



# SERVING VULNERABLE WOMEN SINCE 1977

Chez Doris, vital empowerment for women in vulnerable situations, helping them rebuild their lives and unlock their full potential.

**FROM HARDSHIP  
TO AUTONOMY**



# A PATH TO AUTONOMY TAILORED TO THEIR NEEDS

Chez Doris offers women in Montreal personalized support on their path to lasting autonomy—whether they are students, retirees, precariously employed, or experiencing homelessness.

When a woman finds the courage to walk through our doors, she often carries the weight of traumatic experiences or is unable to meet her basic needs. Since 1977, we have prioritized providing essential care: food, a safe place to sleep, clothing, and a welcoming environment. Over the years, we have established support programs, preventive care and development initiatives to help women regain control of their lives and become self-sufficient.

Every year, more than 1,500 women find a warm welcome, an attentive ear and essential assistance at Chez Doris. We respect each woman's personal definition of success.

## VALUES THAT GUIDE EVERYTHING WE DO

- 
**Inclusion**  
 We create an environment where every woman feels welcomed, safe, included, and respected, and where confidentiality is always preserved.
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**Equity**  
 We support all women equitably by backing initiatives that reduce discrimination. We acknowledge the lived experiences of poverty, violence, and homelessness, while encouraging respectful relationships with Indigenous peoples and other cultures.
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**Dignity**  
 We believe that every woman has the right to be safe, included, respected, and accepted for who she is. That is why our services value individuals and are free from judgment.
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**Compassion**  
 We place kindness and respect at the heart of our approach, in the belief that every person is capable of growing, rebuilding, and thriving fully.



# CHEZ DORIS: MUCH MORE THAN A SHELTER

We help the most vulnerable women get off the street or avoid ending up there through support and prevention programs, as well as practical assistance to face their challenges. Chez Doris has several service locations in Montreal, accessible 24/7:

- △ a day centre;
- △ a night shelter;
- △ a health and social services centre;
- △ transitional and permanent housing.

## AT CHEZ DORIS, SUPPORT TAKES MANY FORMS

**Needs**  
 Helping women access services that meet their basic needs, such as eating, dressing, washing, and sleeping safely.

**Housing**  
 Supporting women in a vulnerable situation or experiencing homelessness in their journey towards stable housing and directing them to other useful services.

**Social and Cultural Well-being**  
 Offering recreational and cultural activities to counter isolation, strengthen social ties, and promote emotional well-being (mental health could be an alternative to emotional well-being).

**Financial Stability**  
 Providing money management programs and guidance, tax clinics and psychosocial support to ensure financial and residential security.

**Physical Health**  
 Facilitating access to general and specialized health care through the day centre and the health and social services centre.

**Mental Health**  
 Helping women access mental health and addiction services to improve their well-being and self-confidence.



# SINCE OPENING IN 1977

Chez Doris continuously broadens its range of programs and services to address the ever-evolving needs and the significant rise in the number of vulnerable women in Montreal. Our team employs a diverse and flexible approach, using various tools to tailor our support to the unique challenges and realities of each woman who seeks our help.

1977

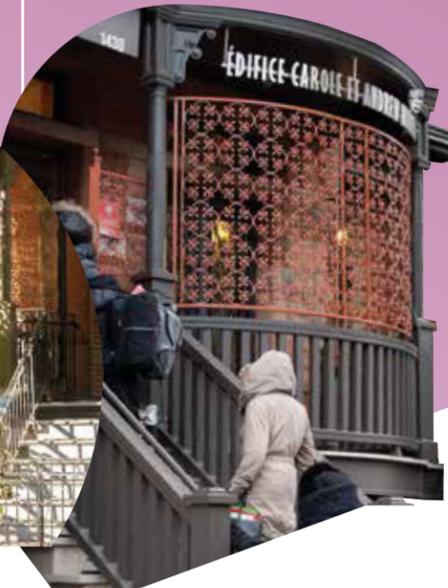
DAY CENTRE  
1430, Chomedey Street



- Safe respite place (dormitories)
- Meals, showers and laundry
- Access to a medical clinic
- Socio-recreational and cultural activities

2022

HEALTH AND SERVICES CENTRE  
1445, Lambert-Closse Street



- 20+ programs
- Monthly assistance for purchasing food products
- Access to a medical clinic
- Pre-employment program
- Community collaboration and socio-recreational activities



2022

NIGHT SHELTER  
1437, Chomedey Street



- Dormitory (24 spaces) and common areas with support services
- Access to showers and nightwear
- Evening meals and snacks

2023

BASH SHETTY RESIDENCE  
1565-1575, Saint-Andre Street



- 20 individual rooms
- Each resident enjoys a private room with ensuite bathroom
- Common facilities
- Permanent on-site professional and security team



2023

MARCELLE AND JEAN COUTU RESIDENCE  
2233, de Champlain Street



- 26 independent living studios for women
- Common facilities
- Daytime staff and support services
- Individual follow-up program



2025

SAINT-HUBERT RESIDENCE  
1617-1621, Saint-Hubert Street

- Transitional residence to accommodate vulnerable women
- 20 rooms
- Common facilities
- Various recovery programs
- Opening planned for late 2025

2028

FULFORD RESIDENCE  
1221, Guy Street



- New day centre (including all our services)
- Residence open and accessible 24/7
- 20+ rooms
- Targeted opening in 2028



14,000+ VISITS TO THE DAY CENTRE PER YEAR

# WHO IS DORIS?

Chez Doris was founded in 1977, in response to a heartfelt plea from Doris, a young woman who struggled to survive on the streets of Montreal.

Isolated, impoverished, and battling alcoholism, Doris dreamed of a safe space where she would not be judged. She never found that place: she was found on November 3, 1974, killed by a horrific act of violence, unpunished to this day. Her wish, however, inspired the creation of Chez Doris, a place where vulnerable women have been finding safety, respect, and comfort ever since.



*"Montreal is a wonderful city, but there is still so much to be done to support our homeless women. My commitment comes from my memory of arriving in Montreal as a young immigrant girl. My mother spoke neither English nor French, and we simply survived. Today, it is essential to help Chez Doris support those who have not had the same good fortune. Women are the backbone of our society. Helping them helps us all."*

**Mila Mulroney**

Ambassador, Chez Doris and supporter in the reopening of the Fulford Residence

*"A year ago, I was at an all-time low; I had lost contact with my children. I was in a downward spiral, even though I had been leading a normal life just five years before. Just as you can spiral downward, I discovered that with the right help, you can also climb back up. My life has been transformed since I found a place at Chez Doris, in the Marcelle and Jean Coutu Residence. I have all I need to succeed: a family, education—and with so much support, I feel that things are improving every day."*

**Marie Larocque**

Resident, Marcelle and Jean Coutu Residence  
Mother, grandmother, author of three novels, and survivor of homelessness



**THE MOST  
VULNERABLE  
WOMEN NEED US**

***The need is urgent.***

**Chez Doris**  
1430, Chomedey Street  
Montreal (Quebec) H3H 2A7  
514 937-2341  
[chezdoris.org](http://chezdoris.org)