

2025

Annual Report

A year of change, a year of focus.

2025 A year of change, a year of focus.

In late 2025, Crohn's and Colitis Canada entered a period of meaningful transition. With new leadership, we stepped forward together: staff, volunteers, researchers, donors, and people with lived experience, grounded in a powerful history and united by a promise that remains as urgent as ever: to find the cures for Crohn's disease and ulcerative colitis and to improve the quality of life of everyone affected by these diseases.

**2025 was a year of change.
It was also a year of focus.**

Across the organization, we took time to listen, reflect, and sharpen how we serve the community that places its trust in us. We continued to invest in world-class research, national support programs that foster connection and belonging, strong advocacy with governments from coast to coast, and increased awareness of diseases that are still too often misunderstood, minimized, or hidden.

At the Board level and across management, we also began laying the groundwork for a renewed focus on local community engagement.

Crohn's and colitis are national health challenges, but they are lived locally, in homes, schools, workplaces, clinics, and communities across the country. Whether through Gutsy Walk, education, peer connection, advocacy, or local partnerships, our impact is strongest when people affected by Crohn's or colitis feel seen, supported, and connected to a community that understands.

As a Board and leadership team with many members who have lived experience, we know that awareness is about more than visibility. It is about understanding: recognizing the physical, emotional, social, and financial realities of living with inflammatory bowel disease (IBD), and ensuring that people are supported and reached earlier in their journey.

At the same time, our long-standing commitment to research remains central to everything we do.



For decades, Crohn's and Colitis Canada has helped fuel discoveries that are changing what is possible for people living with Crohn's or colitis. That work continues to gain momentum and is increasingly pointing us toward a future where care can be more predictive, more personalized, and more precise.

Looking ahead, precision medicine will play an important role in our next chapter. It represents more than scientific progress; it represents hope. Hope for earlier detection, more effective and individualized treatment, and greater confidence for people managing IBD throughout their lives.

We also recognize that this future cannot be built by one organization alone. Progress depends on collaboration: among researchers, clinicians, donors, volunteers, partners, advocates, staff, and people with lived experience to work together with clarity, accountability, and shared purpose.

To every donor, volunteer, researcher, clinician, healthcare partner, community partner, corporate supporter, and staff member who helped advance this work in 2025: thank you. Your commitment is what turns our promise into progress.

2025 marked a year of transition, but also one of early momentum. As we look ahead, we do so with gratitude, resolve, and optimism for what we can achieve together.



A handwritten signature in black ink, appearing to read 'Josh Berman'.

Josh Berman
President and CEO
Crohn's and Colitis Canada



A handwritten signature in black ink, appearing to read 'Sonu Dhanju-Dhillon'.

Sonu Dhanju-Dhillon
Chair, Board of Directors
Crohn's and Colitis Canada

Impact Strategy

Our Promise

To find the cures for Crohn's disease and ulcerative colitis and to improve the quality of life of everyone affected by these diseases.



Our Values



Courageous
Be gutsy!



Inclusive
Be open!



Authentic
Be intentional!



Collaborative
Do together!

