

# 85 years of history



## **Activity Report 2021-2022** **Volunteer Bureau of Montreal**



**C**ollaboration

**O**penness

**E**ngagement

**U**niqueness

**R**espect

# TABLE OF CONTENTS

<b>1</b>	About us	<b>18</b>	Trainings
<b>2</b>	A word from the Board of Directors	<b>20</b>	Conferences
<b>3</b>	Board of Directors	<b>22</b>	Volunteer Food Services (SAB)
<b>4</b>	Team	<b>26</b>	Skills-Based Volunteers
<b>6</b>	VBM Volunteers	<b>29</b>	Promoting Volunteering
<b>7</b>	Strategic Clarity Approach	<b>31</b>	Consultation & Partnerships
<b>9</b>	Portrait of Members	<b>32</b>	Acknowledgments
<b>13</b>	Recruitment & Orientation	<b>33</b>	Appendix
<b>16</b>	FrancisAction	<b>34</b>	Volunteers' List
<b>17</b>	Volunteer Recognition	<b>35</b>	Members' List

# MISSION

The mission of the Volunteer bureau of Montreal (VBM) is to promote volunteerism in the community. The organization offers volunteer recruitment and orientation services, a training program generally intended for volunteer managers, conferences and support for the Meals on Wheels network.

# VISION

The VBM is the catalyst for volunteer action that holds an essential role in our social well-being. We have been at the core of volunteerism for over 85 years. Our actions focus on issues surrounding citizen involvement. The VBM appeals to the heart of each person we encounter.

# APPROACH

The VBM responds to the needs of organizations, the general public and various community activists who wish to integrate sound volunteer practices into their activities. The VBM strives to meet their needs in a spirit of openness and collaboration.



# CELEBRATING 85 YEARS

The Volunteer Bureau of Montreal, Canada's first volunteer centre, is celebrating 85 years of history this year.

Founded in 1937 by members of the Montreal Junior League (mostly young women), the organization's primary mission was to mobilize volunteers to support people living in poverty in the community. With the advent of the Second World War, the demand grew.



Over time, the VBM transformed itself and adapted to changing realities. It established its own foundations, helped set up Quebec's first Meals-on-Wheels program and helped thousands of people find volunteer opportunities. It has also helped hundreds of organizations find volunteers and brought countless people together.

Known as the Volunteer Bureau of Montreal since 1992, it remains a pillar in the community and continues to renew itself while maintaining its primary mission: to promote volunteerism. This is why the VBM wishes to highlight its 85 years of history and the changes which have contributed to improving our society today!

# A WORD FROM THE BOARD OF DIRECTORS

It's already time to do the balance sheets. This annual exercise is sometimes a bit hectic but it is so important! Few exercises are as revealing as this one: taking stock of where we are and determining the steps to take to achieve our mission.

This year was one of consolidation. In addition to completing several important projects, the VBM, thanks to its team and Executive Director, was finally able to redeploy its activities, despite the prevailing gloomy health situation. This alone is quite a feat, especially considering that the VBM has not escaped the great volatility in the workforce and had to rebuild much of its team. Thanks to all who helped us in this endeavour!

One of the VBM's flagship projects was the finalisation of the strategic approach undertaken last year. Thanks to the financial support of the McConnell Foundation and the collaboration of our stakeholders, we had the opportunity to revisit our mission and clarify our intentions. It also allowed us to realize how essential the VBM's role is for its members, but also, like all Volunteer Centres, for the participation of all in a more inclusive society. A society where volunteering not only helps organizations to multiply their efforts, but also helps all members to become more aware of the needs of their fellow citizens. This is the powerful social impact that volunteering can achieve, even if at times this is difficult to grasp or measure.

As you read this Activity Report, you will note the scope of the activities carried out this year, because in addition to relaunching its services, reviewing its strategic context, recomposing its team, and developing its website and digital tools, the VBM has made a strong comeback in the field in every corner of its vast territory. The organization is slowly taking on a role it had in the past - having a great impact in the Montreal volunteer ecosystem. Through its presence in many forums, the VBM has made a significant contribution to the collaboration between the Volunteer Centres and has participated with the various other community stakeholders in developing volunteerism.

In conclusion, I wish to thank my colleagues on the Board of Directors who supported the VBM's actions this year and were involved in various committees including working committees led by the Executive Director. They are essential volunteers who are too often forgotten: THANK YOU for your support. Finally, thank you to our main funders, Centraide and the PSOC program, without which all of this would be impossible.



**Guillaume Desnoyers**  
President

# BOARD OF DIRECTORS



Guillaume Desnoyers  
President



Robert Boyd  
Vice-President



Vicky Gagnon  
Treasurer



Claude Noiseux  
Secretary



Ugo Dionne  
Administrator



Ariane Ergas-Forget  
Administrator



Fimba Tankoano  
Administrator



Gaëlle Thomas Lehrhaupt  
Administrator  
(since February 2021)

We wish to thank the board members who left during 2021 for their contribution and valuable collaboration.



Mohamed Jelassi  
Administrator  
(until June 2021)



Gilles Valiquette  
Administrator  
(until November 2021)

# TEAM



**Eve-Isabelle Chevrier**  
Executive Director



**Vanessa Tse**  
Administration  
Coordinator



**Anne Gomis**  
Training  
Coordinator



**Caroline Tom**  
Skills-based  
Volunteering  
coordinator



**Laurence Bolduc**  
Communications  
Coordinator



**Julie Perrot**  
Volunteer Services  
Coordinator



**Alexandre Latendresse**  
Volunteer Food  
Services Coordinator



**Linda McManus**  
Food Services Liaison



**Ludivine Morin**  
FrancisAction  
Project Intern

## External collaborators



**Marisa Gelfusa**  
Consultant - trainer



**Isabelle Gladu**  
Accounting



**Sylvain Messier**  
IT Advisor

# A VERY SPECIAL THANK YOU TO THE PEOPLE WHO COLLABORATED WITH THE VBM IN 2021-2022!



**Stéphanie Carrasco**  
Volunteer Services  
Coordinator



**Antonella Campa**  
Volunteer Recruitment and  
Orientation Coordinator



**Nancy Julien-Baker**  
Administration  
and Special Projects  
Manager



**Christine Sinclair**  
Skills-based Volunteering  
Coordinator



**Pauline Boisset**  
Communications  
Coordinator



**Cindy Fort**  
Volunteer Food Services  
Coordinator



**Vanessa Gaudreau**  
Nobilés Coordinator



**Lucile Lebihain**  
FrancisAction  
Communications Officer



**Juliette Bail**  
FrancisAction  
Logistics Agent



**Tabasum Abdul-Rasul**  
FrancisAction Project  
Manager



**Flavie Goulet**  
Acting Membership Manager



**Nisrine Sawaya**  
Receptionist



**Claire Jean**  
Volunteer Food Services  
Liaison Officer



# VBM VOLUNTEERS

Whether through volunteer orientation, promotion and communications, office assistance, reception, training, food services or the FrancisAction project, volunteers are found throughout the VBM!

The Board of Directors and the entire team would like to thank them warmly for their incredible involvement! Watch the thank you video by clicking on the link below.

[Thank you to the volunteers](#)



\*Go to the appendix to consult the complete list of volunteers

# STRATEGIC CLARITY APPROACH

Over the past year, with the support of the McConnell Foundation and the encouragement of Centraide, the VBM revisited its strategic positioning through an extensive strategic clarity exercise. The goal was to allow the organization to question its actions and align its efforts, in order to maximize the resources available to optimize the positive impacts of its actions for its members and its community.

In April 2021, with the support of Garrow and Evoy as part of the “Innoweave” program, the Board of Directors and the team began this process, consisting of three main stages.

## Survol du processus de coaching en Impact et clarté stratégique

Chaque phase comprend:  Atelier  Session de coaching  Travail en équipe



**Garrow&Evoy**  
Consultantes en clarté stratégique  
Consultants in Strategic Clarity

## THEORY OF CHANGE AND A SHARED VISION

The first step in the process was the development of a theory of change identifying target audiences, the development of strategies and the specification of desired impacts in the coming years. Through this stakeholders are able to develop a common vision of the VBM's positioning.

Our theory of change makes this vision very clear.



## VALIDATION STAGE

The second stage consists of a validation of the principles and objectives put forward in the theory of change. In concrete terms, this means going out into the field, to members, volunteers and partners to verify their needs with regard to the VBM, and to ascertain the concordance between the vision that the VBM has of itself and the real expectations of the participants in its ecosystem.

To gather the expectations of our ecosystem, the VBM used two means:

1- A survey of members on satisfaction with current services, and interest in the development of new activities or services

- Almost 80 respondents
- Represents nearly 20% of the membership

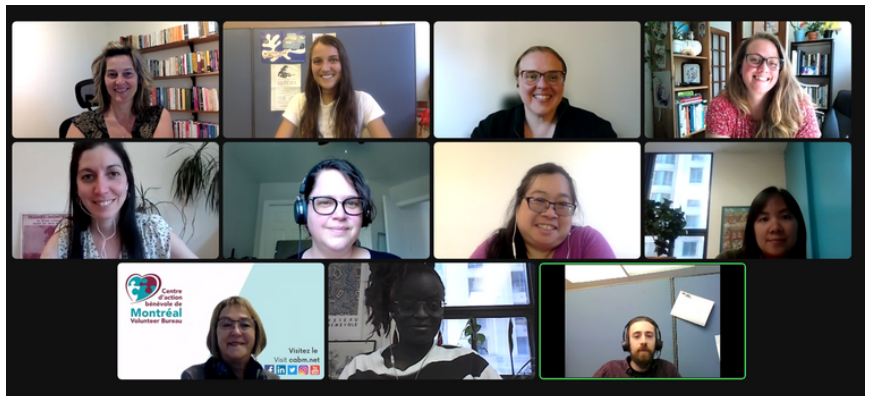
2 - Study of various reports carried out by the VBM in recent years:

- Report on training (2020)
- Report on Volunteer Food Services (2020)
- Surveys and focus groups from the previous strategic planning (2019)

The data collected should become the basis for the third step.

