

# LE PORTE-VOIX

*At the heart of relational health*



## ♥ WHEN YOUR HEART GOES TO YOUR HEAD!

Over the various issues of the Porte-Voix, I have spoken to you about relational health, what it is, on what it is based, how we lose it and how we get it back. What I have yet to address with you : what it does to women when I speak to them about relational health.

A few months ago, I added an activity to our relational health care program : twice a week, I hold (one in English, the other in French), a coffee-meeting with our participants. We talk about relational health, the state of post-traumatic stress that afflicts them, care and safety/security; I take the time to explain to them how our body is an extraordinary machine by which we can survive traumas and return to a normal life.

And for the first time, they understand that they have every reason to feel so tired, so depleted, so unwell. Someone, finally(!) recognizes that they always wanted to escape this reality. That they always wanted to take charge of their lives, themselves. That they are absolutely right to feel how they feel : because after having been repeatedly told that they're wrong, they start to believe it themselves.

What happens is they can let go of the guilt and the shame – and slowly but surely, give way to the compassion that allows them to quench their great thirst for life to rise within them. All of a sudden, their heart goes to their head. And shaking, tears streaming down their face, not so sure they dare believe it's true, they regain their dignity, their self-esteem, and they restore their inner security.



Photo : Kathleen Girard / Studio Kat Kennedy

And with a full heart, everything becomes possible once again.

And as for me, privileged witness of this magic, I see their eyes brighten, their faces light up. I see real people reveal themselves. People who are generous, intelligent, curious, creative, impatient to always know more, impatient to live, people who are both strong and fragile, but oh so powerful and inspiring!

This is what it feels like when we talk about relational health. We let our heart go to our head. We open up to ourselves, to a vision, to a life project, to a social project. Because relational health is the key to the future of our humanity, of our world. It also gives us hope... quite simple, the hope of a future.

**Léonie Couture, C.M., C.Q.**  
**Founder and Executive Director**

## ♥ A MEMORABLE GALA!

The Relational Health Gala of La rue des Femmes was held on November 13, 2019, at Marché Bonsecours, in Old Montreal. It was nothing short of festive, inspiring and memorable! Festive, because it was part of our schedule of activities to commemorate the 25th anniversary of LrdF. Inspiring, through its program developed around the theme « Du cœur plein la tête » (Thinking with heart). Memorable for its success : 470 people attended, amassing an amount \$304,000. At the helm of such a success were two honorary presidents : Ms. Nathalie Tremblay, General Manager of the Caisse du Complexe Desjardins, and Mr. Jacques Dufresne, Head of Client Relations and Executive Vice-President of BFL Canada.

A few touching moments made this anniversary gala so special. For example, Nathalie Simard wanted to interrupt her tour to appear at the Gala, moving everyone in the room. The actress Catherine Proulx-Lemay, spokesperson for the organization, brilliantly delivered, to everyone's great surprise, a slam for La rue des Femmes, by Louise Danis – a performance warmly applauded to end off an unforgettable evening.

Thank you, thank you so much to the sponsors, donors, and volunteers who made this Gala such an incredible success!



Photo : Claude Leclerc, Lanaudière Photo

From L to R: **Dominique Richard**, Foundation Director of La rue des Femmes; **Léonie Couture**, Founder and Executive Director of La rue des Femmes; **Julie Pouliot**, Director, Sales and Market Development, Énergir, Chair of the Board of Directors of La rue des Femmes; **Nathalie Tremblay**, General Manager, Caisse du Complexe Desjardins; **Alain Dumas**, Senior Partner, SPB Psychologie organisationnelle, Chair of the Board of Directors of the La rue des Femmes Foundation; **Guy Côté**, Senior Vice-President, National Bank Financial; **Lucie Bouthillette**, Vice-President, Marketing and Communications, Business Development, Provencher Roy; **Thomas Charest-Girard**, Associate, Norton Rose Fullbright Canada, LLP; **Jacques Dufresne**, Head of Client Relations and Executive Vice-President, BFL Canada.



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Merci à notre imprimeur



♥ AN APPROACH THAT IS PASSED ON

I was approached by a former work colleague who was already involved with La rue des Femmes in different capacities. I had a superb meeting with the beautiful Léonie and with Lorraine Pipon, the former president of the organization.

