



SHARE THE
WARMTH

A dynamic and
inclusive space for
the whole community

Annual Report 2018 · 2019

MISSION

Our mission is to awaken hopes and dreams in the community through excellence in programming that fosters the overall development and success of youth, increases access to food security and health for all, and offers work training programs.

VISION

Inspired by the vision of a vibrant community where all members reach their full potential and achieve their dreams, Share the Warmth's priorities are:

- Food security for all, with special attention to school-aged children
So we can all eat
- The overall development and success of youth
So we can all learn and grow
- Employment and job readiness training
So we can all work

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A WORD FROM THE EXECUTIVE DIRECTOR AND CHAIR OF THE BOARD OF DIRECTORS

With over five years of building renovations now behind us, Share the Warmth recently returned to the important work of strategic planning this spring. The work on the building has resulted in a safer, more functional and beautiful space from which to offer our services well into the future. However, the time and financial costs of the work have taken a toll. It is now important for the board and management, along with the staff and members of the community, to take stock and plan for the future to continue responding effectively and sustainably to the needs in our community.

The strategic planning process began with an external evaluation by a community consultant who contacted members, community and government partners, and donors. Her analysis revealed that Share the Warmth is known for the high quality of its programming and the positive impact of our services in the lives of our members. We are recognized for our social entrepreneurship and action.

At the same time, this evaluation brought to light the view that because of the quality and quantity of our services, Share the Warmth is perceived by some as being able to easily raise large amounts of funding for our programs. In fact, we receive minimal funding from the government. For example, organizations of our size typically receive \$215,000 in provincial funding, whereas we receive only 20% of this amount. In addition to the 17% of funds raised through our social economy programs and member contributions, Share the Warmth must therefore raise 75% of our annual budget through private donations. This fundraising effort comes at a cost, placing a huge demand on our staff to raise the money to maintain our quality programming.

From our humble beginnings 30 years ago to the organization we are today, Share the Warmth plays a major role in the food security, youth, and employment sectors. As our impact grows so must our budget, if we are to maintain a strong and healthy team. In keeping with our pay-what-you-can programming model, we invite each of you to give generously and invite others to join in.

In the following pages, you will read about the gentrification of the area, and how it affects the work we do. In this context, it is more important than ever that we advocate with and for our members for access to sufficient and healthy food, youth development and employment opportunities. Our work is possible because of the tireless effort of our staff, volunteers and work program members. Thanks to them, we can offer you this annual report, which speaks of a very full and exciting year in the life of Share the Warmth!

Happy reading.



Fiona Crossling,
Executive Director

Rod Matheson,
Board Chair

THANKS TO YOU 2018-2019 WAS AN INCREDIBLE YEAR!

230 

young minds were awakened to music through 1,073 hours of musical education.



35

grade 5 and 6 students who were facing academic challenges received tutoring support to help get their grades up.

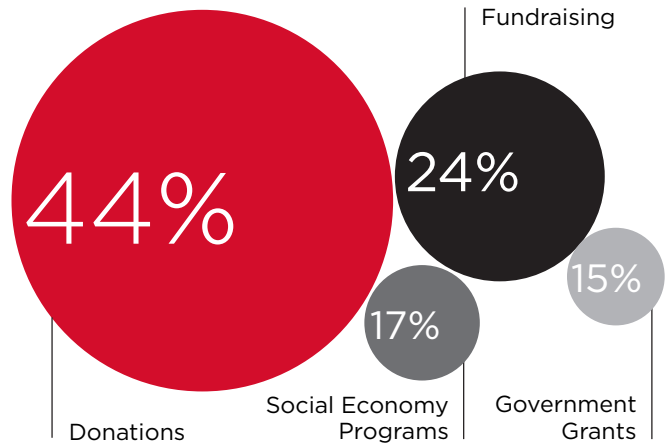
194

students and their families were able to buy back-to-school supplies at a fraction of the cost.



16 Montreal schools received school supplies to help children in need.

Revenue Breakdown*



* Excludes all donations in-kind.



287

children and their families shopped for gifts at the holiday Magasin-Partage.



15 schools received healthy snacks and lunches for students in need to help improve their concentration and academic performance.



55 members, adults and youth, participated in our cooking workshops.



1,100 people per month received food assistance through Share the Warmth's food bank including **718** annual home deliveries for members with limited mobility.



13 adults developed their employment skills in our work-training programs, working 5,101 hours.



Over **5,000** people bought fresh fruits and vegetables at the pay-what-you-can market.



810 volunteers donated close to **10,000** hours of time to help their community.

GENTRIFICATION:

Noun \ ,jen-trə-fə-'kā-shən

the process of repairing and rebuilding homes and businesses in a deteriorating area (such as an urban neighborhood) accompanied by an influx of middle-class or affluent people and that often results in the displacement of earlier, usually poorer residents.

- Meriam-Webster Dictionary

Impacts of gentrification

While some may argue that gentrification is a form of positive neighbourhood upgrading, bringing about development, rapid economic investment, and support of projects related to consumption, gentrification usually has negative impacts on neighbourhoods.¹

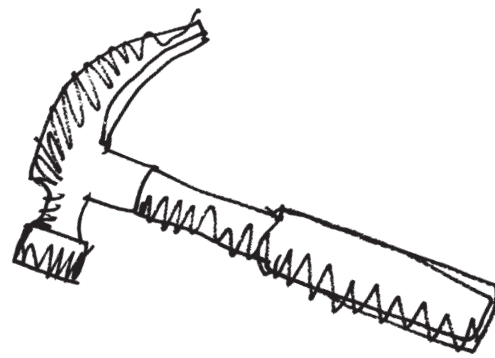
These include but are not limited to:

- Increase of property and housing prices, and thereby property taxes
- Inflated rents
- Increase in cost of living
- Decrease in rental housing availability
- Creation of spaces of consumption and entertainment that often exclude low-income residents
- Displacement of low-income residents
- Loss of community networks and friendships, especially for elderly individuals



1. Emily Chong, "The Negative Impacts of Gentrification," *Georgetown Journal on Poverty Law & Policy* (September 27, 2017). Consulted on June 25, 2019 at: <https://www.law.georgetown.edu/poverty-journal/blog/examining-the-negative-impacts-of-gentrification/>

