



# COURRIER

News from Chez Doris

A safe haven for women in difficulty

Newsletter | Autumn-Winter 2019

## PORTRAIT OF A CLIENT

# AN UNEXPECTED LIFE TRAJECTORY

By the age of seventeen, Salma had tragically lost both her parents. At fifteen her mother died and two years later her father passed away. Salma had to quickly become self-sufficient and independent, while also taking care of her younger brother in their native Egypt.

She persevered and furthered her education rather than taking the more traditional middle-eastern route of marriage. Her determination paid off. In 1983, Salma began working as a Teaching Assistant at a university. She subsequently pursued graduate studies in the United States, earning a doctorate in International Educational Development at Columbia University.

Following her studies, Salma did some contract work for the United Nations. In 1990, she moved to Montreal; she found a teaching assistant position but soon after was let go and has not worked since. Despite her education and attempts to secure employment, no one would hire her. She relied on savings in order to live, and once these were depleted, she applied for social assistance.

> Page 2

.....  
*Please note: We respect Salma's request for confidentiality, and as a result we have changed her name for this profile and adjusted a couple of minor details in order to protect her privacy.*

Photo courtesy of TaniaSaucier.com



## CHEZ DORIS CELEBRATES!

# Holiday Fair

We will be hosting the 5<sup>th</sup> edition of our Holiday Fair on **December 1<sup>st</sup> from 2 p.m. to 4:30 p.m.** We welcome you all to encourage the women of Chez Doris who will be selling their handmade crafts: mittens, scarves, slippers, Christmas cards, Indigenous crafts and more. It will be a perfect place to find original gifts for your loved ones, as well as support our mission, and remunerate Indigenous women for their artisanry. We will also have a raffle with amazing prizes and a Christmas wish tree with ornaments labelled with our house needs. We are inviting "Elves" of all ages to contribute new homemade items to our fair (all items will be needed by November 25, 2019). All profits made from the sales will go towards the organization of Chez Doris' Christmas Party which will host up to 300 women.

For more information or to help, please call **Tania Filippone** at 514-937-2341 ext. 229 or reach her by email at [tania.filippone@chezdoris.org](mailto:tania.filippone@chezdoris.org).



> Continued from page 1

## PORTRAIT OF A CLIENT

# AN UNEXPECTED LIFE TRAJECTORY

Salma's situation worsened: she was obliged to rent a small room as it was all she could afford. Her room included only a burner, a closet and her bed. The bathroom was shared with other tenants. One evening, an intoxicated man tried to assault her while she was going to the bathroom; she was able to get away but decided for her safety she would no longer use the shared bathroom at night and resorted to using a pail inside her room.

Despite her grim circumstances Salma tried to improve her situation. She went to the YWCA for housing help but was turned down because she did not meet their admission criteria. Nonetheless, they referred her to Chez Doris where she was introduced to its free meal services. Eventually, she felt comfortable enough to meet with a caseworker who provided active listening and help with apartment searches.

This summer, four years after applying, she was accepted for low-cost housing. Chez Doris was able to provide her with many household items. Chez Doris also facilitated the gift of a brand-new fridge, stove, and couch thanks to an anonymous donor.

“*Chez Doris is a lifeline. It broke my isolation, provided me services such as free clothing, free food, free haircuts, yoga classes and access to a foot care nurse. I am grateful for having Chez Doris be my second home and feeling alive again!*”



## Holiday Needs

### WAYS TO GIVE BACK THIS HOLIDAY SEASON

While all of us are looking forward to celebrating the holiday season with our loved ones, there are many people who have fallen short of reasons to be grateful this season. At this time of year Chez Doris sees firsthand how hard some people have it and how generous others can be. Please extend your support to the women of Chez Doris and make this holiday season a little brighter for those in need by helping us with any of the following needs:

- Personalised gift(s) as part of our Secret Santa program.
- Gift cards from Tim Horton's, McDonald's or Cineplex which can be distributed to homeless women on statutory holidays when we are closed.
- Treats which can be distributed at our Christmas Party such as chocolates, cookies or hot chocolate.
- An assortment of gift cards which can be used as prizes during our Christmas Party. The women will enjoy a dance contest, musical chairs, a game of bingo and more. Suggested gift cards: Dollarama, Pharmaprix, Walmart, grocery stores and restaurants.
- A videographer who can capture our holiday party to be held on December 17.
- Sponsorships for our Christmas Eve lunch and or New Year's Day brunch.
- Perishable and non-perishable food for our Christmas baskets.

