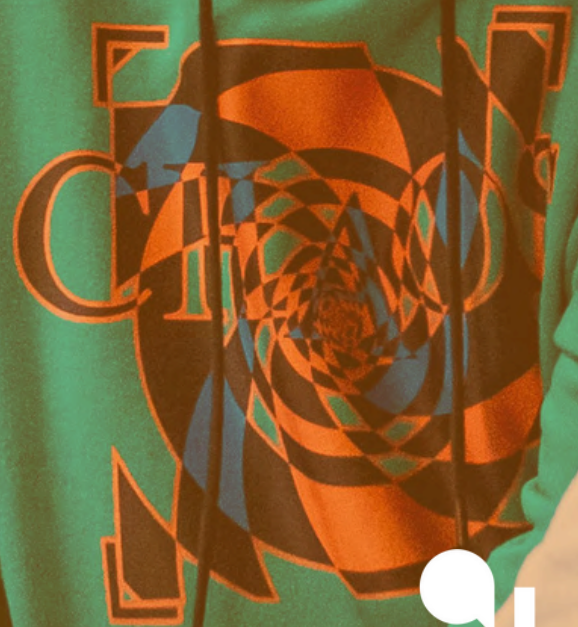


amdi.info

# IMPACT REPORT

2024 - 2025



mai*h*

Montreal Association for the  
Intellectually Handicapped





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## MISSION

To provide help and support to people with intellectual disabilities and their families, relatives and other caregivers in a way that promotes further growth and enables them to reach their full personal and social potential.

## VISION

To offer help and 360-degree support to adults with intellectual disabilities and to their families, relatives and other caregivers.

GRAND  
MONTRÉAL



# APPROACH

To achieve our mission, we favour a participatory and personalized approach that puts members at the heart of our program so as to both strengthen their resourcefulness as individuals and groups and to empower them.

## VALUES

OPEN-MINDEDNESS  
ACTIVE LISTENING  
RESPECT  
CREATIVITY  
EXCELLENCE  
COURAGE



# A WORD FROM THE PRESIDENT AND FROM THE EXECUTIVE DIRECTOR

## A year of consolidation and momentum

The year 2024-2025 was a pivotal one for the MAIH. In the face of challenges, we **consolidated a skilled, committed team that is perfectly aligned with the organization's mission**. Everyone is where they should be, in a role that plays to their strengths and expertise. This cohesiveness has enabled the MAIH to enter a new phase in its professionalization, benefitting members and their families.

The loss of a major funding partner last spring could have slowed our momentum, but, on the contrary, it fueled our creativity, prompted us to be bold and increased our determination. **New and promising strategic partnerships were formed**. They have enabled us to dream bigger and think further ahead, ensuring stability in our services. We are particularly pleased **that out-of-town camps are guaranteed for the next three years**, thanks to a **new, invaluable partner**, L'Appui. This is welcome news for the families who depend on these activities.

Highlights for the year include **the 43rd edition of the Soirée théâtre Janine Sutto, which was a huge success, raising a record \$138,600**. The evening was more than just a fundraiser: it showed the growing support for our mission and the MAIH's visibility in the community.

A feasibility study confirmed that the **MAIH should focus on implementing its very first housing project, Toi mon Toit**, which will offer 10 people with intellectual disabilities the chance to live in an apartment, in a mixed housing project in the heart of the Rosemont borough.

Finally, in February 2025, we launched a broad **strategic planning exercise to guide our actions for the next five years**. This will include increased philanthropy, a new positioning in the community an enhanced service offer, and, especially, the **MAIH's 90th anniversary celebrations**, which we look forward to enjoying with you.

To all those who make the MAIH shine — members, families, employees, directors, donors and partners — **we extend our sincere thanks**. Because of your trust, involvement and loyalty, the MAIH continues to advance with relevance and commitment.

**The future looks bright, filled with projects, time together and possibilities**. Let's keep moving forward, together.

# GOALS FOR 2025 - 2026

## Looking ahead to our 90<sup>th</sup> anniversary: building the future with vision and heart

As the MAIH prepares to celebrate its 90th anniversary, **we are entering a new chapter**, with renewed momentum, ideas and ambitions. The year 2025-2026 will be resolutely focused on action, recognizing our history and increasing our impact.

Our priority will be to **promote our identity** through strengthening our brand image and maximizing philanthropic efforts. We want to **promote the MAIH's mission beyond our walls**, consolidating our relationships with our partners while developing new partnerships.

We will continue our efforts to **maintain a rich, adapted and inclusive offer of workshops and training**, so that as many people as possible with intellectual disabilities and their families have access to our services, based on their needs and aspirations. We will also ensure **we enhance our services to caregivers**, recognizing their essential role and offering them support for the challenges they face.

The coming year will also **see important projects come to fruition**, such as planting a community garden at the MAIH — a living, accessible space where people can gather — as well as the completion of the Toi mon Toit housing project, with the first workshops in the fall on preparing for independent living.

And of course, in 2025 we will celebrate the MAIH's 90th anniversary, a milestone we will mark with festivities that bring us together and are **rooted in our mission**. It's the ideal opportunity to shine a light on the people who have built the organization over the past nine decades.

We are approaching the new year with optimism, pride and gratitude. We know that **the best projects take shape when they happen collectively**. Together, we will continue building a more inclusive, humane and stronger society.



