

# LE PORTE-VOIX

*At the heart of relational health*



## ♥ RELATIONAL HEALTH: HEALING HOMELESSNESS IS A MATTER OF SECURITY AND LOVE

What if relational health could heal the world too?

Relational health is about security and love.

If the feeling of security is shattered by trauma, we sink into fear.

And love cannot exist in fear.

Love is the bond.

Love is at the very foundation of the great human organization.

According to Stephen Porges, the neuroscientist behind the polyvagal theory, who talks about the vagus nerve and its social branch, which I call the relational cord: “Trauma is a chronic disruption of connectedness.” And Peter Levine says: “Trauma is perhaps the most avoided, ignored, belittled, denied, misunderstood, and untreated cause of human suffering.”

This lack of understanding generates prohibitive costs, in particular the loss of self that leads to the most total disintegration or, at the other extreme, to the most monstrous insensitivity leading to the worst blindness, even to the worst aberrations. And between these two extremes, there are all the traumas that all of us carry; traumas that impact us and make us vulnerable.

When traumatized, our inner insecurity pushes us toward foolish choices with harmful consequences: over-consumption of resources, climate change, inequities between nations and peoples, failure to adhere to ethical standards and responsible conduct, the unrestrained pursuit of profit... to name but a few!



As a result, we are today in a world that has never before faced such a threat of extinction: loss of biodiversity, pandemics, nuclear war...

Healing our traumas and relational wounds, emerging from post-traumatic stress, re-establishing our relational cord and regaining our inner security is what enables an emergence from, and a healing of, homelessness. It is also what collectively restores our relational health and inner security, and access to the connection and fulfilment in our hearts.

Healing our traumas and relational wounds is the key to respecting others and the environment.

It is the key to living together.

It is the key to healing homelessness and returning to a normal life.

And it is also the key that can heal the world.

**Léonie Couture, C.M., C.Q.**  
**Founding President**

## ♥ ANDRÉE-LISE MÉTHOT, A COMMITTED AND CARING BUSINESSWOMAN



One of the reasons Andrée-Lise Méthot agreed to be one of the chairs of our major fundraising campaign More than a Roof...Healing Homelessness is because throughout her career, she has seen how psychological and emotional distress can hinder women’s career development as well as their personal and family accomplishments. For Ms. Méthot, “prevention and support are excellent tools for a just society in which women feel fulfilled.”

For the founder and Managing Partner at Cycle Capital, relational health is a key factor in the protection and success of women and their children. “Women who end up on the streets aren’t there by chance. They’ve suffered emotional, relational or physical trauma, and unfortunately, often all three.”

La rue des Femmes’ values are similar to those of Cycle Capital, she says. “The issues that women face are very important to us. This is why the hard work that the La rue des Femmes foundation is doing to build a relational health institute—so that even more women can heal from homelessness—is so meaningful to us.”

She adds: “Supporting La rue des Femmes and its foundation was an easy decision for me! It’s important to be kind and supportive of one another.”

Thank you for joining us, Andrée-Lise!

**Andrée-Lise Méthot**  
**Founder and Managing Partner**  
**Cycle Capital**



♥ MARIE DOYON OF TACCOM AND LA RUE DES FEMMES: A LOVE STORY

Marie Doyon, President, Artistic Director and Partner at TACcom, has been an active participant in La rue des Femmes’ annual galas since 2014. “The first year, we did a theatrical performance. People were touched. Some even shed a few tears,”

Ms. Doyon tells us, going on to say: “The actual hosting of the gala came a few years later.”

Ms. Doyon first heard about LrdF through Jocelyne Pinsonneault, who was then a vice-president at Cascades and a member of LrdF’s Board of Directors.

Then she met LrdF President and founder Léonie Couture: “It was love at first sight! She’s so touching and inspiring! When I spoke to her, I understood that homelessness is the result of a combination of factors—of trauma—and that, like veterans, these women have lost their way and have no one to help them. Her approach, based on relational health, is becoming a reference. And it should be,” Ms. Doyon says enthusiastically.

The last edition of the gala (December 14) was held virtually, due to the pandemic. Nevertheless, the emotion was there.

“It clicked right away with Alexandra Diaz and Sheena Toso. We immediately had a good rapport,” Ms. Doyon adds, with a smile evident in her voice: “You always meet wonderful people at galas!”



Will Ms. Doyon and TACcom still be with us for the next gala? “As long as I’m asked, I’ll be there! It’s an honour to host the LrdF gala; you really feel like you’re doing important work. As a company, we’ve embraced the LrdF cause.”

To (re)watch the gala: visit our website!

**Marie Doyon**  
**President, Artistic Director and Partner**  
**TACcom**

**Planned giving for La rue des Femmes on Radio-Canada.ca**

Have you seen our advertising for planned giving?

From March 23 to April 15, we were fortunate enough to receive great visibility on the Radio-Canada network! To learn more about the tax advantages of this type of donation, contact Miriem Mkinsi, Advisor, Philanthropic Development: 514 284-9665, [mmkinsi@laruedesfemmes.org](mailto:mmkinsi@laruedesfemmes.org).



♥ VOLUNTEERING AT LA RUE DES FEMMES, A UNIQUE EXPERIENCE OF HUMANITY AND CONNECTION

I have had the pleasure of volunteering at La rue des Femmes since 2014. Once I retired, I started spending a few hours a week there providing tender loving care. Right away, I was introduced to the choir. Unfortunately, the pandemic prevented us from enjoying these special musical moments. I loved participating in LrdF’s intimate shows and more official performances. Singing with these street women with their impressive voices was a sublime experience for me.

I also participated in art workshops. They were full of exchanges, observations and discussions. The peaceful atmosphere allowed the women to open up about their personal and social difficulties. I also remember a lot of laughter at the table. These moments of closeness with the women helped me get to know them and even gain their trust.

I had the opportunity to discuss the issue of women’s homelessness and its causes and solutions with management. I learned a lot about relational health, the trauma our women experience and the multiple impacts on their lives. Volunteering has given me the opportunity to continue in the same vein as my professional career, but in an atmosphere of caring, respect and great joy.



Over the years (it goes by so quickly; I’ve been a volunteer for almost eight years!), LrdF has become my home and I look forward to returning to it every time.

**Marie Carmen Plante**

**Did you know...**

Since March 2021, the cities of Montréal and Paris have been conducting a cooperative project to support people living in a state of homelessness. La rue des Femmes is pleased to participate in these valuable discussions on the functioning of homelessness resources and intervention models in these two cities and, especially to address women’s specific needs. In the form of a webinar, the organizations attending are sharing their best practices through stories of intervention, sources of inspiration and food for thought in the fight against the social exclusion of people experiencing homelessness or at risk of becoming homeless.



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