



## 2023-2024 ACTIVITY REPORT

Providing long-term, caring, supported housing  
for people with mental illness since 2003.

440 Notre Dame  
Saint-Lambert, Québec J4P 2K4  
Tel. 450-671-9160

[info@ourharbour.org](mailto:info@ourharbour.org)

[www.ourharbour.org](http://www.ourharbour.org)

Charitable Registration Number 87723 1803RR0001

# TABLE OF CONTENTS

---

Message from the President	3
Mission	4
History: The Our Harbour Story	5
Services: Our Harbour at March 31, 2024	7
Serving the Community: long-term, caring, supported housing for people with mental illness	7
Care and Services for Residents	7
Admission Criteria	7
The Our Harbour Staff Team	8
Resident Care Report, 2023-2024	12
Volunteers: Volunteering Weaves Us Together	16
Volunteer Roles at Our Harbour	18
Our Harbour Board of Directors 2023-2024	19
Our Harbour Programs	31
2023-2024 by the Numbers at March 31, 2024	35
Why the Our Harbour Model Works	36
From Local Radio to National T.V.! Our Harbour Makes Waves!	37
Partnerships and Memberships	38
Grants, Funding, Sponsorships and Donations	42
Our Major Funding Partners 2023-2024	42
20 <sup>th</sup> Anniversary Sponsors	43
Our Harbour’s 20 <sup>th</sup> Anniversary Individual Fundraising Campaign, Appeals and Activities	45
The Last Word: Letter from the Director General	50
Appendices	51

## MESSAGE FROM THE PRESIDENT

---



Over the last year, Our Harbour has celebrated its 20th anniversary with sincerity, verve and style!

From the 2023 AGM when we launched our anniversary year of events and activities with cupcakes and bubbly, our mission has been imbued with a sense of progress and celebration.

Furthermore, it has been a year of dynamic change, movement and transformation. No resting on our laurels!

As you have read in the May and November 2023 issues of *OurHarbourviews* and on our Facebook page the Board has taken some key decisions to enhance the quality and location of some of our apartments.

We chose not to renew the leases on two of our oldest apartments. This triggered a search for two suitable replacement apartments, one of which we have found, with one more to follow as soon as possible. This will bring us back to our goal of 10 apartments serving up to 30 residents.

Moving is also a well-known source of anxiety and stress. Not only have these moves required our staff team to work extra hard continuing to provide care and service to our residents but they have also required the team to help residents declutter, pack, move, unpack, reorganize, resettle and cope with the work and the change. A team of volunteers, generous helping hands, were there to refurbish and renew apartment furnishings, linens, equipment and supplies to make welcoming new homes.

Our secret weapon: resilience. **The steadfast support of our community is at the foundation of our resilience, our vitality and our ability to embrace change. We thank you sincerely for your caring, your generosity and your loyalty.**

Yours sincerely,

A handwritten signature in blue ink that reads "Marie Muldowney". The signature is fluid and cursive.

Marie Muldowney, President  
Boucherville, 2024

## MISSION

---

Our Harbour provides a caring, cost-effective long-term housing program on Montreal's South Shore for people of diverse backgrounds living with mental illness.

We offer life-management support, links with resources in the surrounding community and individual assistance in integrating with society at large.

Our Harbour also educates the wider community about mental illness.



## HISTORY: THE OUR HARBOUR STORY

---

**Our story begins in 2002** when *L'Abri en Ville*, a Montreal non-profit organization that offers sheltered housing for people with mental illness, determined that it had grown to an optimal capacity and that the best way to expand was to set up similar organizations in other parts of Canada. The Board of *L'Abri en Ville* received a federal grant from a program designed to reduce the number of homeless people in Canada. Our journey had begun.

The first meeting of Our Harbour was held in the basement of St. Francis Church in the spring of 2003. About 40 people showed up and many of these remain loyal today. Many had family members or close friends who were living with mental illness; others were concerned about the impact on caregivers; some were aware of the total lack of sheltered accommodation for Anglophones on the South Shore; and some, like those from Ami-Québec, had been talking about such an organization for many years.

What impressed us all was the simplicity of the model and the relatively small amount of money needed to significantly improve the quality of life of at-risk members of our community, alleviate the stress on their families and at the same time reduce the pressure on over-crowded hospital emergency services.

A steering committee chose a name and a logo and we incorporated in July 2003. We had a shared conviction that together we could create something worthwhile. We soon received charitable status from the Government of Canada. We held our first meeting in September 2003. A board was elected and the serious work began.

We set up two committees (Outreach and Funding) in order to recruit volunteers and to raise sufficient money to establish an office, hire a coordinator and operate one apartment for a year.

It was an inspiring time.

Donations were received from individuals and the local churches. The Edith and John Low-Beer (EJLB) Foundation gave substantial seed funding. Other major sources of start-up funding were the Anglican Diocese of Montreal and a federal grant through *L'Abri en Ville*.

The first apartment opened in July 2003; a coordinator was hired, furniture collected and an apartment found. The landlord was sympathetic to mental illness and was supportive of our mission.

The number of apartments grew gradually from one to five over the next 13 years. Our team of more than 40 volunteers gave tirelessly of their physical and emotional energy to assure that residents have friends, go out, live in clean, well-maintained apartments and eat well.

**In 2016**, our application for funding under the Employment and Social Development Canada (ESDC) Homelessness Partnering Strategy (*Stratégie des partenariats de lutte contre l'itinérance* or *SPLI*) program was successful. Funding was granted to open three more apartments.

The Board, which had previously done all of the day-to-day administration and financial work, realized this model was not sustainable for the long term. A Director General was hired to help manage the growth.

All three new apartments were opened and occupied within two years bringing the total number of apartments to eight, providing caring, supported housing to 24 people living with mental illness. The three-year SPLI-funded project ended on March 31, 2019. Our Harbour successfully applied for two-year transitional funding from the ESDC Reaching Home Program for 2019-2020 and 2020-2021.

COVID-19 changed the world and Our Harbour evolved along with it. Special funding from the federal Reaching Home program in 2020-21 and 2021-22 allowed us to continue our activities in the Our Harbour Community Clubhouse. We gathered safely and at distance indoors through the falls and winters, sustaining programs and social activities to counter the anxiety, isolation and fearfulness generated through the pandemic.

The end of the 2022-2023 year saw the expansion of Our Harbour to ten apartments from eight. This was made possible by two grants: the Reaching Home (RH) *COVID Fourth Wave* and the Canadian Health and Social Service Network's (CHSSN) *Canadian Mental Health Initiative*. The additional apartments were challenging to locate in what was an increasingly expensive real-estate market. The new apartments were not on the same street as the first eight Our Harbour apartments, but are in the same building close to transport and services.

In March 2023, following the Our Harbour Strategic Planning Retreat and the follow up Strategic Financial Retreat, the Board took the decision not to renew the leases of two of our oldest apartments. The goal was to improve the living environments for our residents, an important aspect of mental wellness. The consequence was an important increase in rental costs, which, with continued careful financial management will even out over the coming four to five years.

Our 20<sup>th</sup> Anniversary year was celebrated through 2023 and continues through 2024 with verve and joy. Read more throughout this Report and in the May 2023 and November 2023 editions of ***OurHarbourviews***.

## SERVICES: OUR HARBOUR AT MARCH 31, 2024

---

### **Serving the Community: long-term, caring, supported housing for people with mental illness**

- 30 adult residents
- Ten fully-furnished apartments
- Three residents per apartment
- Each resident has a private bedroom
- Common areas are shared

### **Care and Services for Residents**

#### **Program fees of \$575 per month cover:**

- Coordinator meets with the three residents of each apartment weekly
- Coordinator meets each resident at least once per month; more if needed
- Volunteers provide support and friendship in a warm and caring community
- Coordinators provide individualized support plans
- Coordinators provide a monthly calendar of recreational, physical, educational, social activities and outings
- Our Harbour provides shared housing: utilities; telephone (including long-distance service in North America), unlimited Internet, insurance, a refundable cleaning deposit, and pooled apartment funds for minor home improvements
- Volunteers facilitate activities, offer one-on-one support

### **Admission criteria**

#### **Our residents are adults who:**

- Have a mental-illness diagnosis and acknowledge it
- Are non-violent with no history of violence
- Have been treated for drug or alcohol addiction and been drug / alcohol free for at least six months
- Take their medications as prescribed
- Collaborate with a health-care team and Our Harbour Coordinators
- Have an up-to-date psycho-social report
- Are willing to live in and be part of a community, and adhere to specific house rules
- Are willing to accept help from staff and volunteers
- Are employed, receive social assistance or have some other form of secure, regular income

## THE OUR HARBOUR TEAM STAFF

---

### **Introducing Steven Nadeau, BA, Family Life**

Resident Care Coordinator

*Steven joined Our Harbour in January 2024 as a replacement for Vanessa Hunt-Ladouceur who is on maternity leave.*



**Hello!** My name is Steven and I am the (relatively) new Resident Care Coordinator. I started in January of 2024 with the Our Harbour team as a replacement for Vanessa while she is on maternity leave.

