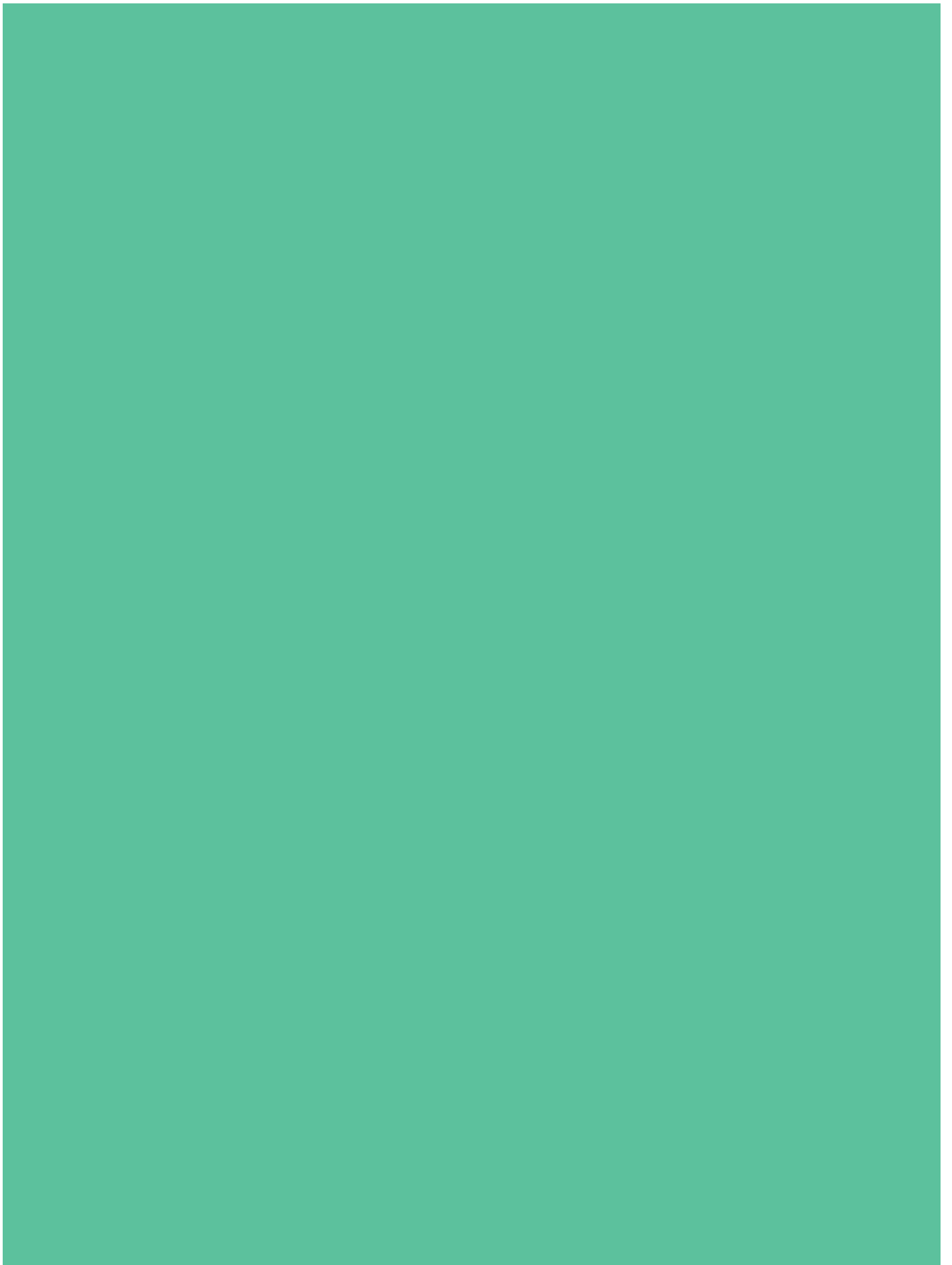


# Annual Report

# 20 22





In 2022, we  
renamed our  
original shelter  
**Maison Benoy.**



In loving memory of our founder

**Irvine "Benny" Benoy**

February 14, 1923 – October 20, 2007

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Charitable registration number  
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## Our story

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. Our vision is to see women and children equipped and empowered to leave the cycle of homelessness and thrive.

Our story began in the 1980's when Logifem's founder, Mr. Irvine "Benny" Benoy led a small group of engaged citizens from his church

community, Saint Joseph's Anglican Church in Brossard, to open a shelter for homeless women and children in Montreal. Construction began in August 1988 and Logifem opened its doors to welcome its first resident four months later on December 19th. Our original shelter is now known as Maison Benoy, in honour of our founder.



Over the years the organization has grown and the focus has evolved to include the provision of longer-term services. The below timeline highlights some of the key developments:

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1993	Two transitional homes were added where groups of women could live together after staying at Logifem's shelter. Logifem had these houses until 2009.
1999	Seven transitional apartments were added where women can live autonomously in their own home, whilst continuing to receive support from an intervention worker.
2006	The Resource Centre was purchased. This building, close to Logifem's main shelter, provided us with additional office space, rooms for meetings and activities and a garden for a community gardening project.
<b>Services for women with children improved and expanded:</b>	
2012	<ul style="list-style-type: none"><li>· A two-bedroom condo was purchased to provide a transitional home for women with children. This property was sold in 2016</li><li>· Renovations took place to create a large playroom and larger bedrooms for women who came to our shelter with their children</li><li>· A Mother/Child Intervention Worker position was created to provide specialized support</li></ul>
2014	Logifem began offering limited post-shelter services to women who left our shelter or apartments.
2015	Six transitional apartments for single mothers and their children were added.
2018	Logifem began offering occupational therapy services.
2019	A subsidized moving service was introduced to help women move into their new homes.
2020	Logifem provided a COVID isolation zone for all the women's shelters in Montreal. The isolation zone closed in June 2022.
2021	In partnership with McGill University, Logifem began a <b>community based participatory research project</b> , Project Lotus, to examine post-shelter supports for women who have lived in a shelter. A second shelter, La Lumineuse, was acquired. This shelter is dedicated exclusively to women with children.
2022	Renovations began to create two universally accessible bedrooms on the ground floor of Maison Benoy. The full-time position of a Post Shelter Services Case Manager was created to support women in their transition from shelter to autonomous living.

