



2019-2020 ANNUAL REPORT

*Through our doors
the healing begins...*

www.aubergetransition.org

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A Word from our Executive Director and President

Since 1975, Auberge Transition has been assisting women experiencing intimate partner violence (IPV), and their children, find safety and comfort through our doors. This past year 40 women and 39 children were sheltered at Auberge Transition, plus there was always someone available at Auberge's 24/7 crisis line to respond to calls for help.

Inspired by a dedicated team of professionals, we see women and children break free from the cycle of violence they experience. From individual counselling to animated groups and workshops, these courageous women are given opportunities to share their stories and learn from each other. We watch as they grow stronger and are empowered to face the many challenges that lay ahead.

Along the way, our staff also reached out to our community at large through special initiatives, workshops and advocacy. Our childcare team collaborated with students from Lauren Hill Academy on a new magazine for teens on healthy relations while our External Centre designed and offered new and exciting programming, workshops and awareness raising materials.

This year also proved to be a very challenging one for Auberge Transition and, of course, for the world over. Major damages to the shelter from an unexpected breakage of the home's main water pipes caused us to close our doors temporarily for the safety of our clients during the necessary renovations. During this time, the growing concern about the COVID-19 pandemic was in full force. But the Auberge forged ahead, working strategically and swiftly during the temporary closure to prepare for the safest re-opening possible of our services with specific attention to new COVID-19 guidelines.

Through it all, we remain forever grateful for the continued support of Quebec's Health and Social Work Ministry and our generous donors, partners and volunteers.

On behalf of Auberge Transition, Irene Jansson and myself would like to take this opportunity to recognize a few members of our team. We say farewell and thank you to Anuska and Catherine for their dedicated counselling work and Kate for her valuable work on the Board of Directors. We wish them much success as they pursue new and exciting challenges. We welcome Karen Rehel in her new appointment as Vice-President of the Board of Director. Our special thanks and gratitude to Mariella Castellana for her extraordinary commitment and leadership for her six-year term as President of the Board of Directors.

As we look towards the future, the Board of Directors and our devoted team are committed to continuously planning, developing and providing new and improved opportunities for shelter, services and a voice for women experiencing IPV (IPV) and their children.

Irene Jansson
Executive Director

Enza De Cubellis
President of the Board

Our Mission

Auberge Transition is a feminist organization whose primary mandate is to offer shelter, information, counselling and follow-up services to women who are currently experiencing or have experienced any form of IPV. Auberge Transition serves women with or without children, of all cultures and backgrounds.

Through public education, we inform the community about the nature and extent of the problem of IPV, the myths and stereotypes that often surround it, and the routes available to address abuse. As such, we aim to break the isolation and inform as many people as possible that help is available at all times for women and their children.

Our Team

Board of Directors

From private clinicians, social workers, to professors, the Auberge's Board of Directors is comprised of eight talented women who continue to ensure the smooth running of the shelter. Nine meetings were held in the course of the year. However, committee members also met as required throughout the year. The Personnel Committee was particularly busy this year addressing the impact of COVID-19 on Auberge Transition staff, residents and clients. In addition, the Personnel Committee conducted a complete review and update of the Auberge's Personnel, Harassment and Code of Conduct policy.

President

Enza De Cubellis, BA

Director, University Secretariat, Concordia University

Vice-President

Karen Rehel, BComm

Human Resource Advisor, Canadian National

Treasurer

Joanne Semanak, CA

Private consultant

Secretary

Mariella Castellana, M.A. GDIA

Professor, Anthropology & Sociology Department, John Abbott College

Members

Cerise Morris, Ph.D

Private clinician

Sibusiso Moyo Soso, MSW

Gemma Mattheij, MSW

Dr. Julia Krane, Ph.D

Professor, McGill University

Kate Tomieczewicz, B.A., B.C.L./LL.B.

Staff

The Auberge's staff consists of dedicated administrators, counselors, childcare workers, night and maintenance staff. Each is an essential part in the successful operation of the entire organization.

Management team

Irene – Executive Director

Karina – External Services Coordinator

Linda – Administrative Assistant

Counselling team

Anuska

Catherine

Diana

Sandra

Hema

Sabrina

Ilana

Aurelie

Manoame

Joanne

Khadija

Meghan

On call team

Jessica

Nathalie

Caroline

Stefanie

Anna

Maintenance

Marie-Lou

Volunteers

How to thank someone who dedicates their time every week, never asking for anything in return? By letting them know how appreciated they are. Our volunteers are an extension of our team and this year we were able to count on 10 amazing women who throughout the year volunteered 500 hours of their time. We would like to thank, Karina A., Karina, Morgan, Bahra, Alessandra, Phyllis, Rachel, Auzzi, Carolina and Brenda for making a difference.