**ALICE BOURGAULT-ROY**  
MAIH President



**ANICK VIAU**  
MAIH Executive Director

# SKILLS DEVELOPMENT

The Skills Development activities open up possibilities for adults with intellectual disabilities by focusing on expressing emotions, forming emotional ties, developing critical thinking, cultivating and reinforcing independence. These workshops **build confidence and allow participants to be fully engaged in civic society.**

## TWO FORMATS :

**WORKSHOPS DURING  
SESSIONS:**  
FALL + WINTER-SPRING

**232** Hours of workshops

**96** Spots

including 12 new spots

**SUMMER  
DAY CAMPS:**  
(HABIL'ÉTÉ)

**315** Hours of camp

**106** Spots

**9** Weeks of camp

## FOUR AREAS OF ACTION:

### HEALTH AND WELL-BEING:

- Encourage good habits
- Take control of your health and safety
- Increase confidence in day-to-day self-management

To take care of yourself, gain independence and feel more confident handling life's challenges.



#### WORKSHOPS AND CAMPS:

Taking care of yourself - First aid



#### WORKSHOPS AND CAMPS:

Visual arts and new technology -  
Expressing yourself through art -  
Dancing at the Grands Ballets Canadiens  
and with Prima Danse

### CREATIVE EXPRESSION:

- Explore creativity through a range of media (visual arts, digital arts, dance)
- Express emotions freely
- Foster talents in an inclusive setting
- Develop motor skills

Makes it possible to express emotions freely, value talents and develop motor skills and self-confidence in an inclusive, inspiring environment.

#### SUCCESS

After the success of workshops in partnership with Prima Danse, a summer format will be offered during Skills Development day camps in 2025!



## ➤ SELF-DETERMINATION AND CITIZENSHIP:

- Assert your life choices
- Understand and assume your role in society
- Facilitate communication with those around you and support workers
- Become an engaged citizen
- Participate in your community

Make it possible for everyone to tell their story, affirm their choices and have an active social life.



### WORKSHOPS:

Mon cahier de vie – Civic participation

## ACHIEVEMENTS!

**Mon cahier de vie: a concrete, powerful tool** from the MAIH workshops. It allows each person to introduce themselves and talk about their story, memorable experiences, preferences and life milestones. Designed to facilitate communication, it is a **bridge between people with intellectual disabilities and those who support them.**

In 2025-2026, there will be a new group of participants. **A meeting with caregivers will be organized to present the tool**, demonstrate its utility and show them how to use the tool to respect the needs and wishes of their loved ones in different situations.

**Civic participation:** Throughout last year, a participant continued to volunteer at the CHSLD Saint-Michel. Given the success of this partnership, the CIUSSS contacted the MAIH to offer members other opportunities to get involved.



### WORKSHOPS:

The 633 workshop – Grieving workshop

## ➤ SOCIAL CONNECTION AND MUTUAL SUPPORT:

- Break down isolation
- Socialize
- Find support and someone to listen
- Learn to manage life events, such as grieving

These moments of sharing foster collective well-being, mutual support and fulfillment in a warm, welcoming environment.



Grief is one of the profound realities many people with intellectual disabilities experience, **particularly if they are living with a caregiver.** As a result, the MAIH offers a workshop on grieving, which is a safe space for expressing emotions, seeking comfort and better grasping this difficult aspect of life.



At the MAIH, I made lots of friends, and I **also found a place to volunteer every week**. I learned to trust myself and believe in what I can do.

The MAIH is helping me build my future.

I like helping younger people when they need a hand. But what I love most is **discovering myself and my talents in workshops** like the 633 and Civic Participation. I feel good here. I feel like myself.

SAMUEL

## PARTNERSHIP WITH THE CIUSSS DE L'EST:

125

Spots

49

Various participants

### PARTNERS

SOLIDARITÉ AHUNSTIC - ENTRAIDE  
MATERNELLE LA PETITE PATRIE - VILLE EN  
VERT - CENTRE COMMUNAUTAIRE MADA -  
COLLÈGE MAISONNEUVE ROSEMONT -  
PRIMA DANSE - ATOUT PLUS - LES GRAND  
BALLETS CANADIENS - FONDATION PHI -  
BIBLIOTHÈQUE ET ARCHIVES NATIONALES  
DE QUÉBEC (BANQ) - UNIVERSITÉ DE  
MONTRÉAL

### SUPPORT AND SPECIAL GUESTS

#### JULIE ROY

Montreal City Councillor, Ahuntsic-  
Cartierville borough

#### HAROUN BOUAZZI

Member of the National Assembly  
for Maurice-Richard

### GOALS

- **Develop new workshops:** garden project, developing new themes to meet emerging needs
- **Create an outdoor mural** for the MAIH's 90<sup>th</sup> anniversary
- **Develop new partnerships for volunteering** as part of the Civic Participation workshop
- **Renew the first aid program and create a new partnership with Prima Danse** for a week of activities during the summer
- **Continue the partnership with Les Grands Ballets Canadiens**

For a number of years, the MAIH members and support workers have **offered their invaluable assistance** sorting for the Friperie du GEM. They offer concrete support, along with a warm, friendly, caring ambiance.

