



ANNUAL REPORT OF ACTIVITIES 2022 | 2023



**A ROOF FOR
EVERYONE,
TOGETHER IT IS
POSSIBLE!**

TABLE OF CONTENTS

1	WORD FROM THE PRESIDENT	2	BOARD OF DIRECTORS
3	WORD FROM MANAGEMENT	4	A ROOF FOR EVERYONE, TOGETHER IT IS POSSIBLE!
5	OUR SERVICE OFFERINGS AND GOALS	7	MON SHACK'S COMMITTEES
8	THE YEAR 2022-2023 IN NUMBERS	9	A FEW PROJECTS FOR THE YEAR 2022-2023
10	OUR WORKING TEAM	11	A CONTINUING EDUCATION
12	MON SHACK, A PLACE RICH IN LEARNING OPPORTUNITIES!	13	OUR PROGRAM OF WORKSHOPS AND ACTIVITIES
15	OUR IMPACT IN THE COMMUNITY	16	OUR INTERVENTION SERVICES
17	EVERY DONATION MAKES A REAL DIFFERENCE!	18	A FUNDRAISING DINNER FOR THE BENEFIT OF MENTAL HEALTH
19	OUR VOLUNTEERS, A VALUABLE RESOURCE AT MON SHACK!	20	PARTNERSHIPS AND COLLABORATIONS
22	COMMUNICATIONS AND REPRESENTATION STRATEGIES	23	MON SHACK 2.0 - PRESS CONFERENCE
24	VISIBILITY OF MON SHACK	25	GOALS AND PRIORITIES FOR 2023-2024
26	THANK YOU TO ALL OF OUR PRECIOUS PARTNERS!		

WORD FROM THE PRESIDENT OF THE BOARD OF DIRECTORS



Dear members,

I am pleased to present the annual report of activities for the year 2022-2023. It reflects the collective efforts of our organization, the results of our actions on behalf of the community and our members, as well as our achievements, challenges and prospects for the future. During the year, we worked hard to fulfill our mission and meet the needs of the people we serve. The annual report of activities clearly illustrates how Mon Shack's bilingual service offer meets the needs of each of its tenants, and involves the whole community. In fact, the clinical team carried out 2,229 interventions during the year, in addition to activities and workshops that attracted 3,343 participants from both the community and Mon Shack tenants.

We have made great strides in many key areas, including fundraising, volunteer engagement and staff recruitment. We also have strengthened our visibility on various networks and in the community. What's more, this year heralds the start of innovative community projects. Indeed, 2022 marked the launch of the Mon Shack 2.0 and Univers-Shack projects. We believe that these major projects will serve as a model for other organizations, but first and foremost they are projects that will have an unprecedented impact on the community and on the people we serve.

Philanthropy also plays an important role at Mon Shack since it's what keeps the organization going from day to day. With this in mind, I'd like to thank all our generous donors, as well as Josée Parent, the organization's general manager, and her administrative assistant, Marylène Bolduc, who do extraordinary work in fundraising and research. In 2022-2023, Mon Shack was able to make judicious decisions and maintain exemplary budgetary discipline, thereby reinforcing our financial stability and guaranteeing the sustainability of our actions.

However, we must bear in mind that this financial success is precarious, for without philanthropic donations, Mon Shack would not be able to operate. This challenge prompts us to increase our initiatives and to continue innovating to better serve our community.

I hope this annual report of activities provides a glimpse of our work and our impact in the community. I'm proud of what we've achieved together, and grateful for your continued support of our work.

Sincerely,


President of the Board of Directors

OUR BOARD OF DIRECTORS



From left to right on photo: Émilie Beaudet, David Plante, Marc-Antoine Lapointe, Julie Labbé, Frédéric Bossé and Hélène Boivin. Absent from photo: Alexandre Beaudet.

Mon Shack's Board of Directors is made up of seven directors elected at the Annual General Meeting:

Marc-Antoine Lapointe | President

Law-MBA university student

Julie Labbé | Vice-President

Social worker at CIUSSS Estrie-CHUS

Frédéric Bossé | Secretary

Global Pricing Coordinator at BRP Inc.

Hélène Boivin | Treasurer

Accountant at Global Excel Management Inc.

Émilie Beaudet | Administrator

Tenant at Mon Shack

David Plante | Administrator

Tenant at Mon Shack

Alexandre Beaudet | Administrator

Director of talent management at Libeo

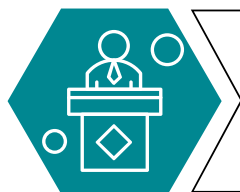
The Board of Directors met nine times during the 2022-2023 fiscal year, including eight regular meetings and one special meeting. The Board is continuously working on these various issues:



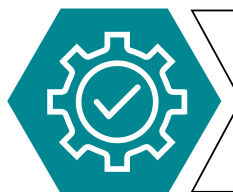
FUNDRAISING



PREPARATION OF
VARIOUS DOCUMENTS



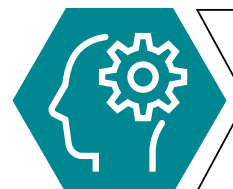
ORGANIZATION
REPRESENTATION



SOUND MANAGEMENT OF
THE ORGANIZATION



PARTNERSHIP
DEVELOPMENT



DEVELOPMENT OF THE
ORGANIZATION'S SERVICES
AND MISSION



HUMAN RESOURCES
MANAGEMENT SUPPORT



MANAGEMENT SUPPORT

WORD FROM MANAGEMENT

10 YEARS, ONE PANDEMIC, TWO SHACKS AND A BRIGHT FUTURE AHEAD!

2023 marks the tenth year of My Shack...My choices...My future! I founded Mon Shack 10 years ago, after numerous consultations with local citizens and organizations and with the strong support of the community. Since beginning with heartfelt excitement, passion and a dream of doing things differently, a lot has happened! The journey has been filled with fabulous encounters, laughter, tears, hopes and dreams of doing things differently and together, for the well-being of the community.

Surrounded by the Board of Directors, in just five years, it was possible to proceed with the construction and opening of our first building, which opened its doors in 2018. In other words, in five years, we were able to found the organization, secure funding and build a unique intervention model to support young adults aged 18 to 35 living with mental health issues in their recovery journey. Mon Shack was innovative in its service offering and as a bilingual living environment open to the community.

Just when we thought we had achieved a certain stability following the implementation of our project, the COVID-19 pandemic hit. Against all odds, we came through this ordeal together, and rose to the challenge of maintaining all our face-to-face services during this period of social isolation that weakened a large part of the population. Together, we emerged even stronger and more resilient.

The tenth year of Mon Shack will be completed with the opening of a second site, Mon Shack 2.0, once again under the banner of innovation. This second site will offer 22 lightly-supported community housing units to maintain the gains of the recovery journey for adults of all ages living with mental health issues. Also, we will be launching the Univers-Shack space. This unique space in Quebec, which brings together Mon Shack, Bishop's University and the Université de Sherbrooke, will leverage the strengths of teaching, research, experiential knowledge and the community as support levers to promote mental health and well-being, as well as helping to strengthen ties within the community.

