



kids
brain health
foundation



fondation pour
la santé du cerveau
des enfants

SUPPORT A BRIGHTER FUTURE FOR EVERY CHILD





A Brighter Future for Every Child: Transforming research into real-world solutions for children and youth with neurodisabilities and their families.

Every child deserves the chance to grow, learn, and thrive. Yet for one in 10 children and youth in Canada who live with a neurodisability (ND), that chance is too often out of reach. Families face years-long waitlists for diagnosis, gaps in essential services, and out-of-pocket costs that can reach up to \$80,000 a year.

Behind every statistic is a child – a toddler still searching for the words to say, “I love you,” a child who can’t fall asleep at night, a teenager who struggles with everyday tasks, and the caregivers working tirelessly to hold their families together.

At Kids Brain Health Foundation (KBHF), we believe Canada can do better. Together with our partners, we transform scientific breakthroughs into real-world solutions for children and youth with NDs and their families. With your support, we can ensure proven, life-changing programs reach every child who needs them.



Who we are: The Kids Brain Health (KBH+) Ecosystem

KBHF is the fundraising and philanthropic arm of KBH+, Canada's leading pediatric brain health enterprise. KBH+ brings together three powerful entities that, together, form a unique ecosystem for change.

Since 2009, Kids Brain Health Network (KBHN) has invested more than \$108 million in research and innovation. Today, its focus is on ensuring these breakthroughs move beyond the laboratory and into the homes, classrooms, and clinics where they can change lives.

KBHF fuels this work by mobilizing donor generosity to scale and spread proven solutions nationwide. Every gift to the Foundation can be the difference between a successful program staying on the shelf or reaching the families who need it most. Additionally, the Kids Brain Health Innovation Fund (KBH-IF) accelerates this work by leveraging private capital to help transform research into practical, scalable solutions. Blending investment and philanthropy helps ensure long-term sustainability and broader reach.

Together, these entities form KBH+, a dynamic partnership that connects research, philanthropy, and innovation to build a better future for children and youth with NDs.

Proven solutions. Real impact.



Across Canada, children and youth with NDs and their families wait years for help, which too often never arrives. Yet the solutions already exist. For more than a decade, KBH+ has been developing and testing programs that change lives: interventions that help toddlers speak their first words, children sleep through the night, and families feel safe and connected again. These are not theories or pilot projects; they are evidence-based solutions already making a profound difference.

And still, for every family reached, countless others remain on waitlists. Each program in this portfolio has been tested, refined, and proven effective – ready to expand into new communities. In every province, demand far exceeds availability. The barrier is not science or innovation, but resources. With your support, we can bridge this gap and bring life-changing solutions to every child who needs them.

“Proven programs are ready. Thousands of children are still waiting.”

The heart of our work is reflected in the programs already making a difference. Each is grounded in years of research, shaped by the voices of families, and designed to give children the skills, support, and opportunities they deserve. Together, they show what is possible when innovation meets compassion—and what your support can make possible for thousands more families across Canada.

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Implementation projects

KBH+ implementation projects are positioned to bridge the gap between scientific innovation and national scale adoption in real-world practice to improve outcomes for children and youth with NDs and their families across Canada. These projects are actively implemented in healthcare and community-based settings.



Acceptance and Commitment Training for Caregivers



Caring for a child with a NDD is deeply rewarding—but it can also be exhausting. Parents and caregivers often experience high levels of stress, isolation, and burnout, challenges that few supports address adequately. [Acceptance and Commitment Training \(ACT\)](#) is a mindfulness-based program co-designed with families to help caregivers navigate these realities with greater confidence and resilience.

Delivered through facilitated group workshops, ACT combines evidence-based psychological strategies with the power of peer support. Caregivers learn to manage difficult thoughts and emotions, stay present during stressful moments, and act in alignment with their values. The impact is tangible: participants report reduced anxiety, depression, and social isolation, along with improved overall well-being. As one parent shared, “[This group made me realize I wasn’t alone. I feel stronger, and I know I can keep going for my child.](#)”

Donor support has enabled ACT to be culturally adapted for Black and Indigenous caregivers, ensuring the program reflects the lived experiences, strengths, and priorities of diverse communities. With continued support, ACT can expand across Canada—helping thousands of caregivers sustain their essential role with renewed hope and strength.

National Consortium on Aggression toward Families



Aggression toward caregivers by children and youth with NDs is one of the most challenging—and least discussed—realities many families face. Known as [aggression toward family caregivers in childhood and adolescence \(AFCCA\)](#), this behaviour can cause serious physical and psychological harm to parents, siblings, and the children themselves. Too often, families feel isolated, stigmatized, and left without meaningful support.

