



PORTRAIT OF A CLIENT

A SUCCESS STORY

Sheri was born and raised in Winnipeg, Manitoba, as a Saulteaux Cree First Nation's woman. By age two, both of her parents died, and she was placed in child family services. Her grandparents subsequently took her in, and she grew up in a family coping with alcoholism, abuse and violence. Her grandparents, children of Aboriginal peoples, were themselves taken from their families and suffered abuse in the residential school system.

From a young age, Sheri became involved with a street gang which introduced her to a world of crime. She found herself in and out of juvenile detention centers struggling with addictions. Her behavior worsened, and in 1999, was convicted of armed robbery and manslaughter and served many years in a federal prison, followed by 2 years in a half-way house in Montreal. At her sentencing she was told she was not a good candidate for rehabilitation. During her detention, she was filled with rage and pain, and had numerous flashbacks of the senseless death that she had caused. These overwhelming emotions led to suicidal thoughts and an attempt to take her own life.

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Photo: Sheri and son Neville / Photo courtesy of TanisSaucier.com

CHEZ DORIS CELEBRATES!

Holiday fair

Are you looking for the perfect holiday gift? You're in luck! We'll be organizing our second edition of Chez Doris' Holiday Fair on **December 3rd from 2 p.m. to 5 p.m.** at the day shelter. There will be a raffle, holiday cards, arts and crafts made by the women of Chez Doris, including Aboriginal crafts and our very popular mittens made by our clientele. Proceeds go to Chez Doris as well as directly to the women. We will also have a Christmas tree adorned with tags noting the wish list items for our everyday use.

RSVP / for info. call Joëlle Michaud at 514 937-2341 ext. 238
or by email at joelle.michaud@chezdoris.org.

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Once released, she found herself homeless, socially isolated, and without a support network. She couch surfed and stayed with acquaintances, became involved with a man and got pregnant. Although the relationship ended, the love for her son was instant and profound. Life for Sheri was very unstable until she turned to Chez Doris.

Chez Doris' Aboriginal Housing Program found an apartment for Sheri and her son. She received financial help with her first rental deposit, obtained free furniture as well as a first grocery order. She consequently registered for the financial administration program in which a Chez Doris caseworker creates a personalised monthly budget, makes sure her rent and utility bills are paid, and ensures that she is on the right track. Sheri also benefits from free clothing and toiletries, a monthly food bag, accompaniments and home visits offered by Chez Doris.

When asked what lead her to defy the odds Sheri simply says, "It was a choice." Today, she lives happily with her 5 year old son. She receives financial assistance and works part-time as a waitress to supplement her financial needs, and has taken French classes to better her employment possibilities. She is most proud of stopping the cycle of abuse and raising her child in a safe environment and shielding him from addictions and violence.

It's clear that Sheri is a strong, determined, resilient woman who has overcome the hardships in her life and fought for a better, stronger and healthier lifestyle for herself and her son. Chez Doris was indeed the stepping stone she needed to succeed!

Message from the President & Executive Director

As you can see from Sheri's story, Chez Doris is an integral part of her journey, though without our donors and partnerships, success stories such as Sheri's would not be possible. We continue to seek out ways to address service gaps, add value to our work, and create a continuum of services to better address the needs of our clientele.

This year's operating budget is \$1.68 million and our budget for capital expenditures is \$713,000 (see «Chez Doris gets a stronger foundation» for the latest news), for a total of \$2,393,000. Donations enable us to receive almost 27,000 visits from over 1,400 different women and provide more than 40,000 meals. We continuously need funds to: purchase healthy food, cover expenses such as bus tickets, educational and socio-recreational activities, emergency clothing, and utilities!

Your gift is now more important than ever. Large or small, we need your financial support.

Please fill out the pledge card enclosed or come in person to our Christmas Fair on December 3rd.

