



2019

ANNUAL GENERAL REPORT



OVER **30** YEARS
of caring for
WOMEN AND CHILDREN
IN DIFFICULTY

Logifem has been providing essential accommodation and support to women and children experiencing homelessness in Montreal since 1988. We have a primary residence where each woman has her own room, meals are provided and intervention workers are available 24 hours a day. For those who need more time and support to get back on their feet, we also have transitional apartments in the community for women, both with and without children.

Most of the women who come to Logifem have experienced huge periods of isolation and part of the healing process is rediscovering connection and community. Logifem offers a caring environment. It gives residents a sense of home and belonging as they share meals together, participate in household chores and take part in activities run by our interns and volunteers.

This report will give you an overview of what Logifem has accomplished in 2019.



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Charitable Registration Number

838775906 RR0001



PRESIDENT'S REPORT

2019 has been an exciting year as many discussions have taken place regarding our future building project to house women and children in permanent homes. Volunteer Board members have been actively involved in meetings with staff, clients and city officials as this project moves forward at a steady, if not rapid pace! We are grateful to Sally Richmond for having considered this project with other members of the Sud-Ouest borough as a way to further support women on their life's journey and to provide additional quality services for families.

Other volunteers have contributed their time throughout this year as well. Amelia made a video for us to promote our "Country Night" fundraiser which was fun for all! Betina has been taking portraits of residents and Fanny, Naomi, Gurleen, Shelina and Myriam have been tutoring and babysitting.

Many willing hands have helped to pack boxes as residents left the supportive Logifem environment to live on their own. Donald, who has participated in several moves, has also helped the women settle in to their new apartments by going back to help them assemble furniture, get their first groceries and hang up paintings. We all know how stressful moving can be and it can be particularly so for a person who has been through life-changing circumstances.

Beside the individuals, there have been groups who have volunteered their time and energy to help in so many other ways. In all there were 93 individual volunteers in 2019 for a total of 2,549 volunteer hours including four groups who visited the residence to help out in very practical ways.

Thank you!



Ruth Bresnen
Board President

EXECUTIVE DIRECTOR'S REPORT

In our 2018 annual report I wrote that we had spent several months exploring the possibility of being a partner in a housing project in Saint Henri. This exciting development would allow us to accompany more women and children out of homelessness and towards residential stability. In 2019 discussions continued and we are now forging ahead with the project, hoping that the housing will be constructed by 2022.

The whole building project includes condominiums, a day care, office space, a grocery store and 100 units of social housing. We are now working with two other women's groups, La Maison des ReBelles and Libr'elles to develop the social housing units. Through this process we will be supported by Bâtir son quartier, whose role is to accompany community groups that are developing housing projects. The social housing component will be financed by Québec's Accès-Logis programme and we will also be looking for additional funds to be able to provide intervention services for the residents.



Sally Richmond
Executive Director

Until now all of Logifem's housing programmes have been transitional (up to one year in our residence and up to three years in our apartments) but for these new apartments we will allow women and their children to stay as long as they need to so that they have the stability and support they need to truly flourish. We are seeking to be as collaborative as possible in establishing the vision for the project. In March 2019, André Fortin, the Social Innovator in Residence at Armand Bombardier Foundation, facilitated an exploration with our residents about what their ideal social housing project would look like and we have had multiple discussions with staff and Board members.

In connection with this project, we also decided to revise our Mission and Vision statements. Board members and staff participated in reflection exercises to explore what elements should be captured in Logifem's mission and vision. Following this, a committee was formed that came up with the following statements to encompass the changes we hope to see through our work:

VISION

Women and children equipped and empowered to leave the cycle of homelessness and thrive.

MISSION

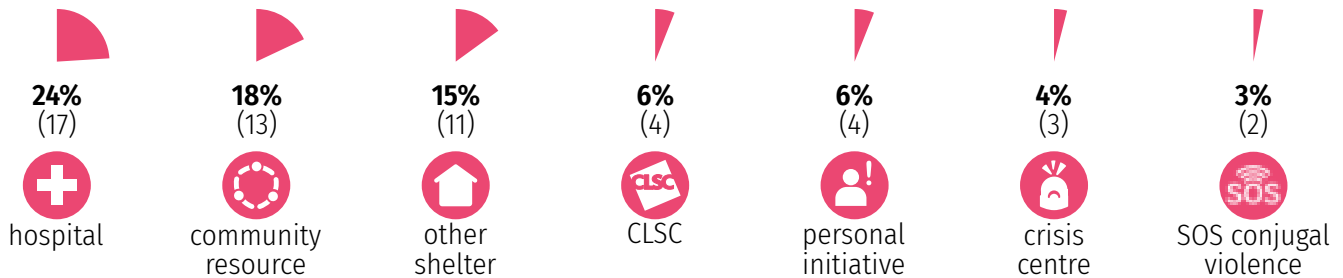
Logifem is committed to providing support and accommodation to vulnerable women and children where they can feel at home to heal and rebuild their lives.

These are very exciting times for Logifem and we are so grateful to our staff, volunteers, donors and partners who always help us to do so much more with the resources we have. Thanks to you, many women and children are able to recover from incredible trauma and find new hope.