AFCCA was created to break this silence. Bringing together more than 20 partners—including families, researchers, clinicians, and policymakers—the Consortium works to raise awareness, reduce stigma, and strengthen supports for families across Canada. To date, more than 800 families have been directly impacted, and hundreds of frontline workers and decision-makers have been engaged through training, research, and advocacy.

One parent's words capture the urgency: **“Living with aggression in your home is something no family should endure alone. Through this program, I finally felt heard—and hopeful.”** With donor support, the Consortium can continue to grow, ensuring families are no longer left to cope in silence but have access to the understanding, resources, and hope they urgently need.

F-Words for Child Development



Families of children with disabilities often feel that services focus only on what their child cannot do. The [F-Words for Child Development](#) flips that perspective, helping families, schools, and clinicians see children through a strengths-based lens: Family, Fun, Friends, Function, Fitness, and Future. This simple yet powerful framework shifts the conversation from deficits to possibilities—building confidence, setting meaningful goals, and celebrating progress.

With support from KBHN, the F-Words are now being integrated into clinics, classrooms, and communities across Canada. Families describe how this shared language helps them tell a fuller story of their child—one that honours abilities, relationships, and potential. As one parent shared, “For the first time, I felt like my child was seen for who she is, not just for her diagnosis.”

With donor investment, the F-Words can continue to spread nationwide, helping families everywhere reframe disability not as limitation, but as possibility.

Nurturing the Seed



Indigenous families across Canada face systemic barriers to accessing culturally safe, trauma-informed early childhood programs. [Nurturing the Seed \(NTS\)](#) responds by blending Western science on infant development with Indigenous worldviews, traditions, and parenting practices. Co-created with Elders, caregivers, and practitioners, the program supports communities to recognize and respond to developmental delays early—before challenges compound over time.

NTS empowers caregivers with simple, everyday activities that strengthen the parent-child relationship while keeping cultural teachings and traditions at the centre. The impact is both meaningful and lasting: improved developmental outcomes for children, reduced stress for caregivers, and stronger local capacity to support families. As one parent shared, “**Knowing that I’m doing a good job at the beginning certainly helped boost my confidence that I’m doing the right thing as a caregiver.**”

With donor investment, NTS can expand into more communities, ensuring Indigenous children, youth, and families have access to early supports rooted in cultural pride, resilience, and strength.

Solutions for Kids in Pain



For too many children, medical procedures are a source of trauma and fear. This burden is even heavier for children and youth with NDs, who experience more pain yet face profound inequities in pain care. [Solutions for Kids in Pain \(SKIP\)](#) exists to change that.

SKIP is a national knowledge-mobilization network working to ensure that every child in Canada receives compassionate, evidence-based pain care—whether during vaccinations, surgery, or ongoing treatment. Already, SKIP has united families, clinicians, and researchers to develop Canada’s first national pediatric pain management standard, giving hospitals and care providers a clear, actionable blueprint for change. Parents are seeing the impact. As one mother shared: “[After implementing SKIP’s strategies, my daughter no longer panics at vaccines. What used to be a battle is now manageable.](#)”

With donor support, SKIP can scale this proven work across the country—ensuring that no child in Canada suffers needlessly when solutions to prevent pain already exist.

Social ABCs



For many parents, the first signs of autism in their toddler bring confusion, fear, and long waits for support. [Social ABCs](#) changes that story. This evidence-based, parent-mediated program empowers families of toddlers (ages 12–42 months) to nurture communication and social connection from the very start.

Through one-on-one coaching with trained specialists, parents learn strategies for everyday routines and play, turning small moments into powerful learning opportunities.

To date, Social ABCs has reached more than 1,200 families across Canada and internationally. Research shows significant gains in toddlers’ communication skills and parents’ confidence. Families often describe the program as life-changing. One mother shared: “I seriously believe that one main reason my son continues to improve in his speech and communication is because Social ABCs gave him a head start. He can now express himself in simple sentences and so much more.”

With donor support, Social ABCs is expanding into new communities, including Manitoba, where early childhood educators and parents are now being trained. Every gift helps ensure more families receive this critical support during the most important window of brain development.

Innovation projects

KBH+ Innovation projects focus on new, transformative solutions with near-term potential for scale and real-world impact, improving outcomes for children and youth with NDs and their families.



Building Emotional Awareness and Mental Wellness



Caring for a child or youth with a neurodisability can take a serious toll on parents' mental health—especially when formal supports are months or even years away. [Building Emotional Awareness and Mental Wellness \(BEAM\)](#) fills that gap. This scalable, app-based program gives families practical tools to reduce stress, improve mental health, and feel less alone.

