



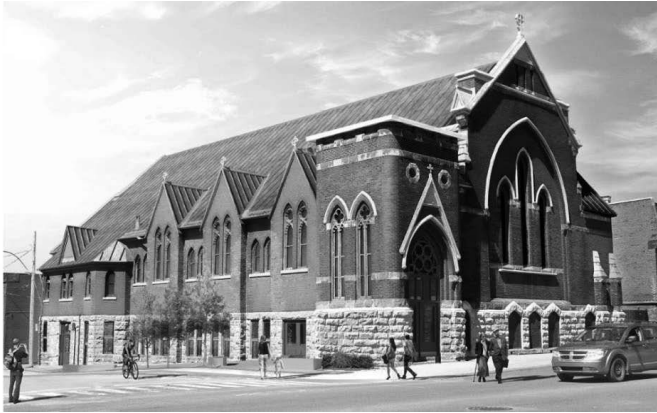
PARTAGEONS  
l'espoir

25  
ANS  
YEARS

SHARE  
the warmth

Semer l'espoir et le rêve

Awakening hopes and dreams



## SOCIAL ECONOMY IN ACTION ROOTED IN THE COMMUNITY

Since its founding over 25 years ago, Share the Warmth has been rooted in the community. Our programs aim to foster the overall development and success of youth, increase access to food security and health for all, and offer work training to individuals struggling to return to the job market. Our move to the former Grace Church, 12 years ago, proved to be a significant milestone as the larger space enabled us to significantly expand how we work with the community.

It is in this light that the Café-Boutique was transformed to become a vibrant social hub at the heart of the organization. With its creation, Share the Warmth was able to diversify its socio-economic activities, and today, through the sale of used goods and healthy meals, the Café-Boutique brings in significant revenues. Going from \$45,000 to \$120,000 in only five years, the Café-Boutique represents 10% of our annual income—an important sum that is reinvested in the community through Share the Warmth's programs. **A great example of social economy in action!**

## Social Economy Defined

Social economy refers to the branch of economics that includes organizations selling goods and services to make a profit in order to:

- Offer a service to its members
- Improve the welfare of its members and the community
- Create long-term, quality jobs

These organizations (cooperatives, non-profit organizations, charities, etc.) work to **reconcile economic activity with social equality**. According to the Government of Quebec, there are close to 7,000 social economy enterprises in the province, and since the beginning of the 2000s their cumulative annual sales totalled 17 billion dollars. Furthermore, these organizations employ over 210,000 people, representing 5% of Quebec's total workforce.

**SHARE THE WARMTH IS ABOUT MORE THAN CHARITY.  
IT'S ABOUT OPPORTUNITY.**

OUR VISION IS OF A VIBRANT COMMUNITY WHERE ALL MEMBERS  
REACH THEIR FULL POTENTIAL AND ACHIEVE THEIR DREAMS.

## A Healthy, Balanced Diet: A Real Challenge in Point Saint-Charles!

Situated between the CN railway, highway 15 and the Lachine Canal, Point Saint-Charles lacks the choice of supermarkets that are available in many other neighbourhoods, with currently only one (IGA) that is easily accessible and that serves the immediate area. Other supermarkets do operate in the wider area, but they are not as accessible by public transit, which is the main source of transportation for many in our community.

As a result, with close to 37% of the population living below the poverty line, Point Saint-Charles offers very little choice when it comes to food quality and variety at a reasonable price. The lack of grocery stores in the area, lower incomes, and overall increases in the cost of living are significant challenges for a large part of the population.

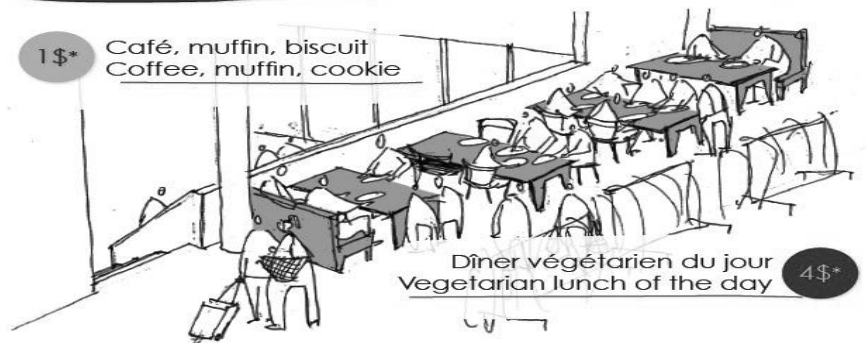
“The Café is so important to me. I really appreciated being able to come here, where I feel welcome and can meet other people. If it weren't for you, I would move out of the neighbourhood”

One of the Café's regulars.