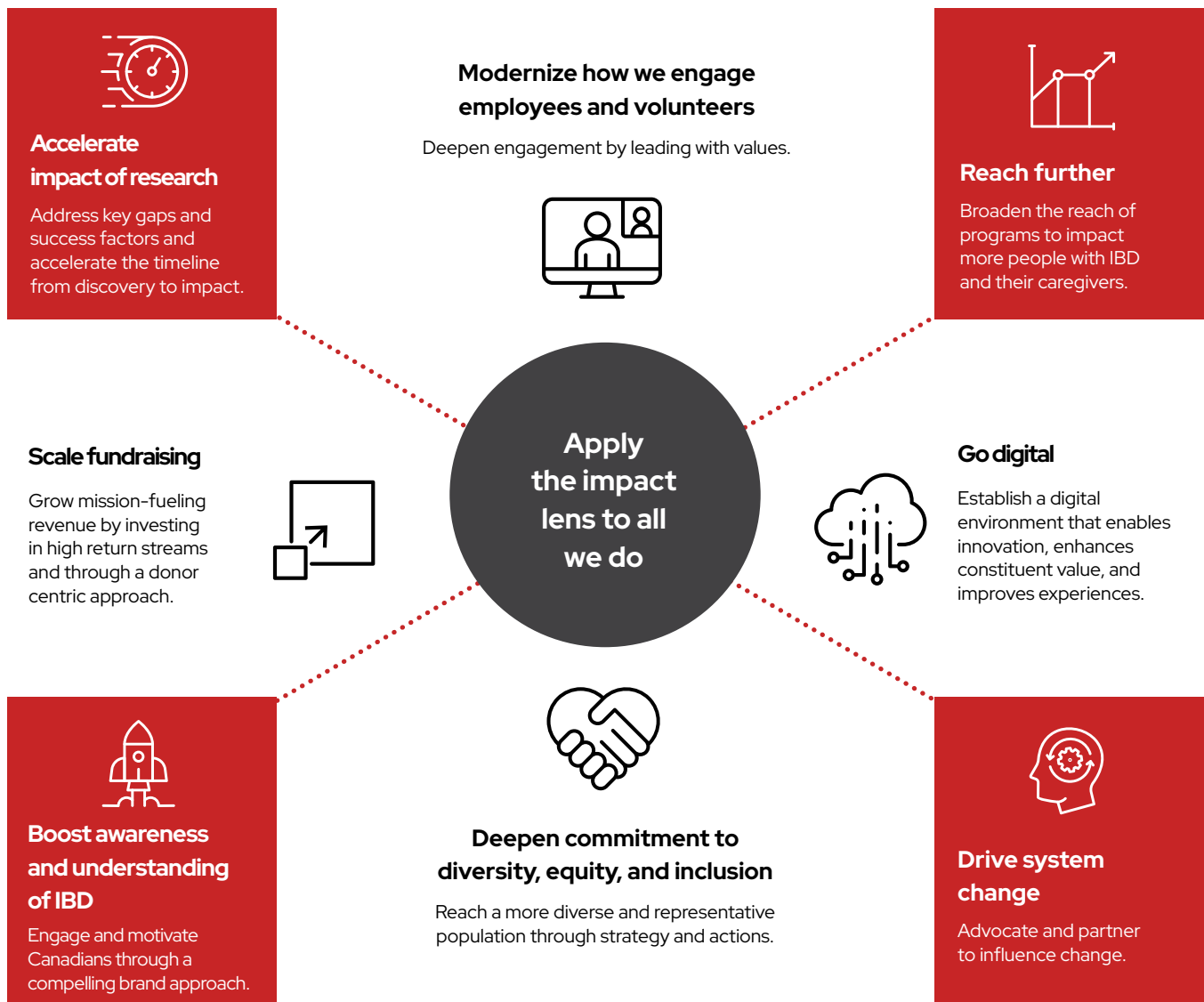
Collective Impact Goal

Crohn's and Colitis Canada collaborates with others to improve the quality of life of people with Crohn's disease and ulcerative colitis.

We measure and report publicly on the quality of life of people with Crohn's and colitis to account for the part we play in this collective impact.

2023 - 2027 Strategic Plan

Informed through a comprehensive and collaborative process, our strategy is focused on delivering impact as we aspire to fulfill our Promise.

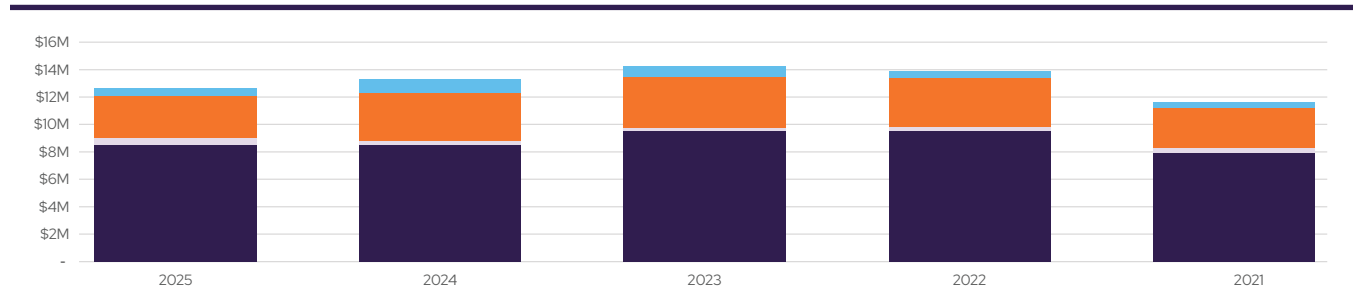


Financials

Crohn's and Colitis Canada is committed to accountability and transparency. We take great care to ensure that every dollar we spend is working as hard as possible to make life better for people living with Crohn's or colitis.

We take the support and trust of our donors and volunteers seriously, demonstrated by a strong focus on financial oversight, good governance, and operational efficiencies.