A NEIGHBOURHOOD IN TRANSFORMATION



Over the last few years, we have witnessed the changing social fabric of the neighbourhoods we serve. From Point Saint-Charles to Little Burgundy to Saint-Henri to Verdun and beyond, these areas of the city have undergone dramatic transformation. But gentrification is nothing new. In fact, it is one of the most common trends impacting inner-city neighbourhoods across the country. However, the socio-economic benefits of these changes are unlikely to be experienced by the low-income residents who have historically lived here. According to a study by the Centre for Urban and Community Studies at the University of Toronto, “gentrification is associated with declining stocks of affordable rental housing, displacement of the working class from the communities where they have traditionally lived, the conversion of inner-city neighbourhoods from production to consumption spaces for the upper middle class, and speculative real-estate markets that drive up the cost of housing across the metropolitan area.”²

The real estate boom, which has swept the Southwest and Point Saint-Charles over the last decades, has contributed to a considerable influx of new, more affluent residents. According to a 2018 study, the Southwest population has grown by 9.2% since 2011, the largest increase of all 19 Montreal boroughs.³ Attracting mostly young professionals, young families and empty nesters, this boom is also seen as a threat to social housing, rental housing and as accentuating polarization in socio-economic status and indirectly excluding poorer residents.⁴ While Point Saint-Charles still has more social housing than other neighbourhoods with 1,734 subsidized units, there has nonetheless been a decrease in the availability of affordable housing. For example, triplexes that previously housed three families have been converted to single-family homes. Furthermore, many long-time residents are moving out of the neighbourhood, further away from the city centre and key services. And, as you will read on page 12, as the average income of a neighbourhood increases, essential services are often cut, such as subsidized lunches for schoolchildren despite the fact that so many low-income families still live here and rely on these services.

While the process of gentrification is a reality, we also feel that for a community to be healthy, it needs to be diverse—socially, economically, and culturally. We need to ensure that the more vulnerable members of our community, particularly lower-income individuals, families and seniors, are not displaced or excluded. Careful planning by municipal agencies, decision makers, and community input and involvement can help mitigate the negative effects of gentrification. For Share the Warmth’s part, we must fill the void and continue to offer key services to the many people who need them, while encouraging all residents to participate in creating an inclusive, welcoming and diverse community. Through **social economy projects, pay-what-you-can services, volunteer campaigns and awareness and advocacy efforts**, we are reorienting our programs to cater to the new reality of our surroundings. In the following pages, we share news from our programs, a glimpse of what the future holds, and ways we can all pay it forward so the whole community benefits.



2. Alan Walks and Richard Maaranen, “The Timing, Patterning & Forms of Gentrification & Neighbourhood Upgrading in Montréal, Toronto, & Vancouver, 1961 to 2001,” research paper Centre for Urban and Community Studies, University of Toronto (May 2008): p 3.

3. Christian Paquin, *Portrait statistique Population du territoire de l’arrondissement du Sud-Ouest*. (April 2018). Consulted on June 19, 2019 at: http://ville.montreal.qc.ca/pls/portal/docs/PAGE/ARROND_SOU_FR/MEDIA/DOCUMENTS/LE%20PORTRAIT%20STATISTIQUE%20DU%20SUD-OUEST%202018.PDF.

4. Daniella Guerrero, *A Diversity of Stories: Making Sense of Montreal’s Condo Boom*, research paper, School of Urban Planning, McGill University, Montreal, (May 2014): p. 3.



SO WE CAN ALL EAT

**“If you are more fortunate than others,
it’s better to build a longer table than a taller fence”**

- Anonymous



COMMUNITY LUNCH



Renowned chef, television personality and restaurant owner Chuck Hughes is becoming a regular at our community lunches.



Community lunches are held every last Thursday of the month. These lunches are open to everyone (not just food bank members) and offer the opportunity to share a good meal with old and new friends.

THE FOOD BANK IN NUMBERS

11,221

the number of members who relied on the food bank this year

5,675

the number of families who used the food bank this year, 26% of whom are single-parent families

718

the number of food deliveries made to people with reduced mobility

30

the percentage of food bank members who are under the age of 18

12

the number of volunteers who help distribute food at each food bank

The holiday food drive: version 2.0

This year, the traditional holiday food drive was revamped to encourage cash over cans. While we still had over **120 companies fill 1,005 boxes with non-perishable items**, and **over 160 volunteers sort 21 tons of donated food**, we also raised **\$40,122 for the food bank!** Financial donations have a greater impact on fighting hunger in our community. Through bulk purchasing and reduced rates, every \$1 we receive allows us to buy up to \$3 worth of food.



A young volunteer sorts donated food, December 2018.

FOOD BANK

THE SURVEY SAYS . . .

Between 2015 and 2019, the number of households that use our food bank has decreased by close to 29%. Yet, according to Montreal Harvest, the number of Quebec residents seeking food assistance has gone up by 25% in the last year alone. To try and make sense of these conflicting trends, we conducted a telephone survey with former food bank members for whom we still have phone numbers and who have not come to the food bank since 2015. The survey results, as well as an analysis of socio-demographic data for the Southwest and Verdun and consultation with other community organizations, indicate three main reasons for this decrease in food bank usage:

- 1. Food bank accessibility:** 37.5% of people said they had difficulties getting to our food bank, whether due to reduced physical mobility, illnesses, the cost of public transit, or the physical demands of carrying heavy bags of food home.
- 2. The food offered:** 17.65% of people said the food distributed did not meet their needs or tastes (many improvements have been made to improve food quality which past members may not be aware of).
- 3. Population mobility:** 13.73% of people said they moved out of the neighbourhood and now use other food banks in their area.

We were unable to get in touch with many of our former members as their contact information is no longer valid. It is therefore possible to conclude that a much higher percentage of former food bank members have actually left the area, perhaps due to a lack of affordable housing, a lack of subsidized housing and the current socio-economic transformation going on in the area. Other community organizations in Point Saint-Charles believe gentrification is having a considerable impact on the number of residents who use their services. Share the Warmth will continue to monitor the situation and modify our services as needed to ensure we cater to the most vulnerable members of our society.

THE POWER TO CHOOSE WHAT WE EAT



One of our food security interns is serving a hearty soup at the food bank, winter 2019.

The food bank follows a member-choice model, where each member or family can pick the food items they want. This provides individuals with the ability to choose what they eat, develops autonomy and encourages them to take responsibility for their health. At every food bank, we offer tastings of different foods to encourage members to discover lesser-known products (e.g. turnips, tempeh, brown rice, etc.) and printed recipes with healthy meal ideas are also available (e.g. lentil spaghetti sauce, cauliflower couscous, etc.).