## ACTION PLAN

This consists of developing a strategic action plan. In order to remain open to adjusting our actions annually, and in the current socio-political context, it was deemed preferable to set short- and medium-term action objectives. This action plan presents the general outlines and objectives targeted for the next three years.



*Virtual strategic planning meeting with the Garrow&Evoy team and the work team*

More specific action plans for each of the sectors will be drawn up to enable a more detailed definition of the actions to be undertaken over the next few years. Thus, the comments and suggestions compiled for all the adopted actions do not appear in this report, but will serve as a basis for future work, as they did for the development of this three-year action plan.

# PORTRAIT OF MEMBERS

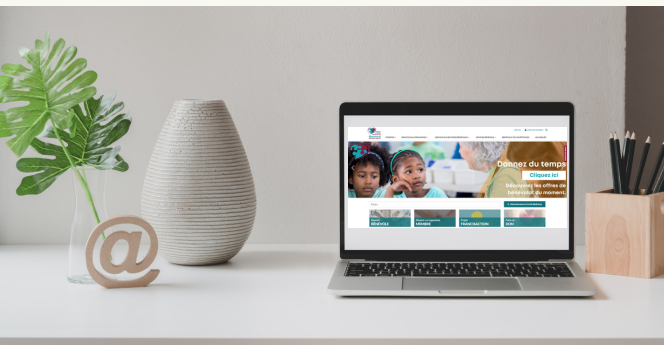
## MEMBER SERVICES

VBM member organizations benefit from a range of services such as recruitment of regular volunteers, posting of their offers via the website, the newsletter and social networks, matching of volunteers with skills, a preferential price on the training program, and much more!



## The website: a user-friendly tool for members!

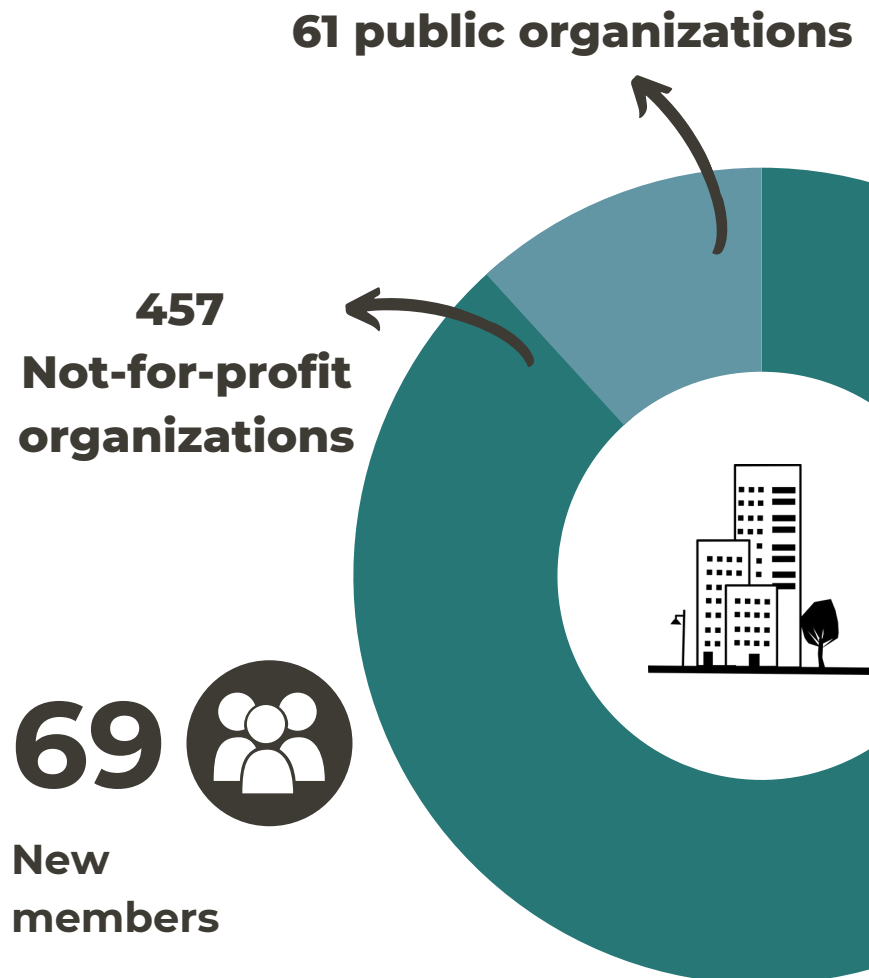
For the past year, the VBM's new website has made it possible for organizations to connect to their profile to manage their volunteer offers, renew their membership and update their information.



## SERVICES RECEIVED IN:

**90%** French  
**10%** English

In 2021-2022, membership data has been counted differently than in previous years.



# TERRITORY



Centre  
d'action  
bénévole de  
**Montréal**  
Volunteer Bureau

1

2

3

5

6

4

7

8

9

11

10

The Volunteer Bureau of Montreal serves 11 boroughs on the island of Montreal:

- |  |                  |
|--|------------------|
| 1. Côte-Saint-Luc                            | 6. Outremont     |
| 2. Mont-Royal                                | 7. Westmount     |
| 3. Parc Extension                            | 8. Ville-Marie   |
| 4. Montréal-Ouest                            | 9. LaSalle       |
| 5. Côte-des-Neiges et<br>Notre-Dame-de-Grâce | 10. Le Sud-Ouest |
|  | 11. Verdun       |