## CAFÉ-BOUTIQUE

LE TEMPS D'UNE PAUSE,  
VENEZ SAVOURER UN CAFÉ,  
UN DÎNER ET MAGASINER  
DANS NOTRE FRIPERIE!

JOIN US FOR COFFEE, A  
SNACK OR LUNCH IN OUR  
CAFÉ, OR A RUMMAGE IN  
OUR SECOND-HAND SHOP!



1\$\* Café, muffin, biscuit  
Coffee, muffin, cookie

Dîner végétarien du jour  
Vegetarian lunch of the day

4\$\*

\* Moitié prix pour les membres / Half price for members

Lundi au vendredi: 8h30 à 15h30 • Samedi: 9h à 15h30  
Monday to Friday: 8:30am to 3:30pm • Saturday: 9am to 3:30pm

## SO THAT WE CAN ALL EAT

Share the Warmth's Café-Boutique is not only a social gathering spot, but also a resource centre for our members and the community. The Café provides **healthy meals at low-cost** in a warm and welcoming atmosphere.

Meals are made fresh daily, in our kitchen, and are priced at just **\$2 for members** and \$4 for non-members. A new menu is planned each week by our kitchen supervisor who, with the help of Nutrition and Dietetics interns from McGill University, makes sure to create **delicious, vegetarian, and protein-rich meals**. The Café also serves **breakfast** until 11:00 a.m. on weekdays and **brunch** from 10:00 a.m. to 2:00 p.m. on Saturdays.

Follow us on Facebook to view our weekly menus.

<https://www.facebook.com/Partageons-lespoir-Share-the-Warmth-Officielle-Official-193874943964395/>

## Give a Second Life to Your Used Goods

Why donate clothing to organizations like Share the Warmth? Donations result in:

- Helping people in need by giving them the opportunity to purchase used goods on a regular basis, and the self-respect that comes with being able to choose the products they require;
- Fighting hunger and poverty;
- Supporting our programs and services;
- Caring about the environment by reducing waste;
- Potential tax savings for donors of new items who are eligible for a tax receipt (invoice required).

Due to a lack of space, we cannot accept furniture or appliances. You can bring your donations to the Café-Boutique from Monday to Friday between 8:30 a.m. and 3:30 p.m. or contact **Katina Vanasse** at 514-933-5599 ext. 222 or at [katina@sharethewarmth.ca](mailto:katina@sharethewarmth.ca) to have your donations picked up.



## SHOPPING FOR LESS

The main aim of the boutique is not to make large profits, but to provide the community with **affordable clothing and household goods**. The boutique relies on donations from individuals and companies and sells men's, women's and children's clothing, as well as small household goods.

Special sales are also organized throughout the year, made possible by the donations we receive. For instance, at the beginning of the winter, we held an ice skate and hockey equipment sale, where customers were able to buy a pair of skates for just \$2. We also held a sale of new boots and everything sold out in no time.

**To stay up to date on all our sales and news, follow us on Facebook and Twitter.**

[www.facebook.com/Partageons-lespoir-Share-the-Warmth-Officielle-Official-193874943964395](https://www.facebook.com/Partageons-lespoir-Share-the-Warmth-Officielle-Official-193874943964395)  
#PartageESPOIR

**Magasin-Partage** : Share the Warmth also organizes a *Magasin-Partage* at the beginning of the school year and before the Christmas holidays. Here, parents can buy school supplies and toys at very affordable prices. In December, 240 parents were able to buy presents for their 515 children at a nominal cost.



## A Plaque Commemorating our Beloved Debbie

A plaque commemorating our beloved Debbie Gunn, a long-time Share the Warmth employee who passed away suddenly last September, will be unveiled soon in the Boutique that she loved so much. We have all been inspired by her courage, friendship, and sense of humour.



## JOB CREATION: SUSTAINABLE EMPLOYMENT

One of the main goals of social economy is the **creation of sustainable jobs**. Share the Warmth has been participating in **work-training** and **pre-employability training** initiatives for many years.

As part of these initiatives, we created two work-training positions within the organization.



