



# Courrier

Newsletter | Fall-Winter 2015

## CHEZ DORIS

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## OPENING HOURS 7 DAYS A WEEK

April 1 to October 31

8:30 AM – 3:00 PM

November 1 to March 31

8:30 AM – 4:00 PM

Chez Doris is a registered charity offering daytime shelter 7 days a week for all women in difficulty. Its drop-in program offers a safe environment for up to 100 women per day. Its services and programs include: breakfast and lunch; access to showers, hygienic products, and a clothing room; emergency food bags; 6 respite beds; telephone information and referral assistance; a financial management program; an Inuit assistance program; an Aboriginal housing program; health and mental health services; legal services; as well as educational and socio-recreational programs.

Online donations are accepted. See the "MAKE A DONATION" tab on our web page. As well, Chez Doris accepts donations of publicly traded stocks, donations from third party events, and gifts from estate planning vehicles such as insurance policies. For more information, contact Marina Boulos, Executive Director, at 514-937-2341, ext. 225 or [marina.boulos@chezdoris.ca](mailto:marina.boulos@chezdoris.ca)

VISIT OUR NEW WEB SITE AT  
[WWW.CHEZDORIS.CA](http://WWW.CHEZDORIS.CA)



/ ChezDorisRefuge



Talar Dikijian, President and Marina Boulos-Winton, Executive Director of Chez Doris, with Geoffrey Kelley, Minister responsible for Native Affairs, on May 24, 2015 during the successful 6th Annual Tea Gala.

## MESSAGE FROM THE PRESIDENT AND THE EXECUTIVE DIRECTOR

It is both a privilege and honour to witness the incredible work accomplished by Chez Doris' staff, interns, and volunteers. Located two blocks east of Atwater street, our doors are open daily to an average of 75 women, dealing with poverty, homelessness, mental health issues, addictions, and the loss of autonomy. We support women who have lost their jobs, their loved ones, their homes, and who struggle through difficult ordeals. While some may succeed against overwhelming odds, very many more struggle on a daily basis with unrelenting problems. At Chez Doris, no one is turned away.

Open seven days a week, our operating budget stands at \$1,369,000. The biggest expenses are our caseworkers, programmed activities, maintenance and repairs to our building, which is fully owned, and food. Our work is accomplished thanks to 14 full-time and 10 part-time employees, 45 steadfast volunteers and 20 interns, and of course, our donors. Over 60% of our donations rely on the generosity of individuals and foundations.

Please give generously; your kindness is vital to our ability to provide services seven days a week. As you read on, you will learn about some of our new programs and services, as well as our needs, particularly for the holidays. If you would like to volunteer, provide donated goods, or visit us, please fill out the reverse of the enclosed donation card.



**12,733** VISITS TO THE DAY SHELTER\*

**114**

FIRST-TIME VISITORS



**17,359**  
MEALS SERVED



**460**  
SHOWERS



**1,259**  
VISITORS TO THE CLOTHING ROOM



**505** FOOD BASKETS DISTRIBUTED

**500**



INCOME TAX DECLARATIONS COMPLETED



HOMELESS WOMEN PLACED IN FURNISHED APARTMENTS

**116**  
PARTICIPANTS IN COLLECTIVE KITCHEN WORKSHOPS



## PAST EVENTS



**Eco Museum:** Thanks to the generosity of Fednav, twenty women from Chez Doris spent a beautiful day at the Eco Museum in Saint-Anne-de-Bellevue this past summer.

The trip to the zoo was a wonderful act of kindness, allowing the women time for laughter and a welcome reprieve from their daily struggles.



**Fall Camp:** In October, seven Inuit women and two caseworkers went to their first fall camp at Notre-Dame-de-Fatima. Activities included fishing, s'mores by the campfire, social games, canoeing, and apple and berry picking at Quinn Farm, which was nearby. The whole experience was a great success.

## NEW PROGRAMS

**Seniors' Emergency Food Bag Program:** In the past year we have seen a 4% increase of seniors using our programs and services. Thanks to a grant from the Father Dowd Foundation and a partnership with McGill University's School of Dietetics and Human Nutrition, we can now adjust our food bags to the specific dietary needs of seniors. Since April 2015 we have given out 110 bags; we have an objective of 180 bags by the end of March 2016.

**Inuit Visitation Services at the Tanguay Women's Detention Center:** In August 2015, Chez Doris, Makivik Corporation and the Tanguay Detention Center joined together in a project to provide support to Inuit women. Our Inuit Caseworker visits the detention center on a bi-monthly basis to provide counselling, and to plan an exit strategy once the women have served their term. The goal of this program is to prevent the vicious cycle of imprisonment and homelessness.



**Aboriginal Housing Program:** Chez Doris launched a new program thanks to funding primarily from Service Canada. Between 2015 and 2019, Aboriginal women who are homeless may be referred to a caseworker to find permanent housing and ensure housing stability. Our objectives are to house 24 women, assist with furnishings, provide visitation and support services, and ensure that each participant has an enhanced economic or employment status. So far, Chez Doris has housed three women!

### DONATIONS NEEDED!



## OUR NEEDS FOR THE HOLIDAYS

**Chez Doris' annual holiday celebration:** Festivities will take place on December 17th and 18th. Each year, two retired police officers come dressed as Santa and an elf. In addition, the local police make a special trip to

Chez Doris to serve lunch and hand out gifts provided by generous donors to as many as 200 women.

If you would like to make a contribution to our holiday gift bags or for the meals, the following is a list of suggested items:

- McDonald's or Tim Hortons gift cards \$5
- Coffee tins, tea bags, and hot chocolate
- New reusable grocery bags (e.g.; IGA, Super C), a total of 200 is needed
- Lip balms, hand creams, body spray
- New socks
- Treats such as chocolate and candies
- Desserts, such as pies or Christmas logs
- Veggie and fruit platters

## CHEZ DORIS' WISH LIST

This year we want to make wishes come true, and we asked the women to give us a wish list with one or two items that they would like for Christmas. Before you begin your holiday shopping please contact Thea to be matched with a woman and help make her wish come true.

## NEW YEAR'S BRUNCH

If giving back and volunteering is on your list of New Year resolutions, why not join us January 1st to help serve a New Year's brunch and see why Chez Doris is a wonderful place.

For all inquiries concerning in-kind donations and volunteering, please contact Thea Walker,  
514-937-2341 ext. 238, [thea.walker@chezdoris.ca](mailto:thea.walker@chezdoris.ca)