Students

As a learning facility, Auberge Transition offers students from various programs of study the opportunity to acquire counselling skills with a hands-on approach. Unfortunately, due to the closure of the shelter we had to cancel all internships. However, we look forward to once again welcoming students to the shelter next year.

We are pleased to have been chosen as the community organization represented by students at Sacred Heart school as part of their program. Five young students chose to do their research project on the effects of violence against women and children and present their findings to a panel of judges at their school. Congratulations to Brianna, Sofia, Lara, Madison and Ava, on a job well done!

Our consultants

Abha Singh, art therapist

Dr. Monica Justin, clinical supervisor

Annual General Meeting

Auberge Transition held its annual general meeting on June 13, 2019 with twenty-nine people in attendance. Auberge members presented a year in review, financials and forecasts. The evening also marked the special recognition of Carolyn Bouchard for her involvement and commitment towards the Auberge.



Professional Development

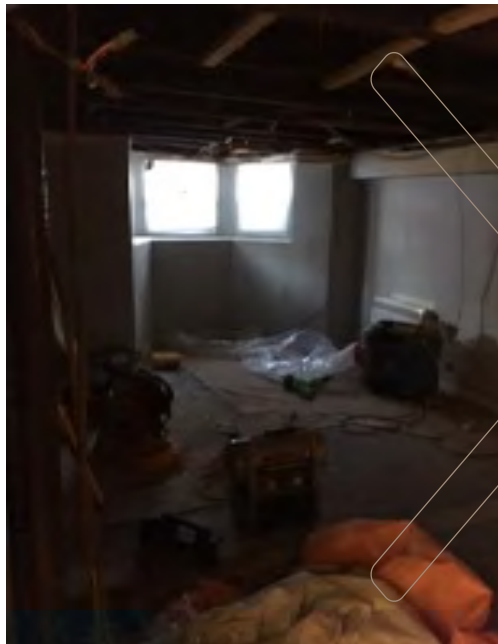
Auberge Transition is proud of the tremendous experience, innovation and dedication of our team members. The Auberge also recognizes the importance of investing in the professional growth of our team in order to better serve our community's evolving needs. This past year's training included:

- ◆ Intervening in a crisis situation
- ◆ Intervention strategies with people in a psychotic state
- ◆ Personality disorders

Housekeeping

Renovations

Right before the holidays began, we realized that water was seeping through the walls on all three floors of the shelter. At first glance it did not appear to be significant. But after removing part of the walls, we realized that it was bigger than we ever could have imagined. From mould to asbestos, we needed to ensure everyone's safety and unfortunately, this meant that the shelter had to temporarily close and that residents be relocated to other shelters in Montreal. Our shelter is now in a better, safer condition than ever.



Before



After

Covid-19 and a new approach to living and working with women and children

IPV does not halt during a pandemic like Covid-19. Rather, the prescribed self-isolation further increases the inherent risk of isolation that comes with experiencing IPV.

In recognition of the precautionary and preventative advisories regarding COVID-19, the entire team and Board of Directors worked swiftly to put in place best practice guidelines and housekeeping rules. Mandatory social distancing meant adapting schedules and traditional intervention methods. Adapting our operations as efficiently and effectively as possible ensures our safe service continuity for women experiencing IPV in their homes, residents of the Auberge and service providers alike.

Our External Centre also sought out new ways of reaching out to women. By far, the greatest challenge, was making sure everyone remained safe.

Childcare

In many ways, children are the invisible victims of IPV. They hear, see and experience everything that is going on around them and this childhood trauma can follow them well into adulthood. Every child deserves to experience a life filled with safety, love, attention and support. This year, 39 children were sheltered with their mothers and the Auberge did its best to provide them with exactly that. This meant not only working with the children to help them better understand their situation, their emotions and appropriate behaviours but working with the mothers as well, to support and empower them in their parenting role and help them to understand the consequences of IPV on children.

Special Initiatives

CLICK Magazine

In 2018, the childcare team embarked on the idea of creating a prevention project on teen dating violence thanks to a grant from CIUSSS Centre-Sud-de-Montreal as part of their 2018-2023 Government Action Plan on Domestic Violence. In 2019, following the facilitation of the team's healthy relationship workshops at Lakeside Academy, the team was able to realize its non-profit magazine, CLICK.

