wellness involves mental clarity and the capacity for learning. Social wellness focuses on building meaningful connections and community. Emotional wellness emphasizes managing and expressing feelings in a healthy way. Spiritual wellness is about finding purpose and aligning with personal values. Physical wellness prioritizes health through activity and care. Relational wellness strengthens bonds with others, while Personal wellness develops self-awareness and confidence.



BEFORE THE PROGRAM



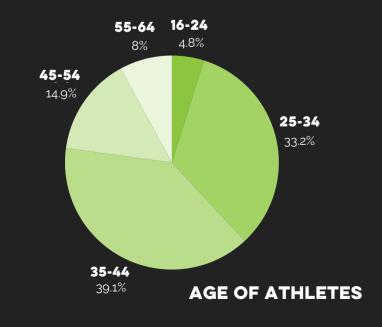
AFTER THE PROGRAM



DEMOGRAPHICS

21%77%21%77%

Understanding demographics like gender and age helps us better serve our community by identifying who we're reaching and who might still face barriers to accessing support. These insights allow us to adapt and grow, ensuring that our program is inclusive and welcoming to everyone who needs it. By tracking this information, we're able to address gaps, and continually strive to make our program as accessible as possible for all individuals on their path to recovery and health.



BEFORE THE PROGRAM



of our athletes we're unemployed before starting the program



of our athletes did not have any equipment, including fitted running shoes, bike shorts, and a swimsuit, before entering the program.



of our athletes did less than 2 hours of physical activity a week, before enerting the program

OUR TEAM

At Terminator Foundation, our dedicated team shares a unified vision: to revolutionize addiction recovery through exercise, connection, and hope. We bring together diverse backgrounds and expertise to empower individuals and families navigating the challenges of addiction and mental health. Passionate about creating meaningful change, we are united in our commitment to breaking stigmas and building a stronger, healthier community.



VANISHA BREAULT







MARY JESSEY



















OUR VALUES

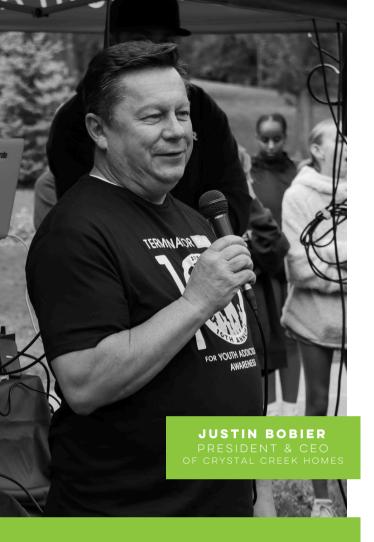
Leadership & Mentorship In the spirit of guiding others, we step forward with determination and integrity, empowering everyone involved with the Terminator Foundation. We believe in leading by example and nurturing the potential of each individual

Innovation & Passion Our commitment is to constantly learn and evolve, introducing groundbreaking practices led by our mission. Our zeal for what we do fuels our drive to make a lasting impact in the realm of mental health, trauma, and addiction recovery.

Open-Mindedness & Responsibility Approaching challenges with an open heart and mind, we embrace diverse perspectives and solutions. We are devoted to our cause, recognizing the responsibility we hold to ourselves, our community, and those we serve.

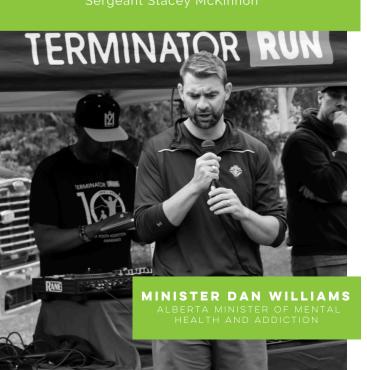
Transparency & Integrity Trust is the cornerstone of our foundation. Through clear

communication and openness, we strive to foster public support. Upholding the highest ethical standards, we remain accountable in every facet of our work.



