



A safe haven for women in difficulty

Newsletter | Spring-Summer 2018

PORTRAIT OF A CLIENT

A STORY OF RESILIENCE

As a teenager Anna moved with her family from Hong Kong to Montreal to build a better life. After completing her studies, she worked at her parents' company and at the age of 29 married a man who had newly immigrated from Hong Kong; soon after she gave birth to a beautiful baby boy. Anna's husband struggled to adapt to Canadian culture and often spoke about returning to his country. When their son was two years old, he abandoned them and left for Hong Kong, never to be seen again.

As time passed, life became increasingly difficult. Anna struggled emotionally with her divorce and her parents' disappointment at the failure of her marriage. Unable to deal with her anxiety and depression, she eventually lost her job and her apartment. Her parents took over the care of her son. In acute need of medical help and overcome with anxiety and despair, Anna eventually ended up at a shelter.

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Photo: Anna/Courtesy of TanisSaucier.com



Tea Time



9th Annual Tea Time Fundraiser

Join us for our 9th Annual Tea Time Fundraiser in Honour of Carole and Andrew Harper for their remarkable contribution to Chez Doris. A delightful afternoon of fine tea, scones, finger sandwiches and treats await you!

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

Date & Time: Sunday, May 6, 2018, from 2 p.m. to 5 p.m.

Tickets: \$70 per ticket, \$55 each for 2 tickets or more.

To purchase tickets, see enclosed response card

or visit chezdoris.org/tea-time-2018.

Tickets can also be purchased by phone at 514 937-2341 ext 227

For sponsorship opportunities dial ext 246 or visit chezdoris.org/tea-time-2018.

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PORTRAIT OF A CLIENT

A STORY OF RESILIENCE



It was by pure chance that she met a woman in a coffee shop who referred her to Chez Doris, but her pride made her reluctant to ask for help. During her first two visits to Chez Doris she remembers feeling very uncomfortable. There were so many women, from all walks of life, many of them asking for items like toiletries and clothing; she had never been in that kind of environment before, and remembers just looking around and not asking for anything.

On her third visit, she finally approached a caseworker to ask for help to apply for welfare. Staff at Chez Doris was able to offer her crisis intervention, hours of active listening, and help in setting clear goals, such as getting her own apartment. She also went to see Chez Doris' doctor and was given numerous follow-up appointments. Bus tickets were provided for other medical appointments, and a caseworker accompanied her during her search for an apartment.

After finding a suitable apartment, Chez Doris was able to provide her, with the help of our donors, a stove free of charge. Anna occasionally receives free food bags and often comes for lunch in order to stretch her income, since only \$200 is left in her monthly budget to pay for utilities and living expenses. She is followed on a monthly basis by our psychiatrist to help her manage her chronic anxiety and depression.

“Because of the help I get at Chez Doris, I can live independently. I am healthier and more confident, and I feel that someone is always there for me.”

Anna

Message from the President & Executive Director

Shame and stigma can prevent women like Anna from asking for help. At Chez Doris, however, every woman who walks through our doors is met with compassion and kindness. There is no judgement.

With more than 41 years of dedicated service, and with the most important repairs to our building now completed, we continue to deliver services which are still relevant and which meet the needs of our growing clientele, including emerging communities, such as Indigenous women, who continue to experience trauma and violence, as well as the influx of newly arrived immigrants and refugees seeking asylum.

In this newsletter we highlight our plans for a permanent residence, the visit of the Viens Commission, and upcoming activities for our Indigenous clientele. We feature volunteers and donors, as well as a dedicated employee, all of whom enable us to offer life-enhancing programs and services to the women.

We look forward to seeing you on May 6, at our 9th Annual Tea. During the event, we will be making an exciting announcement and we hope you will join us.

Please send in the enclosed response card with a donation and/or ticket purchase for the tea. Sponsorships are also available.

Our valuable services could not be delivered without your help.



Talar Dikjian
President

Marina Boulos-Winton
Executive Director



Carole and Andrew Harper

9th Annual Tea Time Fundraiser

In Honour of Carole and Andrew Harper

This year's edition of our Annual Tea Time Fundraiser will be an occasion to announce and recognize the remarkable generosity of Carole and Andrew Harper in support of Chez Doris. It was in New York City that Carole and Andrew met, but they made Montreal their home and together spent decades developing a thriving food import business. Long retired, and in keeping with his late wife's generosity and his own desire to follow in his father's example of "living and giving", Andrew Harper is doing more to provide support to the larger community. His father, Simon, would frequently remind Andrew and his brother to "always help someone in need; you will see, if you do so, God will help you in whatever you are doing." Mr. Harper has chosen to make a substantial contribution to the future of Chez Doris, the details of which will be shared at this year's Tea, on May 6, 2018.

For more information: please visit chezdoris.org/tea-time-2018.

CHEZ DORIS to launch permanent, supportive housing residence

A not-for-profit building developer and property owner of affordable and quality rental housing in Montreal is collaborating with Chez Doris to build and launch a new residential building which will contain 26 studio apartments. The building developer will retain ownership of the building and Chez Doris will select the tenants and manage the residence.

To prepare for this new endeavour, Chez Doris is participating in Accenture's "Accent on the Community" Program. Accenture, an international management consulting firm, pairs university recruits with two of their experienced business consultants, to assist non-for-profits with projects. Chez Doris' team are graduate students from both the Management and MBA programs at HEC. The students are developing a business plan to help us launch the new service. The location and partner will be announced prior to the opening in spring 2019.



