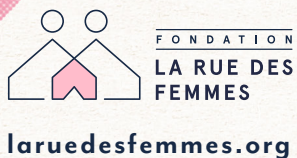


HERE AND NOW:

relational health



ANNUAL **2022**
REPORT **2023**

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MESSAGE FROM THE *President and Founder*

***The here and now for healing,
when the future no longer exists***

The here and now is where relational health is rooted; love, through a community of inclusion, is where it takes hold; and awareness of the body, from head to toe, as the guardian of our physical and mental integrity, is where it unfolds...and where it is felt!

After almost 30 years of recognizing relational health as a fundamental component of overall health, along with physical and mental health, after establishing three houses and several projects, such as the Relational Health Institute, two years of the pandemic abruptly derailed all our plans. Instead, the pandemic offered us the greatest lesson in reality and humility we could ever receive, that of the “present.” “Yesterday is history, tomorrow is a mystery, but today is a gift... that’s why is it called the present,” as Master Oogway (Kung Fu Panda) puts it.

For nearly three years, La rue des Femmes’ balconies became care centres, devoid of everything except the love that nourishes, consoles, reassures and warms, with the great kindness of the here and now of relational health. And so, on our balconies, the here and now became hope, humanity, security and commitment. It helped us achieve the miracle of healing, our mission.

Today, the pandemic is behind us; that was yesterday, and we’re back to making plans again to prepare for tomorrow and see what it brings. Today’s here and now remains a hard-won, but all the more valuable, present for further recognizing relational health and healing, because in the here and now, even when you no longer believe in the future, it still exists!

Léonie Couture C.M., C.Q.

Founder, President and Executive Director
La rue des Femmes



¹ Relational health is a state of deep well-being that provides the vital capacity to feel safe and to connect with oneself and others. – La rue des Femmes, March 2022

MESSAGE FROM THE CHAIR OF THE BOARD OF DIRECTORS OF *La rue des Femmes*

Let's move forward to better heal homelessness

I'm pleased to present La rue des Femmes' Annual Report. Together, we've faced a year of challenges, accomplishments and successes.

We're proud to see that our actions have helped support numerous women in serious trouble and guide them toward a better life. This year, La rue des Femmes celebrated the 20th anniversary of Olga House, which provides shelter and care for women living in a state of homelessness. We couldn't have reached this milestone without the determination, hard work and resilience of the management team, the workers, including the outreach workers, and all our volunteers. Our donors, including the Velan family, founding patrons of La rue des Femmes, are also central to this success, as are the members of the Foundation's Board of Directors, who do an outstanding job of promoting the organization. Lastly, I'm very grateful for the commitment shown by the members of La rue des Femmes' Board of Directors over the years. It's a strong Board made up of dedicated women who give their time to make a real contribution to La rue des Femmes' mission and ensure that the organization runs effectively and efficiently. A huge thank-you to all of you!

With our services fully resumed, the year 2022–2023 has given us hope that we will be able to support and care for even more women. But the harsh reality often reminds us that it's not that simple. This is why, every year, we strive to implement innovative solutions to meet the specific needs of these seriously wounded women, working alongside our various partners. The year was also marked by the inauguration of our community care clinic: the Jaclyn "Jackie" Fisher Outreach Clinic. We would like to express our sincerest thanks to the Jaclyn Fisher Foundation for its vital support in implementing this project.

And always with the aim of promoting our relational health approach, our training and research publication continued thanks to our partnership with Université du Québec à Montréal. We also stepped up our efforts to promote a better understanding of homelessness among the general public.

As demand for our services and care grows, so do the challenges. First, our team needs to expand to successfully help as many women as possible. Despite the current labour shortage, we're confident that we can continue to recruit the right people. We are also making efforts to provide our workers with the best possible support and labour conditions. Our unique vision for healing homelessness attracts dedicated people, and we're very proud of that. Also, La rue des Femmes could not achieve its objectives without a solid balance sheet. The Board monitors the organization's financial health at all times to ensure its long-term future. Efforts are also being made to expand our sources of funding and ensure that we deliver results that will meet our projected growth.

To conclude, despite the hardships encountered over the past year, we have maintained our commitment to our mission of helping women experiencing homelessness. We've also worked to strengthen our organization so that we can be more effective in our actions. Maintaining hope when struggling with homelessness is essential to not giving up, and being able to cope with reality. At La rue des Femmes, we understand that in order to give hope back to seriously wounded women, we must first help them regain

their personal relational health, the health that enables them to connect with themselves and with others. To achieve this, they need to feel welcomed, safe and cared for. Together, let's continue to work to create this environment where every person is recognized and has access to shelter, support and, above all, care based on our unique relational health approach.

We would like to thank all our partners, whether public, private or volunteer, for their unwavering support throughout this past year. Without them, our work would not be possible.

Sophie Lemieux

Chair of the Board of Directors
La rue des Femmes



MESSAGE FROM THE CLINICAL DIRECTOR OF *La rue des Femmes*

HOMELESSNESS: THE BACKGROUND STORY

The story of 2022-2023 is one of a world undergoing profound transformation. After 18 years of working with La rue des Femmes, I look back on the bygone years and see how realities have changed. I look back 15 years, when I was still a student living in the Hochelaga-Maisonneuve district. At the time, I wandered the streets with great curiosity and a sense of the reality of the people who frequented them. From time to time I would encounter a few sex workers near Sainte-Catherine Street, but there were no homeless people in that area yet.

Today, in the Ville-Marie, Hochelaga, Centre-Sud, Rosemont, Jean-Talon, Saint Henri, Montréal-Nord neighbourhoods, and many others, it's a reality that can't be ignored. Once, there was perhaps a single panhandler per street corner in the downtown area, but now there are a dozen at every intersection. How can we remain blind to the deteriorating condition of all these individuals? And how can we fail to see what is making these people—our people, our sisters, our mothers, our grandmothers... our families—increasingly vulnerable?

What is the background story to this deterioration? Although the pandemic has quietly exited the scene over the past year, it has left behind deep traces of economic instability, the threat of global recession, a food crisis, a deteriorating healthcare system, abusive rent

increases and evictions, new and even more harmful street drugs... For a very large part of the population, it has created a state of fragility and a decline in physical, mental, emotional, spiritual and relational health.

The women we shelter have always been those who have experienced all sorts of traumas and who, while living through extreme difficulties, are trying to navigate a system that neither understands nor knows how to adapt to their needs. They may have issues of mental health, physical health, social status, substance abuse and other addictions, but these are constantly evolving and putting added pressure on the homeless community.

What is changing? It's no secret that the aging of the population is impacting everyone. Every year, many older women are finding themselves on the streets, and then there are the women who have been living in a state of homelessness for years and who are also aging. They are not just women, they are older women, women who are losing their autonomy and women with multiple health problems.

What is changing? There is a huge influx of refugee women. Women from all over the world fleeing domestic, political, social and cultural violence are looking for a safe haven and are finding it in Montréal. Shelters and transitional

facilities for refugees are no longer sufficient, and the homeless community is shouldering the burden.

And what do we do when it's humanly impossible to do everything we'd like to do? We look at the person standing in front of us, here and now, and we make a difference with that person. Caring for them one at a time.

Here and now... it's the only way to stay human.

Here and now... we are weaving the fabric of the future.

Louise Waridel

Clinical Director
La rue des Femmes



Mission and vision

OF LA RUE DES FEMMES

OUR MISSION

- › Offer therapeutic and preventive care to women who are living in a state of homelessness.
- › Engage in research and design and provide training in relational health to students and care workers.
- › Raise public awareness about the issues and challenges of homelessness.
- › Promote the understanding that relational health is a critical aspect of overall health, and that it is as vitally important as one's physical and mental well-being.

OUR VISION

- › Change people's understanding of homelessness.
- › Modify the approach to the care provided to people experiencing homelessness.
- › Become a leader in relational health care, research and training.
- › Offer our services to all homeless women, regardless of the severity of their situation.

La rue des Femmes, a non-profit organization founded in 1994, is dedicated to care, research, teaching, prevention, rehabilitation and the promotion of relational health. Recognized for its ability to incorporate research into curative care and the sustainable reintegration of women experiencing homelessness into society, La rue des Femmes has, over the years, become a relational health institute and a leader in its field. La rue des Femmes' unique relational approach allows homeless women to heal their relational wounds, rebuild themselves and regain their dignity.

RELATIONAL HEALTH

DEFINITION

Relational health is a state of deep well-being that provides the vital capacity to feel safe and to connect with oneself and others.

THE WOMEN *we welcome*

As survivors of serious trauma, women experiencing homelessness are in a complex state of post-traumatic stress. As our 29 years of daily life with them have taught us, they have all suffered unspeakable violence, often beginning in childhood. This violence leaves survivors with serious relational wounds that hinder their ability to feel safe and connected with themselves and others.

Post-traumatic stress means that, like war veterans, they can lose touch with reality at any moment and revert back to the reality of the trauma. The distress and misunderstanding caused by such a loss of contact with reality leads to various relational and mental health issues, such as exclusion and disaffiliation, depression, disconnection and addiction.

Healing homelessness involves recognizing the relational wounds caused by violence and post-traumatic stress disorder and providing relational care.

ALL OF OUR PARTICIPANTS HAVE EXPERIENCED EPISODES OF DOMESTIC VIOLENCE

Domestic violence is no longer hidden behind closed doors, in a marriage or a couple, in a cultural or religious setting. This relational violence, whose victims are mainly women, is experienced in all types of intimate relationships. While it sadly pushes some women toward homelessness, neither does it spare women who are already on the streets from falling victim to it, adding to the ever-present violence they are subjected to.

On the streets, their intimate relationships are often with men who are also homeless and are dealing with their own suffering, wounds and traumas. They can be relationships with dealers, “johns,” acquaintances or friends who provide them with a place to sleep for a few days.

MANY OF OUR PARTICIPANTS HAVE AN IMMIGRANT BACKGROUND

We have always welcomed immigrant women in difficulty, but the 2022–2023 period saw an unprecedented influx. They arrive in Montréal seeking refuge from domestic and conjugal violence, from war, or simply in search of a better, more dignified life. They often arrive without the required documents, without money and sometimes even without proper schooling.

Unfortunately, once they arrive in Montréal, faced with the harsh realities of life they find themselves lost in a country that speaks a foreign language, in a system they don’t know, and with the burden of their loneliness and misfortune. So they turn to our resources. Once they’re safe at La rue des Femmes, we start taking all the necessary steps to help them integrate into Canada. We start with the refugee claim, followed by social assistance, legal formalities, work permits and francization courses, when required. Some are even referred to a literacy centre. Finding a job and integrating into the workplace is another stage. And lastly, when they’re ready, it’s time to look for housing.