More than ever, we are counting on our fabulous Eastern Townships community to support our mission. Your precious donations, your volunteer involvement and your support for our mission contribute to our motivation to always do better, in collaboration with you, for the recovery of people living with mental health issues. Thank you to all those who, for the past 10 years, have accompanied us in our dreams, our challenges and our successes. Thank you to our tenants who are so persevering and resilient, to our committed Board members, to our dedicated staff, to our dynamic volunteers, to our generous donors and to all those who have contributed, in one way or another, to the evolution of our organization. Without you, nothing would have been possible!

10 years, one pandemic, two Shacks and a bright future ahead!



Josée Parent
Founder and General Director

A ROOF FOR EVERYONE, TOGETHER IT IS POSSIBLE!

MON SHACK

Mon Shack is a building consisting of 18 quality community housing units offered for rent at low cost to adults living with mental health issues. Mon Shack is also a stimulating, inclusive and fully bilingual living environment, open for free to the community.



OUR MISSION

Mon Shack, located in the Eastern Townships, has for mission to promote, develop, acquire, build and operate properties with the goal of offering supervised residential units and a living environment to adults living with mental health issues.



MON SHACK'S HISTORY

Mon Shack, operational since July 2018, is a non-profit organization, created in 2013 by and for the Eastern Townships community, at the initiative of its founder Josée Parent. Mon Shack is currently planning to add 22 more units, which should be available in fall 2023.

We believe in empowering people, in their strengths, in their ability to recover, and in the exercise of their citizenship.

The participation of tenants and those around them is also an integral part of the living environment.



THERE FOR YOU!

Mon Shack is open five days a week, Monday to Friday, 8:30 a.m. to 5 p.m. (12 months | 52 weeks a year). In addition, activities are offered once or twice a week until 8 p.m.

A STEP TOWARD INDEPENDENCE!

Much more than its services promoting mental health recovery and access to supervised community housing, Mon Shack is a springboard to independence, a living environment open to the community, which is key to good collective mental health!



OUR SERVICE OFFERINGS AND GOALS

SUPERVISED HOUSING

Mon Shack offers 18 supervised apartments adapted to the needs of young adults aged 18 to 35 living with mental health issues. Much more than supervised apartments, we offer a living environment that is bilingual, stimulating, inclusive, safe and open to the community. Our tenants benefit from intake and referral services, individual and group follow-up meetings, diversified workshops (group cooking, art therapy, physical fitness activities, budget management, etc.) and personalized support for the development of independence. We aim to develop and maintain healthy lifestyle habits in a setting that promotes mental health recovery, by encouraging people to regain control over their lives.

A LIVING ENVIRONMENT OPEN TO THE COMMUNITY

Our organization is open to the community in order to promote social diversity and inclusion among the Eastern Townships population, all in a bilingual environment. Our community environment helps to reduce the stigma of mental health issues, to break isolation, to develop social skills, to forge links with the community and to encourage the sharing of experiential knowledge. As such, we have many workshops and activities, as well as numerous committees, all of which are run by and for tenants. At Mon Shack, everyone has a voice!

MON SHACK 2.0 AND THE UNIVERS-SHACK SPACE

Inside this new building, known as Mon Shack 2.0, we will feature 22 community housing units under light support supervision, in addition to the Univers-Shack space. This innovative space will be developed in collaboration with two major partners: Université de Sherbrooke and Bishop's University. The project aims to be a living laboratory that will contribute to the improvement of mental health practices. This will include components such as research and innovation, in co-creation with teachers, students, research, as well as people living with mental health issues, their loved ones, and the Eastern Townships community.



OUR SERVICE OFFERINGS AND GOALS

Firmly rooted in its community, Mon Shack stands out for its bilingual service offering, which promotes mental health recovery, access to supervised community housing, personalized services and a living environment open to the community. The primacy of the individual is at the heart of our services in recognizing each person's rights, choices and experiential knowledge, while drawing on their strengths.

OUR GOALS

- Accompany people in their mental health recovery, fostering the development of their independence, self-esteem and sense of responsibility so that they can occupy a full and satisfying place in their community.
- Alleviate the emotional distress of people who use our services.
- Maintain egalitarian relationships between staff and clients, within established frameworks.
- Encourage member participation in defining or reaffirming the organization's mission, goals and operating methods.
- Set up a number of participative structures to foster democratic and associative life.
- Encourage society to be more tolerant of adults with mental health issues (educate, raise awareness, inform and support the community)
- Fight prejudice and stigmatization in solidarity to promote the recovery of people living with mental health issues.

OUR VALUES

Mon Shack's values apply at every level - to the Board of Directors, members, management, employees, volunteers and tenants.

SOLIDARITY

RESPECT

MUTUAL AID

EMPOWERMENT

OPEN TO THE COMMUNITY

EMPATHY

PARTNERSHIP

DEMOCRACY

SHARED RESPONSIBILITY

EVERYONE'S VOICE NEEDS TO BE HEARD!

Mon Shack has many active communities, and its members can get involved in the Board of Directors or the many committees in place. Some committees are formed by and for tenants, at their initiative. The organization's democracy involves several levels of decision-making bodies: the Annual General Meeting, the Board of Directors, the various "by and for" committees, and so on. In addition, the organization plans monthly meetings that bring together the clinical team and tenants to review past and future activities to vote and make decisions as a group. These are democratic meetings so that tenants have the power to modify services and get involved on the various committees in place. To this end, Mon Shack has organized 10 democratic meetings with its tenants for the year 2022-2023.



COOKING COMMITTEE

This committee is made up of five tenants who meet monthly with the support of a member of the clinical team to plan the recipes for the Friday cooking workshops, based on the food inventory available to the organization.

MON SHACK'S COMMITTEES



PHYSICAL TRAINING COMMITTEE

This committee, created this year on the initiative of one of our tenants, is made up of three tenants who motivate each other to plan physical training sessions using the organization's equipment.



ROXY COMMITTEE

This committee is made up of six tenants who share tasks as a team, according to their availability, to ensure the well-being of the organization's dog (Roxy) and that all its needs are met.



CLEANLINESS COMMITTEE

This committee is made up of the 18 tenants, as the cleanliness of the organization's common spaces is everyone's responsibility. The committee carries out the day's tasks, with everyone sharing responsibility for the organization's cleaning and maintenance.



WEEKEND COMMITTEE

This committee is made up of four tenants who organize occasional activities outside of the organization's main opening hours. These activities are organized "by and for" the tenants - a great way to plan seasonal group outings and outdoor activities.