## BENEFITS MOST SOUGHT AFTER BY MEMBERS



**VOLUNTEER  
RECRUITMENT**

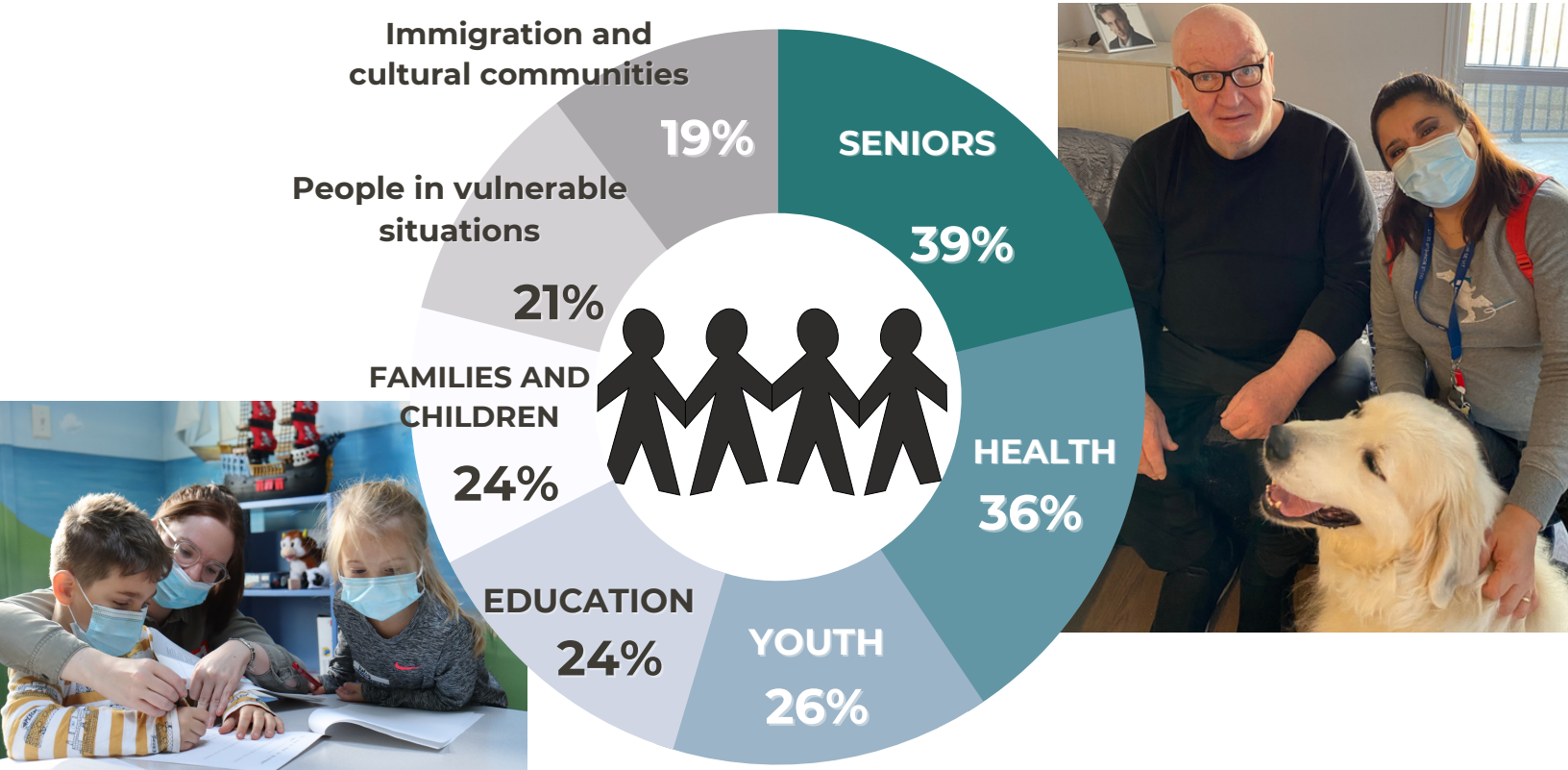
**TRAINING  
PROGRAMS**

**SKILLS-BASED  
VOLUNTEERING**



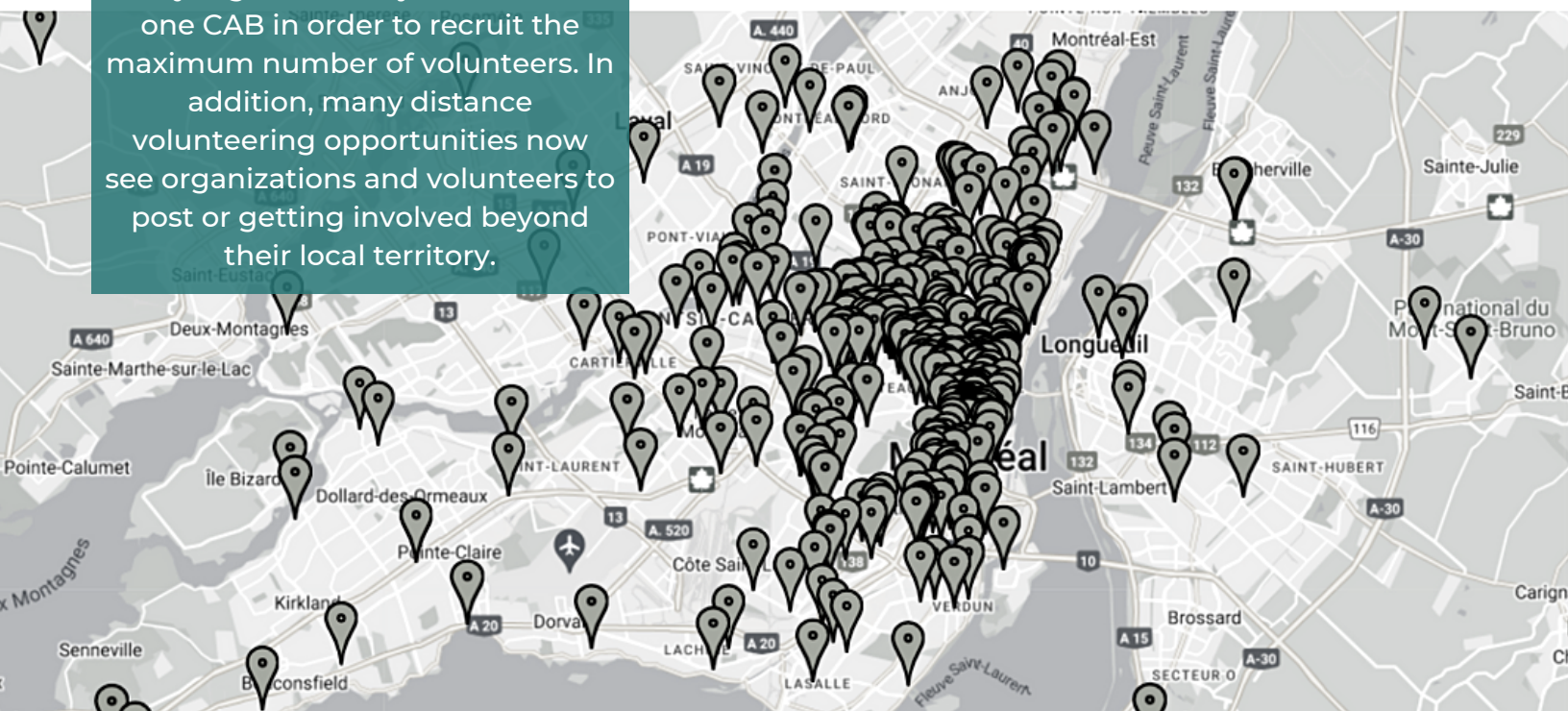
Virtual volunteering was introduced last year due to circumstances and continues to gain in popularity!

## ACTIVITY SECTORS OF THE MEMBER ORGANIZATIONS



\*\*\*As the site has been evolving over the past year, we have only been able to collect data for just over half of the member organizations. This change results in different statistics than in the previous year.

The membership of the VBM extends far beyond its territory, as many organizations join more than one CAB in order to recruit the maximum number of volunteers. In addition, many distance volunteering opportunities now see organizations and volunteers to post or getting involved beyond their local territory.



**35%** of member organizations are located in our territory, mostly in Ville-Marie (14%), Côte-des-Neige/Notre-Dame-de-Grâce (4.5%) and the South West (4%).

**16%** of member organizations are located outside of Montreal, mainly to benefit from the volunteer services of skills.



Neighbourhoods outside the territory which have the most member organizations are Plateau Mont-Royal/Rosemont (18%) and Hochelaga-Maisonneuve/Mercier (8%). These two neighbourhoods have a large number of NPO.

# RECRUITMENT & ORIENTATION

The VBM offers its members a support service for volunteer managers in recruiting, posting offers and managing volunteers. It also offer volunteers an orientation service with placement counsellors who provide personalized follow-up.



# 7866

New volunteers registered via our website in 1 year

An average of

# 655

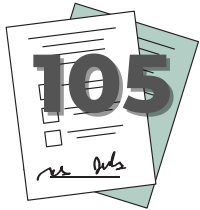
new volunteers registering each month on the website





## REFERRAL SERVICE BY VOLUNTEER PLACEMENT COUNSELLORS

During the past year, the placement counsellors continued their remote accompaniment (videoconference and/or telephone). In March 2022 the service resumed in person.



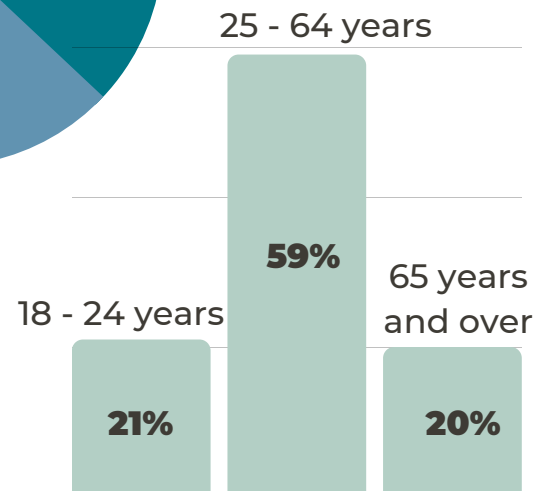
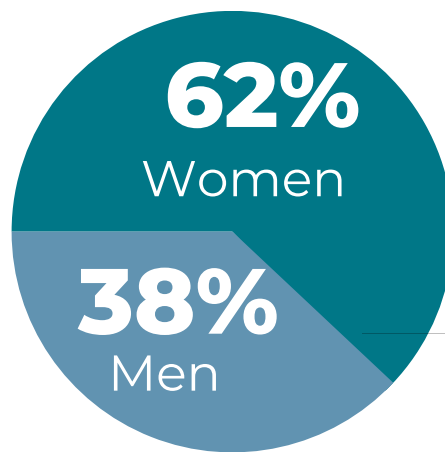
105 personalized accompaniments by placement counsellors in 2021-2022 .

48% of requests are made by men and 52% by women.

## INTERNAL VOLUNTEERS

Thanks to the easing of health measures linked to COVID-19, since January 2022 services have gradually resumed in person. New volunteers have been recruited to support the team in its various tasks.

The recruitment campaign launched in January 2022 was a genuine success: 21 new volunteers joined the team already made up of 14 volunteers (Board of Directors, logistical support and advisers).



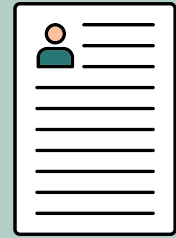
**« THE VBM IS OUR MOST SUCCESSFUL RECRUITMENT METHOD! »**  
**- MARIANNE BASTIEN, CIUSSS CENTRE SUD DE L'ÎLE DE MONTRÉAL.**

# OVERVIEW OF OFFERS



# 1060

volunteer offers  
submitted by member  
organizations in  
2021-2022



## OFFERS PUBLISHED BY FIELD OF ACTIVITY



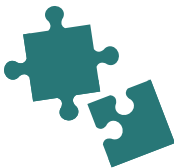
**31,4%**

Accompaniment and support for the person (active listening, friendly calls, visits, pairings, teaching, tutoring)



**25,4%**

Administrative activities (reception, reception, administration, logistical support: communications, IT, web, board of directors, etc.)



**15%**

Animation of activities



**13,5%**

Manual labor and food/cooking



**8,2%**

Delivery, drivers



**6,5%**

One-off events (fundraising campaign, food drives, shows, fairs, etc.)

## TWINNING

This year, with the implementation of the new website and the updating of the database, the referral service was able to do a more thorough follow-up with member organizations in order to determine the match rate. Volunteer managers are contacted regularly to find out whether or not people who have applied for their positions have become volunteers in their organizations.

**50%** of offers are filled thanks to the VBM (dissemination on the website, newsletters and social networks)

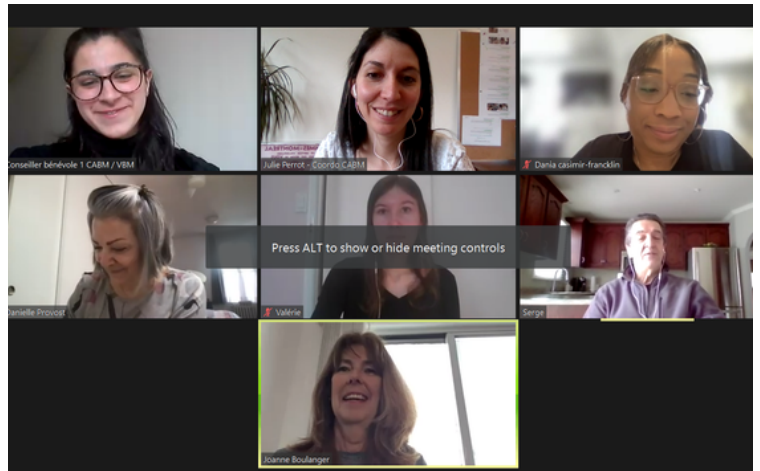
# FRANCISACTION

In 2020, the VBM launched the FrancisAction project, which involves pairing a volunteer with a newcomer to help them improve their French and to further integrate into the community through volunteering. Despite the end of the subsidy and in light of the participants' interest in continuing the project, the VBM has therefore chosen to maintain this service on a smaller scale.

Thus, 4 new matches were made from July to September 2021.



Participants from all over the world such as China, Jordan and Kuwait



1 Discovery activity at the Old Port of Montreal with a volunteer tour guide

## NEW 2022 COHORT

Then, a cohort of 7 new pairings was launched at the beginning of 2022, supported by the active involvement of two volunteers.



**40** people interested in participating in the project

**16** people selected for the project

**7** twinings completed

\*The results of this cohort will be presented in the next activity report 2022-2023.

# VOLUNTEER RECOGNITION

Each year the VBM recognizes the invaluable involvement of its internal volunteers. Here are the events and small gestures made to recognize the fabulous work of volunteers during the 2021-2022.