RENTAL SITUATION FOR OUR PARTICIPANTS

It's also important to note that the rental situation of our day centre participants is also changing. In 2019, **50.11%** of these women were homeless, compared to **62.39%** in 2022. That's an increase of **12.28%**; a huge difference that, once again, tells us a lot about the state of the women we serve.



Percentage of homeless women in our day centres

HOMELESSNESS, THE DIFFERENCE BETWEEN MEN AND WOMEN (ADS+)

The state of homelessness affects both men and women, and the root of this situation is the same: post-traumatic stress. They all need care, which is why we have to recognize this need and direct the services provided toward this care, along with the essential safety and security that they sorely lack.

Homelessness is not experienced in the same way by women as it is by men. Being on the streets, or at risk of being so, is a dangerous reality that makes them much more vulnerable to physical assault and rape. Many of them have experienced physical, psychological and sexual abuse. Ironically, the vital need to be connected and safe keeps them in abusive relationships.

Post-traumatic stress disorder severely hampers their ability to set boundaries, recognize danger and stay safe, making single-sex environments essential.

On the streets, women try to go unnoticed to hide their vulnerability and, most of all, their shame at being on the streets and being victims. It's this invisibility of women's homelessness that conceals the scale of the problem of homelessness among women.

It also seems to us that women are more receptive to activities that can help them heal. These activities, which focus on rebuilding the individual, are more likely to lead to a return to autonomy and a reduction in antisocial

behaviour in public places. These behaviours should never be attributed to homeless people themselves, but rather to the suffering caused by post-traumatic stress and the resulting relational wounds, as well as to the lack of appropriate services available to help them.

Care AND SERVICES

La rue des Femmes is three houses for emergency and transitional accommodation, two day centres where nutritious meals are served and bonds are forged through shared activities and conversation, a laundry service, a thrift store, an outreach clinic, assistance with administrative procedures, a trust service, and more. In short, the Olga and Jacqueline houses, as well as the Dahlia Centre, are vibrant and loving environments that meet the various needs of women experiencing homelessness.



Jacqueline House

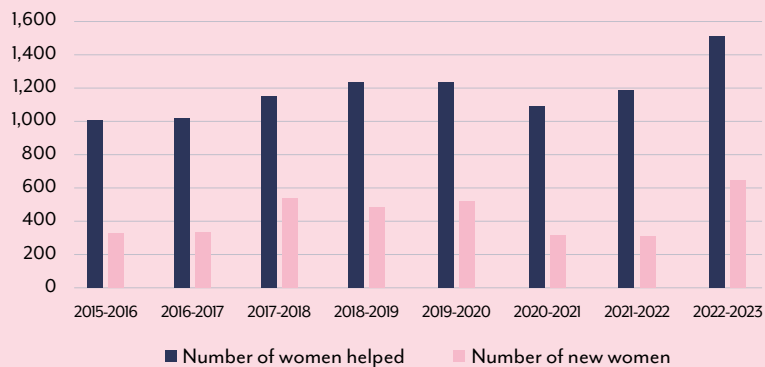


Dahlia House



Olga House

Number of different women helped




Evolution of services at day centers



2022-2023 BY THE NUMBERS

1,517 
women helped


597 
new faces

73 
Indigenous women

145 
immigrant women

22,432 
overnight stays

685 
women sheltered

9,118 
refusals due to
lack of space

49,207 
day centre visits

107,395 
meals served

55,821 
hours of relational,
therapeutic, specialized care,
as well as rehabilitation and
inclusion activities

15 
women placed
in housing

312 
women kept
in housing

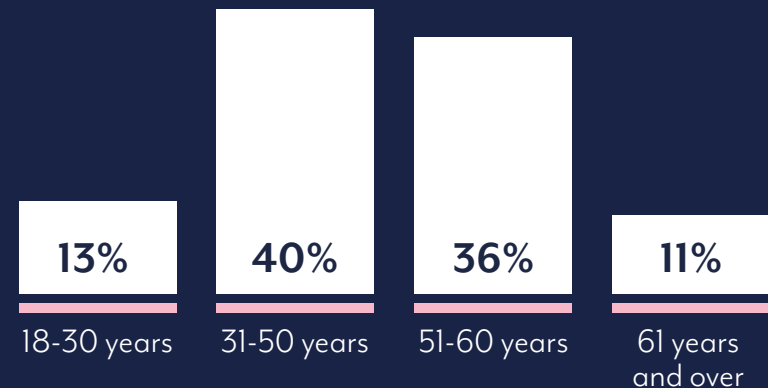
1,517

RECORD NUMBER OF DIFFERENT WOMEN WELCOMED THIS YEAR

This figure represents an increase of 27% over last year, reflecting the deterioration of our social fabric, the consequences for women and their level of trauma.

The pandemic and the current economic situation affect women first and foremost. The consequences for our organization have been significant at all levels, not just for participants, but also for the workers and management. An unprecedented effort has been made to address this situation.

Breakdown/age



EMERGENCY SHELTER

617 

different women in
our emergency beds

346 

new faces

33 

beds

10,752 

overnight stays

107%

occupancy
rate

Our emergency beds meet the basic needs of homeless women, who are in urgent need of everything: food, shelter, human contact and safety. Then, at their own pace, and quite naturally, these bruised women we take in begin their healing—their journey to relational health.

Our emergency beds are not just offered for the night with the requirement of leaving in the morning. The women who benefit from them receive the relational care, follow-up and support they need to reconnect with themselves and others during the day.

We also offer day beds to women who have spent the night outside due to a lack of overnight beds available. This is an essential service when consecutive nights are spent outdoors.

Thanks to the commitment and great solidarity of the work teams, admissions were maintained 24/7 throughout the year. Despite female staff shortages and absenteeism due to illness, we reached an **average occupancy rate of 107%**, while complying with the health measures that were in effect until November 2022.



Emergency shelter – Jacqueline house

It's important to note that we had a significant total of 9,118 women turned away due to lack of beds (emergency and room), an increase of 30% compared to last year, and almost on par with the year 2019–2020. This number continues to rise year after year.

9,118 

Women turned away due to lack
of space (emergency and room)

TRANSITIONAL AND STABILIZATION SHELTER

We offer transitional stays in rooms and stabilization stays in studio apartments for varying lengths of time, depending on the women's needs and abilities. It's these different steps, which are always based on individual needs, that support and solidify their path toward housing. Our rooms, like our studios, are single-occupancy and have their own bathroom, providing the participants with comfort, privacy and security.



Furnished studio – Dahlia house



A room at the Olga house.

68 

women who have stayed in a room or a studio

20 

single furnished rooms (house Olga)

12 

furnished supervised studios (Dahlia center)

11,680

overnight stays

100%

occupancy rate

OUR TWO DAY CENTRES

739 

external women taken in
28% with a fixed address,
63% without a fixed address,
9% unknown

251 

new faces

49,207 

visits
 (including visits at the doorstep)

51,242 

hours of relational care

La rue des Femmes' day centres, open five days a week from 8 a.m. to 7 p.m., are the entry point to a range of relational and specialized care. They play an important role in preventing and healing homelessness and helping people maintain stability. The relational health workers make all the difference, creating through each of their actions a moment of reconnection, a moment of healing, a moment of relational care...a moment of humanity and dignity.

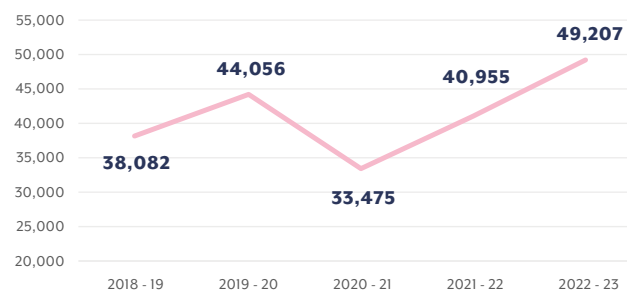
Because everything makes a difference: acceptance, listening, recognition of wounds caused by trauma, respect, validation of her role as an expert on herself, openness, kindness, a safe environment, compassion and the restoration of dignity.

We know that early 2022–2023 was still marked by the pandemic, with massive waves of people falling ill. However, little by little, the health measures were eased, coming to an end in November, when the government lifted the mandatory five-day isolation period.

Although the start of the year once again meant that we had to restrict services in our day centres and resume providing services at the door, most of the year was characterized by a gradual resumption of activities and a strong resurgence in visits to our day centres.

As shown in the graph above, the number of visits to our day centres has increased by 11,125 in the **past five years. This 30% increase is alarming,** and once again highlights the deterioration in the status of women. Our teams of workers have worked tirelessly to address this situation.

Total number of visits to our day centres



Day center of the Olga house.

Overflowing day centres

Services provided at the doorstep outside the day centres' regular hours, i.e., evenings, nights, weekends and public holidays, were already in place before the pandemic, but intensified considerably with its arrival. This new need, which is growing and seems to be becoming a permanent reality, is putting a great deal of pressure on the organization by increasing the burden on the workers and the budget required for food. These requests take various forms: meals, clothing, blankets, bottles of water, hygiene products, referrals, assistance in finding a place to sleep, support, a listening ear, crisis management, and more.

Food assistance

In the past year, with food prices constantly rising in line with inflation, a new concern has emerged: food insecurity. Food security means that “all human beings have physical and economic access at all times to sufficient, safe and nutritious food to meet their dietary needs and food preferences for a balanced and active life.” (Sécurité alimentaire | CIUSSS-CN, n.d.)

The women who frequent La rue des Femmes, who are already the most vulnerable in our society, are once again the first to feel the effects of this emerging economic crisis. For those who are still in housing, they are faced with a choice: paying their rent or paying for their food. As a result, they are increasingly turning to the services of food banks and day centres such as those of La rue des Femmes. For those on the streets, this means greater recourse to resources and food services, but also having to resort to means of survival.

The number of meals served in the past year is a good illustration of this situation:

107,395 
meals served,

an increase of
56%
compared to
last year.



“I was told: ‘You continue straight on Sainte-Catherine and turn left at Jeanne-Mance.’ When I got there, I sat at a table. There was a knife, a fork... It felt like home.”



Testimonial from a participant

* Food security | CIUSSS-CN. (n.d.).