OUR RESIDENTS

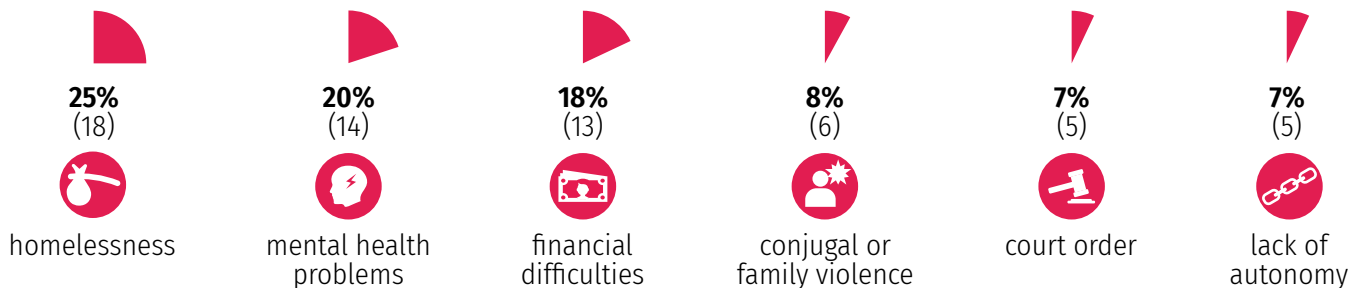
Residents and their children are referred to us by different organisations including other shelters, social services, community organisations and hospitals. Some women also self-refer, having found us on the internet or in a resource directory.

In 2019, most residents were referred to us by the following sources:



31% of our residents came to us directly from another shelter in 2019, 17% from their own apartment, 10% from the hospital, 8% from friends and family and 7% from a room in another community resource.

The most common difficulties that women were facing when they asked us for assistance were:



Many of the residents were experiencing multiple difficulties at the same time, for example, financial difficulties as well as mental health problems. These figures only show what the resident considered as being the primary reason she needed Logifem's services.

For the women with children the most common reason for coming to Logifem was a court order from Youth Protection.

In our shelter we have 14 bedrooms for women without children and 6 bedrooms for women with children. In 2019, 55 of our residents were women without children and 16 were women with children.

Following their stay at Logifem, 50% of our residents found housing in an apartment, 19% went on to stay with family or friends, 9% went to an addiction therapy centre, 7% went to another shelter, 5% were hospitalized, 2% went to a room in a community resource and five people didn't tell us where they were going.

PROFILE OF OUR RESIDENTS

Logifem's primary residence is for women aged 18-65 and for children aged 0-12. Occasionally we accept older children and adults when alternative services cannot be found for the individual or family. In 2019, the ages of our residents were distributed as follows:



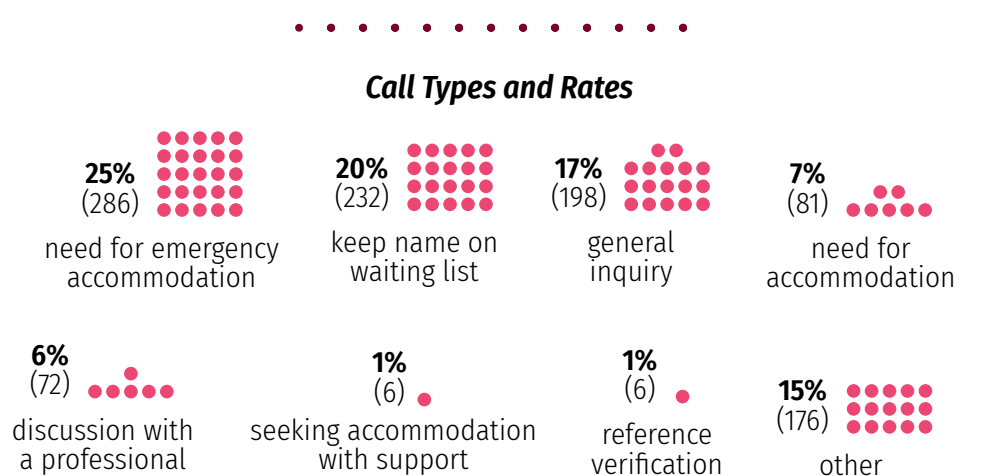
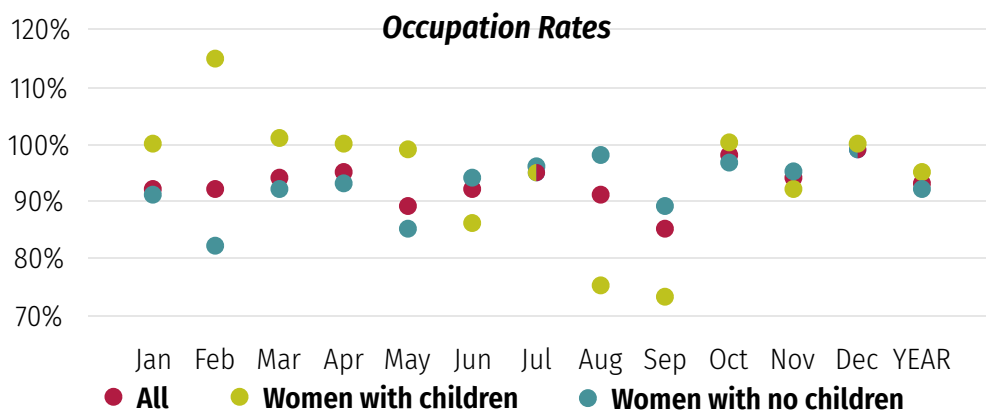
Of the 23 children that came to the shelter, 14 were with us full time and nine part time. The average age of the children was six. Two mothers came to the shelter with three children and four mothers came to the shelter with two children. All the other mothers (nine in total) came with just one child.

The calculation of occupation rates is based on a formula: the number of bedrooms (20) is multiplied by the number of days in the year during which the shelter is open (365). Afterwards a percentage is calculated based on the number of nights during which a bedroom was occupied by a woman with or without children. The occupancy rate for 2019 was 93%. For the 14 rooms reserved for women without children, the occupancy rate was 92% whereas for the rooms reserved for women with children the occupancy rate was 95%. Throughout the year we always had a waiting list for our service, so when the occupancy rate is below 100%, this is because of the delay between a resident leaving and the next resident arriving, not because of a lack of demand for the services.

