

# Case for Support

**Building Brighter Futures:  
Transforming our Spaces  
and Programs**

# Executive Summary

Maison Elizabeth House has been a hallmark institution in Montreal since 1968, dedicated to providing crucial support to families with children aged 0-5. Initially formed by several churches to aid pregnant teens and young women planning to give up their children for adoption, the organization has evolved its mission to cater to at-risk young families aged 16 to 24.

Maison Elizabeth House's comprehensive approach involves educational and therapeutic interventions to empower young parents and mothers-to-be with essential parenting and life skills.

Collaborating closely with the Elizabeth House Foundation, a registered charity founded in 1998, the organization supplements its core funding from the Ministry of Health and Social Services to meet the diverse and complex needs of its clients.

The clients of Maison Elizabeth House represent the rich diversity of the community; including immigrants experiencing social isolation and difficulties adapting to parenting and many others facing challenges, such as housing instability, financial constraints, inadequate support networks, abuse, conjugal violence, and addiction.

Despite shared backgrounds of troubled families and victimization, our clients are not defined by their challenges. They exhibit remarkable strength, courage, resilience, and a profound love for their children. Maison Elizabeth House offers them a range of services through two streams: the highly structured residential programs and various external services.

In the fiscal year 2023-2024, we assisted 90 clients through our residential and external programs. This number accounts for individual clients who participated in multiple programs.

The Learning Hub was launched this year, integrating tutoring for high school certification and a community kitchen to foster food security, culinary skills, and budget-friendly cooking. The Parenthood Development (PHD) workshop is another noteworthy initiative. The 10-week program focuses on child development, parenting styles, and positive development to equip clients with essential parenting tools.

Looking to the future, we envision a capacity-building expansion project, aiming to upgrade and expand infrastructure and double the transition housing capacity.

The proposed renovations include upgrading our two buildings: the mothers' bedrooms and the children's playroom in the main residence, enhancing the Learning Hub, and setting up a Community Kitchen at the PATH building. With an estimated cost of \$2.5 million for the capacity building of both buildings, the Elizabeth House Foundation is preparing to launch this campaign in 2025.

# Contents

Executive Summary

What we do and why

Key programs

Strategic direction

Our mission

Clients' needs

Why would you support us

Different ways to support us

Description & impact of workshops for clients and staff

Appendix 1: Elizabeth House Foundation – PATH programming budget

Appendix 2: Maison Elizabeth House preliminary operation budget (2024-2025)

Appendix 3: Elizabeth House Foundation preliminary budget (2024-2025)

Appendix 4: Board leadership

Contact information



## How Maison Elizabeth House offered a springboard to a new life

Once upon a time, a courageous woman's journey unfolded at Maison Elizabeth House, a haven of hope and transformation. Picture this: she is seven months pregnant, just released from the confines of jail, with nowhere safe to turn. That's where Maison Elizabeth House gave her an unexpected lifeline.

Meet our resilient former client, who was 22 years old when she was released from incarceration at Maison Tanguay in 1989. Maison Elizabeth House faced a challenge, for there had never been a referral from a women's prison. But here's the heartwarming twist— they believed in her, offering her a loving home and mentoring so she could give birth to her child.

In her own words, ***"...Without Elizabeth House, my reintegration would have been much harder, and I might not have lived through that horrid situation"***.

'They offered me support, encouragement, and the embrace of a community that became the pillars of safety and well-being for me and my unborn child. It wasn't just a shelter; it was a springboard to a new life'.

# Fast forward to today, and the echoes of gratitude linger

This brave young mom not only survived but thrived, achieving full reintegration and independence.

Today, Liane is the Executive Director of LI-BER-T House located in Pointe-Claire. This shelter welcomes women who have no safe housing alternatives after completing a substance abuse program.

The story doesn't end there—her own daughter found solace at Maison Elizabeth House during her pregnancy, a testament to the enduring legacy of support.

What an amazing story of the impact Maison Elizabeth House had on these two mothers!

According to Liane, her daughter “has also grown up successfully after such a challenging start, and our relationship has become so solid that we can actually work together.”

Liane’s daughter, born at Maison Elizabeth House and who had her own child at Maison Elizabeth House, works as an overnight guardian at LI-BER-T House.

Imagine the impact of your support!

Your contribution could be the key that unlocks a story of resilience, hope, and triumph over adversity.

Join us at Maison Elizabeth House, where every donation becomes a chapter in someone's journey to a brighter future.