My background is in Human Relations with a certificate in Family Life Education, and I hold a Bachelors in English Literature, both of which I received through Concordia University. While I have always gravitated towards supporting others, I was often uncertain of how I could make it my life project to do so.

During my undergraduate years, I volunteered for various community organizations and non-profits, including the Prisoner Correspondence Project, as well as facilitating an intergenerational art club at the Yellow Door. I did some event planning with Missing Justice through QPIRG Concordia. In and around that time, I started working in intervention, spending time at a private residence (RI or *Resource Intermédiaire*) for folks with autism and other intellectual disabilities. Later, in two homeless shelters for Indigenous people with *Projet Autochtone du Québec*, I was hired as a caseworker for their new housing facility before coming on board the Our Harbour ship!

My interests include reading, spending time outdoors, art, and all forms of life.

**Sabine Bulow**, MSc. OT  
Lead Resident Care Coordinator, since 2022  
*Below, at the 2023 AGM.*



**Dolly Shinhat**, BA  
Director General, since 2017  
*Below left with volunteer Francine Weston, receiving a donation from the American Women's Club of Montreal.*



Our colleague **Vanessa Hunt-Ladouceur**, BSW, on maternity leave since November 2023.

She drops by occasionally with baby Layla and joins us when she can for Our Harbour events and activities.



## Farewell to Eric Godin, Assistant to the DG



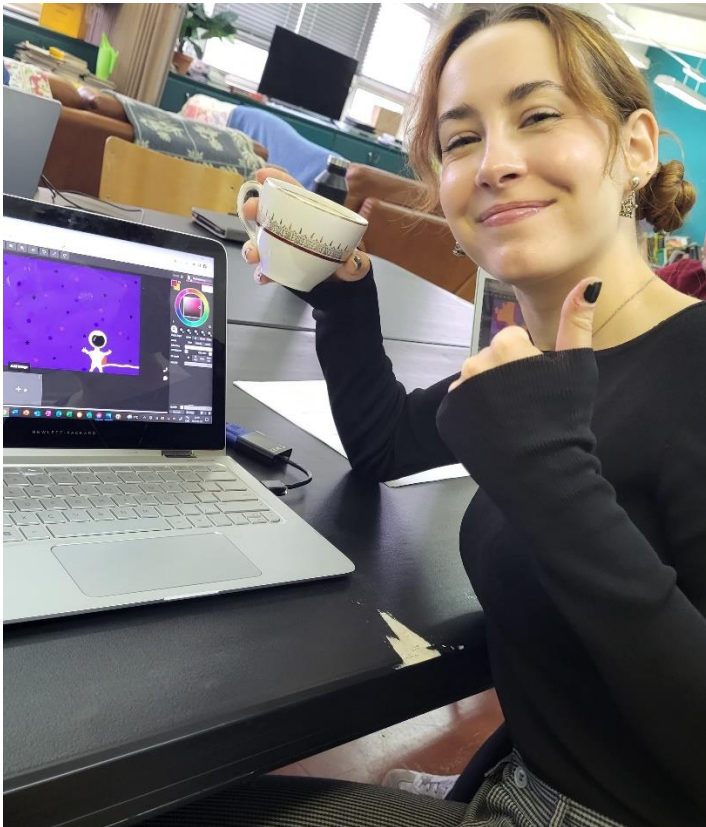
Eric left Our Harbour in December 2023 to resume his academic career at Concordia University.

Since joining the Our Harbour team in December 2022, at first on a part-time basis, Eric made himself invaluable in all matters IT and particularly in the implementation of the Keela database and our social media platforms.

As well, he held a special warmth toward our residents and our community-based mission.

**Thank you for all your contributions, Eric!**

## Students



In summer 2023, **Amelie Gauthier-Gilbert** joined the Our Harbour team as our **Canada Summer Jobs** student. She had recently completed an internship at Our Harbour for her Recreational Therapy Program at Concordia and so fit right in.

### **Amelie writes:**

Having been a summer student at Our Harbour has been such a great and enriching experience. I got to meet incredible people among both the residents and the staff. I had the opportunity to develop professionally by seeing a part of the field I will get to work in as a future Therapeutic Recreation Specialist.

Our Harbour does so much for the mental health community. I was lucky to be a part of the team for the summer and to engage residents in numerous activities. I continue to volunteer at Our Harbour by hosting a card game or accompanying residents for a walk once a week!

**Kayla Barry and Noemi Tremblay**, students from the *Technique Policière* program at College Maisonneuve, visited Our Harbour in March to learn more about our mission before Kayla presented at the Resident Committee meeting later that month. Kayla’s presentation focused on personal and home safety and security. The presentation was followed by in-person visits by both students to each apartment for more specific evaluations and advice. **Thank you, Noemi and Kayla!**



Below: After the Residents’ Committee Meeting, October 2023



## RESIDENT CARE REPORT, 2023-2024

---

Dear family, friends, and partners of Our Harbour,

As Lead Coordinator of Resident Care, I am pleased to share the Resident Care report for 2023-2024. In the last year, my colleague, Vanessa Hunt-Ladouceur and myself have continued our quest to improve the level of resident care, combining our expertise and experience alongside evidence-based practice in community mental health.

We have worked diligently, providing a continuum of supportive services to our residents, building on: unity, trust and a sense of community. This has largely been accomplished with active listening, consulting our residents on what matters to them most; providing reassurance and the encouragement needed to flourish and face challenges without fear.

Autonomy and functioning at an optimum level in the community is our main goal: to demonstrate, guide and lead our residents to self-sufficiency, including self-confidence to be able to plan, make decisions and participate in meaningful activities.

It has not been an easy year, as we have had to prepare, mentor and accompany some of our residents through apartment moves as we upgraded living environments. As well, for other residents, we have had to intervene and advocate for more services from the medical teams. In certain cases, this required relocation to resources that could provide more support and supervision as deemed appropriate to the individual situations. These are never easy decisions, but ones that we make collaboratively as a team in partnership with our colleagues in the healthcare community.

Vanessa started a maternity leave in late October, 2023 (we welcomed baby Layla on November 16, 2023, the eve of the Our Harbour 20th Anniversary Gala) and in early January, 2024, Steven Nadeau, Coordinator, came on board in replacement of Vanessa. Steven brings another set of skills and practical experience working with the homeless population and mental health.

Every day at Our Harbour is brand new, and we never cease to stop learning from the human condition! The residents, Vanessa, Steven and I thank you for your dedicated support in helping make our goals and mission a reality.

Sincerely,

***Sabine Bulow***, MSc (Applied OT)  
Lead Coordinator of Resident Care



## **Resident Care: Promoting empowerment for increased independence and self-governance**

At Our Harbour, we operate under the conviction that individuals facing mental health difficulties have the capacity to lead fulfilling lives. Our primary objective is to offer our residents the necessary support and direction, to integrate successfully into the wider community. Through our actions, we help to empower our residents.



As Coordinators, our focus is on providing care for the residents of Our Harbour. They are the heart and soul of our organization. We are forever grateful for the support and donations that we receive from our friends, family members, and partners. Your assistance is invaluable in helping us fulfill our mission; a heartfelt thanks and appreciation for your continued belief and support.

### **Key Accomplishments**

2023-2024, Resident Care continued to expand on its growth started in the previous fiscal year. Here are some accomplishments:



#### **Mental Health and the Environment: Upgrading to Newer Apartments**

In celebrating Our Harbour's 20th anniversary, the Resident Care team met to review and discuss the importance of the home living environment, in particular its impact on mental health and quality of life. This is important because identifying environmental factors that can influence psychological well-being, such as stress levels, can alter mood and change an individual's overall mental wellness. As a result, it was decided that two of the oldest apartments be closed and replaced with two new apartments, modern amenities and keeping proximity to all amenities as well as park and green space. This was by no means an easy task, moving was not without its challenges to the residents. However, with sound logistics and the Resident Care team organization and resident support, the residents settled into their new apartments. Staff and residents recognize the positive impact on morale and residents are feeling generally more optimistic as evidenced by their increased participation in a range of activities.