Photo of FrancisAction participants in front of the "Inspirational Citizens" project



Greeting card including flower seeds to plant to thank volunteers

**"WOW! THANK YOU SO MUCH - SUCH A SURPRISE! I AM TOUCHED .... THANK YOU AGAIN FOR ALL YOU DO FOR THE VOLUNTEERS! THANK YOU!"**  
**- ANIA SZPAKOWSKI, VOLUNTEER PLACEMENT COUNSELLOR**

**"A BIG THANK YOU FOR THIS MAIL WHICH IS A PLEASURE, AND ALSO FOR MY PARTY, THIS TOUCHES ME SINCERELY!"**  
**- SANA AHRARDI, VOLUNTEER PHOTOGRAPHER**



Presentation of certificates of recognition  
Photo credits: Susanna Oreskovic



International volunteer day  
Photo credits: Susanna Oreskovic

# TRAININGS

For over 30 years, the VBM training program has been supporting organizations through several specialized activities in volunteer resource management.

These include "The essentials", a series of five workshops covering the various stages of volunteer management. It aims to support the work of volunteer managers and to equip them to carry out their tasks.

## THE NEED TO ADAPT

During the past year, the training programme had to rework its service offer in order to meet the needs of organizations by proposing: exclusively online formulas during the pandemic period; 3-hour training sessions, instead of the usual 6 hour in person sessions.



## NEW PROGRAMMING

In 2020-2021, after consultation with its members the VBM has re-launched a regular activity consisting of training courses in the "essentials" series plus training courses organized in partnership with other organisations.

In 2021-2022, 3 programmes have been launched, in Spring, Fall and Winter:



**19**

offered activities



**300**

people trained from nearly 75 different organizations



**44h**

44 hours of training provided



**90%**

of participants work in community organizations



**70%**

of the participants are from VBM member organizations

## THE STRENGTH OF NETWORKING

VBM members have also expressed the need to network and to be able to exchange with other organizations facing the same problems in managing volunteer resources.

This is why, since Winter 2022, the training department has decided to offer networking activities on a regular basis, in particular with virtual coffee meetings, allowing discussions and exchanges on specific issues. The participants were very appreciative, which led to numerous sharing of contacts.

# STAFF TURNOVER AND TRAINING NEEDS

Community organizations have experienced several challenges over the past year: a shortage of employees and volunteers, a high rate of turnover in teams, etc. This is why they have expressed a great need to update their knowledge and be better equipped to manage volunteer resources.



In particular training sessions on volunteer recruitment and retention attracted a great deal of interest and a high participation rate!



# STRENGTHS OF THE TRAINING COURSES

According to the participants' evaluations, the activities were appreciated for:



The dynamism and expertise of the trainers



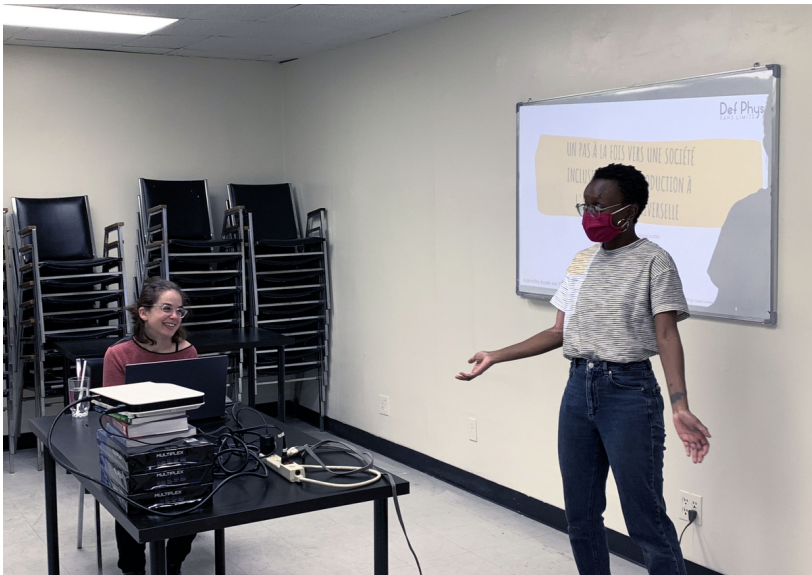
The sharing of information between participants



The richness and relevance of the information transmitted during the training



The sharing of tools for managing volunteer resources



Overall, a high level of satisfaction with the transfer of knowledge was noted:

Nearly 85% of participants felt that they were able to apply the information shared directly in their work.

Nearly 74% said they had acquired new knowledge during the training.

# CONFERENCES

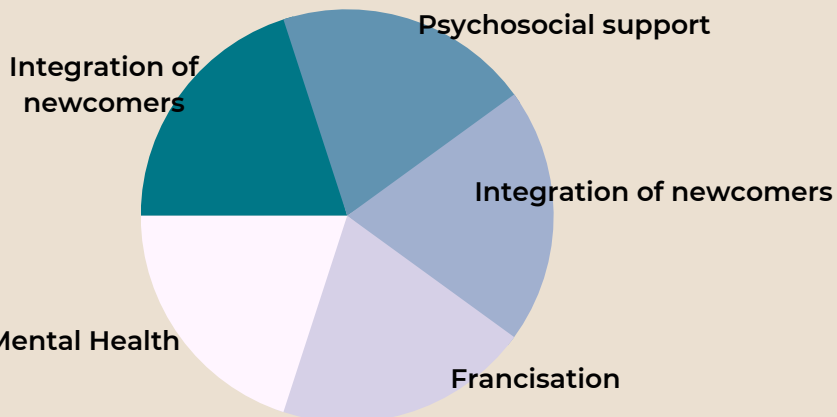
As in previous years, awareness-raising and information activities on volunteering are of great interest to the public and the VBM's network of partners.

This year, the VBM hosted:



**27**  
introductory  
lectures on  
volunteering

The organizations that called on the VBM are mainly active in the following sectors:



The conferences were adapted to the different sectors and realities of the participating organizations.

& raised awareness:

**554**  
people  
discovered the  
benefits of  
volunteering



Intervention sites



Francisation programs: Cégep du Vieux Montréal, Cégep Marie-Victorin et Centre Yves Thériault.

These conferences allowed for full participation in the efforts to promote volunteerism. Through such activities that some participants in the Francisation project learned about the VBM and the commitment of volunteers!

## COLLABORATIONS AND PARTNERSHIPS

In order to diversify and improve the offer of activities, the training coordinator has worked in collaboration with several organizations:

- Centre d'action bénévole de Québec
- Centre d'action bénévole de Sherbrooke
- DéfPhys Sans Limite
- La Commission des droits de la personne et des droits de la jeunesse
- Action autonomie



The objective was to enable members to learn about new content and related issues that could provide a link to volunteering in their organizations.

## TAILOR-MADE TRAINING

This has the advantage of training a team or a group in a personalized way, taking into account their needs and realities.

Several organizations have called on the VBM for customized training, including:

- CIUSSS Centre-Sud
- University of Montreal : Student Leadership
- FADOQ
- Loisir Outaouais
- Petits frères

"THE INFORMATION SHARED ALLOWED ME TO VALIDATE MY APPROACH AND CONFIRM MY WAY OF DOING THINGS."

"I APPRECIATED THE OPPORTUNITY TO MEET OTHER MANAGERS AND LEARN ABOUT THE WORK OF OTHER ORGANISATIONS."

"THANK YOU VERY MUCH FOR PROVIDING US WITH QUALITY TRAINING."





# VOLUNTEER FOOD SERVICES (SAB)



Archive Photo SAB Member

## The SAB network is:



**+50**

organizations working in the area of food security for seniors and people in loss of autonomy in Montreal



**13**

organizations offering community meal services

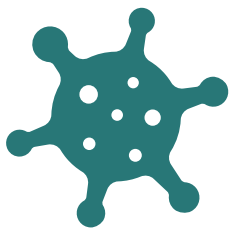


**46**

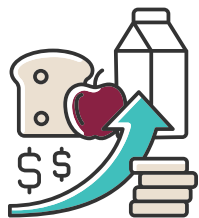
organizations offering Meals-on-Wheels services (including 8 artisanal Meals-on-Wheels)

## CHALLENGES

In 2021-2022 the SAB network faced many challenges:



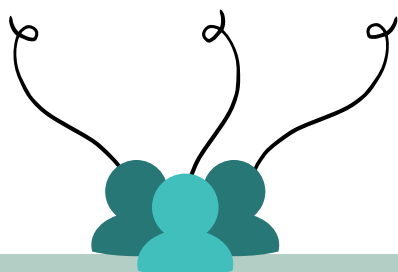
Increase in  
COVID-19 cases



Rising food  
costs



Rising gas costs



These combined issues have had considerable impacts on the entire network:

- The demand for food services (meals on wheels) has increased sharply, creating more pressure on an already very busy network
- Several organizations had to review their menu while maintaining affordable prices
- Several organizations have experienced a significant drop in the number of volunteers, resulting in either temporary closures or restructuring of services.

## THE NETWORK'S RESILIENCE

Despite this, organizations have shown considerable resilience in continuing to provide their services:



- Creation of collaborations between organisations
- Pooling of services
- Production of frozen meals
- Improvement of volunteer recognition programmes
- Improving the reception and integration of volunteers

## THE VBM ADAPTS

The SAB liaison service has been adapted to meet the demands of users with food needs. They can now be referred to the food bank, "La Cantine pour tous" or any other service when Meals-on-Wheels are unable to meet the demand.

Additionally, to better respond to current needs the SAB reviewed the support offered by the VBM to the organizations in its network.