Thrift store

Participants have access to the La rue des Femmes thrift store, where they can get free seasonal clothing and accessories, as well as hygiene products and jewelry.



Change of season in the locker room of the Olga house.

Financial security assistance

67 

women receiving financial security assistance

Trust services are offered at La rue des Femmes. They provides a safety net that supports participants in achieving stability—from emergency needs to housing retention—through the administration of social assistance benefits and the management of regular bill payments and rent. This help with budget management is greatly appreciated by the women as it gives them the freedom to manage the rest of their money as they see fit.

Tax clinic

2 

volunteers

62 

tax returns completed

Once again this year, with the help of volunteers, we offered a tax service to many of our participants. This annual service is important in order for participants to take full advantage of their status as taxpaying citizens by keeping up to date with their administrative affairs, for them to be entitled to their provincial and federal tax returns, and for them to have access to subsidized housing programs.



Two volunteers doing participants' tax returns.

RELATIONAL CARE, SPECIALIZED THERAPEUTIC CARE, REHABILITATION CARE, RECONNECTION AND CREATIVE ACTIVITIES, AND INCLUSION AND SOCIALIZATION ACTIVITIES

51,242 

hours of
relational care

4,579 

hours of specialized
therapeutic, rehabilitation
and inclusion care

55,821 

*hours of relational,
therapeutic and specialized
care, as well as rehabilitation
and inclusion activities*

3,007 

hours of specialized
therapeutic care

Multidisciplinary team

6 

specialized therapists
and coaches

148 

women participated in
rehabilitation activities

1,304 

hours of rehabilitation
activities

Because trauma is a threat to a person's life, interfering with all forms of security and connection, post-traumatic stress disorder and homelessness are experienced in the body. Healing relational health must therefore involve the body, the unconscious, the conscience and relationships. The healing process is always circular.

Since the primary role of the human body is to ensure our integrity, it proves to be an extraordinary machine for surviving trauma through the energy of fight, flight and freeze that is exerted by its reflexes. This energy must then be released, otherwise the post-traumatic stress state that ensues can be debilitating and detrimental to relational health and to regaining control of one's life after a trauma.

Several approaches enable this space of reconnection, which is the first step towards healing from trauma.

The care provided by our specialized therapists is consistent with the relational intervention, based on the participants' individual motivation and the trauma they have experienced. Our therapists are trained in relational health and use a range of therapeutic methods to help women get in touch with their inner selves, expressing and transforming themselves, and gradually releasing their "blocked" post-traumatic stress energy.

Their commitment to **counselling** activities enables them, among other things, to delve into their inner selves to begin this healing work.

Sometimes less direct paths are needed, and they open a door to the healing expression of the unconscious. Talking about your story is one way of expressing yourself, but language is a much broader reality.

Language is words and a common tongue to connect us to others. On another level, it's all the **means of expression** we can use to connect with others. Singing, creating with your hands and inhabiting your body are equally impactful activities for women who can't use words to talk about their past... an unspeakable story that is often buried deep inside them, because it's too much for them, too painful.

These profound moments, full of possibilities and depth, enable women to come out of isolation and come face to face with themselves and others, to regain their self-confidence and rediscover their deep desire to make peace with their past.

Over the years, La rue des Femmes has developed a range of specialized care and rehabilitation activities designed to engage and involve participants in a process of healing and relational health.



Office of Jasmine, the art therapist at La rue des Femmes.

Our specialized care: art therapy, individual counselling, relationship health counselling, the empathic process of physical and emotional abandonment, meditation and relaxation, workshop on relational health and complex post-traumatic stress, immigration counselling, etc.

Rehabilitation activities: creative activities, cultural outings, yoga, body therapy, singing, physical activities, crafts, etc.

Our search for additional space in order to significantly increase our range of specialized care, from 4,000 hours a year to 10,000 hours, has been successful!

The opening of this new space—scheduled for early 2025—will allow us to treat more homeless women so that they can finally regain their power.

Inclusion and socialization activities

125 
women participated
in these activities

268 
hours of activities

The Holidays are all about memories, memories of being together, family memories...moments that may have been shattered or that highlight the passage of time between what life used to be and what it is no longer. Through celebrations that mark the present (Christmas, New Year's Day, sugaring season, Valentine's Day, Mother's Day, Halloween, International Women's Day, Brunch des Reines and the monthly birthdays of participants), we bring happiness to our houses and awaken the joy in the hearts of the participants, making them smile and reminding them how to have fun, although sometimes it's them who show us.

These festive moments foster relational health, nourishing the feeling of belonging and lightness.

The joy of being together gives everyone a chance to experience love and sharing.



Queen's throne – Brunch des Reines.



Presenting the kind messages received as part of the Valentine's Day campaign.



Christmas cards brighten up the day centre at Jacqueline House.

THE JACLYN “JACKIE” FISHER OUTREACH CLINIC: BASIC PHYSICAL AND MENTAL HEALTH CARE

244 
women

540 
hours of
follow-up

87 
ambulance transfers
to emergency rooms

The Jaclyn “Jackie” Fisher Outreach Clinic is located on the third floor of Jacqueline House, a small home full of love and pain, but most of all deeply wounded and scarred women. It’s in a room bathed in light and sunshine, filled with calm and serenity, that women experiencing homelessness are guided through their medical care in a safe and respectful manner.

The Jaclyn “Jackie” Fisher Outreach Clinic is not, however, limited to the basic health care services at Jacqueline House. It is structured and implemented in a circular manner, both at Olga House and the Dahlia Centre as well as at our two day centres: prevention, care, follow-up and support. **Its main goal is to enable women experiencing homelessness to invest in their healing and reconnection process according to their abilities and at their own pace.**

The clinic is run by the following professionals:

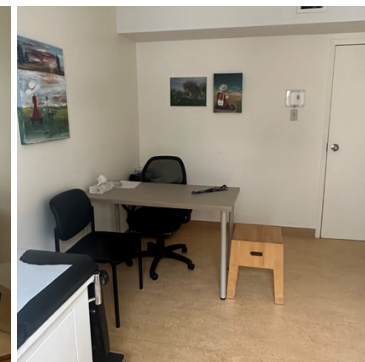
- > A medical care and follow-up counsellor, doctor by training (Algeria)
- > A relational health counsellor specializing in mental health and trauma
- > A nurse assigned by the CIUSSS du Centre-Sud-de-l’Île-de-Montréal

The recognition of our expertise and our presence at our consenting participants’ interdisciplinary clinical follow-ups promote holistic care, tangible treatment and care results, individualized support and a consistent, systemic healing process.

The need for such a service, for women who come to us battered and bruised by violence and the harshness of the streets and for those who suffer from mental health problems, has long been obvious. But at the same time, a new reality is emerging in Québec: the aging of the population.

The clinic was officially opened on March 30, 2023, in the presence of the Fisher family who contributed to its creation through their Foundation.

This aging brings with it a growing need for healthcare and support for a wide range of issues: cancer, lung and heart problems, mobility issues, incontinence, mental health struggles, dementia and, sometimes, the need for end-of-life care.



* From Quebec Statistics, I. (n.d.). Towards a population of 10 million people in Quebec by 2066. Institut de la statistique du Québec.

POST-SHELTER: REINTEGRATION SERVICES TO HELP WOMEN REGAIN THEIR INDEPENDENCE AND STAY HOUSED

15 

women moved
into housing

312 

women kept
in housing

1,585 

hours of assistance

Return to housing

The relational health approach is also defined by the way in which the return to housing is understood and handled.

The goal is always to heal homelessness and enable women experiencing homelessness to rebuild their stability and reconnect with themselves, with others and with their environment, all of which are keys to accessing healthy, safe and affordable housing.

Finding a long-term place to live is a parallel process between internal therapeutic work and external psychosocial support.

It is this whole process that will lead them, each at their own pace, to this new stage.

Accompaniment is an integral part of the relational care required to enable and maintain a return to normal life. Without any constraints or conditions, women can take advantage of and participate in the various stages, feeling heard, supported and respected in their actions and abilities.

The complexity of the administrative maze, the arrival of technologies and procedures that can only be done online, the stigma, fear, judgment and the rigidity of the system mean that, without appropriate, participative and reassuring support, the women quickly feel overwhelmed... and it's not for lack of intelligence, but rather because of the severe anxiety that comes from post-traumatic stress.

For La rue des Femmes, accompaniment in the community is part of the woman's reality, taking one step at a time.

They develop confidence and self-worth; they gain autonomy, and rediscover hope and possibilities, all of which are reinforced by the reassuring and caring presence of the support worker.

HOUSING SUPPORT WITH ACCOMPANIMENT

Participation in the SRA program

In June 2022, a partnership with the community organization Diogène enabled us to withdraw from the administrative commitment to the federal government's Stabilité résidentielle avec accompagnement (SRA) program, which we had joined in 2015 and maintained for seven years. This transfer ensured the continuity of services for our participants in SRA housing.

To learn more about this program and the reasons for our withdrawal (in French):

<https://www.laruedesfemmes.org/wp-content/uploads/2022/12/Vers-un-Chez-Soi-Projet-SRA.pdf>

Post-shelter support

Post-shelter support remains a key step in housing stability, which is why the therapeutic link with the La rue des Femmes team, care, access to our day centres and rehabilitation activities are maintained.

Note that the **food assistance, thrift store, financial security assistance service and tax clinic*** are also available to women in housing.

For example, a significant volume of food has been donated to women in need. They receive frozen meals and a range of other foodstuffs, when available.

***See the section “Our Two Day Centres” for more details on these services.**

The team

THE WORKERS

All the care and services described in this Report would not be possible without the 114 workers at La rue des Femmes who, day after day, devote their skills and energy to serving and healing women experiencing homelessness.

These 114 experienced workers, who are well-versed in relational health, are the heart of La rue des Femmes.

A relational health training program* is offered to the workers to deepen their knowledge of the relational intervention approach at La rue des Femmes; an approach based on the recognition and healing of relational wounds and serious trauma.

**See the section "Research, Development and Training" for more details.*

THE TEAM

114

Executive Director	Clinical Director	Research, Development and Training	1	3
		Communications	2	
		Relational Care	58	
	Clinical Director	Specialized and Engagement Care	9	85
		Outreach Clinic	2	
		Intervention Support	16	
	Director of Administrative and Support Services	Finance and Human Resources	3	20
		Material Resources	10	
		Kitchen	6	
		Material Donations	1	
Executive Director	Director of the Foundation	Advisor, Philanthropic Development	1	2
		Agent, Philanthropic Development	1	



Célia, Olga House coordinator.