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# President's Report

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**Ruth Bresnen**  
*President of the Board of Directors*  
Logifem/Logifamille

It has been a joy to share in the growth of Logifem over the past year.

Each year brings new and exciting challenges, be it the development of new programs or services, the strengthening of present programs, a greater understanding of the unique needs of a vulnerable woman or the addition of human or material resources to the intervention or operations teams as we seek to provide a supportive and safe environment.

The new family residence La Lumineuse has been up and running for just over a year now and the post-shelter services are buzzing, especially around the first day of the month when moves to permanent apartments often take place. Recently we were able to invite two women with physical handicaps to reside in the newly renovated, adapted single rooms and washroom in the original residence, the newly named Maison Benoy.

The board formed a committee to review and update the bylaws, a much-needed evaluation

process despite not being the most exciting one! The final draft will be approved in 2023 and changes will be implemented where modifications and improvements have been made.

A highlight for those who were able to attend was a planning retreat on September 29, 2022 that included staff and board. It offered the opportunity for all to get to know new staff or board members and to re-acquaint with longstanding ones in a beautiful fall setting. The discussions were lively and afforded the possibility for everyone to present her ideas and to share the hopes and possibilities for the future.

We look forward to 2023 and to new opportunities to support vulnerable women and children in Montreal. Vulnerable women and children would not manage without the support of Logifem, and Logifem could not manage without your financial and material support. Thank you so much for partnering with us.

# Executive Director's Report

---



Sally Richmond  
*Executive Director*

Like 2021, 2022 began in lockdown. Once again, we lived through a winter of carefully monitoring all potential COVID symptoms, rigorously applying COVID measures and supporting the wider network of Montreal women's shelters by offering a COVID isolation zone for women and children in shelters who tested positive for COVID. Happily, the COVID measures eventually eased, we were able to close the isolation zone, take off our masks and enjoy working the way we used to work before the pandemic began.

COVID created new challenges for us, but it has not stopped us from continuing to learn, grow and respond to the evolving needs of women experiencing homelessness in Montreal. In the following section of this report, "Highlights of 2022" you will read about our work this year to consolidate our new shelter, La Lumineuse, to improve our post-shelter services and to make our original shelter accessible for women with physical disabilities.

Through COVID and through this continued period of growth, the commitment, energy and flexibility of our team of dedicated staff has not ceased to

amaze me. To run the COVID isolation zone, staff took on new responsibilities including working late and coming in on weekends; to create space for the universally accessible bedrooms four staff members had to move offices; to open La Lumineuse staff members participated in painting, cleaning and building furniture and to manage staff absences due to COVID and for other reasons, many staff members took on extra tasks and worked longer hours.

Thankfully we were able to celebrate our staff team in person this year during a one-day retreat held at le Manoir d'Youville to which board members were also invited. In the morning we had excellent discussions related to our strategic planning process and after a delicious lunch we spent the afternoon getting to know each other better and enjoying each other's company with a series of games and activities. It is a privilege to lead this talented group of hardworking people.

We couldn't grow and evolve without the continued support of our volunteers (including our volunteer board members), donors and community partners. This year we were particularly grateful for the ongoing work of the Table des groupes de femmes de Montréal to make Montreal a better city for women and for the work of the RAPSIM who included us in their media campaign "Les murs qui nous habitent."

Through the following pages you will get a sense of what Logifem has been doing this year to support women and children experiencing homelessness. I hope you will also get a sense of the courage and resilience of the women and children who receive services from us. Their stories inspire us to continue our work and to develop and improve our services.





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## Highlights 2022

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### La Lumineuse

Our newest installation, La Lumineuse, received its first family on December 3rd 2021. In 2022 we completed the remaining building renovations and eventually opened up a total of eight spaces for women with children, allowing larger families to occupy more than one room.

In 2022, 24 women and their children were sheltered at La Lumineuse. A third of the women who came were dealing with issues related to conjugal and/or family violence and we also had a significant number of women with a precarious immigration status. We decided to allow women to come to La Lumineuse with their adolescent children to avoid families with older children being separated or remaining in precarious situations. Four families with children aged 13-17 were sheltered in 2022. La Lumineuse provides a warm family-oriented environment. The residents cook together and help each other out as well as receiving support from Logifem's intervention workers.

### Post-Shelter Services

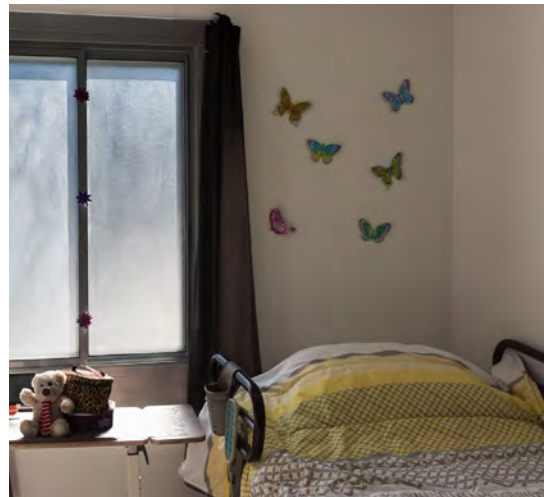
Project Lotus, the Community Based Participatory Research Project that was started in 2021 in partnership with McGill University, continued in 2022. The goal of the project is to better understand the trajectories of women from a shelter to housing as well as the support that can be put in place

during this critical time. The Advisory Committee that had been formed to oversee the project evolved into a Community of Practice made up of researchers, women with lived experience of homelessness, frontline workers and organization managers. A number of recommendations that have emerged from the research have already been put in place:

- In May 2022, thanks to a grant from the Service Régional de l'itinérance we were able to hire a Post-Shelter Services case manager to help residents with the transition into housing. Our case manager helps the resident prepare for her move and supports her on the day of the move, a stressful day at the best of times. The resident receives a cleaning kit and a gift card for a grocery store of her choice as well as second hand furniture and homeware from our donors. The Post-Shelter Services case manager also provides psycho-social support for up to 18 months following the woman's departure from Logifem.
- Our occupational therapist and Post-Shelter Services case manager worked together to create an evaluation tool to use with women before they leave Logifem. This questionnaire helps the intervention worker and the woman identify what might be difficult for her in her new home and to put in place strategies to help.

## Universal Accessibility

In 2022 we began renovations to make the ground floor of our main shelter universally accessible, including the addition of two bedrooms created by relocating two offices. COVID created many supply chain challenges and there were huge delays getting doors and materials. By the end of the year the renovations were still not complete, but had moved along sufficiently for us to be able to admit two wheelchair users in November and December. These women have helped us identify further modifications that might be necessary to ensure our building is well adapted for them. We are also partnering with our local CLSC to be able to provide home based care for women, should this be required. Our occupational therapist has developed tools to help us evaluate adaptations that need to be made for women with various disabilities and she is planning a series of training sessions to help staff understand the realities faced by women with disabilities and the support we can provide.



# Logifem's Services

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## Accommodation

Logifem provides accommodation to women with and without children, experiencing residential instability in two shelters and 13 transitional apartments.

**Shelters:** The women who stay in our shelters have a private room, meals and have an intervention team available to them 7 days a week, 24 hours a day. The shelters are also equipped with laundry facilities, a playroom for the children, Wi-Fi and a telephone for residents. The maximum length of stay is one year.

Logifem provides a safe and caring environment where residents share meals in our dining rooms and can participate in activities. To create further connection, Logifem highlights birthdays and different celebrations.

Residents are actively involved at Logifem and assigned daily chores. This helps reinforce a sense of belonging and responsibility and ensures that the residents are not out of the habit of doing these kinds of tasks when they leave the shelter.

A residents' meeting takes place approximately once a month and is an opportunity to communicate any changes in the house, to deal with issues raised by the residents and to reinforce certain house rules.

Refer to Annex II to see the number of women and children who stayed in our two shelters in 2022.





**Transitional apartments:** Logifem also offers second-stage housing where women who leave one of the shelters can develop their independence while continuing to receive support. The resident can stay in the apartment for up to three years, during which time she can work on her social reinsertion project. To facilitate this process, monthly meetings between the resident and her intervention worker are scheduled. Each woman pays a subsidized rent, calculated as 25% of her income. Apartments are available for both women with and without children.



**In 2022, 15 women and 10 children** benefitted from our transitional apartments program.

**Of the three residents that left the apartments in 2022,** one went on to a private apartment, one went to join family in her country of origin and one went to another shelter.

# Logifem's Services

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## Individualized support

Logifem provides individualized support to each resident depending on her needs and situation. Interventions are based on empowering the women and involve a team of specialists. Each resident has her own action plan that is built around her personal objectives. Assistance in understanding the resources available in the community as well as strategies are given to the women to equip them for future challenges. Volunteers and interns also offer support.

In cases where residents have functional limitations, additional support is provided by an occupational therapist. When women with children have difficulties parenting the intervention worker will help with the children's routine and development.

It is thanks to a grant from the Altru Foundation that Logifem has been able to hire an occupational therapist.

In 2022, 28 of our residents, of which seven had children, were followed individually by the occupational therapist.

**Post-Shelter Services:** Transitioning out of the shelter environment and maintaining stable housing can be one of the most challenging steps that many of the residents will face on their recovery journey. Overnight, the structured supportive environment of the shelter disappears. There are no intervention workers to turn to, no cook to prepare meals and no routine or house rules to follow.

Recognizing this void, Logifem started offering a post-shelter service in 2014. The program has since evolved, and thanks to funding from the Service regional de l'itinérance, a new Post-Shelter Services Case Manager position was created in 2022 to lead the post-shelter services. The case manager's support begins with helping the resident with her move and continues for the following 18 months. Her role is to help the residents connect with the resources in her neighborhood and to address any difficulties she may be facing during this transitional period.

In 2022, 19 women received post-shelter services from Logifem. Seven of them were single mothers.



## Practical Support

Logifem provides additional support to ease stress and financial burdens.

- **Boutique:** Logifem has a small boutique filled with donations of used clothing, books, jewellery and personal care products. These are given at no cost to the women and children in our shelters. Residents in our transitional apartments can buy articles at low prices. For mothers with growing children in particular, the boutique is an invaluable resource.
- **Food pantry:** We offer a small food assistance program for former residents and women who live in our apartments. The food predominantly comes from Moisson Montreal, one of our community partners.



- **Moving Service:** Logifem eases the stress residents feel when leaving the shelter by coordinating the move to the new apartment and subsidizing some of the associated costs. The City of Montreal provides us with access to warehouse space to store donated furniture, kitchenware, and linen that we can then give to residents to help them set up their new homes. This prevents them from incurring any debt to purchase these essential items.

In 2022, Logifem gave 746 furniture/household articles to 15 women. Logifem coordinated and subsidized 28 moves for women moving into their own places after being in one of our shelters or transitional apartments.



