

SIGNALHILL

A photograph of four students (three young men and one young woman) sitting on concrete steps outside a modern building with large windows. They are all smiling and looking towards the right. The image is framed by large, overlapping organic shapes in light blue, yellow, purple, and orange.

You Are **Worth** Fighting For:

2025 Impact Report

Reaching the next generation
with truth and hope

Letter from the Executive Director

As we reflect on the past year, I am filled with gratitude. The stories in this report remind us why Signal Hill exists: every child and youth deserves to know their life has intrinsic worth.

Today, many young people are struggling with anxiety, loneliness, identity challenges, and a loss of hope. Educators, parents, and caring adults are looking for practical resources that help young people build strong foundations before they reach a crisis point. This is where Signal Hill steps in.

Because of your partnership, our free resources are reaching classrooms, homes, and communities across Canada and around the world. One story that stayed with me this year came from the father of a 14-year-old boy who had struggled with suicidal thoughts. As they read through Signal Hill's Gratitude Journal together, they came across these simple words: **"You matter. Your life has value. Your story matters. You are worth fighting for."** His son began to cry.

Behind every download is a child or teen searching for hope, belonging, and encouragement. Moments like these remind us why this work matters so deeply.

Thank you to our donors, educators, volunteers, partners, and supporters. Your generosity is helping bring hope, resilience, and a sense of worth to young people around the world. Together, we are helping the next generation discover that their lives have immeasurable value.

With Gratitude,



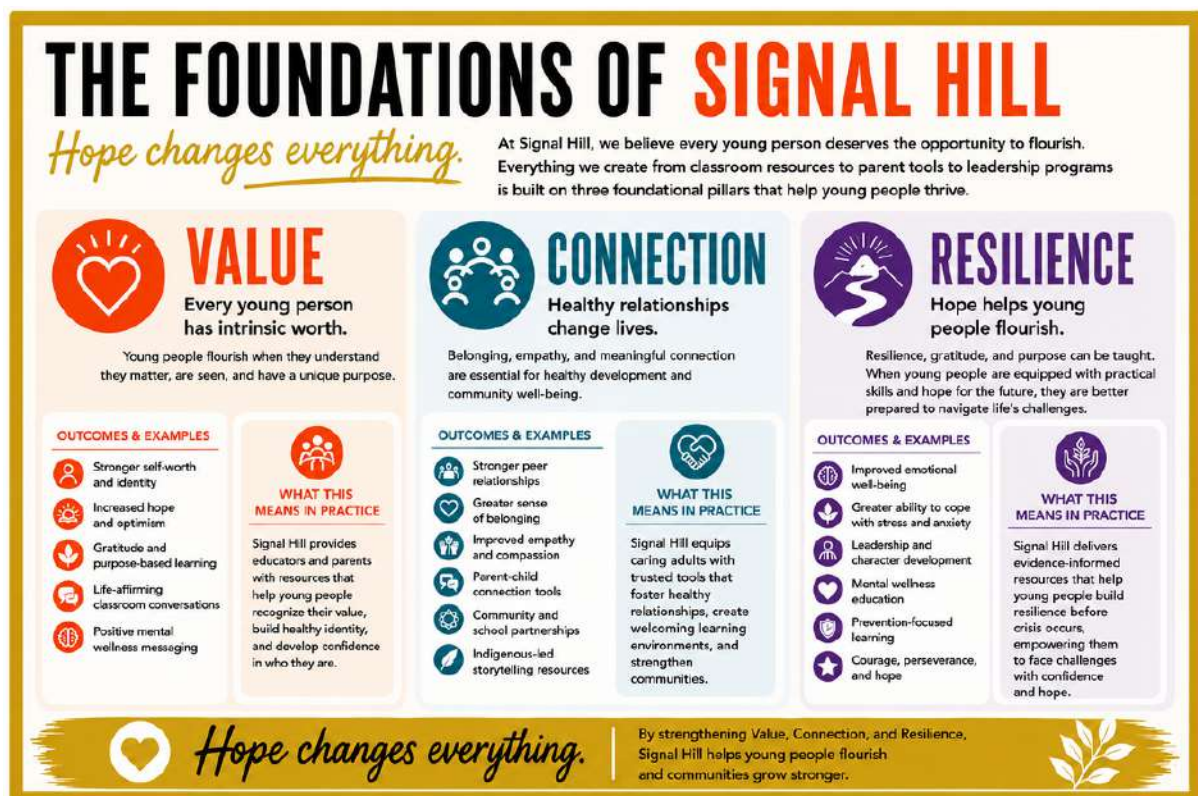
A handwritten signature in black ink that reads "Janice Nikkel". The script is fluid and cursive.