Marie, leader of creative activities at La rue des Femmes.



Leila, medical care and follow-up advisor, and Catherine, head of the day centre at Jacqueline house.

INTERNS

The internships offered at La rue des Femmes continue to attract a great deal of interest in academic circles, both locally and abroad.

Each year, La rue des Femmes welcomes college and university students as part of their academic career (study placement) or their civic service (France), who bring a breath of fresh air to the intervention teams.

During their time at La rue des Femmes, they are trained in and apply the relational health approach, which enables them to contribute to enhancing the approach, both for themselves and their professional development, and for La rue des Femmes.

Interns	13
Volunteers	4
Total women students welcomed	17



Éloïse, in charge of the interns.



Binta, head of the day centre at Olga House, with Amélie, a civic service volunteer.

VOLUNTEERS

175 

volunteers

5,868 

volunteering
hours

Volunteers are part of the team of La rue des Femmes and its Foundation; whether it's sitting on the Boards of Directors or on certain committees, transporting food between our houses, preparing meals, providing IT services, doing maintenance and repairs, taking care of the grounds and gardens at our houses, all these people contribute to the vitality and stability of La rue des Femmes, as well as to the healing of women living in a state of homelessness.



Three exceptional volunteers (left to right): Sophie Lemieux, Chair of the Board of Directors of La rue des Femmes, Catherine Proulx-Lemay, spokesperson for La rue des Femmes, and Stéphanie Renauld, Chair of the Board of Directors of the La rue des Femmes Foundation.

RESEARCH, DEVELOPMENT AND *Training*

La rue des Femmes, a relational health institute, is dedicated to the care, rehabilitation and healing of women living in a state of homelessness, as well as to research, teaching, prevention and promotion of relational health.

La rue des Femmes is a vehicle for change towards a new essential paradigm in homelessness: homelessness is not a socio-economic situation, but “a state.”

This is the paradigm that allows for sustainable and inclusive solutions, i.e., healing from homelessness and returning to independent citizenship.

« Trauma can be hell on earth, but
when transformed, it is a divine gift. »

— Peter Levine, American psychotherapist,
specialist in trauma therapy.

The situation of homelessness arises from the state of homelessness, not the reverse. Recognizing the state of homelessness means recognizing a person's humanity. It means seeing in their more or less hidden “decline” a serious relational health problem that requires care to heal.

RESEARCH OBJECTIVES

- › Gather and generate knowledge in relational health
- › Gather and generate knowledge on the impacts of violence and trauma on relational health
- › Apply the relational intervention approach
- › Evaluate the impact of the relational intervention approach
- › Develop training and knowledge-sharing
- › Model the relational intervention approach
- › Develop communities of practice

ONGOING STUDIES WITH COLLABORATING INVESTIGATORS

1. *Évaluation et modélisation de l'approche d'intervention relationnelle de La rue des Femmes (evaluation and modelling of La rue des Femmes' relational intervention approach) – 2019-2024 – funded by the Department for Women and Gender Equality Canada, and Sophie Desmarais.*

Research led by Sophie Gilbert, PhD

This project aims to evaluate and demonstrate that La rue des Femmes' relational health intervention practice is an exemplary model for providing real and effective support to women living in a state of homelessness who are victims of gender-based violence. The project includes a rigorous evaluation of the outcomes of the relational health approach developed by the organization to address the multiple traumas experienced by homeless women, as well as a modelling of the practice.

In 2023, evaluation of the intervention practice continued, with a few changes in the design to adjust to the reality in the field, which has been strongly impacted by the pandemic.

In addition to the quantitative and qualitative data collection, preliminary analyses of which are under way and should be available in May 2023, "portraits" of the intervention provided by the workers at the three La rue des Femmes houses have been added, which will be compared against the intervention model to fine-tune it (as will the results of the analyses of the data collected from the women). In addition, further interviews are planned with the facilitators and therapists who work with the women, and with the women who receive these services, in order to further develop the portrait of these intervention methods, begun in the first year of the project (adaptation to changes in the service offering, modified because of the pandemic).

In addition, the intervention practice model is being finalized and will be compared against the research results for the final report at the end of 2023.

2. *Facilitating and constraining factors in the social reintegration of sexually exploited women in Québec: toward a continuum of specialized services*

Investigator: João da Silva Guerreiro, PhD, and co-investigator, Sophie Gilbert, PhD, UQAM, study presented as part of a concerted action of the Fonds de recherche du Québec – Société et culture (FRQSC), in partnership with La rue des Femmes.

3. *Psychodynamic exploration of the "bond" in group art therapy with women experiencing homelessness*

Investigator: Nelle Tremblay, PhD student, doctoral thesis project, under the supervision of Sophie Gilbert, PhD, UQAM.

4. *Exploring the relationship between macro-systemic factors influencing responses to trauma in homelessness and practices in the field, based on the work of shelter workers: a critical and committed institutional ethnography project*

Investigator: Anick Desrosiers, volunteer at La rue des Femmes, PhD candidate in social work, under the supervision of Katherine Maurer, PhD, McGill University.

RELATIONAL HEALTH DEVELOPMENT

Because research informs practice and practice informs research, La rue des Femmes has always based the development of relational intervention and relational health on action-research.

La rue des Femmes has also continued to lobby the provincial health ministry to have the state of homelessness recognized as a health problem caused by trauma, AND to legitimize relational health, which, along with physical and mental health, makes up the total health of human beings.

Léonie Couture, Founding President and Executive Director of La rue des Femmes, was invited to speak at the conference Créer des liens, un facteur de protection en santé mentale (creating bonds, a protective factor in mental health), held on March 13, 2023 – National Day for the Promotion of Positive Mental Health.

TRAINING

Our workers receive general training on relational health:

- › Homelessness and trauma
- › The trauma-informed approach
- › The impacts of trauma

Our counsellors, therapists and interns receive ongoing training:

- › The relational health approach
- › Relational intervention
- › Trauma physiology
- › Crisis management
- › The trauma-informed approach
- › Monthly clinical supervision

TRAINING AND CONFERENCES

Our training program offered to the various stakeholders and partners in homelessness and domestic violence is the outcome of recognized and validated expertise both in identifying and understanding how homelessness comes about, as well as in updating interactions, interventions, crisis management, support, prevention and awareness raising:

Training :

- › The relational health approach: healing homelessness
- › Crisis intervention using the relational health approach

**Cégep du Vieux-Montréal - sociology
Université de Montréal - criminology
Cégep de Terrebonne - social work**

Conferences :

- › Relational health
- › Homelessness in women
- › La rue des Femmes
- › The state of homelessness

**Collège Sainte-Anne (Lachine)
Université de Montréal - criminology
Haut-Richelieu-Rouville roundtable
on homelessness**

INVOLVEMENT IN THE *community*

Community organizations:

La rue des Femmes actively collaborates with organizations that work to defend and protect the rights, interests and needs of women living in a state of homelessness.

- › Auberge Madeleine
- › Les Maisons de l'Ancre
- › Maison Marguerite
- › Passages
- › Diogène
- › Association d'entraide Le Chaînon
- › Chez Doris
- › Projet autochtone Québec (PAQ)
- › SOS Violence conjugale

Membership in groups and federations:

- › Partenariat pour la prévention et la lutte contre l'itinérance des femmes (PPLIF)
- › Fédération des femmes du Québec (FFQ)
- › Relais-femmes
- › Réseau d'aide aux personnes seules et itinérantes de Montréal (RAPSIM)
- › Réseau québécois d'action pour la santé des femmes (RQASF)
- › Table des groupes de femmes de Montréal (TGFM)
- › Fédération des OSBL en habitation de Montréal (FOHM)
- › Réseau d'action des femmes en santé et services sociaux de Montréal (RAFSSS)
- › Regroupement intersectoriel des organismes communautaires de Montréal (RIOCM)
- › The Canadian Centre to End Human Trafficking

Representation on the CIUSSS de Centre-Sud de l'Île-de-Montréal regional homelessness service committee:

- › Comité consultatif Femmes
- › Comité consultatif Hébergement/Logement
- › Comité d'hébergement des mesures d'urgence d'hiver (SHU)

Consultations and studies:

- › RAPSIM consultations on women's housing and homelessness
- › Consultation on women and housing in Montréal by the Table des groupes de femmes de Montréal
- › Joint project on the specific aspects of women's homelessness and their housing needs of the Partenariat pour la prévention et la lutte à l'itinérance des femmes (PPLIF)
- › Tout le monde compte 2022, dénombrement des personnes en situation d'itinérance au Québec census

Partnerships :

- › **Medical services:** hospitals, emergencies and follow-up care (births, abortions, surgeries, rehabilitation, palliative care, death), doctors, psychiatric units (psychiatrists, nurses, social workers), paramedics, first responders (firefighters), Urgence psychosociale-justice (UPS-J), and more
- › **Police services:** the SPVM, the EMERI team, investigators from the specialized major crimes unit (human trafficking, pimping, sexual assault, street gangs, missing persons), and more
- › **Legal services:** Leclerc correctional centre at the provincial level and Joliette correctional centre at the federal level, defence and Crown attorneys, probation officers, judges, and more
- › **Public services:** guardians, DYP, tax clinic, Emploi-Québec, employability, educational institutions, CAVAC, RAMQ, Canadian refugee services, specialized centre for asylum seekers, CIUSSS, ÉMMIS, PRAIDA, City of Montréal, and more
- › **Community services:** therapy centres, women's homelessness resources and organizations, mental health, addiction, sex work, crisis centre, Diogène, Portage mère enfants, Droits Devant clinic, and more

COMMUNICATIONS AND *public relations*

Thanks to an XTRA special report published in La Presse+ on relational health awareness and the innovative intervention approach based on it, La rue des Femmes had high media visibility in the spring and summer of 2022.

The branded content, written in the form of an article, appeared in May 2022 and was widely shared (and publicized) on our social media platforms during the summer of 2022.

This XTRA feature was part of the relaunch of the Foundation's *More Than a Roof... Healing Homelessness* major fundraising campaign.

HIGHLIGHTS

Our message bearers

Catherine Proulx-Lemay, spokesperson for La rue des Femmes, was the leading figure in the Mother's Day awareness campaign. This talented and kind-hearted woman filmed video clips about this special day. As a guest on TVA Network's popular series *Sucré Salé*, she took the opportunity to talk about her role as spokesperson and the needs of women experiencing homelessness.



