



# Courrier

Newsletter | Fall-Winter 2016

## 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 serves up to 100 women per day. Services include: breakfast and lunch; showers, hygienic products, and a clothing room; 6 respite beds; information and referral assistance; a financial management program; an Inuit assistance program; an Aboriginal housing placement service; health and mental health services; tax filing and legal services; as well as educational and socio-recreational programs.

See "MAKE A DONATION" tab on our web page. We accept on-line donations, publicly traded stocks, and estate gifts including insurance policies. For more information contact Marina Boulos, Executive Director, at 514-937-2341, ext. 225 or [marina.boulos@chezdoris.org](mailto:marina.boulos@chezdoris.org)

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



/ ChezDorisRefuge

Registration number: 101835841RR0001

## MEET SOME OF THE WOMEN WHO NEED YOUR SUPPORT

Since 1977, Chez Doris has taken on the challenge to help a growing number of women suffering from a variety of problems, including chronic mental health issues and acute poverty. As their stories illustrate, many depend on Chez Doris for basic needs as well as a wide range of programs and services.



*Katie • age: 28*

"I was a Biochemistry student at Concordia University for 1½ years until I developed schizophrenia. I was homeless for three years. I am now on disability, and live in a supportive housing residence. I cannot afford much after rent, and rely on Chez Doris for support, such as their meal program and activities like yoga and art. I am not lazy or selfish, and I hope that you will find it in your hearts to support Chez Doris."



*Lucy • age: 34*

"I am from Puvirnituk. I was a victim of conjugal violence. I stayed at a shelter with my child. I went to Chez Doris for services, where they noticed I was gaining a lot of weight. They provided me with a pregnancy test; I was 6 months pregnant! They helped me find a 2-bedroom apartment. I have since given birth, and have been helped with my new baby and referred to other resources. Chez Doris also manages my finances."



*Samia • age: 43*

"I am from Algeria. I have been in Canada for 2 years and coming to Chez Doris for 6 months. I have 3 children and my husband is in school. After school loans and monthly expenses, we are left with \$50-\$70. Chez Doris provides me much needed toiletries, daily lunch, food bags, and socialization. My wish is not to depend on Chez Doris forever. I want a good future for my children."



*Lise • age: 36*

"At 15, I was placed in foster care. I've been in a succession of abusive relationships. My last boyfriend was involved in crime, and we had a child together. In order to give our daughter a better life, I put her up for adoption. Chez Doris accompanied me throughout the adoption process, and helped me find and furnish an apartment. They manage my finances. I also depend on their food program and medical services."

## MESSAGE FROM THE PRESIDENT AND THE EXECUTIVE DIRECTOR

So far this year, we have seen an increased demand for Chez Doris' services. Our Aboriginal clientele has grown from 17% to 22% in one year alone, and continues to expand. There is also an increase in the number of Arab women seeking our help, especially those who have immigrated in the last five years.

Over the course of a year, our Cheque Administration Program manages over \$1.2 million in social assistance cheques belonging to our clients. Our plans for the New Year include adding a 4th caseworker to manage the finances of a greater number of clients who have been homeless. We will also remodel our medical clinic in order to improve our health and mental health services so that the most marginalized women can have access to services.

**We need your support, please fill out the donation card and come support us during our open house on December 11. We look forward to seeing you!**



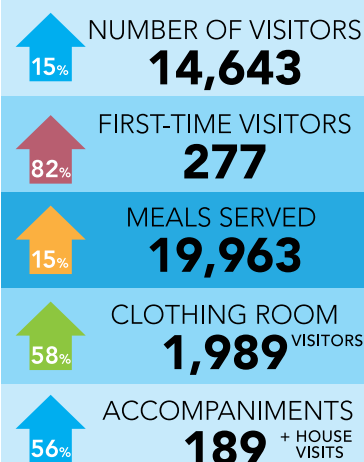
**Talar Dikijian**  
President



**Marina Boulos**  
Executive Director

## INCREASE IN DEMAND

APRIL TO  
SEPTEMBER 2016



## ABORIGINAL HOUSING PROGRAM

Chez Doris has a grant from Service Canada until March 31, 2019 to pay for a caseworker to house 24 chronically and episodically homeless Aboriginal women in furnished apartments. To date, we have already housed 24 women and 3 children! Many have never had their own apartment, and have only ever waited in line for a shower and a bed. Some have made incredible strides. For instance, Marie-Claude now has a full-time job, supports her 5-year-old daughter, sees a psychologist, and exercises at the YMCA. Aki Q, now receives old age pension, works part-time for the community radio station and contributes to broadcasts to her village in Inuk. Program funding covers the caseworker's salary, rental deposits, furniture, and a first grocery bill. We need help with additional expenses, such as: bus tickets to search for apartments, telephone, storage space, moving costs, cleaning supplies as well as household items.



*Prior to Chez Doris, I worked for 12 years with the Aboriginal community. It was discouraging to see the same people on the street day after day, year after year. Finally, this program has allowed me to put into action what my heart has desired to do for over a decade: Help women get off the streets and into a warm, safe place.*

Sarah da Ponte • Caseworker, Aboriginal Housing Program

## CHEZ DORIS OPEN HOUSE AND HOLIDAY FAIR SUNDAY, DECEMBER 11, 2016, 2 – 5 PM

We will be fundraising through the sale of baked goods, arts and crafts, DiAmi Tocara stone jewelry, Aboriginal knitted items as well as the very popular mittens and scarves, all made by the ladies of Chez Doris. Members of Montréal photography collective, Momenta, who share their passion with the public, will hold an exhibit, with photos ranging from \$30 to \$80. Perfect ideas for holiday gift-giving! Proceeds go to Chez Doris. RSVP / For info call **Natalie Côté** at 514-937-2341 ext. 227 or by email at [natalie.cote@chezdoris.org](mailto:natalie.cote@chezdoris.org).

## OUR NEEDS FOR THE HOLIDAYS

Chez Doris will be holding holiday parties on December 14, 15 and 16, and a New Year's Day Brunch. Please include us in your holiday shopping. We need items such as: candy canes, log cakes, chocolates, gift baskets, croissants, briskets, cheeses, non-perishable food items, and restaurant and coffee-shop gift cards for homeless women during the statutory holidays when we are closed. For more info call **Tania Filippone** at 514-937-2341 ext. 229 or by email at [taniafilippone@chezdoris.org](mailto:taniafilippone@chezdoris.org).

## VOLUNTEERS ON THE RISE

Since having a Coordinator of Volunteers, volunteerism has more than doubled at Chez Doris. 26 services are now run by volunteers including AA meetings, yoga, haircuts, French classes and more! If you, your company or school would like to volunteer regularly or for one project, contact: **Joelle Michaud** at 514-937-2341 ext. 238 or by email at [joelle.michaud@chezdoris.org](mailto:joelle.michaud@chezdoris.org).

## SPECIAL THANKS TO

- **Andrée St-Laurent** for baking desserts for special occasions
- **Ann and Richard Raybould** for including Chez Doris in their 50th wedding anniversary celebrations and for encouraging other members of the Versailles and Georges-Vanier community garden to donate their harvest throughout the summer
- **Briarwood Church** in Beaconsfield for baking hundreds of muffins monthly
- **B'nai Brith Quebec**, a new in-kind partner for filling up our bare pantries
- **Monkland Community Centre** for bags of non-perishable food items



THANK YOU TO EVERYONE WHO HELPS CHEZ DORIS  
WITH THEIR TIME AND DONATIONS!