## Implementing the Empowerment Approach: Phase II

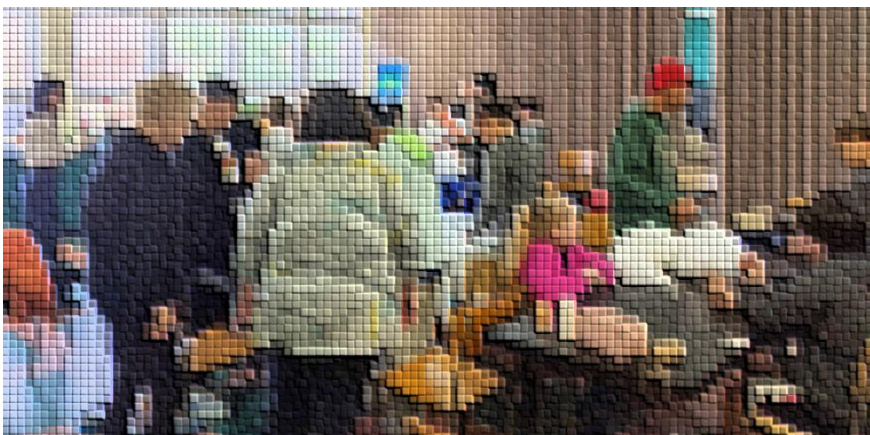
In retrospect, the empowerment approach has taken a life of its own! Initially implemented to foster greater autonomy and self-determination among the residents in terms of their activities planning and participation; the Resident Care team has observed the residents become more unified as a community, and closer yet as a family. In the recent Residents' Committee Meeting held on March 25, 2024, a wonderful discussion took place on what autonomy means, why it is important and as a collective voice, the residents identified: Confidence, Competence, Strength, Freedom, Self-sufficiency, and Responsibility as keywords to define their autonomy at Our Harbour.

The residents appear to be proud of what they have achieved at Our Harbour, and protective of what it is they value as a community. The Empowerment Approach has evolved with the consistency, perseverance and support of the Resident Care team, as well as consulting the residents and encouraging them to have a voice in order to help make decisions on what is collectively important and meant to be cherished as a community and family.



## Our Harbour in the Community

The Resident Care team worked with both St-Lambert International High School and St-Lambert Elementary. On May 31, 2023, Sabine Bulow, Lead Coordinator and Vanessa Hunt-Ladouceur, Coordinator, gave a presentation to students at St. Lambert International School on the importance of youth mental health and healthy lifestyles/habits.



In October, the Resident Care team welcomed the St-Lambert Elementary School Grade VI class to the Clubhouse for a collaborative community project. Students participated in a joint activity with residents in the clubhouse, where they helped bake Halloween cookies and make decorations.

(Image altered to protect children's identities)

Walking in the snow at the Sucrerie de la Montagne





## VOLUNTEERS: VOLUNTEERING WEAVES US TOGETHER

---

Volunteering weaves us together, strengthening the fabric of our community by sharing our time, talent and energy to support one another. <https://volunteer.ca/>

### By the numbers 2023-2024:

**55** volunteers

**2,500+** hours of Board and Committee Work

**1,400+** hours, estimated, of direct volunteer support of residents. The actual number is probably much higher.

**3,929+** hours contributed by volunteers overall!

**Giving gifts, sharing food and fun at the April 20, 2023 Volunteer Thank You 5 & 7!** Residents painted rocks with Therese Callahan of the Assistance and Referral Centre (ARC) to give as unique and personalized gifts.







## Volunteer Roles at Our Harbour

**Apartment volunteers** assist our residents in the daily tasks that enable them to function on their own. These range from accompaniment to medical or other appointments, grocery shopping, and helping with budgeting or organization; or simply going out for coffee, a walk and some conversation. Volunteers provide a listening ear, care and psychological support.

**Facilitators and animators** assist in developing, planning, facilitating and animating wellness and skill-building activities, such as discussion groups, an art studio, and gardening.

**Board and committee members** ensure the responsible and sustainable operation of Our Harbour through careful strategic planning and financial oversight, providing professional expertise in finance, human resources, communications, marketing, and property management.



### Volunteers line up at the 5 à 7 hosted by Our Harbour residents and staff on April 20, 2023.

**L-R:** Tom Haslam-Jones, Margaret Duthie, Bob Ross, Marie Muldowney, David Dalglish, Edna Ouellette, Anna Lepage, Susan Kerwin-Boudreau, Catherine Gillbert, Kevin Erskine-Henry, Michael Whalen, Angele Ghattas.

Read news by and about some Our Harbour's new volunteers, **Rachel Wang, Kent Gibbons, Natacha Sanson** and **Peter MacMillan** in ***OurHarbourviews***, November 2023.

## Our Harbour Board of Directors 2023-2024

Name	Profession	Residence
<b>Marie Muldowney</b> President since October 2021 <i>Board member since 2018</i>	Financial Executive	Boucherville
<b>Antonio J. Almeida</b> Treasurer <i>Board member since 2020</i>	Non-Profit Executive, Operations and Finances	Laval
<b>Edna Ouellette</b> <i>Secretary, Board member since 2008</i>	Corporate Executive, Retired	Brossard
<b>Jocelyn Brace</b> Co-President until October 2021 <i>Board member since 2019</i>	Educator	Saint-Bruno
<b>Petra Dando</b> <i>Board member since 2020</i>	Dentist, Retired	Greenfield Park
<b>Catherine Gillbert</b> Co-President until October 2021 and Co-Founder <i>Board member since 2003</i>	Retired Director of Studies in an English CEGEP	Saint-Lambert
<b>Giuseppina Greco</b> <i>Board Secretary 2019 – 2022</i> <i>Board member 2023 -</i>	Retired University Administrator	Greenfield Park
<b>Susan Kerwin-Boudreau</b> Individual Fundraising Chair <i>Board member since 2012</i>	Retired Psychology Professor	Carignan
<b>Cristina Maula</b> Residents' Representative <i>Board member since 2022</i>	Resident	Saint-Lambert
<b>Peter Woodruff</b> Webmaster <i>Board member since 2011</i>	Retired Biology Professor	Saint-Lambert

## Board Meetings

The Board held seven regular meetings in 2023-2024 plus an Annual General Meeting. In general, meetings continued to be held via ZOOM. Exceptions were the Annual General Meeting, where the Our Harbour 20<sup>th</sup> Anniversary was launched.

1. May 10, 2023
2. May 24, 2023
3. June 6, 2023
4. June 13, 2023
5. September 4, 2023
6. December 11, 2024
7. February 27, 2024

## AGM, June 14, 2023

A truly special occasion, the AGM saw the launch of our 20<sup>th</sup> Anniversary! Afternoon tea was served by the United Church Women in pretty china teacups and treats in the form of 20<sup>th</sup> Anniversary cupcakes bearing our new logo.

Before the start of the meeting a video was played which reviewed the history, goals and work done by Our Harbour to honour the past, consolidate the present and plan for the next 20 years. After the video **Marie** thanked the Assistance and Referral Centre (ARC) for the funding of this project. She thanked **Chris Malazdrewicz, Christine Mota, David Gobby, Jane Dunant** and resident **Alexandre A.** for their work producing and voicing the English and French videos. Thanks were also given to all of the residents, volunteers and staff who participated and contributed images and ideas for the video.

There were 54 Our Harbour community members in attendance, 23 of whom were residents, who participated fully in the meeting and reminded us why we do what we do.

### Partners in Attendance were welcomed:

- **Annie Gaudreault** – *Partenaire en communauté, soutien au fil des ans*, remarked on the warmth she felt Our Harbour created, praised the volunteers and their amazing contributions, and Our Harbour's impact in the community.
- **Hélène Bordeleau** – *Organisatrice communautaire, Table itinérance rive sud (TIRS)*, praised Our Harbour for their success over the years, thanked residents and staff for their involvement in the community event *La Nuit des Sans-Abri*.



- **David Dietze-Hermosa – MP Alexandra Mendès’ representative** presented two certificates of recognition from different levels of government, which he read out to the assembly. The first from **Alexandra Mendès, MP Brossard-St. Lambert** and the second from **Prime Minister, The Right Honourable Justin Trudeau**. David also personally thanked Our Harbour for its warm, friendly and inviting community.



**L-R:** David Dietze-Hermosa, Marie Muldowney, Our Harbour President, Cristina Maula, Our Harbour Resident Board Representative accepting certificates of congratulations on our 20<sup>th</sup> Anniversary.. See the November 2023 **OurHarbourviews** for more.



## Board Activities and Committees 2023-24

### Our Harbour Strategic Financial Retreat, Sunday October 29, 2023

Our primary funding partner, the *Programme de soutien organisme communautaire (PSOC)* had expressed concern about Our Harbour's accumulating surplus, a surplus made possible by the successful fundraising efforts of the last several years, the generosity of our community and the frugal and careful management of our financial resources. PSOC requires that the organizations that it funds have only three months of operating costs on reserve.

Following from the Board's Strategic Retreat in December 2022 and January 2023, the Board had also identified a need for further discussion and financial planning in order to budget wisely for the future. The Strategic Planning of 2022-2023 envisioned more resident care staff, a restructured office and activity space, enhancement of our communications infrastructure, as well as the important increase in ongoing rental costs associated with the apartment moves that took place during the year.

Participants in this Retreat included Board members, members of the Finance Committee and staff. A half-day session on a Sunday, the only day all were available, took place in the Clubhouse, followed by lunch cooked and served by volunteer Bob Ross.

The conclusions reached at that meeting have since evolved in response to our changing environment and needs and are summarized here.

