

ANNUAL REPORT 2018-19



Projet Communautaire de Pierrefonds

PCP MISSION, OBJECTIVE AND VALUES

PROJET COMMUNAUTAIRE DE PIERREFONDS(PCP) is a non-profit community organization providing programs and services to low income, multiethnic families.

We strives to create an environment which is deeply sensitive and respectful of the needs and aspirations of children and their families: an environment which is especially committed to recognizing and valuing the diversities of people from all ethnic backgrounds.

The objective of PROJET COMMUNAUTAIRE DE PIERREFONDS is to establish an alternative services organization which is community based. The organization shall belong to the people from the community being served in terms of governance. The organization shall be open, flexible, accessible and its programs adapted to the needs of the people being served.

We are a community based organization which provides support for families from the West Island.

We work in partnership with diverse families from the West Island area to:

- ◆ Develop a community spirit;
- ◆ Develop friendships and a support network;
- ◆ Learn about community services;
- ◆ Improve racial harmony;
- ◆ Develop personal awareness;
- ◆ Improve parent - child relationships;
- ◆ Practice French and English;
- ◆ Build autonomy;
- ◆ Prepare children for school;
- ◆ Offer educational support;
- ◆ Relieve isolation.



LETTER FROM PRESIDENT

This last year was every bit as busy as everyone expected it was going to be!

We moved to this location on 18th September, 2018 and held our first AGM here on 24th September. As many of you know from firsthand experience, it's a huge job; first to pack up from the old place where we were for over 23 years, and then to set up in the new. All staff worked really hard, especially to prepare the preschool room. It took some time but all was in readiness by the time the children arrived on their first day. We are now in freshly painted, clean and bright spaces, with some much needed new equipment, toys and supplies. The parents and children have been very grateful and pleased at the happy faces that greet them at arrival and the positive changes they are now experiencing at PCP.

As promised at the last AGM, the Board took to heart the questions raised by members; by reading and discussing the Bylaws to fully understand the roles and responsibilities of every member. It was determined that the existing document was very strong and sound, as it was. Minor changes have been made to define more clearly the points that came up. Those changes were sent to members in the package before the AGM, who will be asked to vote their approval.

This spring again saw flooding in Pierrefonds and Ile Bizard. Thanks to the efforts of the municipality in making preparations ahead of time, under the guidance of Mayor Beis, the damage was far less extensive than in the year 2017. PCP was there to help fill sandbags, bring pizzas and the "mothers' kitchen group" prepared food to feed the hard working volunteers. The community spirit shone through and gave us a chance to show our gratitude to the city for all their continued generosity towards us, now and over the past many years.

The programs were successful with participation of all member families, volunteers and stagiers. Please read the whole report for details.

The board worked very hard behind the scenes so that PCP staff would continue providing all programs and services without interruption; they provided IT support, produced a new Employee Handbook to explain to staff their rights and responsibilities, a full "Code of Conduct" was introduced to be signed by all staff, board members and volunteers, provided help to the executive director in the absence of manuals and archives to work from, wrote contracts to be signed with staff, helped arrange and cook community lunches, provided supplies and snacks for preschoolers, worked on committees to help staff offer better programs/services, help design and organize a new website and as ambassadors promoted the organization in the community. They met more often to accommodate time to devote to all the decisions that needed to be taken.

As hard as it was for us all, this year has been a success. There is still work to be done to improve our membership numbers. We already have many ideas which will be implemented as of September when staff come back from vacation.

My report is never complete without the mention of gratitude for the wonderful support from all our donors, who make our members' experience so much fuller in so many different ways; with their financial support, through gift certificates, warm clothing, bicycles for the children, their expertise and donation of their precious time.

I thank you all from the bottom of my heart on behalf of the member families and children, staff and the Board. We could never provide the quality of services/programs without you!

