



ANNUAL REPORT OF ACTIVITIES 2025-2026

 Mon
SHACK...
Mes choix... Mon avenir!

Each page tells a part of our story. Here is an overview of the journey we have taken together over the past year.

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AN ESSENTIAL NETWORK UNDER PRESSURE

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In a context of growing needs and limited resources, the community plays an essential role for people in vulnerable situations.

The community holds a vital place in the health and social services network. With its local professional services, it acts as a concrete and effective tool for the public system, notably by helping to reduce hospitalizations, unclog specialized services, and ultimately, generate significant savings for taxpayers.

Every intervention, every living environment, and every support service aims first and foremost to improve people's quality of life. Behind the services offered, there are unfolding paths to recovery: people who regain control over their lives, rebuild their confidence, and find their place in the community. Some return to the workforce, others resume their studies or get involved as volunteers. From a passive role in the face of difficulties, they become engaged actors in their environment.



In this context, the housing crisis remains a major issue that still hinders too many recovery journeys. Access to affordable, safe, and adapted housing, like what we are developing at Mon Shack, remains an urgent necessity. We hope that more ambitious public policies will support and make more living environments of this type accessible.

"LE COMMUNAUTAIRE À BOUTTE"

Furthermore, the community is currently in a period of significant change, notably illustrated by the "**Le communautaire à boutte**". campaign. This initiative reflects a real exhaustion of the professional community network and an urgent need for recognition and adequate funding. It reminds us that community organizations are ready to do more but cannot do so with less. To fully pursue our mission, it is essential that funding for community organizations matches real needs. It is under this condition that we can continue to adequately meet the growing demand and support people towards lasting well-being.



A WORD FROM THE CHAIR OF THE BOARD OF DIRECTORS

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Mon Shack is a workplace that offers support, continuous training, recognition, and real guidance to its staff. Each team member is an integral part of supporting our tenants' recovery.

Dear tenants, partners, volunteers, donors, members of the board of directors, and friends of Mon Shack,

It is with pride that I present this message from the president. Over the past year, Mon Shack has had to deal with significant challenges in recruiting and retaining qualified staff, which has had a direct impact on our ability to fill all intervention positions. The financial surplus recorded this year reflects this difficulty rather than a sustainable margin; if all positions had been filled full-time, the organization would have shown a deficit.

This reality highlights the gap between the resources needed to meet our tenants' needs and the available funding. Despite these challenges, Mon Shack remains fully committed to offering bilingual, humane, accessible, and quality services. We continue our mission with rigor, kindness, and creativity, always placing the recovery, dignity, and well-being of our tenants at the heart of our actions.



This year has also been marked by appointments and recognitions within the greater community. These marks of esteem are a great source of pride for our organization. They testify to the relevance of our mission, the quality of our approach, and the concrete impact of Mon Shack in the lives of tenants and in the community.

I want to highlight the relentless work of management, which makes remarkable efforts to maintain services, even during periods of labour shortage. Their commitment, adaptability, and leadership are essential to the continuity of our mission. I also wish to recognize the strength of the collective support that tenants develop among themselves, the precious contribution of our volunteers, as well as the constant support of the members of the board of directors, who support management with confidence and solidarity.

The "**Le communautaire à boutte**" campaign finds its full meaning based on our reality. Recurring, adequate, and predictable funding would allow for a substantial increase in salaries and social benefits, which would greatly facilitate the recruitment and retention of qualified personnel.

In closing, I want to express my gratitude to all the people who contribute, directly or indirectly, to bringing Mon Shack's mission to life. Your commitment, your solidarity, and your trust allow us to continue our work with determination. Together, we continue to build an environment where every tenant can receive the support they deserve, with respect, security, and hope.

Hélène Boivin

A WORD FROM THE FOUNDER AND EXECUTIVE DIRECTOR

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This year again, Mon Shack's annual report demonstrates the strength of an organization carried by committed, resilient, and profoundly human people.

Behind each activity, each support session, each shared life moment, there is a team, tenants, volunteers, partners, donors, and a community that believe in mental health recovery and in everyone's ability to regain control over their life.

The year, however, was marked by significant challenges, notably that of building and maintaining a stable, qualified, and long-term committed team. Like many community organizations, we are faced with a well-known reality: the needs are great, the responsibilities are numerous, but the resources remain insufficient. Professionals in the community should be able to benefit from the same recognition as those who work in the public and private networks, particularly when they put their skills, their training, and their heart to the service of people living with complex realities.



This year, I wish to extend a special thank you to the tenants. When I was going through influenza followed by pneumonia, several of them lent a hand to maintain the group activities. Without their involvement, it would have been impossible to ensure this continuity. Each and every one contributed with their knowledge, their experiential wisdom, their strengths, and their heart.

If you are still wondering why I am so often at work, sometimes for long hours, it is because I have the chance, every day, to work with the best tenants around. They are willing, motivated, involved, supportive, and so much more. It is a pleasure, and even an honor, to work alongside them, for them, and with them. At Mon Shack, we do it together.

I would like to thank everyone who contributes, directly or indirectly, to the success, progress, and innovation of Mon Shack. Their support is essential to our mission of promoting mental health recovery within a safe, caring, and community-oriented living environment.

Thank you to our partners, to our generous donors, to our volunteers, to the members of the board of directors, to our team, and to all the people who believe in our mission. Without you, none of this would be possible.

Happy reading!

Josée Parent

Through their commitment, the members of the board of directors support the mission and actively contribute to the development of the organization.

During the 2025-2026 fiscal year, the board of directors met five times for regular meetings.

MEMBERS OF THE BOARD OF DIRECTORS



Hélène Boivin | President
Director of Finance | Ikigai Impact



Anthony Tardif | Vice-President
Tenant | Mon Shack 2.0



Frédéric Bossé | Secretary
Advisor in taxation, transfer pricing, and business projects | BRP Inc.



Marie Lévesque | Treasurer
Corporate Controller | Gestion Global Excel Inc.



Émilie Beaudet | Administrator
Former tenant | Mon Shack



Two positions to be filled | Administrators



Josée Parent | Founder and Director
The management assists the board of directors in its duties

MATTERS HANDLED BY THE BOARD OF DIRECTORS

FINANCIAL AFFAIRS

ORGANIZATION REPRESENTATION

SUPPORT TO MANAGEMENT

SOUND MANAGEMENT OF THE ORGANIZATION

DEVELOPMENT OF VARIOUS DOCUMENTS AND POLICIES

DEVELOPMENT OF SERVICES AND THE ORGANIZATION'S VISION

DEVELOPMENT OF PARTNERSHIPS

INNOVATION OF UNIVERS-SHACK

SUPPORT IN HUMAN RESOURCES MANAGEMENT

The annual general meeting was held on June 26, 2025 at Mon Shack 2.0, chaired by Ms. Gabrielle Ste-Croix, community organizer of the CIUSSS de l'Estrie-(CHUS). The event brought 35 participants in total together, including 30 members, four people from the community and management. This meeting allowed for the presentation of our organization's various actions. We would like to sincerely thank our members as well as the community members who actively participated in our annual general meeting. This meeting, which is the most important of our organization, allowed for raising of pertinent questions, formulating constructive suggestions, and bringing forward promising projects. These exchanges showed the commitment of everyone towards the mission of Mon Shack, which is a living environment where members occupy a central place at the heart of our actions and is in constant evolution.

