



PARTAGEONS
l'espoir

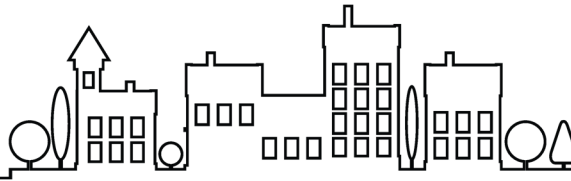
SHARE
the warmth

25
ANS
YEARS

Semer l'espoir et le rêve

Awakening hopes and dreams

**TO HAVE THE GREATEST IMPACT,
WE WORK WHERE THERE IS THE GREATEST NEED.**



29%

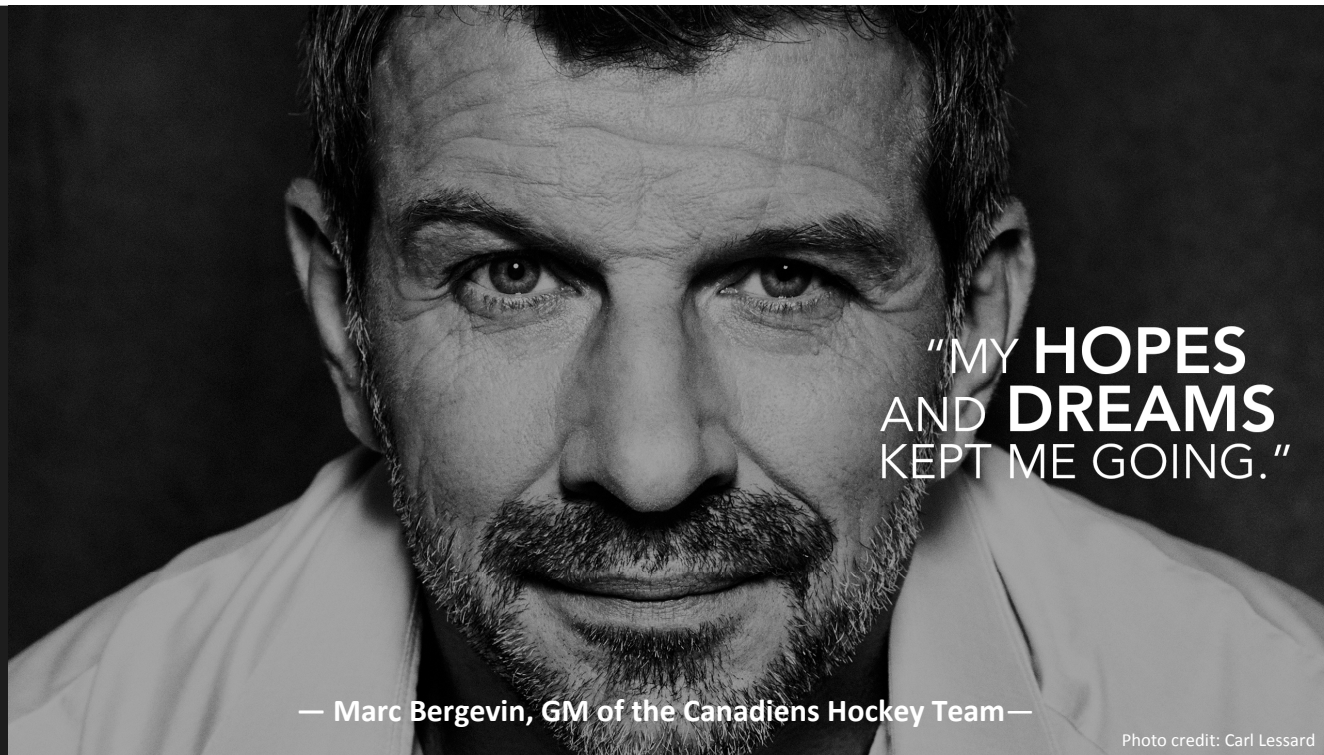
CHILDREN REPRESENT
ALMOST A THIRD OF THE PEOPLE
WE SERVE AT OUR FOOD BANK.

51%

HALF OF THE YOUTH IN THE POINT
DO NOT FINISH HIGH SCHOOL.
THAT'S DOUBLE THE MONTREAL AVERAGE.

37%

MORE THAN 1/3 OF THE PEOPLE
IN THE POINT LIVE BELOW
THE POVERTY LINE.



"MY **HOPES**
AND **DREAMS**
KEPT ME GOING."

— Marc Bergevin, GM of the Canadiens Hockey Team —

Photo credit: Carl Lessard

Marc goes back to his roots and joins Share the Warmth in helping every member of the community reach their full potential.