“With my social assistance cheque, I just can’t make ends meet: once the rent is paid, I barely have \$80 left to pay for my phone, to get around and to eat. How do you expect me to eat healthy with that budget? When I come here, I know there will be good food and I get to pick what I want. It helps me out for a few days but it’s still not enough. I need to visit other food banks or else I won’t have enough to eat for the month.”

- Food Bank Member

<https://sharethewarmth.ca/what-we-do/food-bank/>

SHARE THE WARMTH’S HEALTHY FOOD PHILOSOPHY

In the summer of 2018, our food security team worked with our members on developing a healthy food philosophy to define a common vision for all of our food programs. The Board of Directors unanimously adopted the philosophy in December

2018. Our Healthy Food Philosophy recognizes food as an essential part of life, necessary in maintaining a healthy body, mind and spirit. We believe access to food is a fundamental human right and that it is part of our responsibility to make healthy food accessible to all. In the next year, we will continue working hard to increase the availability and variety of healthy and nutritional food in all our programs. To read the full philosophy, please visit our website at: sharethewarmth.ca/about-us/healthy-food-philosophy

THE PAY-WHAT-YOU-CAN COMMUNITY MARKET



THE MARKET IN NUMBERS:

5,000

the number of customers who shopped at the market from July 2018 to June 2019.

3,000

the number of loaves of homemade bread sold.

45

the percentage of customers who visit the market 4 times or more per month.

25

the average percentage of products for sale donated by local growers (unsold produce, imperfect fruits and vegetables, surplus).

15

the average number of items purchased per transaction.

"I don't remember the last time I was able to buy as many fruits and vegetables. Since I started shopping at the market, I cook more and eat healthier. I eat at least two fruits per day, a luxury I could not afford before. Shopping at the market makes me happy, and I get to discover new products. People are welcoming, and I even made friends shopping here."

Roger - Market Client

A YEAR-ROUND AFFAIR!

Only in its second year, the fruit and vegetable market is one of our most popular programs. After speaking with customers and members, who told us that without the market they would not be able to afford to buy sufficient fruits and vegetables in the winter, we quickly realized the need to have a year-round market. As such, our community market is now open twice a week in the summer and once a week in the winter. On average, customers can pick from a variety of fruits (30%) and vegetables (70%). While we do offer some exotic fruits, we focus on providing seasonal and local products and fostering relationships with local growers.

Pay what you can: a business model based on reciprocity and trust

- 20% of customers pay more than the suggested price
- 45% of customers pay the suggested price
- 35% of customers pay less than the suggested price

Pay what you can (PWYC) is a non-profit business model that does not depend on set prices for goods but is rather based on a customer's ability to pay. What this means is that every product at the market has a suggested price, and customers who can afford to pay that price or more are encouraged to do so, while customers who cannot pay the suggested price can still buy the fruits and vegetables they need to feed themselves and their families. The market is open to everyone and we invite all residents, regardless of financial situation, to shop here. The aim is to create a balance, where shoppers who pay the suggested price, or more, make up the difference for shoppers who pay less. This initiative is especially relevant in light of the gentrification currently happening in the area. As one market customer summed it up perfectly:

"Nice initiative for the neighbourhood. Really two groups of people spending time in this neighbourhood; people who don't have a lot of money and people who live in condos. This is a nice place for both to come and be part of the community."



<https://sharethewarmth.ca/what-we-do/market/>

COOKING PROGRAM

ADULT WORKSHOPS

Our cooking programs for children and adults teach participants to prepare simple, healthy recipes using inexpensive ingredients in a fun interactive environment. The program combines hands-on cooking sessions and food-based activities with take-home recipes, easy-to-understand nutritional information, group exercise, and shared meals. Each session covers different topics such as how to read food labels, healthy breakfasts, the importance of oral health and more.



Students from McGill University's Dentistry Program taught children the importance of oral health and gave out free toothbrushes.

Food has the power to connect and bring us together

Share the Warmth truly believes that the majority of people know how to cook. Financial constraints can have a huge impact on the purchasing power of individuals and sometimes force them to have a less healthy diet. Share the Warmth's cooking workshops offer a place to discuss, share, learn and make friends. The goal is to demonstrate that healthy eating is not necessarily inaccessible by offering simple and inexpensive alternatives. There is also the desire to build bridges with other programs by, for example, using ingredients that are available at the market or at the food bank.

As a Good Food Organization with the Community Food Centres of Canada (CFCC), Share the Warmth offers the CFCC's free 12-week FoodFit program. FoodFit has an impact on the overall health and wellbeing of participants. In fact, the annual survey of all FoodFit programs across Canada has shown that after completing the program:

- 75% of participants increased their fruit and vegetable consumption;
- 78% cook more meals at home because of the skills they learned;
- 82% made a social connection with someone they felt they could count on for support.



"I really appreciated the structure of the FoodFit program, we covered different topics each week such as vegetable protein, label reading and understanding the fat and sugar content of different foods. It was very helpful to have a nutrition student (from McGill) give the classes because otherwise I wouldn't have access to a nutritionist. We made easy, tasty and simple recipes, which made vegetables and healthy food more appealing. I learned many cooking tricks and shortcuts and I am now cooking more at home. Since FoodFit I have incorporated more vegetables into my diet, I am eating more fruits and I have cut out less healthy foods such as baked beans and chips."

David Kosowoj - FoodFit participant



In the fall of 2018, we also offered three thematic workshops (three to five participants) where we tackled adaptable recipes, winter vegetables, soups and stews. Participants particularly enjoyed making homemade pita bread and beet chocolate muffins.



At the last FoodFit session, participants were asked to bring in their own recipe and prepare it for the group. The results were delicious!

COOKING PROGRAM

YOUTH WORKSHOPS



“He enjoyed it greatly and learnt new skills. The idea that cooking is fun has really become part of his way of thinking.”
- Thomas’s mother



“She adores your workshops and every Saturday she is excited to make us try the leftovers. She has become more responsible, independent and involved [in meal preparation].”
- Léakim’s mother

This past year, we welcomed 41 children aged 6 to 14 in our cooking workshops. Workshops taught basic techniques (e.g. knife skills, the name and function of each utensil, etc.), equipped participants with the knowledge to make informed food choices, encouraged healthy lifestyle habits, built self-esteem and raised awareness about the impacts of an unhealthy diet. Furthermore, the workshops brought children from different social, cultural and linguistic backgrounds together, many of whom would not have otherwise interacted with one another.