A SPECIAL THANKS

Alberta Ministry of Mental Health & Addiction
Crystal Creek Homes
Centaur Subaru
Monster Painting & Renos
Platinum Racing



OUR COLLABORATORS, STAKEHOLDERS & PARTNERS

Behind every step we take at Terminator Foundation, there's an incredible network of collaborators, partners, and stakeholders. These are the organizations and individuals who amplify our mission, believing steadfastly in our approach to recovery.

Aventa Centre of Excellence for Women with Addictions

BGC Canada

Bow Valley College

Calgary Drug Treatment Court

Calgary Police Service

Calgary Silkscreen

Canyon Meadows Aquatic & Fitness Centre

Community Now Magazine

Decathlon Calgary

Flourishing Life Technologies

Fresh Start Recovery Center

Gord's Running Store

Government of Alberta

Loblaws

Lynx Triathlon

Mount Royal University

Oxford House

PeopleWise Solutions

RAAM (Rapid Access Addiction

Medicine)

Recovery Acres (1835 House)

Renfrew Recovery Detox

Run Calgary

Simon House

Strides Running Store

The Alex

The Newly Institute

THE BOARD









A WORD FROM THE BOARD CHAIR

"I AM DEEPLY PROUD OF ALL WE HAVE ACCOMPLISHED TOGETHER AND THE MEANINGFUL IMPACT WE HAVE MADE IN THE LIVES OF THOSE FACING THE CHALLENGES OF ADDICTION."

Dear Families, Friends and Supporters,

As we reflect on the past year, I am deeply proud of all we have accomplished together and the meaningful impact we have made in the lives of those facing the challenges of addiction. At Terminator Foundation, our mission to believe in others until they believe in themselves remains at the heart of everything we do. This journey is not only about recovery; it is about restoring hope, rebuilding lives, and reigniting the belief that YOU are capable.

This year, we have witnessed incredible stories of transformation. Thanks to your unwavering support, we continued to deepen our outreach, and provided critical resources to individuals and families navigating the complex challenges of addiction. Whether through our ABRT program, counseling, peer support, or advocacy efforts, we commit to provide the unyielding belief in every person who is struggling with addiction.

Yet, our work is far from over. While the need for comprehensive support continues to grow, we are committed to meeting this challenge with compassion, innovation, and resilience.

We are excited to share that in the coming year, we will host our annual Run for Youth Addiction Awareness in every major city across Canada in September 2025.

None of this would be possible without you—our supporters, volunteers, donors, and partners. Your belief in our mission and your commitment to our shared values fuel our efforts every day. Together, we are not only providing resources for recovery but also fostering a culture where understanding and hope replace stigma and judgment.

As we look ahead, I invite you to continue this journey with us. Together, we can break the stigma surrounding addiction, champion recovery, and build a community where everyone has the opportunity to thrive. Thank you for standing with us. Thank you for believing in hope.

With deepest gratitude,

LINDSEY WITZEL
BOARD CHAIR



FUTURE OF THE ABRT PROGRAM

The Activity-Based Recovery Therapy (ABRT) program has always been at the forefront of providing comprehensive, innovative support for individuals seeking to overcome addiction and mental health challenges. As we look to the future, we are excited to expand the reach and impact of this transformative program through new and accessible pathways.

FFF FOR SFRVICE MODEL

Recognizing the increasing demand for highquality, customized care, the ABRT program will be introducing a fee-for-service Health and Wellness program. This approach will allow us to broaden our scope, making the program available to individuals and organizations who are ready to invest in mental health and recovery solutions. By diversifying our funding model, we aim to ensure the sustainability of ABRT while maintaining the program's core values of compassion, excellence, and evidence-based practices.

As we embark on this next chapter, the future of the ABRT program is bright. By embracing a fee-for-service model and forging meaningful partnerships with corporations, we will expand our capacity to serve individuals and communities in need. With the expertise of our psychologists and the commitment of our team, we are ready to create lasting change in the lives of those we serve.