The average stay at Logifem for all women was 139 days or 20 weeks. For women without children the average stay was 121 days or 17 weeks. Women with children tended to stay longer for an average of 214 days or 31 weeks.

As well as the women that come to Logifem to stay at the shelter we are also able to give helpful information to women who call us, even when we do not have a place for them.

In 2019, we logged 1,136 calls from individuals looking for the following kinds of assistance:



OUR SHELTER

SERVICES FOR ALL RESIDENTS

At our primary residence, Logifem offers the following services to women in difficulty, with or without children:

- An Intervention Team, 7 days a week, 24 hours a day
- A furnished bedroom with bedding and towels
- Three meals a day, along with three coffee breaks
- Access to a washing machine, a dryer, a computer with internet, WiFi, a television and a telephone
- The possibility to participate in various activities

At Logifem, each resident benefits from an individual follow-up with an Intervention Worker. The follow up consists of:

- One meeting each week between the resident and their Intervention Worker
- An intervention plan constructed around the objectives of the resident
- Daily support and assistance
- Help understanding the resources available to the resident in the community

SERVICES FOR MOTHERS WITH CHILDREN

Logifem has two specialised Intervention Workers that are assigned to work with the mothers who stay at our residence or in one of our transitional apartments with their children. The role of the Mother/Child Intervention Workers is to ensure the basic needs of the children at Logifem are adequately met (nutrition, sleep, hygiene, attachment, nutrition and activities with the child), as well as to provide support to the mothers. The worker meets with the mother once or twice a week and gives her tools to help with the child's routine and development.

POST SHELTER SERVICES

To ensure a continuum of care, Logifem started offering a post shelter service in 2014. The model was revised in 2018 so that we can provide more support when the resident needs it most. This service is reserved for residents who are more vulnerable, in particular those with mental health problems, and for those who are not supported by a network of professionals. The resident is responsible for contacting the Intervention Worker as needed while the role of the Intervention Worker is twofold:

- To accompany the resident through this critical period of transition ensuring that the resident is attending appointments with her psychiatrist and other professionals that follow her and that she is maintaining her activities and lifestyle.
- To ensure the resident is establishing new relationships with professionals and resources in her new community so that when the post-shelter services end the resident will have a support network in place.

In 2019, 10 residents were followed in the post shelter services. There were 38 telephone meetings 5 visits to apartments or accompaniments in the community and 17 meetings with former residents at Logifem. In total Intervention Workers spent 61.5 hours offering post shelter services.





APARTMENTS

Since 2000 Logifem has had a project in partnership with OMHM (Office Municipal d'Habitation de Montréal) called, « Transitional apartments with community support ». OMHM manages the building, whilst Logifem ensures that the residents receive adequate support from our Intervention Team. There are seven apartments available for our residents in this social reinsertion project. Each woman pays a subsidized rent, representing 25% of her income.

The residents can stay in their apartments for up to three years, during which time they can work on their personal goals and can prepare themselves for the next stage of their lives. Each resident is assigned an Intervention Worker who meets with the resident at least once a month. Potlucks and other activities are organised.

WOMEN WITH CHILDREN

In 2014, thanks to funding from Québec's Accès-Logis programme, we were able to acquire and renovate a six unit apartment building with four two-bedroom apartments and two three-bedroom apartments. To ensure this project did not create any extra risk for Logifem, a new organisation, Logifamille, was created to own and manage the building. Four of Logifem's board members are also Logifamille board members. The residents pay rent that is equivalent to 25% of their income and are followed by an Intervention Worker. Each resident must have a social reinsertion project such as going back to school or planning a return to the workforce.

The transitional apartments give the mothers greater independence as they have their own living space. Each mother is assigned an Intervention Worker who meets with her at least once a month for support. Activities are planned every two months to encourage a community atmosphere, break isolation and create a supportive network among the tenants. The families are invited to participate in Logifem activities and can call Intervention Workers at the primary residence any time they need assistance. They also have access to our small food assistance programme.

In 2019, 19 women and 17 children benefitted from our transitional apartments programme. The six residents that left the apartments all went on to permanent subsidized housing, three to cooperatives, two to HLMs and one to a not for profit social housing project.

ACTIVITIES

Our interns, Intervention Workers and generous volunteers animate different activities throughout the year. These activities aim to:

- Increase our residents' self-confidence
- Help residents to develop new skills
- Allow Intervention Workers to connect with residents in a less formal way
- Break down boredom and isolation
- Help residents establish and maintain a routine

This year, many creative workshops such as painting, jewelry making and arts and crafts were organized along with activities with a relaxation and self-care theme such as karaoké and girls' night. We held our annual Sugar Shack outing and a wonderful visit to the Ecomuseum (thanks to Fednav who provided transport and paid entry fees).

During the Christmas season, Logifem works hard to bring the magic of the holidays to the residents. This year once again, the residents attended the Nutcracker ballet (thanks to Ballet Ouest de Montréal), a community supper at Baton Rouge (thanks to Maison Lucien L'Allier) and participated in our very dynamic Christmas party with Mother Christmas (Senator Miville-Dechêne), which included a traditional gift-giving, carol singing and a delicious buffet.

We also offered activities especially tailored to mothers and children such as a cooking class for the children and a photo session for mothers and their children that provided a beautiful bonding moment and sense of pride for the mothers.

All these activities are an integral part of the social and emotional recovery of our residents.

Annex I has the full list of activities that took place in 2019. Here are some of the highlights:





DAILY LIFE AT LOGIFEM

COMMUNITY LIVING

At Logifem each woman receives support in a community living environment. This means that as well as receiving support from the Intervention Team, the residents participate in the life of the house. The residents have to carry out certain chores such as helping prepare snacks, washing dishes and cleaning the bathrooms. This is a way to give the women a certain level of responsibility and also to reinforce the sense of community and belonging. Certain rules are also put in place to provide direction and respect.

