

PARTAGEONS  
l'espoirSHARE  
the warmth

Semer l'espoir et le rêve

Awakening hopes and dreams

## 25 YEARS

### Still serving the community

"Tremendous Growth" and "Positive Change" are just some of the phrases people have used to describe the past 25 years at Share the Warmth. Most have remembered the first house on Rushbrooke and the "Big Move" to Fortune Street. Others have talked about the more recent renovations to the building and the new Café and music programs. We'd really like to know what these 25 years have meant to you.

**Find out how to share your insights with us on page 3.**

# We want to hear your story!

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June 3<sup>rd</sup> and 5<sup>th</sup>

### Community Dinner

Join us at the next Community Dinner and Volunteer Recognition event on **April 16<sup>th</sup> at 6 pm** to enjoy a great meal, wonderful conversation and celebrate the amazing volunteers who give of themselves to support others throughout the year. Open to all. Sign up with Naouel (extension 223) or [Naouel@sharethewarmth.ca](mailto:Naouel@sharethewarmth.ca).

### Cooking Workshops

Collective Cooking Workshops take place in the fall and winter. During this new semester, participants will come up with their own recipes for the group! Speak to Emilie for more information.

**MAKE  
A DONATION**

## UPCOMING EVENTS – 2015



### Table of Hope – May 4<sup>th</sup> at Windsor Station

Table of Hope is the gastronomic Event of the Year that supports Share the Warmth's School Food Program which serves 2,500 children throughout the school year.

Tickets are available through our website (<http://sharethewarmth.ca/events/table-of-hope-2015/>) or through Katina (extension 222).



### Scotiabank Run – April 26<sup>th</sup>

It's not too late to join the EQUIPE ESPOIR as runners, or walkers, to participate in either the 5 km or 21 km charity challenge. Speak to Katina (ext. 222) or write [katina@sharethewarmth.ca](mailto:katina@sharethewarmth.ca).

You too can help raise \$25,000 to support the development and success of youth. Photos above are from the 2014 run!



### Music Concerts – June 3<sup>rd</sup> & 5<sup>th</sup>

This year, the El Sistema students' concert will be held at the **Saint-Henri High School Concert Hall** on June 3<sup>rd</sup>. Our hope is to let younger children get used to the larger high school setting to ease their transition to high school. The students taking instrumental lessons will hold their end of year concert on June 5<sup>th</sup> at Share the Warmth. Join us in celebrating their year of hard work at one of these events taking place at 6 pm.



### BIKE-A-THON – June 13<sup>th</sup>

Join us for this 40 or 70 km challenge along the Lachine Canal on June 13<sup>th</sup>, starting at 9 am.

<http://sharethewarmth.ca/events/100-peak-challenge/> to find out more about this challenge and why it is being held or to sign up to ride!