Janice Nikkel
Executive Director

What We Stand For

Our Three Pillars in Action

How do we help young people build stronger tomorrows? By anchoring our work in three core areas: nurturing a sense of intrinsic **Value**, fostering healthy **Connection**, and teaching practical **Resilience**. Explore the framework below to see exactly what this looks like in practice and the positive outcomes we are building together.



Behind every resource we create and every classroom we enter is a deeply held belief that **hope** changes everything. We are dedicated to building a world where every young person knows their **intrinsic worth** and has the tools to thrive. Take a look at the foundational beliefs that drive the Signal Hill movement.



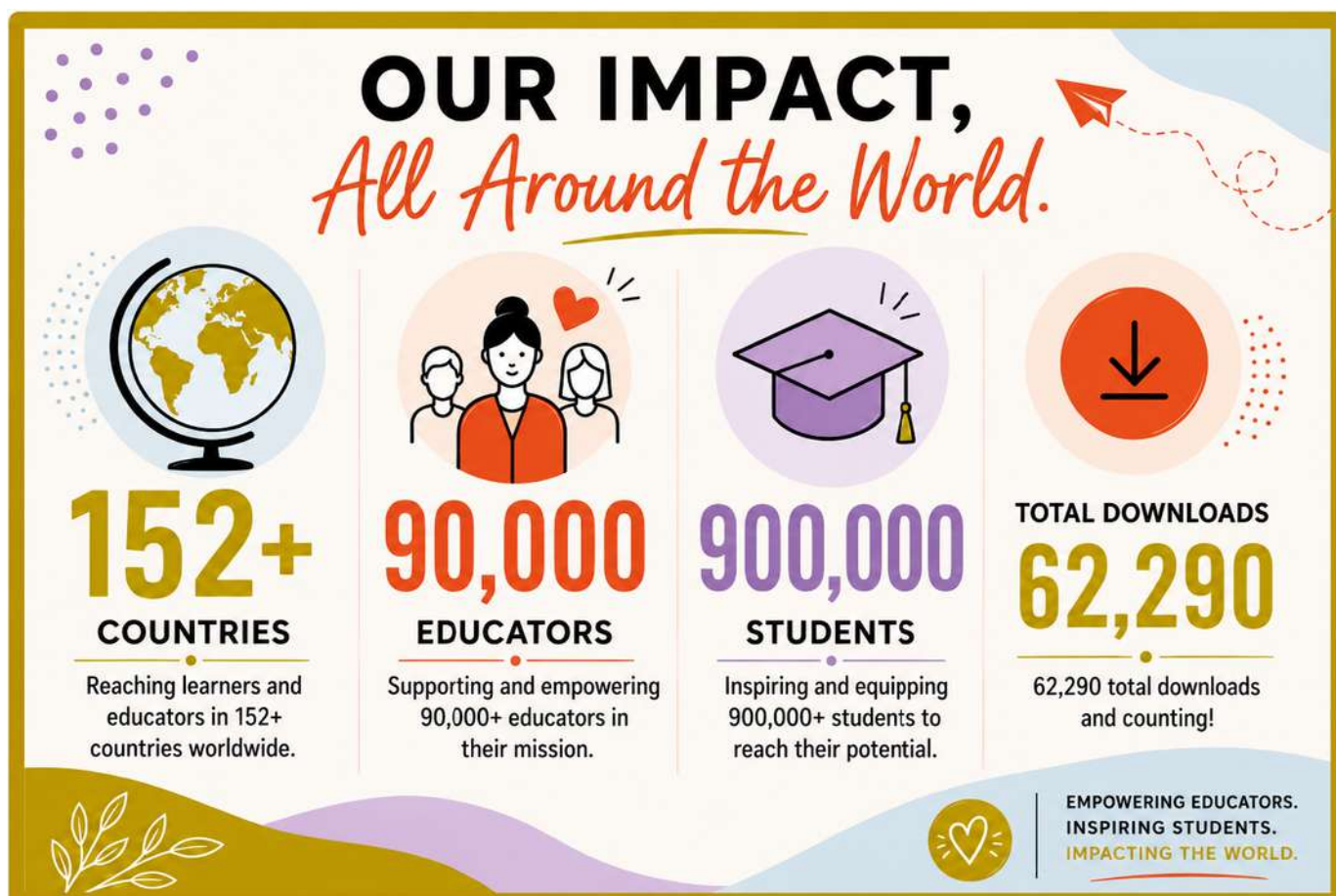
Impact at a Glance

Every download equips an educator, parent, or mentor with practical tools to help young people build resilience, develop healthy character, and recognize their intrinsic worth.