CLICK was created for teens and is filled with celebrity interviews, quizzes, short games and colourful imagery that touch on topics such as boundaries, consent, communication, pop culture, gender, self-esteem and more.

The magazine means that more youth will have access to information and alternative solutions to dealing with difficult life circumstances which is a key element in prevention against IPV. A second printing of the magazine was made possible by a grant from La Fraternité des Policiers et Policières de Montréal.



CLICK Magazine was distributed to various organizations working with youth:

- ◆ Clinical Activity specialist for Batshaw: 100 copies
- ◆ For us girls, YMCA NDG, 30 copies
- ◆ EMSB: 20 copies
- ◆ Community centre in NDG: 15 copies
- ◆ Lauren Hill High school: 25 copies
- ◆ Calac's West island: 50 copies
- ◆ Police de Ville Saint Laurent Poste 7: 100 copies

You can view the magazine by visiting our website at www.aubergetransition.org

Special Programming

Art Therapy

This past year, 49 women, 12 children and 11 mother-child groups participated in our art therapy program. Many women experiencing IPV, and their children, struggle with fear responses related to their experience with violence. This fear response can also manifest after the violence is gone and can increase through feelings of helplessness, anxiety, traumatic memories and triggers. The art therapy program at Auberge Transition assists in the healing and coping processes as it aims to regulate positive and negative emotions associated with trauma experiences, in a safe environment, so as to reduce the effects connected to fear, trauma and PTSD related symptoms.

The art therapy program at Auberge Transition has been effective in assisting the women and children to erase the effects of IPV. The art therapy directives help women and children to explore behaviours and thought processes associated with IPV and to generate intrapersonal awareness of the ways that IPV has affected their thoughts, actions and interpersonal relationships. Through art, they are able to make their unconscious thoughts conscious by way of imagery and symbolic meaning-making. They are also able to create an environment of self-awareness and insight and utilize the group to encourage, normalize and validate each other. The art serves as a form of containment for sensitive topics discussed in the group and externalizes strength-based narratives for the group members, serving to encourage the healing process. Several participants of the art therapy program indicated both visually and verbally that the art process was essential in regulating their emotions and assisting in the healing of IPV- related trauma.

Our External Centre

2019-2020 External Services

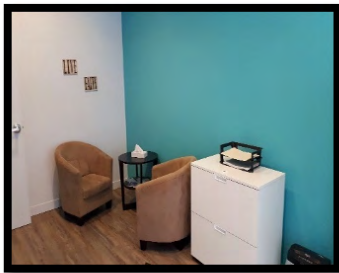
This year we provided assistance to 126 women who are victims or survivors of domestic violence and to two parents of a victim of violence. We were forced to put 10 women on a waiting list and sat on six committees. We also offered six conferences in order to inform and raise public awareness on the issue of conjugal violence. We raised awareness among approximately 100 people with these conferences. We also conducted three interviews with students who were conducting research on the subject and two interviews with reporters from local newspapers.

External Services Statistics

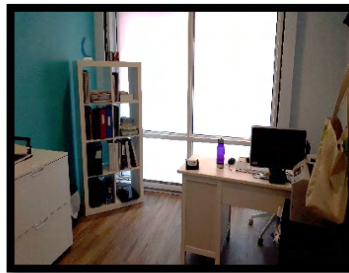
Women	126
Performed services	1867
Phone and emails	1367
Face-to-face consultations	506
Support	16
Workshops	39

Refurbishment of External Services

There have been extensive upgrades in our External Services Centre this year. Indeed, all the floors have been changed and the centre has been painted all over. In addition, some repairs have been made. Also, we are very happy to announce that we have almost entirely refurbished our premises.