MAKE  
A DONATION



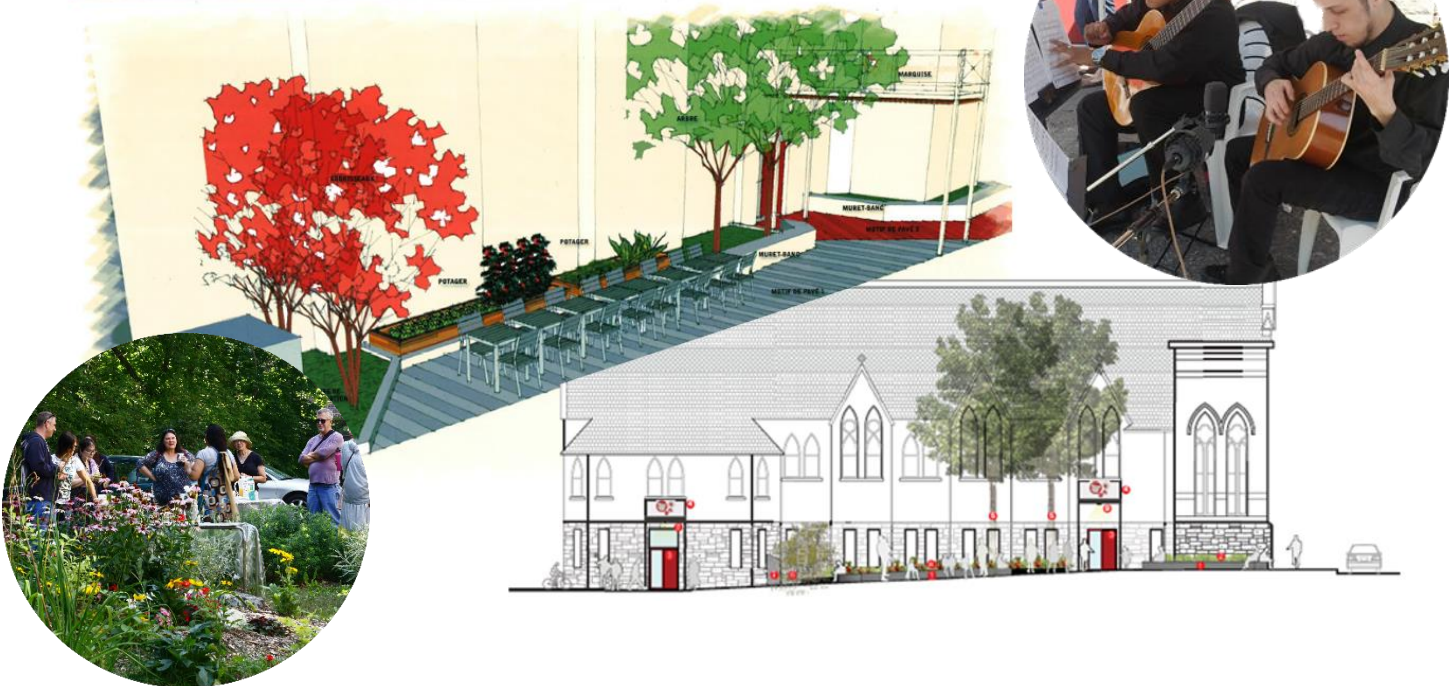
## 25 YEARS



25 years is a special milestone that provides the opportunity to look back on everything that has been accomplished over the years, and to look ahead at all the work that remains to be done! More importantly, it is a time to be reminded that people are at the heart of Share the Warmth. It is in our human connections that true community happens -- when members, young and old, volunteers, donors, staff and program participants, work together to awaken hopes and dreams.

Ten years ago Share the Warmth moved into its current location at the corner of Fortune and Wellington Streets in Point Saint-Charles. With the soaring cost of real estate in recent years, we can look back with gratitude for the timing and relatively low cost of the purchase of our building which has provided us with a wonderful home for our programs, right in the heart of the community. Over the next three years, our building will need some TLC in the form of new windows, roof, doors and other repairs. This is the perfect time to take advantage of the needed repairs to build the outdoor café-terrace on Fortune Street which we soon hope to fill with good food, coffee, work training, live music and laughter!

PARTAGEONS L'ESPOIR - CONCEPT PRÉLIMINAIRE



Given the extensive work to be done on the building in the coming years, we urge you to consider getting involved in making the centre stronger for the years of community care that lie ahead. To find out about our priority program areas, read more on pages 4 and 5.

We want to hear from you! Share your special memories of the past 25 years with Michèle by phone at extension 226 or by email at [michelechappaz@sharethewarmth.ca](mailto:michelechappaz@sharethewarmth.ca).

## HELPING YOUTH ACHIEVE SUCCESS

One of the ways Share the Warmth fights hunger and poverty is by supporting children with their studies. For six years now, tutoring has been offered for high school students on a weekly basis.

This year, we added a tutoring component to the intensive El Sistema music program and already, we are seeing positive results in the children's lives. Parents and teachers report improvements in a number of areas including behaviour, concentration and school success.