« There's all kinds of support at La rue des Femmes [...] Every effort is made to help them, and not just to help them find a home, but also to heal their wounds. »

— Catherine Proulx-Lemay

Our long-time friend and ally Jean-Marie Lapointe sent an inspiring video to our participants as part of our "Des mots doux pour elles" (words of kindness for them) Valentine's Day campaign. The participants were touched by this thoughtful gesture.



« At La rue des Femmes, I know you're in good hands and that you're surrounded by love. »

— Jean-Marie Lapointe



In July 2022, Sophie Lemieux, Chair of the Board of Directors of La rue des Femmes, appeared on the TVA Network Salut Bonjour morning show to talk about the relaunch of the *More Than a Roof... Healing Homelessness* major fundraising campaign. She gave a brilliant explanation of the work of La rue des Femmes and took the opportunity to appeal for donations.



« Welcoming without judgment, organizing get-togethers over coffee, art therapy, choir, treatment for addiction, intervention... All this combined slowly restores these women's confidence and eventually enables them to regain their autonomy once and for all. The word 'healing' takes on its full meaning here. »

— Sophie Lemieux

Catherine Op de Beeck, Director of the La rue des Femmes Foundation, was a guest on 98.5 FM radio's Parlons-nous in June 2022 to talk about the *More Than a roof... Healing Homelessness* major fundraising campaign and the harsh realities faced by women experiencing homelessness.

« We provide women with care and services at the different points in their journey. We welcome 1,200 women each year at La rue des Femmes and we have to turn down 20 to 30 requests a day. So the demand is really very high. »

— Catherine Op de Beeck



Les Bonne Nouvelles TVA

La rue des Femmes was chosen twice this year to be featured on *Les Bonnes Nouvelles TVA*! These brief television appearances are an excellent way to introduce La rue des Femmes to a wide audience. The record amount raised during the 11th edition of the Gala for Relational Health, as well as the Brunch des Reines organized by the organization's Board of Directors at Olga House, were the focus of this "good news."



Image from La Bonne Nouvelle TVA (Brunch des Reines).



Poster at the corner of Boulevard René-Lévesque and Rue Berri.

MEDIA REVIEW

Nos lettres d'opinion

« Plus de 1 500 personnes abandonnées dans la rue cet hiver. » – publiée dans *La Presse*

« Journée internationale des droits des femmes : chaque femme compte. »

Written press

« Santé relationnelle – La rue des Femmes : guérir l'itinérance »

« Crise du logement : le calvaire des victimes d'une relation toxique »

« Plus de 1 500 personnes abandonnées dans la rue cet hiver »

« Un nouveau refuge pour femmes ouvrira ses portes à Montréal »

“Understanding homelessness : Advocates stress the need for accurate numbers”

Radio

La directrice du développement philanthropique au 98,5 FM à l'émission *Parlons-nous*

Podcast *Citoyennes inspirantes* – Léonie Couture

15-18 à Radio-Canada Première – reportage « Itinérance, un thème oublié de la campagne électorale » de Philippe-Antoine Saulnier avec Léonie Couture et Louise Waridel.

Ann-Gaël Whiteman, coordonnatrice de la maison Jacqueline, a été invitée à l'émission *L'effet Normandeau*, sur les ondes du 98,5 FM, pour parler de l'itinérance des femmes.

Television

Contre les violences sexuelles et conjugales - Entrevue de Léonie Couture pour RDI

La présidente du CA de La rue des Femmes en entrevue à *Salut Bonjour*

Notre porte-parole Catherine Proulx-Lemay à l'émission *Sucré Salé*

Web

Panel « Créer des liens – Un facteur de protection en santé mentale »

Advertising

> Imprimée

Dons planifiés - Publicité dans *Les Affaires*

> Web

Dons planifiés - Campagne publicitaire de quatre semaines sur les plateformes en ligne de Radio-Canada

> À la radio :

Plus qu'un toit... guérir l'itinérance au 98,5 FM
More than a roof... healing homelessness à CJAD

> À la télé :

Animation *Plus qu'un toit... guérir l'itinérance* à ICI Radio-Canada

Animation *More than a roof... healing homelessness* à CBC



Thanks to Andrée Ducharme, who lent her voice to the English version of the *More Than a Roof... Healing Homellessness* commercial.

LA RUE DES FEMMES ON SOCIAL MEDIA

Social media are an essential communications tool and, once again this year, the number of followers of La rue des Femmes on Facebook, Instagram and LinkedIn has increased significantly.

Our social networks allow us to:

- > Introduce La rue des Femmes workers and volunteers to the general public
- > Thank our partners and allies
- > Raise awareness


Portraits of team members were posted during the Holiday campaign.

NEWS RELEASES, DEDICATED E-MAILS AND NEWSLETTERS

News releases

- > La rue des Femmes and its Foundation (re) launch their major fundraising campaign *More Than a Roof... Healing Homelessness.*
- > **\$340,000** raised for the La rue des Femmes Foundation.
- > Appointment of Catherine Op de Beeck as Director of La rue des Femmes Foundation.


43 bilingual newsletters and dedicated e-mails sent out




LinkedIn :
2,580 followers (+32%)



Instagram :
1,647 followers (+12%)



Facebook :
6,553 followers (+11%)



Twitter :
4,421 followers



LE PORTE-VOIX

Au cœur de la santé relationnelle

LA RUE DES FEMMES : UNE MAISON RAYONNANTE DE CHALEUR ET DE SÉCURITÉ

Avec nous et elles, célébrer la vie!

Pour que la vie soit à la fois douce et légère, pour qu'elle soit précieuse.

Pour que ça prenne la couleur et la chaleur d'un toit, d'un foyer, pour que la vie se transforme, qu'elle se donne, qu'elle s'engendre et qu'elle fleurisse... enchaîner serait relationnelle. Et pour qu'elle, elle grandisse.

C'est quoi, la vie? C'est ce qui permet tout!

C'est un espace où l'on aime.

C'est la chaleur et l'harmonie.

C'est la santé.

C'est la santé relationnelle.

Nous sommes rendus à la vie, entre ce qu'elle est et ce qu'elle sera.

Et dans des endroits où l'on aime, on aime à la maison, on aime d'être le meilleur de soi, pour après tout, on grandit par ce qu'on aime pour rendre grandir l'autre.

Enfin, dans, nous avons travaillé fort pour donner à nos maisons tout ce qui permet de faire des lieux de vie, des lieux de vie.

C'est pour ça que La rue des Femmes est là, nous en sommes si fiers, nous en sommes si fiers, nous en sommes si fiers et nous en sommes si fiers.

Léonie Couture, C.M., C.Q.

Présidente, fondatrice et directrice générale de La rue des Femmes

LA FAMILLE VELAN : UNE TRADITION D'IMPLICATION AVEC LA RUE DES FEMMES!

Le 1er janvier dernier, la Maison Op, la première maison de La rue des Femmes, qui a vu le jour pour accueillir et soutenir les femmes en état d'itinérance, fête ses 10 ans. La famille Velan place la philanthropie au cœur de ses valeurs depuis des générations et La rue des Femmes est privilégiée d'être l'une des maisons qu'elle soutient.

« 10 ans après, La rue des Femmes nous soutient bien de cette manière, qui est le résultat de l'engagement de travail et de nos valeurs de la rue des Femmes... » a partagé Mme Velan, présidente du CA de la Fondation Velan, qui dirige depuis 2007 sur le CA de la Fondation La rue des Femmes.

Nous sommes Mme Op, Mme Velan, et c'est le jour de l'inauguration, c'est que la maison est une maison de vie, une maison de vie, une maison de vie, une maison de vie.

« Depuis plus de 10 ans, il y a toujours eu un membre de la famille Velan sur le conseil d'administration. Il y a eu d'ailleurs, pour nous même, Rika Velan, et maintenant moi, la maison de l'itinérance des femmes nous soutient et c'est une collaboration qui nous permet de soutenir le Canada des femmes dans un état d'urgence relationnelle. »

« La philanthropie a toujours été au cœur de la rue des Femmes, et c'est une passion que nous avons. L'itinérance, c'est une problématique d'itinérance. Mme Couture et l'engagement relationnelle qu'elle a mis en place ont été une grande et belle réussite. C'est une importante réussite pour la gestion de l'itinérance. »

Tom Velan
Administrateur et conseiller des partenaires du conseil
Chef de la division et président de la section
Velan Inc., une division Velan



Montréal, mercredi 1^{er} février 2023

COMMUNIQUÉ DE PRESSE

NOMINATION DE CATHERINE OP DE BEECK POSTE DE DIRECTRICE DE LA FONDATION

En décembre dernier, la direction de la rue des Femmes a nommé Catherine Op de Beeck directrice de la Fondation.

Madame Op de Beeck participe activement au développement de la Fondation La rue des Femmes depuis 5 ans déjà.



Credit photo : Anne-Claire Velan de Montréal

D'abord conseillère au développement philanthropique, puis directrice du développement philanthropique, Madame Op de Beeck a toujours eu à cœur la mission de l'organisme à but non lucratif fondé par Madame Léonie Couture en 1994. Cette nomination au poste de directrice de la Fondation était donc la suite logique de son parcours.

« Sensible et authentique, Catherine est une leader avec une écoute extraordinaire et une fine compréhension des défis qui sont les nôtres comme organisme de santé relationnelle. » - Léonie Couture, C.M., C.Q., présidente, fondatrice et directrice générale de la rue des Femmes.

En tant que directrice, Catherine Op de Beeck est aux premières lignes pour voir les résultats probants de l'approche relationnelle : « J'ai la chance de voir et d'entendre régulièrement des participantes » et chaque fois, je réalise à quel point le lien qui est maintenu avec les travailleuses est fort et primordial dans leur processus de guérison. Et de savoir que mes actions aident concrètement les intervenantes sur le terrain à accueillir et soutenir les femmes aux prises avec l'état d'itinérance, c'est ça ma "vraie" joie! »

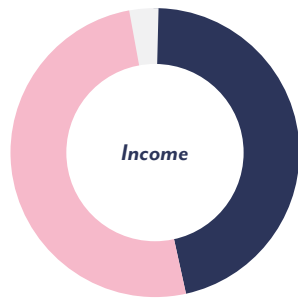
Pour toute question ou information contactez Isabelle Milane, conseillère principale aux communications de La rue des Femmes par courriel : isabelle@lauruedesfemmes.org ou par téléphone : 514 506-2277.