5 Year Revenue Comparison*

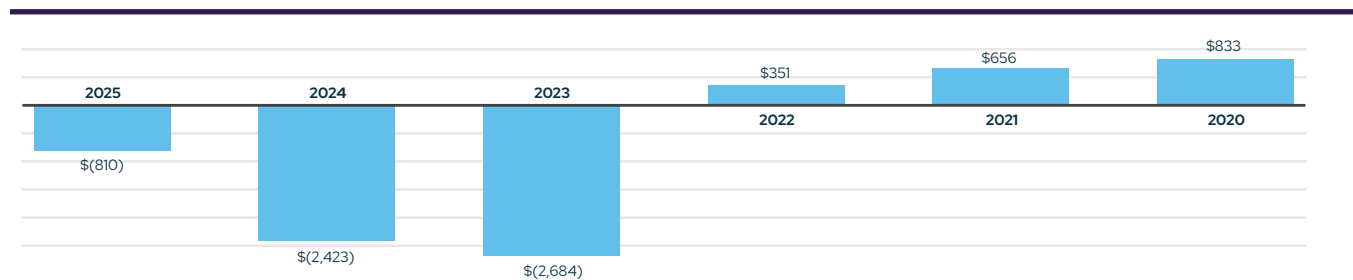


	2025	2024	2023	2022	2021
■ Gift Revenue	\$8.6M	\$8.5M	\$9.5M	\$9.6M	\$8.0M
■ Legacy Gifts	\$0.4M	\$0.3M	\$0.2M	\$0.3M	\$0.3M
■ Fundraising Revenue	\$3.1M	\$3.5M	\$3.7M	\$3.5M	\$2.9M
■ Investment Income	\$0.5M	\$1.0M	\$0.8M	\$0.5M	\$0.4M
Total	\$12.6M	\$13.3M	\$14.2M	\$13.9M	\$11.6M

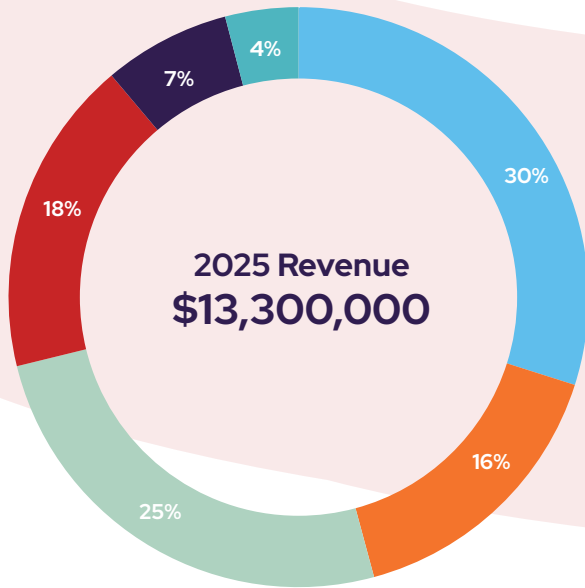


Excludes foreign exchange gain or loss, unrealized gain or loss on investments and COVID-19 subsidies.

Operational Gain or (Loss)



Our commitment to the highest standards in the Canadian non-profit sector earned us accreditation from Imagine Canada. Visit crohnsandcolitis.ca/annualreport for more information and audited financial statements.

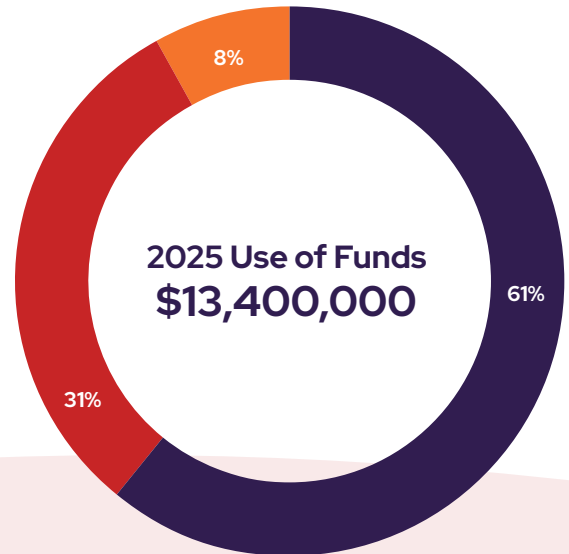


Revenue Sources

	2025	2024
Corporate Philanthropy for Programs	\$3.8M	\$4.0M
Major Gifts	\$2.0M	\$1.8M
Annual and Workplace Giving	\$3.2M	\$3.0M
Gutsy Walk	\$2.2M	\$2.5M
Community Fundraising	\$1.0M	\$1.0M
Investment	\$1.0M	\$1.0M
Total	\$13.3M	\$13.3M

Use of Funds

	2025	2024
Mission	\$8.1M	\$8.8M
Fundraising	\$4.2M	\$5.5M
General & Administration	\$1.0M	\$1.3M
Total	\$13.4M	\$15.8M



Use of *Mission* Funds

	2025	2024
Research	\$6.2M	\$6.6M
Education, Awareness, and Advocacy	\$1.0M	\$1.2M
Volunteer and Chapter Services	\$0.9M	\$1.0M

GlycoCaging: A breakthrough in targeted drug delivery for IBD

A chance meeting between two Crohn's and Colitis Canada-funded researchers sparked a groundbreaking discovery that could pave the way for safer, more effective treatment options for Crohn's and colitis.