To help residents with their practical needs, Logifem has a small Boutique filled with various donations that we have received. The residents can go there once a week and are allowed to take a limited number of articles, such as clothing and toiletries, at no charge.

RESIDENTS' MEETING

A residents' meeting takes place once a month and is usually facilitated by the Social Services Supervisor. The meeting is an opportunity to communicate any changes in the house and to reinforce certain rules. More importantly, it is a time when the residents can talk about things they find positive or negative in the life of the community.

For the residents in apartments a monthly pot luck supper is organised. This is a good opportunity for residents to talk about how things are going at the apartments and to ensure everyone is respecting their communal responsibilities such as keeping shared areas clean and taking out garbage and recycling.

WORD FROM A RESIDENT

"I begin by saying the word abuse comes in many different forms. We all have a story when we pass through the doors of Logifem. Shocked, confused, scared and alone was my state when I first stepped in and the beginning of my long journey. Losing everything material I worked hard for was hard enough but losing myself was indescribable. As a resident at Logifem, I became more self-aware and the safety I felt enabled me to go forward to a place that now many years later I can be proud of. With the help of amazing Intervention Workers, I walked out of Logifem being strong, confident, safe, assured and Lynda. Why? I worked very hard to find my path without abuse. I am now finishing nursing school, I have my own home and like who and what I've become. But to get there, I had to learn, listen and do what my Intervention Workers told me, set a goal and boundaries to achieve and believe in myself, step by step to go forward. The shelter, the employees, volunteers, donors and spiritual guidance all played an important role for me to attain those goals.

I the broken one, can now say I am the healed one and all of you who played a little part in my healing has made me who I am today.

I thank you all".

Linda, ex-resident in 2014-2015

OCCUPATIONAL THERAPY

Thanks to a grant from the Altru Foundation in 2019 Logifem was able to hire an Occupational Therapist (OT), one day a week. Having an Occupational Therapist in house has been impactful for the team, the residents and their children, allowing fast access to a professional follow up. Residents were able to develop a rapport with the OT before receiving services, which greatly helped them overcome the fear of asking for help. They were also able to understand the role of an Occupational Therapist and how she can help.

In a nutshell, the benefits were:

For the Intervention Workers:

- It has helped evaluate residents' needs and identify strategies for working with them.

For the residents:

- It has helped in emotional management as they have developed skills to work through their anxiety, stress and difficulties in communication and interpersonal relationships.
- It has also helped in cognitive rehabilitation by giving them the tools to optimize their daily routine and to improve their concentration and memory.

For the children:

- It has provided a safe context for the children to work through their emotional regulation and sensorial difficulties.
- It has allowed for timely screening of developmental issues to enhance functional behavior.
- It has also provided schools with information for follow up with children who would have otherwise had to wait for months on a waiting list to get the same service.

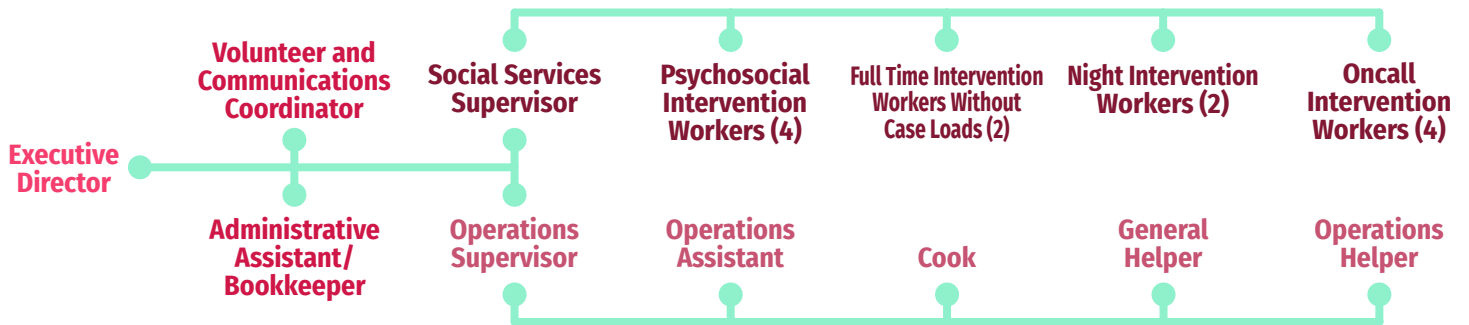
For one resident in particular the OT services was transformative. The resident had severely uncontrolled diabetes which affected her ability to function in everyday life. She had also recently been in a car accident and never got rehabilitation help. The effects of all this combined included a severe difficulty concentrating and keeping information in mind during tasks, an inability to perform her hygiene tasks, an inability to organize her schedule effectively, difficulty managing her household and finances, and difficulty controlling her mental health symptoms. With the help of the Occupational Therapist, she gained an understanding of her diabetic and mental health symptoms, while integrating condition management skills into her everyday life. She also learned pain management skills and started musculoskeletal rehabilitation to maintain her commitment (for example, making appointments and doing her exercises). While being followed, she transitioned to a subsidized apartment. She is starting to make her own budget and grocery shop for the first time.

Thanks to the OT service, our residents are gaining more control over their everyday activities and developing better techniques to manage their various emotional and physical conditions. In the process, they are starting to regain self-worth allowing them to engage in tasks and activities that normally would cause overwhelming, debilitating, emotional reactions. In 2019, 14 of our residents were followed individually by the OT.