****Le terme « participantes » désigne les femmes en état d'itinérance qui fréquentent La rue des Femmes, car elles participent activement au recouvrement de leur santé relationnelle.**

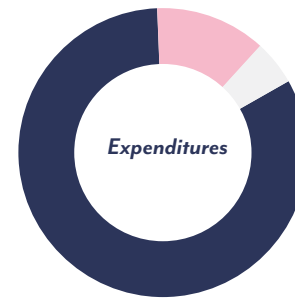
1005, rue Jeanne-Mance, Montréal, Québec H2Z 1L7
Tél : (514) 506-2277 | info@lauruedesfemmes.org | lauruedesfemmes.org
Numéro de chartre : NE : 14124 2180 RR0001

Funding

La rue des Femmes receives municipal, provincial and federal government grants.

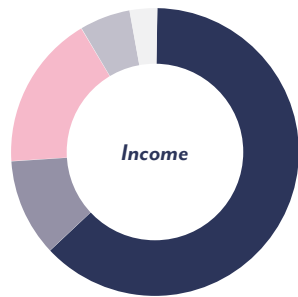


Government grants	\$2,550,705
Private donations	\$2,762,685
Self-financing	\$149,767
Income	\$5,463,157

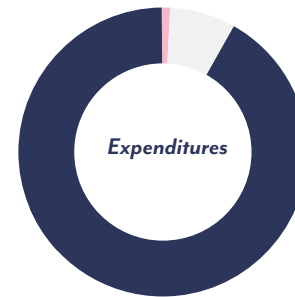


Management and administration	\$664,673
Research and outreach	\$254,104
Care and services	\$4,542,113
Expenditures	\$5,460,890

Because of its tireless work, the Foundation receives donations from a wide variety of sources, enabling it to fulfil its mission of supporting the activities of La rue des Femmes. Year after year, the Foundation team builds and maintains relationships with private foundations and businesses, while at the same time soliciting the generosity of the community, whose response is always positive (spontaneous giving, mass mailings, monthly donations, donor initiatives or planned giving).



Major donations	2,085,181 \$
Events	363,968 \$
Community donations	563,299 \$
Planned giving	181,641 \$
Investment income	94,215 \$
Income	3,288,304 \$



Management and administration	23,694 \$
Fundraising programs	229,906 \$
Donations to the mission	2,762,685 \$
Expenses	3,016,285 \$

This year saw a record number of new donors: **676**

Governance

The boards of directors of La rue des Femmes and its Foundation are made up of volunteers who contribute a range of complementary expertise and skills.

We're fortunate to benefit from the sound advice of our members. Their strong commitment ensures the sound management and ongoing growth of La rue des Femmes and its Foundation.

LA RUE DES FEMMES BOARD OF DIRECTORS

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Vice-President, Institutional Markets Fiera Capital Corporation

Vice-Chair, Interim Secretary

Johanne Babin

Vice-President, Distribution Hydro-Québec / Retired

Treasurer

Gerarda Capece

Director of Financial Resources
Berthiaume-Du Tremblay Residence

DIRECTORS

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Ville de Montréal

Fabienne Germeil

Assistant Director, Access to Hospitalization,
and Director, Renal and Cancer Program
CIUSSS-de-l'Ouest-de-l'Île-de-Montréal

Anne-Marie Côté

Chief Compliance Officer,
Legal Affairs Ivanhoé Cambridge inc.

Line Moffatt, B.A.A

Senior Consultant, talent.flex

Isabelle Vendette

Partner / Litigation, McCarthy Tétrault LLP

Léonie Couture

President and Founder, La rue des Femmes

OUTGOING MEMBER

Stéphanie Archambault

Executive Director Legal Aid of
Montréal – Laval



From left to right

Top: Isabelle Vendette, Fabienne Germeil, Annette Dupré, Léonie Couture, Johanne Babin, Anne-Marie Côté et Sophie Lemieux.

Bottom: Line Moffatt, Julie Marineau et Gerarda Capece.

LA RUE DES FEMMES FOUNDATION BOARD OF DIRECTORS

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Senior Director, Operating Partner,
Private Equity Québec Caisse de dépôt et
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Talent Stratégie inc.

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Alain Dumas, MBA, ASC, CPA CA

Partner organizational transformation
& strategy, Humance

Anne-Marie Bélanger

Partner, Financial Advisory Services BDO
Canada LLP

Tom Velan

Chair of the Board of Directors Velan
Foundation

Daniel Grenier, MBA, ICD.D

Corporate Director

Claudia Boies

Senior Leader, Public Affairs and
Global Communications CAE Global
Communications

Henriette Bichai

Executive Director, Alcumus

Geneviève Brin

Business Unit Lead, Montréal – Earth &
Environment WSP

Natacha Menard, CRRP, CLS,

Director, Leasing – Quebec Centrecorp
Management Services Limited

Paul Beaudry, LL.B.

Vice President, Regulatory Affairs, Cogeco Inc.

Léonie Couture, C.M., C.Q.

President and Founder, La rue des Femmes

OUTGOING MEMBER

Sarah-Émilie Bouchard

Chief of Staff, Office of the President Caisse de
dépôt et placement du Québec



At the annual general meeting of the Women's Street Foundation
To the right: Stéphanie Renauld, Daniel Grenier et Geneviève Brin.
To the left: Nathalie Tremblay et Miriem Mkinsi.

A MESSAGE FROM THE DIRECTOR AND THE CHAIR OF THE BOARD OF LA RUE DES FEMMES FOUNDATION

This past year has been all about reunions and meaningful encounters. After almost two years of virtual meetings, what a pleasure it was to meet, or see, our volunteers and donors in person again.

Giving donors the opportunity to visit La rue des Femmes' facilities is priceless. Explaining the organization's mission and vision in a virtual setting is one thing—and fortunately, our partners, who are committed to helping the most vulnerable in our society, understand the importance and need to help women experiencing homelessness heal—but sitting face to face to discuss it, right where it all happens in our shelters, meeting the women we help and the workers who work so hard there, really gives meaning to their engagement.



Catherine Op de Beeck

Director of La rue des Femmes Foundation

Resuming in-person Board and volunteer committee meetings promotes creative, stimulating and motivating discussions, both for the permanent staff and for the volunteers. This year, we welcomed a number of new volunteers who have bolstered our existing teams and brought a fresh perspective to our discussions.

In the spring of 2022, we made the decision, together with our honorary committee, to resume the Gala for Relational Health after the hiatus due to the pandemic. We didn't know if the event would actually take place, or how many guests we would have, but it turned out to be a great success! It was a packed house, with loyal friends and newcomers, and the amount raised far exceeded our expectations.

The *More Than a Roof... Healing Homelessness* major fundraising campaign is now coming to an end, thanks to the tireless efforts of the

campaign team. We are busy preparing for the closing of this campaign and implementing a series of actions to thank the donors who responded so generously to our appeal.

A new chapter is beginning for La rue des Femmes and its Foundation. The Relational Health Institute, a promising project funded by the campaign, will officially be launched in the fall of 2023, and the relational healthcare centre, the main pillar of the project, will open in early 2025, but is already beginning to take shape in our houses.

At the same time, we are concerned about the exponentially increasing number of women seeking the organization's care and services. The women's needs and distress are growing.

All of the Foundation's actions are geared toward a single objective: doing everything in our power to support the future projects of La rue des Femmes and the care and services it provides on a daily basis to women living in a state of homelessness. The members of the Board of Directors, as well as the permanent staff, take great care to achieve this goal. For this, we thank you very much. We also thank all our donors, partners and ambassadors, who make it possible. Together, we can do great things!

Stéphanie Renauld

Chair of the Board of
La Rue Des Femmes Foundation



MISSION OF THE FOUNDATION

The mission of the La rue des Femmes Foundation is to raise private funds to support the organization's mission of helping women experiencing homelessness rebuild their lives and reintegrate into society. Building on values of integrity, commitment and sharing, the Foundation acts as a powerful ally to financially sustain and raise the profile of La rue des Femmes.

MAJOR CAMPAIGN

The More Than a Roof... Healing Homelessness major campaign, launched in December 2020, reached its target of \$8 million from the private sector in spring 2023. The purpose of this largest fundraising campaign in the Foundation's history was to establish the La rue des Femmes Relational Health Institute, with the goal of better understanding, treating and preventing homelessness.

Thanks to funding from campaign donors, the La rue des Femmes Relational Health Institute will significantly increase the range of relational health care offered over the coming years, helping women heal and reclaim their lives faster. The new healthcare centre, the main pillar of the campaign, will open in early 2025.

Campaign objectives:

- › Enable the hiring of therapists and specialized workers to provide up to 10,000 hours of care by 2026.
- › Acquire the space required for therapeutic care, including complementary therapies: art workshop, choir, writing, yoga, drama therapy, dance, and more.
- › Open an outreach clinic at Jacqueline House.
- › Create the first centre for research and expertise in relational health.
- › Support emergency and transitional shelter services.

Coming soon!

Campaign closing event and official naming of the Relational Health Institute in fall 2023



Raised:
\$8,092,000

Objective:
\$8,000,000



Recognizing the contribution of the four campaign chairs at the Gala for Relational Health.

We would like to extend our heartfelt thanks to the campaign team for their unwavering support:

Honorary Patrons:

Martin Gagnon
John Rae
Tom Velan

Honorary Chairs:

Jean-Yves Bourgeois
Éric Filion
Andrée-Lise Méthot
Maarika Paul

Honorary Patrons:

François Boulanger
Nathalie Giroux
Pierre Laporte
Patrice Martin

Thank you to all our donors, both longstanding and new, who contributed to the campaign's success:

\$1,000,000 ET +

Marcelle and Jean-Coutu Foundation
Mrs Sophie Desmarais

\$500,000 - \$1,000,000

Pathy Family Foundation

\$250,000 - \$499,999

National Bank of Canada
Cogeco Communications Inc.
Jaclyn Fisher Foundation
R. Howard Webster Foundation
Fondation Ariane Riou & Réal Plourde
Rossy Foundation
Hydro-Québec
Desjardins Group
Power Corporation of Canada

\$100,000 - \$249,999

Scotiabank
BMO Bank of Montréal
Caisse de dépôt et placement du Québec
CIBC
CN
Fiera Capital Corporation
Velan Foundation
KPMG
McCarthy Tétrault LLP

\$50,000 - \$99,999

Bombardier (Foundation and Montreal
employee beneficial fund)
Caisse du Complexe Desjardins
Dollarama
Echo Foundation
Hélène Cartier
Madeleine Chenette
Mitch Garber
Pierre Ancil
Recochem

\$10,000 - \$49,999

ABB
Alain Dumas
Bell
Beneva
Borden Ladner Gervais LLP
BNP Paribas
Canderel
Deloitte
Énergir
Fondaction
Luc Maurice Foundation
Lavery
Normandin Beaudry
Pomerleau
Estate of Emmanuelle Simony
Sun Life

\$5,000 - \$9,999

Davies
The Port of Montreal

\$0 - \$4,999

Logistec

Major CAMPAIGNS



Catherine Proulx-Lemay,
spokesperson for La rue des Femmes.