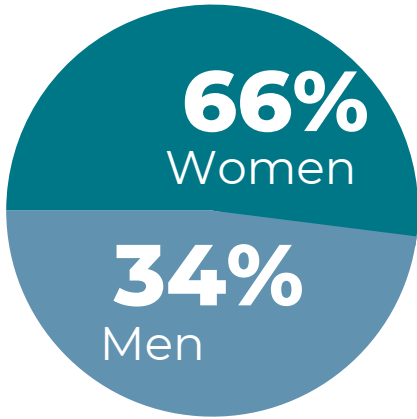


**3** training courses helped adapt to the new needs:

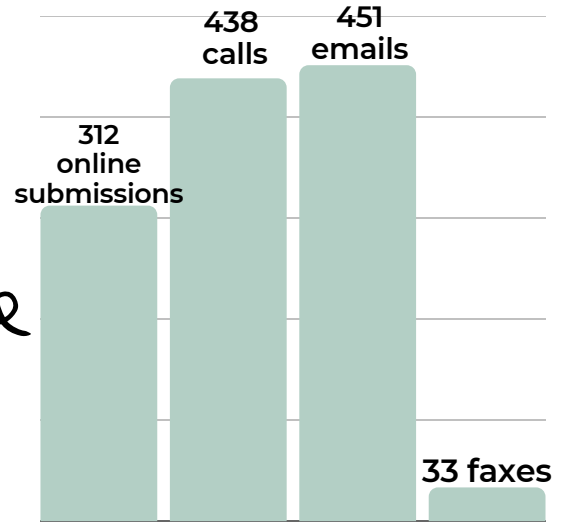
- «Prendre soin de soi»
- «Prendre soin des autres»
- "Hygiène et salubrité - Gestionnaire d'établissements en contexte d'aide alimentaire"

# THE LIAISON SERVICE IN NUMBERS

 **1234** requests for food services were channelled through the central liaison office.



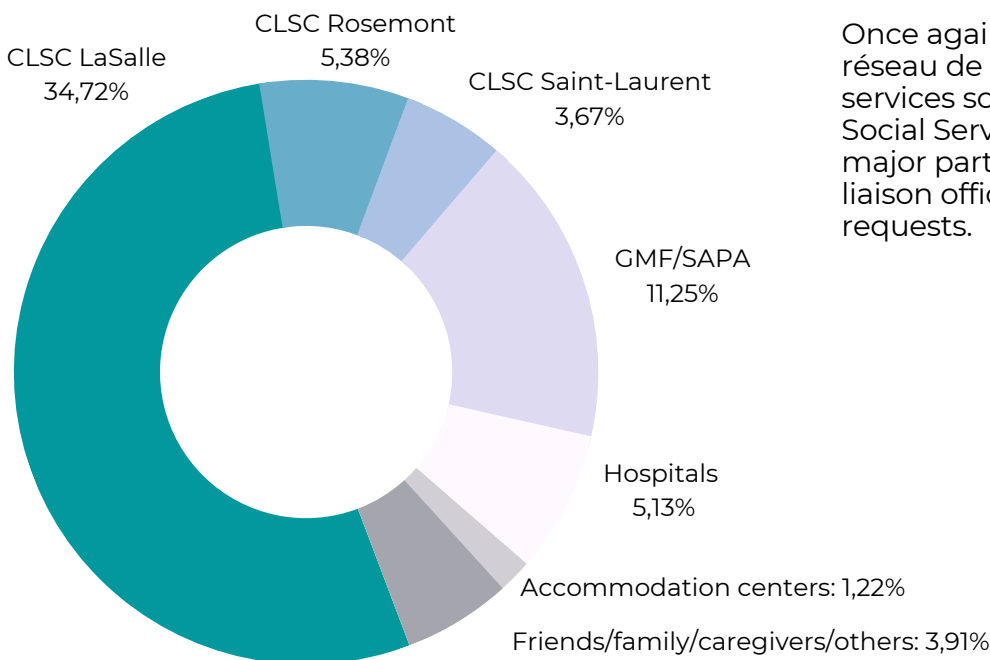
Demand Profile



This past year saw a slight increase in food service requests from newcomers, young workers and students.

## WHERE DO REQUESTS FOR FOOD SERVICES COME FROM?

- Health professionals
- Families
- Caregivers of service recipients



Once again this year, “le réseau de la Santé et des services sociaux” (Health and Social Services System) was a major partner with our central liaison office with 409 service requests.

## CONSULTATION AND PARTNERSHIPS

This year, Volunteer Food Services intensified its presence in consultative forums, focussed mainly on food security and seniors.

In addition to participating, the SAB also joined the “La Cantine pour Tous” network and actively participated in Meals-on-Wheels activities. “Popotes roulantes et pandémie” (“Meals-on-Wheels and the Pandemic”), aims to identify solutions to help stabilize within the context of a pandemic.



## ACTIVITIES AND ASSOCIATION LIFE



- "La Cantine pour Tous" presentation for VBM members Participation in the “Visiter une personne aînée isolée “ (“Visit an isolated senior”) program in collaboration with the SPVM's neighbourhood station 20
- Participation in the volunteer day at John Abbott College
- Visit by the food services team to approximately 15 Meals-on-Wheels throughout 2021-2022
- 9 Meals-on-Wheels visits with a hygiene and sanitation consultant

## MEALS ON WHEELS WEEK 2022

As part of this special week, the SAB produced three video vignettes, part of the series “Ces bénévoles qui n’ont pas froid aux yeux “. (“Volunteers who are not afraid of the cold”). The vignettes provide a glimpse into the fascinating world of three Montreal Meals-on-Wheels programs and into the world of the dedicated volunteers who, each week, give their time to cook and deliver delicious meals within their community.



[Watch video capsules](#)

# SKILLS-BASED VOLUNTEERS



Skills-based volunteers is about volunteers offering their expertise, transferring their knowledge and sharing their know-how. Skills-based volunteers seek to apply specific skills and professional experience to their volunteer work. Organizations benefit from expert advice.

In this sense, skills-based volunteering is beneficial for both the volunteer and the organization. Through its Skills Volunteers service, the VBM enables organizations to recruit volunteers with expertise to carry out specific mandates.



## SOME NUMBERS SINCE ITS ESTABLISHMENT IN 2012

**2248**

Organizations  
registered



**5000**

New  
mandates



**10 000**

Skills-based  
volunteers  
registered



## AND FOR THE YEAR 2021-2022

**69**

New  
organizations  
registered

**182**

New  
mandates

**103**

New skills-based  
volunteers  
registered

There has been a 100% increase compared to the previous year in the number of new organization and volunteer registrations and an 88% increase in the number of mandates submitted to the site.

**71**

individual matches  
were made

**101**

volunteer contacts  
were facilitated



# CORPORATE VOLUNTEERING

Corporate volunteering allows corporate teams to participate in social value activities by helping an organization in their community. Matching involves training a group of employees.

This type of volunteering is a valuable resource. It builds team spirit and raises the profile of the company. It also provides a way for employee groups to mobilize around a strong experience of solidarity and mutual aid.



## **A tailor-made service:**

Tailor-made volunteering is a service offered to companies that need a more personalized service for their employees.

Thus, the VBM has developed a range of services in skills volunteering and corporate volunteering to meet the different needs of volunteers and companies in terms of social involvement.

## THIS YEAR'S MAJOR ACHIEVEMENTS



Integration of the [benevolesaffaires.org](http://benevolesaffaires.org) website into the VBM website: an IT project which will allow for the centralization of services and better overall functioning. The content will also be 100% bilingual (previously only in French) for greater accessibility.



Conducting the Impact 20-35 activity in the Spring 2021, marking the end of the three-year agreement with the Caisse de dépôt et de placement du Québec



Partnership with Volunteer Canada to organize a day of corporate volunteering in two organizations for a Montreal company with 180 employees



Supporting businesses to increase awareness of corporate volunteer opportunities

## PROMOTIONS ET COMMUNICATIONS



Over 2180 people follow the Skills-based Volunteers Facebook page



More than 2160 people subscribe to the LinkedIn page



12 Skills-based volunteers newsletters were sent out during 2021-2022



Participated in the Volunteer Canada Conference and Corporate Community Engagement Council (CECE) in June 2021

**"WE WERE ABLE TO FILL THE POSITION WITH THE APPLICATION WE RECEIVED THROUGH SKILLS VOLUNTEERS. THANK YOU FOR YOUR VALUABLE COOPERATION."**

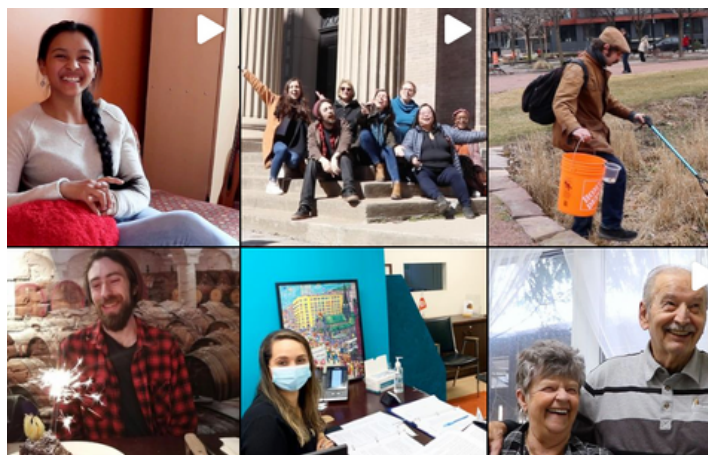
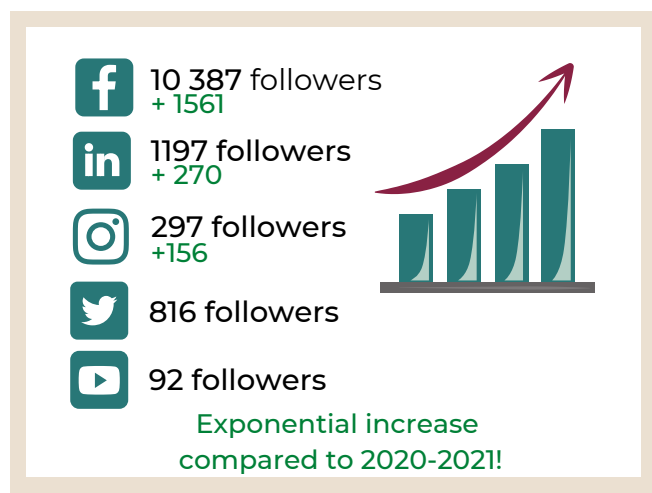


# PROMOTING VOLUNTEERING

Throughout the year, the VBM and its member organizations benefited from high visibility on all platforms. Indeed, the VBM offers exposure in the bilingual newsletters, which reach more than 8,000 people who volunteer or are looking to volunteer, and on social networks, which, combined, reach over 15,000 subscribers.