#### **A. STAFFING:**

**Context:** With a growing resident community (up to 30 residents), more time is needed to provide the level of daily care needed by some residents in an environment of declining public health care services.

- Increase the hours of the Resident Care team staff to serve residents who need more on-on-one time, in part to offset a smaller volunteer pool.
- Work towards building a staff team with shared responsibilities for volunteer management.

#### **B. SPACE:**

**Context:** With the normalization of COVID, there is much less need for the Clubhouse as an activity space for residents. The growing staff team is growing out of the single office space we have had for the past few years. The pool table purchased by residents after the first DEFI 5K is rarely used.

- Release half of the Clubhouse, keeping the other half to provide office space for a growing Resident Care team, a seating area and a small activity space.
- Retain the current office space to be used by the DG and as a Board / Committee / private meeting space.
- In collaboration with *St. Lambert United Church* and the *Communkitty* group, keep the flexibility of being able to use the larger, full Clubhouse, on occasion.
- Consult with residents on the option of selling the pool table and providing residents with the revenues to decide how they would like to use them.

### C. APARTMENT RENTAL COSTS:

**Context:** With the moves and apartment transitions that took place last year, Our Harbour's rental costs increased from \$117,046 in March 2023 to \$150,129 in March 2024, an increase of 28%.

- In order to offset partially these costs and keep Program Fees affordable, the Board has restricted \$8,000 per year of the accumulated surplus for the years 2023-2028.
- Program fees will increase, but at a more measured rate than would otherwise have been necessary.
- Funding partners will be asked to offset some of these costs.
- Fundraising activities will target this need in the coming years.

**Below: Visit to the Montreal Museum of Fine Art, September 14, 2023**



## Committees of the Board: Key Board and Committee Activities in 2023-24

**Ethics Committee Members:** Spencer Boudreau, Chair; Marie Muldowney; Jocelyn Brace; Francine Westin; Catherine Gilbert.

In 2023, Sabine Bulow, Lead Coordinator suggested that an Ethics Committee be formed to provide a forum for Our Harbour Care Coordinators to present ethical challenges regarding resident care and seek resolutions that align with Our Harbour's mission and values. The Ethics Committee met three times on July 17, and December 4, 2023, and January 25, 2024.

**Finance Committee Members:** Antonio J. Almeida, Chair and Treasurer; Tom Haslam-Jones, Assistant Treasurer; Catherine Gillbert; Marie Muldowney; Dolly Shinhat; Cory Robinson.

**Pat Borlace** stepped down from the Committee for health reasons. We thank her for her service to Our Harbour, and her active work on the Finance Committee.

- Six meetings
- Strategic Financial Retreat in October 2023; financial planning for the future with the Board of Directors and key volunteers.
- Preparation and review of monthly financial reports for presentation to the Board
- Development and oversight of the budget
- Drafting of financial policies (ongoing)

**Individual Fundraising Committee (IFC) Members:** Susan Kerwin-Boudreau, Chair; Ileana Cusiak; Linda Magher; Lyn Scott; Peter Woodruff; Carol Bulow; Eric Godin; Dolly Shinhat.

- Eight meetings
- Planning and executing 20<sup>th</sup> Anniversary fundraising appeals, activities and events, including a very successful 20<sup>th</sup> Anniversary Gala!
- Working meetings to design, compile and mail the annual appeals
- The WillPower campaign - continuation

Read more in **OurHarbourviews** May 2023 and November 2023..

**Personnel Committee Members:** Jocelyn Brace, Chair; Antonio Almeida; Catherine Gillbert; Marie Muldowney; Edna Ouellette.

- One meeting
- Recruitment of a professional bookkeeper
- Evaluate Resident Care staffing levels for long term planning purposes
- Review and enhancement of Our Harbour Working Conditions and Staff Benefits
- Explore options available for employee health insurance plans



**Web and Communications Committee Members:** Peter Woodruff, Chair; Eric Godin; Dolly Shinhat.



- Several meetings, typically on an ad hoc basis, led by Peter Woodruff
- 20th Anniversary logo and branding were integrated into our materials and media, including social media
- Materials and branding for the Roaring Twenties theme for the 20th Anniversary Gala were designed and produced
- Two print editions of OurHarbourviews were published, May and November; two digital editions were distributed



**20<sup>th</sup> Anniversary Steering Committee Members:** Marie Muldowney, Chair; Antonio Almeida; Peter Woodruff; Susan Kerwin-Boudreau; Eric Godin; Dolly Shinhat.

**Honour the Past. Nurture the Present. Build the Future.**

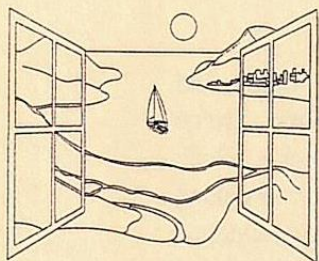
Over the last year, the 20<sup>th</sup> Anniversary Committee met three times and worked throughout the year in concert with the staff team, residents and volunteers to achieve the objectives laid out. Here is a brief report on progress.

Objective	Results at March 31, 2024
a. To develop a strategic plan over the year for Our Harbour’s surplus as a launch to our next 20 years	The Strategic Financial Retreat, described on page 22, developed three key areas of focus: staff, space and managing rental costs vis-à-vis Program Fees. These will be monitored in the coming years to ensure that Our Harbour continues to manage all of our resources frugally and responsibly and in service to our mission.
b. To convene a small group to draft Vision and Values documents aligned with our Mission for presentation at a future AGM	A small group consisting of members of the Communications Committee (Peter Woodruff, Chair, Eric Godin and Dolly Shinhat) met to elaborate Our Harbour’s Vision and Values. A draft was presented to the Board on February 27 and is among the items carried over to 2024-2025.
c. To develop a 20 <sup>th</sup> anniversary logo, the mandate to be given to the same design firm that developed our current “classic” logo	<p>This objective was completed, resulting in an eye-catching 20<sup>th</sup> Anniversary logo:</p> <div style="text-align: center;">  </div> <p>The refresh of our classic logo to incorporate our founding date:</p> <div style="text-align: center;">  </div>

<p>d. To design and order banners and swag once a logo is approved</p>	<p>A banner to hang outdoors was ordered and installed.          Black T-shirts with a white 20<sup>th</sup> Anniversary logo were ordered. Each resident has received one. Volunteers will all receive one at the special event for volunteers postponed until fall 2024.</p>
<p>e. To hire a professional archivist to design and create a proper archive of Our Harbour documents and materials as well as an exhibit for the 2024 AGM</p>	<p>A professional archivist was found within our community network. A discussion with two veteran volunteers, Gretchen Cheung (also a retired archivist) and Linda Magher, resulted in a decision not to hire a professional archivist. All of our Board Minutes and Financial Statements are in order and available.</p> <p>Instead, another volunteer, Jill Shand, a former librarian, sorted, organized and categorized the numerous “ephemerae”, i.e. newsletters, brochures, event programs, etc.</p> <p>These are now safely and chronologically stored in acid-free folders available for viewing and as a record of our 20 years’ history.</p> <p>These folders also have room for present and future materials.</p>

**On the next two pages, Harbour News, Spring 2004.**





# LE HAVRE à NOUS OUR HARBOUR

95 Lorne Ave.  
St-Lambert, Que.  
J4P 2G7

Harbour News  
Spring 2004

You may remember that in *Our Harbour*, we set a goal of \$25,000 so we had enough money to hire a part time coordinator for at least six months. This has nearly happened. When we received a large donation in February we immediately advertised for a coordinator, we rented office space, we begged, borrowed and bought a telephone, a computer, a fax machine, and we arranged to have a student of Computer Science from Champlain Regional College to set up our web site. You can visit us at St. Barnabas Anglican Church at 95 Lorne Avenue in St Lambert or [www.ourharbour.rocler.qc.ca](http://www.ourharbour.rocler.qc.ca).

Presently we have over thirty applicants for the position of coordinator and we will hire one by the beginning of May. With this person in place we will conclude the search for a suitable apartment by June, and we will select our first three clients before July. We will also furnish this new home with beds, linens, utensils, food and cleaner products. And, we will soon

need volunteers to interact with the three residents. We will call on you again for donations and help.

Next...Apartments #2 and 3.

We need *Our Harbour* in our community. Of the hundreds of mentally ill patients currently registered at the Montreal General and Charles Lemoyne Hospitals only a fraction of that amount can be accommodated on their wards. Psychiatrists, nurses and other professionals work overtime to treat their patients. Oftentimes and luckily, many patients respond well to less supervision and are sent off to follow their own prescribed medications outside of the hospitals. This is a delicate moment for these people - they need TLC - and *Our Harbour* steps in with shelter and care right then with proper living space, properly furnished and with living skills advice for them. If we have the kind of facility as *L'Abri en Ville* has in Montreal here on the South Shore, we will help families to stay



closer and lonely people to remain in surroundings they know.