**We are very happy with our partnership**, and the respect, cooperation and good humour just keep growing.

Huge thanks to Liliana Tano, a rare gem, whose engagement, love and generosity is a source of inspiration. Your **dedication** makes a real difference, and we are deeply grateful to you.

Thank you from the bottom of our hearts!

AMIRA MIHOUB - RESPONSABLE DES SERVICES SOLIDAIRES



# LEARNING TO BE INDEPENDENT

The Learning to Be Independent activities enable adults with an intellectual disability to strengthen their skills for greater day-to-day independence.

Thanks to a strategic partnership with the Centre de ressources éducatives et pédagogiques (CREP), workshops are offered as part of **the Education Ministry's social integration program**

These workshops, led by Valérie Daigneault, a teacher at the CREP, take place in a friendly, structured, accessible environment at the MAIH. They address practical themes **that reflect the daily lives of participants:**

- cooking and nutrition
- stress management
- technological skills
- time management and budgeting
- residential security, and more

These workshops allow participants to **go at their own pace, based on their needs. It's a gateway to independence, self-confidence and social integration**, using an inclusive, stimulating approach.

## IN NUMBERS:

**324**

Hours of workshops

**110**

Spots

including 14 new spots

**45**

Hours of individual  
follow-up

## THE CREP :

The Centre de ressources éducatives et pédagogiques (CREP) is **a school for adults connected to the Centre de services scolaire de Montréal.**

Its unique approach is based on partnerships with community organizations to offer educational services to the community.

## FOUR AREAS OF ACTION:

### DEVELOPING DAY-TO-DAY INDEPENDENCE:

- **Cooking and nutrition:** understanding nutrition, following recipes, using equipment safely
- **Day-to-day safety:** time management, choosing the right cleaning products, recognizing emergencies and knowing how to react, adopting safe behaviour
- **Budget:** differentiating between needs and wants, understanding expenses, learning to save







## BETTER UNDERSTANDING THE DIGITAL WORLD:

- **Technology and communication:** using tablets, phones and computers and understanding the different purposes for each device. Browsing safely and knowing how to identify trustworthy sources.



## INCREASING SELF-ESTEEM AND MANAGING EMOTIONS:

- **Stress management:** knowing yourself better, understanding and labelling your emotions, developing strategies to face the unexpected

**Interpersonal relations:** having healthy relationships, managing conflict and the unexpected.



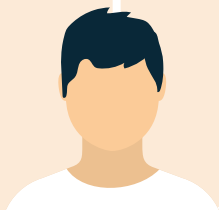
## PARTICIPATING IN A REWARDING COMMUNITY PROJECT:

- **Entrepreneurial project (Christmas Market):** learning to follow a production sequence, working as part of a team, exploring personal strengths, offering the public a finished product
- **Oral communication (via entrepreneurial or other projects):** public speaking, structuring a message, reinforcing self-expression

## ACHIEVEMENTS!

**Christmas Market:** For the final phase of the entrepreneurial project at the CREP's Christmas Market at Casa d'Italia, almost all the products members made were sold, down to the last ones enthusiastically bought by their loved ones.

Videos shot by the MAIH showcased members' work and raised public awareness about their valuable contribution. It was a wonderful demonstration of talent, pride and inclusion!



*I learned to do macramé, and I discovered a passion! I even do it at home now to get ready for the next Christmas Market. I want to get started on production so I can concentrate on bigger projects, like making a macramé mirror. **It's a great challenge for me and it's really motivating!***

JOCELYN

## THE CREP AND THE MAIH: STRONG PARTNERSHIP TO GO FURTHER, TOGETHER

The partnership between the MAIH and the CREP enables more than just access to educational workshops. It opens the doors to independence and social inclusion.

When members register:

- **They benefit from an STM student fare**, which is invaluable for those living below the poverty line, making it easier for them to travel and participate in society.
- **They receive a student card**, which gives them access to discounts at movie theatres, museums, cultural events, restaurants and stores. It's a great way to make culture and outings more accessible and foster day-to-day independence.

But that's not all!

- Three members received **personalized support from a social service worker**. This enabled them to:
  - obtain a student rate for their STM pass
  - receive support for an application for housing
  - fill out documents for government social assistance

Finally, this collaboration opens up new prospects for education, through **access to a guidance counsellor**, for members who want to **go back to school or find a job**.

It's a promising partnership, which shows that with the right allies, everyone can **advance at their own pace and go places**.

## GOALS

- Maintain the service offer and continue the partnership with the CREP
- Medium-term goal: have an additional teacher to increase the service offer
- Make the entrepreneurial project year-round, selling more than just through the CREP Christmas Market (visibility and awareness)
- Develop new themes to meet new needs (under development)

# AWARENESS RAISING AND INCLUSION

The Awareness-Raising and Inclusion activities **open the door to culture, expression and civic participation for people with intellectual disabilities**. Inspiring workshops and inclusive cultural outings **showcase talents, increase confidence, break down isolation and build bridges with society**. Every activity is an opportunity to live a full life, assert oneself and show that everyone has a place in the cultural and social life of the community.

## IN NUMBERS:

**295**

Hours of workshops

**130**

Spots

**32**

Places visited

including 10 new ones

## AWARENESS-RAISING:

Beyond workshops, the MAIH is a **driver of awareness**. With its **presentations at major events** and training on intellectual disabilities – made possible through the support of the Chantier de l'économie sociale – the MAIH builds links between community, cultural and professional groups to **contribute to a more inclusive, open society that understands people's realities**.