MON SHACK, AT THE SERVICE OF ITS COMMUNITY

Mon Shack is a springboard to autonomy, a space for collective engagement, and an engine of change for better collective mental health! That's why everyone makes their voice, their dreams, their challenges, and most definitely their successes heard!

OUR REASON FOR BEING

Mon Shack's mission, in the Eastern Townships, is to promote, develop, acquire, realize, and operate buildings in order to offer supervised residential units and a living environment to adults living with a mental health issue.

THE VALUES THAT UNITE US

 DEMOCRACY Everyone can make their voice heard	 SHARED RESPONSIBILITIES Everyone contributes equitably to the living environment	 SOLIDARITY Shared values and a sense of belonging
 EMPATHY Understanding the reality and experience of each person	 MUTUAL AID Peer support	 EMPOWERMENT Everyone's strengths are put to use
 PARTNERSHIP Collaboration with the Eastern Townships resources	 OPENNESS TO THE COMMUNITY Two living environments open to the community for free	 RESPECT Reciprocal and non-judgmental consideration

A VISION FOCUSED ON AUTONOMY AND RECOVERY

Although Mon Shack has a single mission, our services are adapted according to the building and the journey of our tenants. Mon Shack offers high to moderate intensity follow-up for people aged 18 to 35, while Mon Shack 2.0 offers light support for maintaining achievements, intended for adults of all ages. All of our apartments benefit from the rent supplement program. This means that our tenants have access to quality, modern, bright, and low-cost housing. Because our environment has a significant impact on our mental health, we put effort and heart into maintaining healthy living environments and apartments, which are key factors in promoting mental health recovery.



Believing in recovery means giving hope, building together, equipping, accompanying, encouraging, motivating, and contributing to the personal development of each individual. The prospect of a caring society without stigmatization towards people living with a mental health issue drives our daily actions.

FROM DREAM TO ACTION: THE EVOLUTION OF MON SHACK

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A project that grew by, for, and with the community. Discover the key moments that have marked the history of Mon Shack.

THE BEGINNINGS OF MON SHACK

Mon Shack was founded in 2013 to meet a need identified by the community. It was built by, for, and with the Eastern Townships community. The determination and volunteer work of the management made it possible for the first building to open its doors in July 2018. These 18 supervised apartments found takers for a recovery journey with an innovative and unique approach in the Eastern Townships region.

GROWING NEEDS

In response to the needs of its tenants and the community, Mon Shack built a second building, which began to welcome its first tenants in November 2023. Mon Shack 2.0 offers 22 additional supervised apartments. A place and services in continuity with the first building, to continue one's recovery and leverage one's achievements in a stimulating environment. In total, there are 40 supervised apartments for mental health to serve the Eastern Townships.

MON SHACK 3.0: A DREAM STILL VERY MUCH ALIVE

The idea of a third building for seniors living with a mental health issue is still part of our aspirations. The needs are very present and our will to contribute to the solution is just as strong.

"Everything in its own time", because each project requires significant resources and investments.

We are therefore staying the course for the future, with the hope that one day this project will become a new open door to recovery.



Foundation of Mon Shack
by Josée Parent

2013

2018

Opening of
Mon Shack 1.0



Mon Shack wins the Pan-
Canadian Champion of Mental
Health Award (Community)

Josée Parent honored with the
Sovereign's Medal for Volunteers

Josée Parent nominated for the
RBC Canadian Women
Entrepreneur Award

2019

Mon Shack wins the Ella-Amir
Award for innovation in mental
health (Amis-Québec)



2021

Mérite Estrien in the
newspaper La Tribune



Opening of
Mon Shack 2.0

2023

2025

Mon Shack finalist at the
Gala Reconnaissance Estrie

Mon Shack nominated for the
Orange Prize of the AGIDD-SMQ

Official launch of the Espace
Univers-Shack, a living lab, a
first in Canada



MUCH MORE THAN HOUSING: A LEVER FOR RECOVERY

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Two nearly neighboring buildings featuring 40 housing units in total, two living environments open to the community, along with essential services to promote mental health recovery.

Mon Shack, which is **a unique model in the Eastern Townships**, has two buildings totaling 40 supervised apartments for mental health, as well as two bilingual living environments open to the community. All activities offered in these living environments are free, diverse, stimulating, open to the community, and inclusive. These activities help to meet the overall needs of individuals while having a positive impact in the fight against stigma.

MON SHACK 1.0 | 3195, COLLEGE STREET



Mon Shack 1.0 is composed of 18 apartments and is dedicated to young adults aged 18 to 35 requiring intensive or intermediate follow-up. The goal of this building is to stabilize and develop autonomy over a period of three years.

MON SHACK 2.0 | 3165, COLLEGE STREET



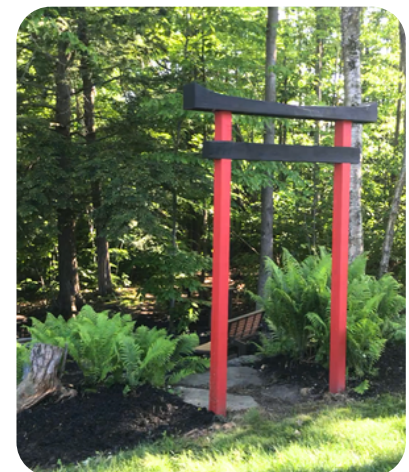
Mon Shack 2.0 is composed of 22 apartments and is dedicated to adults of all ages requiring light follow-up, in order to maintain their autonomy in favorable conditions. People can live there for the time necessary to achieve their full autonomy.

All our apartments are 3 ½ (one-bedroom) and include a washer and dryer hookup, a storage space, and a parking space. Tenants and community members also have access to two large community rooms, two fully equipped kitchens, a physical training space, as well as outdoor facilities promoting relaxation, including Zen spaces. Our services are fully bilingual, professional, and available to the Eastern Townships community six days a week. Activities are also offered in the evening, at least two evenings a week.



OUR OPENING HOURS

Monday to Friday,
from 8:30 a.m. to 5:00 p.m.
Saturday,
from 10:00 a.m. to 4:00 p.m.
(12 months | 52 weeks a year)



TENANTS AT THE HEART OF OUR SERVICES

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We aim for the development and maintenance of healthy lifestyle habits, in a framework conducive to mental health recovery and regaining control over one's life trajectory.

Since its creation, Mon Shack has developed in close collaboration with its community, where it now holds an important place. Over the years, its humane and innovative approach, its offer of bilingual services, as well as the quality of its housing and living environments have been highlighted several times. These recognitions reflect a constant commitment to what guides each of our actions: **placing the person at the heart of our services and our mission.**

OBJECTIVES THAT GUIDE EACH OF OUR INTERVENTIONS

- ✓ **Accompany individuals in their mental health recovery** by promoting the development of their autonomy, self-esteem, and sense of responsibility so that they can occupy a full and satisfying place in their community.
- ✓ **Alleviate the emotional distress** of those who use our services.
- ✓ **Maintain equal relationships** between staff and clients, within established frameworks.
- ✓ **Promote member participation** in defining or reaffirming the organization's mission, orientations, and operating modes.
- ✓ **Foster a democratic and associative life** through the implementation of several participatory structures.
- ✓ **Educate, sensitize, inform, and support the community** by encouraging society to be more tolerant towards adults with mental health issues.
- ✓ **Fight collectively against prejudice and stigma** to promote the recovery of people living with a mental health issue.