Sincerely,



Talar Dikjian
President

Marina Boulos-Winton
Executive Director

Holiday celebrations for our clients

Given the increase in participants and the need for more space, we are happy to announce that Chez Doris' annual holiday celebrations will be held for the first time at the reception hall of Evangel Church on December 13th. Showman extraordinaire, Sheldon Kagan, who's provided entertainment for weddings, corporate and special events for 50 years, will animate this event to be attended by up to 240 women. There'll be amazing food, a photo booth, dancing, games, hula hoops, balloons, and prizes. Retired police officers will be dressed as Santa and his Elves giving gifts. If you would like to make a contribution to our holiday gifts or for the meal, the following is a list of suggested items:

- Perishable and non-perishable food for our Christmas Baskets
- Fulfilling any of women's individual Christmas wishes
- McDonald's, Tim Horton's gift cards, Dollarama, movie and/or pharmacy gift cards.
- 275 treats such as chocolates and candy canes
- 30 Christmas log cakes
- 275 soft drinks such as Pepsi, etc.
- An assortment of gifts to be used as prizes during bingo and other games

For more information or to help, please call Joëlle Michaud at 514 937-2341 ext. 238 or reach her by email at joelle.michaud@chezdoris.org.

As well, we would like to continue our **New Year's Day brunch** tradition this year. We are looking for donors willing to sponsor this event that will be held on January 1, 2018. For more information, please contact Joëlle Michaud.





CHEZ DORIS *gets a stronger foundation*



On August 7, work began on the older section of our building to replace the foundation walls. On August 23, the most southern wall, adjacent to the laneway, detached from the main structure of the building (see picture above). We secured the construction site as the outer wall threatened to collapse onto the alley, near a gas line and the neighbouring building. Because of the damages incurred, four rooms had to be emptied and secured. Since then, the entire wall was removed as well as a portion of the roof and floors, as joists heaved from the pressure. All interior finishes also need repair. Without a wall, the building was compared to a life-sized doll-house (see picture to the left).

Bought in 1994 for \$300,000, the building was once adjoined to another which had caught fire in 1960 and which was subsequently demolished. Over time, our common wall weakened, and it could not sustain the vibrations caused by work to replace the foundations. The impact on our services are considerable, and the total costs associated with the additional repairs are pegged at \$296,197.27; of this, \$225,000 has been raised to date.

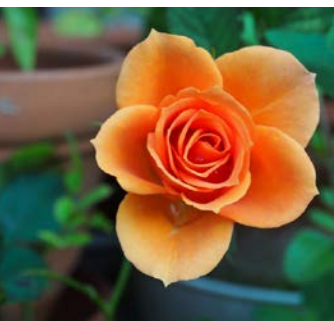


What will your legacy be?

Chez Doris is fortunate to receive donations of publicly traded securities as well as bequests in wills. These gifts help Chez Doris provide essential services for some of the most vulnerable women in Montreal.

“Throughout my career with Air Canada, I was given many opportunities both within and outside the company, and I feel that many women were not as lucky. Because of this I have spent time volunteering and donating to Chez Doris since 1993. I am now in my eighties and have included Chez Doris in my will because I am so proud of their work.”

Fran Williams “PS: You too can make a difference in the lives of women in need by providing a donation in your will and/or a donation of shares - a lasting and worthwhile legacy in your honour.”



REST in Peace

Anne S.	Lizzie S.	Siasi T.
Dora O.	Maria T.	Suzie R.
France K.	Monique G.	Tina Q.
Ginette L.	Nat L.	Victoria B.
Huguette A.	Nicole M.	Virginia W.
Jennifer H.	Sharon B.	



SAVE the date!

Can't come to Chez Doris' Holiday Fair on December 3rd from 2 to 5 p.m.? Come to the following fairs to purchase our mittens!

WHERE	WHEN
Centre Greene's Treats & Treasures Craft Sale 1090 Avenue Greene, Westmount	November 18 10 a.m. to 4 p.m.
TMR Craft Fair Town of Mount Royal Town Hall, 90 Avenue Roosevelt, Mont-Royal	November 24, 25, and 26 11 a.m. to 5 p.m.
Dawson College Craft Fair 4001 de Maisonneuve West (Lower Atrium) (Metro Level), Montreal	November 30 10 a.m. to 5 p.m.
Sun Life Building 1155 Metcalfe, Montreal	December 7 10 a.m. to 5 p.m.

November 2

Due to our construction woes, our 40th anniversary celebration which was slated for this date is postponed to a later date yet to be determined.