# In 2022

The average age of adult women at the shelters was **39**.

**59** children stayed at the shelters.

The occupancy rate was **84%**.

**42** of our residents were women without children.

**42** were women who had their children with them.

Of the 44 residents who left Logifem, **52%** went on to stable housing in an apartment.

The average stay at Logifem for women without children was **163** days  
and **125** days for women with children.

We logged **2,465** calls from individuals looking for assistance.





## Profile of our Residents

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The needs of our residents are varied and can be related to mental health problems, conjugal violence, financial difficulties, immigration, addiction and isolation.

Residents and their children are referred to us by different organizations including other shelters, social services, community organizations and hospitals. Some women also self-refer, having found us on the internet or in a resource directory. Refer to the table in Annex I for specific details of who referred residents to us in 2022.

**Before Logifem, most residents had been staying at another shelter (21), in their own**

**private apartments (7), in social housing units (7) or with friends and family (7).**

For more detail regarding former stays refer to Annex I. Annex II also shows where residents found accommodation after departing Logifem.

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.

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

Main reason for seeking shelter	Number of women	Percentage
Conjugal or family violence	18	21%
Homelessness	15	18%
Eviction	7	8%
Mental Health problems	5	6%
Financial difficulties	5	6%
Difficulties related to immigration	4	5%
Hospitalization – mental health	2	2%
Autonomy issues	2	2%
Parenting difficulties	2	2%
Hospitalization – physical health	1	1%
Addiction	1	1%
Other/Unknown	4	5%
Shelter Transfer (Zone Rouge)	18	21%
<b>TOTAL</b>	<b>84</b>	<b>100%</b>





Logifem's two shelters are for women aged 18-65 and for children aged 0-17.

**In 2022, 42 of our residents were women who came to Logifem without children and 42 were women who had their children with them.**

Four women who did not have custody of their children were able to receive them for visits at one of our shelters. Of the 84 women who came to Logifem, 18 came to isolate in our COVID Zone Rouge rooms.

**Of the 44 residents who left Logifem in 2022, 23 or 52% went on to stable housing in an apartment.**

The average age of adult women at the shelters was 39. For women with children, the average age was 37 and for women without children the average age was 40. You can see the distribution of our residents' ages in Annex II.

## 59 children stayed at the shelters in 2022.

Most children were between the ages of 2 and 12 years, and the median age was 6. 30 mothers came to our shelters with just one child, 7 women came with two children and five mothers with three children. Two of these mothers came with adult children to complete their isolation period in our Zone Rouge rooms.

**The occupancy rate for 2022 was 84%.**

There are a few factors contributing to this lower than usual occupancy rate. Firstly, at La Lumineuse, the residence opened in December 2021 and we had partial availability as renovations were completed in the early months of 2022. Secondly,

for the first six months of 2022 we reserved rooms for our Zone Rouge (COVID isolation zone). And lastly, due to Universal Accessibility room renovations, two rooms could not be used from January to November.

Throughout the year we always had a waiting list for our services. In total, **344 women filled out a pre-admission form to come to Logifem in 2022. Of these women, we were able to accommodate 71, or less than 21%.** You can see the monthly occupancy rates in Annex II.

The average stay at Logifem for all women was 163 days or 23 weeks. For women without children the average stay was 199 days. For women with children the average stay was shorter, at 125 days.

As well as the women who come to Logifem to stay at our shelters, we are also able to give helpful information to women who call us, even when we do not have a place for them. **In 2022, we logged 2,465 calls from individuals looking for the assistance;** the most common calls being requests to keep a spot on the waiting list (913 calls logged) and for emergency accommodation (664 calls logged). Refer to Annex I for more details on our calls logged.

I came to Logifem with no hope, feeling lonely and with no sense of community. **All that has changed.** Mental illness is an isolation disease.  
**Thanks to Logifem, I don't feel so lonely anymore.**

*Estelle, a resident*

# Human Resources

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We are very proud to have a dynamic team who works hard to ensure that each resident is treated with respect and dignity. **At the end of 2022 we had 37 people employed at Logifem** with skills in intervention work, administration, cooking and maintenance. We are a diverse intergenerational group coming from many different countries and educational backgrounds.

In 2022, we created a new position, hiring a Case Manager to coordinate our post-shelter services and implement some of the actions identified in the Lotus Project Research project.

The Kitchen Assistant position that was created during COVID was made into a permanent part-time position.

Our organizational chart in is Annex III.



At Logifem all of our employees are encouraged to participate in training programs to equip them to serve our residents better. In 2022, our focus was on the intervention team.

**In 2022, Logifem provided staff with 481 hours of formal training.**

<b>Date</b>	<b>Provider</b>	<b>Theme</b>	<b>Number of Employees</b>
May 2, 12 & 17	Centre d'Apprentissage en Santé mentale et Rétablissement (CASR)	Towards wellness when managing stress	1
May 3, 10 & 17	CASR	Recovery	1
May 3, 10 & 17	CASR	Depression: understanding better together	2
May 3, 11 & 17	CASR	Schizophrenia without prejudice : understanding the person before the illness	1
May 6, 13 & 20	CASR	Let's talk about anxiety and worry	1
May 31, June 6 & 14	CASR	Looking at stigmatization	1
May 31, June 7 & 21	CASR	Resilience: adapting and equipping ourselves to bounce back faster	1
June 2, 9 & 16	CASR	Mobilizing resources and social networks	1
June 2, 9 & 16	CASR	Performance anxiety	1
June 3	CIUSSS	Compassion fatigue and vicarious trauma know the signs to protect yourself	3
June 23	La maison grise	Understand, detect and intervene better with women who are victims of conjugal violence	12
October 11	CIUSSS	The ABCs of intervention for non-intervention workers	1
October 21 & 26, November 2	Suicide Action Montréal	Scale of risk – intervention in a suicidal crisis	11
November 15	RAPSIM & Maison grise	Disorders	2
March – August	Santinel	First Aid Training	6



FEMMES POUR LOGIFEM vol IV

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# Volunteers

Volunteers make an invaluable contribution to Logifem, thanks to their commitment and generosity.