AT MON SHACK, TENANTS FIND:

- Reception and orientation towards relevant resources.
- Individual and group follow-up meetings.
- Various workshops (group cooking, art therapy, physical activity, budget management, etc.)
- Personalized support focused on recovery and the development of autonomy.



With, by, and for our tenants, we contribute to building a community where living together, inclusion, and everyone's mental health are central. Through activities organized in our living spaces and open to the community, as well as our presence at events held in various public spaces, notably at Square Queen Lennoxville, we encourage encounters, promote dialogue, and create opportunities for connection. Each of these initiatives helps to break down prejudices, reduce stigma, and strengthen the bonds that unite our community.

We are fortunate to have a solid, committed, and caring team that ensures a quality presence in both Mon Shack and Mon Shack 2.0, in a healthy and motivating work environment.

Like several community organizations, we continue to face challenges related to recruitment and staff retention, particularly due to studies and professional transitions. To better meet the needs of the organization, we have reviewed our internal structure this year. In this context, a co-director position was created, as well as a marketing and communications manager position. This new structure aims to promote greater stability, support the well-being of the team, and offer a work environment even better adapted to the needs of employees. Although it is still difficult for us to fill all our positions, we remain positive, motivated, and we continue to recognize the many qualities of our tenants: their mutual support, their mutual aid, their benevolence, and their involvement in their living environment.

ORGANIZATIONAL CHART



ONCE AT MON SHACK, ALWAYS AT MON SHACK!

This year, we had to say goodbye to our super intervention worker and human resources manager, Annie-Pier. Her departure left a big void to fill. Although we fully understand her decision (a job offer impossible to refuse!) her absence is felt daily. We are very proud of her, and there is no doubt that she will stand out positively in her new work environment.

We also had to say goodbye to our fantastic Liya, who chose to move closer to her family in Montreal. We can understand this desire to be closer to one's loved ones. Finally, our sweet Angélique has returned to her master's studies. We completely understand her desire to continue her development and we encourage her with all our hearts.

We wish to enthusiastically highlight the return of our magnificent Marylène! After an enriching break dedicated to her studies, she is back among us in her new role in communications and marketing. What a joy to have her back! Her energy, her creativity, and, above all, her contagious laugh were greatly missed.

Despite these departures, our great pride lies in the fact that these individuals continue to be involved as volunteers within the organization. The reunions are always filled with smiles, support, and camaraderie. This says a lot about the quality of the bonds that are forged at Mon Shack.

GROWING AS A TEAM, EVOLVING AS AN ORGANIZATION

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Throughout the year, we have invested in our team's professional development and cohesion in order to provide consistently high-quality support and an engaging work environment.

Every year, we offer our team three team-building activities designed to help us get to know one another better, share ideas in new ways, discuss Mon Shack's services and mission, and even give back to the organizations that support us on a daily basis.

TEAMBUILDING AT THE APPLE ORCHARD



In the photo, from left to right, Lizeth (intern), Hélène (administrative assistant), Juliana (intervention worker), Annie-Pier (intervention worker), Mathieu (group intervention worker), Éloïse (intervention worker), Liya (intervention worker), and Maïka (group educator).



TEAMBUILDING AT THE SOCIAL GROCERY STORE AT MOISSON ESTRIE



In the photo, from left to right, Marylène (marketing and communications manager), Luis (volunteer coordinator at Moisson Estrie), and Charlène (group intervention worker).



INTERVENTION TEAM

Completed training:

- Borderline Personality Disorder (BPD).
- Attachment Disorder in Adults.
- Solidarity Transport program.
- Solution-Focused Approach.
- Suicide Prevention.

ADMINISTRATIVE TEAM

Completed training:

- Microsoft 365 tools for time management.

EXECUTIVE TEAM

Completed training:

- Solution-Focused Approach.
- Borderline Personality Disorder (BPD).

GROWING TOGETHER THROUGH CONTINUING EDUCATION

At Mon Shack, we believe that continuing education is much more than a professional development tool: it is a concrete investment in the next generation, in the evolution of our practices, and in the quality of the services we offer. By allowing our team to perfect their skills, discover new approaches, and nurture their creativity, we cultivate a dynamic, innovative, and motivating work environment, where everyone contributes to advancing our mission. During the 2025-2026 fiscal year, the members of the Mon Shack team participated in several distinct training sessions.

These professional development activities allowed them to deepen essential knowledge in mental health, intervention, communication, and management, while strengthening the organization's internal expertise. This approach demonstrates the team's commitment to offering quality services and staying abreast of best practices.

Mathieu
Group
intervener



Angélique
Intervener



Annie-Pier
Intervener and
human resources
manager



Hélène
Administrative
assistant



Juliana
Intervener



COMMITTEES ENERGIZED BY OUR TENANTS

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At Mon Shack, democratic and associative life is at the heart of our operations. It allows for the sharing of responsibilities, making everyone's voice heard, and strengthening solidarity among tenants, with respect for all. Getting involved in a committee is also an excellent way to contribute to one's community, interact with others, stay active, and develop numerous transferable skills, both personally and collectively.



CLEANLINESS COMMITTEE

A collective living environment where all 40 tenants participate in maintaining the premises through a monthly rotation of weekly tasks.



COMMON ROOM AND OUTDOOR CLEANLINESS COMMITTEE

Six tenants ensure compliance with usage rules and the cleanliness of the common room and our outdoor spaces.



GARDEN COMMITTEE

The management of the garden is ensured by three tenants, with the participation of several others during watering and harvesting periods.



Guided by values of mutual aid, collaboration, and empowerment, our various committees offer concrete participation spaces where tenants can actively get involved in their living environment. These democratic and associative actions promote citizen engagement, the development of agency, and the creation of significant bonds within the community.



CAMPING COMMITTEE

Six tenants are involved in planning, organizing, and coordinating an annual camping trip.



WEEKEND COMMITTEE

Thanks to the involvement of seven tenants, activities are offered throughout the year to liven up the weekends.



KITCHEN COMMITTEE

Recipes for cooking activities are chosen each month by the kitchen committee, taking into account available food items.



TENANT'S FUND COMMITTEE

A committee of eight tenants organizes outings and outdoor leisure activities throughout the year. The organization provided a budget of \$3,000 to support the committee.



ROXY COMMITTEE (MON SHACK'S DOG)

Our mascot was spoiled by 11 volunteer tenants dedicated to her well-being at Mon Shack.



Projects and achievements of our tenants to be proudly celebrated! This illustrates the journey of recovery, development of autonomy, and regaining power over one's life.



CAMPING PROJECT

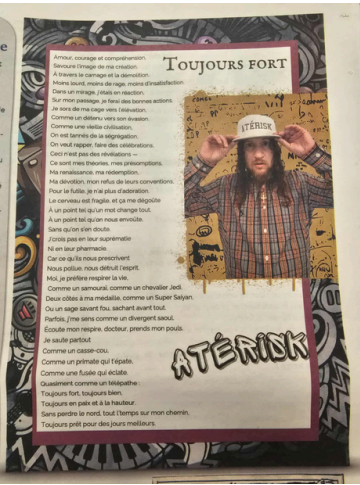
Thanks to a \$750 grant obtained through the *ParticipAction* program of the **Conseil Sport Loisir de l'Estrie**, the tenants were able to organize and carry out their traditional summer camping project in June 2025. Having become an annual "by and for" activity, this project relies on a dedicated fund and on camping equipment already available. It is an initiative entirely led by the tenants, which promotes autonomy, decision-making, and the development of organizational skills.