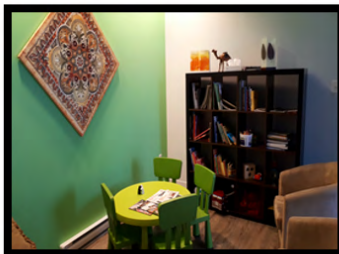
Karina's office



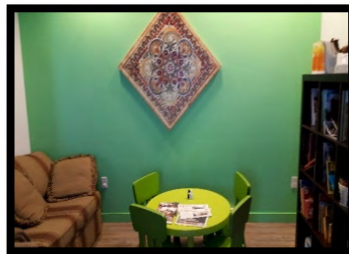
Karina's office



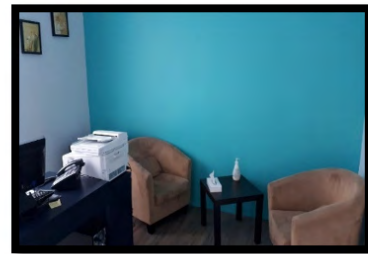
Conference room



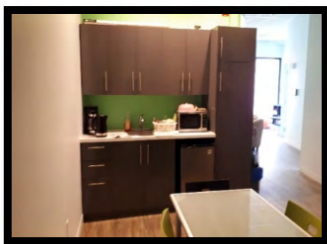
Waiting room



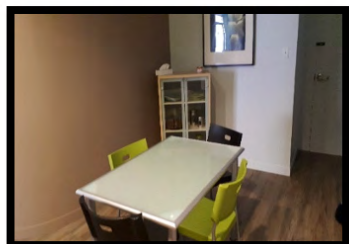
Waiting room



Diana's office



Kitchen



Kitchen

Coffee breaks and workshops to help women break out of their isolation

We have delivered 15 workshops on topics such as guilt, anger, fear, etc. to survivors of domestic violence. However, we did have a problem; too many participants attended. Indeed, we had as many as 15 participants who spoke French or English or Spanish or Arabic. We therefore had to turn down new registrations for the group and had to hold the workshops with two speakers to facilitate translation. This year we also held 14 workshops to help women break out of their isolation. Activities ranged from jewellery making to walks, documentary film screenings, etc. All of these workshops provide a great opportunity for women to socialize with other women that understand their experiences. A beautiful friendship often forms between participants.

Drama therapy workshops

We are very appreciative of the opportunity we had this year to offer 11 drama therapy workshops, allowing women the chance to express their emotions through role-playing, mask making and storytelling. These workshops were taught by the drama-therapist; Mrs. Anabel Segovia. The participants greatly appreciated these workshops.



Mask making activity (our heroes/heroines and monsters)

Creation of an information booklet on the effects of spousal violence on children

We are also part of the Roundtable on Intimate Partner Violence for Montreal North. The members of the roundtable include the SPVM, CIUSSS, DPJ, Correctional Services of Canada's victim services unit, Transit 24, the Centre de Femmes Solidaires et Engagées, the Centre d'aide à la famille, Concertation Femmes, the Centre des Femmes de Saint-Laurent, Service d'Aide aux Conjoints, and ourselves. In collaboration with Simon Lapierre, Professor of Social Work at the University of Ottawa, we have produced an information guide on children exposed to domestic violence. The guide was released in the spring of 2019 and is available in eleven languages: Arabic, Arabic, English, French, Lingala, Persian, Portuguese, Romanian, Creole, Russian, Spanish and Swahili. Along with this information guide, a series of training sessions were offered free of charge to parents and community workers.



All the members of the Roundtable on Intimate Partner Violence with the publication of our information booklet

The rights of immigrant women victims of domestic violence

We are part of the Intercultural Committee of the COSSL (Comité des Organismes Sociaux de Saint-Laurent). On November 14, 2020, in collaboration with some of the members of the Intercultural Committee of the COSSL, we organized a round table on the services offered to women who are victims of domestic violence. The organizing members of this event were CAVAC, SPVM, MIDI and ourselves. Speakers from schools, CLSCs and community organizations attended the event to find out more about the subject.



The participants of the information session on the rights of abused immigrant women.

Activity for the 12 Days Of Activism To End Gender-Based Violence

We are part of the women’s committee of the COSSL composed of the SPVM, the Centre des Femmes de Saint-Laurent, the Borough of Saint-Laurent, the Cari Saint-Laurent and ourselves. On November 26, 2019 we organized, in collaboration with the members of the Women’s Committee of the COSSL, a round table in which we invited women, who so wish, to express their thoughts on violence through art. There were various art modules: painting, collage, pottery, masks, theatre and drawing. Some 30 people have been involved.

Engaging with Survivors of Violence

As part of International Women’s Rights Day, together with the members of the COSSL Women’s Committee, we invited the women who receive our services to speak out about one or more discriminations they have suffered within the public service system. Some women have exposed the judgment against them at medical clinics or legal aid clinics. Journalist Laurent Lavoie wrote an article on the subject in the local newspaper published on March 4, 2020.



Some members of the Comité Femmes de Saint-Laurent; Diana and Karina from the external services of Auberge Transition and Ariane from the Centre d’Aide et de Ressources aux Immigrants de Saint-Laurent.