# What we do and why

## Who are we?

Maison Elizabeth House was founded more than 55 years ago by several churches to respond to the needs of pregnant teens and young women who planned to give their babies up for adoption. Today, the mission has evolved significantly by providing supervised care, therapeutic intervention, and support to Montreal families with children aged 0-5 years. In that time, Maison Elizabeth House has helped over 5,000 families get a fresh start through its residential and external programs.

In recent years, our clients have been young parents or mothers experiencing difficulties adjusting to parenthood and parenting. Often, they are at-risk youths between the ages of 16 and 24 who were referred to Youth Protective Services as children and are unprepared for adult life due to many factors, such as their developmental stage, their level of maturity, and/or previous traumatic life experiences.

Our approach to treatment is educational and therapeutic and focuses on empowering the client with parenting and life skills intervention so they can thrive in the community.



## Mission

Changing futures by working together, supporting young families facing challenges in parenting, building on strengths and offering opportunities for growth and learning.



## Vision

Children who are safe, secure and loved and parents who are supported and empowered so families can have the opportunity to develop to their full potential.



## Our clients' needs

- Our clients represent the diversity of our community and have varied and complex needs, such as transitioning into parenthood, limited independent life skills or personal limitations caused by trauma, mental health challenges, and limited resources.
- They commonly experience difficulties like housing instability, financial constraints, inadequate support networks, abuse and/or exploitation, conjugal violence and addiction leading to vulnerability. Moreover, the experience of immigration can result in social isolation and poor adaptation to parenting.
- Our clients have much in common: many come from troubled families and have been victims of abuse and violence. Nonetheless, they also share many positive attributes: strength, courage, resilience, and love for their children.

# Key Programs

A woman in a red dress is shown from the side, holding her pregnant belly with both hands. The background is a soft, out-of-focus light color.

## Offered at Maison Elizabeth House

- Residential program
- Prenatal program
- Mother-Baby program
- Summer Program
- Nursery services

In our 56 years of history, we have come to understand that the special ingredient in our programming that ensures a young family thrives is the parenting and life skills workshops that we offer.

## Offered at the PATH/TRACK Building

- Transitional living programs
- The Learning Hub
- Family Assistance
- Summer Program
- Parenthood Development Program

# Strategic direction

- The Learning Hub, launched in October 2023, is a comprehensive centre that integrates tutoring to help participants obtain a high school certificate and a community kitchen that fosters food security, healthy habits, culinary skills, and budget-friendly cooking. We believe that education is the key to breaking the cycle of poverty and disadvantage and empowering families to build better futures for themselves and their children.
- Our Parenthood Development (PHD) workshop, a 10-week activity that focuses on topics such as child development, parenting styles, positive development, successful parenting, etc., is available to all our clients and the community at large.



## Our capacity-building project starting in 2025

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This project will upgrade and expand our existing infrastructure to double our capacity to house more families during the transition period to independent living and implement the community kitchen. The renovations we propose will directly address the pressing issues of homelessness and food security.

This project will implement updated eco-friendly appliances to reduce operating costs. The community kitchen employs a holistic approach to cooking, offering a space for nutrition-rich and budget-friendly cooking with opportunities for young families to network.



# Why would you support us?

Maison Elizabeth House has been a beacon of hope for over five decades, serving as a lifeline for over 5,000 young families in Montreal. Our unwavering commitment to empowering young parents and equipping them with the essential life skills needed to thrive has never been more vital than in today's challenging socio-economic landscape.

Inflation and the housing crisis have created formidable barriers for young families across Canada, particularly in major cities like Montreal. The disparity between stagnant salaries and the soaring cost of living has left many families struggling to secure stable housing and provide for their children.

Our expansion initiatives focus on bolstering our parenting and life skills workshops and introducing innovative programs to address the evolving needs of our community. With your support, we can broaden our reach and impact, ensuring that more young families receive the guidance and resources necessary to thrive in today's world.

Furthermore, the continual rise in food costs compounds the struggles faced by young families, exacerbating food insecurity and nutritional challenges. Our community kitchen initiative seeks to alleviate this burden by enabling families to pool their resources, create nutritious meals together, and support one another through shared experiences.

The impact of our programs extends far beyond immediate relief; it lays the foundation for long-term resilience and success. Your support will enable us to equip young parents with the skills they need to navigate life's challenges and empower them to create stable, nurturing environments for their children. This, in turn, fosters stronger families, vibrant communities, and a brighter future for all.

Together, we can make a meaningful difference and ensure that every family thrives.

# Our Funding structure and our needs

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## # 1 The Learning Hub and All Its Associated Workshops

Although the Ministry of Health and Social Services funds our core residential services, covering our annual operating budget of \$1.9 million, the funds raised by the Elizabeth House Foundation cover all expansion, capacity-building initiatives, and many of the life-skills workshops. The Elizabeth House Foundation's fundraising goal to support programming in 2024-2025 is \$200,000.