## THREE AREAS OF ACTION:

### ARTISTIC EXPRESSION AND PERSONAL FULFILMENT:

- Offer spaces for adapted physical and artistic expression
- Stimulate creativity, independence and personal pride
- Support for mental health through the benefits of art in a safe, fulfilling environment
- Value talent and increase self-confidence
- Break down isolation through inclusive group activities
- Counteract stereotypes by demonstrating artistic abilities

These workshops foster well-being, increase self-esteem and offer members visibility outside the MAIH, which is valuable recognition. By spotlighting their talents, these workshops help raise public awareness about human potential and diversity.



### WORKSHOPS:

Dance with Les Grands Ballets Canadiens - Exploring the arts - Words and movement at Place des Arts





#### WORKSHOPS:

Saturday cultural outings -  
Summer cultural outings



#### SOCIAL INCLUSION AND CULTURAL PARTICIPATION:

- Visit and explore a range of cultural venues
- Increase independence for travel and outings
- Cultivate curiosity and open-mindedness
- Foster belonging to the city's cultural life
- Create opportunities for discussion and socializing

In discovering cultural life, members break down isolation and form ties. Their presence in public spaces naturally raises awareness and reinforces the role the MAIH plays in building an inclusive society.



#### AWARENESS-RAISING AND THE PROMOTION OF INCLUSION:

- Demystify intellectual disability and neurodiversity
- Raise awareness in professional, community and cultural settings
- Build bridges between the community sector and businesses
- Improving understanding of intellectual disabilities and strengthening the ability to support individuals within the team and among the people served.
- Encourage inclusive, respectful living and work environments

These actions create lasting ties with community and professional groups, reinforcing the MAIH and people with intellectual disabilities as key actors in inclusion and diversity.



#### TRAINING & PRESENTATIONS:

Panel on neurodiversity (for Métro) -  
Groups of students from: École Laurier -  
École Marguerite Bourgeois - HEC -  
Collège Jean Eudes  
Training on intellectual disabilities

## PARTNERS

LES GRANDS BALLETS CANADIENS (CENTRE NATIONAL DE DANSE-THÉRAPIE) -  
PROGRAMME ART ADAPTÉ DE LA PLACE DES ARTS - D'UN Oeil DIFFÉRENT (DOD) -  
CENTRE DES ARTS ACTUELS SKOL -  
MAISON DE LA CULTURE JANINE SUTTO -  
ÉCOLE LAURIER ET ÉCOLE MARGUERITE BOURGEOIS - HEC - COLLÈGE JEAN EUDES - MONTRÉAL, ARTS INTERCULTURELS (MAI) - FONDATION PHI -  
ARTOTHÈQUE - MUSÉE D'ART CONTEMPORAIN DE MONTRÉAL (MAC) -  
MUSÉE DES MÉTIERS D'ART DU QUÉBEC (MUMAQ) - FAB-LAB À LA BIBLIOTHÈQUE ET ARCHIVES NATIONALES DU QUÉBEC (BANQ) - ATELIER LE FIL D'ARIANE -  
ESPACE LIBRE ET NOUVEAU THÉÂTRE EXPÉRIMENTAL

## GOALS

- **Explore the arts:** Launch the project *À la manière d'artistes montréalais*
- **Awareness-Raising:** Development, updating and publication of awareness tools about intellectual disabilities (e.g.: guide for elementary school students, welcome guide)
- **Training:** Adapting the service offer and delivering it to partners

*My sister always has a hard time getting up in the morning, except for Friday mornings. She gets up early in a good mood, happy to be going to the MAIH for her Exploring the Arts workshop. Thank you so much. **It's wonderful to see her so happy.***

KINDA ALJAYOUSH SOEUR DE LOULOU ALJAYOUSH



# OUT-OF-TOWN STAYS

The MAIH's camps are more than just moments of recreation: they are fulfilling, enriching experiences, designed to support, learning and personal development as well as provide enjoyment. Each camp offers people with intellectual disabilities a reassuring, stimulating setting, where they **learn in a spirit of conviviality, kindness and independence**. These special moments foster well-being, fulfillment and renewed self-confidence.

This time is also a much-needed breather for caregivers, something rarely available in the health care system. Knowing their loved one is well supervised, but also engaged in useful learning in a caring, stimulating and safe environment, **gives them a deep sense of relief, allowing them to rest, restore balance and continue their commitment with confidence**.

## IN NUMBERS:

**315**

Spots

including 5 new spots

**13 615**

Hours of respite for caregivers

**13**

Out-of-town stays

**63**

Days and **50 nights**

## FOUR AREAS OF ACTION:

### WEEKENDS AWAY:

- Offer adults with intellectual disabilities fun, relaxation and adventure in nature
- Break down isolation by fostering exchanges, connections and friendship
- Stimulate active participation, independence and learning while having fun



**Significant financial support** from the Base de Plein Air Bon Départ for weekend camps in January and March 2024.



### VOLUNTEERING WEEKEND:

During the clean-up weekend organized by the Base de Plein Air Lanaudia.