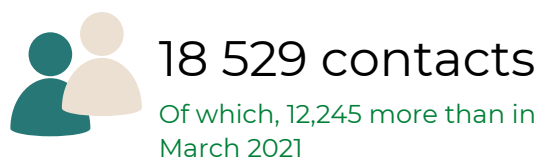
## DIGITAL PLATFORMS

This year, much effort was made to increase traffic on digital platforms. These included the new website and search engine, the creation of content on social networks, and the video web series highlighting volunteers in action. All of these elements combined to further develop our online presence and to recruit volunteers.



## NEWSLETTERS

Bilingual monthly newsletters are sent to member organizations and to volunteers who register via the site. The newsletters inform organizations about upcoming training and events, and provide them with useful tools and information about volunteerism. The volunteer newsletter is used to present members' offers to regular and skilled volunteers.



**87 newsletters sent**

volunteer, member organizations, skills-based volunteering, training and special newsletters

**43% average opening rate**

*"THIS VOLUNTEERING REALLY ALLOWED ME TO LEARN MORE IN THE DIFFERENT SPHERES OF COMMUNICATION AND TO MEET MORE THAN FRIENDLY AND FUN PEOPLE :)"*

- ALICE, BÉNÉVOLE AUX COMMUNICATIONS



## WEBSITE



**66,403 total website visits**  
Increase of 187% from the prior year

**336,522 page views on the website**  
Increase of 120% from the prior year



**12 blog posts**  
were published during the year. On average, one publication per month was published on events, important information, conferences, etc.



The VBM uses inclusive writing and promotes better web accessibility in all its communications

## VIDEO SERIES ON VOLUNTEER INVOLVEMENT!



"THANK YOU FOR FILMING, IT WAS A GREAT EXPERIENCE, THE RESULT IS SUPER PROFESSIONAL AND I'M HAPPY TO HAVE MET MEMBERS OF THE VBM TEAM IN PERSON!"

- CHANEL MONTEMIGLIO, DU GROUPE PRO-VERT

[Discover the video series](#)



In January 2022, the video "Volunteers who do not have cold feet" emerged within the team with the objective of highlighting all those volunteers who have continued their involvement despite the pandemic. The title was inspired by this difficult and uncertain context where volunteers showed a lot of courage!

These vignettes tell the stories of volunteers from different backgrounds and with different experiences.



**8 video clips produced**  
**1300+ views on Youtube**

This project mobilized a great many people, including team members, volunteer video editors, community organizations and many more!

# CONSULTATION AND PARTNERSHIPS

In 2021-2022, the VBM has decided to expand its representations and partnerships. The goal was to position the VBM with the organizations in its territory and the players in its ecosystem.

Representations allow the VBM to raise awareness of volunteering, to improve knowledge of needs, trends and resources and also to share its own expertise.

## CONSULTATION FORUMS

The VBM is present in nearly 15 consultation forums related to our mission and services, including:

- Bénévoles Canada
- Fédération des centres d'action bénévole du Québec
- Réseau de l'action bénévole du Québec
- Community Council on Volunteerism (CCV)
- Regroupement des CAB de l'île de Montréal et Laval
- Table de concertation des aînés de l'île de Montréal GREJI - Groupe de recherche sur les jumelages interculturels (GREJI)
- Bénévolat en mouvement
- Coalition pour le maintien dans la communauté (COMACO)
- Regroupement des popotes roulantes du Québec



## NEIGHBOURHOOD ROUND TABLES

The objective of the neighbourhood round tables is to contribute to the improvement of the living conditions and environment of local populations. They are local bodies for intersectoral and multi-network consultation. Together, the partners create a portrait of the neighbourhood, organize various consultations with the population, then determine action priorities for the neighbourhood to instigate.

**7** neighbourhood round tables  
where the VBM is involved



# ACKNOWLEDGEMENTS

The Volunteer Bureau of Montreal sincerely wishes to thank Centraide of Greater Montreal as well as the Integrated University Health and Social Services Center of Centre-Sud-de-l'Île-de-Montréal (CIUSSS-CSIM) via the Program Support for Community Organizations (PSOC) for their financial support.



**Centraide**  
du Grand Montréal

*Centre intégré  
universitaire de santé  
et de services sociaux  
du Centre-Sud-  
de-l'Île-de-Montréal*

**Québec** 



# APPENDIX

# THANK YOU

## TO THE VBM VOLUNTEERS!

We would like to thank all the volunteers for their involvement and commitment.



### Former volunteer placement counsellors:

Linda Thétrault, Amélita Flores, Laura Salama, Ania Szpakowski, Enid Slattery, Melissa Dukefe, Luana Boulanger, Farzana Haque, Mireille Rouleau, Alta Abramowitz, Colette Hamati, Ursula Tokateloff et Marie-Grâce Djengué.

Sirui Zhou (training), Anne-Marie Desaultels (conference support), Étienne Bacave (Logistic support for the website's integration of skills-based volunteer and SAB), Laurent De Gagné, Manon Nantel, Sana Ahrardi, Peggy Niloff, Mélissa Mc Arthur, Johanne Cloutier et Frantz Cator (Nobilés) et Nathalie Houle.

### Actual volunteer placement counsellors:

Linda McManus, Mohammed Achour, Sylvain Amic, Michèle Douyon et Jacque Therrien, (Madeleyn et Flavia également réceptionnistes).

**Receptionnists:** Leena Naas, Madeleyn Conway, Brittany Mc Elroy, Flavia Calmon du Pin Oliviera et Paola Cabal.

**Management of volunteer offers:** Trinh Ky et Marjorie Dupey (former) et Caroline Tom (former).

### Volunteer photographer:

Susanna Oreskovic.

**Communications volunteers:** Alice Israël (réseaux sociaux), Amélie Nadeau (montage vidéo et Sacha Desaulniers (montage vidéo).

**FrancisAction management project volunteers:** Alyssa Cayette et Jennifer Peigne.

**FrancisAction twin volunteers:** Isabelle Maheu (jumelage juillet 2021), Marie-Claude L'Heureux (jumelage juillet 2021), Irène Diallo (jumelage septembre 2021) et Linda Mc Manus.

**2022 Cohort:** Serge Pomerleau, Frédéric Devost, Aline Marchand, Joanne Boulanger, Valérie D'Anjou, Dania Casimir-Francklin et Danielle Provost.

**Board of Directors members:** Guillaume Desnoyers, Ugo Dionne, Vicky Gagnon, Claude Noiseux, Robert Boyd, Arianne Ergas-Forget, Fimba Tankoano, Gaëlle Thomas Lehrhaupt et Michel René.

# LIST OF MEMBERS 2021-2022

## A

ABQSJ Associés bénévoles qualifiés au service des jeunes  
Académie canadienne du cinéma et de la télévision  
Académie des beaux-arts de Montréal  
Academos Cybermentorat  
Accès-cible SMT  
Accompagnement Bénévole de l'Ouest (ABOVAS)  
Accueil Bonneau  
Acouphènes Québec  
Action Centre-Ville  
Action jeunesse de l'Ouest-de-l'Île (AJOI)  
Action main-d'oeuvre  
Action réfugiés Montréal  
ADAMA (Association de développement des arts martiaux adaptés)  
ADQR Ahuntsic-Saint-Laurent (Association québécoise de défense des droits des personnes retraitées)  
Afrique au féminin  
AFS Interculture Canada  
Agence Ometz  
Agora de la danse  
Alchimies, Créations et Cultures  
Alliance canadienne de kinésiologie  
Almage  
Alternatives communautaires d'habitation et d'intervention de milieu (ACHIM)  
Ambulance Saint-Jean  
AMEIPH (Association Multi-Ethnique Pour L'Intégration des Personnes Handicapées)  
Anorexie et boulimie Québec  
Apathy is Boring  
Armée du Salut  
Artistri Sud  
Association bénévole PAT/ME  
Association canadienne pour la santé mentale - Filiale de Montréal  
Association de l'Ouest de l'île pour les handicapés intellectuels  
Association d'entraide le Chaïnon  
Association des bénévoles de l'Orchestre symphonique de Montréal  
Association des Bénévoles du CHSLD Vigi Mont-Royal  
Association des grands-parents du Québec  
Association des mentors pairs aidants du Québec  
Association des Scouts du Canada  
Association des sports pour aveugles du Montréal métropolitain (ASAMM)  
Association du Québec pour Enfants avec Problèmes Auditifs (AQEPA) Montréal Régional  
Association du troisième âge «FILIA» / Meals-on-Wheels #102  
Association Haitiano-Canado-Québécoise d'aide aux démunis  
Association IRIS  
Association Jamaïcaine de Montréal  
Association les Chemins du Soleil  
Association Polio Québec  
Association pour la réappropriation des milieux urbains (ARMU)  
Association pour la santé environnementale du Québec

## A - C

Association québécoise d'aviron  
Association québécoise de voile adaptée  
Association québécoise des orthophonistes et audiologistes  
Association québécoise des personnes aphasiques (AQPA)  
Association Régionale de Kin-Ball de Montréal  
Atelier 850  
Auberge Madeleine  
Autisme Montréal  
AWISH (Association d'entraide d'arthrite de l'ouest de l'île de Montréal / Arthritis West Island Self Help)  
Balades montréalaises  
Ballet Eddy Toussaint  
Baobab familial  
Bazar de la paroisse Saint-Paul-de-La-croix  
Benado  
Bon Pilote  
Bouffe-Action  
BougeBouge  
Bouger et Vivre  
Bureau de la communauté haïtienne de Montréal (BCHM)  
CADRE Échange de service de LaSalle  
Café le Signet  
Canada Running Series  
CAP Saint-Barnabé  
CARI St-Laurent  
Carrefour d'aide aux nouveaux arrivants  
Carrefour d'Entraide Lachine  
Carrefour Jeunesse Emploi Cotes-des-Neiges  
Carrefour Marguerite-Bourgeoys  
Carrefour Parenfants  
Carrefour populaire de St-Michel  
Carrefour St-Eusèbe de Montréal  
Cartier Émilie  
Catholic Action Montreal  
CCSE Maisonneuve  
CEDA / Comité d'éducation aux adultes de la Petite-Bourgogne et de Saint-Henri  
Centraide du Grand Montréal  
Centre Action  
Centre Action Sida Montréal  
Centre Amitié, Ressources et Entraide pour la Jeunesse (C.A.R.E. Jeunesse)  
Centre Au Puits  
Centre Booth de l'Armée du Salut  
Centre Communautaire Bon Courage de Place Benoît  
Centre communautaire de l'avenue Greene  
Centre Communautaire de Loisirs Sainte-Catherine d'Alexandrie  
Centre communautaire Petite-Côte  
Centre communautaire Saint-Antoine 50+  
Centre communautaire Tyndale St-Georges  
Centre culturel Georges-Vanier  
Centre d'action bénévole de Rivière-des-Prairies  
Centre d'action bénévole du Rivage  
Centre d'action socio-communautaire de Montréal