Sukhy Basra
President

PCP TEAM

EXECUTIVE DIRECTOR

Chad Polito (no longer works with PCP)

DIRECTOR OF PROGRAMS

Steven Valin

PRESCHOOL COORDINATOR

Afnan Moujaber

MOTIV-ACTION AND COMMUNITY KITCHEN & LUNCH COORDINATOR

Claudia Tulba

DAY CAMP AND SCHOOL PROGRAMS COORDINATOR

Carméllie Paula Auguste

PRE-SCHOOL AND MOTIV-ACTION ASSISTANT

Gayathri Rasiah

(has gone back to her studies fulltime)

BOARD OF DIRECTORS

PRESIDENT

Sukhy Basra Community

VICE PRESIDENT

Joe Allen Community

TREASURER

Tom Hamilton-Piercy Community

SECRETARY

Fabrice Savadogo Community

DIRECTOR

Claudia Rourke-Frew Community

Shirlyna Khallil Community

George Marks Community

Nirmal Bal Client

Shakeel Raja Client



SPECIAL EVENTS

- ❖ **April/May Volunteers Dinner:** Every year our current volunteers and staff are invited to a dinner so we can show our appreciation. This year the dinner took place at La Perle in May and 33 people were in attendance.
- ❖ **A Community Christmas Party** for our members was held on the 9 December, 2018 at the Centre Culture de Pierrefonds. 12 Volunteers from Rolls Royce came as always and helped set up all the food, cleared up afterwards and brought Santa with his elf. 31 families with 56 children attended the special event. All the gifts came from Pfizer, beautifully wrapped and the children were thrilled, the same as every year. In addition, we received a generous donation of school supplies from Pfizer in August just in time for back to school! Thank you again Pfizer!
- ❖ **Community Lunch:** Mayor Beis is a regular at our community lunches where he helps us serve the meals.
- ❖ **Member of Parliament Annual BBQ:** On 13 July, for the third time PCP was invited to MP for Pierrefonds-DDO, Mr Frank Baylis's BBQ. Our coordinators represented the organization to inform the community and other organizations about us. Over the years we have received help/advice from Mr Baylis's office: how to navigate applications for funding available from the Federal Government and help write

up the changes to our bylaws, just to name two. Thank you Mr Baylis for the support we've received from you and your team over the past 4 years. We are sorry to find out that you will not be standing for elections in October. We wish you all the best.



HOW TO HELP

If you are interested in volunteering with PCP or making a donation, please contact us at 514-684-5995 or email Steven Valin at svalin@pcpwi.net.

We are always looking for volunteers to help support our programs, please come by and learn more about our programs and how you can contribute your time and expertise.

STATISTICS: IMPACT ON THE COMMUNITY



778 children
392 families



Preschool

30 participants
924 hours of class time
over 33 weeks



Young
Mothers
Group

21 mothers
20 children
81 hours of workshops &
discussion groups



Motiv-action
Homework
Program

61 children from
48 families benefited from
224 hours of tutoring
assistance & socialization



Community
Kitchen

10 members participated in
74 hours of recipe
sharing & socialization



Community
Lunch

301 people enjoyed
a healthy meal and got to
know their community



Volunteers

132 volunteers provided
6500 hours of support
for the community



École Sainte-
Geneviève
Ouest Programs

510 students



Visiting
Mothers

3 families
6 children



Summer
Camp

80 children

OUR PROGRAMS

École Sainte-Geneviève Quest programs

(Ange de la cour, Oasis, Motiv-Action)

With instances of violence and bullying on the rise in schools, these programs seek to reduce classroom disturbances and anti-social behavior at the school through conflict resolution and empowerment. Students in grades 5 and 6 are trained to become activity animators as well as leaders in conflict management.

The goals of the program are to:

- ◆ Reduce the use of violence through conflict resolution;
- ◆ Increase self-esteem;
- ◆ Promote mutual help and respect;
- ◆ Develop a sense of belonging;
- ◆ Develop the social, collective and personal skills of children through structured activities.



Summer Camp

PCP offers an exciting 6 week summer camp program for children 6 to 12 years old. A daycare service is also offered before and after camp each day. We see summer camp as an opportunity to introduce newcomers and those isolated in our community to places of interest in the city of Montreal and its surroundings. Our camp is a place for children to make new friends and create lifelong memories in a safe and supportive environment.



HIGHLIGHTS: ÉCOLE ST. GENEVIÈVE PROGRAMS

Although PCP has been running this program at École St. Geneviève for 17 years, it was my first year to run the Oasis, Ange de la Cours and daycare programs. It was a whole new challenge for me.

I noticed that there were many more special needs children here. I established the protocols, created an intervention plan, developed social skills workshops and offered resources to the parents to help them. We also went to sing at a daycare nearby.

For me the highlight of the program was the formation of “Soccer Entrepreneurship Project” with two

very ambitious Grade 6 students who brought in and involved other elementary schools in the neighbourhood. This was a great achievement and very close to the heart of Mme Ostiguay’s vision of more sports in the childrens’ lives. We would like to continue this moving forward.

