

A new path to autonomy: Personalized support before shelter

An innovative pilot project led by Logifem

Women who contact Logifem are often facing complex and overlapping challenges. What they need most is someone to listen without judgment, offer guidance, and help them navigate the overwhelming realities of housing instability, legal issues, finances, and safety concerns.

That's exactly the role of Paul, Case Manager: Pre-Shelter Services. As part of an innovative pilot project — one of the few of its kind in Quebec — Paul works with women on our waiting list who are living in unstable or unsafe conditions. Some are at risk of eviction, others are fleeing violence, coping with trauma, or dealing with immigration-related barriers.

Support looks different for each woman. It might mean helping her apply for housing, connecting her to emergency shelters with shorter wait times, or accessing rent subsidies and financial aid. It might also mean simply listening, and walking alongside her through difficult decisions.

Paul meets women wherever they are — in person, by phone, or at our weekly housing clinic. He also helps with lease negotiations, coordinates moving logistics, and provides open-ended follow-up care. Since the launch of the program, up until September 30, 2025, 57 women have received this kind of tailored, proactive support — often avoiding the need for shelter altogether.



This initiative represents a bold and flexible model of care — one that adapts to each woman's individual path and opens the door to long-term housing stability and personal autonomy. It is also the opportunity for a new partnership with Maison du Père, who are supporting Logifem's implementation of a rent bank to offer women no interest flexible loans to manage rent debts and avoid eviction.

By offering support that begins before shelter and extends through each stage of the housing journey, Logifem is reimagining what it means to accompany women experiencing residential instability. And thanks to your support, no woman has to face that journey alone.



Thanks to you, Logifem provides comprehensive support for transformative journeys

FIRST-STAGE SHELTERS: A SAFE STARTING POINT

Logifem operates two shelters offering women and their children safety, dignity, and stability. With private rooms, 24/7 staff support, nourishing meals, and access to everyday essentials, these spaces are more than temporary shelter — they're the first step in a journey of healing and empowerment.

PRE-SHELTER SERVICES: SUPPORT WHILE THEY WAIT

Logifem's Pre-Shelter Services program offers tailored support to women on our shelter waiting list, many of whom are living in unstable or unsafe conditions. While awaiting a spot, they are connected to our Case Manager: Pre-Shelter Services, who helps assess their needs and offer timely assistance — whether through housing referrals, legal or financial support, landlord mediation, or other community resources. In some cases, women can secure stable housing or resolve urgent issues without ever needing to enter the shelter system. This program ensures no one is left waiting without help.

TRANSITIONAL APARTMENTS: INDEPENDENCE WITH SUPPORT

After shelter, women can move into one of 13 transitional apartments, where they continue receiving guidance while gaining more independence. Available for up to three years, these units allow residents to rebuild their lives at their own pace, with rent based on income and regular psychosocial support.

PRACTICAL SUPPORT: CLOTHING, FOOD & MOVING SERVICES

Our support goes beyond housing. A free boutique, a food pantry, and a subsidized moving service ease the financial burdens many women face. Whether it's a winter coat, a hot meal, or a second-hand sofa, these resources help women feel secure and equipped for the next chapter.



POST-SHELTER FOLLOW-UP: CONTINUED CARE, LASTING IMPACT

Transitioning out of shelter doesn't mean the journey is over. Our Post-Shelter Program offers up to 18 months of follow-up care to ensure women remain stably housed, connected to their communities, and supported in facing new challenges. Inspired by research, it helps ensure long-term success.

PERMANENT HOUSING: LONG-TERM STABILITY AT LES VOISIN·ES DU CANAL

This 35-unit affordable housing project, opened in 2024, is Logifem's first permanent housing initiative. Designed for women rebuilding after homelessness or instability, it offers long-term, safe, and supported living — and includes a daycare on-site. A housing coordinator ensures continued community support.

WORKSHOPS & ACTIVITIES: REBUILDING CONFIDENCE THROUGH COMMUNITY

Logifem offers workshops that support women's physical, emotional, and mental well-being. From yoga and arts to cooking and stress management, these activities promote healing, connection, and self-discovery. They also help women rediscover joy and confidence — key elements in the journey toward independence.

SUPPORT FOR MOTHERS AND CHILDREN EXPERIENCING VIOLENCE

The new "Kids' Club and Mom's Empowerment" program offers trauma-informed workshops for mothers and children affected by conjugal violence. Through group sessions, emotional support, and practical parenting tools, this initiative uses materials developed by the University of Michigan to help families heal together and rebuild strong, resilient bonds.



Walk with us in 2026: Coldest Night of the Year Returns



**SAVE THE DATE –
FEBRUARY 28, 2026**

| NEW LOCATION

**CENTRE GADBOIS
5485 CHEM. DE LA CÔTE-SAINT- PAUL
MONTRÉAL, QC H4C 1X3**

**Registration opens December 1
Visit Logifem.org/CNOY to register**

Last winter, in the aftermath of a heavy snowstorm, more than 125 walkers, 50 volunteers, and over 600 donors came together to support women and children experiencing residential instability. Together, we braved the cold streets of Ville Saint-Laurent as part of the Coldest Night of the Year (CNOY) 2025, raising over \$60,000 for La Lumineuse, Logifem's newest shelter.

The impact of your support was felt immediately. Because of you, women and their children were able to access safe shelter, warm meals, and vital psychosocial support during some of the most vulnerable moments of their lives.

Now, we're already looking ahead to CNOY 2026— and we want you to be part of it! With a new location in South West Montreal, close to Logifem's day to day operations, next year's walk, promises to be bigger, bolder, and just as meaningful.

WAYS TO GET INVOLVED IN CNOY 2026:

- Start a team – Rally your friends, family, or colleagues.
- Join an existing team – Every walker helps make a difference.
- Become a sponsor – Partner with us to make a meaningful impact.
- Volunteer – From registration to cheering on walkers, your time matters.

Whether you walk, give, or help behind the scenes, your involvement brings warmth, stability, and hope to women and children in need.

SAVE THE DATE:

**FEBRUARY 28, 2026 — AND LET'S
WALK TOGETHER FOR CHANGE.**