**In 2022, volunteers were involved in the following ways:**

- Helping in the kitchen, preparing food and serving meals
- Helping residents move
- Collecting and sorting donations
- Fundraising
- Cleaning, maintenance and repairs
- Creating promotional tools: graphic design, photography, videography, editing and translation
- Babysitting, playing with the children and tutoring

One key event encouraged a group of volunteers to get involved and contribute a significant number of hours in 2022: the Femmes for Logifem Vol. IV benefit concert. Naghmeh Shafiei took the lead as event planner and Nick Jewell produced a charming promo video. Patricia Rotschild created the graphics for the event and Sharon Auclair created the website page.

**In 2022, 92 volunteers contributed to our mission.**

	Total	Administration	Kitchen	Operations	Support and Activities for Residents
<b>Hours</b>	1 628.25	482	732	197	217.25
<b>Volunteers</b>	92*	38	29	21	27

\* Some volunteers helped in more than one category

When I moved to Montreal just over a year ago, **I was looking to get involved and connect with a new community.** When I heard about Logifem, I immediately knew they were the answer! It has been a joy to spend my Tuesday evenings serving supper and **getting to know the amazing women, children and staff that make Logifem** such a welcoming space. I'm proud to contribute to an organization whose approach is rooted in respect, dignity and empowerment of women.

*Shaunna, a volunteer*



# Interns

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In 2022 Logifem offered a learning environment to 18 university and CEGEP students from the departments of Occupational Therapy, Social Work and Nursing. We also had the opportunity to work with the Université du Québec à Montréal (UQAM), welcoming our first intern from the Sexology department. Thanks to the support of Logifem staff, the students were able to develop their professional skills and build relationships with our residents.

## **Occupational Therapy**

Two students from Université de Montréal worked on evaluating the occupational therapy needs in our new shelter, La Lumineuse.

## **Social Work**

One student from McGill University and two from Dawson College joined our intervention team. As well as participating in general tasks (answering phones, serving meals, responding to residents at the main office) the students also took on cases where they met with residents on an individual basis and supported them as they worked towards their objectives.

## **Nursing**

Ten students from McGill University (two groups) developed workshops related to:

- stress management
- healthy eating and food resilience

## **Sexology**

One student from UQAM joined the intervention team, handling similar tasks as the Social Work interns, along with the more specific responsibility of evaluating the needs of residents with respect to issues relating to sexuality.

## **Program Development**

Two students from Concordia University worked on developing a training program for our on-call intervention workers. The training modules created range from the basics of daily tasks to the more complex management of crisis situations. These tools enable the on-call workers to feel more confident in their roles.





# Activities

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Our interns animate different activities throughout the year. All these activities are an integral part of the social and emotional recovery of our residents and help to build a sense of community in the shelters and apartments. Arts and crafts supplies, mandalas and puzzles are made available for residents who wish to do certain activities by themselves or in small groups.

Volunteers also deliver workshops. In 2022, a volunteer held income tax clinics and helped the residents prepare and submit their taxes. Several volunteers animated arts and crafts workshops and made Christmas decorations for the shelter. A professional hairdresser came to the shelter and gave fresh new looks to a number of the residents.

**Here is the full list of activities that took place in 2022:**

<b>Activities</b>	<b>Number of Sessions</b>
Yoga	3
Qi-Gong and Tai Chi	1
Gardening	6
Science experiments	2
Arts and Crafts (jewellery making, lotion making etc.)	16
Themed arts and crafts (Easter, Halloween, Christmas)	7
Stress Management (self-care)	1
Cooking Workshop	3
Bingo	50
Exercising – walking groups	3
Potluck	6
Healthy eating workshop	1
Manicure/beauty night	2
Dance, Zumba	6
Income tax clinic	3
YMCA outing	1
Karaoke	1
Haircut	1
<b>TOTAL</b>	<b>113</b>

# Logifem in the Community

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## Committees

Logifem is part of a dynamic community. We are a member 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
- Table des groupes de femmes de Montréal (TGFM)
- Réseau des personnes seules et itinérantes de Montréal (RAPSIM)
- Table de concertation en violence conjugale de Montréal
- Concordia University's Community Round Table (CRT)
- Mouvement pour mettre fin à l'itinérance à Montréal (MMFIM)
- The Institut National pour l'Équité, l'Égalité et l'Inclusion des personnes en situation de handicap (INÉÉI-PSH)

Participating in these committees helps ensure our services are aligned with building strong communities and developing solutions to issues that impact our residents.

## Networks and community partners

Logifem is grateful for the support we receive from various corporate, non-profit and informal networks and organizations:

- Logifem teamed up once again with **Éco-quartier Sud-Ouest** in a gardening initiative to set up a vegetable garden with our residents.
- We are continuing to work with **Libr'Elles**, **la Maison des ReBelles** and **Bâtir son quartier** on a permanent social housing project in St-Henri.
- The Volunteer Bureau of Montreal** provides a platform to help us recruit volunteers.
- To help women moving out of our shelters and apartments, we have teamed up with **Barkley Transport**, professional movers whose social mission is to hire low-income marginalized groups.
- Moisson Montréal**, the biggest food bank in Canada, provides us with a substantial quantity of food donations. In 2022, we received 1743 kg of food, a value of \$38,978, including 38 Christmas baskets and 40 turkeys. This food is used to prepare meals at our shelters and for our food assistance program.
- Several international non-government organizations such as **Sakerette Global Alliance** and **Senegal Foundation** donated after school snacks, hygiene products and winter clothing.