- Increase the sense of contributing to society and pride at being part of a community project
- Encourage awareness and active participation in camp preparations
- Inclusion: raise awareness about intellectual disabilities with partners at the Base de Plein Air Lanaudia (families, volunteers, employees).

NEW

## FAMILY GETAWAY WEEKEND:

- Offer a restful break for caregivers of loved ones with intellectual disabilities
- Break down isolation by creating and strengthening ties between members, loved ones and support workers
- Offer quality time in a flexible, adapted, structured and caring setting
- Encourage intergenerational socialization and inclusion in a spirit of shared pleasure.



## SUMMER CAMPS:

Camps of five or eight days make it possible to:

- Consolidate what was learned on weekends for longer stays
- Foster skills for socializing, living in community, managing everyday life and participation in group activities
- Offer a joyful, accessible, safe summer experience
- Learn to be away from loved ones and adapt to a new environment
- Offer caregivers several consecutive days of respite.

**Challenges faced in 2024:** Funding from the Fondation de la Fédération des médecins spécialistes (FFMSQ) ended, after supporting us for several years.



**Thanks to the incredible support of the Sandra and Alain Bouchard Foundation,** we were able to maintain summer camp services while finding more long-term support.

## PARTNERS

BASE DE PLEIN AIR BON DÉPART -  
PLEIN AIR LANAUDIA -  
CAMP RICHELIEU

## GOALS

- Stay flexible and adjust the training according to what families need and what participants are looking for.
- Continue the family camp and enrich the concept
- Maintain our offer of out-of-town stays thanks to three-year support from L'Appui, beginning in 2025-2026

*For years, we couldn't mention camp at home. Thomas had a very bad experience, and I didn't want to hear about it anymore. Bad experiences in an old organization had left their mark: they had to call me to come get him because they couldn't take care of him.*

*I didn't have much faith when he started going to the MAIH. **But this time was completely different.** We went slowly, one step at a time, **with lots of listening and caring.** After several successful weekends, after 15 years Thomas was able to take part in a five-day camp with no problem. He is a bit shy, but he is very sociable, and this type of trip is really good for him.*

*He wants to go back this year. **And I'm moved and relieved to see him finally thriving.***

*Thank you to the MAIH team.*

THOMAS'S FATHER





# ASSOCIATION LIFE

The MAIH's Association Life activities celebrate the engagement, expression and civic participation of everyone with an intellectual disability.

Through members' committees, group outings, inclusive celebrations and collaborative projects, this area of activity allows people to:

- increase their **sense of belonging to the MAIH**
- **form meaningful ties**
- **play an active role in the community.**

Members have their say, develop leadership, experience moments of recognition and take their place in the community.

These activities also support **caregivers, who find respite and pride**. They are opportunities to **break down isolation** for adults with intellectual disabilities and their loved ones.

By promoting each person's strengths, association life is a driver of **social ties, personal fulfillment and civic inclusion**.

At the MAIH, every moment shared is an **opportunity to feel heard, useful and fully engaged**.

## IN NUMBERS:

**311**

Spots

**10**

Participants on the members committee

**3**

Events

**2**

Major activities

## 3 HIGHLY ANTICIPATED EVENTS:

- **The holiday dinner:** a festive, joyful time of celebration for members and caregivers. For the 2024 edition, organized with committed students from the ITHQ, the CésiNoël theme offered a touch of magic and laughter. There were games, surprises and a warm ambiance, and everyone left feeling lighthearted, with smiles on their faces and arms filled with gifts.
- **The Halloween party:** open to the neighbourhood, this inclusive celebration raised community awareness about intellectual disabilities in an accessible, festive and warm setting. It was a great opportunity to create ties between members and neighbours.
- **The end-of-summer festival:** to close out the summer on a high note, we showcased the accomplishments of members and our summer staff. In a joyful, lively setting, it was a moment of pride, recognition and shared pleasure.





## 2 MAJOR ACTIVITIES:

- **Walking club** (in partnership with the CREP): organized with and for members, this spring rendezvous helps people stay active while discovering the city. By walking together, participants reinforce social ties, break down isolation and increase well-being. It's a great way to get healthy and get moving.
- **Fall getaway:** every fall, this intergenerational outing brings together members and caregivers in a spirit of sharing and discovery. Combining apple-picking and a farm visit, the 2-in-1 formula creates shared memories, nourishes a sense of belonging and encourages rich exchanges between families. It's a simple, revitalizing and deeply human activity.

## MEMBERS' COMMITTEE:

A space for discussion and involvement for people with intellectual disabilities that:

- Reinforces a sense of belonging to the MAIH
- Encourages leadership by suggesting ideas for activities
- Encourages participation in association life
- Allows them to be engaged ambassadors for the MAIH

It's a great forum for having their voices heard... and making their projects a reality!



ATTENDANCE AT THE LAUNCH OF QUEBEC INTELLECTUAL DISABILITY WEEK

## PARTNERS

ITHQ - J'AIME MONTRÉAL

*I attended all the members' committee meetings!  
I like it, because it gets me out of the house; it can be boring at home. I would like there to be a committee meeting every day because participating in activities is what I like most.*

*I feel like I'm contributing by giving my opinion and preparing projects.*

MÉLISSA

## GOALS

- Find new sources of funding for this area of activity
- Keep the fall format of apple picking and a farm outing
- Continue the partnership with the ITHQ and J'aime Montréal, who made the holiday dinner memorable
- Structure the members' committee to be a strategic channel of communication between members and the board of directors. It will play the active role of spokesperson, being the voice of members and increasing their representation with governance

# FAMILY SUPPORT

Informing, listening, offering tools, bringing people together: the Family Support activities offer a tailored response to **caregivers' different realities**. From individual support to conferences on a range of topics and group activities, the MAIH takes concrete action to **strengthen the abilities of families, foster their well-being and create solid ties with community, clinical and institutional organizations**.