SUSTAINABLE RECOVERY

HOLISTIC HEALTH FOCUS

Together, we look forward to building a stronger, healthier future—one person, one workplace, one community at a time.

This year, Terminator Foundation collaborated with Dr. Wayne Hammond of Flourishing Life to produce a white paper on ABRT.

This research highlights the transformative potential of Terminator's strengths-focused model, emphasizing the integration of physical activity and personal empowerment as key components of addiction and mental health recovery.

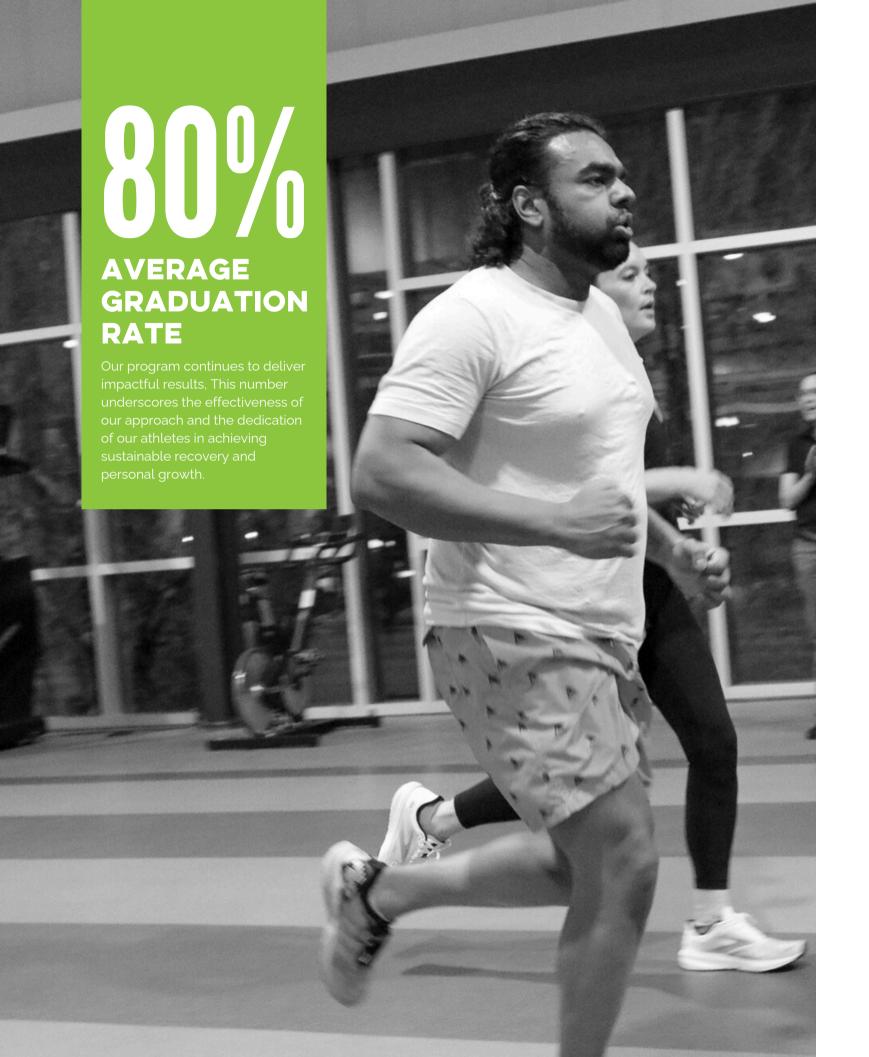
The paper contrasts traditional medical approaches, which often focus solely on symptom management, with the strengthsbased recovery model used by Terminator. This approach builds resilience, fosters personal growth, and leverages individuals' inherent strengths to create sustainable recovery outcomes. By integrating highintensity activities such as triathlon training with tailored coaching and holistic support, Terminator's ABRT program redefines recovery as a process of thriving, not just surviving.