- **Hosanna Church** donated back packs filled with school supplies.
- **Compassionate Service Society** made and delivered meals to our shelters and donated new winter clothing.
- At Christmas time, we received a large number of gifts from local community outreach groups for the women and children in our shelters and transitional apartments. Special thanks to **The Toy Tea, Carolyn Bouchard's Toy Drive, Purses of Hope** and **The Shoe Box Project** for their holiday gifts.
- **Bread and Beyond** publicize Logifem's material needs on their website.

### **Social media presence**

Logifem has an active Facebook page (Facebook.com/Logifem) where we share news about our work and shelter happenings as well as articles and information related to issues such as homelessness, conjugal violence, social housing and mental health. We also have a website (www.logifem.org) that explains our services to women who may need our help, professionals looking to refer residents, and to those that would like to get involved with our organization.

### **Individual fundraisers and community service initiatives**

We're always impressed by the way in which individual citizens mobilize their communities to provide us with financial and material support. Here are a few highlights from 2022:

- For the fourth year, Naghmeh Shafiei organized the benefit concert Femmes pour Logifem Vol. IV and solicited her network to help. A special promotional video was made. The event raised \$21,978.39.
- Thank you to Leslie Therriault, who made personal advent calendars and Christmas stockings for the women and children in our apartments.
- Robin Goodman has solicited her generous network and has managed to obtain a range of donations: gifts for the children, plumbing services, winter clothing, food and haircuts for the ladies and their children.
- Helping Hands (McGill University medical students), McGill University students in the nursing program and McGill University Borderless World Volunteers Committee gave us hygiene product kits.
- Lenore Lewis prepared and delivered meals for 30 women, twice a month over a period of several months.





# Renovations and Maintenance

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Logifem is committed to ensuring our buildings are clean, well-maintained, and attractive so that our residents can be comfortable and have a sense of dignity. Maintenance and repairs are carried out by staff members and we also have a maintenance contract with an external company and a contract for snow removal in the winter. Every year regular maintenance and checks take place to ensure equipment and systems are safe and functioning well (air conditioning, ducts, grease trap, goods lift, fire safety panel, roof). The following are the renovations and maintenance carried out in 2022 on our two shelters, our transitional apartments and our resource center (our administrative building).

## **Maison Benoy, our original shelter:**

### **Our largest investment in 2022 was making the ground floor universally accessible.**

- A universally accessible suite was created and includes two bedrooms and one bathroom
- Front and back doors were replaced and a ramp was installed in the back to provide wheelchair access
- The roof was replaced
- The ground floor intervention offices and reception counter were reconfigured to make the workspace more practical and to provide access to wheelchair users
- Air conditioning units were added to the basement (food storage room and new office)
- The garden renovations that began in 2021 were completed
- A meeting room was created on the ground floor
- Several bedrooms were painted and minor repairs were carried out when residents left

## **La Lumineuse, our second shelter:**

- We completed renovations of the third floor to be able to open all of the rooms in the shelter (bedrooms and bathroom)
- A wall mural was painted in the playroom
- New dishwasher and fridge were purchased
- Significant repairs were carried out on the cold room and the air conditioning units

## **Logifamille, our transitional apartments:**

- One of the front doors was replaced

## **The Resource Centre, our administrative building:**

- The roof was replaced

## **Toyota Tacoma, our vehicle:**

- Usual repairs and maintenance were completed on our truck

# Governance

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**Logifem is governed by a dynamic team of volunteer directors who meet several times a year. The directors are the only members of the organization. In 2022 meetings took place on the following dates:**

- January 27th
- March 24th (AGM)
- March 29th – special meeting regarding PSOC grant increase requested
- April 26th – special meeting regarding permanent housing project 4700 Saint-Ambroise
- May 5th – special meeting to approve credit cards for Logifem
- June 16th
- September 15th
- November 17th

All of our board members have professional or volunteer experience in areas that are useful for Logifem. These include: business, education, organizational development and human resources, project planning, social services, finance, research, administration and community services. We welcomed a new member to the board in 2022, Brenda Thornhill.

Board members were invited to a Logifem staff/board retreat in September to build stronger connections between the staff and board during strategic planning and team building activities. On New Year's Day a number of board members served a meal at each of our shelters. This is a long-standing tradition.

In 2022 the board formed a special committee to review our bylaws and membership models. This revision process will be completed in 2023.

**Our board members at the end of 2022 were:**

- Ruth Bresnen, President
- Katia Lagogiannis, Vice-President
- Hugh Campbell, Treasurer
- Joyce Laduke, Secretary
- Nancy Ingram, Administrator
- Heather Purdie, Administrator
- Brenda Thornhill, Administrator





# Finances

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Logifem receives its largest grant from the Programme de Soutien aux Organismes Communautaire (PSOC) administered by the Ministry of Health and Social Services (MSSS). In 2022, additional non-recurrent MSSS funding was received to support and consolidate emergency and transitional housing as well as to respond to needs of certain minority groups (immigrant women, members of the LGBTQ+ community, women with disabilities). We also received recurrent MSSS funding that was awarded to women's shelters for the consolidation of services.

The CIUSSS centre-sud and the Secrétariat à la Condition Féminine both gave us funding to cover the costs of operating our Zone Rouge (isolation zone for COVID positive women who were in a conjugal violence shelter in Montreal).

The Secrétariat à la Condition Féminine awarded us funding to help with costs associated with transitioning out of the pandemic. These funds were used to continue to pay staff a COVID risk premium, to purchase air filters, to manage staff absences caused by the pandemic and to carry out strategic planning activities. We also used these funds to pay for the additional accounting support needed to reorganize our accounts into project accounting due to the increase in funding during the pandemic.