In 2018, Dr. Harry Brumer from the University of British Columbia received an Innovations in IBD Research (INN) grant to fund a bold idea: to improve the method of delivering medications directly to the gut while minimizing harmful side effects.

A year later, Dr. Brumer met Dr. Laura Sly at

a Crohn's and Colitis Canada Fireside Chat. An immunologist at BC Children's Hospital, Dr. Sly and her team's expertise with animal models were well-suited to test Dr. Brumer's new drug-delivery technology. Their collaboration took shape, and with support from a recent Grants-In-Aid of Research (GIA) grant, the team advanced their promising new biotechnology, called "GlycoCaging".

In 2025, their work was even published in *Science*, one of the world's most prestigious scientific journals.



Dr. Harry Brumer
University of British Columbia



Dr. Laura Sly
University of British Columbia



What are GlycoCages?

Treating Crohn's and colitis often requires medications that may cause unintended side effects as the drugs are absorbed throughout the body. A GlycoCage is a plant-based "sugar cage" that protects medication as it travels through the digestive system. The cage remains intact until it reaches the large intestine, where gut bacteria naturally break it down, releasing the drug exactly where it is needed.

Early results in mouse models were highly encouraging, requiring lower doses and causing fewer side effects.

This approach could make existing medications safer, enable the use of drugs previously considered too toxic, and open the door to new treatment options for

those living with Crohn's and colitis.

The development of the GlycoCage technology boldly exemplifies how Crohn's and Colitis Canada accelerates the impact of research. By providing early stage funding and networking opportunities for those at the forefront of discovery, innovative ideas can turn into real-world breakthroughs. As we look ahead, this development strengthens our commitment to supporting bold initiatives that bring us closer to a future where treatments are more targeted and more effective.

Your Donation Drives Research Nationally >>>>>>

Accelerating the impact of research

Crohn's and Colitis Canada is able to fund these important research activities and more, thanks to your support.



CANIBD (Canadian IBD Nurses)

270 Members | Funds: \$218,104

A national organization of nurses dedicated to improving the quality of care for people living with inflammatory bowel disease across Canada.

CIRC (Canadian IBD Research Consortium; Canada-wide)

85 Researchers | Funds: \$1,248,228

A network of clinician scientists working together to promote and conduct clinical research in IBD through collaboration of multiple Canadian centres.

Grants-In-Aid of Research Program (GIA)

These are investigator driven research projects that fall under four domains: finding causes and triggers, discovering novel treatments, helping manage symptoms, and getting the best care.

Early Career Researchers (part of GIAs)

5 Institutions | 5 Researchers | Funds: \$578,924

In 2025, Crohn's and Colitis Canada is committed to supporting early career researchers (ECRs) in building their independent research programs within the IBD space. This commitment ensures that a portion of the funds allocated through the GIAs specifically target early career researchers.

Healthcare Excellence Awards

Through a community nomination process, every year, Crohn's and Colitis Canada awards an exceptional IBD nurse and physician for their committed, empathetic care of individuals with IBD.

Meeting of the Minds (Canada-wide)

169 Institutions | 326 Researchers | Funds: \$1,258,404

An annual conference that brings together Canada's talented community of IBD researchers and healthcare providers to share best practices in clinical care and the latest research in IBD.

Promoting Access and Care through Centres of Excellence (PACE)

11 Institutions | 18 Researchers | Funds: \$270,906

PACE network brings together leading IBD centres from across the country to improve health outcomes, address gaps in care, and develop solutions that can create changes in the public health care system.