OUTDOOR ACTIVITY COMMITTEE

This committee is made up of four tenants who are responsible for democratically planning activities and outings for the tenants, using the budget set aside in the Tenants' Fund. This year, the committee had \$1,400 at its disposal.



SAFETY COMMITTEE

This committee is made up of a tenant who ensures that everyone uses the intercom properly and that the organization's common areas are safe.



COMMON ROOM COMMITTEE

This committee is made up of three tenants who take care of reminding the group about the rules and measures in place to keep the common room clean and safe at all times.

THE YEAR 2022-2023 IN NUMBERS

273

PEOPLE HAVE BECOME
MEMBERS OR RENEWED
THEIR MEMBERSHIP



3,343

PARTICIPATIONS IN
OUR GROUP ACTIVITIES
AND WORKSHOPS



2,229

INTERVENTION
SERVICES PERFORMED
BY THE CLINICAL TEAM



US\$17,198

IN FREE ADVERTISING ON
GOOGLE TO PROMOTE OUR
WEBSITE



22

YOUNG ADULTS
INTEGRATED SUPERVISED
HOUSING IN MON SHACK



27,065

VISITS TO OUR
WEBSITE



1,046

VOLUNTEER HOURS
PERFORMED BY
VOLUNTEERS AND
MANAGEMENT



\$109,655

RECEIVED IN
DONATIONS FROM
INDIVIDUALS AND
COMPANIES



66

VOLUNTEERS GOT
INVOLVED IN
MON SHACK



153

PEOPLE BENEFITED
FROM OUR WORKSHOPS
AND GROUP ACTIVITIES



31

HOUSING
APPLICATIONS WERE
PROCESSED AND
ANALYZED BY THE
SELECTION COMMITTEE



A FEW PROJECTS AND EVENTS FOR THE YEAR 2022-2023



Professional photo shoot with tenants - May 2022

On May 12, 2022, five of our tenants had the chance to experience a professional photo shoot at Mon Shack. Thanks to the expertise of *Les Antistress de Monsieur Ménard* and the generosity of Ms. Carole Lawrence for volunteer make-up hours. Our tenants were able to preserve beautiful memories!

Corn Roast - August 2022

It goes without saying that the famous corn roast from Mon Shack has become a summer staple in the borough of Lennoxville! Thanks to the initiative of Émilie Beaudet, tenant at Mon Shack, this edition was a success once again this year. This year's theme was " **We went through the year like a lion** " and is attributable to the COVID-19 pandemic, support and mutual aid between tenants and the maintenance of activities and services offered by the clinical team. The tenants, surrounded by their loved ones, families and friends as well as members of the community all gathered on August 19, 2022 to celebrate, enjoy a good meal, have fun around the pinata and play games. In total, we welcomed 36 participants!



Envol Project - August 2022

From August 20 to 22, 2022, a group of six tenants carried out Envol Project, in planning since February 2022. The objective of this project was to develop leadership, a sense of responsibility, teamwork and independence with the goal of planning a camping weekend. This camping outing took place in Drummondville to visit the *Village Québécois d'Antan* and also to visit a First Nations site. We would like to thank Anaëlle Dépault, volunteer at Mon Shack, for initiating this project and for obtaining a grant, allowing us to buy all the camping equipment. All the equipment purchased as part of this project can be reused later for other outings with the tenants.

Afternoon of Yesteryear - September 2022

On September 21, 2022, an Afternoon of Yesteryear took place at the Square Queen of Lennoxville. This intergenerational meeting was an opportunity for the community to write about a memory or an event, or share a poem or story about their time. Seniors were also invited to give a musical performance and old-fashioned wooden games were available on-site. Thank you to all our partners who made this event a success: La Boîte à Poésie, Explore Lennox, Entreprendre Sherbrooke and JEUX D'ANTAN.



Tenants Christmas Dinner - December 2022

For the first time in two years, our tenants were able to relive Christmas dinner at Mon Shack surrounded by their friends and their loved ones. This year, they had the chance to invite two people of their choice, so 36 people took part in the Christmas dinner on December 9, 2022. Various games, personalized gifts and door prizes awaited our participants. We would like to warmly thank the restaurant *Comme Chez Soi* for having graciously concocted a tasty meal for us and to a generous person from the community for having prepared delicious cakes for us.

DESPITE CHANGES AND A LABOUR SHORTAGE, A TIGHT-KNIT TEAM!

Mon Shack is a small qualified, professional and united team made up of five full-time employees and temporary trainees who work in the greatest collaboration and in the spirit of mutual aid and of daily pleasure. All members of our team work on an equal basis with tenants and members of the Eastern Townships community and offer a high standard of quality in all of its bilingual services. We cannot ignore the fact that Mon Shack, like the majority of community organizations and businesses in the region, is affected by the labour shortage. The organization's management and Board of Directors strive to find solutions to promote the recruitment and retention of employees. To this end, we have improved work-family balance, the conditions of social benefits, the implementation of a voluntary retirement savings plan, as well as four team-building outings per year to further build community spirit.

ORGANIZATION CHART

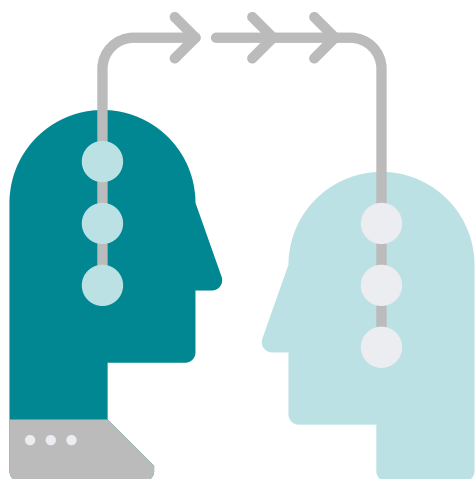


INVESTING IN CONTINUING EDUCATION, IT IS A WIN!

At Mon Shack, we consider the continuous training of employees to be of great importance in order to maintain high quality services and meet the needs of our tenants. Training to innovate, co-create and improve mental health practices is an essential source of motivation. When possible, we also contribute to training the next generation by inviting interns to join us.

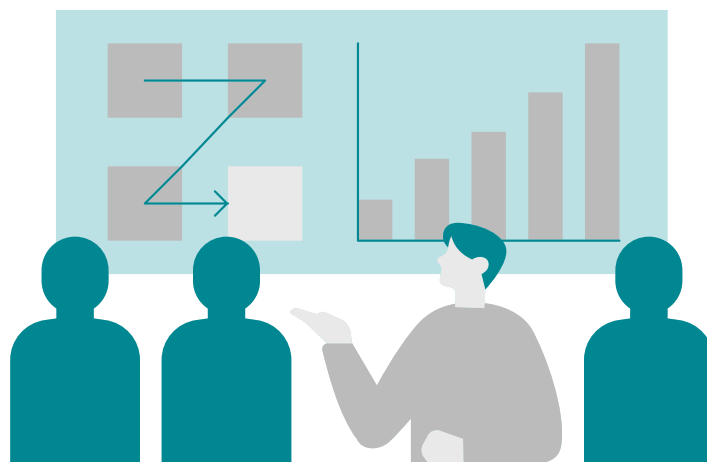
Last year's numerous training sessions enabled the intervention and administrative teams to increase their knowledge of our sector of activity. All of this training contributes to maintaining a stimulating, creative and rewarding work environment.