Wow! Two great women with hearts of gold and especially, without judgment. I then understood that the approach adopted by LrdF was really special, and that every person was treated like a special human being. Even if I have a career, four children and I am involved in my children’s sports activities, I agreed to take on the mandate.

Time goes by so quickly and I have been involved here since 2014. I am still so impressed to see the dedication and commitment of the employees to all these women. The unique approach centered around relational health is very touching; for me, it is synonymous with total respect for a person’s life experience. Of course, there are basic services such as food and a bed, but it goes well beyond that.

These are services offered at the day centre, activities, different forms of therapy and, most of all, it is a judgment-free home.

I even got my daughters involved so they could give in their own way and understand that these women each had a history. I am proud to have the privilege of contributing to the Board of Directors of LrdF and rubbing shoulders with other women who, like me, give of their time. I would like to emphasize once again the excellent work of all the employees and volunteers. Thank you, Léonie, for believing in these wonderful women. Don’t ever stop believing in a better world!



**Renée-Claude Turgeon**  
Executive Director, Human Resources, BBA

♥ EFFECTIVELY PLANNING HER GENEROSITY

It is with great enthusiasm that I have agreed to join, as an advisor, the planned giving committee of the La rue des Femmes Foundation, because I really saw here a great way to contribute to the humanistic mission of La rue des Femmes. I therefore seized, with the same degree of enthusiasm, this opportunity to make you more aware of planned giving.

A planned gift, or planned donation, is a charitable gift that is part of tax, financial or estate planning. This type of donation can be done in you’re lifetime, or at the time of your death, and can take many forms : a gift by will, a donation by way of life insurance, a charitable trust or annuity, etc.

Contrary to popular belief, planned philanthropy is not just for the wealthy. Whatever the amount you are considering giving,

just know that your donation will bring real benefits for La rue des Femmes.

If planned donations are gaining popularity, it is also because they allow you to optimize the tax benefits for you or your estate! Sound planning must, above all, take into account your personal and family situation; the tax aspect is one of the final elements to consider.

To avoid missteps, it is strongly recommended that you consult a legal or tax advisor. Planned giving should be a thoughtful gift; it will allow you to combine efficiency with your impulses of generosity!



**Mre Ophélie Harbour, Notary**  
Allard & Harbour notaires

♥ 25 YEARS OF HISTORY!

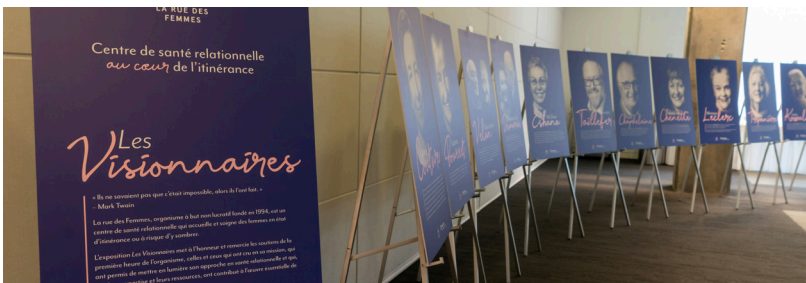


Photo : Productions Guy Charpentier

On September 19, 2019, La rue des Femmes turned 25! A celebration, organized by Caisse du Complexe Desjardins, shed light on how far we’ve come – within the state of homelessness – and paid tribute to « Les Visionnaires » those women and men who believed in the mission of LrdF and exceptionally contributed to its development. An exhibition of 21 portraits commemorates their contribution. Each week, since October 3 , a portrait is showcased on social media. We invite you to discover them all!

♥ AS SEEN IN MAISON JACQUELINE

For the four and a half years that I have worked at Maison Jacqueline, I can share a thousand anecdotes of little joys.

The women who frequent the House often see me with tools, repairing this and that. They are appreciative because many of them, it’s the only place they can call « home ».

One day, a very tall, strong woman who, since I have known her, has suffered terribly, both physically and emotionally, sees me cross the hall, plants herself right in front of me, grabs me, lifts me up to the ceiling, exclaiming : I love you! When I got to my office, let’s just say the tears were rolling down my face. I’m in the right place...



**Lucie Lepage**  
Material Resources Assistant



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