MARTIAL ARTS WITH WILLIAM

Passionate about martial arts and with his experience in this field, William puts his knowledge at the service of the tenants by leading a workshop twice a month at Mon Shack. These sessions allow tenants to discover different techniques, to move in a safe environment, and most importantly, to have fun! Bravo and thank you, William, for sharing your passion.

RAP TON SQUARE

A first edition of *RAP TON SQUARE* took place on July 10, 2025, featuring three local artists, including two tenants from Mon Shack: **Julien Carrier et Atérisk**. Special thanks to **Jay L'intru**, an artist who participated in the project. They presented a free show open to the entire community at the Square Queen Lennoxville. A great project implemented thanks to the partnership of **Explore Lennox** and **Entreprendre Sherbrooke**.



PUBLICATION IN "LE JOURNAL"

As part of the Collective Word Month in Mental Health, Carl **ATÉRISK** Tremblay, a tenant at Mon Shack, published a work entitled *L'enfant intérieur* (*The Inner Child*), accompanied by the text *Toujours fort* (*Always Strong*). An achievement we are proud of, which powerfully illustrates his perseverance, his resilience, and his journey towards recovery.

AA MEETINGS WITH JESSILYN

A big thank you to Jessilyn who founded an AA group exclusively for Mon Shack tenants. It is a space for exchange and support, in a climate of respect, confidentiality, and listening. These meetings take place twice a month and allow tenants to journey together towards well-being.

CELEBRATING EVERY SUCCESS

All tenants meet every two months to take stock, adjust, and move forward together with members of the Mon Shack team! We take this opportunity to highlight everyone's successes. In the last year, 14 certificates were awarded to recognize the accomplishments of the tenants. These gestures show the importance of encouraging everyone's journey and celebrating victories.

Each number represents a person, a service offered, an activity carried out, or a step towards recovery. Together, they paint a remarkable picture of our year 2025–2026.

7,133

PARTICIPATIONS

in our group activities and workshops open to the community for free

131

PEOPLE

benefited from our group activities and workshops

351

REGISTERED MEMBERS

who renewed their membership

10,008

INTERVENTION SERVICES

provided by the clinical team

25

HOUSING APPLICATIONS

reviewed by the selection committee

18

ADULTS

integrated into housing at Mon Shack

179

BROCHURES DISTRIBUTED

during kiosks and meetings with the community

668

PROMOTIONAL ITEMS DISTRIBUTED

(Bracelets, pens, and magnets)

28,243

TOTAL VISITORS to our website

102,941

DOLLARS RECEIVED

in donations from individuals, companies, and foundations

36

ACTIVE VOLUNTEERS within Mon Shack

4,879

VALUE IN DOLLARS

of Google advertising offered to Mon Shack

We extend our warmest thanks to all the individuals, businesses, and organizations that have generously chosen to support our mission and our services.

This year again, we had the privilege of counting on the generosity of our community. Whether it's financial donations, household items, clothing, games, gift baskets, activities, or any other form of contribution, every gesture is precious and contributes to the well-being of our tenants. We extend our sincerest thanks to all the individuals, companies, organizations, and volunteers who chose to support us during the year. Your generosity makes a real difference and brings comfort, joy, and hope to our tenants.

MON SHACK... MON HOT-DOG !

Having become a tradition, our annual hot dog sale at the Square Queen in Lennoxville, as part of the public market, took place on Saturday, August 16, 2025. Thanks to the magnificent team of volunteers from **Familiprix Extra Lennoxville (Pierre-Olivier Fortier, pharmacist owner)** and their precious contribution, **we were able to raise a sum of over \$1,400** to support our mission and services.



Thank you to the Public Market for making a place for us and to all those who came to feast to encourage us. Thanks to the involvement of our tenants and volunteers, it was a success!



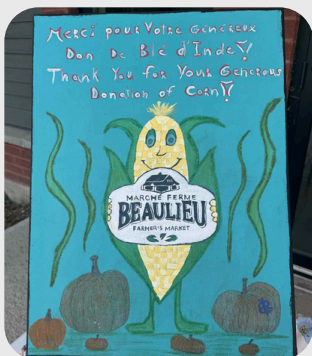
La fondation
ROCK-GUERTIN

Thank you to the **Fondation Rock-Guertin** and its volunteers for their distribution of the **"Baskets of Hope"** which bring warmth and comfort to our tenants during the holiday season.

EVERY GESTURE COUNTS

Thank you to the entire community for the donations of objects, household items, clothes, or games spontaneously dropped off at Mon Shack!

ANNUAL CORN ROAST



Organized by Émilie, a member of the board of directors and a former tenant of Mon Shack, the annual corn roast has become a well-appreciated tradition at Mon Shack. On August 29, 2025, tenants and community members gathered to enjoy a festive day punctuated with games, a piñata, and a delicious meal. We warmly thank **Ferme Beaulieu** for the generous donation of corn cobs, which greatly contributed to the success of this beautiful community-building activity.



fondation
Carmand Normand

Thanks to the **\$5,000 grant** from the **fondation Carmand Normand**, we now have all the necessary material for the production of a podcast.

TWO BENEFIT DINNERS TO SUPPORT OUR MISSION

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Two benefit dinners took place during the last fiscal year, each contributing significantly to the support of our mission for 2025-2026, as well as to the continuation of our activities for the coming year.



MENTAL HEALTH, FROM OURS TO YOURS!

4th edition of the benefit dinner | March 27, 2026

This unifying evening was marked by the touching testimonials of two of our tenants and a dynamic musical atmosphere thanks to *DJ Skittel'zz* and saxophonist *Vinny Falcone*. The involvement of our honorary president, **Marian Richard** (owner-merchant of the Canadian Tire Fleurimont) as well as the essential support of our sponsors **Familiprix Lennoxville** and **Roy, Lévesque et Associés** directly contributed to the success of this evening. We would like to particularly thank our heartfelt partner, **Restaurant Comme Chez Soi**, for the organization and the culinary experience offered. The silent auction was a great success, driven by the generosity of the participants and many partners.

AMOUNT RAISED
\$28,512

MOTIVATE THE MOMENTUM!

3rd edition of the benefit dinner | April 4, 2025

This unifying evening was marked by touching testimonials and a rap performance by our tenants. The musical atmosphere provided by *Alopozé* helped create a dynamic and festive atmosphere throughout the event. The silent auction also generated great enthusiasm among the participants, thanks to the generosity of many donors and partner companies. We warmly thank our silver sponsor, **Familiprix Extra Lennoxville**, for its essential support, which directly contributed to the success of this evening. Special mention also to Marilyne and Martine from **Restaurant Comme Chez soi** for their valuable collaboration in this event.

AMOUNT RAISED
\$20,544





A PARTNER AT HEART

We would like to especially thank **Martine Gérin and Marilyne Beauchemin, co-owners of Restaurant Comme Chez Soi**, for their loyal support since the very first edition. They brilliantly organize these editions, offer delicious meals to our participants, and generously secure partnerships for the silent auction. These two women of heart make these evenings a success year after year.