MOTHER'S DAY CAMPAIGN – LET'S CELEBRATE ALL MOMS!

For the Mother's Day campaign, the Foundation wanted to focus on celebrating the maternal bond. In a series of short videos, our spokesperson raised awareness and engaged our community. Testimonials from allies of La rue des Femmes were also shared on the website and on our social media.

▶ AMOUNT RAISED: **\$4,700**



Éloïse, head of interns, posting her
message of kindness on the wall.

VALENTINE'S DAY CAMPAIGN – FILL THEIR HEARTS WITH LOVE!

For Valentine's Day, rather than appealing to its generous community for donations, the Foundation asked people to write kind messages to the participants! These were read and displayed in the day centres on February 14 during an activity organized for the participants. They were deeply touched by the outpouring of love.

HOLIDAY CAMPAIGN – GIVING IS HEALING

The Giving is Healing campaign was in full swing on our social media throughout December, appealing to the community's generosity during the year-end Holidays. Touching testimonials from workers and interns were posted regularly for the occasion. A record amount was raised!

▶ AMOUNT RAISED: Nearly **\$50,000**



A major end-of-year
solidarity campaign.

INTERNATIONAL WOMEN'S DAY CAMPAIGN – EVERY WOMAN COUNTS

La rue des Femmes celebrated International Women's Day, taking inspiration from the theme chosen by the Government of Canada: Every Woman Counts. From March 1 to 10, regular messages on essential rights were posted on social media to engage our community.

▶ AMOUNT RAISED: **\$2,120**



11TH EDITION OF THE GALA FOR *relational health*

THE GALA FOR RELATIONAL HEALTH CELEBRATE LIFE!

After a two-year hiatus (and virtual campaigns), the 11th edition of the Gala for Relational Health took place at Marché Bonsecours on November 16, 2022. It was with great joy and excitement that La rue des Femmes reunited in person with its donors and allies for an amazing evening, under the theme of Celebrate Life! We celebrated the joy of being together again, in good physical and relational health, and most importantly, the resilience of women experiencing homelessness, their incredible will to live and their unquenchable thirst to regain their relational health... and their lives!

For the **480 guests** in attendance, the evening was filled with emotion, especially when the record amount raised was announced: **\$340,000!** A special thank you to our Honorary Chair, Sheena Toso, Regional Vice-President, Eastern Region, at RBC Insurance, and to the members of the Honorary Committee who worked so hard to ensure the event's success.



Mélissa Bédard delivered a masterful performance at the event.



Catherine Proulx-Lemay, spokesperson for La rue des Femmes, read touching stories from the participants.



Collective work created by participants of La rue des Femmes were auctioned at the event.



Left to right : Claudia Boies, Natacha Menard, Geneviève Brin, Sonia Gagné, Lisa Gianonne, Raya Khalifé, Sophie Lemieux, Henriette Bichai, Sheena Toso, Miriem Mkinsi and Léonie Couture.



The Honorary Committee for the 2022 Gala, Léonie Couture, President, Founder and Executive Director of La rue des Femmes, Catherine Op de Beeck, Director of the La rue des Femmes Foundation, and Catherine Proulx-Lemay, spokesperson for La rue des Femmes, with the cheque disclosing that the goal of \$200,000 was far exceeded!

Planned GIVING

Planned giving, which can be done in various ways (legacy gift, life insurance donation, donation of shares, endowment fund), enables the Foundation to continue the mission of La rue des Femmes.

Planned gifts carry substantial tax benefits and are a way of providing significant support to La rue des Femmes and perpetuating the generosity of donors.

In 2022, the Foundation continued its efforts to strengthen its planned giving program, including an advertising campaign on various media:

- › Print ad in Les Affaires in November 2022
- › Print ad in Bel âge magazine, April 2023 issue
- › Four-week advertising campaign on Radio-Canada's online platforms, in March 2023

The growing popularity of La rue des Femmes, combined with the organization's outreach activities, have led to an increase in the number of planned donations received by the Foundation in 2022–2023.



FONDATION
LA RUE DES
FEMMES

LE DON
planifié...

Avantageux pour vous et ceux
qui comptent pour vous.

EN SAVOIR +

Ad posted on Radio-Canada platforms.

Over

\$40,000

received in donations of shares
(donations of securities)

Over

\$100,000

received in legacy gifts

Stay tuned! In the fall of 2023, the La rue des Femmes Foundation will join the Will Power platform, designed to inspire the public to think differently about charitable giving, and empower them to create positive change through their wills.

<https://www.willpower.ca/>

INITIATIVES TO SUPPORT WOMEN LIVING IN A *state of homelessness*

Each year, solidarity initiatives are organized by companies, groups of friends and families. They make a tangible contribution to caring for the women at La rue des Femmes. On their behalf, we thank you from the bottom of our hearts!

Énergir CSN employees union

Fundraiser to mark December 6: National Day of Remembrance and Action on Violence against Women.

Amount donated: \$1,130

Énergir

Contribution to highlight Énergir's years of support with the Soupe pour Elles event.

Amount donated: \$9,300

Casino de Montréal

Employee fundraiser for International Women's Day through the sale of products made by employees.

Amount donated: \$1,670

Insta Chèques

Campaign to collect donations from customers and employees throughout the month of June 2022, matched by the company.

Amount donated: \$10,000

Alma Plantes

As part of Black Friday (renamed Green Friday!), the company donated a portion of its sales to the Foundation.

Amount donated: \$350

Huîtres en affaires

\$25,588

A huge thank-you to Desjardins Business and its Vice-Chair, Guy Nadeau, for organizing the *Huîtres en affaires* benefit event, which took place on November 10 at Complexe Desjardins.

Bringing together more than **600 people** from the Montréal business community, this generous initiative raised more than **\$100,000**, which was distributed equally between La rue des Femmes and three other organizations.

Desjardins, a loyal partner of La rue des Femmes, has been involved with the cause of women experiencing homelessness for nearly 20 years!



From left to right: Guy Cormier, President and CEO of Desjardins Group, Catherine Op de Beeck, Director of the La rue des Femmes Foundation, Léonie Couture, President, Founder and Executive Director of La rue des Femmes, Miriem Mkinsi, Advisor, Philanthropic Development, at the La rue des Femmes Foundation, Daphné Boudet, Agent, Philanthropic Development, at the La rue des Femmes Foundation, and Guy Nadeau, Vice-Chair of Desjardins Business.



Full house for the *Huîtres en affaires* event at Complexe Desjardins in Montréal.

DONATIONS OF GOODS AND *services*

Donations of goods and services make an important contribution to the services that La rue des Femmes is able to provide to its participants.

Clothing, underwear, accessories, hygiene products, blankets, chocolates, flowers... graphic design, translation, website management, video production...

Food	\$359,788
Clothing	\$190,569
Products	\$53,042
Services	\$83,174
Total	\$686,573



RBC Insurance donated 25 backpacks filled with basic necessities.



Giuliana, la fée de l'ouest, collected close to 5,000 pairs of socks with her "Des bas pour Léonie" clothing drive.



Attitude Marketing generously plans Google Ads campaigns for La rue des Femmes.



Productions Eric Courchesne filming videos for the Mother's Day campaign.



Mélodie Cardin-Arreta, from Collège Notre-Dame-de-Lourdes, bringing winter clothing to Olga House.

THANKS TO OUR *valued donors*

Number of years of support for the La rue des Femmes Foundation (X)

\$100,000 – \$499,999

Hydro-Québec – **13**
Pathy Family Foundation – **9**
R. Howard Webster Foundation – **7**
Desmarais family – **12**
Jaclyn Fisher Foundation – **4**
Rossy Foundation – **2**

\$25,000 – \$99,999

National Bank of Canada – **11**
Scotiabank – **1**
Bénéfaction Foundation – **4**
BMO Bank of Montréal – **7**
Caisse de dépôt et placement du Québec – **10**
Caisse Desjardins du Complexe Desjardins – **18**
Cogeco Communications Inc. – **2**
Fiera Capital Corporation – **7**
Deloitte – **1**
Fédération des Caisses
Desjardins du Québec – **1**
Fondation Ariane Riou & Réal Plourde – **7**
Velan Foundation – **19**
Veromyka Foundation – **8**
KCMN Velan Foundation – **8**
KPMG – **3**
Desjardins Foundation – **6**
Les Sœurs Grises de Montréal – **18**
Sœurs Servantes du Saint-Cœur de Marie – **16**

McCarthy Tétrault LLP – **5**
Sœurs Franciscaines Missionnaires
de l'Immaculée-Conception – **18**
Suzanne Laberge – **1**

\$5,000 – \$24,999

Bell Let's Talk – **9**
Borden Ladner Gervais LLP – **3**
Centraide des régions centre-
ouest du Québec – **1**
Congrégation de Notre-Dame du Québec – **8**
Congrégation des sœurs des SaintsCœurs
de Jésus et de Marie – **17**
Davies Ward Phillips & Vineberg LLP – **4**
Desjardins Securities – **1**
Énergir, L.P. – **20**
Desjardins Trust – **2**
Jewish Community Foundation of Montréal – **3**
Elina and Giuseppe Borsellino Foundation – **1**
Anne-Marie and Mitch Garber
Family Foundation – **2**
Luc Maurice Foundation – **6**
Sibylla Hesse Foundation – **6**
Fonds de charité des employés
de la Ville de Montréal – **2**
Francine Pichette – **16**
Geo. A. Hall Inc. – **2**
TD Bank Group – **2**
Helen Cartier – **5**

Humance Inc. – **2**
Industrial Alliance Insurance and
Financial Services Inc. – **12**
Insta chèques – **1**
Isabel Pouliot – **7**
Ivanhoé Cambridge Inc. – **10**
Jacques Dufresne – **5**
Oblates franciscaines de Saint-Joseph – **14**
Luce Bertrand – **4**
LXRCO – **1**
Madeleine Chenette – **9**
Marc Trottier – **2**
Marius Cloutier – **16**
Oeuvre Marie-Anne Lavallée – **1**
Estate of Emmanuelle Simony – **1**
The Jonathan and Susan Wener
Family Foundation – **1**
Tom Velan – **1**
Unifor Social Justice Fund – **1**
United Way Centraide – **6**
WCPD Foundation – **2**