I am very satisfied at the two new items I introduced to a tried and true program and would like to thank PCP for offering me this wonderful opportunity to shine.

Paula Auguste

Day Camp and School Programs
Coordinator



PRESCHOOL PROGRAM

The preschool program is offered to children 3 to 5 years old and offers them a stimulating environment that promotes their overall development, in a safe and harmonious context.

The goal of the program is to prepare the child for kindergarten in order to succeed in the new school year. The activities of the program are aimed at developing psychomotor, emotional, social, linguistic, cognitive and methodological skills.

Through play, the child learns to communicate, to establish relationships with others, to discover their personality, to gradually develop their autonomy, to discover the world and follow a routine in accordance with the rules of the class.



HIGHLIGHTS FROM THE YEAR: PRESCHOOL

I am delighted to see the progress of our youngest children and to contribute to their success. I am proud that our children have successfully overcome their challenges with a lot of perseverance for a smooth transition to kindergarten.

After participating in the preschool program, the children are able to better express their needs, they have learned to listen to others, to respond to their needs, to express their frustrations and to resolve their conflicts without the help of the interveners.

I am proud to see the children succeed in adapting to new environments while regulating their emotions. The curiosity

of our little ones led them to discover the world around them and to develop their personalities.

In terms of social relationships, the children are now able to spontaneously greet a peer, make demands and respect the space of others, which will be very beneficial for when they start kindergarten.

In September, the children did not communicate in French, it was a new language for all our little ones. Today, the children have a good understanding of French and they are able to make simple requests.

Afnan Moujaber
Preschool Coordinator



MOTIV-ACTION HOMEWORK PROGRAM

Our after-school program serves children 6 to 12 years of age by providing academic and social support. The goals of the program are to help each child become more autonomous in their homework and to develop their social skills through group activities. We also foster parental involvement in the education of their children.



HIGHLIGHTS FROM THE YEAR: MOTIV-ACTION

The year started with many changes: new management, a new location, and the profile of families enrolled in the program has changed as well.

However, we kept the same format: the school success component and the social skills component.

After long hours spent in school, it is normal for children to want to participate in different activities. So, we prioritize positive reinforcement with small rewards or giving them the power to choose the games. The children also liked having responsibilities like distributing the snacks, putting away their chairs, sharpening pencils, etc.

In the fall session, children were put in teams of four. When they finish their homework, cover and book exercises, they have the chance to win rewards. This routine has increased the motivation of children.

During spring break, we offered 3 days activities and trips for children and families. A day of PCP games and two outings: at the Sugar Shack and ZigZagZoo. In order to promote literacy, but also to explore the services offered nearby we went to visit the Roxboro library in the month of February.

We greatly appreciate the contribution of our volunteers and interns, without whom we would not have been able to offer this homework assistance program.

And we would like to say a big thank you to all the parents, teachers, volunteers and interns who helped make this program a success and congratulations to all the children.

Claudia Tulba
Coordinator of Extracurricular Programs



Community Lunch

PCP provides a low-cost, three course healthy meal on the last Friday of each month in an effort to bring together various members of the community. We are pleased to have **Born to Read** provide a story and activities for children at each community lunch.

Community Kitchen

Our community kitchen is offered every Friday from 9:00 am-12 noon. In a safe and welcoming environment, mothers have the opportunity to learn new recipes, make new friends and leave with a meal for their family.

Mother's Group

This program is offered to young mothers who have children between 0 and 5 years old.

The goal of the program is to:

- ◆ Break isolation;
- ◆ Work progressively towards the separation between mother and child;
- ◆ Practice parenting skills;
- ◆ Foster the development of a



- ◆ support network;
- ◆ Facilitate informal discussions on various topics of concern to mothers. The program is divided into two parts:
- ◆ The first part aims at the overall development of toddlers, through various activities that help them gradually develop their social and motor skills.
- ◆ The second part is geared towards the social and personal development of mothers through fun workshops and discussions.

Visiting Mother program

The objective of the Visiting Mother program is to pair mentors with young women who may need extra support with the arrival of a new baby. The new mothers are referred to PCP by CLSC nurses or social workers. The Visiting Mothers nurture and listen without judgement to new mothers who live in our community. They help the mothers learn to cope when they are overwhelmed by issues of poverty, physical and mental health, social isolation or dealing with family problems.