ATÉRISK and Julien Carrier
Musical performance
at the 3rd edition
Tenants at Mon Shack



Raphaël
Testimonial at the
4th edition
Tenant at Mon Shack



Vinny Falcone
Saxophonist at the 4th edition
Accompanied by DJ Skittel'ZZ



Mr. Marian Richard
Honorary President
of the 4th edition
Owner-merchant
Canadian Tire Fleurimont



Élisabeth Brière, Geneviève Hébert, Josée Parent and Marianne Dandurand
Present at the 4th edition

THANK YOU TO OUR SPONSORS AND PARTNERS



Famiprix Extra Lennoxville
Pierre-Olivier Fortier
Pharmacy Owner

A LOYAL PARTNER AT THE HEART OF OUR MISSION

Proud silver sponsor of the 3rd edition as well as the welcome cocktail and musical atmosphere of the 4th edition. Since the opening of the very first Mon Shack building, Mr. Fortier and his team have supported us with generosity. Their involvement is not limited to our major events: they actively participate in our group activities for our tenants and are also partners for different projects throughout the year. We want to thank them for their loyal support!

A COMMITTED PARTNER WHO MAKES ALL THE DIFFERENCE

Proud sponsor of the Gourmet Feast in the 4th edition. Present with us at previous editions, they chose this year to push their commitment even further by becoming a sponsor, while honoring us with their presence during the evening. Their contribution made it possible to offer all our participants a memorable gastronomic experience. We want to thank them for their trust and their involvement in our mission, our services, and our actions for mental health.



TRAINING THE NEXT GENERATION IN MENTAL HEALTH

ANNUAL REPORT 2025-2026

Welcoming interns means investing in the next generation and actively contributing to the development of future professionals in the fields of intervention, health, and other related sectors.

Each year, we have the privilege of accompanying students, young people in summer employment, or in professional reorientation in a concrete experience that allows them to better understand the realities faced by our tenants, to deconstruct prejudices, and to develop a humane and caring approach. Through their curiosity, their fresh perspective, and their involvement, these individuals enrich our environment while building their professional path. By opening our doors to the next generation, we wish to transmit our expertise, inspire vocations in diverse fields, and contribute to training the intervention workers and professionals who will shape the services of tomorrow.

INTERNS FROM DIFFERENT ACADEMIC BACKGROUNDS



Photo Credit : Government of Canada

Every summer, Mon Shack welcomes a student thanks to the **Canada Summer Jobs program**. This initiative allows young people to gain paid work experience while developing professional skills. For our organization, it is also a great opportunity to pass on our expertise, support the next generation, and introduce future professionals to the community sector.

INTERN STORIES



I am proud to be part of Mon Shack because we form a close-knit team that makes a real difference in people's lives. We move forward together with truly human values and we put our heart into everything we do.

Liya | Former intern from Bishop's University and intervention worker at Mon Shack

My internship was a truly formative experience, both professionally and personally. I encountered challenges related to this new reality and discovered strengths I never knew I had. Sharing my daily life with the tenants, accompanying them, equipping them, and creating bonds: that's what mental health intervention is all about. Mon Shack's unique operation and its human dimension make all the difference!

Maïka | Intern from Bishop's University and now a group educator at Mon Shack



A YEAR OF DIVERSE ACTIVITIES AT MON SHACK

ANNUAL REPORT 2025-2026

Our program of one-time and recurring workshops and activities is an important lever for realizing our mission and supporting the well-being of the people we assist.

At Mon Shack, we promote a holistic approach to mental health that focuses on recovery, the development of autonomy, the adoption of healthy lifestyles, and the creation of significant social bonds. By offering a welcoming, inclusive, bilingual living environment rooted in its community, we create opportunities for learning, exchange, and participation that allow everyone to develop their personal and social skills. These spaces also help to raise public awareness and reduce prejudices surrounding mental health issues.

Accessible for free to our tenants, their loved ones, and community members, our workshops and activities promote inclusion, mutual aid, and a sense of belonging. **This year, 131 participants benefited from our diverse programming, for a total of 7,188 participations (+31% this year) in our recurring and one-time workshops combined. We offered 19 recurring workshops and 61 varied one-time workshops.**

SUMMARY OF PARTICIPATION IN ONE-TIME ACTIVITIES AND WORKSHOPS 670 TOTAL PARTICIPATIONS

OUTDOOR OUTINGS 149 TOTAL PARTICIPATIONS

Pet show
RAP TON SQUARE
Cinema nights
Apple picking
Museum visit
Restaurant outings
Bowling night
Spay day
Sugar shack trip



THEMATIC AND SEASONAL ACTIVITIES 165 TOTAL PARTICIPATIONS

Saint-Jean dinner
Christmas decorations and dinners
Émilie's corn roast



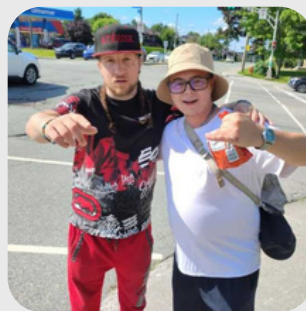
VARIOUS WORKSHOPS 210 PARTICIPATIONS TOTALES

Basketball
Movie nights
Karaoke nights
Role-playing games
Univers-Shack meetings



AD-HOC COOKING AND GROUP MEALS 146 TOTAL PARTICIPATIONS

Themed dinners
BBQ organized with the Tenants' Fund
Tenant birthday dinners
Dinners after tenant meetings



SUMMARY OF PARTICIPATION IN RECURRING ACTIVITIES AND WORKSHOPS

6,518 TOTAL PARTICIPATIONS



Tea-Talk

322 participations

Every Monday,
alternating with the
Tea-Art workshops



Tea-Art

271 participations

Every Monday,
alternating with the
Tea-Talk sessions



By & For

569 participations

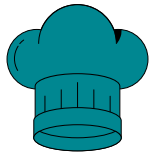
Activities chosen by
the residents, for
everyone to enjoy



Breakfast

979 participations

Every Tuesday
morning



Small group cooking

118 participations

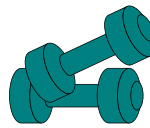
Cooking skills
development



Martial arts

128 participations

Offered by William, a
resident at Mon Shack



Physical exercise

21 participations

With all the equipment
available at Mon Shack



Yoga

144 participations

Every two weeks



Group cooking

419 participations

Every Thursday
afternoon



Board games

822 participations

Every Friday
afternoon



N.A. & A.A Groups

194 participations

Groups exclusively
for residents



Massage

66 participations

Generously offered by
Jean-Pierre Bégin,
volunteer



Morning coffee

1,386 participations

Every morning,
with snacks



Garden

88 participations

During the summer
months



Walk

623 participations

Tuesday
afternoons



Affordable hairdressing

36 participations

A new service
offering this year



Casual community dinner

159 participations

Saturday evenings,
twice a month



Drawing & games

4 participations

Implemented toward
the end of the fiscal year



Let's move!

169 participations

Getting active and
having fun

Free activities also
offered to the entire
Eastern Townships
community!



THE IMPACTS OF MON SHACK IN THE COMMUNITY

Thanks to its two buildings totaling 40 housing units, the organization has supported numerous journeys towards recovery, welcoming new tenants, accompanying their evolution, and promoting transitions adapted to their needs and objectives.

SOURCE OF HOUSING APPLICATIONS FOR MON SHACK

- Variable Intensity Follow-up Team (SIV) | Four applications
- Individuals themselves | Three applications
- Hôtel-Dieu External Mental Health Clinic | Two applications
- Centre de réadaptation en dépendance de l'Estrie (CRDE) | Two applications
- La Traverse Halfway House | One application
- Early Psychotic Episodes Team (PEP) | One application
- Psychiatry | One application
- Sherbrooke Coalition for Street Work | One application
- Auberge du coeur La Source Soleil | One application
- Le Tremplin 16-30 | One application
- Carrefour Jeunesse Emploi | One application

In total, 17 applications were accepted and one application was refused for non-compliance with admission criteria.