Pictured, from left to right, are the HEC students at the kick-off meeting: Catherine Fournier, Justine Sabourin, Rachel Renard, Pedro Garcia Fontova, and from Accenture: Sarab Arafé and Laura May



Luncharité

In September, Chez Doris will hold a unique 90-minute event called Luncharité in the heart of downtown Montreal. Members of the business community and the public will be encouraged to purchase a healthy lunch box which will be eaten outdoors, picnic style. Participants will be entertained by a dynamic DJ and will have the opportunity to have their picture taken to create a large mosaic illustration of the hundreds of attendees. Chez Doris-themed blankets, symbolic of our women's need for additional shelter and warmth, will also be sold at the event. The goal is to increase awareness faced by the women and the services offered at Chez Doris, as well as increase funds for our upcoming supportive housing residence. Stay tuned for more details!

SAVE the date!



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

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

Wednesday, June 13, 2018, at 5:30 p.m.
Annual General Meeting and Open House

RSVP: Natalie Côté at 514 937-2341 ext. 227 /
natalie.cote@chezdoris.org

May 17 to August 26, 2018
**Painting Exhibit Entitled, «Nomades
ou itinérants, peuples en danger»**

Location: Écomusée du fier monde
(www.ecomusee.qc.ca/en), 2050 Amherst Street,
Montréal

Cost: \$6 to \$8

Many of our Aboriginal clients' portraits
will be exhibited. The exhibit is not a fundraiser.

Luncharité Event
Date to be announced

See article on this page.

For more info, contact **Marina Boulos-Winton**
at 514 937-2341 ext. 225 /
marina.boulos@chezdoris.org

What will your legacy be?



Father Gerald Sinel

For 42 years, Father Jerry served faithfully as pastor at several parishes notably, St. Brendan, St. Malachy and St. Raphael the Archangel and as a chaplain at St. Mary's Hospital. His mission in life was to serve others, and he was well known for his unconditional love and his infinite compassion for the dying, and for those less fortunate.

His love for children was immeasurable and he could never accept the fact that children, or for that matter anyone would go hungry. The fact that Chez Doris offers a chance for women to have a better life was a major reason for his generous estate gift, which was gratefully received last December. Father Sinel passed away from pancreatic cancer, at the age of 82.

NEW PROGRAMS AND SERVICES

Psychologist added to our team

Every Tuesday, Deborah Weissberg, a psychologist now in private practice, with over 30 years experience in hospital psychiatric wards, volunteers to meet with clients. Her specialties are emergency crisis intervention, depressive disorders, and anxiety. She also works as our Staff Clinical Advisor to provide support, guidance, and training to increase the skills of our caseworkers on issues like compulsive behaviors such as hoarding, acute crisis management, grief, etc.

Indigenous and Northern Affairs Canada Grant

From April 1, 2018, to March 31, 2022, thanks to a grant from Indigenous and Northern Affairs Canada, we will be increasing our programming to give Indigenous women the opportunity to reconnect with their heritage and cultural identity. The grant will pay for retreats twice a year, staffing and supplies for a sewing program, supplementary familiar country foods, and healing ceremonies.

Special thanks to



Massage therapist Giorgio Vaquer

Giorgio began his career as a waiter at the legendary Les Halles Restaurant on Crescent Street from 1971 to 2005. After its closure, he reinvented himself as a massage therapist.

We are sad to announce that Giorgio has retired from his volunteer massage therapist position at Chez Doris. For more than 15 years his weekly soothing massages have relieved many women of their aches and pains. Merci, Giorgio. Thank you. You will be missed.



Valentine's Day Volunteers and Donors

February 14th began with a special breakfast served by seniors from the Complexe Gouin-Langelier residence. They also distributed their handmade scarves, mittens, and hats. Sarah Sabloff and Cynthia Kerr were back for

a 2nd year in a row to provide a "Spa Day" to 40 women. They provided soothing Arbonne anti-aging facials, and each woman enjoyed a makeover by make-up artist Mindy Shear and her assistants, Elise Hazan and Anouk Malaika Flambert. Sabloff raised more than \$2,500 to purchase all the Arbonne products needed and obtained in-kind gifts for goody bags. The day was capped with a distribution of 125 duvets and pillows donated by Hollander Sleep Products.

From left to right: Cindy, Cynthia Kerr, Marjolaine, Sarah Sabloff, Mindy Shear and Elise Hazan.

Members of the Viens Commission

On February 12, Chez Doris hosted members of the Public Inquiry Commission on relations between Indigenous Peoples and certain public services in Québec. They led a "Sharing Circle" for 11 Indigenous women, four of whom subsequently decided to formally testify. The predominant themes of the discussions were how Indigenous children are removed from their mothers by Youth Protection and their good and bad experiences with the police. The mandate of the Commission is to investigate and recommend measures to prevent or eliminate, all forms of violence, discriminatory practices and differential treatment in the delivery of public services (police, correctional, legal, health and social services, and youth protection services) to Indigenous people in Quebec. See www.cerp.gouv.qc.ca for more information.



From left to right: Genevieve Collard, Christine Desrochers, and Andrea Chartrand.



NEW TEAM LEADER

Caseworker Allison Lemieux was promoted to a new position, that of Team Leader, funded by the Marcelle et Jean Coutu Foundation. After graduating with a BSW in 2012 from McGill University, Allison worked in the Cheque Administration Program for 5 years managing the finances of up to 30 women. Now, her job is to oversee front-line staff who are responsible for providing primary aid such as clothing and hygiene products, meals, crisis counselling, activities, as well as health and social services.

donate

CHEZ DORIS

41ST ANNUAL FUNDRAISING CAMPAIGN

2018

chezdoris.org

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[facebook.com/ChezDorisRefuge](https://www.facebook.com/ChezDorisRefuge)

OPENING HOURS

7 days a week
8:30 a.m. – 3:00 p.m.

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. The 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