We are securing resources to help with fundraising for programs and the capacity-building campaign through the private sector (corporations and foundations) and through government funding programs.

Our project is structured into three major categories, each with a set of sub-project initiatives. These initiatives, detailed in Appendix I, are designed to address specific needs and contribute to the overall success of our expansion and capacity-building efforts.

The annual programming budget for the Learning Hub & Associated workshops and the Community kitchen is approximately \$200,000. In addition, the current estimate to renovate the building (repurpose/renovate the basement for the Swap Shop for family items, the Community Kitchen and the transitional housing space on the 2nd floor to double to capacity) is \$690,000 and is included in the Capacity Building Campaign to start in 2025.

By integrating the Learning Hub with the community kitchen and associated workshops, we will empower young, struggling parents on their journey toward growth and resilience. The Learning Hub was established at Maison Elizabeth House in the PATH Building.

The longstanding partnership with the English Montreal School Board enables us to provide education for two groups of teenagers: those who are pregnant or already have a child in their care and are registered in Maison Elizabeth House's Residential program and those living in the community. This Education Program offers Secondary I-V classes and individual counselling to pregnant teens and mothers under the age of eighteen, with the objective of enabling the parents to graduate from High School and prepare for the next steps. This education program was relocated to the PATH building in October 2023 to increase attendance and better serve our clientele.

### PATH Initiatives

- The Learning Hub
- Parenting workshops
- Mental health support programs
- Nutrition and food budgeting workshops
- Community Kitchen
- Expansion of transitional living apartment

## #2 Maison Elizabeth House Residence Renovation

This includes our main residential building, and our PATH transitional living apartments, renovation fees and permits, estimated at **\$1,721,000**. These renovations will directly enhance the living conditions for our residents, creating a safer, more secure, and nurturing environment to enable them to develop their full potential.

### Elizabeth House Residence initiative

- Renovation of the children's playroom
- Renovation of the clients' bedroom
- Kitchen renovation and expansion with eco-friendly appliances



## #3 Staff Development and Training

This category is estimated at **\$12,000** and will focus on investing in continuous growth and skills development for our staff through essential training focused on trauma-informed care, Aboriginal cultural education, and case management so they can provide the best care possible to our clients.

Appendix I outlines all the capacity-building projects that will enable us to meet our strategic objectives.