HIGHLIGHTS

Community Kitchen

In February 2019, as part of the Community Kitchen Program, participants were invited to lunch to discuss the new format of the program.

Participating mothers had the chance to share their specific culinary recipes of their countries of origin. Every week a different chef was in the kitchen who presented the meal she was preparing and prepared for the other participants. The prepared food was shared and taken home with each participating mother.

Seeing how mothers shared with recipes, their culture, their future, their know-how, gave me a real sense of accomplishment and enthusiasm.

I thank you all for your participation and I invite you to come back in September to discover several flavors, other cultures, make friends and have fun together.

Claudia Tulba

Coordinator of Extracurricular Programs

Mother's Group

The program was very successful this year thanks to the active participation of the mothers who contributed to the success of the program. This year's discussions were based on the needs of moms who face different challenges with their toddlers. The discussions were led by the program coordinator and enriched by the moms thereafter.

I am proud to see moms come out of their homes and participate in social activities. Moms were happy to play a role in the community and to have the chance to express their concerns with other moms. The discussions were beneficial because they were open and in the form of exchange of experiences, not teaching.

I am very satisfied with the achieving my goal of breaking the isolation of mothers. I am proud to be able to change their vision of a woman's role, which is not limited to the needs of the family and the home. I'm also happy to know that moms continue to meet outside of the program, so they managed to expand their social network.

Afnan Moujaber

Program Coordinator

OUR MAJOR FUNDERS



THANK YOU

COMMUNITY
BORN TO READ



OUR PARTNERS

Our partners' contributions to our organizations growing need is something that we cannot do without. They send us referrals, stagiaires, volunteers, gifts (goods and/or money), Christmas baskets. Their involvement helps us run our programs in an efficient manner. A simple thank you doesn't really express our deepest appreciation for the help.

We greatly value your partnership and look forward it to see continue in the new year.

- ❖ Government of Canada
- ❖ Government of Quebec
- ❖ Centre intégrés universitaire de santé et de services sociaux de l'Ouest de l'Île (CIUSSS-ODI)
- ❖ CLSC Pierrefonds and Lac St-Louis
- ❖ Borough of Pierrefonds-Roxboro
- ❖ Les centres de la jeunesse et famille Batshaw
- ❖ Les Centres Jeunesse de Montréal – Institut Universitaire
- ❖ Université du Québec à Montréal, McGill University and Concordia University
- ❖ Cégep du Vieux Montréal and John Abbott College
- ❖ High Schools: Collège Beaubois, Collège de l'Ouest de l'Île, Félix Leclerc, Saint George, Jean XXIII, Pierrefonds Comprehensive
- ❖ Elementary schools: Dorset, Dollard des Ormeaux, Bois de Liesse, Terry Fox, du Grand Chêne, Saint Gérard,

Lalande, Murielle-Dumont, Perce-Neiges, Joseph Henrico, Saint Louis, Sainte Geneviève Ouest, Westpark and Springdale

- ❖ National Bank
- ❖ Royal Bank of Canada
- ❖ West Island Volunteer Bureau
- ❖ West Island YMCA
- ❖ West Island Assistance Fund
- ❖ Pfizer Canada
- ❖ Dormez-vous
- ❖ SPVM – Poste de Quartier 3
- ❖ SPVM – Poste de Quartier 4
- ❖ Roxboro United Church
- ❖ Le goût de Lire / Born to Read
- ❖ Employees from Rolls Royce
- ❖ Cookies et sa Garde-Robe
- ❖ The Gazette Christmas Fund

A special thanks to WICS, Centraide, Born to Read, SPVM.

Summer camp staff is funded by Canada Summer Jobs Grant. Borough of Pierrefonds-Roxboro donates funding towards it too.

Special Donations: A large quantity of winter coats by Dormez-vous, over 100 bicycles from National Bank, 20 baskets at Christmas from various schools, 25 gift certificates from The Gazette Christmas Fund, an abundance of hand knitted mitts and booties from Royal Bank and even furniture donated by Rolls Royce team leader. All these gifts were distributed amongst our families. Thank you all!!!



116, rue Cartier, Roxboro QC H8Y 1G8
(514) 684-5995
<http://www.pcpwi.org>



Designed by Winston Zhang
Image credit: Projet Communautaire de Pierrefonds;
macrovector / Ram-clotario / Alvaro_cabrera / Kubanek / Freepik