Share the Warmth is in the middle of a major building repair campaign that will cost 2 million dollars over the next 18 months. We have already raised **1.1 million** dollars. As we replace the roof and windows of this wonderful building that houses all of our programs, we need your help to finish the job! Join Marc Bergevin and help us build the Future so that everyone has the opportunity to eat, to learn and grow, and to work.



2,500

Every week, we provide 2,500 school children healthy food, helping them to focus on learning rather than hunger.



91%

91% of our bursary students have graduated from high school, twice the Montreal average.



22,000

600 people volunteered 22,000 hours with us last year, gaining important work experience while supporting their community.



THIS IS BEN

After dropping out of high school, Ben discovered a passion for **music** at Share the Warmth. With the support of his guitar teacher, Ben returned to school and got his diploma. Ben is now in his last semester at CEGEP studying music while teaching part-time in our music program.



THIS IS ROBERTO

In the face of health and financial challenges, Roberto went from being one of our **music** students at the age of 13 to a strong teenage role model who now teaches guitar to our younger musicians.



THIS IS JULIE

Three years of volunteering and now working in our music program strengthened Julie's confidence. She was able to return to high school. With her high school diploma now in reach, she dreams of working with young children.

SO THAT WE CAN ALL LEARN AND GROW

MUSIC

151 children and teenagers participate in the music program. Almost 30 of them are so enthusiastic that they take more than one class! These young people perform regularly while building both skills and self-confidence.

This spring, concerts will be held at a seniors' residence and at the local Festipointe outdoor community event, as well as at the end of year concerts listed below. Please come out and support those who, like Ben, Roberto, and Julie, are learning and growing through the power of music.

- June 2nd at 6 pm at Charles Lemoyne School, 2001 Mullins.
- June 10th at 6 pm at Share the Warmth, 625 Fortune.



YOUTH GROUP

Artistic activities help children develop hand-eye coordination and concentration, not to mention creativity and the appreciation of beauty. These activities also encourage children and build their self-esteem. During the last six-week session, children involved in the youth group created a "Zine" project for the annual anti-racism contest run by the African Community Center CADE. They also enjoyed other fun activities like *Shibori* tie-dyeing.



A TRIBUTE TO JUDY STEVENS - CELEBRATING AN EXCEPTIONAL WOMAN

Share the Warmth was built and shaped by Judy Stevens' unique brand of kindness, generosity, and personal warmth. Her legacy continues to inspire the many programs that welcome all members of the community. This issue of the newsletter is dedicated to Judy, and features stories of members who have been changed through their time at Share the Warmth.

Judy Stevens, co-founder and Executive Director of Share the Warmth for over 20 years, passed away unexpectedly on Sunday, February 7th.

Her funeral was held on February 9th, where many shared how Judy had impacted their lives. A tribute was held at Share the Warmth on March 9th where over a hundred people came out to share a memory of Judy and to say how important she was to them and to the Point Saint-Charles community. It was a moving tribute to a woman who touched so many people. Judy's vision will live on at Share the Warmth and in the hearts of the many people she touched.



GENEROSITY AND RECIPROCITY, ACCOUNTABILITY AND RESPONSIBILITY, CREATIVITY, OPENNESS, INCLUSION AND RESPECT.

MENTORING, TUTORING AND BURSARIES

These programs provide the support that our young people need when things get tough!

Our weekly tutoring, in combination with bursaries, has proven successful in helping teens finish high school. Hanen and Fleurlie are just two of the youth Share the Warmth has supported over the years with these programs. Bobby, featured on page 5 is another.

Given this success, Share the Warmth launched a tutoring and bursary project for grade 5 and 6 students last September. So far, 21 children participate actively in the tutoring sessions each week. If the evaluations prove conclusive, the project will be expanded next September to reach all at-risk children in grades 5 and 6 in the three local elementary schools.

These children learn study skills to better prepare them for the many challenges and demands of high school.



THIS IS HANEN

Hanen travelled more than 5,000 miles from Syria to live with her family in Montreal. Our **tutoring** and **bursary** programs helped her finish high school and go on to CEGEP. She spends her free time volunteering in the community.



THIS IS FLEURLIE

Through our **tutoring** program, Fleurlie improved so much in math during high school, that she then became a tutor to help others. Thanks to her determination and a **bursary** from Share the Warmth, she is now in university.

SO THAT WE CAN ALL EAT

FOOD BANK

408 families count on Share the Warmth for emergency food, and each month we feed 1,300 people. Thanks to the many volunteers (Jimmy, Peter, Pierre, Carolyn, Henri, Steve, Robert, Lisa, William, and many others) who help out each week, and help collect food during food drives, we are able to meet this ongoing need for food.

The latest HUNGERCOUNT data shows that 10.5% of Quebec Food Bank users are people who work at low paying jobs, and that half of all food bank users are families. This has certainly proven to be the case at Share the Warmth.

