SEC Form 4

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934
or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person*	2. Issuer Name **and** Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)
HART DAVID JAMES	Cannabist Co Holdings Inc. [CBSTF]	Director / 10% Owner / ✔ Officer (give title below) / Other (specify below)

1. Name and Address of Reporting Person*

HART DAVID JAMES

(Last) (First) (Middle)

C/O THE CANNABIST COMPANY HOLDINGS INC.

321 BILLERICA ROAD

(Street)

CHELMSFORD   MA   01824

(City)   (State)   (Zip)

2. Issuer Name **and** Ticker or Trading Symbol
Cannabist Co Holdings Inc. [CBSTF]

3. Date of Earliest Transaction (Month/Day/Year)
04/05/2025

4. If Amendment, Date of Original Filed (Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer (Check all applicable)

Director / 10% Owner / ✔ Officer (give title below) / Other (specify below)

Chief Executive Officer

6. Individual or Joint/Group Filing (Check Applicable Line)

✔ Form filed by One Reporting Person

Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Shares	04/05/2025		M		818,182	A	(1)	3,994,698	D	
Common Shares								114,000	I	Held in Individual Retirement Account

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Common Shares	(1)	04/05/2025		M			818,182	(2)	(2)	Common Shares	818,182	$0	818,182	D	

Explanation of Responses:

1. Each restricted stock unit ("RSU") represents a contingent right to receive one share of the Issuer's common stock.

2. The RSUs were granted on August 7, 2023, and vest as follows: 40% of the total grant vested on April 5, 2024, and 30% of the total grant will vest on each of April 5, 2025, and April 5, 2026. Settlement of vested RSUs will occur as soon as practicable following vesting.

/s/ David Sirolly as attorney in fact for David James Hart   04/07/2025
** Signature of Reporting Person   Date