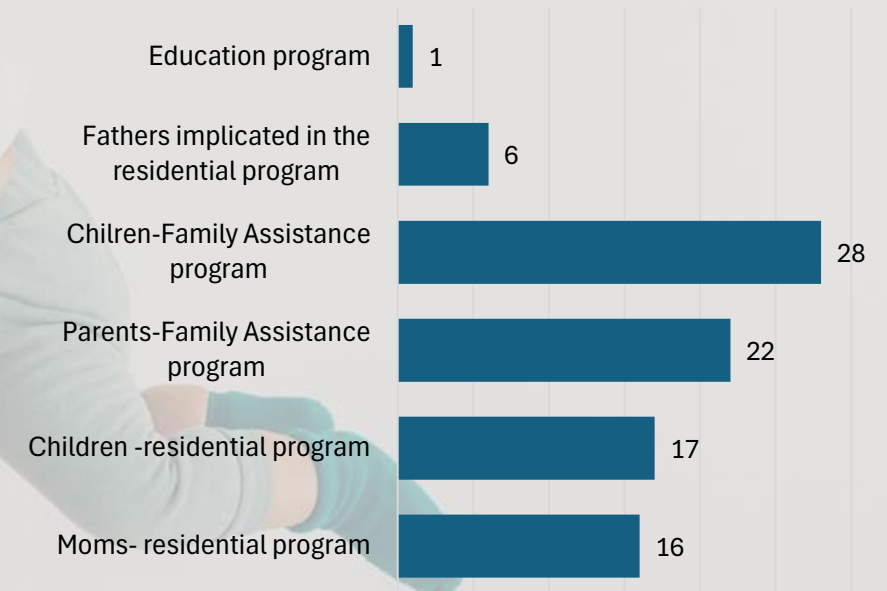


# Description & impact of workshops funded by Elizabeth House Foundation

## For clients

- **Parenting:** Helps parents connect, learn common parenting issues, and share best practices. Builds a supportive community. Impact: Improved parenting skills and support network for parents. Cost \$5,000.
- **Nutrition:** Teaches budget-friendly meal planning, cooking skills, and smart shopping. Impact: Improved nutrition knowledge and healthier meal choices for families. Cost \$15,000.
- **Financial Independence and Security:** Educates parents on budgeting and financial literacy, supporting their child's needs. Impact: Improved financial management and stability for families. Cost \$3,000.
- **Building Healthy Relationships:** Focuses on social skills and identifying/preventing unhealthy relationships. Impact: Enhanced relationship skills and ability to handle difficult situations. Cost \$2,000.
- **First Aid and CPR Training:** Equips new parents with life-saving skills in emergencies. Impact: Improved emergency response and safety for infants. Cost \$4,000.
- **Psycho-social Mental Health Therapies & Summer Wellness Program:** Provides mental health support through various therapies, addressing deep trauma. Impact: Improved mental well-being and coping strategies for clients. Cost \$25,000.
- **Self-Advocacy & Assertiveness Training:** Empowers clients to advocate for themselves and their families, know their rights, and handle challenging situations. Impact: Increased self-confidence and advocacy skills. Cost: \$2,000.
- **Integration of Fathers:** Involves fathers in childcare activities and parenting education. Impact: Enhanced father-child bonding and involvement in family life. Cost \$5,000.
- **Literacy and Writing Programs:** Promotes love for reading and writing, includes interactive activities. Impact: Improved literacy skills and appreciation for literature. Cost \$1,000.
- **Monthly Wellness Program:** Offers physical and mental wellness activities. Impact: Enhanced physical fitness and stress management for clients. Cost \$2,000.

## Clients served in 2023-2024



These numbers account for individual clients who participated in multiple programs, and adjustments were made to eliminate duplicate entries.

# Different ways to support us

While we have made great strides, there is still work to be done. In addition to your financial donation, here are the different ways you can continue to support us:



- **Make a significant gift:** through the transfer of stocks or shares.
- **Gifts in Kind:** We welcome gift cards from major grocery and drug stores, with which our clients can purchase medication and other care items for themselves and their children.
- **In-Person activities:** Attend our events, workshops, and community gatherings. Your presence adds warmth to our shared mission.
- **Virtual volunteering:** Make a difference from the comfort of your home. Explore virtual volunteering opportunities that align with your skills and interests.
- **Become an ambassador:** Spread the word in your community. Follow us on social media, share our content, and join our mailing list to receive our quarterly newsletter and have early access to information.
- **Planned Giving:** Consider making a gift in your will to the Elizabeth House Foundation.

# Appendix I: Elizabeth House Foundation - PATH programming budget

## PATH Preliminary Program Budget 2024-2025 (Learning Hub, Associated Workshop & Community Kitchen)

### The Learning Hub

|   |           |                 |
|---|-----------|-----------------|
| Educator & Coordinator (Salaries & Benefits)                  | \$ 40,000 |                 |
| Materials & Supplies  | \$18,237  |                 |
| Classroom (maintenance/ utilities/ internet/ taxes/ cleaning) | \$ 8,560  |                 |
| Caregivers (Salaries & Benefits)                              | \$15,000  |                 |
| Transportation  | \$2,000   |                 |
| Administrative costs  | \$900     |                 |
| Professional Services   | \$4,500   |                 |
| <b>Total Cost for The Learning Hub</b>                        |           | <b>\$89,197</b> |

### Associated Workshops

|   |          |                 |
|---|----------|-----------------|
| Budgeting - 8 - week program                          | \$3,000  |                 |
| Parenting - 10 week program                           | \$10,000 |                 |
| Health Relationships (3 x per year)                   | \$3,000  |                 |
| Psycho-Social Mental Health & Summer Wellness Program | \$25,000 |                 |
| Monthly Wellness Program                              | \$2,000  |                 |
| Self-Advocacy Training (3x per year)                  | \$2,000  |                 |
| Integration of Fathers (monthly)                      | \$5,000  |                 |
| Literacy & Writing                                    | \$1,000  |                 |
| Role Models & Mentors                                 | \$2,000  |                 |
| Community Partnerships                                | \$1,000  |                 |
| Job Preparation (CV, search skills & interviewing)    | \$3,000  |                 |
| First Aid & CPR (2x per year)                         | \$,000   |                 |
| <b>Total Cost for Associated Workshops</b>            |          | <b>\$61,000</b> |

### Community Kitchen

|   |          |                 |
|---|----------|-----------------|
| Materials & Supplies (Fridge, stove, washer, dryer, small appliances, utensils, pots & pans, dishes, cutlery & measuring instruments) | \$8,000  |                 |
| Minor Renovations (new counters, electrical, installation & labour)   | \$5,000  |                 |
| Plumbing, furniture & fixtures  | \$4,000  |                 |
| Nutrition Classes (3x per year)   | \$15,000 |                 |
| <b>Total Cost for Community Kitchen</b>   |          | <b>\$32,000</b> |