Through psychoeducation, peer support, and symptom tracking, BEAM empowers caregivers with guidance and community right at their fingertips. Families who have used BEAM describe feeling stronger and more connected. As one participant shared: **“Knowing that other parents were going through the same things was validating and gave me hope.”**

With donor support, BEAM can reach more communities, offering thousands of caregivers the mental health support they need to stay strong for their children.

Better Nights, Better Days



Sleep is fundamental to health, yet up to 85% of children with NDDs experience significant sleep problems. Poor sleep worsens behavioural challenges, affects learning, and takes a heavy toll on family well-being. [Better Nights, Better Days](#) offers an evidence-based, internet-delivered solution that gives parents practical strategies to help their children sleep better.

Developed and tested over years of research, the program provides modules on healthy sleep habits and behavioural interventions tailored to children with NDDs. Families report remarkable improvements. One parent shared: “**When following tips from Better Nights, Better Days, our house runs more smoothly, people are all in better moods, and the day goes along in a happier way.**”

With donor support, Better Nights, Better Days can expand to reach thousands more families who otherwise struggle in silence. Better sleep not only improves a child’s health—it transforms the well-being of the entire family.

Dino Island



Children and youth with NDs often struggle with executive functioning – skills like attention, memory, planning, and self-regulation. These challenges affect every part of life, from school performance to friendships to self-esteem. [Dino Island](#) is an innovative therapeutic video game designed to strengthen these essential skills. Grounded in 30 years of research, it uses the appeal of gaming to deliver powerful interventions that feel like play.

The results are remarkable. Studies show that children who use Dino Island make significant gains in attention, memory, emotional control, and problem-solving. Teachers and parents report improvements not just in learning, but in confidence and resilience. One parent shared: “When my son plays Dino Island, he’s not just having fun – he’s learning to focus, to plan, to work through challenges. It’s incredible to see.”

With donor support, Dino Island can extend beyond existing classrooms and homes to reach children in rural and underserved communities where access to these programs is limited, giving more kids the chance to develop skills that will last a lifetime.

Facing Fears and Intervening to Empower Children with ADHD



For young people with ADHD, anxiety is a common and compounding challenge. Nearly half of children with ADHD also struggle with anxiety, which can make it harder to succeed in school, build friendships, and feel confident in everyday life. [Facing Fears and Intervening to Empower Children with ADHD \(FIERCE\)](#) is a groundbreaking program delivered through community agencies. It adapts evidence-based anxiety interventions to meet the unique needs of children with ADHD and their families.

FIERCE helps youth manage worries, develop coping strategies, and feel more in control. Parents and clinicians who have witnessed its impact describe remarkable transformations: children who once avoided social situations are now raising their hands in class, joining activities, and even forming new friendships. As one parent shared: **“It was the first time my son believed he could handle his anxiety. That belief changed everything.”**

With donor investment, FIERCE can expand to more communities, giving thousands of children with ADHD and anxiety the tools to build resilience and thrive.

KidsAction



Physical activity is essential for every child’s growth, yet children with disabilities often face barriers to participation. [KidsAction](#) is a community-based coaching program that helps children with disabilities engage fully in active play. In partnership with Indigenous leaders, the program has also been adapted into culturally grounded dance programs that blend movement with cultural pride and connection.

For children, the benefits go beyond physical fitness – they experience joy, belonging, and confidence. Families and community partners report that KidsAction doesn’t just get children moving; it helps them feel included and proud of who they are. As one caregiver shared, “My child doesn’t just exercise now – she dances, she smiles, she feels part of something bigger.”

With your support, KidsAction can expand to more communities, giving children with disabilities everywhere the opportunity to thrive through movement, culture, and connection.

Liberi Exergames



Children with disabilities often miss out on opportunities for active play, putting both their health and sense of inclusion at risk. [Liberi Exergames](#) turns that challenge into fun. Using a specialized recumbent bike connected to interactive video games, Liberi makes exercise exciting, accessible, and social. Kids “pedal to play,” moving their bodies while exploring virtual worlds, competing in games, and connecting with peers.

The impact goes far beyond fitness. Families report children showing greater confidence, joy, and social connection. One parent shared, “For the first time, my child wanted to exercise – and he wanted to do it with friends.”

With donor support, Liberi Exergames can reach more schools, clinics, and community centers, helping children build healthier bodies, stronger friendships, and a deeper sense of belonging.