HUMAN RESOURCES

ORGANOGRAM



We are very proud to have a dynamic staff who work hard to ensure that each resident is treated with respect and dignity. More than 20 people work at Logifem with skills in intervention work, administration, cooking and maintenance. We are a multicultural team coming from many countries.

In 2018 we created the temporary position of Operations Assistant to add extra capacity in the Operations Team while the Supervisor worked fewer hours due to an injury. This position was continued in 2019.

We have excellent staff retention rates at Logifem. With the exception of on-call staff where there is regular turnover due to the unstable nature of the position, the average number of years of service is currently nine and our most senior staff member has been with us for 25 years.



INTERNS

In 2019 Logifem created a wonderful learning environment for 17 university and college interns in the fields of Occupational Therapy, Social Work, Nursing and Dietetics. A new academic partner was brought on, University of Montreal, in the Occupational Therapy department. Thanks to the support of Logifem staff, the students were well supervised and were able to develop their professional skills and build working relationships with the residents.

OCCUPATIONAL THERAPY

Four students from McGill University and two from University of Montreal provided:

- A reference guide for Occupational Therapy consultation
- A guide to help residents prepare their move
- A review of the training process for the household chores

Thanks to their full time presence, the interns became the first line of service and relayed the important information to our permanent Occupational Therapist.

NURSING

Five students from McGill developed and facilitated a workshop to learn to manage stress and anxiety.

SOCIAL WORK

Two students from McGill University and three Dawson College students met with the residents on an individual basis and supported them as they worked towards their personal objectives.

DIETETICS

One student from McGill University designed the menu and prepared the food for Logifem's Christmas party and animated a mason-jar recipe workshop.



PROFESSIONAL DEVELOPMENT AT LOGIFEM

Because teamwork is so important, different team meetings regularly take place.



At Logifem all of our employees are encouraged to participate in training programmes to equip them to serve our residents better. Some of these programmes and workshops are given by professionals from different organisations and others in collaboration with various community resources. Our leadership team members also coach and train other employees.

Logifem's Executive Director was part of the 2018-2019 Cohort of the PHILAGORA programme. This is a series of tailor-made workshops that are dedicated to developing organizational capabilities and innovation, designed and partially funded by the Armand J. Bombardier Foundation.

In 2019 Logifem provided staff with 352 hours of formal training.

Date	Provider	Theme	Number of employees
27 Feb	Centre Saint Pierre	Communication for collaboration	2
27 Mar	ACSM: Association canadienne pour la santé mentale	Mental health at work	1
3 Apr	ACSM: Association canadienne pour la santé mentale	Mental health at work	1
2 & 8 Apr	CIUSS Sud Ouest	Child development	1
8 May & 4 Dec	Multimundo	Intercultural communication	14
May & Sept	ACSM: Association canadienne pour la santé mentale	Intercultural relations and mental health	3
22 May	ACSM: Association canadienne pour la santé mentale		1
22 & 29 May	Alpha Assistas	Reacting safely at work	10
Sept	Santinel	First aid in the work place	4
11 Nov	CAPSSOM	Anxiety from childhood to adulthood	1

VOLUNTEERING

Volunteers make an invaluable contribution to Logifem. In 2019, volunteers were involved in the following ways:

- Helping in the kitchen and serving meals
- Organizing activities for residents
- Income tax clinic
- Helping residents move and pack boxes
- Collecting and sorting donations
- Organizing fundraising events, promoting them and helping to host them
- Cleaning, maintenance and repairs
- Editing and translation
- Accompaniment, babysitting and tutoring



Our volunteers are primarily recruited through our website, www.logifem.org, through Arrondissement.com and via the Volunteer Bureau of Montreal. In 2019 we welcomed groups of volunteers from Sacred Heart High School, RGA, Como Diffusion, Lower Canada College and Renaissance Church.

To ensure the safety and wellbeing of our residents, an interview and police checks are carried out for every volunteer. All volunteers also receive orientation and training. This year, 32 new volunteers, including two men, joined the team, taking on regular shifts.

Each volunteer, regardless of the task he or she carries out, is an incredible help to Logifem. Thanks to the commitment, generosity and kindness of our volunteers, Logifem is able to offer a more complete service to its residents.

Logifem has a good volunteer retention rate with one volunteer who has been coming twice a week since 2012, four volunteers that have been involved since 2017 and 13 volunteers who have been actively involved for over a year.

From 2018-2019 there was a 74% increase in volunteer hours. The main reasons for this increase were the Intercultural Twinning Project, the new moving service and more volunteers are coming to help our cook in the day.



VOLUNTEERING (CONTINUED)

Many of our volunteers demonstrated a deeper level of commitment in 2019. Here are a few examples worth noting:

- A professional video was produced by a volunteer to promote the Country Night fundraiser.
- A weekly babysitting shift allowing a resident to attend a support group meeting. This was particularly generous as the volunteer had a toddler of her own, who she left home with her husband while she cared for another child.
- A volunteer took on two mandates, she joined the intercultural group and lead several photo sessions for the residents and their children.
- A sewing project that involved making 25 comforters for the residents as well as 33 neck warmers for Christmas presents and a dozen aprons for our kitchen.
- An outing to the Ecomuseum organised by one of our volunteers and paid by his employer Fednav. The same volunteer organised a benefit concert and raised over \$4,000.

28 volunteers
288 hours



administration

49 volunteers
1487 hours



kitchen

15 volunteers
353 hours



operation and
maintenance

28 volunteers
411 hours



support and activities
with residents

93 volunteers
2549 hours



total



NEW MOVING SERVICE

After years of watching the residents move in and out of our shelter and seeing the emotional and financial strain of this transition, Logifem created a moving service to ease the stress. Thanks to a benefit concert organised by one of our volunteers, Donald Pinkerton, a workplace campaign at the McGill College RBC Dominion Securities office and funding from the RBC Foundation, Logifem was able to secure sufficient funds and partner with a transportation company. Barkley Transport Inc. was the perfect fit, a company whose social mission is to hire individuals from marginalized groups and give them on the job skill training.