At the end of each semester, each child was given a portfolio with all the recipes so that they could cook the meals at home. Most importantly, the workshops shared the pleasure of eating good food in a fun and safe environment.

- 100% of participants say cooking brings them joy.
- 93% of participants say they participate more in meal preparation at home since joining the program.
- 89% of participants say they tasted a new food in the workshops.
- 100% of participants said they feel more confident to prepare their own meals and that they made a new friend in the program.

Oui chef!

This year’s cooking workshops took on a new spin. Different activities put our mini chefs in the spotlight and gave them the opportunity to develop their creativity and confidence. For example, our *Masterchef* activity got participants to be creative and develop their own recipe. We also put participants in the role of “head chef”. Each participant was asked to share and teach one of their family’s favourite recipes to the group. At the end of each semester, children invited their relatives for a celebratory meal prepared by our young chefs. This allowed us to show both children and parents that you can make delicious, healthy and simple meals with inexpensive, readily available ingredients. Overall, our mini chefs were passionate, enthusiastic and open to trying new foods.

What’s next?

In the fall of 2019 in partnership with the The Depot Community Food Centre, we will be launching **Boîte à Lunch in the three elementary schools in Point Saint-Charles**. Boîte à Lunch is a fun after-school program where youth develop a healthy relationship to food by learning cooking skills, building nutrition knowledge, and making their own meals and snacks. The program aims to reinforce the food security of their families.

<https://sharethewarmth.ca/what-we-do/boite-a-lunch/>

SCHOOL FOOD PROGRAM

Nurturing healthy minds

Since 1993, Share the Warmth's School Food Program has been providing healthy meals and snacks to hungry students in schools throughout Montreal.

- 80,000: the number of muffins and cookies made in our kitchen each year
- 2,500: the number of volunteer hours required for meal preparation per year
- 15: the number of schools that receive food as part of our School Food Program

This year, our focus was on reducing food waste, raising awareness and getting schools more involved. Students and staff from seven participating schools came and volunteered at Share the Warmth to learn more about the program, how the food is made, and the costs and effort involved.



Students and staff from Allion Elementary School in LaSalle joined our school food team in the kitchen and helped prepare the food that is distributed in schools.

Advocating for a universal school food program

On September 20, 2018, Share the Warmth, along with other community organizations across the city, took part in the "Free Lunch Day," a movement organized to put the food security issue at the heart of the provincial election campaign. The objective? The creation of a universal lunch program that would provide healthy lunches to all students, regardless of family income. On this day, Share the Warmth served lunch to all the students at St. Gabriel School. On the menu: grilled vegetable and hummus wraps, coleslaw, mini banana-spinach muffins and a Quebec apple. The children seemed to really like the lunch and many parents even emailed us asking for the recipe.

Canada is the only G7 country that does not have a national school food program



Share the Warmth staff and volunteers prepared the grilled vegetable and hummus wraps served to students at St. Gabriel School as part of the Free Lunch Day campaign.

School Food Programs threatened

Unfortunately, in March 2019 we learned that the Ministère de l'Éducation et de l'Enseignement would be cutting the subsidized lunch program, which offers \$1 lunches to students from low-income households, in 11 schools across the city, including École Charles-Lemoyne. This includes 200 daily meals in Point Saint-Charles. The Ministère grants funding to schools based on two poverty indices: the low-income cut-off index and the socioeconomic environment index. As new, wealthier residents move into neighbourhoods, these indices rise, and, consequently, neighbourhoods are reclassified. Subsequently, schools lose food funding despite the fact that the students and families who rely on these programs are still present. Following this decision, Share the Warmth, community organizations, activists, parents, teachers and students rallied together in an effort to get the government to revise its decision. While various funding announcements have been made, we will continue to advocate for healthy food for all school-aged children.

What's next?

In June, the Government of Canada released its Food Policy for Canada, which includes taking the "first consultative steps alongside provinces, territories, and not-for-profit organizations towards the creation of a National School Food Program, to help improve the health of our children as they learn, leading to better futures for them, and ultimately for our country."⁶ In light of this and as we are currently in full strategic planning mode, we are re-evaluating our School Food Program so that it responds to real needs and is sustainable with the appropriate financial support and recognition at all levels.

<https://sharethewarmth.ca/what-we-do/school-food-program/>



YOUTH PROGRAMS

**SO WE CAN ALL LEARN
AND GROW**



SO WE CAN ALL LEARN AND GROW

The 2018–2019 school year was rich in musical learning and accomplishments in all three parts of the music program. Students worked diligently on their composition skills and performed in several concerts. Our senior students took on leadership roles to support this year's large cohort of new musicians.



Our orchestra is growing

Wind instruments made their debut in our El Sistema orchestra this past fall. Children in the intensive music program can now choose to play the flute as well as the violin, viola, cello, and guitar.

A smile and a high five!

The Music Initiation Program brings smiles to 90 kindergarten students at École Charles-Lemoyne each week. Weekly music classes are 30 minutes long and our instructor leads students in experimenting with rhythmic instruments, pitched instruments as well as full-body movement and lots of singing. The program allows students to develop and test their skills by giving them the space and encouragement to move physically and use their voice and imaginations. Students also develop their fine motor skills, assert their personalities, learn to interact with classmates and communicate through language . . . all while having fun! Each student leaves class with a smile and a high five!



Concerts galore!

Our piano and guitar students (Weekly Program) gave three stellar performances this year, with concerts at the end of each semester (December, March and June). Five passionate students were also offered a two-week scholarship to the **Camp musical Père Lindsay** along with six students from the El Sistema inspired program. For their part, the intensive program students played three end-of-semester concerts (December, February, and May), which demonstrated their progress throughout the year.

Senior orchestra students performed at a special fundraiser at Airbnb's offices in Montreal. One employee was so moved by their performance she was close to tears. Students were especially excited to take part in this festive event and were treated to a wonderful dinner afterwards.

The event raised close to \$7,700 for Share the Warmth!

In December, senior choir students spread holiday cheer with a special performance at a lunch held for local seniors. The audience really loved the three songs performed and students sat with seniors afterwards and enjoyed a piece of cake.

El Sistema inspired programs join forces

In May 2019, four El Sistema inspired orchestras and choirs joined forces and played a concert together: the Encore! El Sistema Programs from St. Gabriel School, Kahnawake and Parc Extension and the Share the Warmth program. This concert was a great opportunity to foster community spirit and for students from diverse backgrounds to connect and share their passion for music.