The **Our Harbour** Outreach committee has been raising awareness about the problems faced by persons with a mental illness, especially on the South Shore. Over the last four months we have spoken to The South Shore Retired Teachers, South Shore Community Network,

The St-Lambert Lions Club, and taken part in The South Shore Health Fair, South Shore Black History Day, The English-speaking committee at the Charles Lemoyne Hospital... all with the aim of spreading the word about the **Our Harbour** project. Should you know of a community group or church that would like to know more about **Our Harbour** call our number or contact our web site.

**Our Harbour** wants to acknowledge the following groups for their generosity of purse and heart:

- The EJ Low Beer Foundation
  - L'Abri en Ville
  - Good Shepherd Catholic Church Leisure Club
  - The Men's Club, Holy Cross Church
  - St. Augustine of Canterbury Church
  - St. Clare of Assisi Church
  - St. Francis of Assisi Church
  - St. Lambert Ecumenical Ministerial
  - Riverside Ecumenical Ministerial
  - Montreal Anglican Diocese
  - Together 2000
  - And numerous friends of **Our Harbour**
- .....

1. I may be interested in volunteering at *Our Harbour* \_\_\_\_\_
2. I am enclosing a donation to help *Our Harbour* \_\_\_\_\_

Name (please print) \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone: Day \_\_\_\_\_ Evening \_\_\_\_\_

Email \_\_\_\_\_ (email facilitates our record keeping)

In addition to these projects, the 20<sup>th</sup> Anniversary calendar of activities and events scheduled for this celebratory year was brought to life. For reports and photos of each of these events, please see the May and November 2023 editions of **OurHarbourviews**. In summary:

- June 3, 2023: Participation in the **Assistance and Referral Centre (ARC) Community Fair**, held this year in collaboration with the Greenfield Park Ribfest, a popular community event that drew hundreds of people. We joined all other members of the English language community organizations under ARC's umbrella.
- June 10: The resident-inspired and volunteer led **Art, Talent and Design Group Exhibit and Sale** of resident art was held on the Our Harbour lawn. Proceeds went to the artists. In addition, a sale of donated costume jewelry and baked goods was held with proceeds going to Our Harbour. The initiative, conceived by new volunteer and artist Carol Bulow, was a great success!
- June 14: **AGM**, and the official launch of our 20<sup>th</sup> Anniversary year.
- September 23: **20<sup>th</sup> Anniversary edition of Our Harbour's DEFI 5K** in collaboration with *Espace Pivot*. Former Our Harbour coordinator, Tanya Angelo, now an employee at *Espace Pivot* led this partnership allowing us to reach a broader segment of the community and helped to raise \$1,000!
- November 16: **20<sup>th</sup> Anniversary FUNdraising Gala!** A dynamic live auction of more than 20 unique, exquisite, valuable items, from artwork to precious jewelry, a live jazz band and a dazzling, atmospheric decorative scheme made this truly a night to remember.
- February 15, 2024: **Volunteers Rock Our Hearts!** Our Harbour's *hommage* to our volunteers, past and present! **POSTPONED to Fall 2024**
- June 26, 2024: **AGM**: this AGM will close out our 20<sup>th</sup> Anniversary celebrations.

## OUR HARBOUR PROGRAMS

---

### Weekly meetings

Weekly meetings in residents' apartments focus on community life, social relationships, life skills and management of daily living.

### Monthly calendar

Monthly calendar activities continue to be a means of sharing upcoming Our Harbour events, in addition to local community events that may be of interest to residents.

In 2023-2024, The Residents Committee met three times on the following dates:

- May 30, 2023
- September 11, 2023
- March 25, 2023

The purpose of these meetings is to review/discuss and plan activities as well as explore areas of improvement and importance to residents. One example was to express their thoughts on the importance of autonomy in a supported, non-supervised community.



**The Art, Talent and Design Group** continued to meet weekly, or as scheduled to continue learning and exploring various art techniques, advancing their knowledge and ability to produce more intricate designs and themes. Much of this was in preparation for the Art, Talent and Design Exhibit, part of the 20<sup>th</sup> Anniversary special events calendar.

At left, a piece by Alyss C. *Still Life Abstract*. 16 x 10. Acrylic.

Throughout the year, the Resident Care Coordinators continued to promote and implement the **Empowerment Approach**. As a result, in the past year the Coordinators have observed a significant increase in resident engagement, both in their ability to collaborate with one another, and in voicing their opinions on topics of interest as well as what matters to them as a community. This aspect of the **Empowerment Approach** was achieved with the inclusion of increased resident consultation and encouragement to explore and discuss topics of importance, such as why autonomy is important.

## The Head-to-Toe Check up Pilot Project

The Head-to-Toe Pilot Project continues to be a priority. The recruitment of volunteers in health-care and related fields is ongoing to assist the staff to engage residents, one-on-one, in understanding their own priority health care needs. The Resident Care team has been able to provide one of our residents, in particular, with access to additional health care that is not covered by social assistance.

In the past year, Ms. M. has experienced physical health care issues, including the need for cardiac surgery; the Head-to-Toe Pilot Project has covered the cost of additional health care expenses, such as for specific treatments (injection), as well as foot care and dental work, necessary to reduce the risk of infection during and after surgery.

Costly health care services include for example, surgical-dental work or periodontics, the care of a podiatrist or foot care nurse, hearing aids, special eye glasses, individual testing to identify issues that exacerbate mental illness, such as learning disabilities, etc. Our goal, as always, is to encourage our residents toward greater independence and involvement in their own health care, beyond the scope of mental health alone.

**Our Harbour is grateful to Louise Mathieu and the Andre Gauthier Foundation for funding the Head-to-Toe Pilot Project.**

Our search for volunteers with the knowledge/experience to assist with the Head to Toe Project is ongoing. We encourage anyone with the time and interest to contact Sabine Bulow, Lead Coordinator.

If you are a health care professional and would like to offer you time to this project, please contact **Lead Coordinator, Sabine Bulow at [sabine.bulow@ourharbour.org](mailto:sabine.bulow@ourharbour.org)**



## Wellness Program Activities and Events

### Annual Outings and Activities in the Fresh Air, Seasonal, Annual and Social Special Events and Activities

In 2023-2024, staff planned and organized the following activities according to residents' interests as expressed at Resident Committee meetings, combining leisure with memorable event experiences:

April 20, 2023	Volunteer Appreciation Reception, Clubhouse
May 24	10th Annual Mental Health Walk, in support of ACCESS (Adult Education Center of The Riverside School Board)
June – August	Gardening with volunteer Natacha
June 10	OH: 20th Anniversary Resident Art Exhibit - Jewelry & Bake Sale
June 6 & 20	Picnic & Walk with Amélie Gauthier-Gilbert (summer student)
June 26	Equine Therapy, Centre Équestre Saphir, St-Constant
July 4 & 18	Picnic & Walk with Amélie (summer student)
July 19	Equine Therapy, Centre Équestre Saphir, St-Constant
July, 13	Ecomuseum, St-Anne-de-Bellevue, QC
July 26	Annual Summer BBQ at Catherine's
August 9	Equine Therapy, Centre Équestre Saphir, St-Constant
August 15 & 29	Picnic & Walk with Amélie (summer student)
August 16-18	Summer Retreat: Manoir D'Youville, Île St. Bernard, Chateauguay
September 23	OH: Annual Défi 5 Km
October 4	Equine Therapy, Centre Équestre Saphir, St-Constant
October 5	Baby Shower for Vanessa (Coordinator) in the Garden
October 13	OH: Thanksgiving Dinner at the Clubhouse
November 16	OH: 20th Anniversary Gala
December 8	Christmas Cake Baking & Lunch with Sabine at the Clubhouse
December 11	Baking: Christmas Cookies with Jody Tree Decorating & Pizza with Sabine at the Clubhouse
December 15	OH: Christmas Dinner at the Clubhouse
March 19, 2024	Cabane à sucre, Sucrierie de la Montagne, Rigaud, QC

Read more about these events and activities in the May and November 2023 editions of ***OurHarbourviews***.

**Manoir d'Youville: A special place!**



# 2023-24 BY THE NUMBERS AT MARCH 31, 2024

## Occupancy

In 2023-2024, resident occupancy rate fluctuated as two of our older apartments closed and some residents were discharged, some due to requiring more support than we can provide and others, because they decided it was time for a change. Occupancy decreased to 80% capacity due to the closure of the two oldest apartments, which became unhealthy environments, because of landlord neglect.

- One admission and six discharges in total, in 2023-2024.
- Longest length of residence: 19 years.
- Shortest length of residence: 1 year and 8 months.
- Average stay: 5.1 years.