### The intensive El Sistema Music Program

This intensive program was implemented in a local school in 2013 to complement the existing Share the Warmth instrumental and choir lessons offered weekly. This new program is open to all elementary-aged children in Point Saint-Charles and offers music theory, choir and instrument instruction three nights a week after school. This past fall, we added stringed instruments (violin, viola and cello) as well as a tutoring component. Children are learning all about music but they are also learning about living and working in groups while developing self-esteem. A number of parents have observed that children are happier since

joining the program. The plan is to continue developing the orchestral program by adding wind and percussion instruments in subsequent years as the orchestral experience is so central to the El Sistema model.



There are challenges too; the main one being with children who are the most at-risk of dropping out due to additional challenges such as learning difficulties or disabilities. Learning in any group setting can be challenging for them and for staff. Therefore, staff attended a National Sistema Symposium in Ottawa in February to share learnings on encouraging and rewarding positive behaviour, creativity and improvisation, peer learning, emotional intelligence and program development. Another challenge is raising sufficient funds to ensure all children who want to can benefit from the program.



## ACCESS TO HEALTHY AND AFFORDABLE FOOD



IN ALLIANCE WITH  
COMMUNITY FOOD CENTRES CANADA

Share the Warmth now hosts a community Café and food bank, as well as cooking workshops for children and adults. The Good Food Box is an affordable alternative to supermarket fruit and veggies and is delivered to Share the Warmth every two weeks.

Share the Warmth's food focus led to being recognized as a Good Food Organization (GFO) by the Community Food Centres of Canada, and we joined other GFOs in Toronto for a National Food Summit at the end of February. Together we shared ideas about how to create lasting change for people who come to the food bank.



### Café - Boutique



CAFÉ  
BOUTIQUE

The Café has grown steadily in the past few months. It is not unusual to serve 15 lunches daily to members who pay \$2 for a meal, or to non-members who pay \$4. Hot drinks, cookies and muffins are also available. Not only does the Café help local residents eat well, it brings in more people to the second-hand shop. Much work has gone into streamlining the shop and customers are thrilled with the ambiance music, the racks of new clothing and the occasional surprises, including donated make-up. Customers come mainly from the local community and are able to buy needed clothing and household items very inexpensively.

One of the main goals of the Café-Boutique is to provide a job training platform that will equip trainees with the skills they need to get off social assistance. Staff and members alike realise the challenges faced by many of our program participants as we strive to find viable work placements beyond Share the Warmth. Contact Naouel (extension 223) or [naouel@sharethewarmth.ca](mailto:naouel@sharethewarmth.ca) if your business would be willing to offer a job to one of our program participants.



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## WAYS YOU CAN HELP

Do you have an idea for helping Share the Warmth fulfill its mission in the community? We would love to hear from you! Call or write to us so that together we can continue to awaken hopes and dreams in new and creative ways!

This year, Jeffrey Rosenberg, a long-time friend of Share the Warmth, is planning on biking 3,100 km through Europe, over 100 mountain passes, to raise funds for Share the Warmth's 25<sup>th</sup> anniversary. Last year, CBRE organized a wine tasting event that brought in unexpected and much-needed funds. The Burgundy Lion partners with Share the Warmth for its Angry Animals Golf Tournament every September.



Burgundy Lion Pub and L'Original Restaurant Present:  
**THE 4TH ANNUAL ANGRY ANIMALS  
CHARITY GOLF TOURNAMENT**



Zaak Dopson organized "Dance for them" to collect food for the food bank. Residents at a local senior's home knitted hats and scarves for food bank members. McGill students volunteered as tutors and also ran a Change for Change campaign that raised over \$500. On Valentine's Day, Suite 88 donated \$2 from every \$30 Sweetheart purchase of chocolates! A generous Montreal business woman, Denise Pitre, left an unexpected gift for Share the Warmth in her will when she passed away.



These are all fabulous ways of giving back. If you have an idea, why not visit our website or give us a call and share it with us. These initiatives help Share the Warmth connect with the community and help fund and support our programs.

**MAKE  
A DONATION**