Signal Hill resources are now being used in more than **152 countries**.

- **62,290** resource downloads
- **90,000+** educators equipped
- Reaching an **estimated 900,000 students**

Together, we are helping more young people discover that they matter, have purpose, and are worth fighting for.



Multiplying Impact

At Signal Hill, we make our resources freely available so every child and youth can access messages of hope, resilience, and intrinsic worth - regardless of their circumstances. The impact of your support multiplies through the educators, parents, and mentors who use these resources.

A single teacher may reach 25 students in one classroom, but over a career can influence hundreds or even thousands of young lives. By equipping one trusted adult, you help extend life-affirming messages to countless children and youth in classrooms, homes, and communities around the world.

These stories on the next page are reminders that when trusted adults are equipped with meaningful resources, young people are given opportunities to heal, grow, build resilience, and recognize their intrinsic worth

Stories of Impact

These stories remind us that when trusted adults are equipped with meaningful resources, young people are given opportunities to heal, grow, build resilience, and recognize their intrinsic worth.

Fredylene, Parent & Educator

Fredylene shared how Signal Hill's emotional wellness resources impacted the teenagers in her life. She shared, "This helped my teenage kids understand themselves better. Less tantrums, more wisdom. Anxiety away with you."

Shonda, High School Teacher

Shonda shared how a Signal Hill lesson sparked a powerful conversation about mental health. When one student said she felt "broken," her classmates responded with encouragement, reminding her she was valuable and not alone. "It was a beautiful moment," Shonda wrote.

Chad, Behavioural Health Specialist

Chad works with incarcerated youth in Washington State. He uses Signal Hill resources in weekly life-skills classes within the juvenile justice system. He shared that the lessons sparked meaningful conversations, encouraged active participation, and helped create safe opportunities for vulnerable young people to build resilience and hope for the future.

Tammy, Youth Worker

It is just wonderful to see such content available for free. I use many of the resources with my Friday boys program and is successful every time. Thank you so much and am sure to be back.



Indigenous Resources

Developed alongside Indigenous educators who share Signal Hill's values, these resources help students explore Indigenous history, culture, wisdom, and ways of knowing through a life-affirming lens.

With **3,648** downloads across **24 countries**, they are equipping educators to foster understanding, respect, and meaningful conversations in classrooms around the world.

Program Highlights

Young people today face increasing challenges related to mental health, identity, belonging, and resilience. Signal Hill equips educators, parents, and community leaders with free, practical resources that help children and youth build strong foundations for life.

PROGRAM HIGHLIGHTS



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MENTAL HEALTH & RESILIENCE

Resources such as Just Breathe help students understand emotions, manage anxiety, build healthy coping strategies, and develop resilience for life's challenges.



IDENTITY & SELF-WORTH

Students are encouraged to recognize their intrinsic worth, develop confidence, and resist the pressures of comparison, bullying, and unhealthy cultural influences.



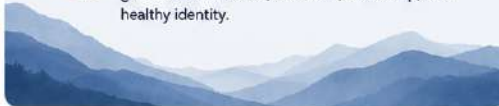
LEADERSHIP & CHARACTER DEVELOPMENT

Our resources help students develop character, empathy, responsibility, and leadership skills that positively influence their schools, families, and communities.



EXPANDING ACCESS

This year, Signal Hill completed **French translations**, made significant progress on **Spanish translations**, and continued developing **Indigenous resources** alongside Indigenous educators and contributors who share Signal Hill's values. We also launched **Sisters Strong**, a new initiative designed to help girls build confidence, resilience, leadership, and healthy identity.



STRENGTHENING COMMUNITIES

Through partnerships with schools, churches, community organizations, and outreach initiatives, Signal Hill resources are reaching young people where they live and learn. This year, **more than 3,000 Gratitude Journals** and life-affirming resources were distributed through community partners, bringing encouragement and messages of hope to vulnerable children and youth.