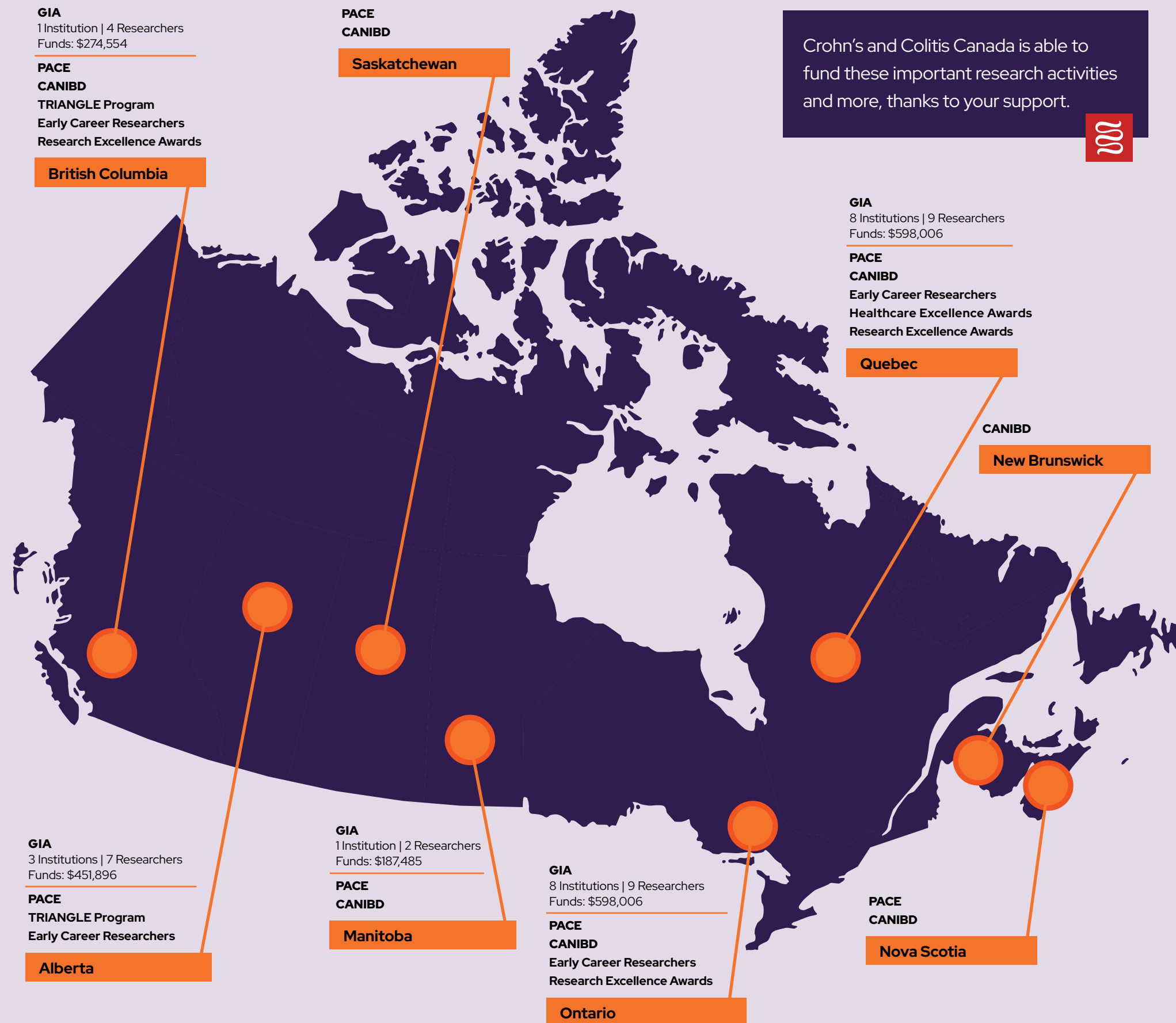
Research Excellence Awards

Nominated by their peers, these awards recognize the most innovative researchers in IBD for their outstanding contributions to the field. Award categories include Rising Star, Research Leadership, Women in IBD, and Advancing Diversity, Equity and Inclusion in IBD.

Training A New Generation of Researchers in Gastroenterology and Liver (TRIANGLE) Program

2 Institutions | 2 Researchers | Funds: \$27,812

In collaboration with the TRIANGLE Program, Crohn's and Colitis Canada supports postdoctoral fellows in IBD research, to foster the upcoming generation of scientists.



Supporting the Crohn's and Colitis Community

Alongside advancing innovative research, Crohn's and Colitis Canada continues to deliver a robust suite of programs designed to improve the quality of life for people living with IBD.

From trusted educational learning to peer connection and practical tools for daily living, each program reflects our commitment to meeting people where they are and supporting them at every stage of their Crohn's or colitis journey.

Growing knowledge and confidence

Gutsy Learning Series



Gutsy Learning Series (GLS) remained Crohn's and Colitis Canada's most trusted educational program. Led by leading clinicians and

subject matter experts, GLS webinars provided timely, practical information on a range of topics that matter most to the IBD community: from accessing treatments and understanding diagnostics to fertility, pregnancy, mental health, and navigating the workplace.