EVOLVING JOURNEYS

This year, 14 new people made Mon Shack their new home. We also had to say goodbye to 15 people. Among the 15 departures, three people moved to Mon Shack 2.0, two people returned to their families, three people are now in independent apartments in the community, and five people had to leave because they were unable to respect the rules of the living environment.

LIGHT MAINTENANCE: A YEAR OF CONTINUITY AND EVOLUTION

At Mon Shack 2.0, in light maintenance, we notice there is less change. This year, three new people made their place. We also had to say goodbye to five people. Among the five departures, one person moved into a room, three people into an independent apartment, and one person returned to their roots at Mon Shack.

SOURCE OF HOUSING APPLICATIONS FOR MON SHACK 2.0

- Individuals themselves | Six applications
- Psychiatry | One application

In total, five applications were accepted and two applications were refused for non-compliance with admission criteria.

AS OF MARCH 31, 2026, FOR ALL OUR TENANTS, WE HAD:

- Nine people in the stabilization phase.
- Five people in light maintenance.
- Three people employed.
- One person in an employability project.
- Four people in vocational studies.
- Four people in secondary studies.
- One person in preparatory studies for high school.
- One person in college studies.
- Two people in university studies.

- Five people volunteering.
- One person developing their life project in martial arts.
- One person developing their life project in music.
- One person developing their life project in craft creation.

We had two vacant apartments awaiting the arrival of two new people on April 1, 2026.

At the heart of our mission, clinical support underpins the recovery and autonomy of our tenants. Despite workforce challenges, our team remained committed to offering local services tailored to the needs of each individual.

Thanks to its clinical team, Mon Shack tenants benefit from several professional services: individual follow-ups (planned or ad-hoc), accompaniments, transportation, apartment visits, as well as meetings and communications with their loved ones and partners on file. However, the current circumstances weakens the stability of our team. Workforce issues make it more complex to maintain a complete and engaged team. With all our housing units occupied, our funding efforts are geared towards finding sustainable partnerships to support the quality of our clinical services and strengthen our intervention capacity. Maintaining our team means maintaining the very essence of our local professional support.

For the fiscal year ended March 31		2026	2025	2024
Scheduled individual follow-up meetings	+ 19 %	965	809	574
Spontaneous individual follow-up meetings	+ 39 %	7 009	5 049	960
Support and assistance	- 37 %	119	188	228
Apartment visits	+ 7 %	698	654	507
Meetings with partners	- 12 %	362	413	138
Post-housing follow-ups	+ 167 %	48	18	22
Family meetings and communication with relatives	+ 69 %	149	88	64
Group interventions	- 7 %	658	710	175
Clinical meetings for the intervention team	- 27 %	8	11	10
Total number of intervention services	+ 26 %	10 008	7 940	2 678

Having had to work with a reduced team at certain times of the year, we had to make choices to focus our efforts and professional services on our tenants. This meant that we had to reduce our number of accompaniments outside of our doors as well as meetings with our valuable partners. Regarding our post-residency follow-ups, this result can vary considerably from one year to the next. Each year we have tenants who "take flight," but who may need occasional support to maintain their autonomy in the community. So there will be easier years and years with challenges. Finally, we take this opportunity to specially thank the loved ones who teamed up with us during our periods of reduced staff to support the recovery of a family member.

The Univers-Shack is a living lab that brings together experiential, scientific, and community knowledge to develop innovative solutions in mental health, in collaboration with the people concerned.

The Univers-Shack Space continued its deployment over the past year through several workshops promoting collaboration, experimentation, and sharing of expertise. The objective remains the same: to collect evidence-based data to contribute to the development of best practices in mental health. This approach also allows for documenting and modeling the Mon Shack approach, with the aim of promoting the export of its intervention model elsewhere in Quebec and Canada.



THE DIFFERENT COMMITTEES

Committee of Three Partners: Founded by Mon Shack, the Univers-Shack living lab was able to take off thanks to a major partnership with the Université de Sherbrooke and Bishop's University. Together, this trio forms the partners' committee.



Management Committee: A total of 11 meetings were held during the year.

Steering Committee: Two meetings were held during the year.

Research Committee: Currently in place and will be activated in the next year.



As of March 31, 2026, the Univers-Shack has hosted a total of four workshops, including a tea-talk to present the project and three co-creation workshops with tenants. These activities have fostered exchanges, participation, and the involvement of stakeholders in the Univers-Shack process. Furthermore, two scientific articles are currently being written and their dissemination is planned for next year, thus contributing to the outreach of the learnings and results from the project.

CONTINUING COLLECTIVE INNOVATION WITH THE UNIVERS-SHACK

In the coming year, the Univers-Shack committees will continue their respective work through meetings tailored to their needs, while the monthly co-creation workshops will continue to foster the active involvement of tenants in the scientific process. The modeling of Mon Shack will remain a core priority to consolidate the learnings from the living lab and to continue developing a model rooted in field experience.

The Univers-Shack also aims to strengthen its collaborative structures by welcoming new members to its steering and research committees. The finalization of the information and consent form (ICF), the governance document, and the creation of the project's web page are among the next steps. Literature reviews and the dissemination of knowledge through publications, communications, and scientific presentations will help to broadcast the learnings and results from the living lab.

Thanks to their benevolent presence and their involvement, our volunteers enrich the daily life of our organization and the people we support.

Volunteers hold an essential place in life at Mon Shack. Through their presence, their listening, and their commitment, they contribute to creating a welcoming, lively, and supportive environment. Whether it's leading an activity, supporting an event, or simply offering a moment of caring presence, their contribution brings our mission to life, day after day.

The following data testifies to the precious contribution of our volunteers to the realization of our mission. Their commitment is essential and directly contributes to the quality of the services we offer. This year, due to a reduced team, we were not able to welcome as many volunteers as we would have wished. Concerned about offering them quality support and supervision, we favoured an approach that allowed us to support them to our best efforts. We hope to have the pleasure of welcoming new volunteers, as well as seeing the return of those who have already accompanied us, in the coming year.

This year, 36 volunteers were involved with us, totaling 273 hours of volunteering.

OUR VOLUNTEERS, AN ESSENTIAL AND PRECIOUS RESOURCE



In June 2025, a team from BRP came to lend a hand at the opening of our community garden. Their precious help made it possible to enhance the garden and enjoy beautiful harvests throughout the summer season.



Two students in special education from Cégep de Sherbrooke organized a pop-up thrift store at Mon Shack in November 2025. We thank them for their commitment and their wonderful contribution to the life of our organization.



In June 2025, four volunteers came to help with spring cleaning at Mon Shack. Their valuable assistance helped to freshen up the premises and prepare a Zen environment for the summer season.

We also wish to thank our former employees who continue to be actively involved with Mon Shack. Whether for our fundraising campaigns, in carrying out various projects, or to support us with certain administrative and organizational needs, their precious contribution makes all the difference.

VOLUNTEER ACTION WEEK: MISSION VOLUNTEERING!

Every great volunteering mission begins with a spark: the desire to make a difference. We celebrated Volunteer Action Week, from April 19 to 25, 2025, by highlighting the remarkable work of all our volunteers and our board of directors on all our social networks and in our newsletter.



