



Growing Together: Helping Women & Children Thrive at La Lumineuse



La Lumineuse is one of Logifem's two emergency shelters, providing essential support to women and their children. As one of the only shelters in Montreal that welcomes mothers with children of all ages—including teenagers—**La Lumineuse fills a critical gap** in services for families experiencing residential instability.

AN INCLUSIVE VISION FOR FAMILIES

This vision of inclusivity was brought to life by **Jessica Bouchard**, coordinator of La Lumineuse. She recognized that too many women face an impossible choice: seeking shelter while having to leave their adolescent children behind because some facilities cannot accommodate them. **At La Lumineuse, no mother has to make that choice.** Since opening its doors, the shelter has provided support and accommodation to 40 mothers and 60 children, including 16 teenagers aged 13 and up.

BUILDING A COMMUNITY

Women from diverse backgrounds come to La Lumineuse, bringing with them a variety of traditions and cultures. To foster a sense of community, an important tradition has taken root: each woman takes a turn preparing dinner once per month. This shared experience not only ensures that everyone participates in daily life but also creates opportunities for cultural exchange and connection. Women and children get to discover new flavors, learn about different customs, and build relationships over shared meals.



40
Mothers

+

60
Children



HELPING WOMEN REBUILD THEIR LIVES

Beyond providing a safe place to stay, La Lumineuse offers vital support to help women and children rebuild their lives. Many residents face significant challenges such as financial instability, post-separation violence, and complex immigration processes. With the guidance of the shelter's team, they can regain stability, access community resources, and take steps toward a brighter future.

YOUR SUPPORT MAKES A DIFFERENCE!



Maintaining the services that La Lumineuse provides, requires ongoing support. Donations help cover food, staffing, and operational expenses, ensuring that women and children always have a safe place to turn in times of crisis.

Every meal shared, every story exchanged, and every act of kindness at La Lumineuse transforms lives.

Read Christine's inspiring story below to see the impact of this work firsthand!



A SAFE PLACE TO WELCOME NEW LIFE – CHRISTINE'S STORY

When Christine found herself 6.5 months pregnant and living alone in a small studio apartment, the weight of isolation became overwhelming. With no support system and no contact with the father of her child, she knew she couldn't do it alone. **She needed help.**

Thankfully Christine was able to secure a room at La Lumineuse, one of Logifem's shelters for women and children. She moved in on November 1, 2024, and immediately found not only a safe place to stay but also a caring community. The supportive environment gave her both moral and practical assistance—staff ensured she had everything she needed.

Just two months later, on January 5, Christine gave birth to a beautiful and healthy baby girl.

Now, with renewed confidence and stability, she

is ready to take on the responsibilities of being a single mother. She has secured an apartment in a low-income housing unit and is already planning for the future—she hopes to begin training in massage therapy in January 2026.

For Christine, La Lumineuse was more than just a shelter; it was a place of healing and connection. "There is always someone to talk to," she says. She speaks highly of the compassionate and understanding staff, the shared meals that brought comfort, and the sense of belonging that helped her move forward.

"Logifem changes lives." That's the one thing Christine wants you to know.

As she prepares to move into her new home, Christine is stepping into the next chapter of her life with hope and strength—because of the support she found at Logifem, and because of you.