1,360 participants attended **eight GLS webinars**, with **86%** rating sessions as "useful"

AbbVie IBD Scholarship



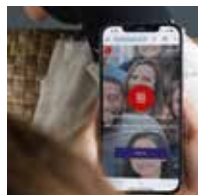
The AbbVie IBD Scholarship continued to support Canadian post-secondary students living with Crohn's or colitis in their academic endeavors

with a \$5,000 scholarship. Fifteen students from across the country were selected from among hundreds of applicants for their academic prowess, engagement with extracurriculars, and commitment to the IBD community.

169 postsecondary students have received a \$5,000 AbbVie IBD Scholarship since 2012

Building community and connection

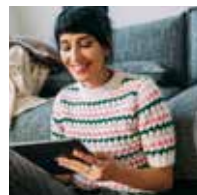
Crohn's and Colitis Connect®



As demand for connection continued to grow, Crohn's and Colitis Connect®, presented by The Lewis & Ruth Sherman Foundation, expanded with more topics, more discussions, and more engagement taking place. The space offers a safe, welcoming environment where people can share experiences, ask questions, and find reassurance from others who truly understand.

In 2025, Crohn's and Colitis Connect® grew to **over 1,500 members** looking to connect with others who just 'get it'

Peer and caregiver support events



Throughout the year, peer and caregiver support events created opportunities for people to connect, listen, and learn from one another in supportive, moderated environments. These gatherings provided comfort, validation, and a reminder that no one has to navigate IBD alone.

23 peer and caregiver support events were held across the country, offered in both English and French

Providing practical tools for everyday living

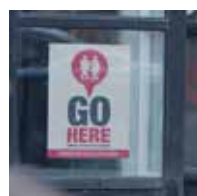
Living with IBD Guidebook for Adults



The new Living with IBD Guidebook for Adults has quickly become a trusted resource for individuals seeking clear, reliable, and easy to understand information. Covering everything from treatment options and symptom management to diet, mental health, and self advocacy, the guidebook supports people in making confident, informed choices about their care.

Released in English and French to start, the IBD Guidebook will soon be rolled out in additional languages to support more communities in their IBD journey.

GoHere® Washroom Access Program



Access to washrooms remains a critical quality of life issue for people living with IBD. In 2025, the GoHere® Washroom Access Program expanded significantly, adding hundreds of new participating locations to the app, increasing peace of mind for people navigating their communities.

New locations included several new cities and towns across the country, shopping centres, and all London Drugs locations, bringing the total to **3,982 locations nationwide**

Crohn's and Colitis Awareness Month: Young and Brave with IBD



In November 2025, Crohn's and Colitis Canada marked Crohn's and Colitis Awareness Month with a national campaign focused on children and teens living with IBD called Young and Brave with IBD.

Throughout the month, Crohn's and Colitis Canada shone a spotlight on the unique challenges faced by children and teens living with Crohn's or colitis, challenges that extend beyond physical symptoms to affect school life, mental health, friendships, and family dynamics.

The campaign invited Canadians to understand what it means to navigate IBD at a young age and to recognize the resilience of young people who live with a lifelong, unpredictable disease. The awareness month landing page served as a central hub for stories, educational resources, and tools designed to support young patients, their families, and educators. Resources emphasized early diagnosis, managing IBD at school, and building confidence and self advocacy skills during formative years.

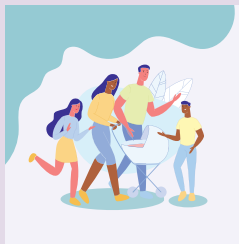


Throughout the month, storytelling played a central role. Creative assets and messaging emphasized courage, vulnerability, and strength—reminding audiences that while IBD is often invisible, its impact on young lives is profound.

By elevating youthful voices and experiences, we fostered empathy, reduced stigma, and encouraged conversations in homes, classrooms, and communities across the country.

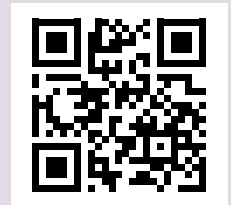


Awareness Month Resources



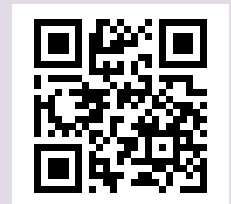
Parent's and Caregiver's Guide

A newly updated guide designed for parents and caregivers of children living with IBD, covering everything you need to know from understanding Crohn's and colitis, navigating treatment, symptom management, and more.



Teacher's Guide

A comprehensive resource for educators that offers guidance on how to support students living with these conditions.



Letter to School Template

A customizable letter that parents and caregivers can share with their child's school to outline necessary accommodations and ensure teachers and staff understand student's needs.



A Gift for Tomorrow. A Legacy of Hope.

Reigniting legacy giving at Crohn's and Colitis Canada

When Sara Wilbur-Collins' daughter, Sam, was diagnosed with Crohn's disease at 17, their world shifted overnight.