PARTNERSHIPS AND COLLABORATIONS

ANNUAL REPORT 2025-2026

Thanks to close collaboration with the resources, organizations, and businesses of the Eastern Townships, we are able to enhance our services and broaden our impact on the people we support.



Volunteering and
Financial Support



Medication & Interactions,
Skin & Beauty Workshops,
and Sponsorships



Sponsorship



Partner of the
Benefit Dinner



**MOISSON
ESTRIE**
Food Support and
Tea-Talk Hosting



PAAS Action and
Low-Cost Meals



Fitness Project
with Mon Shack



Tea-Talk on Anxiety



Tea-Talk
on Stress and Anxiety:
How to manage it all?



Tax Filing Assistance



Suicide Prevention



Mobile eyewear services
for everyone



Partner for the Univers-
Shack Space



Partner for the Univers-
Shack Space



Financial Support for the
Univers-Shack Space



Discounted memberships
for residents



Partner for Boîte à
Poésie



Partner for Boîte à
Poésie



Partner for activities at the
Square Queen Pop-Up
Space



Employment Skills
Development, Return to
Education, and Business
Start-Up Projects



Rent Cost Assessment
and PSL Follow-Up



Tax Exemption and
PSL Contribution



PSL Contribution



Financial Support
PSOC Program

MEMBERSHIPS IN ORGANIZATIONS AND NETWORKS

ANNUAL REPORT 2025-2026

Whether it's sharing knowledge, mobilization, creating projects, or joint efforts, the strength of the community contributes to the development and maintenance of a social safety net.



Borough of Lennoxville's Social and Community Development Advisory Committee



Our organization deeply believes in the importance of working in collaboration with the actors in our community to foster a concerted response to mental health issues. By being members of different organizations and networks, we contribute to a network of exchanges, knowledge sharing, and the development of best practices.



Oxford Community Garden

These collaborations allow us to cross-reference expertise, stay attuned to the realities experienced by the community, and adapt our actions to the evolving needs of the population. Together, we strengthen our ability to offer relevant, accessible support that is rooted in the realities of our environment.



ROC estrie



CSMS

Concertation
Santé Mentale Sherbrooke



CCL

Lennoxville Community Concertation

Playing an important role in our mission, communication strategies allow us to raise public awareness of mental health issues, publicize our services, reach people who could benefit from our support, and maintain ties with our community.

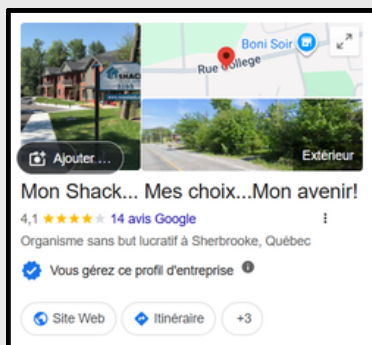
Throughout the year, our various communication tools have helped to increase our visibility and strengthen our presence among the Eastern Townships population. Our social networks, our newsletters, our website, and our digital campaigns have made it possible to disseminate relevant, educational, and accessible content to everyone. We want to contribute to reducing the stigma against people living with a mental health issue, encourage social mixing, and educate and simplify with content that promotes a better understanding of different mental health issues.



MON SHACK WEBSITE

28,243 total visitors (+21%)
51,718 total views (+13%)

The most consulted pages are the homepage, about, contact, and supervised housing.



GOOGLE BUSINESS PROFILE

2,250 clicks to our website
6,544 interactions with our profile
783 calls made
3,511 requests for directions



BI-MONTHLY NEWSLETTERS

206 subscribers
Four bilingual newsletters were sent to subscribers.
Average open rate of 62%
Average click rate of 11%

GOOGLE ADS GRANT ADVERTISING CAMPAIGNS

Thanks to the program, we were able to increase the visibility of our services to people seeking information or support for mental health. This program, offered to non-profit organizations, allows us to reach a large audience while optimizing our financial resources. **The total value of our ads was \$4,879**, with **1,009 clicks on our ads** leading to our website and **10,132 total impressions**.

OUR SOCIAL NETWORKS



1,198 followers (+9%)
147,187 total page views



683 followers
A new account will be created in the coming year



453 followers (+4%)
10,311 total page views



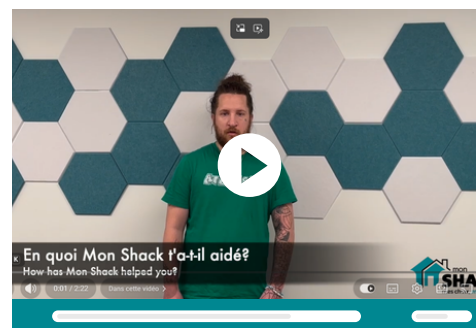
327 followers (+13%)
4,776 total page impressions

Through our communication actions and our awareness activities, we contribute to making mental health a collective responsibility and a priority for our community.

Throughout the year, we participated in various awareness campaigns aimed at informing, mobilizing, and encouraging dialogue around mental health. These initiatives are privileged opportunities to reach the population, fight against prejudice, and promote the importance of adapted support and universal access to recovery services.

MENTAL HEALTH WEEK | MAY 2025

On the occasion of Mental Health Week, two video capsules were published to raise community awareness of the importance of recovery and support in mental health. Two tenants of Mon Shack generously shared their journey, the challenges they overcame, and the positive impact of Mon Shack in their journey. Testimonials filled with authenticity that recall the strength of hope and support. Thanks to the team of medical students from the Université de Sherbrooke for filming and producing these video capsules with our tenants.



RECRUITMENT CAMPAIGNS | OCTOBER 2025

To support our recruitment campaigns, we produced a series of videos highlighting daily life at Mon Shack. By presenting our team, our work environment, and the values that drive us, these capsules offer an authentic glimpse into our organizational culture. They help to promote our mission while attracting people who wish to engage in a humane, caring, and collaborative environment.

WORK NEIGHBORS DAY | NOVEMBER 2025

As an ambassador for the **Mouvement Santé Mentale Québec (MSMQ)**, Mon Shack participated in the Work Neighbors Day in November 2025. We took a moment as a team to discuss tools for taking care of one's mental health at work or daily and created a video that we shared with the MSMQ and on our social networks.



These privileged occasions allow us to promote mental health, answer our community's questions, and publicize our various services.

Being present in the community is a concrete way to make our services known, raise public awareness, and build ties with citizens and partners in our area. Throughout the year, our team participated in several events, kiosks, and public activities to meet you.



MON SHACK PARTNER OF THE OPEN FORUM NOVEMBER 15, 2025

A unique experience and moment of collective brainstorming for sharing ideas, stimulating discussions between the community, and creating links. Organized by the Lennoxville Community Aid (CCL) Roundtable, of which Mon Shack is a member, with the support of the Townshippers' Association.

5@7 KIOSK FOR MENTAL HEALTH DESTIGMATIZATION MARCH 13, 2026

Organized by a group of medical students from the Université de Sherbrooke and in collaboration with Mon Shack, this event aimed to exchange, learn, and deconstruct myths surrounding mental health in a friendly and inclusive atmosphere. The program included a presentation kiosk, interactive activities, and open discussions. Because it is together that we can contribute to breaking down prejudices and opening the dialogue on mental health.



0-100 YEARS HOUSING FAIR MARCH 14, 2026

A first edition of this fair to discover and experience the different living environments offered to young people, adults, and seniors in the Eastern Townships. Our team had the pleasure of meeting people from the community and other organizations in the region to discuss mental health, social housing, and the different services offered.