Because many of our residents arrive at Logifem with just a suitcase, our moving service also includes giving the residents donated furniture and household appliances that we receive from community members to pass on.

Volunteers are an integral part of the process, providing assistance in many ways:

- Helping residents pack boxes
- Babysitting
- Accompaniment and transportation the day of the move
- Disassembling and reassembling furniture
- Picking up donated furniture

Since March 2019, Logifem has made moving affordable by subsidizing and coordinating 18 moves.



INTERCULTURAL TWINNING PROGRAMME

SERVICES ADAPTED FOR IMMIGRANT WOMEN

In 2018 Logifem received a grant of \$77,300 from the Secrétariat de la Condition féminine du Québec, spread over two years to develop services to better meet the needs of immigrant women.

Knowing that one of the biggest challenges faced by immigrant women is social isolation, we created the Intercultural Twinning Programme in 2018. In 2019 we continued to run this programme and were able to extend it thanks to additional funds from the Ville de Montréal. The project was designed to bring together immigrant women from Logifem (both current and former residents) with Quebecois volunteers through group activities with the ultimate goal of pairing them off in “twins”.

The program was tweaked during the year as we included residents at l'Abri d'espoir, the Salvation Army's women's shelter, since the organization has a similar mission and services to Logifem. We also allowed Logifem's non-immigrant residents to participate to increase opportunities for cultural exchange.

We are proud to report that forty-five women were involved, participating in eight programmed activities. These included: a BBQ with storytelling, two painting evenings at the studio of Montreal's one of a kind painter Natasha Turovsky, a henna and face paint evening, a board game night, a movie night, gingerbread house decorating, and a classical music concert, tickets to which were donated by painter Natasha Turovsky. These activities allowed participants to connect and share their stories and interests regardless of language, class and cultural barriers.

The residents enjoyed meeting one another and creating bonds with our volunteers who were very enthusiastic and committed to the experience from the onset. The project was successful in creating three sets of twins who will continue their friendship independently from the project now that the funding has ended.

Our participants and volunteers have come from far and wide with women from Tunisia, Dominican Republic, India, Cameroon, Syria, Turkey, Thailand, Jamaica, Mexico and Belarus. The local participants were excited to learn about new cultures, new foods and practice other languages.

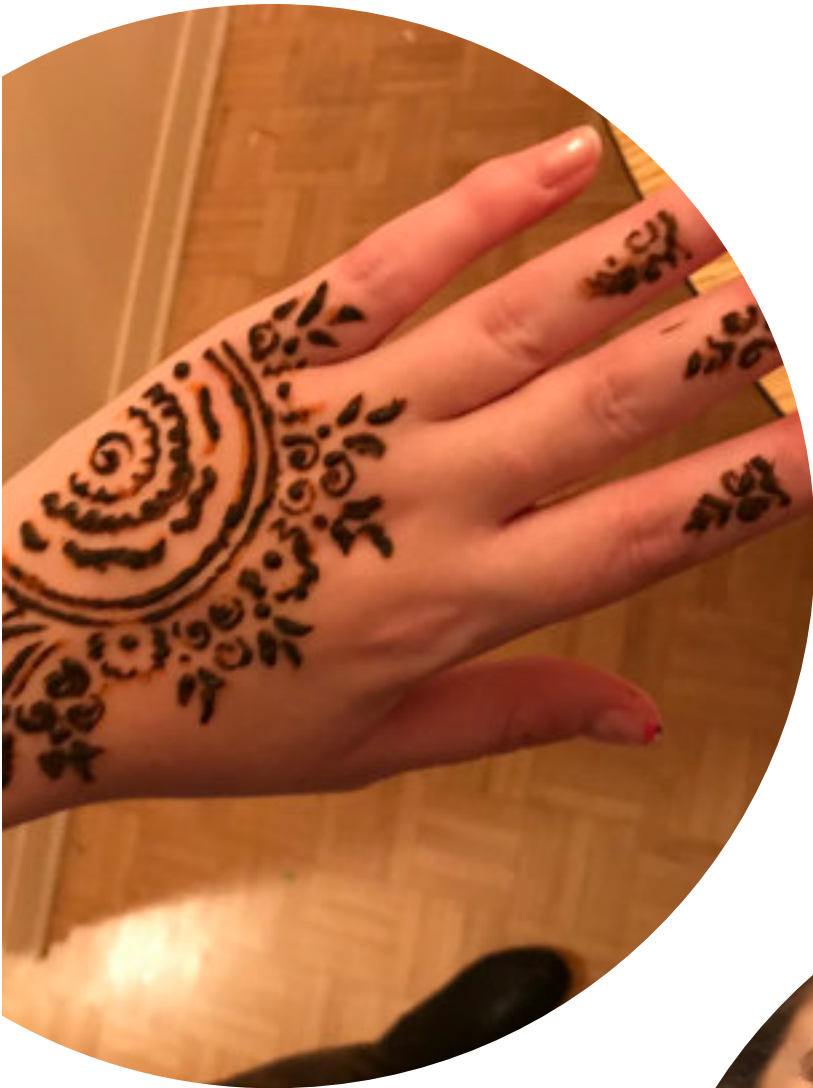
The feedback we received was encouraging. Volunteers said they became more aware of the realities of immigration. All participants were grateful for the dedication of the volunteers and our immigrant participants felt a little more at home here in Quebec.

It was a beautiful and enriching experience for all.