Math Interactive Learning Experience



Children with Fetal Alcohol Spectrum Disorder (FASD) face unique learning challenges, particularly in mathematics. These difficulties can erode confidence, limit educational opportunities, and widen inequities over time. [The Math Interactive Learning Experience \(MILE\)](#) helps children aged 3–10 with FASD build math readiness and learning skills through tailored, engaging activities.

Research shows the program works. Students in MILE improve their math skills at nearly three times the rate of peers who do not receive the intervention. Teachers also report greater confidence in teaching math to children with FASD. As one teacher shared, “I’ve seen students who once shut down in math class now approach problems with confidence. That change is extraordinary.”

With donor support, MILE has already expanded into classrooms in Alberta and Manitoba. Additional funding will allow the program to reach even more children, giving them the tools to succeed academically and thrive in life.

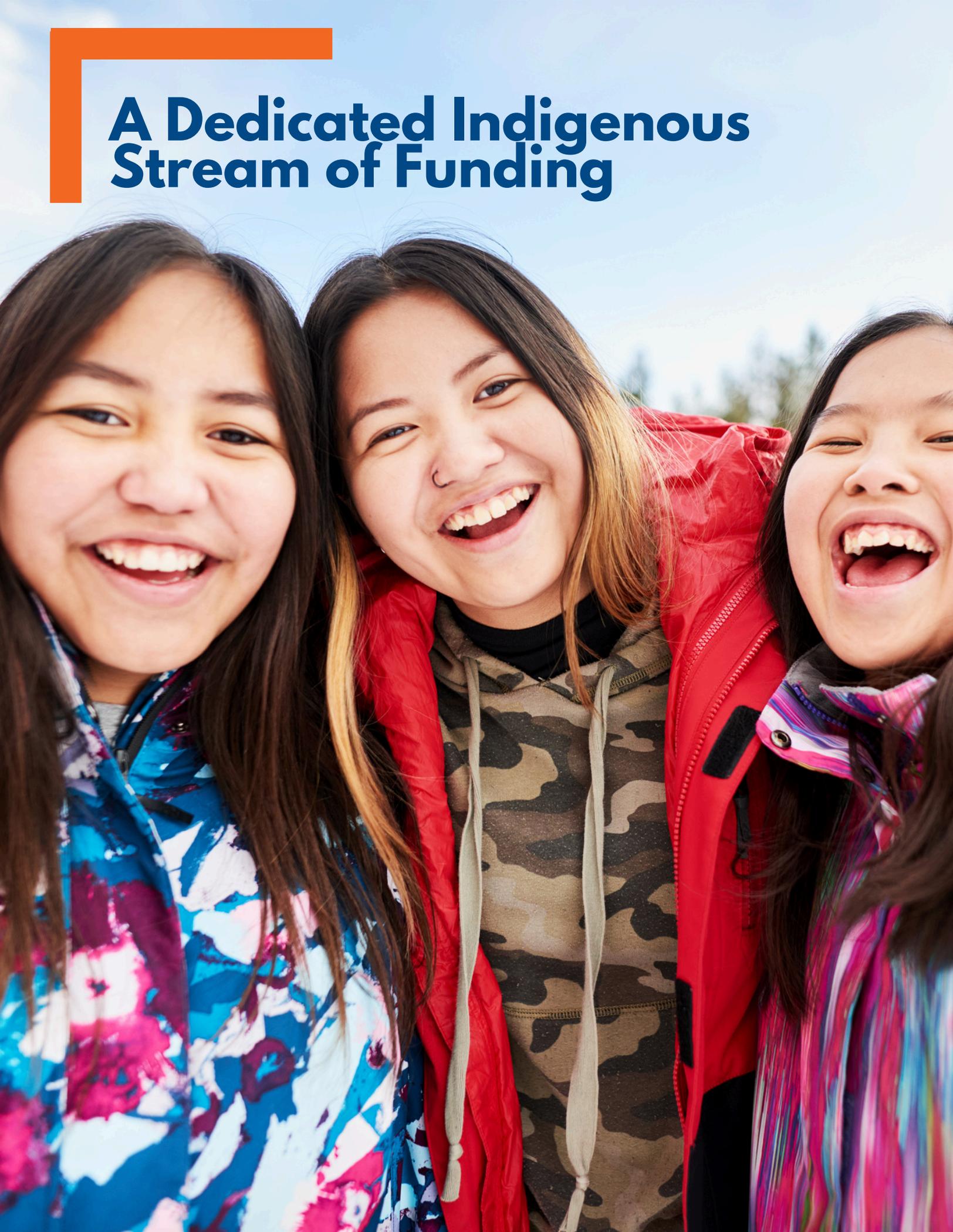
Sound Sensitivity



For children and youth with autism and other NDs, everyday environments can be overwhelming. The hum of a grocery store, the buzz of a classroom, or even family gatherings can trigger distress, making daily life exhausting or impossible. [The Sound Sensitivity Project](#) provides families and clinicians with technology to help children cope with decreased sound tolerance, opening the door to inclusion and comfort.