The Share the Warmth and St. Gabriel orchestras took the stage together again at FestiPointe, a festive event in Point Saint-Charles. The guitar and flute classes as well as the choir performed. Students were excited to be on the professional outdoor stage in front of a large audience.

“When I was working on song-writing with her, I noticed that it was a great space for exploring her feelings. She spoke her poetry and talked about the hard things in her life so openly, in such a different way than she does when we are just chatting. She seemed to release a lot of feelings in our song-writing sessions and came out feeling rejuvenated.”

— Teacher in the El Sistema Intensive Music Program on how song writing is helping one of her students express herself and share her feelings.



The community was also treated to five free and very diverse concerts by professional bands and orchestras: Orchestre Symphonique de l'Agora, Crystal Journey, The Villanova University Band, Forestare and Beija-Flor.



Conductor Nicolas Ellis gives a masterclass to the Share the Warmth orchestra

Nicolas Ellis, Artistic Director and Founder of the Orchestre Symphonique de l'Agora (OSA), Resident Conductor at the Orchestre symphonique de Québec and Artistic Partner of the Orchestre métropolitain de Montréal, gave two masterclasses to the Share the Warmth orchestra this year. A very exciting opportunity for our young musicians! OSA teachers also gave 40 hours of lessons to our violin, flute and cello students.

What's next?

As the neighbourhood's socio-economic makeup changes, we want children from lower-income households to continue to have access to quality music programming. As such, we are revising our admission process, prioritizing spots for returning students and new students whose families use our services. Remaining spots will then be open to the rest of the community. Furthermore, as the costs of providing quality musical education are substantial, we are implementing a pay-what-you-can model based on family income.

SO WE CAN ALL LEARN AND GROW

Tutoring & Bursaries



Tutoring Program

Share the Warmth's Tutoring and Bursaries Program welcomed 35 students from École Charles-Lemoyne, École Jeanne-LeBer and St. Gabriel School. Participants either have academic averages below 74% or have been identified by their school as needing additional help. Each group (school) received 2 one-hour sessions per week, which included group exercise to release excess energy and improve concentration, healthy snacks, individualized support and report card monitoring. Furthermore, each student is eligible for a bursary of up to \$200 based on attendance. We are happy to report that for this year the average attendance rate in all three schools was 98%.



Many of our dedicated tutors have been working in the program for several years and are also involved in other aspects of our organization. Alexia (left) has been working as an administrative assistant in the youth program this summer, a position her fellow tutor and Share the Warmth youth cooking animator Thivya (pictured with Fleurlie, another tutor) will take on in the fall.

SO WE CAN ALL LEARN AND GROW

Tutoring & Bursaries

A strong bond

The student/tutor ratio was improved this year with one tutor for a maximum of three students. This reinforces the bond between student and tutor and allows us to provide better individualized support. Moreover, our core group of tutors have been working in the program for three years or more, providing a sense of stability and continuity for students. In fact, many students have problems studying at home and tutoring is the one time they can sit down and do their homework. Tutors are very conscientious of the quality of their work and do everything they can to ensure children learn in a positive environment.

- 79% of students said their tutor pushes them to think about the topics they read.
- 89% of students said they feel like their tutor really cares about them.
- 90% of students said their tutor encourages them to do their best.

Most of all, we want tutoring sessions to be an enjoyable experience. Our aim is to ignite or rekindle students' love of learning.

Breaking down linguistic barriers and making new friends

Another change in the program this year is that students from Point Saint-Charles's French and English elementary schools take part in combined tutoring sessions. The goal is to not only improve language skills in both groups but also to open up communication and encourage new friendships! Here, a francophone student from École Jeanne-LeBer is explaining in English to an anglophone student from St. Gabriel's School how the hidden word puzzle works.



A smooth transition to high school

As the dropout rate in Point Saint-Charles was one of the highest in the province, the main goal of the program was to ease students' transition to high school. After consulting with school administration, educational experts, and teachers, we realized that earlier intervention would contribute to better results. However, to ensure participating students still receive the support they need once in high school, we have formed a partnership with Pathways to Education. This organization offers tutoring support and bursaries to high school students in the area. Our partnership involves bringing students to their offices to learn more about their services and informing parents about the possibility of their children continuing in Pathways's program. In exchange, Pathways to Education attends our annual end-of-year ceremony. The goal is that together we will ensure each student has the support and opportunity to succeed and graduate from high school.

Sam Pelc Scholarship

The Sam Pelc Scholarship offered financial assistance to local high school students from low-income households. We are happy to announce that our last five recipients graduated this year. Congratulations!



Former Sam Pelc recipients Julie Richardson Robitaille and Fleurlie Merveille attended the end-of-year celebration for our tutoring and bursary students. Julie, who has been working in our music program for six years and is studying to become a special education teacher, and Fleurlie, a Share the Warmth tutor, active member of the community and psychology student, shared their journey with the audience. They are truly a source of inspiration for the next generation! Thank you for sharing your stories!

SO WE CAN ALL LEARN AND GROW

Tutoring & Bursaries



Post-Secondary Scholarships

Share the Warmth's Post-Secondary Scholarship provides financial assistance to CEGEP or trade school students. The scholarship is awarded to students from the community and is based on merit and financial need. Two new students were awarded the scholarship for September 2019.

Magasin-Partage

Every year, Share the Warmth holds a school supply sale and a holiday sale for families registered in our programs. This sale eases the financial burden of back-to-school and holiday shopping on local families by allowing them to buy what they need at nominal prices. This model reinforces parent's autonomy and responsibility for their children's well-being.

- 83 families shopped at our back-to-school sale, providing 194 children with the supplies they need for the school year.
- 111 families shopped at our holiday sale, buying gifts for 287 children.

What did you do on your summer vacation?

Thanks to partnerships with the Camp musical Père Lindsay and Camp Le P'tit Bonheur, children from Point Saint-Charles had a summer to remember! 10 students from our music program were able to attend the Camp Musical du Père Lindsay and came back over the moon about their experience. Similarly, Camp Le P'tit Bonheur offers 40 spaces to children in our programs at a very low cost. We thank both of these partners for their generosity and for giving so many children memories that will last a lifetime!

Hooked on School



Share the Warmth participated in the *Hooked on School Days* Campaign in February 2019. The aim is to remind students, parents, tutors, and teachers that they play a vital role in encouraging young people to stay in school.

SO WE CAN ALL WORK

Share the Warmth offers work-training and volunteer opportunities as well as internships. Our goal is to provide participants with an opportunity to develop new skills and interests, make social connections and build support systems, and foster a sense of pride and achievement. We believe work not only provides financial autonomy but also contributes to our overall well-being.