In 2022 we were awarded a two-year grant by Montréal's Service Régional de l'Itinérance to be able to hire a Case Manager for post-shelter services and to cover some of the costs associated with the transition from shelter to housing, notably moving costs, grocery gift cards and cleaning supplies for the women moving into housing.

We received a Summer Jobs salary subsidy from Service Canada for two eight-week intervention worker summer jobs.

Logifem also relies upon the generosity of hundreds of individual donors 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.

As mentioned on page 29, approximately \$21,978 was raised by the Femmes pour Logifem Vol. IV benefit concert.

Residents at Logifem's shelters pay a monthly contribution towards their lodging and 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.

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.

## A Word from a Resident - Our Services in Action

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**"A day doesn't go by without me thinking of having a drink."**

Johanne arrived at Logifem following a struggle with substance abuse. After years of battling addiction, she sought help from Portage, an organization specialized in the treatment of drug abuse. She successfully completed her rehab program, but going back into society was not easy. The world is full of triggers and challenges. Unfortunately, an overdose landed Johanne in hospital. Months of healing and lots of courage put her back on track. With nowhere to go after being discharged, she looked for a shelter that could support her sobriety.

**That was Logifem.**



**How has Logifem helped Johanne?**

The intervention team took her in and provided support when she needed it. The routine of living in a community environment, with its daily chores and scheduled meals and meetings, has been beneficial. Since her arrival at Logifem, she has become more energetic and outgoing. She ventures out for long walks and explores the neighborhood. Johanne sees how the support has been helping her to develop self-discipline and to prepare her for the eventual move into her own place.



# Looking Forward

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**At the end of 2019, we identified six strategic priorities to guide our development over the next few years:**

- Equip residents for life after Logifem and ensure the best possible transition to permanent affordable housing
- Increase residents' participation in community life and their roles in decision making
- Implement a 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

**In 2023 we will be focussing on the following objectives:**

## **Permanent housing**

We continue to pursue our permanent social housing project in South West Montreal. In 2019 a developer was granted a demolition permit based on plans to include 100 units of social housing and commercial space in his condominium development. We are working with Bâtir son quartier and two other women's groups (Libr'elles and La Maison des RebELLES) on the social housing part of this project. Logifem will have 35 units of housing including 19 units with two to four bedrooms for families. A number of the units will be accessible for women living with disabilities.

## **Improving our shelter to make it accessible to all**

Logifem is committed to offering services to every woman in difficulty. Thanks to funding from the Ministère de la santé et des services sociaux, we began renovations in our main shelter in 2022 to be able to accommodate women with physical limitations. By relocating two of our ground floor offices, we were able to create a universally accessible bathroom and bedroom suite for women and/or children in wheelchairs or with reduced mobility. The renovations will be completed in 2023 and we will continue to work on ensuring our services and our physical spaces are adapted for women with disabilities.

## **Post-Shelter Services**

The participatory research project, Project Lotus, which began in 2021 in partnership with McGill University resulted in the implementation of actions to improve Logifem's post-shelter services. We have secured funding from the Catherine Donnelly Foundation to be able to hire a coordinator for a second phase of this research project in 2023. The priorities for the year include:

- Evaluate the impact of the creation of our Post-Shelter Services case manager position and modify the position as required
- Carry out a mapping activity to identify post-shelter services offered in Montreal
- Organize knowledge sharing activities with other shelters and stakeholders including a conference in the Fall of 2023



## Annex I: Profile of our Residents

Before coming to Logifem, women were staying at:	Number of women	Percentage
Another shelter	21	25%
Private apartment	7	8%
Staying with friends and family	7	8%
Room	5	6%
Social Housing (other)	4	5%
Social Housing (government-run)	3	4%
Hospital	3	4%
Crisis center	1	1%
Other	15	18%
Another shelter (for Zone Rouge)	18	21%
<b>TOTAL</b>	<b>84</b>	<b>100%</b>

<b>Residents who came to Logifem 2022 were referred to us by:</b>	<b>Number of women</b>	<b>Percentage</b>
Community resource	18	21%
Another shelter	16	19%
Hospital	6	7%
SOS Violence Conjugal	4	5%
Personal initiative	3	4%
CLSC	3	4%
Crisis center	2	2%
Other/Unknown	16	19%
Another shelter (for Zone Rouge)	16	19%
<b>TOTAL</b>	<b>84</b>	<b>100%</b>

**Women contacting the shelter had many reasons for calling**

<b>Type of Call</b>	<b>Calls Logged</b>	<b>Percentage</b>
Keep spot on waiting list	913	37%
Need for emergency accommodation	664	27%
Discussion with a professional	264	11%
Inquiry about Logifem	164	7%
Need for accommodation (Non-urgent)	144	6%
Reference verification	14	<1%
Emergency intervention	11	<0.5%
General inquiry	10	<0.4%
Looking for accommodation with support	9	<0.4%
Rental accommodation needed	1	<0.1%
Other	271	10%
<b>TOTAL</b>	<b>2,465</b>	<b>100%</b>





## Annex II: Shelter Statistics

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In our original shelter, Maison Benoy, we can accommodate 21 women, including four women with children and two women with reduced mobility.

In our second shelter, La Lumineuse, we can accommodate eight women with children, up to a maximum of 11 children.