# LIST OF MEMBERS 2021-2022

## C

Centre d'appui aux communautés immigrantes  
Centre de bénévolat Côte-des-Neiges  
Centre de bénévolat de Ville Mont-Royal  
Centre de bénévolat Sarpad  
Centre de jour St-James  
Centre de la petite enfance de l'Île des Soeurs  
Centre de pédiatrie sociale de Verdun, Les Petits Renards  
Centre de production et d'exposition Eastern Bloc  
Centre de réadaptation de l'Ouest de Montréal - CIUSSS-ODIM  
Centre de réadaptation Lucie-Bruneau - CIUSSS-CSMTL  
Centre de Référence du Grand Montréal  
Centre de ressources éducatives et communautaires pour adultes  
Centre de soins prolongés Grace Dart - CIUSSS-ODIM  
Centre d'écologie urbaine de Montréal (CEUM) / Société de développement communautaire de Montréal  
Centre d'écoute de Laval  
Centre d'écoute et de référence Halte Ami  
Centre d'écoute et de référence Multi-Écoute  
Centre d'écoute le Havre  
Centre des Aînés Côte-des-Neiges  
Centre des Aînés de Villera  
Centre des femmes afghanes de Montréal  
Centre des femmes de Montréal  
Centre des femmes solidaires et engagées  
Centre des textiles contemporains de Montréal  
Centre d'expertise et de recherche en infrastructures urbaines  
Centre d'hébergement Armand-Lavergne - CIUSSS-CSMTL  
Centre d'hébergement Bruchési - CIUSSS-CSMTL  
Centre d'hébergement de Saint-Henri - CIUSSS-CSMTL  
Centre d'hébergement des Seigneurs - CIUSSS-CSMTL  
Centre d'hébergement du Manoir-de-l'Âge-d'Or - CIUSSS-CSMTL  
Centre d'hébergement du Manoir-de-Verdun - CIUSSS-CSMTL  
Centre d'hébergement Émilie-Gamelin & Centre du jour - CIUSSS-CSMTL  
Centre d'hébergement Ernest-Routhier - CIUSSS-CSMTL  
Centre d'hébergement Jean-De La Lande - CIUSSS-CSMTL  
Centre d'hébergement Louis-Riel - CIUSSS-CSMTL  
Centre d'hébergement Notre-Dame-de-la-Merci - CIUSSS-NIM  
Centre d'hébergement Paul Lizotte - CIUSSS-NIM  
Centre d'hébergement Paul-Émile-Léger - CIUSSS-CSMTL  
Centre d'hébergement Réal-Morel - CIUSSS-CSMTL  
Centre d'hébergement Yvon-Brunet - CIUSSS-CSMTL  
Centre d'intégration jeunesse Adulte (CIJAD)  
Centre du Vieux Moulin de LaSalle  
Centre hospitalier de St. Mary - CIUSSS-ODIM  
Centre international de recherche et d'éducation familiale (CIREF)  
Centre Jeunesse Unie de Parc Extension  
Centre Lire-Écrire  
Centre québécois de ressources et transition pour danseurs (CQRTD)  
Centre récréatif Poupart  
Centre social d'aide aux immigrants (CSAI)  
Centre-Ouest-de-l'Île-de-Montréal - CIUSSS-COIM  
Centres de la jeunesse et de la famille Batshaw - CIUSSS-ODIM  
Centres d'hébergement Champlain - CIUSSS-CSMTL  
Centre-Sud-de-l'Île-de-Montréal - CIUSSS-CSMTL  
Chantier d'Afrique du Canada (CHAFRIC)  
Château Ramezay / Musée et site historique de Montréal  
Chez Doris  
Chez Emilie Maison d'entraide populaire  
Chez-Nous de Mercier-Est  
CHSLD Benjamin-Victor-Rousselot - CIUSSS-EMTL  
CHSLD Dante - CIUSSS-EMTL  
CHSLD Éloria-Lepage - CIUSSS-EMTL  
CHSLD François-Séguenot - CIUSSS-EMTL  
CHSLD J.-Henri-Charbonneau - CIUSSS-EMTL  
CHSLD Jean-Hubert-Biermans - CIUSSS-EMTL  
CHSLD Jeanne-Le Ber - CIUSSS-EMTL  
CHSLD Joseph-François-Perrault - CIUSSS-EMTL  
CHSLD Judith-Jasmin - CIUSSS-EMTL  
CHSLD LaSalle - CIUSSS-ODIM  
CHSLD Marie-Rollet - CIUSSS-EMTL  
CHSLD Nicolet - CIUSSS-EMTL  
CHSLD Pierre-Joseph-Triest - CIUSSS-EMTL  
CHSLD polonais Marie-Curie-Sklodowska - CIUSSS-EMTL  
CHSLD Providence Notre-Dame de Lourdes  
CHSLD Providence Saint-Joseph  
CHSLD Robert-Cliche - CIUSSS-EMTL  
CHSLD Saint-Michel - CIUSSS-EMTL  
CHUM - Centre hospitalier de l'Université de Montréal  
CITIM - Clef pour l'intégration au travail des immigrants  
CIVA / Centre d'intégration à la vie active  
CJE Marguerite d'Youville  
Club des Mamans Entrepreneures du Québec  
Club des petits déjeuners  
Club populaire des consommateurs de Pointe Saint-Charles  
Club sportif des quatre saisons  
Coalition des groupes jeunesse LGBTQ+  
Collège Frontière  
Comité de Soutien aux Parents Étudiants de l'UQÀM

# LIST OF MEMBERS 2021-2022

## C - F

Comite logement Saint-Laurent  
Compagnie-F entrepreneurship pour femmes  
Complexe de santé Reine-Élisabeth  
Concours musical international de Montréal  
Conseil régional de l'environnement de Montréal  
Coopérative de solidarité santé de Montréal  
Coopérative pour l'agriculture de proximité écologique  
Corporation Maison Lucien-l'Allier  
Corps et Âme en Mouvement  
Côté Cour Côté Jardin  
Couleurs d'enfants: la clé de l'intégration inc  
CPE de Montréal-Nord  
CRPE ( Cafés et Restaurants Pour l'Environnement) La vague  
Cyclistes solidaires  
Dans la rue  
Danse Danse  
Déclic Action  
Défi sportif AlterGo  
DéfPhys Sans Limite  
DéPhy Montréal  
Dianova  
Dîners St-Louis  
Dispensaire diététique de Montréal  
Éco-corridors laurentiens  
École Grandeur Nature  
Écoute Entraide  
En Vero  
Encadrement G.O.L.E.A.D.  
Enfant d'Abord  
Entendre Québec  
Entraide Bénévole Métro  
Entraide Léo Théorêt  
Entraide pour les écureuils du Québec  
Entraide Saint-Michel  
Entre Amis  
Entreprendre ici  
Équiterre  
Est de l'Île de Montréal - CIUSSS-EMTL  
Exeko  
Extra Miles / Programme de visites à domicile pour personnes âgées  
Face à Face  
Famijeunes  
Famille nouvelle - Centre d'entraide familiale et conjugale  
FamillePointQuebec  
Femmes averties  
FENDLI  
Festival BD de Montréal  
Festival International du Film Canada Chine  
Fibrose kystique Canada - Division du Québec  
Fierté Montréal  
FIXT POINT Arts & Media  
Fondation canadienne du rein (division du Québec)  
Fondation de la recherche sur le diabète juvénile  
Fondation de la Visite  
Fondation de l'Hôpital de Montréal pour enfants  
Fondation de l'Hôpital Jean-Talon  
Fondation de l'ordre des dentistes du Québec  
Fondation des CLSC de Dorval-Lachine & de LaSalle  
Fondation des Grands Frères et des Grandes Soeurs de Montréal

## F - H

Fondation Dr Julien  
Fondation du cancer du sein du Québec  
Fondation du CHUM  
Fondation du Collège Rosemont  
Fondation du Mont-Saint-Bruno  
Fondation du théâtre du Nouveau Monde  
Fondation et Logis Rose Virginie  
Fondation Guido Molinari  
Fondation Kathy Tremblay  
Fondation la Collecte  
Fondation La Traversée  
Fondation Montréal inc.  
Fondation Paul Gérin-Lajoie  
Fondation Pointe-à-Callière  
Fondation Rama Porte de l'Espoir  
FONDATION RÉA  
Fondation Santé urbaine  
Fondation Sénégal Santé Mobile  
Fondation sommeil  
Fondation Travail Sans Frontières  
Fondation Vincent-d'Indy  
Fondation Zarabella  
Foyer de Jeunes Travailleurs et Travailleuses de Montréal  
Fred, Fondation Ressources pour enfants diabétiques  
Frigo Communautaire et Solidaire de l'Est  
FRONT - Femmes regroupées en options non traditionnelles  
Fusion Jeunesse / Youth Fusion  
Futurpreneur canada  
GAP-VIES  
GCC la violence !  
Go Jeunesse  
Grandir sans Frontières  
Grands Frères Grandes Sœurs du Grand Montréal  
Groupe conseil St-Denis  
Groupe de recherche et de formation sur la pauvreté au Québec  
Groupe d'entraide à l'intention des personnes séropositives, itinérantes et toxicomanes (GEIPSI)  
Groupe d'entraide Mercier-Ouest (GEMO)  
Groupe des aidants du Sud-Ouest (GASO)  
Groupe Information Travail  
Groupe L'entre Gens  
Groupe Maman / Mouvement pour l'autonomie dans la maternité et l'accouchement naturel  
Groupe Promo-Santé Laval  
Guides au Québec  
Habitat pour l'humanité / Province de Québec  
Habitations les 11 volets  
Habitations Nouvelles Avenues  
Habitations pignon sur roues  
Habitations Ste-Marie  
Héma-Québec  
Hockey 4 Youth Foundation/Fondation hockey pour les jeunes  
Hommes Québec  
Hôpital chinois de Montréal - CIUSSS-CSMTL  
Hôpital de LaSalle - CIUSSS-ODIM