COMMUNITY GATHERING EVENT BY CSMS (2ND EDITION) MARCH 25, 2026

The Mon Shack team was present at the Hôtel-Dieu for a kiosk organized by and for the members of the Concertation Santé Mentale Sherbrooke (CSMS). It was a great opportunity to present the different services offered within our organization and to answer questions from health workers and community members.

During these events, there were:

- 179 Mon Shack brochures distributed
- 196 Mon Shack bracelets distributed
- 296 Mon Shack pens distributed
- 176 Mon Shack magnets distributed



Through various media coverages, Mon Shack continues to publicize its mission and raise community awareness of mental health issues.

LA TRIBUNE

May 14, 2025

By Rosalie Dugas

Article - Une première en santé mentale pour un laboratoire vivant à Mon Shack



Photo Credit: La Tribune

THE RECORD

July 2, 2025

By William Crooks

Article - Mon Shack reports surplus, considers seniors housing project



Photo Credit: William Crooks

LE PROGRÈS DE COATICOOK

September 16, 2025

By Vincent Cliche

Article - La députée Hébert remet des médailles à Marjorie Tyroler et à la course Unis pour la cause

GENEVIÈVE HÉBERT, DÉPUTÉE DE SAINT-FRANÇOIS À L'ASSEMBLÉE NATIONALE

February 17, 2026

Mention - Madame Josée Parent, fondatrice de Mon Shack, reçoit une Déclaration de la députée Geneviève Hébert



Photo Credit: Geneviève Hébert, députée de Saint-François à l'Assemblée Nationale



RADIO-CANADA

May 15, 2025

By Jeanne Trépanier

Article - Un laboratoire vivant pour bonifier les services en santé mentale



Photo Credit: Radio-Canada

IMPERATIVES AND PRIORITIES FOR THE YEAR 2026–2027

ANNUAL REPORT 2025–2026

These imperatives define the priorities that will guide our interventions and the development of our services over the next year.



FUNDING TO MAKE A REAL DIFFERENCE

Last year, one of our priorities was to develop funding sources to support our overall mission and promote team growth, in order to prevent burnout and ensure staff stability.

Over the past year, this issue has been addressed, notably through the **Le communautaire à boutte** campaign, which highlights the significant underfunding challenges faced by the community sector. Furthermore, certain actions were taken to support team stability and recognize the importance of staff in achieving the mission.

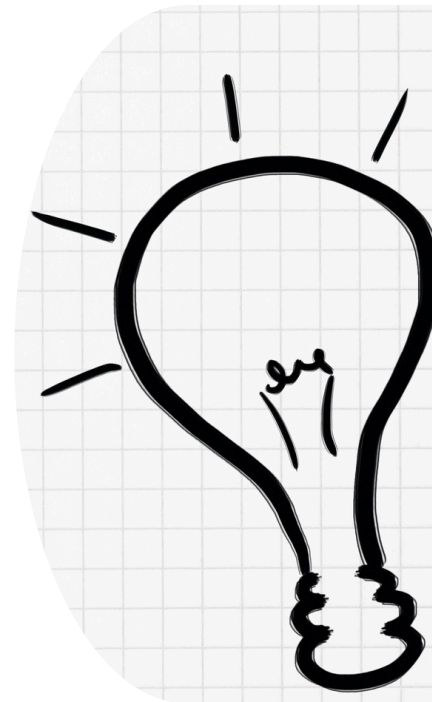
For the next year, we wish to continue our efforts to improve the organization's funding in order to strengthen the work team, notably by improving salary conditions and social benefits. The objective is to promote greater long-term stability and reduce the risks of burnout while planning for succession. We plan to hire a co-director for the next fiscal year. This reinforcement will also allow us to enhance our service offering, particularly by increasing the availability of individual support for tenants, to better meet their needs.

EFFICIENT PROCESSES FOR QUALITY SERVICES

Last year, we set a priority to improve our internal processes and evaluate the possibilities of automating certain tasks to gain efficiency and continue our continuous improvement process.

During the year, several initiatives were implemented to optimize our work practices. The integration of the Plume AI tool, in particular, helped support intervention work by reducing the time spent writing notes and on certain administrative tasks. This gain in efficiency allows the team to devote more time to supporting tenants. We have also developed and enhanced welcome guides that have helped to better support the integration of new employees and promote greater consistency in our interventions.

In the coming year, we will persist in our continuous improvement process by consolidating the tools and processes put in place. We wish to continue identifying ways to optimize certain administrative tasks, support the development of the team's skills, and enhance the welcome and reference tools. These actions will contribute to strengthening the quality of our services while promoting an effective and motivating work environment.



THANK YOU TO OUR PARTNERS!

ANNUAL REPORT 2025-2026

Their commitment, generosity, and collaboration are essential to the realization of our mission. All our services and the growth of our organization are possible thanks to the support of these precious partners.

FOUNDING PARTNERS



EQUILIBRIUM PARTNERS



Familiprix Extra Lennoxville
Pierre-Olivier Fortier
Pharmacy Owner



FRIENDLY PARTNERS



Canadian Tire Fleurimont
Marian Richard
Owner-operator



THE STRENGTH OF A COMMUNITY

The list of our partners would be too long to enumerate, and it is a privilege for which we are deeply grateful.

Every donation, regardless of the amount, represents a gesture of confidence in our mission and contributes concretely to making a difference in the lives of the people we support. Thanks to this generosity, we can continue our activities, develop new projects, and meet the needs of our community.

To all the individuals, companies, and organizations that choose to support Mon Shack, we extend our sincerest thanks. Your contribution is precious, and your commitment makes a real difference.



THANK YOU TO OUR SILENT AUCTION PARTNERS

BOISVERT

AMEUBLEMENT G. BOISVERT

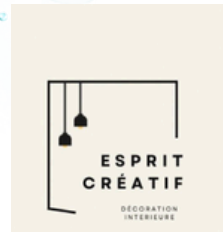


**TREMBLAY
CONSTRUCTION**

symbiozen

elle dit
BOUTIQUE

FLAMME UP
POULET & CO.



VAL ESTRIE LINCOLN



Jardi



**CHERRY
RIVER**



ALESSA
TRATTORIA

COMME CHEZ SOI
CUISINE GOURMANDE • AUBERGE

metro

strøm
SPA NORDIQUE

MICROBRASSERIE
COAT & COOK
CANTONS DE L'EST



**DOYON
DES PRÉS**



YUZU
sushi
LONGCHAMP
- EST. 1972 -

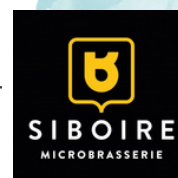
GRANDTIMESHOTEL
Sherbrooke au Lac des Nations

DOMAINE
CHÂTEAU-BROMONT



FRANKTEA
EXPÉRIENCE EXPLOSIVE

**LE LOUIS
XVI**



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OSTÉOPATHIE



Thomas
Ducharme



LIFFORD
CELLARS

PiZZICATO

Ultra
NAN
L'art pour éveiller
et émerveiller

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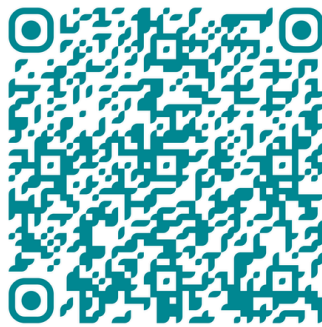
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