\$1,000 – \$4,999

Zurich Canada – **1**
John Wilkes – **13**
Hubert Villemare – **7**
Victor Canada – **1**
Céline Veillette – **6**
Monique Vallée – **1**

Marie-Josée Vaillancourt – 1
 Sheena Toso – 2
 John Charles Thode – 17
 TESLARP – 1
 TACT – 1
 Sun Life – 1
 Suzanne St-Marseille – 10
 Société de Développement Angus – 4
 Monique Simard – 3
 Sidcan Inc. – 1
 SDM/PHX Life Foundation – 4
 Sœurs des Saints Noms de Jésus
 et de Marie du Québec – 11
 Genevieve Roy – 1
 Rogers Communications Canada Inc. – 1
 Rioux HR Consultants Inc. – 1
 Ariane Riou – 2
 Claude Riopel – 1
 IDC Worldsource Insurance Network Inc. – 1
 Quattro Insurance Solutions Inc. – 1
 François Prenovost – 4
 Pomerleau – 1
 Bruno Perrone – 1
 Louise Penny – 5
 PayPal Giving Fund Canada – 5
 Jacqueline Paquette – 12
 Oeuvres Régis-Vernet – 11
 Northbridge Insurance – 1
 Lan Nguyen – 4
 Alain Néemeh – 7
 Eric Millaire-Morin – 1
 MedPlan Communications Inc. – 1
 Anne McLaughlin – 12
 Manon Massé – 7

Public contract 440 – 1
 Martine Maranda – 8
 Lumenpulse – 1
 Renée Lou-Lovell – 5
 Les Sœurs de Saint-François d'Assise – 13
 Les Évadés – 1
 Marie-Josée Legault – 17
 Rita-Éva Lapointe – 2
 François Lapierre – 11
 Guy Laliberté – 1
 Amal Khouri – 1
 Zeina Khalife – 2
 Gail Jarislowsky – 11
 Daniel Grenier – 7
 Lyne Goulet – 4
 Monique Gugeon Morisset – 16
 Michel Godin – 1
 Carl Gauvreau – 1
 Sheryl Gaudet – 10
 Josée Gascon – 2
 Galion Gestion et Développement
 Immobilier – 1
 Christian Gagnon – 2
 GAAPIGEST INC. – 3
 Fraternité des policiers et
 policières de Montréal – 16
 Marie-Hélène Fox – 9
 Fondation Yvon Boulanger – 14
 Fondation Lorraine and Jean Turmel – 5
 Fondation Linoit – 6
 Fondation Claudy Croteau – 2
 Barry F. Lorrenzetti Foundation – 1
 Anna and Louis Viglione Foundation – 3
 Jacqueline Lallemant Trust – 7

Fédération interprofessionnelle
 de la Santé du Québec – 16
 Fédération autonome de l'enseignement – 2
 Richard Fecteau – 1
 Equitable Life – 1
 Echelon Insurance – 1
 Marie-Josée Dufresne – 4
 Sonia Dufour – 1
 Les Productions du Vélocipède – 4
 Dr. Rosalie Meunier Inc. – 5
 Anonymous donation – 20
 Diffusion Dimedia Inc. – 3
 Antonio Di Schiavi – 1
 Desjardins Online Brokerage – 4
 Georgette Desjardins – 3
 Sophie DeCorwin – 5
 Guy De Sève – 5
 Philippe de Serres – 3
 Hadrian David – 3
 CSN Confédération des
 syndicats nationaux – 16
 Caroline Couture-Trudel – 5
 Congregation of Notre Dame – 10
 Clénche inc – 1
 Gerarda Capece – 6
 CAE – 3
 Eric Brunelle – 1
 Eric Yves Brion – 18
 James Brebner – 1
 Thérèse Bouthillette – 5
 Lucie Bouthillette – 3
 Suzanne Bourret – 7
 Bibiane Boulianne – 11
 Carole Boucher – 13

Guy Bouchard – 1
 Lise Bissonnette – 1
 Antoine Bisson McLernon – 1
 Linda Bilodeau – 3
 BFL Canada Inc. – 13
 Marjolaine Bell – 14
 Isabelle Bécotte – 1
 Michele Beaulac – 2
 Diane Beaudoin – 1
 CPA FRO – 1
 BDO Canada – 1
 BC2 Consulting Group Inc. – 2
 Johanne Babin – 6
 Aviva – 1
 Sylvie Audouin – 15
 Tewfik Atia – 1
 Sylvie Asselin – 10
 Arcelor Mittal Mines and
 Infrastructure Canada – 1
 Alice Capital – 1
 Alchimiste en herbe – 6
 Agropur – 1
 Aastha Shipping Inc. – 4
 8245118 Canada Inc. – 4 ALAIN DUMAS?
 Complexe Angrignon - S.E.C
 Immeubles Angrignon – 1

2022 GALA SPONSORS

Co-hosts:

Caisse Desjardins du Complexe Desjardins
 RBC Foundation

Cocktail:

WSP Canada Inc.

Photomathon:

Provencher_Roy

Menu:

Azrieli Foundation

Support:

Intervia
 Raymond Chabot Grant Thornton
 EarthRated
 Trisura Guarantee Insurance Company
 NAC Canada
 Port of Montréal

DONATIONS OF GOODS AND SERVICES

\$50,000 +

Moisson Montréal
 Rachelle Béry
 Sobeys Québec

\$1,000 TO \$49,999

Isabel Brodeur Agency
 Amazon
 Anne-Claire Vimal du Monteil
 Atelier Isabelle Leclerc
 Attitude Marketing

Avril Humaniti
 Bell Let's Talk
 Bottes Et Baskets
 Boutique Michel Signature
 Catoos Vegan Club
 CHSLD Manoir de l'Age
 Cook It
 Copie Rapide
 Cuisine Du Peuple
 Daly-Dallaire, Services de traduction
 David Topalian
 Deuxième Peau Enr
 Dulcedo
 Ergogrip
 France Délices Inc.
 Jalisa Gittens
 L'Oréal Canada
 Le Fromentier
 Lieberman Tranchemontagne Inc.
 Loto-Québec
 Marise Rondeau
 Mary Young
 Matt & Nat
 Mauve Mango
 Pharmacie Jean Coutu Palma Andreoni
 Pomerleau
 Productions Eric Courchesne
 Reitmans
 Service de police de la ville de Montréal
 Société de cosmétique
 Cosmetoscience du Québec
 Starbucks
 Wacoal America Inc.
 Westmount Florist Ltd

GENERAL *statistics*: 2022-2023

	2022-2023	2021-2022	2019-2020
NUMBER OF DIFFERENT WOMEN HELPED *	1,517	1,192	1,234
New faces	597	315	
SHELTER PROGRAM			
Total number of admissions	3,710	2,687	4,429
Total number of overnight stays	22,432	20,240	24,518
1. Transition – rooms and studios	11,680	11,680	11,680
2. Emergency beds	10,752	8,560	12,838
Occupancy rate			
1. Transition – rooms and studios	100%	100%	100%
2. Emergency beds	107%	N/A	150%
Number of requests refused for lack of space	9,118	6,992	9,905
DAY CENTRE PROGRAM (OLGA AND JACQUELINE HOUSES)			
Total number of daily visits	49,207	40,955	44,056
Total number of meals	107,395	68,978	88,104
DAY CENTRES (OLGA AND JACQUELINE HOUSES)			
Relational interventions – support/individual follow-up (number hours)	51,242	45,244	46,879
Specialized care (number hours)	4,311	3,636	3,432
Specialized care (number women)	455	224	
Festive inclusion activities (number hours)	268	200	298
Relational health get-togethers over coffee (number of hours)	54	43	101
Telephone/online interventions and care (number of women)	27	74	
Outreach clinic – Physical and mental health counsel and follow-up (number of women)	244	135	
Outreach clinic – Physical and mental health counsel and follow-up (number of hours)	540	436	
Ambulance transfers to emergency (number)	87	77	156
Community follow-up and accompaniment (number of hours), (*21–22 number accompaniments)	1,585	*243	
Community follow-up and accompaniment (number of women)	329	117	147
Housing integration services (number of women)	15	17	20
Financial security assistance and budget management (number of women)	67	72	98
Number of women kept in housing	312	357	73

GENERAL STATISTICS: 2022-2023

	2022-2023	2021-2022	2019-2020
*BREAKDOWN OF DIFFERENT WOMEN HELPED			
Transition – Olga rooms and Dahlia studios	68	71	73
Emergency beds – 87% open during COVID *	617	*422	638
Number of external women	739	598	450
Number of non-member women who received services (e.g., telephone/e-mail)	93	102	
TOTAL women helped	1,517	1,192	1,234
THE TEAM			
Women workers in all sectors (number)	114	105	108
Interns (number)	17	14	26
Interns (hours)	5,083	3,888	7,048
Volunteers (number)	175	58	101
Volunteers (hours)	5,868	5,000	4,455

YOU CAN HELP *your own way!*

Donations

Every donation to La rue des Femmes and its Foundation, regardless of the amount, provides direct and essential support for the organization's mission and its innovative relational health approach.

Monthly donations

This method of support is very cost-effective in terms of administrative costs and enables La rue des Femmes to better plan its actions in the short, medium and long terms.

Planned giving

Regardless of the donor's income level, a donation with tax benefits helps ensure the sustainability of La rue des Femmes' essential services

Fundraising

Every year, communities come together to organize fundraising activities with their families and friends and in their workplaces to collect money for La rue des Femmes.

Want to know more?

Please contact us: info@laruedesfemmes.org

In memoriam donations

With this type of donation, you honour the memory of a loved one while also helping to care for women experiencing homelessness.

Participating in events

Buying a ticket for a La rue des Femmes or Foundation event is also supporting its mission for women living in a state of homelessness.

Volunteering

Whether it's on our Board of Directors, one of our Foundation's committees, at the administrative level or in the services provided to participants, there is a volunteer position just for you, your group of friends or your corporate team.

Corporate partnerships

Our partners and major donors see La rue des Femmes as a solution to homelessness and choose to invest in this innovative social project.

Contact US

514-284-9665 | www.laruedesfemmes.org | info@laruedesfemmes.org
1050, rue Jeanne-Mance, Montréal (Québec) H2Z 1L7

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