Community positions

This year, we had two participants work at the cash in the Café-Boutique. These part-time positions are available to members of the community who have been on social assistance programs for prolonged periods of time.

Emploi Québec's PAAS-Action Program

Share the Warmth, in partnership with Emploi Québec, welcomes 10 participants in the PAAS-Action program. This program is geared toward people on social assistance who want to return to the job market. It assists them in learning and developing new skills and prepares them for a work-training program or even a permanent job. Participants can work in different areas, based on their availability and interests. We offer customer service training (Café-Boutique), food bank (warehouse), delivery help, kitchen help and office help. Emploi Québec has approved three additional positions for the coming year.



Alyzée and Mélanie both worked in different areas at Share the Warmth, including sorting donated goods, the food bank and the kitchen. They are pictured here preparing snacks for the School Food Program.



Jean-Philippe works in the kitchen preparing the Café meals. He has become our go-to pizza maker and grilled cheese expert!



For almost two years, David has been working in the Café-Boutique. Since starting at Share the Warmth, David's responsibilities have grown. He now trains new employees and volunteers at the cash and occasionally supervises the sorting of donated goods to be sold in the boutique. David's clear and easy-to-follow explanations are appreciated by all.



Alain, who we see here with our volunteer and work training coordinator, has become our handyman. When something breaks or needs maintenance, you can always count on his help and many talents. And when he is not busy repairing or servicing our equipment, he lends a helping hand, loading and unloading the delivery truck.

SO WE CAN ALL WORK



Patricia is another PAAS-Action participant who started off working in the food bank and at the Café and has taken on greater responsibilities. She often supervises volunteers and other work-training participants who prepare the food boxes to be delivered to people with reduced mobility.

Internships and summer employment

In partnership with the Canada Summer Jobs program, we provide paid summer employment opportunities to students. We also partner with universities to offer internships in our programs. This is a great way for young Canadians to acquire relevant work experience and build their résumés. Last summer, we had students work in food security, in our urban garden and as community animators.



Aakansha, a graduate student in nutrition at McGill University and intern at Share the Warmth, brought in her own spices to prepare a delicious traditional south Indian curry for lunch at the Café.

Thank you to our amazing volunteers

Share the Warmth volunteers come from near and far. They work in the food bank, the boutique, at the market, sorting donated clothing, with children in our programs and doing all kinds of other amazing tasks.



Left: Former Share the Warmth employee Ekow came in during a snowstorm to give us a hand with our accounting. Talk about dedication!

Right: Share the Warmth board member and regular volunteer Steve hard at work in the food bank.



As a small token of our appreciation for all their hard work, we invited our regular volunteers to a celebratory evening during National Volunteer Appreciation Week in April 2019.

SO WE CAN ALL WORK

Social economy programs

In addition to providing important job training opportunities for our members, our social economy initiatives generate revenues that are reinvested in the organization, covering overhead costs and supporting our programs.

- The Café-Boutique brings in about 10% of Share the Warmth's yearly revenues. The past year, sales totalled just over \$110,000.



Salle Wellington: a beautiful event space right in the heart of the Southwest

Salle Wellington has been available to rent since Spring 2018. The rental rates are based on different renter categories: Share the Warmth members, Point Saint-Charles residents, non-residents, community and non-profit organizations, private individuals and businesses. The aim is to ensure everyone can benefit from this beautiful, newly renovated space and have somewhere to celebrate their special events. This project also provides members and the community with employment training opportunities and reintegration to the job market.

What's next?

To improve our event planning and management capabilities and to increase revenues, we aim to hire a dedicated hall rental manager. Marketing strategies to increase visibility as well as other minor investments (such as a new sound system) are also being planned so that Wellington Hall will become a competitive event space. <https://sharethewarmth.ca/hall-rental/>

The Café-Boutique

A shared meal is an opportunity not just to eat, but to socialize, talk, and strengthen bonds and friendships. In this vein, the Café is more than just a place to grab an affordable coffee and a meal. It is a place community members can come to get out of the house, to see friends and to just be with people. It helps to break the isolation often associated with poverty.



The Café is open to everyone, not only Share the Warmth members. Meals are just \$5 for non-members. Why not stop in and grab a bite next time you are in the area? In the last year, we have cut our café food costs by 80% (thanks to donations and food recovery partnerships), which means any money spent on Café meals will have an even greater impact!



In the summer the action moves to the terrace. Thanks to donations of fresh meats from Boucherie Claude et Henri in Atwater Market, summer barbecues include a variety of fresh burgers and sausages as well as veggie burgers and salads.



The Boutique

The boutique relies on donations from individuals and companies and sells affordable men's, women's and children's clothing, as well as small household goods. We also partner with other community organizations and supply clothing and goods to help victims of fires, floods, newcomers to the country and other people in need. Special sales are also organized throughout the year, made possible by the donations we receive. All income generated by the Boutique helps to fund the organization. As such, donating used goods to the Boutique not only gives them a second life and keeps them out of landfills but also has a direct impact in the community.

SPECIAL EVENTS & FUNDRAISING

Partageons la PUCK!

<https://sharethewarmth.ca/upcoming-events/partageons-la-puck-2/>

At this year's hockey fundraiser, players were coached by Share the Warmth spokesperson and Montréal Canadiens General Manager Marc Bergevin and former Montréal Canadiens player Réjean Houle. The event raised \$50,000 for our youth programs!



Share the Spirit

<https://sharethewarmth.ca/upcoming-events/share-the-spirit/>

Our annual holiday fundraising event kicked off the giving season with an incredible gift from BDO Canada. They raised \$14,300 for our food bank!



Scotiabank Charity Challenge

<https://sharethewarmth.ca/upcoming-events/scotiabank-run/>

Despite the rain and cold weather, Équipe Espoir was out in full force for the 5-km, 10-km and 21-km race! They raised \$10,000 for our youth programs!



Table of Hope

<https://sharethewarmth.ca/upcoming-events/table-of-hope/>

A new venue, new faces and a new fundraising objective. This year's Table of Hope was co-chaired by renowned Montreal chefs, restaurant owners and television personalities Chuck Hughes and Stefano Faita and hosted by CHOM FM's Jason Rockman and CTV News' Maya Johnson. The gourmet event raised \$170,000 for our food security programs! Thank you to all the amazing restaurants and beverage providers for your participation and generosity.