Finally, it is together, as a team, that we can go further! This is why our work environment is intended to be a space where everyone can make their voices heard, bring input to intervention approaches and take initiative for new projects or ideas in order to grow the organization. Everyone has an important role at Mon Shack!



RESPONSE TEAM TRAINING

The team and intervention trainees **followed 22 training courses in the year 2022-2023**. Topics included the launch of new platforms (such as the « We and medication » website), new techniques and approaches related to mental health issues, new laws and regulations, meetings on social and community housing, as well as conferences and webinars about schizophrenia. In total, the clinical team participated in **70 hours of continuing education**.



ADMINISTRATIVE TEAM TRAINING

The administrative team took **17 training courses in the year 2022-2023**, including webinars about donation platforms, volunteering and grant applications. A specialized course for small non-profit organizations divided into five sessions was also completed thanks to CanadaHelps. The administrative team also received training on new laws related to CNESST standards as well as for the development of social networks and computer graphics documents. In total, the administrative team took part in **27 hours of continuing education**.

MON SHACK, A PLACE RICH IN LEARNING OPPORTUNITIES!



SPECIALIZED LEARNING TECHNOLOGIES

Second internship in specialized learning (1 student)

From September 6, 2022 to December 22, 2022 - Total of 272 hours

Final internship in specialized learning (1 student)

From January 17, 2023 to March 31, 2023 - Total of 352 hours

Observation internship in specialized learning (1 student)

From February 1, 2023 to March 31, 2023 - Total of 36 hours



BACHELOR OF ART THERAPY

Internship in art therapy (1 student)

From September 12, 2022 to December 13, 2022 - Total of 74 hours



SEARCH ENGINE MARKETING COURSE

Google Ads Grant Campaign (3 students)

Winter session 2023



SPECIALIZED LEARNING TECHNOLOGIES

Final internship in specialized learning (1 student)

From July 25, 2022 to October 13, 2022 - Total of 420 hours



COMMUNITY INTERVENTION PROGRAM (PIC)

Development of strategies and tools to assess impacts in mental health services and care (4 students)

Winter session 2023

OUR PROGRAM OF WORKSHOPS AND ACTIVITIES

Our program of workshops and activities is directly related to the mission of our organization. At Mon Shack, we believe in the overall health of the person, in recovery, in the development of autonomy, in the development and maintenance of healthy lifestyles and in the possibility of building a quality social network. Everything takes place in a welcoming, inclusive, bilingual environment that is open to the community in order to promote the development of social skills while contributing to the reduction of stigma. Our tenants, as well as loved ones and community members, can therefore benefit from these workshops and activities free of charge. A community with better mental health and emotional well-being contributes to the development of a stronger social fabric, a benefit to all. This year, 153 participants benefited from our diversified programming, for a total of 3,343 participations. In addition, we offered 15 recurring workshops (2,743 total participations) and 87 one-time activities (600 total participations).