## Demographic Profile of Residents

	At March 31, 2024	At March 31, 2023
Age – youngest resident	30 years	29 years
Age – oldest resident	66 years	65 years
Average age	45 years old	48 years old
Females	9	9
Males	13	18
Ratio of females / males	9:13	1:2

## Tracking Participation and Progress

We track the participation of our residents at all of our activities. The purpose is twofold: first to track interest and engagement for future planning and reporting to funders; but more importantly to ensure that residents who have fewer or no opportunities for social engagement, such as family visits or other personal interests, are encouraged to join in and find enjoyment and friendship in the company of our extended family.

We hope that the newly implemented “Empowerment” approach will result in greater involvement by residents in planning and coordinating their preferred Our Harbour activities and getting more involved outside of the Our Harbour community.



## WHY THE OUR HARBOUR MODEL WORKS

---

**The Our Harbour experience since 2003 confirms that while stable, long-term, secure and safe housing is essential,** alone it is not sufficient to break the cycle of homelessness, repeated hospitalization, and the stigma and isolation experienced by people with mental illness. Stable housing accompanied by a **broad range of support services,** the ***approche généraliste,*** is essential for **long-term stability and recovery of the individual.**

In addition to these elements, **the sincere caring, kindness and warmth** of other human beings are equally essential. In this respect, **Our Harbour's volunteers play a tremendous role.** Giving personal time and attention to visit, go for coffee, shop for groceries together, accompany a resident to a medical appointment, or simply chat... these are precious gifts.

**Our Harbour's professional support services** include weekly visits by a coordinator to meet apartment residents as a group. Monthly one-on-one meetings are an opportunity to discuss and explore personal issues and concerns.

Equally important is the **willingness and commitment of the individual resident** to use the resources available and commit to wellness and recovery.

This holistic approach is the most successful. All these elements (stable housing, support and caring, commitment of the individual) must be present along with a caring, supportive environment. When all these elements are in place, personal or psychosocial crises are managed and overcome.

Our Harbour's team of staff and volunteers offers support and steadiness before, during and after crises to help sustain hope and overcome personal challenges.





## FROM LOCAL RADIO TO NATIONAL T.V.! OUR HARBOUR MAKES WAVES!

---

### August 29, 2023

It's always a pleasure visiting **Brian Peddar** in the **TVRS** studios. Deeply rooted in the South Shore community, Brian welcomes people connected with local organizations to come onto his show, *South Shore Vibe* to tell their stories, share their successes, express their needs and raise awareness.

This time of course I was talking about our 20<sup>th</sup> Anniversary! Thank you, Brian!

Read more about this interview in the November edition of ***OurHarbourviews***.



### January 15, 2024

I was unexpectedly thrust into the spotlight at a press conference announcing Longueuil's *Plan d'action de lutte à l'itinérance 2024-2026*. Mayor Catherine Fournier announced that the Ville de Longueuil would invest \$825,000 this year on measures to address and prevent the highest ever numbers of homeless people in Longueuil, the result of what she described as the perfect storm of COVID 19, increasing levels of mental illness and the opioid crisis.

I was the only Anglophone among the community organizations present. As such, *Global*, *CTV* and *CBC* asked to interview me about the *Homelessness Plan*. The interviews were broadcast that evening on television and radio.

### January 17, 2024



Next, *CBC* called for an interview on *Daybreak* with **Sean Henry**! It was exciting to be in the *CBC* studios literally at daybreak, watching the *Daybreak* team deliver news, weather, traffic and sports. I joined Sean in his studio with headphones and a microphone and answered his questions, some quite tough, about the Longueuil Homelessness Plan. My goal was to provide some information on *Our Harbour* and weave this into the broader discussion.

## PARTNERSHIPS AND MEMBERSHIPS

Our partners were an invaluable source of information and resources. Network partners supported one another, shared experiences, and provided a place to air concerns as well as ideas to manage our work.

Our Harbour continued to interact regularly, albeit virtually, with the partners listed here, including attending meetings and participating in consultations and various community and collaborative initiatives. (! indicates a paid membership.)

Organisation	Mission
<i>AMI-Québec, Rive Sud</i>	AMI-Québec Action on Mental Illness is a non-profit organization that helps families manage the effects of mental illness through support, education, guidance, and advocacy. Programs are free.
Ancoura	Ancoura is a not-for-profit, volunteer-based organization and a registered charity in Ottawa. Ancoura’s mission is to provide a nurturing, fulfilling environment for adults living with mental illness, through stable, affordable housing and a supportive community.
Assistance and Referral Centre (ARC) <sup>!</sup>	Created in 2011, ARC is a not-for-profit community organization based in Greenfield Park that is part of a network of 28 organizations catering to the needs of the English-speaking community across Quebec. Its mission is to serve the English-speaking community of the Montérégie-Centre Region
<i>Centre Bénévolat Rive Sud (CBRS)</i>	To promote and develop quality volunteering with a focus on community support, since 1978
<i>Centre intégré de santé et de services sociaux (CISSS) de la Montérégie Centre</i>	The <i>CISSS of Montérégie-Centre (Réseau local de services de Champlain)</i> , works to provide the community with continuous, safe, quality healthcare and social services, in collaboration with local partners.
The Charles Lemoyne Hospital Centre	The Charles-Le Moyne Hospital Centre offers a range of general, specialized and acute care and services. It is recognized for its teaching activities and for its research center focused on innovative health interventions. It is affiliated with the University of Sherbrooke.
<i>Centre de réadaptation en dépendance Le Virage</i>	<i>Virage</i> is committed to serving individuals throughout the Montérégie who need help with alcohol, drug and gambling problems. Thousands of people use their services every year.

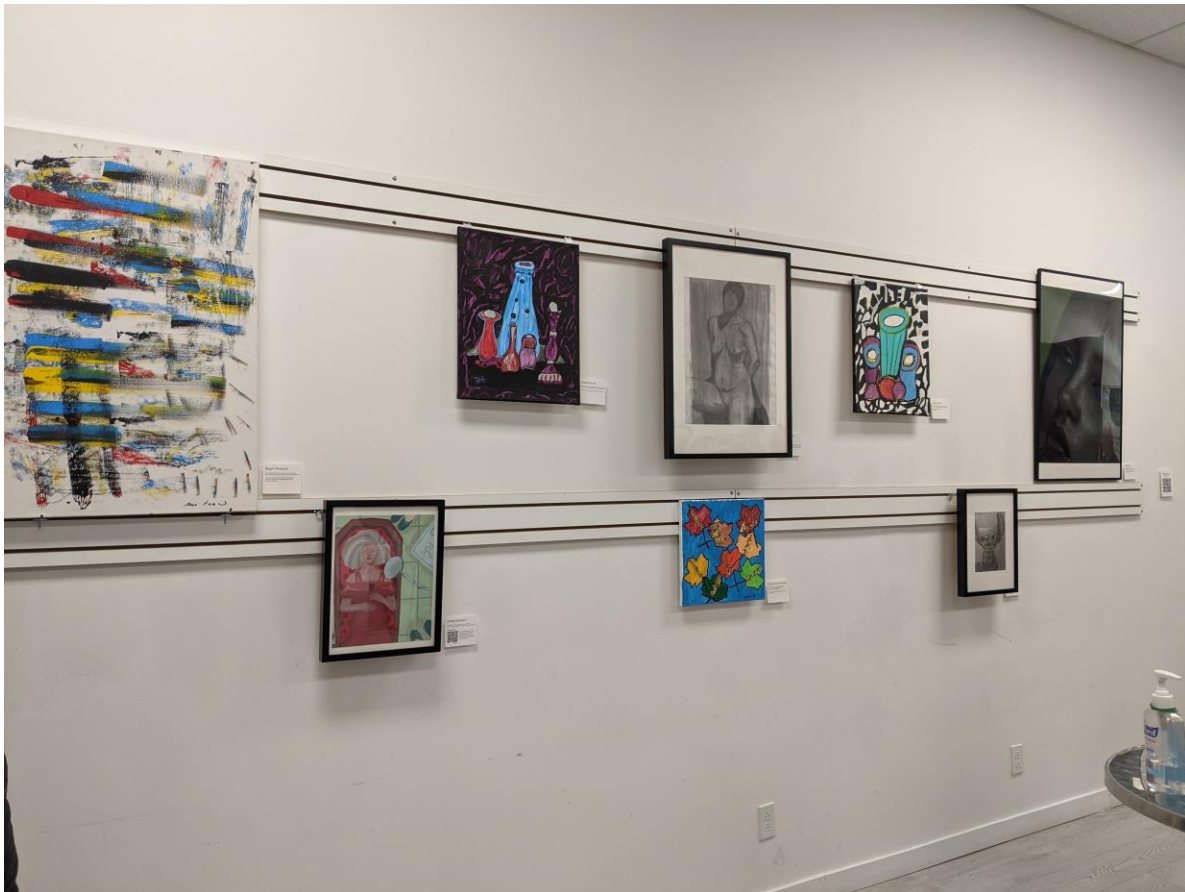
Organisation	Mission
<i>Centre d'Intégration Jeunesse Adulte (CIJAd): Projet Créneau Carrefour Jeunesse</i>	CIJAd provides job search assistance and educational and vocational counselling services to people having difficulties finding a job. <i>Projet Créneau</i> is aimed at promoting academic perseverance, personal and social autonomy, as well as youth participation in entrepreneurship, volunteer, and humanitarian work.
Community Health and Social Services Network (CHSSN)	Formed in 2000 to support English-speaking communities in Québec in their efforts to redress health status inequalities and promote community vitality. CHSSN achieves this by building strategic relationships and partnerships within the health and social services system to improve access to services.
<i>Corporation de développement Communautaire – Agglomération Longueuil (CDC-AL)<sup>1</sup></i>	The <i>Corporation de développement communautaire de l'agglomération de Longueuil (CDC-AL)</i> is a multi-sectoral group of community organizations whose shared mission is to initiate, promote, support and strengthen community development on its territory, with a view to social inclusion and the fight against poverty.
Dunham House	Dunham House is a residential treatment centre for individuals suffering from mental health and concurrent disorders including addiction.
Ecumenical Community Services (E.C.S) of St. Lambert	ECS is a volunteer community service group that was formed in February, 1979 under the leadership of Ethel Bisgrove and Georgina Baxter of the congregation of St. Andrew's Presbyterian Church – St. Lambert. ECS offers three distinct services: A food cupboard, transportation and the Christmas Basket Project. More information can be found at <a href="https://scosaintlambertecs.ca/">https://scosaintlambertecs.ca/</a>
Helping Other People Effectively (HOPE)	Emergency food assistance. Financial assistance for rent, medication, electricity and telephone bills.
<i>L'Abri en Ville</i>	<i>L'Abri en Ville</i> provides a stable and fulfilling environment for persons with a mental illness through safe, affordable housing and inclusion in a community that supports their social, material and spiritual needs.
<i>L'Alternative Centregens</i>	<i>L'Alternative Centregens</i> aims to facilitate the social reinsertion and mutual aid of people experiencing or having experienced a mental health problem. Clients are encouraged to cultivate self-reliance, developing their abilities on a day-to-day basis, at their own pace.
<i>Service d'intervention en Santé Mentale L'Espoir</i>	A non-profit organization offering psychosocial rehabilitation and reintegration services for adults with psychiatric or mental health problems living in the Greater Longueuil area.