SPECIAL EVENTS & FUNDRAISING

Third-Party Events

Another year, another wide range of fundraising events organized to support our programs. This year, we had old and new friends find creative ways to raise money for Share the Warmth. From Modo Yoga Griffintown's amazing summer of outdoor yoga classes on the Lachine Canal, to Burgundy Lion Pub's annual golf tournament and GOAL MONTREAL, to salsa events, Zumba parties, Dance-o-thons, art auctions, bake sales, and more, you raised close to \$40,000 for our programs! Thank you!



In the summer of 2018, Modo Yoga Griffintown held outdoor yoga classes on the Lachine Canal. The classes were on a voluntary contribution basis and money raised went to supporting our fruit & veggie market. They raised \$5,090!

Our young supporters rise to the challenge

Once again Aaron, along with his mom and younger brother Zach, organized Muffins for Moms, a special breakfast held at his school for Mother's Day. The event raised \$1,030 for our food bank! Incredible!



Aaron and Zach (Muffins for Moms)



At the end of the school year, the Pandas Mignons class from École Charles-Lemoyne stopped by Share the Warmth to give us the \$90 they raised for our food bank! Bravo!

STATEMENT OF FINANCIAL POSITION

A LOOK AT THE NUMBERS...

This table presents comparative financial results for 2019 and 2018. The completed building renovations continue to negatively impact results due to higher depreciation and interest costs. The organization ended the year with a building debt of \$480,000. Income from special events and donations were 20% lower this year, while social economy and government grant income grew by 30% and 66% respectively, as efforts were made to increase these two sources of funding. 90% of in-kind donations are from Montreal Harvest for weekly food bank donations received.

	June 30, 2019	June 30, 2018
Assets		
Cash	\$ 125,006	\$ 252,627
Accounts receivable	45,033	90,919
Prepaid expenses	7,958	4,107
Government grant receivable	-	200,000
	<u>177,997</u>	<u>547,653</u>
Property, plant & equipment	<u>2,418,703</u>	2,419,486
	2,596,700	2,967,139
Liabilities and Net Assets		
Line of credit	480,000	605,000
Accounts payable and accrued liabilities	189,453	220,062
Deferred contributions	920,594	993,814
	<u>1,590,047</u>	<u>1,818,876</u>
Net assets		
Invested in property, plant & equipment	2,370,295	2,371,078
Unrestricted	<u>(1,363,642)</u>	<u>(1,222,815)</u>
	<u>1,006,653</u>	<u>1,148,263</u>
	\$ 2,596,700	\$ 2,918,731
Revenues		
Fundraising activities		
Donations	\$ 551,854	\$ 677,256
Contributions in kind	476,577	472,235
Special events	302,979	387,604
Other		
Social economy	217,927	168,155
Government grants	192,060	115,330
Estate donations	12,934	25,000
	<u>1,754,331</u>	<u>1,845,580</u>
Expenditures		
Community programs		
Food Security Programs	829,596	713,249
Music & Youth Programs	297,217	286,593
Social Economy & Work Programs	287,443	344,938
Administration	255,273	229,000
Amortization	125,104	109,761
Fundraising activities	101,308	90,954
	<u>1,895,941</u>	<u>1,774,495</u>
Excess of revenues over expenditures (expenditures over revenues)	\$ (141,610)	\$ 71,085



Our team

Full-time

Emily Balderston
Simon Beaulieu
Serena Carden
Fiona Crossling
Kimberly Fellows
Mona Gittens-Williams
Dalila Hamsi
Julie Hurtubise
Marion Hilken
Jacinthe McCabe
Françoise Morrison
Elizaveta Orlova
Vanessa Girard-Tremblay
Katina Vanasse
Habib Zekri

Part-time

Maria Consuelo Padron Aicardi
Russell Godding
Shenel Pierre-Ramsay
Valerie Schoof
Charles Tison

Tutoring

Thivya Anban
Alexia-Frédérique Baha
Laurent Chicoine-Mckenzie
Raphaël Cyrius
Taya Darling-De Clou
Amanda Falco
Laurent Hébert
Fleurie Merveille
Alexia Rondeau

Music

Albane Sophia Château
Marie-Noelle Choquette
Juan Sebastian Delgado
Medad Ernest
Alexandre Éthier
Edward Gold
Kali Halapua
Marie Hamilton
Charles Hobson
Gabriel Hotier
Alvaro Larez-Fermin
Suzanne Larose
Julie Richardson-Robitaille
Gabrielle Smith
Lauren Tyros
Gabriel Valente Paulino

Board of Directors

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Vice-President at Accord Financial

Christian Amesse - Vice-Chair
Director Principal École Charles-Lemoyne (Retired)

David Malin - Treasurer
Vice-President, PwC

Dominique Chatel - Secretary
Real Estate Broker and Foundation Director

Geneviève Charette - Director
Consultant, Change Management and Organizational Development

Julie Hamel - Director
Social Entrepreneurship Fellow and Coach
District 3 Center for Innovation and Entrepreneurship, Concordia University

Steve Legler - Director
Family Business Advisor, TSI Heritage

Nisha Matchett-Noor - Director
Manager, Digital Technology at Deloitte

Dario Mazzarello - Director
Managing Director, Jarislowsky Fraser

Julie Miville-Dechêne - Director
Independent Senator

Stephen Mullin - Director
Co-owner, Studio du Château

Serge Théorêt - Director
Vice-President, Distribution and Logistics at Agropur

Fiona Crossling
Executive Director, Share the Warmth

Thank you to all our donors

Share the Warmth would like to thank all the individuals, companies, foundations, organizations, and sponsors, as well as those who wish to remain anonymous, who have supported our programs and mission throughout the year. We would also like to thank everyone who participated in our fundraising events and everyone who organized fundraising events on our behalf. We are truly grateful.