SUMMARY OF PARTICIPATIONS IN NON-RECURRING ACTIVITIES AND WORKSHOPS



SUMMARY OF PARTICIPATIONS IN ONE-TIME ACTIVITIES AND WORKSHOPS



OUTINGS AND OUTDOOR ACTIVITIES

73 TOTAL
PARTICIPATIONS



THURSDAY EVENING WORKSHOPS

290 TOTAL
PARTICIPATIONS

VOLLEYBALL
UNITED FOR THE
CAUSE RUN
MOUNTAIN HIKING

ART EXHIBITION
OUTING TO THE
SHERBROOKE
PHEONIX
TORCH WALK

POKER NIGHTS
BOARD GAMES
EVENINGS
IMPROVISATION
EVENINGS
MOVIE NIGHTS

PILATES
YOGA KUNDALINI
SUPERBOWL NIGHT
GUEST SPEAKERS

SEASONAL ACTIVITIES AND EVENTS

118 TOTAL
PARTICIPATIONS



SPONTANEOUS COOKING AND GROUP DINNERS

119 TOTAL
PARTICIPATIONS



HALLOWEEN
DECORATIONS
PUMPKIN
SCULPTURES
CHRISTMAS
DECORATIONS

ART THERAPY
HOT DOG SALE
CORN ROAST

DINNERS OF
TENANT MEETINGS
DINNER FOR THE
SAINT-JEAN
BAPTISTE DAY
PIZZA DINNERS

SUNDAE BAR
RECIPES IN JARS
COOKIES AND
CARAMEL RECIPES

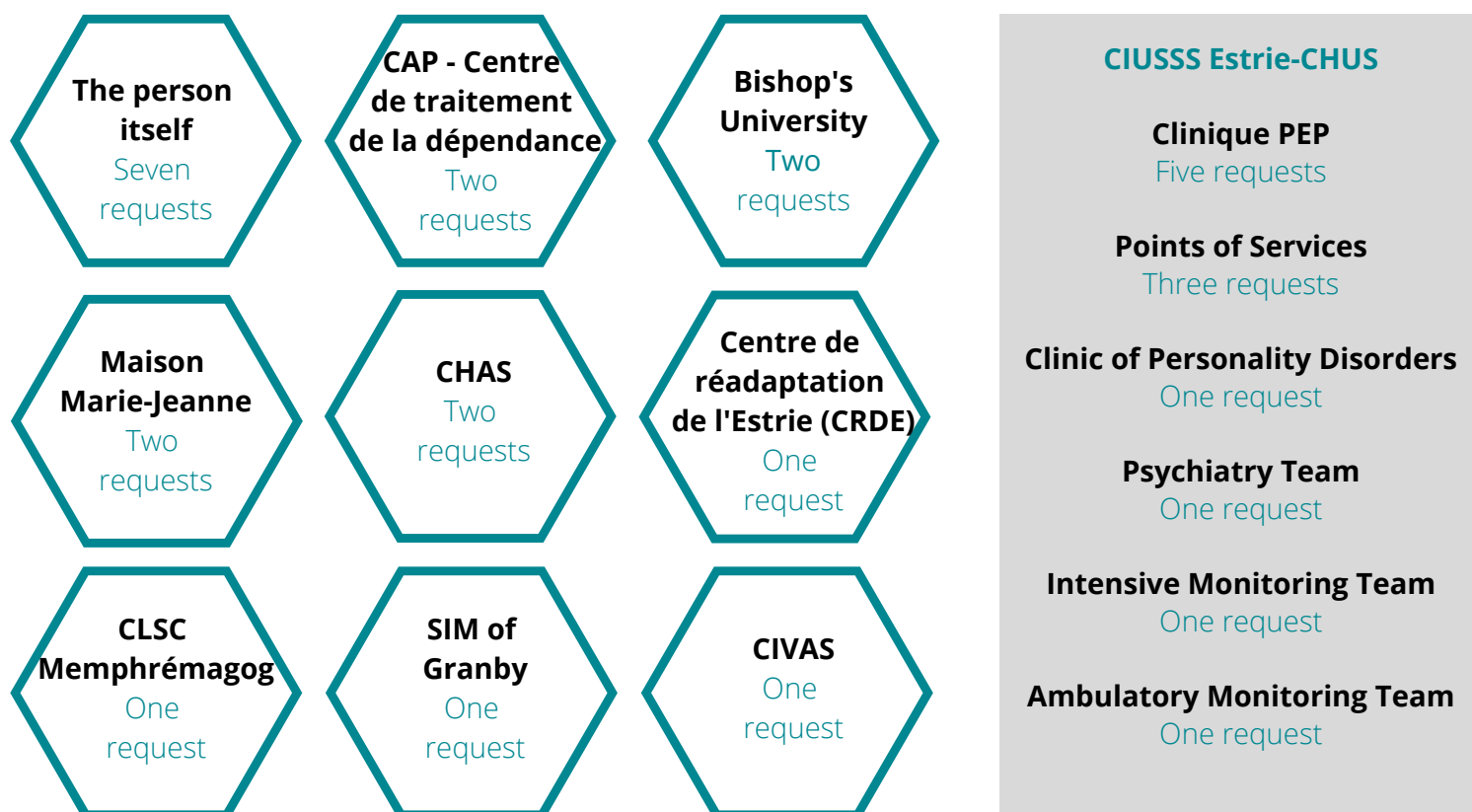


OUR IMPACT IN THE COMMUNITY

At Mon Shack, we currently have 17 tenants and we met a total of 31 young adults for housing applications during the 2022-2023 year. 22 people were admitted to the organization by the selection committee. A total of 27 people have lived at Mon Shack in the last year.

Eight people left Mon Shack, including three who no longer met the admission criteria, four who left the organization because of employment and one person quit because of school.

The housing requests we received came from all types again – typically from a person living with a mental health problem and wanting support for recovery. Here is a summary of where the requests came from during our last fiscal year:



As of March 31, 2023, Mon Shack had 17 tenants on the road to mental health recovery. Among these tenants, one person is on the work floor of La Cordée, an alternative mental health resource, one person is completing his studies at the Cégep de Sherbrooke, two people hold positions within the Groupe Probex, two people hold volunteer positions, two people are taking steps to start a business with the Carrefour Jeunesse de Sherbrooke, five people are in the stabilization phase, three people have a job in the community and one person participates in the Recupération Work Platform at the Hôtel-Dieu.

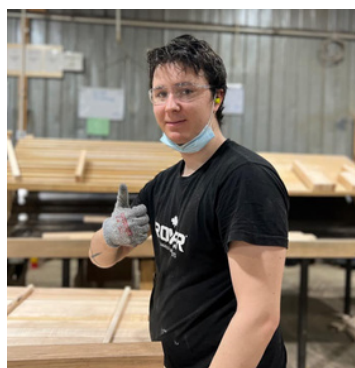


Photo Credit: Groupe Probex

Samuel Mario Boisvert
Tenant at Mon Shack
In position at Groupe Probex



Photo Credit: Groupe Probex

David Plante
Tenant at Mon Shack
In position at Groupe Probex

OUR INTERVENTION SERVICES

Mon Shack's clinical team makes it possible to offer our tenants planned and spontaneous individual follow-ups, accompagnements, transportations, apartment visits as well as meetings and communications with their loved ones.

EVOLUTION OF THE NUMBER OF ANNUAL INTERVENTION SERVICES

Years ended March 31	2021	2022	2023	
Scheduled individual follow-up meetings	584	679	644	5% this year
<i>Despite the labour shortage, we still managed to maintain substantially the same level of services, while having a vacant position filled by general management.</i>				
Spontaneous individual follow-up meetings	397	335	587	75% this year
<i>Despite a small response team, we had a considerable increase in our spontaneous individual follow-up meetings in order to meet the needs of our clients in a post-pandemic situation.</i>				
Accompagnements with light support	248	333	233	30% this year
<i>In the past two years, we have increased our support services in order to limit external contacts because of COVID-19. This year, we have restructured our services in order to focus on the development of independence and encourage the use of public transport.</i>				
Apartment visits	177	459	406	12% this year
<i>We are happy to see that our tenants are gaining independence in maintaining the cleanliness of their apartments.</i>				
Meetings with partners	114	212	206	3% this year
Post-housing follow-ups	22	33	50	52% this year
<i>This service is offered to all tenants when they leave Mon Shack, so that everyone can refer to it in order to maintain their achievements and avoid relapses.</i>				
Meetings and communications with loved ones	9	32	43	34% this year
<i>Loved ones are an integral part of mental health recovery because they act as a protective factor.</i>				
Group interventions	40	27	40	48% this year
<i>In a living environment such as ours, group life is rich in learning opportunities.</i>				
Clinical meetings of the intervention team	13	15	20	33% this year
<i>Our intervention team meets once or twice a month to maintain the quality of services for individual follow-ups. The team provides personalized services adapted to the needs of each person.</i>				
Total number of intervention services	1 604	2 125	2 229	5% this year

EVERY DONATION MAKES A REAL DIFFERENCE!

FINANCIAL DONATIONS



HOT-DOG SALE

Annual hot dog sales campaign in partnership with the pharmacy Familiprix Pierre-Olivier Fortier, Roxane Fournier and Rémi Gosselin held at the Square Queen of Lennoxville on August 6, 2022. Familiprix employees, tenants and Mon Shack team made this event a great success! Thanks to our partner who graciously doubled the amount raised, so we collected a total of \$1,783 for the benefit of the organization.

Ensemble
on donne.

#MardiJeDonne | 29 nov 2022

CANADAHELPS

We organized several virtual donation campaigns around "Giving Tuesday" and the Great Canadian Giving Challenge. We also use this platform to increase one-time donations through our website and donation forms. We offer the possibility for donors to make one-time donations, monthly donations, donations in securities and even cryptocurrency donations. This year, we collected \$2,657 in donations!



mon
SHACK
mes choix,
mon avenir!

ONE-TIME DONATIONS

We would like to thank all of our valued donors, all the people, individuals, foundations, businesses, MPs and organizations that contribute financially and support Mon Shack's mission on a daily basis! It is thanks to its community that the organization can grow, continue its services, innovate and be a pillar of mental health in the Eastern Townships. This year, Mon Shack received a generous total of \$109,655 in one-time donations.