Organisation	Mission
<i>La Maison Jacques-Ferron</i>	An independent community organization committed to the social integration of adults with significant mental health difficulties from the greater Longueuil area.
<i>La Mosaïque</i>	<i>La Mosaïque</i> is a not-for-profit organization. Since 1985, its mission has been to reinforce the social fabric of the urban agglomeration of Longueuil, offering services that promote the autonomy and social integration of the less fortunate.
<i>La Maison Internationale de la Rive-Sud</i>	An organization specializing in assisting immigrants on the South Shore of Montreal, in partnership with the Ministry of Immigration, Diversity and Inclusion of Québec. It has offered its services to newly arrived immigrants in Québec for 43 years.
<i>Les Toïts d'Émile</i>	Their mission is to provide people with mental health problems with quality, long-term housing in the community and the support they need to live independently.
<i>Macadam Sud</i>	Their mission is to support and empower youth 12-35 years old, so that they can commit to improving their conditions with respect and human dignity.
Regional Health and Social Services Partnership Table (RHSSPT) Montérégie	A network of organizations working to promote and increase access to public health and social services for English-speaking in the Montérégie.
<i>Regroupement Organismes Communautaires Santé Mentale Montérégie (ROCSMM)</i> <sup>1</sup>	The mission of the <i>Regroupement des organismes communautaires en santé mentale de la Montérégie (ROCSMM)</i> is to develop and recognize its member resources through support, participation in community life and strategic advocacy.
Saint Lambert United Church (SLUC) — Our Harbour's home base	SLUC and the United Church Women are welcoming and supportive, supporting Our Harbour's mission and activities by providing space for activities and meetings.
South Shore Community Partners Network (SSCPN) <i>Regroupement Réseau Communautaire Rive-Sud</i>	A volunteer-based non-profit corporation building a sense of community among the Montreal South Shore English-speaking community groups. SSCPN assists in promoting all levels of government programs and not-for-profit services of benefit to this community.
<i>Table de concertation en santé mentale de la Rive-Sud (TCSM)</i> <sup>1</sup>	A group of organizations working in mental health in the agglomeration of Longueuil, committed to the mental health of the local population.



Organisation	Mission
<i>Table de vie du Quartier, Ville LeMoyne</i>	Preserve and defend the rights, assets and interests of the community. Take advantage of opportunities to improve neighborhood life.
<i>Table itinérance Rive-Sud (TIRS)<sup>1</sup></i>	A multi-sector grouping of community organizations, institutions and individuals working to find solutions to homelessness.
<i>Table régionale des organismes communautaires et bénévoles de la Montérégie (TROC-M)<sup>1</sup></i>	Bring together autonomous community organizations in the Montérégie region that work in the health and social services field.

Art work by residents Régis, Diana, Lucie and Vanessa was selected for the *espace PIVOT Concours D'Exposition D'Art*, held on February 29, 2024, in collaboration with the provincial **Vocation en Art** project



## GRANTS, FUNDING, SPONSORSHIPS AND DONATIONS

---

In order to achieve our mission, Our Harbour relies upon essential core funding from all levels of government, corporations, foundations and community organizations. We are most grateful for this support.

### Our Major Funding Partners 2023-24

We are grateful for all of the financial support that allows us to continue our mission and for the valuable partnership of St. Lambert United Church.

- *Ministère de la Santé et des Services sociaux (MSSS) :*
  - *Programme de soutien aux organismes communautaires (PSOC)*
  - *Plan d'action interministériel en santé mentale (PAISM) 2022-2026*
- Employment and Social Development Canada:
  - Canada Summer Jobs program
  - Reaching Home (*Vers un chez soi*)
- Canadian Health and Social Services Network (CHSSN)
  - *Partenariat d'assistance aux organismes de santé mentale (PAOSM)*
- Assistance and Referral Centre (ARC)
- Ecumenical Community Services (E.C.S), St. Lambert
- Fednav Community Employees' Committee (FCEC)
- Good Shepherd Lutheran Church
- Scotiabank
- Zeller Family Foundation

## 20<sup>th</sup> Anniversary Sponsors

Our Harbour sought sponsorships from national and local businesses, organizations and individuals. This outreach was a huge success and an important part of the financial success of the **Roaring Twenties, 20<sup>th</sup> Anniversary Gala!** **A special thank you to our generous sponsors:**

### **Investor: \$3,000 +**

WESTJET

### **Builders: \$1,000 +**

Clé en main Informatique

Entre deux mailles / Commuknitty

2023 Mike Reid Memorial Softball Tournament

Nancy Cousins-Viau

### **Planners: \$500 +**

Alexandra Mendes, MP Brossard-St. Lambert

CRU- Bar à huitres

Esthétique Michele Noonan

Primi Piatti Restaurant

Scotyz Bar & Grill

Sherry Romanado, MP Longueuil-Charles LeMoyne

### **Supporters: \$250 +**

Carol Bulow

Chateauguay Valley Quilters' Guild

The late Judy Csukly

IGA – Le Marché Emily & Phillip Desmarais

Manoir d'Youville

Newland Torrefacteur – Coffee Roasters

Preville Fine Arts Centre

Lyn Scott

## Friends: up to \$250

ACTUELLE Chaussures

Michael Barratt, Royal LePage

Bookkeeping Barn

Boucherie Charcuterie St. Lambert

Sabine Bulow

Café Pistache

Centaur Theatre

CINEPLEX

Ileana Cusiac

Golf Club St. Lambert

Furs by Harris

Lace St. Lambert

Le Balcon d'Art

L'Échoppe de fromages

METRO – Mont Royal

Nicole Esthétique

Photo René

Pizzeria No. 900

Salon Rituel Coiffure

Salon Jean Malard

Taylor's

Théâtre St. Bruno Players





**Our Harbour’s 20<sup>th</sup> Anniversary Individual Fundraising Campaign, Appeals and Activities**

Through 2023 and 2024 we celebrated our 20<sup>th</sup> Anniversary with verve and joy. Read more about our events and activities throughout this Report and in the May and November 2023 editions of **OurHarbourviews**.

<b>Calendar of 20<sup>th</sup> Anniversary Events and Activities</b>	
<b>When?</b>	<b>What?</b>
June 3	Our Harbour booth at the RHSSPT Partnership Community Fair + Ribfest
June 10	Art, Talent and Design Group – Exhibition and Sale
June 14	Our Harbour’s Annual General Meeting
September 23	The DEFI!! 20 <sup>th</sup> Anniversary Edition, in collaboration with <i>Espace Pivot</i>
November 16	Our Harbour’s 20 <sup>th</sup> Anniversary Fundraising Gala: The Roaring Twenties!
<b>Postponed</b>	Volunteers Rock Our Hearts!