FOOD FIT EVALUATIONS

This past Fall eight men and women participated in our *Food Fit* pilot project from *Community Food Centres of Canada*. This program combines nutrition education, physical activity, and cooking workshops to help participants eat healthier and more balanced meals. The results, evaluated by Geneviève Rougeau of McGill University, are in. Overall, participants felt more hopeful and positive about their health. They walked 40% more overall and, together, they lost 12 inches off their waists and increased their flexibility! Given these positive results, a new group of participants began a new *Food Fit* Session at the end of February!

"I HAVE MORE SOCIAL INTERACTIONS, A BREAK FROM ISOLATION. I LEAVE THE SOLITUDE OF MY HOME, SO IT FEELS GOOD TO COME HERE." - KEKESI, A PARTICIPANT

SCHOOL FOOD - Towards a National School Food Model



Healthy and sufficient food should be available to all children in need, whether they are in elementary or high school. Our school food program fits diverse dietary requirements, responds to observed needs in schools, and is provided free of charge. Food is currently distributed to 21 schools throughout Montreal.

The model that Share the Warmth has developed offers a wide range of healthy cold foods to schools who then distribute it to children as needed, and in a dignified manner. Our approach is the subject of a white paper by Émilie Lemieux, our Food Manager and Fiona Crossling, Executive Director. The white paper can be found on Share the Warmth's website at <http://sharethewarmth.ca/what-we-do/school-food-program/>.

SO THAT WE CAN ALL WORK

WORK TRAINING PILOT PROJECT

Last year, Share the Warmth began looking at six-month work training positions that encourage members to learn new skills such as customer service, managing a cash register, and maintenance. We began a pilot project last fall with one such position and have extended it this winter with a second position. Our hope is that with actual paid work experience, members can show potential employers that they have the necessary skills and experience to be hired.



THIS IS CAYLA

Cayla first came to Share the Warmth three years ago as an administrative assistant intern. She spent hours filing in the office and did a great job but found the job market more difficult than she had anticipated! Today, she plans on working in customer service and sees the cashier position as a stepping stone to a better job. We are proud of her for her dedication and hard work.



THIS IS BOBBY

Bobby first came to Share the Warmth for youth group 10 years ago and was then selected for the Sam Pelc Scholarship. Since he finished high school and could not find work in cooking, he joined our work training program to learn enough skills to be able to find work following his training. He is helpful in the kitchen and elsewhere in the organisation. Thank you Bobby!

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

CAFÉ - BOUTIQUE

Since its launch in 2014, the Café has grown in popularity. It is not unusual on food bank days to serve meals to over 40 people. On other days of the week, the café continues to serve a steady stream of customers coming in to chat over a cup of coffee or to share a tasty lunch. It is a place where members of the community feel they can hang their hats for a moment or two and call home.

It is also a great training ground for participants in work training programs. Cashiers like Cayla gain experience at the cash register while customer service trainees learn how to work in a café. It also helps train kitchen staff who prepare the meals. Share the Warmth has been studying the possibility of expanding these types of work programs in the coming year to fight the 37% low-income rate in the area.



HOW YOU CAN HELP

Did you know that you can leave a legacy just like Judy did? It can be in becoming a lifelong volunteer, or by organising a fundraising event or a food drive for Share the Warmth. You could choose to leave an insurance policy directly to Share the Warmth and save taxes on your estate AND leave a legacy to a specific program that you care about.

There are many different ways to get involved that fit your personal aspirations and goals for the future. Please feel free to come for a visit, look around, meet the team, and see what programs are actually doing to support members. You can also attend our annual events like the Table of Hope and the Scotiabank Run or volunteer at one of them.

Do you have an idea for an event, a food drive or an internship? We'd love to hear your ideas and help you make them real!

WWW.SHARETHEWARMTH.CA



DONATE MONTHLY

STAND WITH SHARE THE WARMTH
YEAR ROUND



DONATE ONCE

A ONE TIME GIFT CAN
HELP FOR A LIFETIME

UPCOMING FUNDRAISING EVENTS

SCOTIA BANK RUN—Sunday, April 24th

This year's *Équipe Espoir* team will be featured in the Scotiabank Run and members are busy raising funds for Share the Warmth's youth programs.

If you wish to support runners, you can do so by visiting our website at <http://sharethewarmth.ca/events/scotiabank-run/>



TABLE OF HOPE—Monday, May 2nd

This year's edition of Table of Hope promises something for everyone. It is being held at the exquisite Windsor ballroom and providing treats for guests and VIPs alike.

If you would like to donate a prize for the Table of Hope prize wheel or another auction during the year, we'd love to hear from you.



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