Why Research Matters

Having a validated white paper is a milestone for Terminator Foundation, as it:

- Demonstrates Credibility: Grounded in research, the ABRT program is now recognized as an evidence-based model, elevating the foundation's reputation.
- Drives Innovation: The insights fuel continuous program development, ensuring cutting-edge recovery interventions.
- Attracts Stakeholders: The research strengthens Terminator's case for funding, partnerships, and community support.
- Inspires Growth: By contributing to the broader field of recovery, Terminator positions itself as a leader in revolutionizing addiction and mental health treatment.

This white paper affirms that Terminator's approach is not only effective but also necessary in addressing the complex challenges of addiction and mental health recovery. It is a testament to our commitment to transforming lives through innovative, strengths-focused care.



OUR ATHLETES



"It was the best recovery program I've ever participated in. It was extremely challenging but I always felt supported and never felt that my end goal was unattainable. The physical aspect of the recovery program was extremely beneficial to my recovery."

NATHALIEABRT ALUMNI



"This program literally saved my life and I am proud to say I am 8 months sober and continuing my training towards half iron man next year. I have seen first hand the care the foundation give to people who have some really tough struggles. Not only does the program change the athletes lives but the lives of all their families and friends. The knock on positive outcomes is unquantifiable. There are countless live being saved and change for the better by the ABRT program."

DIARMUID





"It saved me, I went through treatment with all of these emotions, and I was able to have the opportunity to do this program and feel those emotions in a different way, not just sit in them"

DAEMOND

ABRT ALUMNI

THIS YEARS MILESTONES

As we reflect on the past year, we're proud to celebrate a series of achievements that mark significant growth and progress for the Terminator Foundation. Each milestone represents a step forward in our mission to support recovery and inspire hope. Here's what we accomplished together:





CREATED AND IMPLEMENTED A PROGRAM CURRICULUM

We enhanced our recovery program by developing and launching a comprehensive curriculum that continues to change lives.

INCREASED PROGRAM CAPACITY

We expanded our program to accommodate 25 athletes, providing more opportunities for those seeking recovery.

STARTED RESEARCH COLLABORATION WITH FLOURISHING LIFE

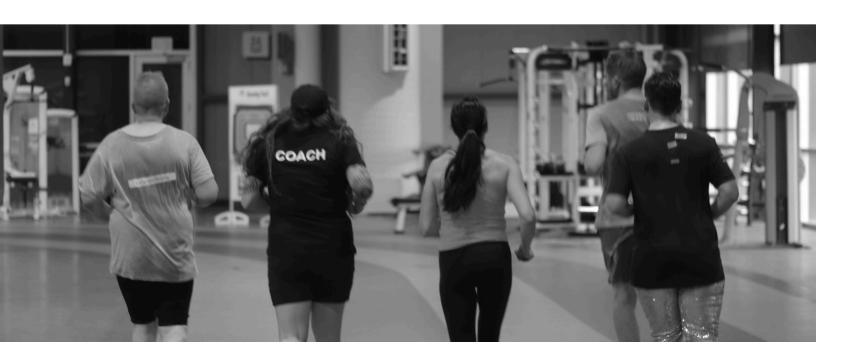
Partnering with Flourishing Life, we initiated research that led to the publication of a white paper on the ABRT (Addiction-Based Recovery Training) program, showcasing its impact.

EXPANDED THE TERMINATOR TEAM

We welcomed new talent, including psychologists and an HR professional, strengthening our ability to provide holistic and effective support.

MOVED INTO OUR OWN OFFICE

This year, we established a dedicated space at unit 107, 6227 2 St SE, Calgary, offering a hub for connection, support, and growth.