For more information or to help, please call Leah Peck at 514-937-2341 ext. 238 or reach her by email at [leah.peck@chezdoris.org](mailto:leah.peck@chezdoris.org).

## Message from the President & Executive Director

Sometimes life can take a completely different turn than what we had planned or hoped for. Offering a warm, safe and welcoming space with access to a long list of services on site can make a big difference to women like Salma. For many who come to Chez Doris, it is their only way to connect with other women and access services that meet their needs.

Over the course of the summer, Chez Doris saw requests for primary needs such as emergency clothing, food, showers, day beds, and housing increase by 50%. The vulnerable and marginalized are being displaced by the surge of high-rise apartment towers being built downtown. This, along with the influx of new arrivals, a lack of affordable housing, an aging population affected by extreme poverty, and our efforts to meet unmet needs, has stretched our resources. Your donations of any size help pay for program services as well as necessary operating costs and maintenance. Your help is very much appreciated, and we wish you all the best for the upcoming holidays!



Marina Boulos-Winton  
Executive Director

Carole Croteau  
President

Photo courtesy of TanisSaucier.com

## Christmas Party

We are elated to have a new collaborator for our annual Christmas Party: This year Chez Doris will host its annual holiday event on December 17, at nearby LaSalle College, a major college and vocational school. Three hundred women will attend this event and will have the opportunity to enjoy delicious food prepared by the caterer Le Blumenthal, and be



entertained by Sheldon Kagan, showman extraordinaire.

The women will enjoy games, music, photo booths and amazing prizes. A traditional Christmas meal will be served and police officers from local stations will lend a hand.

Sheldon Kagan, in the company of Éric Charbonneau, a police officer from Station 20 dressed as Santa.



## ROUNDHOUSE Café

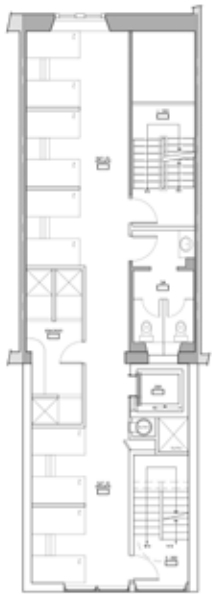


This summer, for the second year in a row, Chez Doris collaborated with the Roundhouse Café. The café is a social economy project funded by *Groupe Communautaire L'itinéraire* and the main purpose is to promote social diversity and the empowerment of Indigenous peoples. Standing as the only Indigenous café in Montreal, the small restaurant located in Cabot Square provides Indigenous people with employment opportunities. Breana, one of our caseworkers, coordinated and referred our women to work three-hour shifts at the café. Each client was paid immediately upon the completion of their shift and enjoyed a free traditional meal which included items such as bannock. This summer, 12 women from Chez Doris were fortunate to be able to earn money from this amazing initiative.

*Pictured is Kim (left), a client of Chez Doris who participated in the Roundhouse Café initiative and Nahka Bertrand (right).*

## EXPANSION Update

Construction of the 26-unit apartment building located in the east end has begun. All the funds for furniture and equipment have been raised, and we must now raise funds for the delivery of social services. The projected launch date is late summer 2020.



A zoning change was obtained for a townhouse, located in the western part of downtown, which was bought last year, and which will operate as an overnight emergency shelter. The shelter will require extensive renovations, an extension with an elevator (for our clientele with limited mobility), as well as funding to provide the delivery of social services. The projected launch is late 2020 or early 2021. Depending on the time of the year, there are up to 1,022 emergency shelter beds in Montreal, with a maximum of 148 beds for women, a far cry from what is needed. We will be contributing 22 shelter beds year-round to Montreal's inventory, and estimate that we will help at least 200 different women per year.