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### Age ranges of the women who stayed in our shelters

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Median age: 38	Number of women	Percentage
Age 18-24	5	6%
Age 25-34	22	26%
Age 35-44	36	43%
Age 45-54	14	17%
Age 55-64	6	7%
Age 65+	1	1%
<b>TOTAL</b>	<b>84</b>	<b>100%</b>

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**Age ranges of the children who stayed in our shelters (excluding the adult children of two Zone Rouge women in isolation).**

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<b>Median age: 6</b>	<b>Number of children</b>	<b>Percentage</b>
Age 0-1	6	11%
Age 2-5	21	37%
Age 6-12	19	34%
Age 13-17	10	18%
<b>TOTAL</b>	<b>56</b>	<b>100%</b>

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Statistics exclude the three adult children who accompanied their mothers for isolation.

**The calculation of occupancy rates is based on a formula: the number of bedrooms 28\* is multiplied by the number of days in the year during which the shelters are open (365). Afterwards a percentage is calculated based on the number of nights during which a bedroom was occupied.**

<b>Month</b>	<b>Occupancy rate</b>
January	69%
February	73%
March	80%
April	84%
May	88%
June	86%
July	85%
August	84%
September	83%
October	87%
November	88%
December	96%
<b>YEAR</b>	<b>84%</b>

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\*The universal access renovations created an additional room. However, because this room was not available until the end of the year, we based our occupancy calculations on 28 rooms.

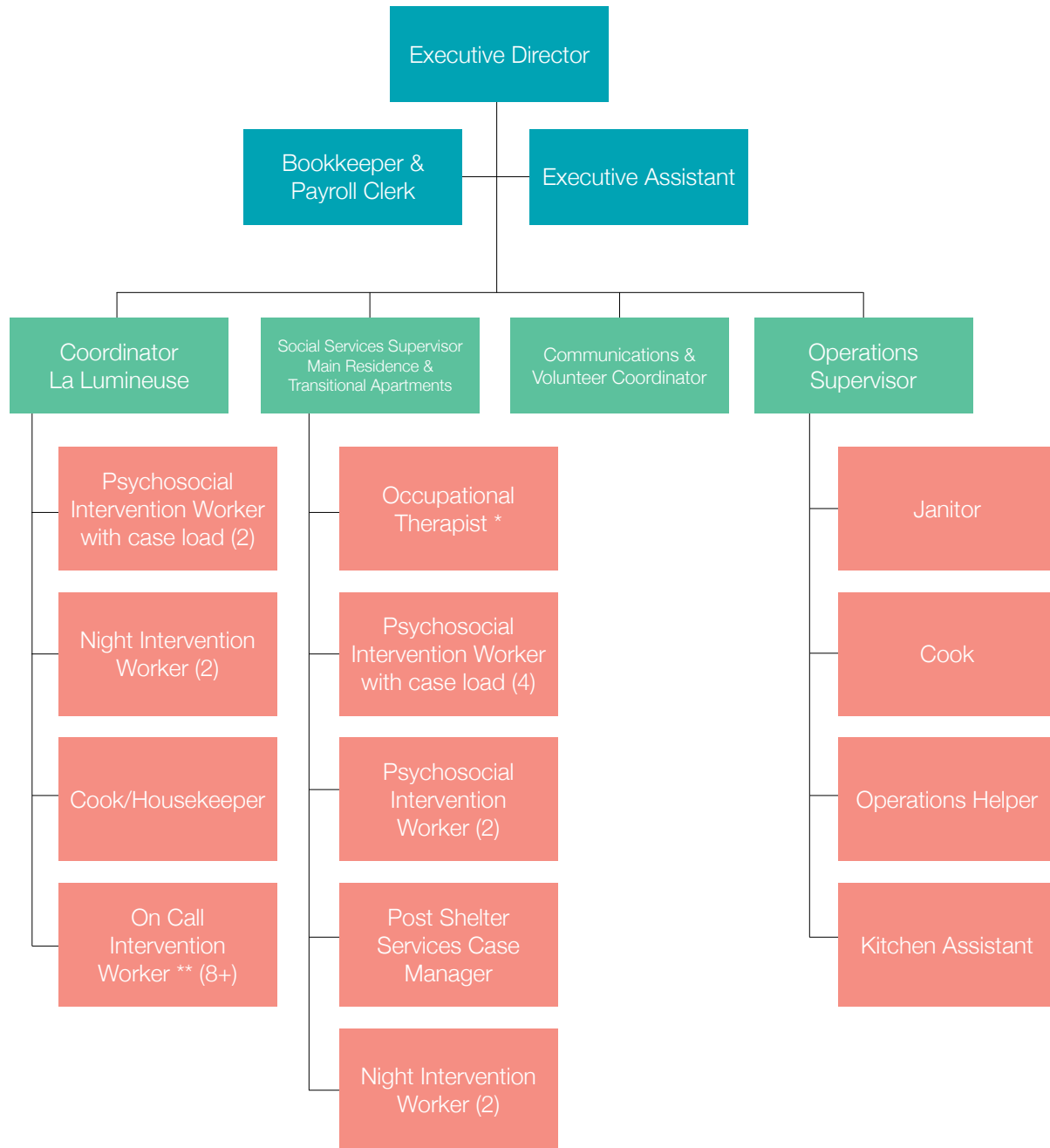
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<b>Following their stays at Logifem, residents departed to</b>	<b>Number of women</b>	<b>Percentage</b>
Friends or family	8	18%
Social Housing (other)	7	16%
Private apartment	7	16%
Another shelter	7	16%
Social Housing (government-run)	6	14%
Logifem apartment	3	7%
Room	2	5%
Crisis center	1	2%
Hospital	1	2%
Addiction therapy center	1	2%
Other/Unknown	1	2%
<b>TOTAL</b>	<b>44</b>	<b>100%</b>

**These statistics exclude 18 women who stayed temporarily for Zone Rouge isolation. These women returned to the shelters from which they came.**



# Annex III: Organizational Chart



\*Works at Maison Benoy, La Lumineuse and the transitional apartments

\*\*Works at La Lumineuse and Maison Benoy









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