There was no family history. No warning. Sam was an all-star cheer athlete and had

always been attentive to her health. Suddenly, she and her family were facing a lifelong disease with no cure.

"It was hard for us to hear the news that there was no cure, and that she would be managing this her whole life," Sara recalls. "It was really tough to watch her deal with so much discomfort and apprehension."

Like many families navigating a new diagnosis, Sara's family moved through those early days

with fear, uncertainty, and questions. Finding the right treatment took time. Sam worked to finish high school, keep up her strength, and continue with the sport she loved. After competing at the Cheer World Championships in 2019, she was hospitalized a week later. Through it all, one truth became clear to Sara: hope matters, but hope needs action.

What began as a mother's wish for her daughter's future grew into a meaningful commitment.



For her 50th birthday, Sara asked for donations to Crohn's and Colitis Canada instead of gifts. Later, she and her husband chose to include a gift in their will.

"Progress from donor-funded research has made it possible for Sam's Crohn's to be controlled," Sara says. "But it's not cured. That's the next challenge."

"We intend to keep giving during our lifetimes, and by providing for a bequest, we'll be able to give a larger gift than we could now," Sara says.

Legacy giving represents a powerful way to shape the future without affecting today's financial needs. It ensures that progress continues. For research, for better treatments, and for a future where no family hears, "there is no cure."

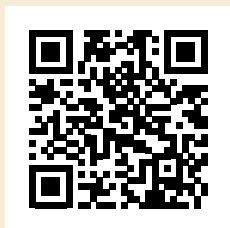
Today, more than 322,000 Canadians live with inflammatory bowel disease, a number that continues to grow. Behind every statistic is a person: a child missing school, a young adult adjusting to a diagnosis, a parent searching for answers. Crohn's and Colitis Canada remains

committed to changing that reality, driven by over 50 years of research, advocacy, and community support.

In 2025, the focus on legacy giving became a call to carry that mission forward. It's about investing in tomorrow: advancing precision medicine, strengthening support systems, and bringing us closer to cures. It is about ensuring that future generations inherit not uncertainty, but possibility.

Sara's hope is that her gift will help other families find the resources and reassurance her family needed when Sam was first diagnosed. Legacy giving is not only about what we leave behind. It is about what we choose to carry forward. It carries forward the courage of people living with Crohn's and colitis. It carries forward the love of families and caregivers. It carries forward the dedication of researchers working toward better treatments and cures. And it carries forward the belief that tomorrow can be better than today. As Sara says, "Wouldn't it be great to be a part of curing Crohn's and colitis?"

Create your legacy of hope



A legacy gift to Crohn's and Colitis Canada is a meaningful way to help sustain the critical work you care about, including research, education, advocacy, and support for people affected by Crohn's disease and ulcerative colitis.

To learn more about leaving a gift in your will or exploring other legacy giving options, scan the QR code or visit crohnsandcolitis.ca/mylegacy.

Advocating for Better Treatment Options

Ending “Fail First” Policies

Between September and November, Crohn’s and Colitis Canada’s advocacy efforts focused on addressing a critical issue facing thousands of Canadians living with Crohn’s or colitis: outdated government policies that delay patients’ access to the most effective IBD treatments.

While therapies for IBD have advanced considerably over the past decade, policy changes have not kept up. As a result, patients have been forced to try and fail older, often less effective treatments their physicians know will not work before they can access treatment options better suited for them.

Delayed access to appropriate care caused by “fail-first” policies can worsen a patient’s disease progression, often leading to more emergency room visits, hospitalizations, and surgeries. These setbacks not only jeopardize patient health but also waste healthcare resources and increase costs for governments. As the number of Canadians living with IBD is expected to rise to over 1% of the population by 2035, maintaining these policies could continue to drive up the cost of care in the years to come.

In 2023, Quebec became the first province to remove fail first requirements for colitis treatments, followed by Crohn’s a year later. Building on this momentum, Crohn’s and Colitis Canada launched a letter-writing campaign that generated thousands of letters to key policymakers and secured critical meetings with government officials in Ontario and Nova Scotia, the provinces first selected for targeting.