## IN NUMBERS:

**147**

Hours of individual support

**7**

Conferences and workshops

## FOUR AREAS OF ACTION:

### INFORMING FOR PROGRESS:

- Offer concrete information on accessing resources, support and housing
- Better understand the key stages in a caregiver's journey
- Clarify the rights, resources and help available
- Provide clarity in planning for the future



### CONFERENCES AND WORKSHOPS:

- Conference on alternative living environments with the CIUSSS
- Conference on fiscal measures and programs (Finautonomie)
- Presentation of *Mon cahier de vie*, with the RAANM
- Workshops on services and networks for caregivers (RAANM)



### CONFERENCES, WORKSHOPS & FOLLOW-UPS:

- Workshops on the caregiver's role (RAANM)
- Joint conferences and discussion spaces
- Individualized support (listening, support, referrals)

### RECOGNIZE AND SUPPORT THE ROLE OF CAREGIVER:

- Recognize the commitment of loved ones, provide tools and prevent exhaustion
- Break down isolation and ensure they feel understood
- Recognize their role as caregiver, while also recognizing their role as parent, to better understand the amount of support they provide daily
- Help them face day-to-day emotional and organizational challenges
- Provide concrete tools to support the daily efforts of caregivers (*Mon cahier de vie* life journal, guide on the caregiver's journey)

## ÉVOLUTION

Launched during the pandemic, **La VIGIE** was a way to stay in touch with loved ones, through phone calls to listen, provide support and offer referrals. **Needs have changed and so has the approach**. After surveying families about their needs, follow-ups will now be done more in person, and the focus will be on organizing conferences and fun outings for families, **fostering discussion, mutual support and the creation of lasting ties**.



## EXPRESSION, SHARING AND FAMILY SOLIDARITY:

Create spaces for dialogue, connection and respite among families.

- Create or strengthen ties between families experiencing similar realities
- Offer moments of sharing, in a non-judgemental setting
- Nourish a sense of belonging and solidarity.



### ACTIVITIES:

- Family outing to the Jardin Botanique
- Family camp
- Workshops for discussion and reflection for parents during the family getaway weekend



Led by a sexologist jointly with the MAIH for 10 weeks

### IN COOPERATION WITH



CENTRE DE SANTÉ  
DES FEMMES  
DE MONTRÉAL

## ADAPTED INTIMACY AND SEX EDUCATION (FOR MEMBERS) :

Intimacy and the sex life of people with intellectual disabilities is a **central concern for families**. These issues, often **sensitive** or **taboo**, can be a source of daily tension, discomfort or misunderstanding. By supporting people with an intellectual disability with respect, clarity and kindness, we foster their **safety**, **independence** and **fulfillment**, while relieving loved ones of their mental load and breaking silence within the family.

### Objectives:

- Encourage sexual independence
- Develop a better understanding of yourself and others
- Encourage respectful, safe behaviour
- Offer a caring space to express emotions, questions and desires
- Fight abuse and isolation by equipping people to face situations of vulnerability
- Demystify gender relations and identities.

## PARTNERS

LE REGROUPEMENT DES AIDANTES ET AIDANTS NATURELS DE MONTRÉAL (RAANM) - CIUSSS DU CENTRE-SUD DE LA VILLE DE MONTRÉAL - CIUSSS DE L'EST-DE-L'ÎLE-DE-MONTRÉAL - LE CENTRE DE SANTÉ DES FEMMES DE MONTRÉAL - COLLÈGE ANDRÉ-GRASSET - FINAUTONOME - ESPACE POUR LA VIE : LE JARDIN BOTANIQUE

## GOALS

- Develop new forms of respite for parents and loved ones
- Offer more opportunities for encounters and activities for families and caregivers
- Propose conferences that meet the expectations of relatives and loved ones
- Involve families in decisions and on working committees



*This type of activity should continue so that families can be made aware of the resources available.*

A MEMBER'S PARENT

# HOUSING PROJECTS

A pivotal year in our life-long project

- > In spring 2024, the MAIH took an important step: **hiring a housing project consultant** to conduct a feasibility study for the Intergénération'Ailes project. This helped **clarify priorities**: given the tight timeline for the Toi mon Toit housing project and our limited resources, the board of directors agreed to focus efforts initially solely on Toi mon Toit. As a result, the Intergénération'Ailes project was put on hold.
- >> Since the fall, the MAIH has mobilized to advance the **Toi mon Toit project, setting milestones for its completion**:
  - Hiring a dedicated project manager
  - Creating a steering committee with members of the board of directors, ensuring strategic consistency, respect for good practices and the connection with the board
  - Developing the first operating policies
  - Continued selection interviews for future tenants
  - Definition of partners' roles and responsibilities.