### Total Cost for all PATH Programs

**\$182,197**

# Appendix 2: Maison Elizabeth House preliminary operating budget (2024 - 2025)

## Revenue

|  | Subtotal    | Total              |
|--|-------------|--------------------|
| Government funding (Ministère de santé et services sociaux)    | \$1,762,310 |                    |
| Interest & other income  | \$2,626     |                    |
| General Donations  | \$15,200    |                    |
| PATH Programming (Learning Hub, Community Kitchen & Workshops) | \$200,000   |                    |
| <b>Total Revenue</b>   |             | <b>\$1,905,211</b> |

## Expenses

|   |             |                    |
|---|-------------|--------------------|
| Salaries, benefits, employers' contributions                                  | \$1,458,249 | \$1,458,249        |
| Client Expenses (medication, health care, baby supplies, clothing etc.)       | \$48,892    | \$48,892           |
| Administrative Fees   |             |                    |
| Consultants/Professional Fees   | \$158,224   |                    |
| Computer technology, software & service fees                                  | \$62,285    |                    |
| Copier, stationary, printing & other workshop supplies                        | \$33,203    |                    |
| Telephone & internet  | \$6,749     |                    |
| Insurance   | \$3,332     |                    |
| Bank fees   | \$2,687     |                    |
| Other miscellaneous administrative expense                                    | \$9,209     |                    |
| <b>Total Administrative Fees</b>  |             | <b>\$275,689</b>   |
| Food  | \$29,493    | \$29,493           |
| Maintenance (Materials, Electricity, Insurance, Cleaning supplies & contract) | \$44,248    | \$44,248           |
| Equipment   | \$35,000    | \$35,000           |
| <b>Total Expenses</b>   |             | <b>\$1,891,571</b> |
| <b>Surplus</b>  |             | <b>\$13,565</b>    |

# Appendix 3: Elizabeth House Foundation preliminary budget (2024- 2025)

## Elizabeth House Foundation Preliminary Budget for 2024-2025

### Revenues

|   |                  |
|---|------------------|
| Amortization of deferred contributions                  | \$35,000         |
| Deferred revenue from 2023 for programming in 2024-2025 | \$200,000        |
| Anticipated renewals for programming 2025-2026          | \$194,000        |
| Revenue from individual donors                          | \$10,000         |
| Other revenues  | \$1,000          |
| <b>Total Estimated Revenue</b>                          | <b>\$405,000</b> |

### Expenses

|  |                  |
|--|------------------|
| Taxes and permits for PATH                                   | \$3,000          |
| Professional fees (including architect & general contractor) | \$40,000         |
| Fundraising (professional fees)                              | \$45,000         |
| Telecommunication (Internet, phone)                          | \$1,500          |
| Insurance  | \$12,000         |
| Utilities  | \$6,500          |
| Office supplies and expenses                                 | \$4,000          |
| Amortization of capital assets                               | \$3,000          |
| Disbursement for Learning Hub, Workshops & Community Kitchen | \$200,000        |
| <b>Total estimated expenses</b>                              | <b>\$315,000</b> |
| <b>Excess of revenues over expenses</b>                      | <b>\$90,000</b>  |

# Appendix 4: Board leadership

## Board of Directors

| Director Name       | Board Role                      |
|---------------------|---------------------------------|
| Leigh Johnston      | President                       |
| Howard Nadler       | Vice-President                  |
| Geneviève Morin     | Treasurer                       |
| Brigid Quinlan      | Director                        |
| Donna Varrica       | Director                        |
| Kim St. Hillaire    | Director                        |
| Linda Corbeil       | Director                        |
| Tina Hillenbrand    | Director                        |
| Zoe Hurtado         | Director                        |
| Elsa Kelly-Rhéaume  | Director                        |
| William Tarud-Saieh | Staff Representative            |
| Anitra Bostock      | Ex-officio (Executive Director) |

## The Elizabeth House Foundation Board Members

| Director Name         | Board Role                      |
|-----------------------|---------------------------------|
| Christina Vongas      | Interim President               |
| Geneviève Morin       | Treasurer                       |
| Anita Chandan         | Director                        |
| David Walsh-Pickering | Director                        |
| Paola Samuel          | Director                        |
| Robyn Ruckenstein     | Director                        |
| Anitra Bostock        | Ex-officio (Executive Director) |

# Contact information

We are always delighted to offer tours of our facilities to interested partners and funders. Please contact us for more information.

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