These part-time positions are related to customer- and janitorial services, and are available to members of the community who receive social assistance. The objective is to offer individuals the opportunity to acquire **work experience**, **build their confidence** and, ultimately, encourage them to **return to or enter the job market**. We hope to create two new positions in the future: Kitchen Helper and Delivery Helper.

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## THE PAAS-ACTION PROGRAM

Share the Warmth also participates in Emploi-Québec's PAAS-ACTION program. This program is geared toward people who receive social assistance and who have been away from the job market for a long time. It assists them in learning and developing **new skills** and prepares them for a **work-training program** or even a **permanent job**.

We currently have eight positions in our organization that are part of this program.

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## MEET SKYLER

Due to a lack of work experience and relevant training, Skyler found it difficult to find a job. As part of the PAAS-ACTION program, he started working at the Café-Boutique three days a week. From the outset we saw his potential and, over time, we have witnessed his significant progress. Today, Skyler works at the cash in the Café-Boutique, in triage sorting donations, and performs janitorial duties. He has shown initiative and flexibility and has started developing his customer service skills. We are very happy that we were able to renew his contract for another year, and look forward to seeing him continue to develop his skills in the coming year.

## OUR YOUTH PROGRAMS AT A GLANCE



It's already March and our youth programs are in full swing.

The 5<sup>th</sup> and 6<sup>th</sup> Graders are hard at work to finish the semester successfully, and are eagerly looking forward to their summer holidays. These students attend **two tutoring sessions per week** to improve their grades, and to help with their upcoming transition to high school; a step that is often difficult and can lead to feelings of discouragement and thoughts of dropping out.



As for our music program, it continues to grow in popularity and we hope to add wind instruments to the intensive El Sistema portion of the program next year. In addition to their music lessons, children in the intensive program also enjoy **cultural outings, tutoring and choir**. They are practising for the end of year concerts with great anticipation. All our youth programs include **healthy snacks** to ensure children and youth have access to nutritious food to help them learn and grow.



In February, the music program welcomed Mrs. Evey Silver. She introduced the children to the auto harp and played them a piece she composed **in memory of Judy Stevens**, co-founder of Share the Warmth.

## LEARNING TO COOK TO EAT BETTER

Having access to healthy food is not enough if you do not know how to prepare it. Low-income members of the community are able to participate in the **FoodFit program at no cost**. This free 12-week program includes:

- Easy-to-understand nutritional information;
- Group exercise for greater physical health;
- Fun, hands-on cooking sessions where participants learn to cook simple meals; and
- A shared meal to end each session on a high note.

In partnership with the Community Food Centres of Canada, Share the Warmth offers this program three times a year, and the next session will start in May. For more information contact **Vanessa Girard Tremblay** at 514-933-5599 ext. 224.

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## MAJOR RENOVATIONS UNDER WAY

Since 2014, major renovations have been under way on our beautiful converted church building... and the work is far from over! With the doors, windows, and stained glass now repaired, we are ready to move on to the **replacement of the roof** and the **renovation of common areas**; work that still requires a great deal of funding. We are asking for **your help** with this major project that will serve the community for many years to come.



## DISCARDED STAINED GLASS RECYCLED INTO ART

Fine Arts students from Concordia University turned pieces of stained glass, discarded from our renovations, into beautiful works of art. This project demonstrated the importance of teamwork and cultural anthropology. Through these pieces, we see the history of Grace Church, today's terrace gardens, and the participation of Share the Warmth's members, all woven together in glass installations hung between the office and food bank spaces on the lower food bank level. Thank you to the wonderful artists for this beautiful gift!



### SCOTIABANK CHARITY CHALLENGE – APRIL 22 AND 23



Join Équipe Espoir this year and run or walk to support our youth programs. 21k half-marathon, 10k and 5k runs, or 5k walk. Sign up today and support amazing programs:

[www.canadarunningseries.com/scotiabank-montreal/register](http://www.canadarunningseries.com/scotiabank-montreal/register)

### TABLE OF HOPE – MAY 29

The foodie event of the year will be held at the Salon Richmond in Griffintown this year. Contact us to donate prizes and remember to buy your tickets!



[www.tableofhope.ca](http://www.tableofhope.ca)

#### Board of Directors

President Rod Matheson	Vice-president Janet Michelin	Treasurer Dario Mazzarello	Secretary Dominique Chatel
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Executive Director: Fiona Crossling

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