As well as the Intercultural Twinning project we improved our services to immigrant women through:

- Offering training to staff on intercultural communication and mental health and immigration
- Translating our core documents for residents into the languages most commonly spoken by immigrant women
- Adding a multilingual page to our website with information about our services in 10 different languages

Veronika Cherniak, Project Coordinator



LOGIFEM IN THE LARGER CONTEXT

THE LOCAL COMMUNITY

Logifem is part of a dynamic community in South West Montreal that has many services for its citizens. In particular, we are members of the following round tables and committees:

- Coalition de la Petite Bourgogne
 - Urban Planning and Neighbourhood Life committee
- Table de santé mentale et dépendance du Sud-Ouest-Verdun,
- Table de concertation des services à la petite enfance et à la famille de St-Henri et Petite Bourgogne

Logifem teamed up with Eco-quartier Sud-Ouest in a gardening initiative in setting up a vegetable garden with the residents.

MONTREAL

We are also a member of la Table des Groupes de Femmes de Montréal (where our Executive Director has been serving as a member of the Coordination Committee), RAPSIM (Réseau des personnes seules et itinérantes de Montréal) and the Table de concertation en violence conjugale de Montréal. Participating in these networks helps to ensure we are aware of how our services fit into the broader picture and of developments in issues that impact our residents.

Logifem has been involved in bringing awareness to students in Montreal's academic institutions regarding issues relating to homeless women and those at risk of homelessness. Here are a few examples:

- Logifem participated in The Youth Philanthropy Initiative (YPI) which gets students involved in understanding local social issues and the impact of the services provided by community organizations.
- Logifem welcomed volunteers from Sacred Heart High School on their Community Service Day, an annual event in which the entire student body and staff volunteer at local community organizations giving everyone a hands on experience for an afternoon.
- Logifem welcomed a student from Collégial International Sainte-Anne to produce a documentary on one of our residents with the course objective being to discover a daily life different from hers.
- Students in Urban Planning and Landscape Architecture from University of Montreal studied the economic impact of a new social housing project we are exploring.
- A lecture was given to high school students at Villa Saint Marceline, Collège Jean-Eudes, Lower Canada College and Miss Edgar's and Miss Cramps school.
- An annual lecture is given to McGill's School of Nursing students.
- The Executive Director is a member of Concordia University's Community Service Initiative (CSI). The Table includes academics, students and other leaders from the non-profit sector. Its objective is to provide networking, mutual learning and sharing of resources between academic circles and the community.

Our academic involvement went as far as Ontario with students from the Fundraising Management Graduate Program at Humber College, who put together a direct mail campaign for Logifem.

LOGIFEM IN THE LARGER CONTEXT (CONTINUED)

THE PUBLIC

We have an active Facebook page ([Facebook.com/Logifem](https://www.facebook.com/Logifem)) where as well as posting about our own work we post articles and information related to issues such as homelessness, conjugal violence and mental health. We also have a website (www.logifem.org) which explains our services to potential service users, to professionals looking to refer clients and to those that would like to get involved with our organisation.



FINANCES

Logifem receives its largest grant from the Programme du Soutien aux Organismes Communautaire (PSOC) administered by the Ministry of Health and Social Services. This amount represents approximately 75% of Logifem's annual operating budget.

We also rely upon the generosity of hundreds of individual donors who send us cheques each year as well as foundations, corporations and churches who want to support us in our mission. We send a newsletter to these donors twice a year so that they can see the impact of their gifts and we also send regular email newsletters.

Residents at Logifem's shelter pay a monthly contribution for the services they receive. It is important that they pay this amount as it helps give a sense of value to the services they receive at Logifem and ensures they are budgeting realistically. Monthly contributions from residents represents 7-8% of Logifem's annual revenues.

A portion of our revenue comes from several fundraising activities outlined on pages 28-29.

Certified accountants BCGO undertake an audit of our finances in the month of February each year. Logifem's financial statements are available to anyone who asks for them by written request.



GIFT IN KIND

GIFTS OF FOOD

The biggest food bank in Canada, Moisson Montreal provides us with a considerable quantity of food donations. In 2019 we received **15,702 kilos of food and 13 Christmas baskets**, worth approximately **\$90,260**. For the most part we use this food to prepare meals at our shelter where every day we offer breakfast, lunch, supper and three coffee breaks to all of our residents as well as to staff, interns and volunteers on duty. We also have a small food assistance programme for former residents and residents of our apartments. In 2019, 506 bags of food were distributed to 29 individuals.

As well as our donations from Moisson Montreal, this year we received donations of frozen food from Cool & Simple, fruits from Edible Arrangements and some donations of non-perishable food from community groups and individuals.

OTHER GIFTS

Throughout the year, Logifem receives a variety of used household articles, furniture and clothing and toiletries. In our Boutique the clothing is given at no charge to women and their children who are living in the shelter. Former residents and staff can also buy articles at very low prices from the Boutique. All the revenues are used to finance activities with the residents. When women leave the shelter, they receive household articles to help them set up their new apartments. This year we were especially encouraged by a big donation from RBC employees which included linen, coffee makers, pots and pans and microwaves.

We always receive a large quantity of toys and gifts at Christmas time, which we give out at our Christmas Party and on Christmas Day to residents and their children. Special thanks to the Toy Tea, Carolyn Bouchard's Toy Drive, Temple Emanu-El-Beth Sholom, The Shoebox Project, the Wool and Friendship group, Como Diffusion, Air Transat, Spector and Co., Le Marché du Store, Options High School and Purses of Hope for donating gifts for the holidays.



FUNDRAISER

GUIDED PAINTING

After last year's success, Logifem decided to repeat "Create for a Cause", a fundraising event that took the form of a guided painting workshop. An artist showed participants how to create their own work of art, step by step. Although everyone was given the same image to paint, each person's painting showed their unique interpretation.



BAKE SALE

We continued to promote the bake sale campaign in 2019. Marianopolis, Fred David and Le Marché du Store each hosted a bake sale and donated the proceeds to Logifem.

