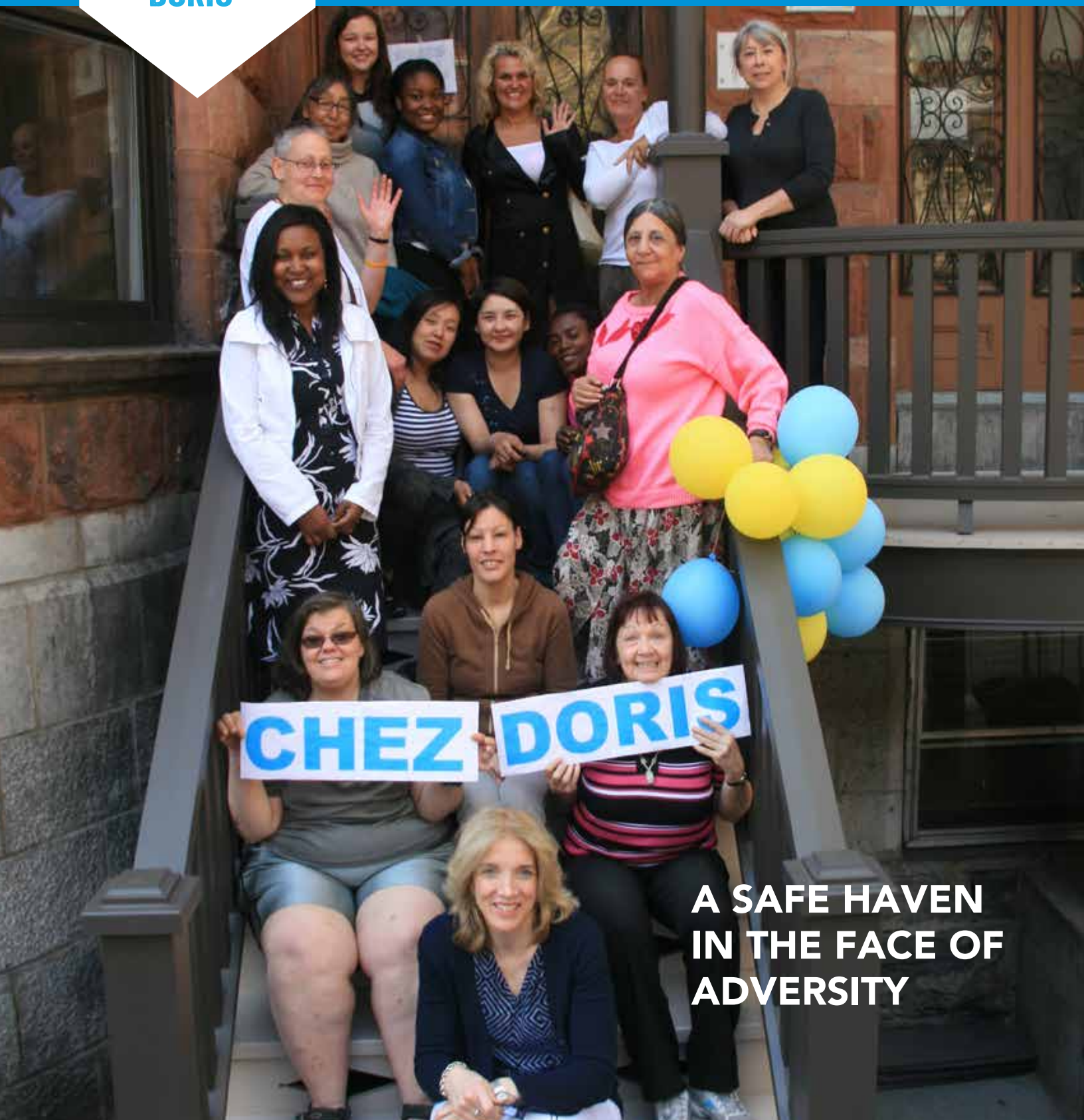




Courrier

Newsletter | Spring-Summer 2016



**A SAFE HAVEN
IN THE FACE OF
ADVERSITY**

BOARD OF DIRECTORS

Talar Dikijian, President
Sylvia Martin-Laforge,
Vice-President & Secretary
Carole Croteau, Treasurer
Janet Boisjoli
Caroline Croteau
Sylvie Girard
Pat Hardt
Jill Hugessen
Lyn Lalonde-Lazure
Mark Shalhoub
Sonia Tournay

OPENING HOURS 7 DAYS A WEEK

April 1 to October 31
8:30 am – 3:00 pm

November 1 to March 31
8:30 am – 4:00 pm

Chez Doris is a charitable organization offering a daytime shelter 7 days a week for all women in difficulty. The house provides meals, respite, clothing, socio-recreational activities as well as practical assistance in a secure and accepting environment.