DONATIONS IN MATERIAL RESOURCES



REUSEIT PLATFORM

This new platform was a real discovery for the organization. To this end, Mon Shack had the chance to benefit as part of the first project in the Eastern Townships, the CNESST pilot project. This allowed us to obtain bookcases, filing cabinets and chairs for our organization and in anticipation of the opening of Mon Shack 2.0.



COMMUNITY DONATIONS

We would like to thank all the people in the community who donated various materials and equipment for the tenants or for the operation of the organization during the year. Thanks to everyone's generosity, we received a lot of donations as clothings, cleaning and maintenance products, physical training equipments (as treadmill, dumbbells, weights, etc.) and various arts materials (paints, canvases, DIY items, etc.)



Photo Credit: GCSurplus

GC SURPLUS

Mon Shack was eligible for this government donation platform and was able to benefit from many essential office supplies (organizers, hanging files, staplers, document holders, etc.) and protective materials (bottles of disinfectant, etc.) to ensure the proper functioning of the intervention offices, the organization's community room and the protection of the living environment.

A FUNDRAISING DINNER FOR THE BENEFIT OF MENTAL HEALTH

The very first benefit dinner for Mon Shack took place on March 9 and was a great success! For the occasion, we were able to count on the two owners of Sherbrooke's Restaurant Comme Chez Soi, Martine Gérin and Marilyne Beauchemin. These two kind-hearted women rose to the challenge with brio. Our guests were treated to gourmet cuisine, prepared especially for the occasion.

The theme of the event was **"One for all... All for one!" because every life counts, and we all need to preserve mental health.** For this occasion, some of our tenants shared touching testimonials about their stories and their journey towards mental health recovery since they had access to an apartment, adapted services and a stimulating living environment offered at Mon Shack. We would like to extend our heartfelt thanks to everyone who contributed in any way to the event's success. We are very proud to have found takers for the 95 places that were available. Thanks to this delicious dinner and the silent auction, **Mon Shack was able to raise \$13,580 to support our global mission!**

We would like to thank our partners, sponsors and donors, without whom this would not have been possible. Whether it was a donation of artwork, gift certificates, authentic creations, gift baskets or personalized creations, our guests had a lot to choose from!



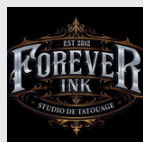
FAMILIPRIX PIERRE-OLIVIER
FORTIER, ROXANE FOURNIER
AND RÉMI GOSSELIN



VVV
VIGNOBLE BROMONT
WINERY

Créations
NOÉMIE BEAUREGARD

Dandurand.



Jardi



Ultra
NAN
L'art pour éveiller
et émerveiller



LA PINTe
PARCE QUE LA NATURE
EST PARFAITE



ESPRIT CRÉATIF

Décoration - Organisation intérieure - Création d'ambiance

Pizzicato

DOYON
DES PRÉS

HOTEL
VALLEA
BROMONT

JEAN-PIERRE BÉGIN,
PHOTOGRAPHER

LOCATION ELGIN

BIANCA LAPRÉ,
TATTOO ARTIST

FANIE LEBRUN

CARL TREMBLAY

VICKY-ÈVE, PAINTER

OUR VOLUNTEERS, A VALUABLE RESOURCE AT MON SHACK!

We cannot overlook the importance of the commitment of our volunteers, who enable us to fulfill our mission on a daily basis. Throughout the year, we can count on qualified, committed and dynamic volunteers who forge sincere bonds with our tenants and make a positive contribution to our living environment. These generous volunteers share their knowledge, experience and expertise with us, and know how to show kindness to both our tenants and our entire team. We feel privileged and grateful to have been able to count on the support of **66 volunteers** during the past fiscal year, for a total of **1,046 volunteer hours**, including 600 hours volunteered by management to meet the organization's growing needs.

From April 24 to 30, 2022, Mon Shack celebrated Volunteer Week! Our tenants took care to create beautiful plant pots and sow herbs to offer to all our precious volunteers. The week was dedicated to congratulating, rewarding and highlighting their dedication. It's important to recognize and let the community know about all the time and effort they devote to our organization. Thank you to all those who are actively involved in Mon Shack on a daily basis. Without you, nothing would be possible!




On May 30, 2022, Mon Shack was lucky enough to welcome the Manage Care team from Global Excel Management Inc. to help us with our spring cleaning! We'd like to extend our warmest thanks to this wonderful team of 15 volunteers who did an excellent job cleaning our common areas, maintaining the building and landscaping our outdoor zen area!

At Mon Shack, we contribute to the professional development and field experience of students from various study programs and educational institutions in Quebec. Our organization benefits from invaluable collaboration with these establishments, which enables us, each year, to welcome students as volunteers to lead our various workshops and activities. This collaboration not only helps to break down prejudices about mental health, but also contributes to maintaining a social mix in the living environment.



Université de Sherbrooke

Bachelor of Medicine
8 students | Total of 54 volunteer hours



UNIVERSITÉ BISHOP'S UNIVERSITY

Bachelor of Psychology
3 students | Total of 23 volunteer hours



Police Technology
2 students | Total of 26 volunteer hours



Collège de Maisonneuve

Police Technology
1 student | Total of 6 volunteer hours

PARTNERSHIPS AND COLLABORATIONS WITH THE COMMUNITY



Collaboration

Partner in the maintenance and replenishment of the fridge at Square Queen



Food support
(market value of foodstuffs received: \$53,356)

Workshop on interactions between different products and medication, and support for healthy lifestyle habits