FUNDRAISER (CONTINUED)

BENEFIT CONCERT : LE CHOEUR À LA DANSE

Choeur Equi Vox Montreal and Polumnia are choirs whose mission is to make music accessible to all. Logifem was given tickets to sell to their concert Le Choeur à la danse. All funds generated from this ticket sale were donated to Logifem.

GROCERY BAGGING AT SUPER C

As part of the curriculum, a student from École Internationale organised a grocery-bagging activity at Super C. She chose to fundraise for Logifem because she wanted to create awareness regarding the risks of women and homelessness. Among the volunteers that helped bag were a couple of high school students who showed courage and perseverance, as it was their first volunteer experience dealing with the public. One of our resident's teenage daughters also joined the initiative.



COUNTRY NIGHT

Logifem hosted a Country Night at the Wheel Club, a bar that has been hosting Hillbilly night since 1965. A Country line dancer was on site teaching everyone the steps to live music. The musicians that came together for the event, bonded and became a permanent band in the process. With the Wheel Club having many loyal patrons from multiple generations, the event attracted many new donors. Over 120 people attended the event including residents, interns and employees and all discovered the love for Country music!

BENEFIT CONCERT : FEMMES POUR LOGIFEM

A volunteer organised Femmes pour Logifem Vol I, a benefit concert that included three women fronted bands. Each had her original style of music: soul, country and rock. All expenses were paid by Fednav, (the volunteer's employer) so that every dollar raised was donated to Logifem. A second volume is in the works for 2020.

RENOVATIONS AND MAINTENANCE

Taking care of our buildings and vehicles keeps us busy!

Major purchases, repairs and renovations in 2019 included:

- Vehicle repair
- The old oven was finally replaced with an industrial electric oven
- A new gazebo was purchased for the backyard
- A new built in cupboard and counter with sink and mini fridge has been added in the dining area to reduce the number of people in the kitchen and better organize the space
- The walls in the hallway and bedroom doors in the shelter were painted
- Twenty new mattresses and mattress covers were purchased thanks to a donation from the Nellie Foundation
- New dressers for the rooms in the shelter were purchased thanks to a donation from the First Italian Spiritual Temple of Canada
- The caulking of all the windows was redone in the main residence and the bricks were repointed
- Our high speed internet provider was changed to give staff members better access to our IT network

We're always grateful for the groups of volunteers that come in to help us with regular maintenance such as cleaning windows and helping us maintain our backyard.



GOVERNANCE AT LOGIFEM

Logifem is governed by a dynamic team of volunteer directors who meet several times a year. The directors are the only members of the organisation. In 2019 meetings took place on the following dates:

January 24th March 21st
 regular meeting & AGM June 13th September 19th November 21st

In addition there was a full day retreat on June 6th during which Board members explored Logifem's mission and vision for the future.

All of our Board members have professional or volunteer experience in areas that are useful for Logifem. These include: business, real estate, education, organisational development and human resources, project planning, social services, finance and community organisations.

We welcomed two new members to the Board in 2019: Katia Lagogiannis and Nancy Ingram.

Our Board members at the end of 2019 were:

Ruth Bresnen
President

Beatriz Hoffmann-Kuhnt
Vice President

Hugh Campbell
Treasurer

Joyce Laduke
Secretary

Katia Lagogiannis
Administrator

Nancy Ingram
Administrator

In the course of 2019, Paul Cornett stepped down from the Board. We are extremely grateful for his contribution to Logifem.



LOOKING FORWARDS

At Logifem we are excited to be part of a dynamic sector that is seeking to increase residential stability for individuals and families across Canada. As mentioned in the Executive Director's report, our next big project at Logifem will be to offer permanent housing to vulnerable women and families. Although we believe that our transitional programmes have helped many women and children, for some women, even three years in a transitional apartment is not enough time to find long term stability. Based on these observations as well as learning about the Housing First strategy across Canada, we decided that we wanted to be able to add a permanent housing component to our services.

We are still right at the beginning of the process of creating a women only social housing project and there are many more stages of approval, design and then construction to go through, but we are optimistic that within the next three to five years we will be able to offer permanent housing to women, with and without children, who come to Logifem.

Including this project, we have identified six strategic priorities to guide our development over the next few years:

- Equip residents for life after Logifem and ensure best possible transition to permanent affordable housing
- Increase residents' participation in community life and their role in decision making
- Implement permanent housing project
- Position Logifem as a well-known and well-respected organization in Montreal
- Continue to ensure Logifem is providing quality services for families
- Ensure our buildings are clean, well-maintained and attractive so that our residents can be comfortable and have a sense of dignity



ANNEX I: ACTIVITIES AT LOGIFEM

ACTIVITIES 2019

Activity	Average Participation per Session	Number of Sessions
Choir		
Zumba (dance workshop)	3	1
Beading	5	7
Painting workshop	8	11
Gardening	4	10
Cooking	5	4
Creative art	9	6
Income tax preparation	12	2
Stress management	7	5
Pot luck	4	14
Bingo	46	18
Brunch	20	10
Sharing	5	25
Karaoké	9	5
Yoga on a chair	5	1
Workshop on positive thinking	12	1
Decorative crafts for holidays	7	4
Workshop on communication	n/a	1
Meditation	4	1
Girl's night	7	1
Collage making	8	4
Reflection activity 2019	4	1
Game night	9	1
Arts and crafts	4	1
Workshop on emotions	5	1
Workshop on self-esteem and self-care	7	3
Charades	6	1
Poetry	5	1

OUTINGS 2019

Outing	Months	Participants
Eco museum	October	14
Sugar shack	March	13
Santa Clause parade	December	6
Nutcracker ballet	December	30