Annual Fundraising Event

Walk a Mile In Her Shoes

The 5th annual *Walk a Mile in her Shoes Fundraiser* was a tremendous success. Over 80 men walked the walk and raised over \$50,000 for the Auberge. Auberge Transition extends its heartfelt thanks to the Royal LePage team and all the men who dared to walk the walk in red high heel shoes.



Royal LePage presenting the cheque to Auberge Transition.



Love the socks!

Our Donors

Each year, Auberge Transition needs to raise approximately \$100,000 towards operating funds in order to supplement our government grant.

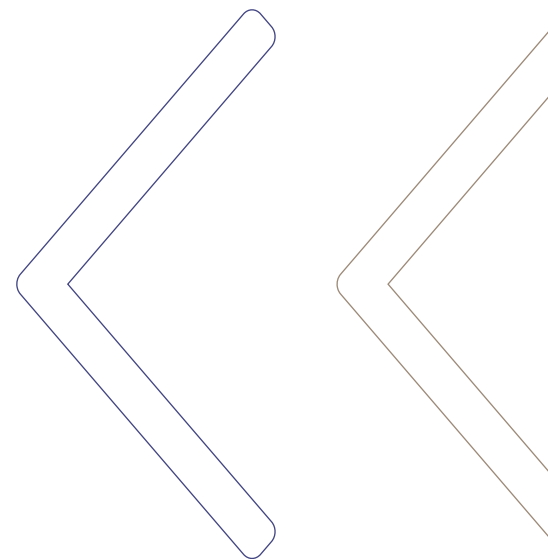
We are grateful to our generous donors: individuals, organizations, corporations and foundations, who continue to support our work and who have joined us in the fight against IPV. Thank you for your continued trust in us to make a difference in the lives of women who seek out our support and the women that we seek out to reach.

Foundations

The Henry & Berenice Kaufman Foundation
La fondation de bienfaisance T.A. St. Germain
The George Hogg Family Foundation
The Leacross Foundation
Royal Lepage shelter foundation
Saint Germain Kavanaugh foundation
Newton Foundation
Eric T. Webster Foundation
MacDonald Stewart Foundation
N.D.G. School Foundation
SDM/PHX Life Foundation
The Jewish Community Foundation of Montreal
The Emily Gussman & Perter Parkin Foundation

Religious communities

Church of the Messiah
The Church of St. Andrew and St. Paul

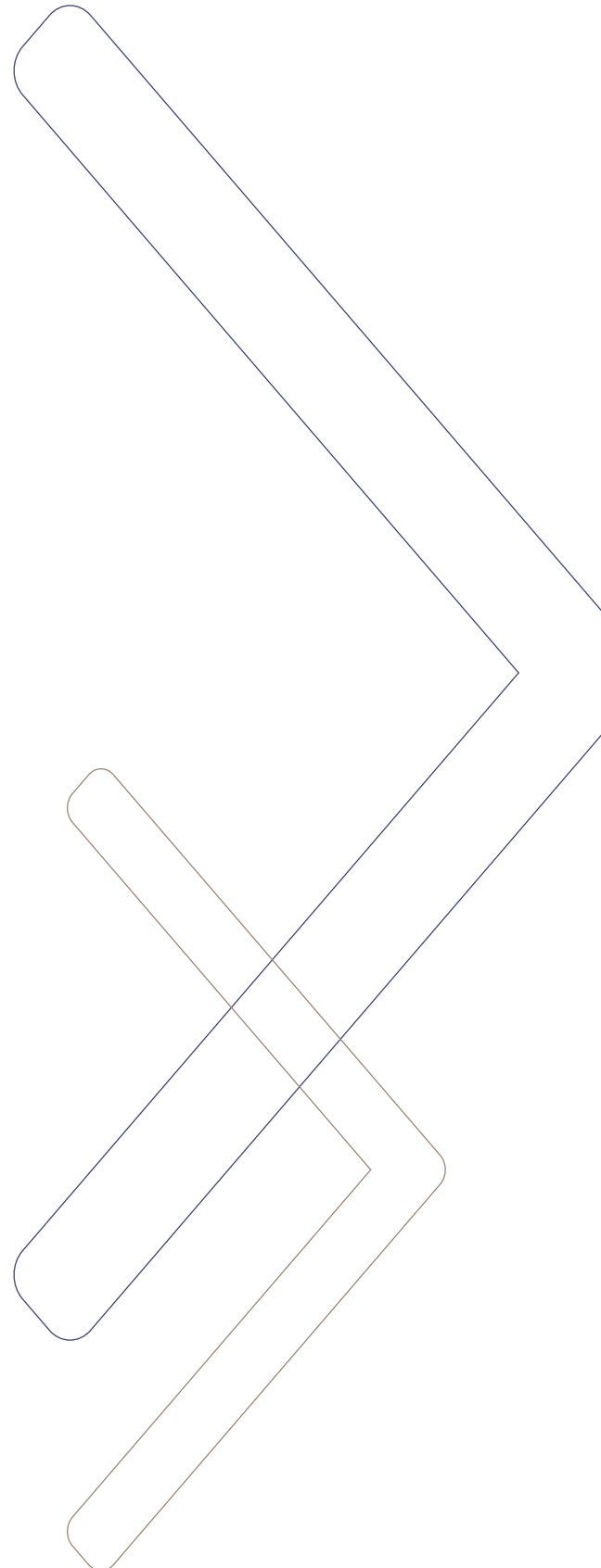
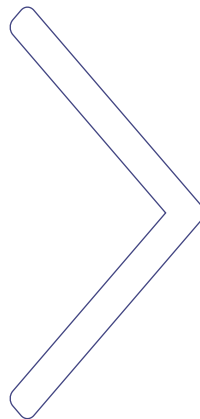