## TOI MON TOIT PROJECT:

### IN NUMBERS:

|     |   |
|-----|---|
| 78  | Hours of selection process for future tenants |
| 21  | Hours of committee meetings and work          |
| 140 | Hours of volunteering                         |

### GOALS

- Obtain funding to ensure the project's viability
- Hire a social housing community support coordinator
- Finalize agreements and confirm the first moving dates
- Offer workshops on transitioning to independent living
- Prepare to move in fall 2025

Toi mon Toit is an **inclusive housing project** led by the MAIH, which is expected to open in fall 2025. It is designed to offer adults with an intellectual disability **a secure, stable home that is adapted to their needs**. Designed as a community living project, it fosters autonomy, social participation and skills for living with others. This is a social housing model, with community support, which will include personalized support services. **Toi mon Toit is also a concrete response to the major shortage of accessible, long-term housing** for people with a disability, working in concert with families and institutional partners.

## PARTNERS

LES HABITATIONS COMMUNAUTAIRES LOGGIA -  
CIUSSS DE L'EST-DE-L'ÎLE-DE MONTRÉAL - VIVRE GRAND

# PHILANTHROPY

Much more than a financing tool, Philanthropy **drives collective momentum**. It forms invaluable ties, initiates promising partnerships and extends the reach of the MAIH. By creating opportunities for donations, partnerships and mobilization, with the support of Communications, **it expands the projects and voices of the MAIH and people with an intellectual disability**, for a more inclusive society.

## IN NUMBERS:

**138 600 \$**

**Raised through the flagship philanthropic event, the Soirée théâtre Janine Sutto**

**24 292 \$**

**General donations**

## FOUR AREAS OF ACTION:

Given that the Philanthropy area of activity is a **strategic investment to ensure the organization's financial future**, the MAIH is working to develop several areas of action to diversify financial resources and strengthen existing partnerships.

### > FUNDRAISING EVENT – SOIRÉE THÉÂTRE JANINE SUTTO:

Held for over 40 years, the Soirée théâtre Janine Sutto is made possible thanks to the unfailing intergenerational support of the Sutto-Deyglun-Lépine and Deschênes families, both deeply committed to the MAIH's mission. Their ongoing involvement, particularly through Mireille Deyglun and Martin Deschênes, continues to promote this flagship event, a driver of solidarity and development.

### ACHIEVEMENTS!

- **Inspiring new co-chair:** Magali Dépras joined Martin Deschênes with generosity and enthusiasm to solicit her network and co-chair the 43<sup>rd</sup> edition.
- **Record amount raised:** \$138,600 raised to help adults with intellectual disabilities thrive.
- **Sold-out networking cocktail reception:** 175 guests gathered before the play, a first that shows the strength of mobilization!
- **Loyal, engaged sponsors:** A number of businesses were proud to be present for the event, showing their trust in the MAIH and their desire to promote a more inclusive society.



A LOOK BACK AT  
THE HIGHLIGHTS OF  
THE EVENING.



## GENERAL DONATIONS:

This component is made up of one-time, monthly and memorial donations. These contributions support our activities, by offering the MAIH a solid basis to meet the community's growing needs.

## IMPRESSIVE ENGAGEMENT!

### Students with big hearts

As part of their class at UQAM, a group of students created an original fundraising event, with a games night theme. They used their creativity and heart to mobilize their network to make a difference. The result: **\$2,000 in donations to support the MAIH's mission.**

Huge thanks to the students and their professor, Cathy Beausoleil, for this wonderful show of solidarity!



## THE MAIH'S VISIBILITY AND REPRESENTATION:

Creating ties with people who are engaged, such as MAIH spokesperson Mireille Deyglun, helps increase the organization's visibility and recognition in the public sphere. This visibility also makes the general public more aware of the cause, reinforces social buy-in for the MAIH mission and generates promising new collaborations.

## DEVELOPMENT AND CONSOLIDATION OF PARTNER RELATIONS:

Beyond financial support, relationships with partners **pave the way of meaningful collaborations**: sharing expertise, joint project development, training adapted to the needs of the MAIH and mobilization for philanthropic events. Each partnership is a **concrete opportunity to amplify impact and underscore the MAIH's expertise felt in society.**



## REQUESTS FOR FUNDING:

An essential focus on sustainable efforts: the MAIH is building strong ties with public and private funders to carry out projects and promote our mission.

### Objectives :

- Ensure stable, structured funding for operations, services and projects
- Build lasting trust with funding partners
- Promote the concrete impact of each grant through rigorous, people-centred reporting
- Reaffirm the role of the MAIH as a key actor in social inclusion.