The campaign by the numbers:

Between September and November, Crohn’s and Colitis Canada’s End Fail First Policies campaign achieved impressive results:

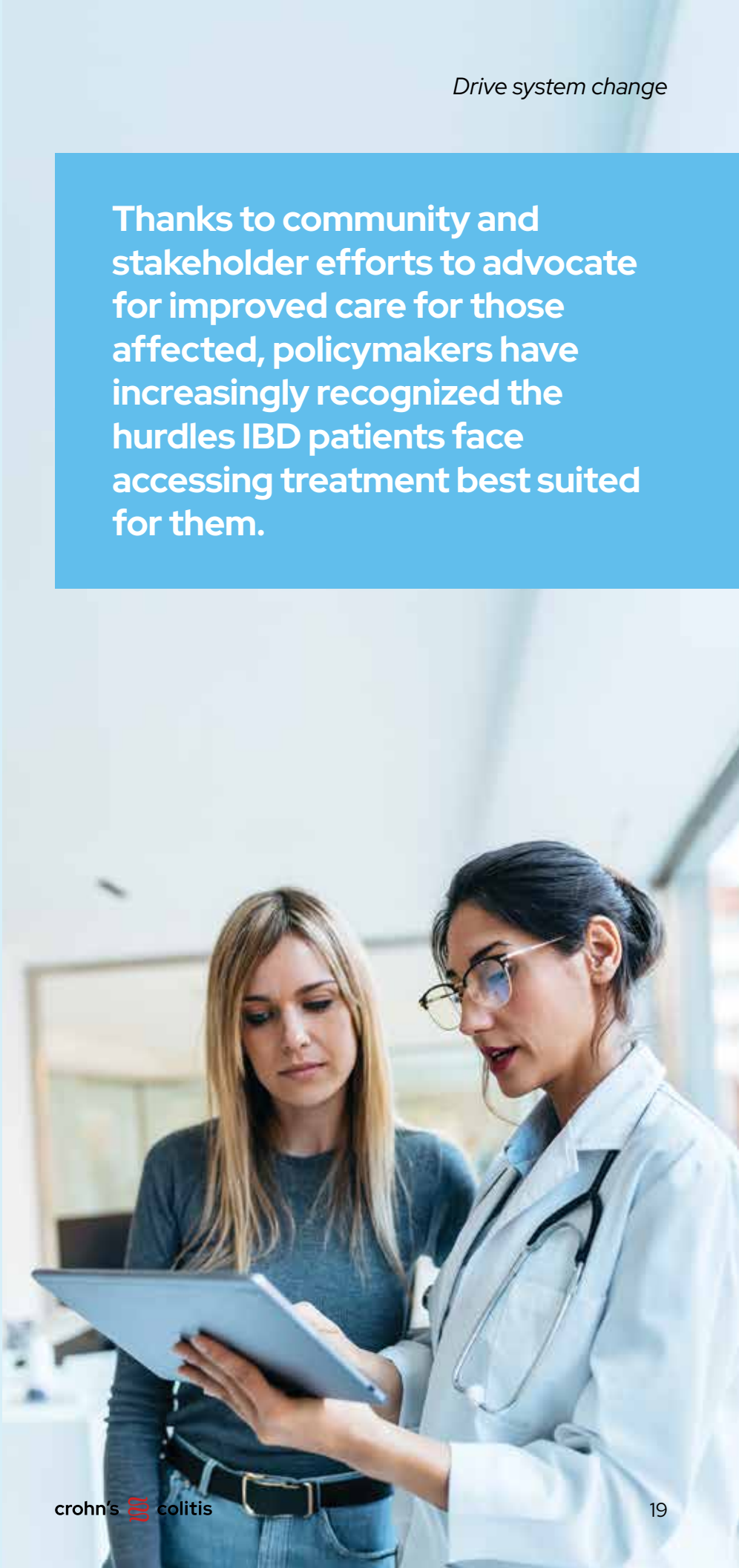
- **7,932 submissions of letters** to government officials, sent directly to their inboxes
- **Over 20,400 people visited the campaign’s landing page** on the Crohn’s and Colitis Canada website to learn how to reach out to their government officials and demand change
- **Had four meetings with government** in Ontario and Nova Scotia, with plans to potentially extend meetings to other provinces

Thanks to community and stakeholder efforts to advocate for improved care for those affected, policymakers have increasingly recognized the hurdles IBD patients face accessing treatment best suited for them.

For policymakers, Crohn's and Colitis Canada's recommendations included:

- Removing fail first requirements that force patients to try ineffective treatments
- Allowing physicians to prescribe appropriate and safe treatments based on clinical need
- Prioritizing patient outcomes over bureaucratic red tape
- Ensuring timely access to effective treatments

Looking ahead, we remain committed to ensuring that every Canadian living with Crohn's or colitis avoids wasting time and resources accessing treatment options their physicians know won't work, and can instead work with their healthcare team to access the right care at the right time.



crohn's colitis

**be a champion of hope
to brave today and believe
in tomorrow**



Accredited
IMAGINE
CANADA

The Standards Program Trustmark is a mark
of Imagine Canada used under licence
by Crohn's and Colitis Canada.

To donate please
call 1-800-387-1479 or visit crohnsandcolitis.ca
Follow us @getgutsycanada on



Registered Charity | #11883 1486 RR 0001