Businesses & Employee Funds

C.N. Community Fund
Ivanoe Cambrige Inc.
Centraid of Greater Montreal
Paypal giving Fund
Caisse de bienfaisance des employées et retraites
Canada Helps.Org
SNJM Partage
Graman investments inc
Invera Inc.
La Fraternité des Policiers et Policières de Montréal
Syndicat des professeures et professeurs de l'UQAM
ADP
United Way of Greater Toronto
152245 Canada inc.

Partners & Members

Maison de L'Ile
S.O.S. Violence conjugale
Cossl - Centre des organismes sociale de Ville St. Laurent
Table de violence conjugal nord de la ville
Post shelter committee
Plaidoyer-Victimes
Montreal Council of Women



Our Finances

Revenues 2019-2020

- 77%** Quebec's Health and Social Work Ministry (for operations)
- 20%** Donations from individuals, corporations and organizations
- 3%** Interest

Distribution of funds 2019-2020

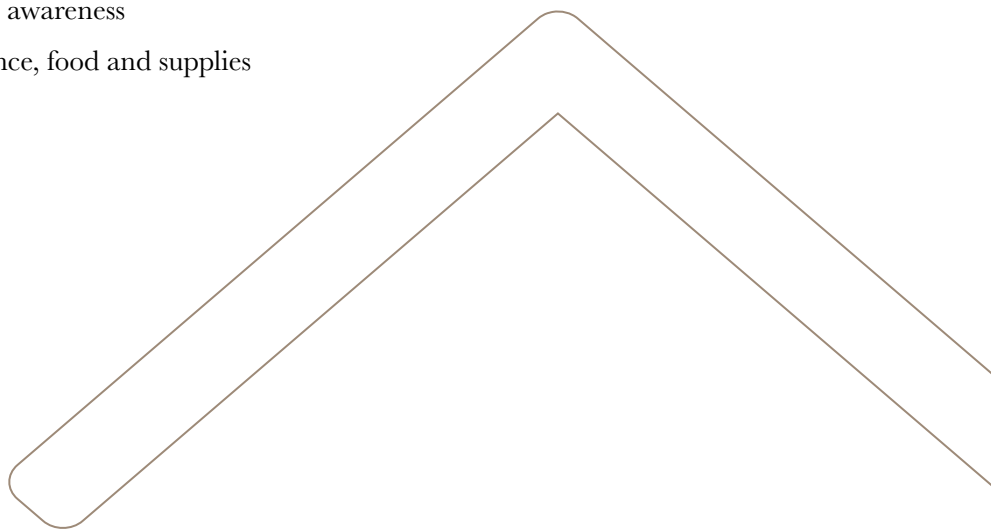
- 57%** Women's & children's programs
- 22%** Renovations, house maintenance, food and supplies
- 18%** Community development and awareness
- 3%** Administration

Revenues 2018-2019

- 80%** Quebec's Health and Social Work Ministry (for operations)
- 17%** Donations from individuals, corporations and organizations
- 3%** Interest

Distribution of funds 2018-2019

- 63%** Women's & children's programs
- 18%** Community development and awareness
- 14%** Renovations, house maintenance, food and supplies
- 5%** Administration





Refuge & support pour femmes victimes de violence
Shelter & Support for Abused Women

www.aubergetransition.org