Online donations are accepted. See the "MAKE A DONATION" tab on our web page. As well, Chez Doris accepts donations of publicly traded stocks, donations from third party events, and gifts from estate planning vehicles such as insurance policies. For more information, contact Marina Boulos, Executive Director, at 514-937-2341, ext. 225 or marina.boulos@chezdoris.ca

CHEZ DORIS

1430 Chomedey
Montreal, Quebec H3H 2A7
T: 514 937-2341
F: 514 937-2417
Email: info@chezdoris.ca

VISIT OUR WEB SITE AT
WWW.CHEZDORIS.CA



Registration number: 101835841RR0001

A CLIENT'S STORY ❤️

I always feel like I am on the Titanic, as I incessantly have this sinking feeling that a catastrophe is about to strike.

I was the youngest of 4 girls, with a family history of bi-polar disorder. I often felt neglected which intensified after my father died when I was 15. Nevertheless, I went to school where I met my future husband, and we became graphic artists. We subsequently became parents of three girls and lived in the suburbs. With each child, my bouts of depression worsened, and I became increasingly sad, anxious, and too fearful to leave the house. I was unable to take care of my family and my behaviour was intolerable. Even though my family is dear to my heart, I left my three daughters in the care of my husband and abandoned my suburban life. Determined to make it on my own, I moved to the city and worked as a graphic artist as well as an interior designer, but I could never hold down a job. I was burnt out and severely depressed, and despite all my efforts, could not find any support. By age 48 I became a welfare recipient.



Grappling with financial difficulties and continuous mental health problems, I discovered Chez Doris 10 years ago. I go there according to my moods or needs. I voluntarily have a caseworker who helped me clear my debts and keep me on budget. I see their psychiatrist and medical doctor, and take great pleasure in participating in Chez Doris' art projects.

I now live in a beautiful subsidized apartment for women of low income. My husband has never given up on me and I am in touch with two of my daughters. Thank you for supporting Chez Doris, which has been crucial to my rehabilitation. I am grateful to the good people on this earth who work and volunteer at Chez Doris; without them, I would not be celebrating my 65th birthday this year.

*Catherine**

*Name has been changed for privacy.

MESSAGE FROM THE PRESIDENT AND THE EXECUTIVE DIRECTOR ❤️

For many like Catherine, Chez Doris is a second home and for others, their only home. This is the reason we strive to provide uplifting experiences, restore and maintain women's dignity, and continue to meet their basic needs in a safe haven.

Please read on about the wonderful services we offer such as the recent activities held in celebration of International Women's Day. Volunteers and donors make all of our activities possible, and we hope to be able to count on your support.

We hope you will join us for a ribbon-cutting ceremony to inaugurate our new, front balcony prior to our Annual General Meeting on June 15th. In the meantime, a volunteer committee is hard at work organizing our 7th Annual Tea Time - which was rescheduled for September 25. We hope to see you at both of these events!

Talar Dikijian
President

Marina Boulos
Executive Director

PAST & CURRENT EVENTS ♥

INTERNATIONAL WOMEN'S DAY – MARCH 8TH



Chez Doris held a number of events in recognition of International Women's Day. A Cégep Marie-Victorin intern led an activity where participants had to guess the names of women from around the world who had made a difference in society. Lush products were distributed to all participants. A special lunch of butterfly shrimp was served, courtesy of the Ahmadiyya Muslim Youth Association and Humanity First. Redken organised a day of pampering, treating the women to wash, cut and style; our volunteer hairdresser, Carolyn Fe, helped out as well. Movie time - with a strong female lead - and popcorn, plus a delicious lunch was catered by the Tuck Shop. Chez Doris representatives were invited for a mini-shopping spree at an Ardene retail store to fill bags with clothing for our clothing room, and items to be used as gifts and prizes.

MITTEN PROJECT



In early 2015, our dedicated volunteer Tina Chamandy began an incredible activity that has become more successful than we could ever have anticipated. Together, clients and volunteers transform tired wool sweaters into beautiful warm winter mitts. Sold at two craft fairs and our very first open house, they raised close to \$4,000.

This money funds various activities throughout the year that would otherwise not be possible, such as bowling, and a trip to the Granby Zoo. This is an ongoing activity and we look forward to your continued support and old wool sweaters! Thanks!



CANDLE PROJECT

A wonderful partnership developed between Chez Doris and the Enactus Envision team from Concordia University. Enactus is an international non-profit that mobilizes university students to make a difference in their communities while developing the skills to become socially responsible business leaders. Students met with women at Chez Doris to create candles using recycled crayons, natural soy wax, essential oils, and recycled glass jars. The candles were sold, with the money given to the women in the form of gift cards. For the women, this activity had increased opportunities for socialization and creativity.

WHAT'S NEW AT CHEZ DORIS ♥

AA MEETINGS

Chez Doris and Alcohol Anonymous of Quebec are now hosting women's only meetings for clients and the general public. Meetings are on Sundays in English at 2 pm, and we are looking for a new AA member for the French meetings to resume on Saturdays at 2 pm.

FRENCH CLASSES

Chez Doris has teamed up with Frontier College to provide free French classes to the women. Merci to volunteers, Rose and Lynda, who teach the French class every Sunday at 10:00 am. They've taken a break for the summer.