Our Harbour participated in the St. Lambert United Spring Market on May 13. A beautiful quilt was raffled. Crafted by Carole Briggs, of the Chateauguay Quilters Guild, the quilt was donated by Our Harbour volunteer Francine Weston. Above, L-R: Vanessa and Anna.

## Donations listed below were received between April 1, 2023 and March 30, 2024

We are deeply grateful to all the individual donors, community organizations and associations, companies, sponsors and supporters who made this 20th Anniversary year a resounding financial success. With generously supported events and activities, unprecedented participation and 20 reasons to celebrate, all had a memorable time!

Sponsors with an asterisk (\*) denote that they are a 20th Anniversary sponsor.

20 Anonymous Donors	Café Pistache*
Actuelle Chaussures*	Harvey Campbell
Ronald Aiken, Jr.	CanadaHelps
Lucy Ainsworth	Candiac Wednesday Group
American Women's Club of Montreal	Marilyn Carr
Dennis Armstrong	John Carr & Madeleine Colaca
Virginia Assaf	Paul Carrier
Assistance and Referral Center (ARC)	Ann-Marie & Ray Cassin
Jane Barlow	Catholic Women's League of Canada
Michael Barratt, Royal LePage*	Centaur Theatre*
Richard Bastien	Chateauguay Valley Quilters' Guild*
Dianne Bateman	Gretchen Cheung
Nancy Beaton	Church of Saint Clare
Nathalie Beauchamp	Anna Ciccotosto
Anne Beauchamp	CINEPLEX*
Annie Beauregard	Clé en main Informatique*
Nancy Beckett	Albert Coccia
Micheline Bedard	Shirley Collie
Christine Bieri	Susan Collins-Botros
Simone Bluteau	Commuknitty / Entre Deux Mailles*
Lise Bluteau	Christine Contant
Bookkeeping Barn*	Nancy Cousins-Viau*
Boucherie Charcuterie St-Lambert*	Janice Couture
Beppie Boudens-Alexander	Cru - Bar à huitres*
Justin Boudreau	The late Judy Csukly*
Jocelyn Brace	Ileana Cusiatic*
Carol Bulow*	Rosemary Cyr
Sabine Bulow*	David & Pat Dalgleish

Petra Dando  
Bianca David  
Ellen De Grandpré  
Carolyn J. Dellah  
Andrew Dias  
Eardley P. Dowling  
Jean-Pierre Duguay  
Barbara & Ernie Duguid  
Josée Duranleau  
Jennifer Dyson-St. Germain  
Margaret Eastwood  
Ecumenical Community Services (ECS)  
Penelope Ellison  
Kevin Erskine-Henry  
Esthétique Michele Noonan\*  
FEDNAV Community Employees'  
Committee  
Furs by Harris\*  
Susan Gardner  
Patricia E. Geary  
Helen Gibb Carsley  
Kent Russell Gibbons  
Catherine Gillbert  
Robert Gobby  
Eric Godin  
Golf Club St. Lambert\*  
Good Shepherd Lutheran Church  
Marie Gravelle  
Giuseppina Greco & Stephen Schaller  
Sylvie Gregoire  
Annemarie Greven  
Maryanne Griss  
H.O.P E.: Helping Other People Effectively  
Ginette Hay-Ellis  
France Héroux  
Timothy Houlihan

François Huard  
Ian Hutt-Borrelli  
IGA - Le Marché Emily & Phillip  
Desmarais\*  
Rouben Ishayek  
Danny Julien  
Lorraine Keays  
Bill & Cindy Kerwin  
Monica & Sheila Kerwin  
Rick & Carol Kerwin  
William Kerwin  
Susan Kerwin-Boudreau & Spencer  
Boudreau  
Honore Kerwin-Borrelli  
Gwynne & Eileen Kerwin-Jones  
Irene Kozina  
Lace St. Lambert\*  
Jill Lacoursière  
Jonathan Lang & Jane Horvat  
Heather Languay  
Carole Lanthier-Strickland  
Linda Laroche  
Le Balcon D'Art\*  
L'Échoppe des fromages\*  
Margaret Lefebvre  
Constance Leigh  
Anna Lepage  
James & Kathleen LeWarne  
Sandra Libby  
Lion's Club of Greenfield Park  
Andrew Louson  
Peter MacMillan  
Susan Magher  
Linda Magher  
Jamie Malysh  
Manoir d'Youville\*

Robert Ellicott & Maria Della Posta  
Gretchen Martin  
Louise Mathieu  
Jane McConnell  
Ann McKinnon  
Lloyd J. Megin  
Alexandra Mendès, MP\*  
METRO - Mont Royal\*  
Mike Reid Memorial Softball Tournament\*  
Kenneth Morehouse  
Mosiace/que Quilters' Guild\*  
Marie Muldowney  
Newland Torréfacteur - Coffee Roasters\*  
Nicole Esthétique\*  
Nine & Dine Golf Group  
Christopher & Loretta Noble  
Juliet O'Neill Dunphy  
Patricia Owens  
Felicity Palmer  
Pattes & Griffes Saint-Lambert\*  
PayPal Giving Fund  
Jarmila Philipp  
Photo René\*  
Pizzeria No. 900\*  
Isabelle Poulet, Députée de Laporte\*  
Renée Prendergast  
Préville Fine Arts Centre\*  
Primi Piatti Restaurant\*  
Gerald Ratzer  
Nancy Reid-Di Milo  
Marika Rein  
Johane Richardson  
Cory Robinson  
Judy Rogers  
Sherry Romanado, MP\*  
Kiran Ross

Saint-Lambert International School  
Saint-Lambert Lawn Bowling Club\*  
Salon Jean Malard\*  
Salon Rituel Coiffure\*  
Diana Sanderson  
David Schurman  
Scotiabank  
Lyn Scott\*  
Scotyz Bar & Grill\*  
Yvonne Sevigny  
Surjit Shinhat  
Himmat Shinhat  
Dolly Shinhat  
Anthony Slonosky  
Beverley & Brian Smalridge  
Rachel Speiran  
Penelope Speiran  
Daniela Spinelli  
Kimberley Stephenson  
Marla Stovin  
Alison Streight  
Beverly Stride-Coté  
Jean Stutsman  
Beverly Taylor  
Taylor's\*  
Théâtre St-Bruno Players\*  
Yolande Thibeault  
Christopher Thomson  
René & Sharon Vanderaa  
Vito Volterra  
Da Wei (Rachel) Wang  
Susan Warden  
Jane Watson  
WESTJET\*  
Francine Weston  
Michael Whalen



Paul Wiebe  
Victoria Willard  
Pui Ting Wong  
Peter & Susan Woodruff

Irene Woods  
Joseph A. and Leslie Zearth  
Zeller Family Foundation

We strive to publish a complete and accurate list. For any errors or omissions, please accept our sincere apologies.

Please contact Dolly Shinhat, Director General, with any questions, comments or concerns at 450-671-9160.

## THE LAST WORD: LETTER FROM THE DIRECTOR GENERAL

---



Dear Friends,

In the opening pages of this Report, President Marie Muldowney named our not-so-secret weapon, **resilience**. *A noun: the capacity to withstand or to recover quickly from difficulties; toughness*, according to Google’s English dictionary, provided by Oxford Languages.

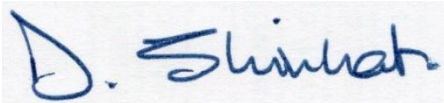
Our Harbour has proven its capacity for resilience over 20 years, withstanding uncertain funding, changes in personnel, resident crises, COVID – of course - to name just a few of the challenges we, as an organization and a community, have faced and overcome.

Moreover, we have embraced change. The terms “bouncing back”, “returning to normal” can be interpreted to be synonymous with resilience. However, I propose that the changes wrought by being resilient are truly profound. They are not a “return” or “back” to normal. Instead, a new, stronger, different reality permits us to move forward, bounce toward the future, and not revert to the past.

Nurtured by our deep roots in the community and the confidence that comes from the support of our community, Our Harbour has thrived. We have taken time this year to honour the past, to nurture our ties to the community. We focus now on building and continuing to transform our community by staying true to our mission. The firm foundation you provide allows us to stay on course, yet remain flexible and responsive.

Your input, ideas, guidance, wise counsel, contributions and caring safeguard Our Harbour’s mission in a world in which only the strong survive. Thank you.

Yours sincerely,



Dolly Shinhat, Director General

## APPENDICES

---

### ***OurHarbourviews* newsletters:**

- May 2023
- November 2023

**[www.ourharbour.org](http://www.ourharbour.org)**

**Facebook: [www.facebook.com/ourharbour/](http://www.facebook.com/ourharbour/)**

**Instagram: [@our.harbour.le.havre](https://www.instagram.com/our.harbour.le.havre)**

**LinkedIn**

**[CanadaHelps](#)**

**Benevity**

**WillPower: Ensuring Our Harbour's Present AND Future**