



CHANGESPACE FOUNDATION

Presents The First Annual

Empower Change Together

Gala 2024

October 18, 2024

5:00 PM



TOGETHER WE CAN
TWCRECOVERYLIFE.ORG

EMPOWER HEALTH
Transformative Healthcare Solutions

A close-up photograph of a person's hands holding a branch with autumn leaves and evergreen needles. The leaves are a mix of orange, yellow, and brown, while the evergreen needles are a deep green. The background is dark and out of focus, creating a moody atmosphere. The person is wearing a dark, textured sweater.

About Change Space

Change Space was born out of the realization that the aftermath of the pandemic calls for a disruption of the status quo. Too many individuals have been left behind, struggling to attain a better life. The resounding message across North America is that a robust economy and society can only be achieved when everyone has access to essentials like housing, economic stability, personal well-being, education, and support when needed.

Our mission at Change Space is to forge a new path forward. In 2023, we established the Together Now Fund, aiming to foster:

- **Continuity and Sustainability:** Ensuring vital services are available to marginalized and underserved communities.
- **Collaborative Spaces:** Creating safe environments where leaders from various sectors, government officials, and individuals with firsthand experiences can collaborate on policymaking and service delivery.
- **Supporting Non-Profits:** Working alongside philanthropists, community partners, and government entities to financially support non-profit organizations focused on human services.

Meet The Change Space Team

Board of Directors



Matthew Knowles
Board Chair



Darlene Cattermole
Board Vice-Chair



Katrina Shaw
Board Member

Leaders



Michelle Falcone
Founder & Executive Director



Cara Falcone, BA
Administration & Community Development

The Gala

Change Space, an innovative organization dedicated to transforming the discourse around mental health and addictions, is hosting a transformative fundraising Gala aimed at destigmatizing these often-overlooked issues. With a vision to revolutionize the health and wellness landscape, the Gala seeks to foster collaboration among philanthropists, organizations, service providers, and individuals with lived or living experiences. By creating a platform for open dialogue and understanding, Change Space endeavours to break down barriers and promote inclusivity within the realm of mental health. Through this event, attendees are not only contributing to vital fundraising efforts but are also actively participating in a movement that aims to reshape societal attitudes towards mental health and addiction, paving the way for a more compassionate and supportive future.

At the Change Space fundraising Gala, attendees can expect an evening filled with entertainment, enlightenment, and camaraderie as they come together to support a noble cause. From inspiring speeches to captivating performances, this event promises to be both memorable and enjoyable, offering a unique opportunity for guests to make a difference while having a great time.



October 18, 2024

5:00 PM - 11:00 PM

The Pipe Shop - 115 Victory Ship Way
North Vancouver, BC

Dress: Semi-Formal or Cocktail

The Integrated Recovery Program

The Integrated Recovery Program, intentionally designed to provide comprehensive support for men recovering from substance use, is an exciting and collaborative project between Empower Health, Together We Can Addiction Recovery and Education Society, and Change Space Foundation, where participants' progress is objectively tracked, evaluated and shared.

This initiative is rooted in the recognition that individuals turn to substances and other coping mechanisms as a response to mental health and other challenges such as anxiety, depression, and PTSD. Developed by a team of experts, the Integrated Recovery Program was intentionally curated with cutting-edge therapies, including integrated health services, holistic nutrition, advanced mind-body medicine, including neurofeedback and ketamine-assisted therapy where beneficial, and is designed to facilitate healing and transformation at a root-cause level.

Central to our approach is developing partnerships with the participants in their health and cultivating a community-based, trauma-informed and culturally safe environment, fostering meaningful relationships. This setting empowers participants throughout their recovery process and facilitates a powerful rediscovery of their overall well-being.

Funds raised at this event will be used to help individuals experiencing financial hardship access the Integrated Recovery Program at no cost.

Meet Our Guest Panelists

We are honoured to feature a lineup of esteemed guest speakers, each a leader in their respective sectors, who will passionately advocate for the importance of health and wellness. With diverse expertise ranging from mental health advocacy to organizational leadership, these speakers will offer invaluable insights and perspectives on fostering holistic well-being. Guests can look forward to engaging discussions and empowering messages that inspire positive change and promote a more inclusive approach to health and wellness.



Matthew Knowles



Bif Naked



Beniot-Antoine Bacon



Guy Felicella



Steven Hall



Dr. Rae St. Arenault

Integrative Recovery Program Insights

Our first initiative, the Integrated Recovery Program, combines private healthcare resources with the empathy and support of non-profit organizations to offer a holistic and root-cause approach to healing. Empower Health and Wellness, a private healthcare clinic in Vancouver, BC, leads this effort by using scientifically backed addiction recovery techniques that address the mental health issues underlying addiction.

Having just completed its pilot phase, the program has received exceptional feedback, showing promising results. Participants have reported significant improvements, including a 76% reduction in PTSD-related symptoms and a 30% reduction in anxiety symptoms. More data is currently being collected, and this page will be updated as those results are found. This initiative not only aids individuals struggling with addiction but also benefits society by addressing the rise of anxiety and depression in our communities.

The Integrated Recovery Program stands as a testament to the power of collaboration and compassion, offering hope for those seeking a path to healing and renewal. With its initial success, we aim to expand its impact nationwide.



*Marc
Dube*



*Dr. Rae
St. Arenault*



*James
Short*



*Dr. Joel
Kailia*



*Mick
Dosanjh*

How You Can Help

BENEFITS	DIAMOND \$25,000	PLATINUM \$15,000	GOLD \$10,000	SILVER \$5000	BRONZE \$2500
VIP Seating	Table of 12	8 Tickets	6 Tickets	4 Tickets	2 Tickets
Emcee Recognition	✓	✓	✓		
Press Release Mention	✓	✓			
Logo in Event Video's	✓				
Logo on Event Slideshow & CSF Webpage	✓	✓	✓	✓	✓
Logo on Event Program	✓	✓	✓		
Logo on Event Poster	✓	✓	✓	✓	✓
Social Media Mentions	5	4	3	2	1
Logo included on signage in Lobby Area	✓	✓	✓		
Thank you in CSF Newsletter	✓	✓	✓	✓	

Tickets

Tables & tickets are available now at
<https://ChangeSpaceGala.eventbrite.com>

\$250 General Admission

\$3000 VIP Table of 12

Each ticket includes a plated dinner

Contact Us

Change Space Foundation
Vancouver, BC

Telephone: 1-778-883-3607

Email: info@changespace.foundation

Website: www.changespace.foundation

A Registered Non-Profit Foundation

Silent Auction

Don't forget to check out our silent auction for great prizes!

Opens online October 4, 2024

www.changespace.foundation/gala



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