PIERRE-OLIVIER FORTIER,
ROXANE FOURNIER AND
RÉMI GOSSELIN



Workshop on Pro-Def Estrie services

Partner

EXPLORE
LENNOX



Partner for the animation of activities at the ephemeral space

Partner



Entreprendre
Sherbrooke



Collaboration and support for activities in the Square Queen of Lennoxville

Partner for the Boîte à Poésie



Partner for the Boîte à Poésie

Postvention services for suicide prevention

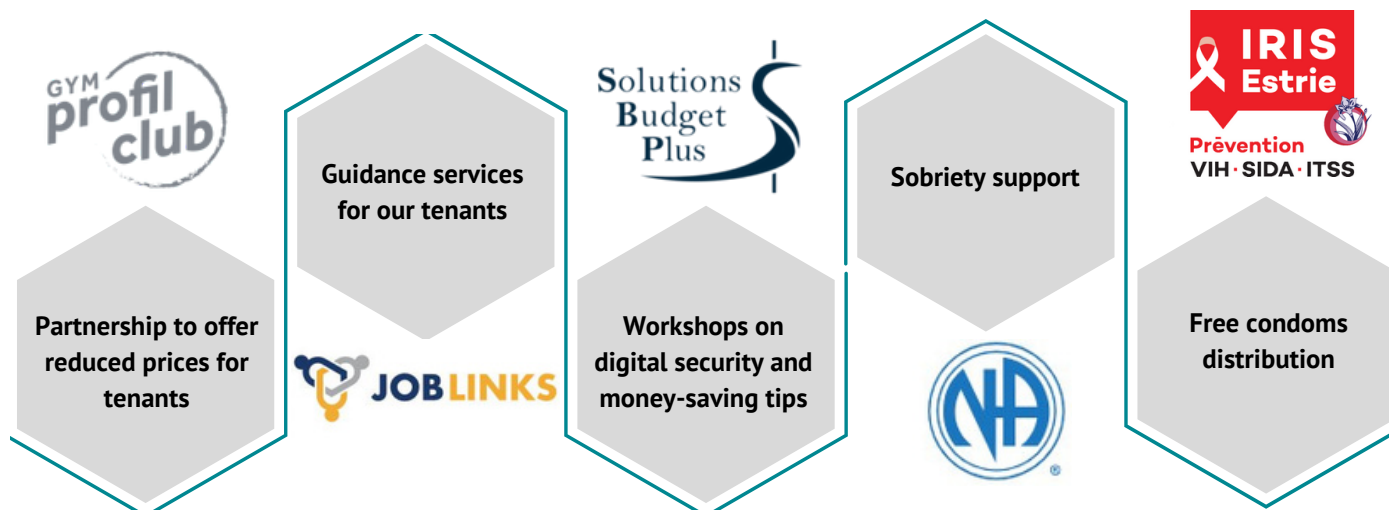


Brazilian-themed cooking workshop

Financial support PSOC program



Workshop on keeping important documents



ADHÉSIONS AUX ORGANISMES ET REGROUPEMENTS



COMMUNICATIONS AND REPRESENTATION STRATEGIES



Mon Shack website

This year, our WordPress website had a total of **27,065 visits**. Among the most visited pages on our website, the "Home" page remains the most popular with 5,655 visits, the "About" page had 1,499 visits, the "Contact" page had 1,137 visits and the "Supervised Housing" page had 1,038 visits.

Google Ads Grant Program



Thanks to the Google Ads Grant Program, Mon Shack was able to run **four advertising campaigns** this year (two French-language campaigns and two English-language campaigns), for a total of **24 ads**. All ads are directly linked to the organization's website and phone number, and generally focus on mental health, specific mental health issues, supervised housing, volunteering, calls for donations, student internships and our calendar of activities. This year, we obtained **8,432 clicks** (+27%) and **94,708 impressions** (+37%) on our ads, for a **total value of US\$17,198** (+32%).

Newsletters



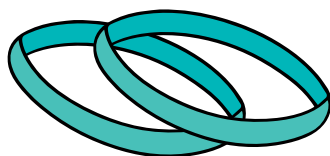
24 monthly newsletters were sent this year (12 in French and 12 in English) to our **279 subscribers** (+33%). The average open rate for these newsletters is 33%. We also developed a special newsletter for Giving Tuesday and a reminder newsletter was sent to participants in the March 2023 fundraising dinner. The goal of these newsletters is to retain the loyalty of our members and keep them informed about upcoming activities, events and important upcoming dates within the organization.

To promote the organization in the Eastern Townships community, we gave a presentation of our services at Waterville TG on April 12, 2022 and a presentation at the FTQ on April 25, 2022. We also loaned our community room to Mental Health Estrie for a workshop entitled "Tips for positive mental health" on May 4, 2022. **In all, we distributed:**



401

**Mon Shack
descriptive leaflets**



265

**Mental health
bracelets**



212

Mon Shack pens



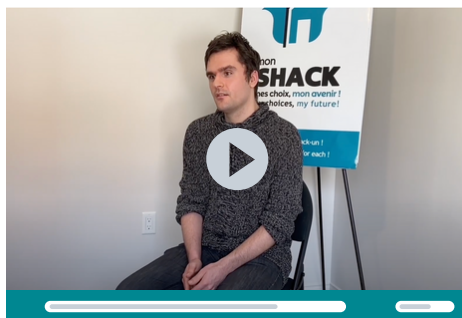
171

Mon Shack magnets

We are committed to making as many mental health resources as possible available to the public and our community. Mon Shack therefore takes advantage of all the world-renowned events and days dealing with mental health and related subjects to raise awareness in its community. Our aim is to destigmatize mental health issues and put a stop to prejudice. Therefore, we've been active in Bell Let's Talk Day, Suicide Prevention Week, Schizophrenia Days and many others.



**Together for a better understanding, let's talk
mental health: Anxiety**
With Denis Ashby, tenant at Mon Shack



**Together for a better understanding, let's talk
mental health: Schizophrenia**
With Anthony Tardif, tenant at Mon Shack

Campaign for Mental Health Week 2022

As part of the popular Mental Health Week, held from May 2 to 8, 2022, a group of 6 doctoral students in medicine at the Université de Sherbrooke produced testimonial videos with two of our tenants. Each of the two videos was published during the campaign, and the community was invited to answer two questionnaires about schizophrenia and anxiety. The purpose of these questionnaires was to destigmatize two mental health issues and to educate the community. Five Amazon gift cards worth \$50 were randomly drawn from the respondents, courtesy of the Université de Sherbrooke.

MON SHACK 2.0 - PRESS CONFERENCE APRIL 1, 2022

MAJOR INVESTMENTS AND INNOVATION!

When it officially opened in 2018, Mon Shack was the first community mental health organization in the Eastern Townships to offer affordable housing, professional and bilingual intervention services and activities accessible to both the clientele it serves and the general public, all under one roof.

Our organization is proud to innovate once again, in partnership with two local universities, Bishop's University and Université de Sherbrooke. Mon Shack 2.0 and the Univers-Shack space will be created thanks to an investment of over \$5.9 million for the construction of 22 affordable housing units and a living laboratory under the Second Canada-Quebec Agreement on the Rapid Housing Initiative (RHI). Future tenants of the building will also be eligible for additional housing assistance under the Société d'habitation Québec (SHQ) rent supplement program. This assistance, which could reach nearly \$2.5 million over 20 years, will be paid 90% by the SHQ and 10% by the City of Sherbrooke. This represents an investment of up to \$8.4 million.

For some young people, the leap to self-sufficiency can be dizzying, and they have to leave the organization after three years of accompaniment towards autonomy. Mon Shack wants to address this issue by offering a building of 22 new low-cost, minimally supervised housing units for people living with stabilized mental health problems. Mon Shack's young adults who have to leave after three years will be able to integrate these units while having access to the Univers-Shack to facilitate their transition to more independent living.

The Univers-Shack will also be an open living environment for these young people and the community, to avoid stigmatization and ghettoization. The living lab approach will create a process of co-creation with young adults, people from the community and students from Bishop's University and the Université de Sherbrooke. The Univers-Shack space will contribute not only to the social and cultural development of the region, but also to research and innovation in mental health. This innovative project is unique and the first of its kind in Quebec!