**Sunday, May 6, from 2 – 5 p.m., 2018,
Chez Doris' 9th Annual Tea Time fundraiser**

Location: Grey Nuns Building at Concordia University,
1190 Guy Street, Montreal

We mourn...

Chez Doris helps many women in acute crisis, and deals with approximately four client deaths every year, due to illness, murder, or suicide. When Jennifer, a beloved client committed suicide in April 2016, we began a tradition of offering memorial services to take time for clients, their family, staff and others to grieve and remember those who died. Remarkably, there have been 17 deaths since then; a third are Inuit. It was especially upsetting when an Inuit woman's body was found hanging from a porch across the street from Chez Doris the morning of August 29. Equally worrisome are the number of Inuit women who fall victim to substance abuse and violence. Chez Doris and partner organisations are working with the police and hope that remedies will be found. Special thanks to Rev. Annie Ittoshat, originally from Nunavik, who officiated at the last memorial service.

NEW PROGRAMS AND SERVICES

Psychiatry

Our medical clinic, certified by the Collège des médecins du Québec, was recently accepted as a site for residents of the Psychiatry Department of McGill University to do their rotations. Our first resident is Sarah Cohen-Fournier, who will follow over 25 women. If this initiative is a success, it will be expanded next year.

Psychotherapy

Chez Doris is proud to announce that two new psychologists, Deborah Weissberg and Marlene Gottheil, have joined the paramedical clinic team. They offer weekly private consultations and group activities to the women who show interest in improving their emotional well-being.

4th Caseworker in the Cheque Administration

Thanks to a grant from Service Canada, we now have a 4th Caseworker to manage the finances of our clientele. Jessica Lemieux began as an intern from the Social Service Department of Dawson College and was hired to manage the funds of formerly homeless Aboriginal women. There are now a total of 105 women enrolled in the Cheque Administration Program.



Beading

Since April, Chez Doris offers a weekly workshop where Aboriginal women are remunerated a fair-wage for beading embroideries that are sewn onto boots and mukluks for Atikuss, an Aboriginal footwear company in Sept-Îles. This initiative provides a secure environment for creative interaction, promoting healing, learning artisanal skills, and preserving ancestral traditions.

Special thanks to

Journal de Montréal, which wrote a story on our need for bras. It inspired **Nancy Mondou**, owner of a massotherapy clinic in Saint-Hyacinthe, to organize a bra drive through her social media outlets as well as **Wacoal Canada**, which donated 450 bras. Undergarments are constantly needed by our clientele and currently, especially underwear!



The B'nai Brith Quebec Community Services Committee, who organized an amazing makeup day for our clientele, who were so gleeful to receive free makeup kits as well as advice on how to apply the products. It was truly an uplifting experience.

From left to right, B'nai Brith volunteers: Gaby Niloff, Luana Fruchter, Sharon Braunstein, Joanne Cutler and Ronnie Roter



Pharmaprix which provided shoeboxes filled with hygiene and makeup products to give away to women who are celebrating birthdays over several months.

Andrea and Cindy receiving Pharmaprix's gifts

SUMMER ACTIVITIES



Visit at Quinn Farm

Chez Doris' summer activities were funded from the sale of our mittens and a Service Canada grant paid for a summer intern. Two summer students managed over 9 indoor activities and 23 outings this summer. Spa days, Yoga in the park and Veggie picking at Quinn Farm were some of the fun events offered.

"The summer activity program is an opportunity for me to get together with other women and experience new things while having fun. Thank you Chez Doris."
Valerie, client of Chez Doris

OUR KITCHEN

In the past year, 37,177 hot meals were served to 1,424 women in need. Despite being restricted by a \$60,000 budget, Chez Doris kitchen personnel always creates appetizing, well-balanced and nutritious meals.

The ingenuity demonstrated by this essential team greatly contributes to the overall success of Chez Doris!

To our wonderful team, thank you for your dedication and delicious food!

donate

CHEZ DORIS

40TH ANNIVERSARY FUNDRAISING CAMPAIGN

2017

chezdoris.org

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OPENING HOURS

7 days a week
8:30 am – 3:00 pm

We accept on-line donations. See "Make a Donation" tab on our web site's home page. We also accept third party gifts, 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

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; access to 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.

Registration number: 101835841RR0001