A major fundraising campaign to fund our two new points of service in addition to seeking support for our ongoing needs related to our day shelter will be launched in 2020. A pre-campaign study is being conducted to ensure the feasibility and viability of our plans. With all three services, we are looking at adding more than \$1 million yearly to our operating budget.

*Layout of the second floor of the emergency overnight shelter.*



## IN MEMORY OF EV DINSMORE Fundraising with Heart

Last September 14, there was a gathering of friends and family at Café Mariposa on Côte St. Luc Road to celebrate the life of Evelyn Dinsmore, mother of Jacquie Dinsmore, former Chez Doris board member, and Penny Collier and Michael Dinsmore of Burlington, Ontario. The evening was filled with music, singing, tributes and memories. \$680 was raised and 75 pairs of socks were collected for Chez Doris.

*Jacquie Dinsmore, Past board member and daughter of Ev, Pat Hardt, Board member, and Penny Collier, daughter of Ev.*

## SAVE the date!

**Holiday Fair** (see info on page 1)  
**Sunday, December 1<sup>st</sup>, 2019, at Chez Doris**

Can't make it to Chez Doris' Holiday Fair? Why not come to one of the following locations to purchase our mittens and slippers (for yourself or as gifts!) all the while supporting Chez Doris. All funds raised go towards activities for our clientele.

WHERE	WHEN
<b>Centre Greene's Treats &amp; Treasures</b> 1090 Greene Ave., Westmount	<b>Nov. 16</b> 10 a.m. - 4 p.m.
<b>Dollard Centre for the Arts' Fair</b> 12001 boul. De Salaberry, Dollard-des-Ormeaux	<b>Nov. 16 &amp; 17</b> 10 a.m. - 4 p.m.
<b>TMR Craft Fair</b> 90 Roosevelt Ave., Town of Mount Royal	<b>Nov. 22</b> 11 a.m. - 5 p.m. <b>Nov. 23 &amp; 24</b> 10 a.m. - 5 p.m.
<b>Le 1000 De La Gauchetière</b> Le Hall - 1000 De La Gauchetière St. W., Montreal	<b>Nov. 28</b> 10 a.m. - 5 p.m.
<b>Sun Life Building</b> 1155 Metcalfe St., Montreal	<b>Dec. 5</b> 10 a.m. - 5 p.m.

**Chez Doris' 11<sup>th</sup> Annual Tea Time Fundraiser**  
**presented by Fairmont The Queen Elizabeth**

**Date & Time:** Sunday, April 26, 2020 from 2 - 5 p.m.

**Location:** Fairmont The Queen Elizabeth  
900 René-Lévesque Blvd. W., Montreal H3B 4A5

**Sponsorships available:** \$500 to \$10,000.

For information call Anna Nixon at 514-937-2341 ext. 246.

## THANK YOU

Thank you to everyone who attended our 10<sup>th</sup> Annual Tea Time Fundraiser on Sunday, May 5, 2019, at the Ritz-Carlton Montréal, where we honoured Hockey Helps the Homeless (HHTH). The sold-out event was a huge success: we raised close to \$50,000 net from ticket sales, through our interactive auction, our raffle and from the sale of mittens, as well as from donations and sponsorships. We look forward to seeing you again at next year's Tea Time!



*From left to right: Caroline Van Vlaardingen, MC; Marina Boulous-Winton, Executive Director; Michael Coughlin, Co-Chair, HHTH; Carole Croteau, Board President; Corry Kelaheer, Co-Chair, HHTH.*

**Thank you again to our 2019 event sponsors:**

**Platinum:** Ernst & Young, Groupe Leclair, Haivision, Ivanhoé Cambridge

**Gold:** La Capitale, Pvisio

## PROGRAMS AND ACTIVITIES



An example of a handcrafted soapstone sculpture, created by one of the workshop participants.