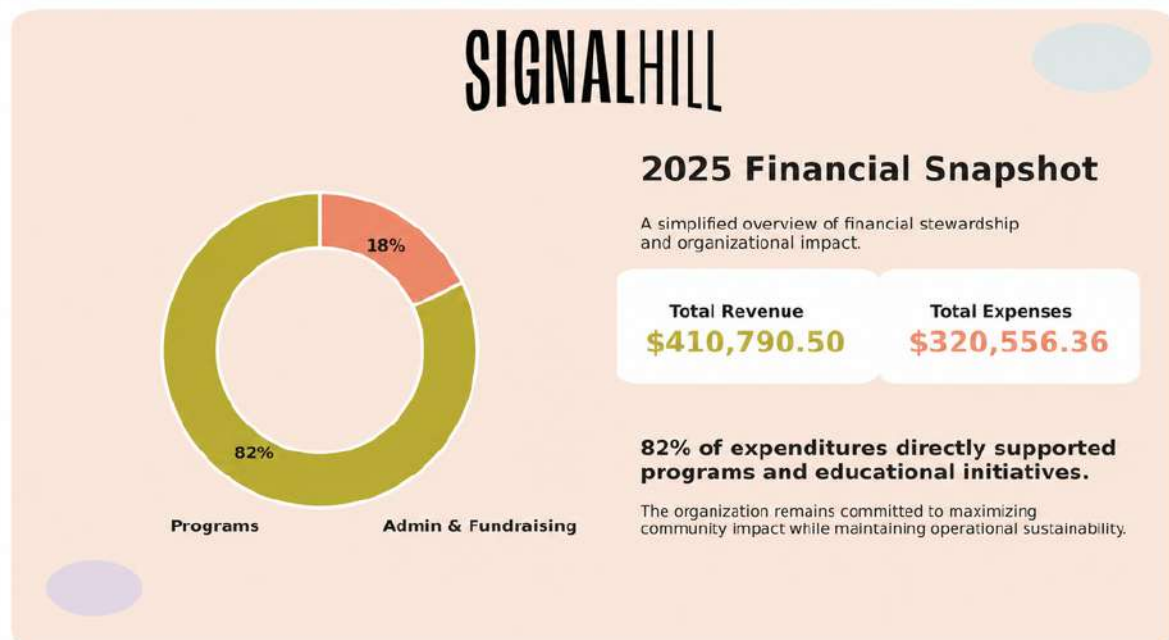
Together, these initiatives are helping more young people discover that their lives have *intrinsic worth* and that they are *worth fighting for*.



Financial Snapshot

Thanks to the generosity of our donors and partners, Signal Hill received \$410,790 in revenue in 2025. Of our \$320,556 in total expenses, 82% was directed toward programs and educational initiatives that equip trusted adults with life-affirming resources for children and youth.

Every gift helps extend our reach and ensures more young people hear the message that their lives have intrinsic worth and are worth fighting for.



**ONE RESOURCE.
ONE EDUCATOR.
COUNTLESS YOUNG LIVES IMPACTED.**

When we equip a trusted educator with ready-to-use tools, the impact reaches far beyond one classroom - reaching students, families, and communities for years to come.

Extending Our Reach



Through partnerships with organizations such as **City Dream Centre** and **CityReach**, nearly **3,000 Gratitude Journals** and life-affirming resources were distributed to inner city students this year.

By equipping trusted adults with free resources, every gift helps extend messages of hope, resilience, and intrinsic worth far beyond a single classroom.

With Deepest Gratitude

Everything we do is possible because of people like you.

Your generosity helps educators, parents, and mentors share a life-changing message with young people: their lives have intrinsic worth and they are worth fighting for. Together, we are helping the next generation build strong foundations for life. Thank you for your partnership and support.

Looking Ahead

The challenges facing young people are growing, but so is the opportunity to reach them.

In the year ahead, Signal Hill will expand into new communities, equip more educators and parents, and develop new resources that help young people build resilience, confidence, and a sense of worth.

Together, we can ensure more children and youth hear a message that has the power to change the course of a life:

You matter. You have value. Your future is worth fighting for.

LOOKING AHEAD	HOW WE'LL GET THERE
Community Partnerships	Strengthening youth through schools, families, and community partnerships.
Deeper reach in French & Spanish communities	Extending the reach of life-affirming resources into French and Spanish speaking communities through translation and cultural adaptation.
Onboarding new classrooms and schools	Scaling partnerships to bring programming to more educational institutions.
Innovative digital content & mental wellness initiatives	Launching new video series and interactive resources focused on proactive wellbeing.

Join Us at Signal Hill

Together, we can help more young people discover their intrinsic worth by equipping trusted adults with resources that bring hope, resilience, and purpose.

WAYS TO GIVE

Become a Monthly Partner — Join a community of supporters helping young people discover their intrinsic worth every month. Choose monthly giving at thesignalhill.com/donate.

Make a Special Gift — Your one-time donation helps us reach more classrooms, families, and communities with messages of hope and resilience.

Because of **YOU**,
students around the world are beginning to understand something
life-changing:

THEIR LIVES have **VALUE**, **THEIR VOICES MATTER**,
and **THEIR FUTURE** is **WORTH FIGHTING FOR**.

SIGNALHILL



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