Centre RBC
d'expertise universitaire
en santé mentale



Université de
Sherbrooke



UNIVERSITÉ
BISHOP'S
UNIVERSITY



L'UNIVERS
SHACK
LIVING-LAB
Recherche.
Innovation.

VISIBILITY OF MON SHACK IN ITS COMMUNITY



2021-2022
664 subscribers

2022-2023
849 subscribers

(+28% subscribers this year)

5,053 visits to the page;
18,706 impressions of our publications.



2021-2022
179 subscribers

2022-2023
330 subscribers

(+84% subscribers this year)

180 publications;
433 profile visits;
14,682 impressions on our publications.



2021-2022
39 subscribers

2022-2023
675 subscribers

(+1 631% subscribers this year)

26 videos published;
52,780 views on our videos;
2,721 likes.



2022-2023
129 subscribers

(New company page)

248 page views;
117 visitors;
4,247 impressions on our publications.



2021-2022
103 subscribers

2022-2023
125 subscribers

(+21% subscribers this year)

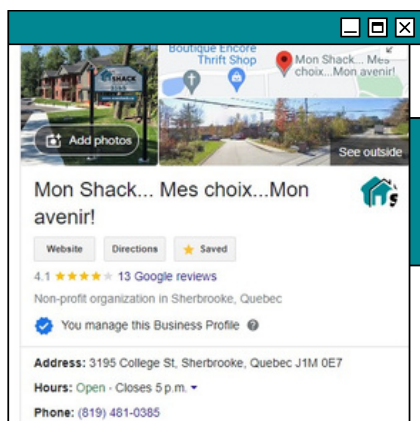
84 tweets;
9,876 impressions on our tweets.



2022-2023
1 subscriber

(New this year)

4 videos published;
113 total views on our videos.



BUSINESS LISTING ON GOOGLE

Mon Shack's business listing on Google is gaining in popularity! This year, we had 878 interactions with our business profile page, 124 calls, 331 clicks on our website and 423 people asked for directions to Mon Shack. In addition, 5 people have written positive reviews on our listing.

PRESS REVIEWS

La Tribune

April 1, 2022

Article - 22 affordable housing units will be built in Sherbrooke

Radio-Canada

April 1, 2022

Article - 22 new affordable housing units will be built in the Lennoxville area of Sherbrooke

Noovo info

April 1, 2022

Article - 22 additional affordable housing units for Mon Shack

107.7 Estrie

April 1, 2022

Interview - 22 affordable supervised housing units for mental health

The Record

April 3, 2022

Article - "Mon Shack" expanding to offer 22 new units as of next year

Portail Constructo

April 5, 2022

Article - Construction of 22 affordable housing units in Sherbrooke

The Lantern

August 2022

Article on Mon Shack, on Mon Shack 2.0 projects and on the Univers-Shack

La Tribune

February 2, 2023

Article - The role of the community animates the discussion during a CIUSSS citizens' assembly

In order to make as many mental health resources as possible freely available to the public and our community, Mon Shack maintains an increased presence on the various social media platforms. In addition to educating and raising awareness in our community, the media allow us to publicize our various services, our workshops and community activities, as well as news and announcements concerning the organization. On a daily basis, Mon Shack invites its community to participate in our workshops and free activities to preserve a social mix within the organization and to provide people with easy access to tools and resources for maintaining good mental health.

GOALS AND PRIORITIES FOR 2023-2024

The goals and priorities for 2023-2024 are aligned to the organization's mission, as well as short-term and long-term development projects. Among these goals are the following three strategic priorities:

PHILANTHROPY

Like any community organization, financial concerns are always at the forefront. The need for the organization to increase its independent funding is more of a priority, especially knowing that financial needs and service requests will increase in the coming year. In addition to wanting to find the necessary funds for the proper functioning of all Mon Shack services, we aim to become one of the leading organizations in mental health in Quebec. In 2023-2024, we will focus on raising awareness of the organization, developing partnerships and engaging the Eastern Townships community.

HUMAN RESOURCES

In a context of labour shortage, the Board of Directors and the administrative team oversee the development of sound and dynamic human resources management. We will work tirelessly to roll out new benefits, better working conditions and a detailed salary scale. In addition to allowing us to stand out as an employer, we aim to foster a creative, stimulating and attractive work environment in order to promote staff recruitment and retention.

SHACK 2.0 AND THE UNIVERS-SHACK SPACE

During the development of the second phase of Mon Shack, the director, Josée Parent, had the idea of founding the Univers-Shack space by appealing to partners of choice, namely the Bishop's University and the Université de Sherbrooke. The mission of the Univers-Shack space is to use the strengths of education, research, experiential knowledge and community as levers of support to promote mental health, well-being, and strengthening ties within the community.

Concretely, we hope to create a "living lab" type space that combines teaching staffs, students, tenants, relatives, the community and research. In this way, we hope to work, all together, improving practices and reducing stigmatization towards people living with a mental health problem, for the benefit of the entire Eastern Townships community. Everyone's voice is essential in such an innovative project.

This space is intended to be accessible to everyone, in a bilingual, diverse and inclusive environment. We can find students there who will use the theories for practical purposes. For example, a student in food could come to lead group cooking classes, another student in physical education could lead our running group or even develop a fitness program. Tenants and their relatives will be able to share their experiential knowledge and the research component will allow us to validate or invalidate certain hypotheses, always with a view of better collective well-being. Not only will this environment contribute to the improvement of mental health practices, but it is also intended to be an experiential springboard for the training of the next generation.

THANK YOU TO ALL OF OUR PRECIOUS PARTNERS!

FUNDING PARTNERS



**Jumpstart
Bon départ**



**Santé
et Services sociaux**

Québec



PROGRAMME DE SOUTIEN AUX
ORGANISMES COMMUNAUTAIRES (PSOC)

EQUILIBRIUM PARTNERS



FRIENDLY PARTNERS



FAMILIPRIX PIERRE-OLIVIER FORTIER,
ROXANE FOURNIER AND RÉMI GOSSELIN



**Fédération des femmes
du Québec**

Égalité pour toutes, égalité entre toutes

It is from the heart that management and the Board of Directors would like to thank Ms. Marylène Bolduc, administrative assistant at Mon Shack, who once again outdid herself in the creation of this wonderful annual report.



My Shack...My choices...My future!

3195, College Street, Office 100

Sherbrooke, QC J1M 0E7

Phone: (819) 481-0385

Fax: (873) 888-3509

email: reception@monshack.ca

Website: www.monshack.ca



Do you want to contribute to the recovery of our tenants and to the mental health cause?

DONATE NOW!



@mon.shack.mes.choix.mon.avenir



Mon Shack...Mes choix...Mon avenir!



Mon Shack...Mes choix...Mon avenir!



@MonShack



@Mon_Shack