**THANK YOU
FOR SUPPORTING
LA LUMINEUSE
ON THE COLDEST
NIGHT OF THE
YEAR!**

**125
Walkers**

**50
Volunteers**

**600+
Donors**

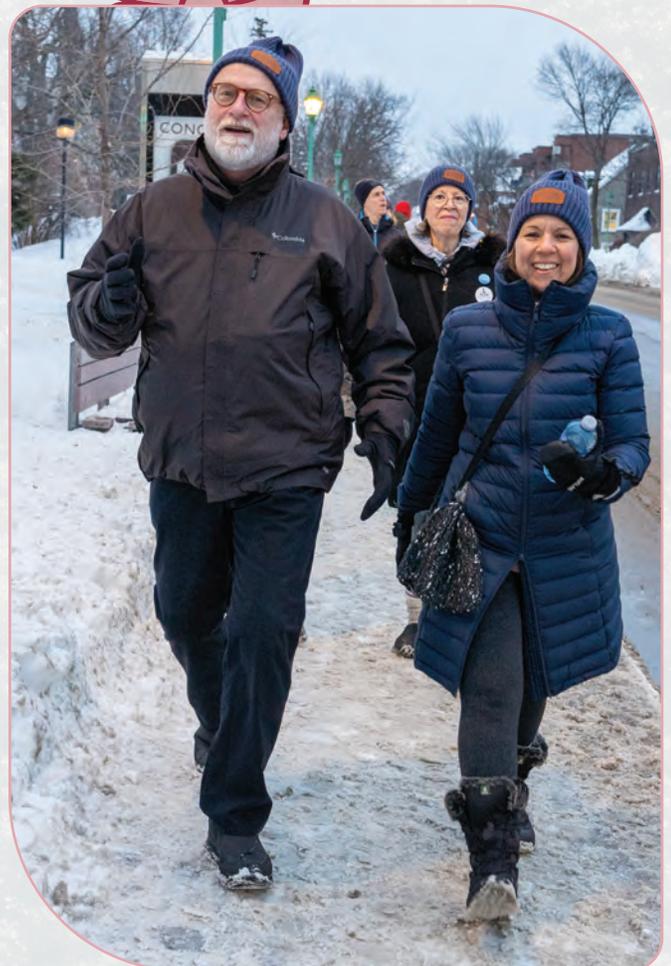
**\$60,000
Raised**

On February 22, 2025, more than 125 walkers and 50 dedicated volunteers braved the aftermath of a heavy snowstorm to take part in **Coldest Night of the Year (CNOY)** in support of women and children experiencing residential instability. **Together, we walked the snowy streets of Ville Saint-Laurent,** demonstrating solidarity with those who do not always have a warm and secure place to call home.

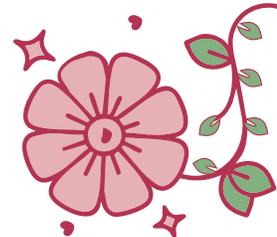
Thanks to the incredible generosity of our donors and the unwavering commitment of our participants, we are thrilled to announce that **over \$60,000 was raised!** Funds raised will **go directly toward La Lumineuse,** one of Logifem's two emergency shelters, ensuring that women and their children—no matter their age—have access to safe accommodation, meals, and essential support services as they rebuild their lives.

From the bottom of our hearts, thank you! We are so grateful to every walker, donor, volunteer, and team captain who helped make CNOY 2025 such a success. Together, we are building a future where every woman and child has the stability they deserve.

Save the date! Join us for the next edition of CNOY 2026 on February 28!



WHAT'S NEW?



BUILDING COMMUNITY: EXCITING UPDATES FROM LOGIFEM

New Workshops Offer Support for Mothers and Children Affected by Conjugal Violence. For the first time in Quebec, a groundbreaking, evidence-based program is being offered to support mothers and children affected by conjugal violence.

Last year over 20% of women sought shelter at Logifem primarily as a result of conjugal violence. Many other women are still living the impacts of conjugal violence in their pasts. The workshops provide a safe space for healing and empowerment.

One of the distinctive features of our workshops is that women and children each follow a program specifically adapted to their needs — at the same time and in close proximity. While the mothers participate in workshops designed to support their personal growth, parenting skills, and family dynamics, their children are just a few steps away, engaged in activities and lessons tailored to their age and development. This parallel approach ensures that both mothers and children receive meaningful support in a way that strengthens their individual well-being as well as their relationship as a family.

The first cohort, launched on January 30, included 10 women and 10 children (ages 6–12). Over 10 weeks, participants engaged in activities designed to foster emotional well-being, strengthen relationships, and develop practical tools for navigating life after conjugal violence. A second cohort began on April 10, and for the first time, was open to women outside of Logifem.

Thanks to your support, Logifem is able to offer these life-changing workshops. By investing in the well-being of mothers and children, the organization is helping to break the cycle of violence and create a foundation for a brighter future.



LES VOISIN-ES DU CANAL: A NEW CHAPTER FOR 35 WOMEN AND THEIR FAMILIES

Women and single mother families have officially moved into their new homes at Les Voisin-es du Canal, Logifem's permanent low-income housing initiative. This milestone marks the beginning of a fresh start for women who have faced significant challenges, providing them with stability, security, and a true sense of community.

Making this transition possible took the collective efforts of many. We extend our deepest gratitude to the Rossy Foundation for their generous donation which helped cover the cost of appliances, moving services, furniture, kitchen items, and bed linens for women arriving with very little. A huge thank you also goes out to the volunteers who dedicated their time and energy to assembling furniture, turning empty spaces into welcoming homes. And of course, we are incredibly grateful to our dedicated Logifem staff, who went above and beyond to support the women throughout the moving process.

Thank you to everyone who contributed to making this vision a reality. Your support continues to change lives, one home at a time.