The results are profound. Parents describe being able to do things many take for granted, such as shopping together or attending community events. One caregiver shared, “[Before, a trip to the grocery store was impossible. Now, my child can go with me and feel safe. That’s a gift I never thought we’d have.](#)”

The project is not just about reducing distress – it restores dignity, connection, and joy for the whole family.

A photograph of three young women with long dark hair, smiling and laughing joyfully. They are wearing colorful jackets: one with a floral pattern, one with a camouflage pattern, and one with vertical stripes. The background is a bright, slightly blurred outdoor setting. In the top left corner, there is a large orange L-shaped graphic element.

A Dedicated Indigenous Stream of Funding



Indigenous children and families across Canada continue to face inequities in accessing early childhood programs and supports that are culturally grounded and community-led. Too often, interventions are developed externally and imposed on communities rather than emerging from within. KBHN’s Indigenous Stream was created to change this – supporting Indigenous-led, strengths-based solutions that honour culture, language, and local knowledge while addressing children’s developmental needs.

Through trusted partnerships with Indigenous leaders, caregivers, and organizations, KBHN helps create and scale programs designed by communities, for communities. Initiatives such as Nurturing the Seed, Indigenous dance adaptations of KidsAction, and culturally tailored caregiver supports are already demonstrating the impact of Indigenous leadership combined with evidence-based innovation and philanthropy. Communities report increased caregiver confidence, stronger cultural identity in children, and earlier identification of developmental needs – all in ways that reflect community priorities and values.

The Indigenous Stream is an invitation to deepen and expand this impact. With donor support, we can fund more Indigenous-led projects, provide training to strengthen capacity in partner communities, and dedicate a day at the KBHN National Conference to celebrate Indigenous innovations and leadership. These investments are not one-time interventions—they are pathways to lasting, community-rooted change.

Supporting the Indigenous Stream means supporting reconciliation in action. It ensures that Indigenous children grow up with the culturally safe, strengths-based supports they deserve, and that Indigenous-led solutions have the resources they need to thrive and be shared more widely.

Learn more about [KBHN's Indigenous Stream here](#).





The Brighter Futures Fund: Fueling Change

KBHF's Brighter Futures Fund is the engine driving real-world change for children and families. This unrestricted, donor-powered fund allows KBHF to bring proven, evidence-based programs directly into homes, schools, and communities across Canada. By pooling contributions, the Fund provides the flexibility to act quickly and strategically—ensuring that when opportunities arise to transform children's lives, we are ready to seize them.

A gift to the Fund multiplies its impact. It does not just support one project, it accelerates many. Your generosity can help Social ABCs reach toddlers waiting for their first words, expand Better Nights, Better Days so families finally sleep through the night, or bring Indigenous-led programs like Nurturing the Seed into more communities, strengthening cultural pride and resilience.

When you invest in the Brighter Futures Fund, you are not just funding programs. You are investing in hope, dignity, and opportunity for thousands of children, youth, and families across Canada. Together, we can move proven discoveries beyond the lab and into the hands of families everywhere who need them most.

KBHF programs



Together, KBHF’s programs show what’s possible when research is transformed into action. They prove that children and youth with neurodevelopmental differences can thrive, that families can find hope and strength, and that communities can become more inclusive and supportive. Yet these stories represent only a fraction of what could be achieved.

Each of these interventions is ready to reach more families. What determines how far and how fast they spread is not science or innovation – it’s investment.

That is why the [Brighter Futures Fund](#) exists: to take solutions that work and ensure they reach the children, youth, and families who cannot wait.



Why Your Gift Matters Now



Canada is at a pivotal crossroads—where action now can shape an entire generation. Right now, too many children’s futures depend on timely intervention that they cannot access. At the same time, we have a portfolio of solutions that we know work. What we lack is the philanthropic investment to scale these programs so that every child can access them.

Your gift to KBHF can help toddlers with autism speak their first words, give exhausted parents the tools to help their children sleep through the night, and ensure Indigenous communities have culturally grounded early childhood supports. It can empower caregivers with resilience and connection, and bring innovative therapies and technologies to scale across the country. Every contribution is an investment in the possibility of brighter futures for children and families who cannot wait any longer.

Children cannot afford to wait, and neither can we. Contact us today and donate to help scale proven solutions and give every child the chance for a brighter future.



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Give today

To direct your donation to a specific program, please contact:

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