



Courrier

Newsletter | Spring 2015

CHEZ DORIS

1430 Chomedey Street
Montreal, QC H3H 2A7

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Email: info@chezdoris.ca

OPENING HOURS

April 1 to October 31

7 days a week

8:30 AM – 3:00 PM

November 1 to March 31

7 days a week

8:30 AM – 4:00 PM

Online donations are accepted. See the "help us" tab on our web page. As well, we now accept donations of publicly-traded stocks. For more information, contact our Executive Director, Marina Boulos at 514-937-2341, ext. 229 or director@chezdoris.ca.

Chez Doris is a registered charity

offering daytime shelter for women in difficulty. Services include: a drop-in program; breakfast and lunch; emergency food bags; 6 respite beds; telephone information and referral assistance; custodial services and financial management program; an Inuit assistance program; health and mental health services; legal services; as well as educational and socio-recreational programs.

Newsletter printing sponsored by:

Rotary Club of Montreal

For information on membership go to: rotarymtl.org

MESSAGE FROM THE PRESIDENT



Spring has finally arrived at Chez Doris! Throughout the long winter months we have worked hard and accomplished a lot. We are now excited to share with you all the wonderful, new developments.

Faced with a growing deficit and the closure of our weekend services last summer, we welcomed a few new Board members and hired an Interim Executive Director, Marina Boulos-Winton.

Through our committed and coordinated team effort, outreach, and lots of proposal writing, as of February 1st, we are once again open 7 days a week. This news has been made possible thanks to the outpouring of support from numerous donors, a donation from CN, and a future increase in support from the Quebec Ministry of Health and Social Services and the City of Montréal. As of April 1, Marina became our permanent Executive Director. I hope that you will reach out to her and offer your support. Come and meet Marina, Board members and some of the staff during our open house and AGM on June 18. Please read on about all the exciting activities that have transpired at Chez Doris. In the meantime, we would appreciate your continued support. Enclosed is a response form for donations; the reverse side is for our annual tea.

Sincerely,

Talar Dikijian

Talar Dikijian



Executive Director,
Marina Boulos-Winton



Bottom Centre, Jennifer Jerome (Caseworker), counter clockwise, Emily Boileau (Team Supervisor), Anne Tran, TS (Caseworker) and Mariah Singh (Caseworker)



PILOT PROGRAM: HOUSING HOMELESS WOMEN

From January to April 2015, Chez Doris is running a pilot program to place homeless women in a permanent residence. This is funded by Service Canada under the Homelessness Partnering Strategy, and it includes financial assistance to purchase furniture, household items and cover moving costs, as well as to ensure long term support for the women, for example by referring the women to our Cheque Administration program. Pictured are our three caseworkers: Emily, Sherry and Angela who provide support throughout the entire process.

OUR FIRST VOLUNTEER COORDINATOR



We are pleased to congratulate Thea Walker as she assumes the position of Volunteer Coordinator. This is a new position for one year, that has been made possible thanks to the generosity of the Zellers Family Foundation. Volunteers play an essential role at Chez Doris. They animate many of our daily activities and programs, as well as provide support during special events. If you are interested in donating your time please contact Thea at volunteer@chezdoris.ca.



ACCESS TO FRESH AND AFFORDABLE FRUITS AND VEGETABLES

In March Chez Doris joined forces with the Good Food Box. This new partnership allows our clients, as well as members within the community, access to seasonal fruits and vegetables at a reasonable price. This great initiative encourages our clients and the community to develop healthy eating habits. We welcome orders from members of the community; simply stop by Chez Doris and place your order with Joy Sarpomah. Joy can also be reached at 514-937-2341, extension 222.



EMERGENCY FOOD BAGS

As of the 15th of each month we provide many of our women with a basket of non-perishable food items. The end of the month can be difficult, pockets are empty and cupboards are bare. Currently we are experiencing a shortage of food to fill these baskets and donations are urgently needed. Non-perishable food items are an ongoing need at the shelter. Any contribution of non-perishable items for our food basket pantry would be greatly appreciated.

NOTICE OF AGM AND OPEN HOUSE June 18, 4:00 – 5:30 pm, 1430 rue Chomedey, Montreal: Chez Doris will be hosting an open house. The Annual General Meeting will begin at 5:30 p.m. Financial and activity reports will be presented and the 2015-2016 Board of Directors elected. For RSVPs and those seeking nominations, please advise the Chair in writing before June 4, 2015 at: tdikijian@chezdoris.ca.



INTRODUCING PHYSICAL ACTIVITY

We have two new programs led by dedicated volunteers to help our clients incorporate physical activity into their daily lives. On Wednesday afternoons Nicole Rolland and Odette Nadeau transform the arts and crafts room into a tranquil yoga studio. We also have a group of Essentrics teachers who offer classes on Mondays and Saturdays. Essentrics™ is a dynamic workout that is often used by professional athletes, including our own Montreal Canadiens.



CABANE À SUCRE

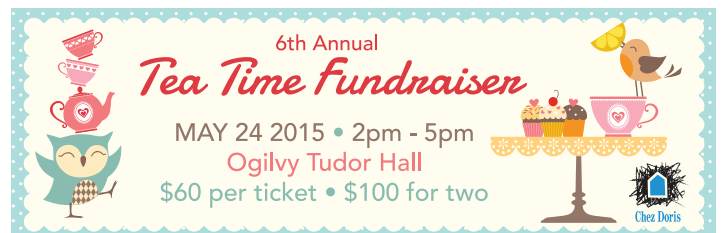
The beginning of spring would not be the same without our annual trip to the sugar shack. This year we went to Au Sous-Bois.



INTERNATIONAL WOMEN'S DAY

Thanks to some outstanding volunteers, we pampered some of the women on this special day. Ten women were completely transformed by 1Photography and their volunteers. Their metamorphoses were astonishing, but it was the laughter and sense of pride that made the event a success. Visit: bit.ly/chezdorisIWD2015 for details and photos.

UPCOMING EVENTS



Join us for an afternoon of fine tea, scones, delicious treats, a silent auction, and engaging conversation! Ogilvy's exquisite Tudor Hall will be the backdrop to this elegant affair benefiting Chez Doris, day shelter for women in difficulty. Guest of Honor: Geoffrey Kelley, Quebec's Minister responsible for Native Affairs. To purchase, please **see enclosed response card** or visit www.chezdoris.ca. For sponsorship opportunities call Marina Boulos at: 514-654-7597.