CREATED AN ALUMNI COMMITTEE AND HOSTED ALUMNI EVENTS

We launched an alumni committee and increased alumni events, fostering continued connection and support for those who have completed the program.

WENT NATIONAL WITH THE TERMINATOR RUN

The Terminator Run for Youth Addiction Awareness expanded to five cities across Canada, raising critical awareness and funds.

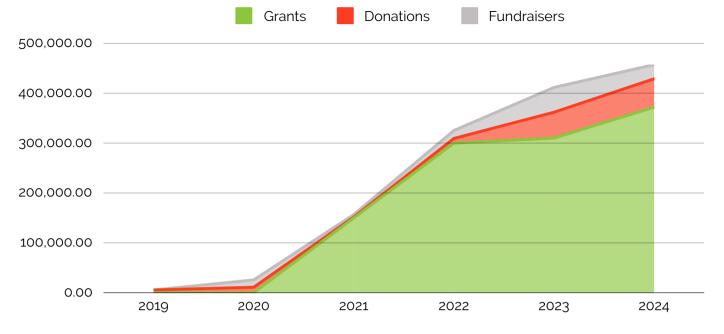
HOSTED OUR FIRST STAMPEDE BREAKFAST

We embraced a new tradition by hosting our first-ever Stampede Breakfast, building community and spreading awareness in a family-friendly setting.

As we celebrate these milestones, we are filled with gratitude for the unwavering dedication of our athletes, team, and supporters. Your contributions are paving the way for meaningful progress in addressing addiction and mental health challenges. We look forward to building on this success and achieving even greater impact in the year ahead.







FINANCIAL STATEMENTS

	2024		2023	
ASSETS				
CURRENT				
Cash	\$	1,464	\$	287,031
Short term investments		1,500		-
Accounts receivable		7,500		17,000
Goods and services tax recoverable		1,256		1,458
Prepaid Expenses		3,363		2,639
LONG TERM INVESTMENTS		47.000		308,128
		15,083		1,500
	\$	15,083	\$	309,628
LIABILITIES AND NET ASSETS				
CURRENT				
Accounts payable and accrued liabilities	\$	31,547	\$	22,306
Employee deductions payable		16,719		7,220
Due to related parties (Note 4)		15,000		21,528
Deferred income (Note 5)		-		291,667
		63,266		342,721
NET DEBT		(48,183)		(33,093)
	\$	15,083	\$	309,628

			2022 (Unaudited)	
REVENUES				
Grant (Note 5)	\$	372,067	\$	308,333
Donations	*	56,950	_	51,929
Fundraising		28,351		5,804
Sponsorships		25,500		42,579
Registration fees		2,290		2,350
Merchandise sales		1,760		1,386
Miscellaneous income		415		385
		487,333		412,766
EXPENSES				
Salaries and wages		260,654		211,615
Training		66,094		83,978
Professional fees		53,3,388		24,687
Equipment and facility rental		25,092		23,588
Other events		25,047		14,085
Advertising and promotion		22,684		13,833
Rental		18,000		15,500
Supplies		7,459		8,618
Interest and bank charges		6,448		1,589
Meals and entertainment		3,316		1,466
Office		3,291		3,138
Travel		3,114		2,541
Insurance		2,511		1,292
Telephone		1,825		875
Memberships		-		1,393
		498,923		408,198
EXCESS (DEFICIENCY) OF REVENUES OVER EXPENSES FROM OPERATIONS		(11,590)		4,568
OTHER INCOME (EXPENSES) Legal settlements (Note 6)		(3,500)		4,500
EXCESS (DEFICIENCY) OF REVENUES OVER EXPENSES	\$	(15,090)	\$	4,568
		2024		2023
		•		
NET DEBT - BEGINNING OF YEAR	\$	(33,093)	\$	(37,661
Excess (deficiency) of revenues over expenses		(15,090)		4,568
NET DEBT - END OF YEAR	\$	(48,183)	\$	(33,093

TERMINATOR FOUNDATION