# LIST OF MEMBERS 2021-2022

## H - L

Hôpital de Verdun - CIUSSS-CSMTL  
Hôpital Jean-Talon - CIUSSS-NIM  
Hôpital Maisonneuve-Rosemont - CIUSSS-EMTL  
Hôpital Notre-Dame - CIUSSS-CSMTL  
Hôpital Santa Cabrini - CIUSSS-EMTL  
Hôpital Ste-Anne - CIUSSS-ODIM  
Humanov-is  
Impulsion-Travail  
Information alimentaire populaire du centre-sud  
Institut de réadaptation Gingras-Lindsay-de-Montréal - CIUSSS-CSMTL  
Institut Douglas - CIUSSS-ODIM  
  
Institut universitaire de gériatrie de Montréal / Pavillon Alfred-Desrochers - CIUSSS-CSMTL  
Institut universitaire de gériatrie de Montréal / Pavillon Côte-des-Neiges - CIUSSS-CSMTL  
Inter-Val 1175  
JAME J'apprends avec mon enfant  
JEUNES ENGAGÉS POUR LE  
DEVELOPPEMENT DURABLE (JEDD)  
Jeunes Étoiles  
Jeunesses Musicales Canada  
Juristes à domicile  
Kabir Cultural Centre  
Katimavik  
La Centrale Galerie Powerhouse  
La Clé des champs réseau d'entraide pour personnes souffrant de troubles anxieux  
La Fille Du Laitier  
La fondation canadienne du rein  
La Fondation des Aveugles du Québec  
La Grande Porte  
La Maison Benoît Labre  
La Maison de la Sérénité  
La Maison des Femmes Sourdes de Montréal  
La Maison des Parents de Bordeaux-Cartierville  
La Maison des Petits Tournesols  
La maison du partage d'Youville  
La petite maison de la miséricorde  
La Piaule, local des jeunes  
La Place Commune  
La Porte jaune  
La Relance Jeunes et Familles  
La Transformerie  
L'Artothèque  
Le Bon Citoyen  
Le Foyer St-Antoine de Longueuil  
Le Mûrier  
Le Parados  
Le Phare des AffranchiEs  
Le TAZ Skatepark  
Le temps d'une pause  
Legados - Institut latino-américain de transmission de la langue et la culture  
L'Equipe Entreprise  
Les 2 Mondes  
Les Accordailles  
Les amis de la santé mentale  
Les Amis du Jardin botanique  
Les Ateliers d'Antoine  
Les Cuisines collectives du Grand Plateau  
Les Habitations À Ciel Ouvert

## L - P

Les Habitations les Boulevards de Montréal-Nord  
Les Jumeleurs / espace communautaire  
Les Mains du Quartier  
Les Passerelles Globale  
Les Petits Frères  
Les toits d'Émile  
Les voix de la poésie / Poetry In Voice  
L'Étoile de Pacho - Réseau d'entraide pour parents d'enfants handicapés  
L'Hirondelle, services d'accueil et d'intégration des immigrants  
L'institut universitaire en santé mentale de Montréal - CIUSSS-EMTL  
Lire et faire lire  
Livart  
Logifem  
Loisirs communautaires Saint-Michel  
Loisirs récréatifs et comm. de Rosemont  
L'Unité d'intervention l'Anonyme  
Ma Chambre inc  
Maison de la Famille de Laval-Ouest  
Maison de la famille de Mirabel  
Maison de l'amitié  
Maison de soins palliatifs et centre de jour St-Raphaël  
Maison des enfants de l'île de Montréal  
Maison des Familles de Mercier-Est  
Maison des Jeunes de l'Est de Laval  
Maison des jeunes du Plateau  
Maison d'Hérelle  
Maison du développement durable  
Maison Elizabeth  
Maison Kangourou  
Maison l'Éclaircie de Montréal  
Maison Marguerite de Montréal Inc.  
Maison multiethnique Myosotis  
Maison Plein Cœur  
Maison Vivre  
Manoir Ronald McDonald Montréal / Fondation des Amis de l'Enfance  
Marché Ahuntsic Cartierville  
Mères avec pouvoir  
Micro Recyc Coopération  
Migraine Québec  
MinibiblioPLUS  
Mission Bon Accueil  
Mission communautaire de Montréal  
Mission St-Michael  
Mondial de la bière  
Montréal Relève  
MR-63  
Musée de l'aviation de Montréal  
Musée Marguerite-Bourgeoys / Chapelle  
Notre-Dame-de-Bon-Secours  
Musée McCord  
NAOS Jeunesse: la créativité en action!  
Nord-de-l'Île-de-Montréal - CIUSSS-NIM  
Nourri-Source Montréal  
Opération Placement Jeunesse  
Option consommateurs  
Orchestre Métropolitain  
Ouest de l'Île de Montréal - CIUSSS-ODIM  
Outremont Covid-19 Help Foundation  
Oxy-Jeunes  
PAAL Partageons le monde  
Parahockey Montréal

# LIST OF MEMBERS 2021-2022

## P - S

Parkinson Québec  
Parrainage civique Montréal  
Partage & Solidarité  
Partageons l'espoir (Québec)  
PAS de la rue  
Patro Le Prévost  
Pause Famille  
Perspectives Jeunesse  
Playwrights' Workshop Montréal (Inc.)  
Plein Milieu  
Plein sud, centre d'exposition en art actuel à Longueuil  
Portage mère-enfant  
Porte Parole  
Pracom (PProgramme Alternatif COMMunautaire)  
Procure  
Programme des bénévoles - Revenu Canada/Revenu Québec  
Projet Ado-Communautaire en Travail de rue  
Projet Changement / Centre communautaire pour aînés  
Projet collectif en inclusion à Montréal (PCEIM)  
Projet Genèse  
Pro-Vert Sud-Ouest  
R Magazine  
RAAMM / Regroupement des aveugles et amblyopes du Montréal Métropolitain  
Racine Croisée Solidarité Sawa  
RECLAIM Literacy  
Refuge des Jeunes de Montréal  
Regroupement québécois des maladies orphelines  
Relais Côte des Neiges  
Répit Une Heure pour Moi  
Répit-Ressource de l'Est de Montréal  
Réseau M  
Réseau québécois d'action pour la santé des femmes (RQASF)  
Réseau Secours Animal  
Réseau-Bénévoles de Verdun  
Résidence Alexis Nihon  
Résolidaire / Réseau bénévole Hochelaga-Maisonneuve  
Ressources communautaires Oméga  
Ressources Jeunesse de Saint-Laurent  
Resto Plateau  
Résultats Canada  
Retournzy, coop de solidarité  
Rêvanous  
REVDEC  
ROCFM  
ruelle de l'avenir  
Sac à Dos / Action-Réinsertion  
SAESEM / Éco-quartier Peter McGill  
Santropol roulant  
Say Ça!  
Scouts du Montréal métropolitain  
Secteur Ouest-de-l'île : Centre d'hébergement Denis Benjamin Viger - CIUSSS-ODIM  
Seréna Québec  
Service correctionnel Canada / District Montréal métropolitain  
Service correctionnel Canada-Établissement de Joliette

**Total number of active members as of  
March 31, 2022: 518**

## S - Y

Service d'aide communautaire Anjou  
Service d'aide et de référencement aîné d'Anjou (SARA d'Anjou)  
Service de garde de la Chambre de la jeunesse  
Service d'entraide Passerelle (SEP)  
Service d'intégration au marché du travail par objectifs (SIMO-Emplois)  
Services bénévoles aux aînés de Ville-Émard/St-Paul  
Sésame inc.  
Skateboards For Hope  
Société allemande de Montréal  
Société Alzheimer de Montréal  
Société canadienne de la sclérose en plaques (Division du Québec)  
Société canadienne du cancer  
Société canadienne du sommeil  
Société de Saint-Vincent de Paul de Montréal  
Société d'habitation Chambrelle  
Société environnementale de Côte-des-Neiges / Éco-quartier  
Société pour la protection des animaux (SPA)  
SOFAD  
Sport et loisir de l'île de Montréal  
Suicide Action Montréal  
Sun Youth Organization / Jeunesse au Soleil  
Super Sublime  
Table de quartier Peter-McGill  
Table de Quartier Sud de l'Ouest-de-l'Île (TQSOI)  
Table Montreal-afrique  
Tel-Aide Montréal  
Tel-Écoute  
Terre Sans Frontières  
Textil'Art Laval  
The Bigger Data  
The Other Theatre  
Théâtre Déchaînés  
Théâtre Le Clou  
Théâtre Lyrichorégra 20  
Théjère, La  
Toujours ensemble, inc.  
Transit Secours Region Montreal/Shelter Movers Montreal Region  
Triathlon International de Montréal  
Umerls - Unité Mobile Entretien & Réparations en Logements Sociaux  
Un prolongement à la famille de Montréal  
Unis pour les petits  
Vélo Québec Événements  
Vents d'espoir de la Vallée du Saint-Laurent  
Vers l'équilibre  
Vers Vous - Centre de services bénévoles aux aînés de Villeray  
Vie autonome - Montréal  
viglob  
VIOMAX  
Vivre Saint-Michel en santé  
Wapikoni Mobile  
Y des femmes de Montréal  
Y4Y Quebec

2015 Drummond street, office #300  
Montreal, Quebec, H3G 1W7  
514 842-3351 | cabm.net



English translation/adaptation: Peggy Niloff