### URBAN PROGRAMMING FOR INDIGENOUS PEOPLES (UPIP)

Thanks to funding from Indigenous and Northern Affairs Canada, the UPIP initiative supports activities and effective programs that are culturally appropriate for urban Indigenous peoples. Through this grant, our caseworker, Kim Delisle, facilitates our soap stone carving workshops. She has welcomed a group of twelve devoted women who create beautiful sculptures depicting buffalo, polar bears, wolves, inukshuks and more. These pieces of artwork ensure that the knowledge and memory of their elders are carried forward and create lasting narratives for future generations.

### SUMMER RECREATIONAL PROGRAM

At Chez Doris we recognize that a need for many of our women is to have access to opportunities that will reduce isolation and exclusion. With the help of the Canada Summer Jobs program, we hired two students who provided 35 different recreational activities this summer, which included wonderful outings to the Montreal Botanical Garden, Quinn Farm, the Montreal Science Centre and more. Thanks to a grant and donations raised in response to our newsletter and direct mail, funds are earmarked towards making these activities possible.

*Return to nature: women enjoying a day harvesting beans in the fields at Quinn Farm.*



## NEW TEAM ADDITIONS

### Lilly Nicole

Lilly Nicole has recently joined Chez Doris as our new caseworker in the Inuit Assistance Program. She is completing her Master's thesis, 'Home Street Home: A Look at Situations of Homelessness Among Inuit Women in Montreal'. Her interest and passion for working with Inuit women living on the streets stem from her own experiences with lived homelessness.



### Foot Care Hygienist

We recently hired a new Foot Care Hygienist, Linda Martel, who has been practicing her profession for over 11 years. Linda offers our clients several services, including the cleaning and cutting of toe nails. She also offers care in treating calluses and corns. Linda takes great pride in helping the women of Chez Doris.



## NEW PARTNERSHIP

### MONTREAL MUSEUM OF FINE ARTS (MMFA)

Chez Doris was invited by the MMFA to partake in their Sharing the Museum program. Four times a month, a group of up to ten clients are provided with an organized visit of the museum, as well as a hands-on art activity. In the company of cultural mediators, participants are given access to a variety of artistic techniques (photography, painting, writing, drawing, etc.) in connection with the collections and exhibits. These workshops have had a positive impact on the women's confidence, self-esteem and self-worth. We are presently exploring the possibility of employing some of our clients to teach adult workshops in traditional Indigenous mediums such as beading or soap stone carving.

## Special thanks

### Jewelry Workshops

Lina Pintimalli is one of our many outstanding volunteers who started at Chez Doris just over a year ago. She has her own jewelry company, Fabulous Fashions, and leads jewelry-making workshops for the women in a fun, safe environment where they develop new skills and friendships. Some of the jewelry will be sold at our Holiday Fair!

### Vegetables and Fruit added to our Food Bags

Chez Doris provides approximately 100 food bags a month, of which a portion are dedicated to seniors. With our increasing clientele, which now includes many asylum seekers who have children, we have added healthier items to



A sample of fruit and vegetables included in our food bags!

our food bags. Thanks to a donation of \$3,500 from a foundation, we are including fresh fruits, vegetables and dairy for the year.

### Soupe pour Elles

Many thanks to Sophie Brochu, President and CEO of Énergir and her team. Thousands shared a bowl of soup last February 27, at the Place des Arts Esplanade at an event called *Soupe pour Elles*. The event raised \$240,000 split between 11 organizations, including Chez Doris, which help women who are homeless, victims of violence or in precarious situations.

# donate

## CHEZ DORIS

ANNUAL FUNDRAISING CAMPAIGN

## 2019-20

[chezdoris.org](http://chezdoris.org)

### CHEZ DORIS

1430 Chomedey  
Montreal, Quebec H3H 2A7  
T: 514 937-2341 | F: 514 937-2417  
[info@chezdoris.org](mailto:info@chezdoris.org)

[facebook.com/ChezDorisRefuge](https://facebook.com/ChezDorisRefuge)  
[twitter.com/ChezDoris](https://twitter.com/ChezDoris)  
[linkedin.com/company/chez-doris](https://linkedin.com/company/chez-doris)

### 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](mailto: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