\$25,000 and more

Charles Cusson Foundation
George Hogg Family Foundation
Marcelle and Jean Coutu Foundation
Ministère de la Santé et des Services sociaux (PSOC)
Moisson Montréal
Zeller Family Foundation

\$24,999 - \$10,000

Altru Foundation
André Gauthier Foundation
Canada Life
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Fondation J.A DeSève
Gilles Chatel Foundation
Hay Foundation
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J. Armand Bombardier Foundation
Le Berlingot Foundation
Lederman Foundation
Ministère de l'Éducation, du Loisir et du Sport (MELS)
Ministère du Travail, de l'Emploi et de la Solidarité Sociale, Programme d'aide et d'accompagnement social (PAAS - ACTION)
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PME MTL Grand Sud-Ouest
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TD Bank Group
TELUS

\$9,999 - \$1,000

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Aaron & Wally Fish Foundation
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Arnold, Gail
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Bar B Barn
BDO Canada
Beaconsfield Golf Club
Bergeron, Eric
Beurling Academy High School
Birks Family Foundation
Bissonnette, Jean & Victor
Boucherie Claude et Henri
Bringer, Benoit
Brodeur, Jennifer
Bussandri Foundation
Canderel Management
Carrière, Guylaine
Centraide - Fonds du CAPSSOM
Chawkers Foundation
Chemotec/Safeblend
Chiara, Vincent
CI Investments
City of Montréal (MESS)
Clerk, Patrice
Club de Hockey Canadien
Club Sportif MAA
Clusier
Copette
Curry Family Foundation (The)
CN Employees and Pensioners Community
Davidman, Michael and Kim
Desjardins - Caisse du Sud-Ouest Montréal
Dias, Andrew
Direction Régionale de Santé Publique
Easey, Jackie
Institute of Christian Communities (Montreal)
Erin Sports Association
Esber, Richard

Etheridge, Suzanne and Paul
 Faïta, Stefano
 Familiprix
 Fednav
 Ffrench, Kathleen
 Five B Family Foundation
 Fondation Frontenac - Fonds Pierre Mantha
 Fonds de solidarité FTQ
 Fromagerie Atwater
 Goldman, Beryl
 Goodridge, David
 Groupe Lefebvre M.R.P.
 Guezen, Nick
 Gurudwara Sahib Quebec
 Gustav Levinschi Foundation
 Hanson, Douglass
 Healy, William
 Hyatt, Susan M.
 Hydro-Québec
 Hylcan Foundation
 Imadake Izakaya
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 Institute for Christian Communities
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 Jewish Community Foundation of Montreal (The)
 Jodoin, Yann
 Jokinen, Judie
 Jumpstreet Educational Tours
 L'aréna des Canadiens
 Lasalle Elementary Jr. School
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 Legler, Christine
 Leonard Albert Family Foundation (The)
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 Le Support - Fondation de la déficience intellectuelle
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 Matheson, Rod and Vanessa Cheong
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 M & H Graphiques
 Michelin, Andrew
 Michelin, Janet
 Ministère de la santé et des services sociaux,
 Direction de la Santé publique
 Miville-Dechêne, Julie
 Montoni
 Morrison, Lori
 Moser, Paula
 Murphy, John & Susan
 Namer, Guy
 Patrice Pâtissier
 PayPal Giving Fund Canada
 Pier 21 Asset Management
 Pietracupa, Roberto
 Pearlmark Food
 Power Corporation of Canada
 Pluta, David
 Pub Burgundy Lion
 Québecor Médias
 Quinlan, William
 RBC Dominion Securities
 RBC Foundation
 Rockman, Jason
 Rosenzweig, Allan
 Roslyn Elementary School
 Schultz, Richard
 Saint Monica bilingual School
 Scotia Wealth Management - Pietracupa Group
 Seagulf Marine Industries
 Sediva, Alexandre
 Senior Men's Club of Côte Saint-Luc
 Sibylla Hesse Foundation
 Silver Star Montréal
 Skelton, Joan
 Soumah, Aminata
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 T.R.E.E. Foundation for Training and Development
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 TMX Inc.
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 Walker Glass Co.
 Wally and Aaron Fish Foundation
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 WSP Global

Partners, benefit events

1909 Taverne Moderne - Laval
 30 Minute Hit - LaSalle
 Agropur
 Air Canada Foundation
 Bar à Beurre
 Bell Média
 Bois Urbain
 Bon Vivant
 Boulangerie Arhoma
 Burgundy Lion
 Cambridge, Glen
 Canada Running Series
 Can-Am
 Cidre Sara Cole
 Corby Spirit and Wine
 Crèmerie Dalla Rose
 Daboom Desserts
 Daou Restaurant
 DJ YO-C
 Dunn's Famous Decarie
 Garde Manger & Le Bremner
 Greystone Tea Company
 Hello 123 Brasserie Végane
 Hockey Canada
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 L'Antichambre RDS
 Le Bird Bar
 Léché Desserts
 Lisbao Porto
 Luxe Rentals
 Main Florist
 McAuslan's / Les Brasseurs RJ
 Miss Prêt à Manger
 Monsieur Restaurant & Bar
 Montreal Alouettes
 Notre-Bœuf-de-Grâce
 Pigeon Espresso Bar
 Restaurant Damas
 Restaurant Provisions
 Rita
 Rockaberry Griffintown
 RuGicomm
 Spice Bros
 Strangers in the Night 2019 Gala
 Street Monkeys
 Timchin Photography
 Traiteur Brera
 Trillium
 Unique Foods
 Vanessa Langevin Events
 Virgin Media
 Whisky Café
 XO Le Restaurant

Partners, third party events

Angry Animals Golf Tournament
 BDO
 Cadence Cycle
 Jamais Figé Art Auction
 GOAL MTL
 Luxury Retreats (Airbnb)
 Modo Yoga Griffintown
 Muffins for Moms

Partners, social community programs

Action-Gardien, table de concertation communautaire de Pointe-Saint-Charles
 Action main-d'œuvre
 CABM - Centre d'action bénévole de Montréal Volunteer Bureau
 Camp Le P'tit Bonheur
 Camp musical Père Lindsay
 Cantine pour tous
 Carrefour alimentaire Centre-Sud
 Community Food Centres Canada - Good Food Organisation
 JMSB Concordia University's Community Service Initiative
 Depot Community Food Centre (The)
 École Charles-Lemoine
 École des jeunes de la faculté de musique de l'Université de Montréal
 École Jeanne Le-Ber
 Deloitte
 Emploi-Québec
 Forestare
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 L'Arrimage
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 Le Bonhomme à lunettes
 Le Détour
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 McGill University - Faculty of Dentistry
 McGill University - Department of Family Medicine
 Moisson Montréal
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 Portage
 Projet P.A.L.
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 Trajet AJO
 United Acoustics and Partitions
 Wilder & Davis Luthiers
 YMCA (Pathways to Education)

This list reflects gifts of \$1,000 and more and includes individual donations, donations-in-kind and sponsorships. If we have inadvertently left anyone out, please accept our apologies and let us know so that we can correct our information.

Credits

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 Project Management: Julie Hurtubise

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PARTAGEONS | SHARE THE
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