WISDOM CIRCLE

Volunteer, Nicole Rolland, offers weekly workshops on life-skills to help the women explore topics such as self-care, managing energy and conflict resolution.



CHEZ DORIS

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info@chezdoris.ca
chezdoris.ca

Income tax receipts are provided
for donations over \$25.

Reg. number: 101835841RR0001

YES, I WANT TO HELP CHEZ DORIS PROVIDE FOR WOMEN IN DIFFICULTY!

* First Name: _____

* Last Name: _____

Company/group name: _____

* Address: _____

City: _____

Postal code: _____

Tel: _____

Email: _____

* Required information

Here is my single gift of:

☐ \$50 ☐ \$100 ☐ \$250 ☐ \$500 Other: \$ _____

Payment by: Cheque ☐ Visa ☐ MC ☐ AMEX ☐

Cardholder: _____

Card Number: _____

Expiry (mm/yy): _____ / _____

Signature: _____

I would like more information about:

- ☐ Including Chez Doris in my will
- ☐ Planned gift opportunities
- ☐ Donating stocks
- ☐ Making a major gift for a special project

WHAT WILL YOUR LEGACY BE? ♥

We all reach a stage in life when we think about what it all means. Why were we here? What was the purpose of this life? And what have we left behind?

Most of us want to be remembered for our best qualities. We want to be remembered for our generosity, our integrity and for giving back. We also want to be remembered for our loving relationships – with our family, friends and neighbours. Some of us also want to be remembered for extending our generosity to our community and this is why people choose to leave a gift in their will to Chez Doris.

Legacy gifts can make a big difference for Chez Doris. A single bequest can help ensure that Chez Doris remains open 7 days a week. It enables you to leave a personal legacy to ensure that Chez Doris will continue to provide essential services for some of the most vulnerable women in Montreal.



"Volunteering at Chez Doris, I've seen first-hand what incredible work goes on there every day. That's why I continue to support Chez Doris and intend to leave a gift in my will to sustain their important work." - Gisèle Molgat, Past President of the Board of Chez Doris

There are various ways to bequeath Chez Doris in your will. You can leave a percentage or residue of your estate, a specific cash donation, a paid-up life insurance policy, securities or property.

While all these types of gifts reduce the tax payable on your estate, more importantly they provide opportunities for people to leave a legacy in support of an organization that's important to them.

To request more information, complete the donor response form on the reverse side or contact Marina Boulos at 514 937-2341 ext. 225 or at marina.boulos@chezdoris.org

UPCOMING EVENTS

Notice of Annual General Meeting and Chez Doris Invite

In celebration and in appreciation of its donors, Chez Doris invites you to an inauguration of our new front porch and a ribbon-cutting ceremony on Wednesday, June 15, 2016 at 5 pm sharp. This will be followed by our AGM and a viewing of recent renovations. As well, client-made mittens will be available for sale.

The Annual General Meeting will begin at 5:30 pm where we will discuss our plans for 2016-2017. Refreshments will be served.

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

Chez Doris 7th Annual Tea Time Fundraiser

Guest of Honour:

Kathleen Weil, Minister of Immigration, Diversity, and Inclusiveness

Date & Time:

Sunday, September 25
from 2 pm - 5 pm

Location:

Crowley Arts Centre
5325 Crowley Avenue
Montreal, QC H4A 2C6
(near Vendôme Metro)

Tickets:

\$65 for 1 ticket
\$100 for 2 tickets
\$75 at the door

Includes valet parking

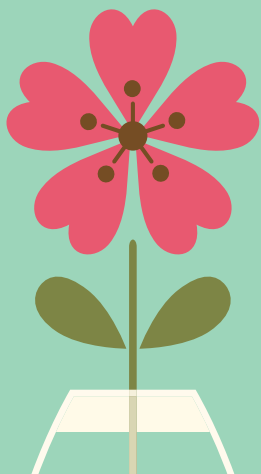


FOR MORE INFORMATION & SPONSORSHIP OPPORTUNITIES, PLEASE VISIT CHEZDORIS.CA



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RESPONSE FORM – CHEZ DORIS 7TH ANNUAL TEA TIME FUNDRAISER

First Name: _____

Last Name: _____

Company/group name: _____

Address: _____

City: _____

Postal code: _____

Tel: _____

Email: _____



I wish to purchase: _____ tickets (\$100 for each pair of tickets or \$65 for individual tickets). A portion of ticket price will be tax-deductible.

I wish to be a sponsor at the following level:

- ☐ Platinum (\$10,000) ☐ Gold (\$5,000)
☐ Silver (\$2,500) ☐ Bronze (\$1,000)

FOR MORE SPONSORSHIP INFORMATION: CHEZDORIS.CA

Payment by: Cheque ☐ Visa ☐ Master Card ☐ AMEX ☐

Cardholder: _____

Card Number: _____

Expiry (mm/yy): _____ / _____

Signature: _____