# GOALS

- Invest strategically in philanthropy to guarantee sustainable services and engaged teams
- Evolve the formula for the flagship event for the MAIH's 90<sup>th</sup> anniversary
- Celebrate the invaluable ties formed around the MAIH, on the occasion of the 90<sup>th</sup> anniversary, joining together the partners who bring our mission to life
- Develop relationships with engaged public personalities

## OUR PARTNERS:

### SOIRÉE THÉÂTRE JANINE SUTTO:

#### Honorary Committee:

- Matthieu Decoste
- Magali Depras
- Martin Deschênes
- Mireille Deyglun
- Félix Lépine
- Jean-François Lépine
- Olivier Morel
- Patricia Tonelli
- Maryse Ulrich

#### Sponsors:

- Banque Nationale
- Fasken
- Groupe Dandurand
- Fondation Famille Lupien
- Garaga - Novatech
- Robinson Sheppard Shapiro
- Entretien Roy
- Duceppe
- Wingbuddy
- La Rivest
- Les Grands Ballets Canadiens
- L'Orchestre Métropolitain
- Hoogan et Beaufort - Édouard et Léo
- Fonds de solidarité FTQ
- La Fabrique Caramel
- RuGicomm

### FUNDRAISING PARTNERSHIP:

- L'Université du Québec à Montréal (UQAM)

### FUNDING:

#### Mission support:

- CIUSSS Centre-Sud, par le biais du programme de soutien aux organismes communautaires (PSOC)
- Centraide du Grand Montréal

#### Funding for special projects:

- AlterGo (PALÎM)
- Caisse Desjardins du Centre-Nord de Montréal
- Centraide du Grand Montréal
- Charities Aid Foundation Canada
- Chantier de l'économie sociale
- CIUSSS du Centre-Sud-de l'Île-de-Montréal et le CIUSSS de l'Est-de-l'Île-de-Montréal
- Fondation de la Fédération des médecins spécialistes du Québec
- Fondation Bon départ de Canadian Tire - Québec
- Fondation de Montréal pour la déficience intellectuelle
- Fondation J.A. DeSève
- Fondation Mirella et Lino Saputo
- Fondation Roger Roy
- Fondation Sandra et Alain Bouchard
- Gouvernement du Canada - Emploi d'été Canada
- Ministère de l'Emploi et de la Solidarité sociale
- Office des personnes handicapées du Québec, Programme de soutien aux organismes de promotion
- Ville de Montréal : PALM, PANAM, PRALA

# OUR MAJOR DONORS:

## DONORS \$5,000 AND MORE

- Fondation Sandra et Alain Bouchard
- Vincent Cuddihy (Leg testamentaire)
- Groupe Deschênes
- Martin Deschênes
- Pierre Garneau
- John LeBoutillier
- Fondation Mirella et Lino Saputo
- Louise Tassé
- Anonymous Donors

## DONORS &1,000 TO \$4,999

- Dominique Anglade
- Chris Arsenault
- Richard Black
- Germain Bureau
- Éric Deschênes
- Julie Deschênes
- Alain Desmarais
- Magali Depras Services Conseils inc.
- René Douville
- Marc Dutil
- Fédération des caisses Desjardins du Québec
- Fondation Henrichon-Goulet
- Fondation LINOIT
- Fondation Thérèse et Pierre Thabet
- Robert Frances
- Guy Frechette
- Daniel Jarry
- Mélodie Jobin
- Jessyka Lafrenière Demers
- Danick Lavoie
- Jean-François Leclerc
- David Lemieux
- Luc Lefebvre
- Gilles Leroux
- Richard Lord
- Martine Matte
- Nexcap Fondation
- Daniel Pelletier
- François Prud'homme
- Luc Richard
- Sophie Rousseau
- Cindy Saindon
- Brigitte Samson
- Hubert Sibre
- Patricia Tonelli
- Nicholas Voyer
- Anonymous Donors

## DONORS \$500 TO \$999

- Laura Arsenie
- Charles Ayas
- Luc Barriault
- Alice Bourgault-Roy
- Éric Bujold
- Sébastien Caron
- Diane Clavet
- Paul Corriveau
- Sylvain Corbeil
- Steve Dasilva
- Matthieu Decoste
- Andre Deland
- François Deschênes
- Helen Evans
- Fédération Autonome de l'enseignement
- Fondation St-Hubert
- Fonds Carmelle et Rémi Marcoux
- Raymond Fortier
- Martin Gagnon
- Adam Gasher
- Daniel Gelac
- Groupe AGF inc.
- Guillaume Hayet
- Julien Jauffret
- Julie Jomphe
- Dominic Julien
- Mélanie Kfoury
- Karine Lachapelle
- Patrick Lanthier
- Marc Lapierre
- Jean Laurin
- Stéphane Leblanc
- André Leclerc
- Alain Legris
- Levio Conseils Inc.
- Dany Litwin
- Anna Mainella
- André Morrissette
- Teresa Pacheco
- Jonathan Paré
- Brian Philbin
- Catryn Pinard
- Jean Poirier
- Jason Prevost
- Bruno Raby
- Denis Claude Roy
- Claude Riopel
- Edith Riffou
- Roy Entretien
- Antonella Tangorra
- Jean-Pierre Thabet
- Transcontinental inc
- Maryse Ulrich
- Catherine Udvarhelyi
- Valeria Ursu
- Sylvain Vachon
- Claude Venne
- Marie-Thérèse Voisin Maszkalo
- Anonymous Donors

# COMMUNICATIONS

Communications is **the voice of the MAIH**: it informs, unites, mobilizes and promotes. As a window onto the organization, it champions the mission, **captures attention, raises public awareness and inspires engagement**. With a new brand image, a clear digital strategy and appropriate tools, it ensures lively, consistent communication that reflects who the MAIH is. It's an essential area of activity to **touch hearts, build bridges and fulfill our mission, at home and abroad**.

## SIX AREAS OF ACTION:



### ➤ BRAND IMAGE:

What this reflects, at first glance, is the **MAIH's mission, values and credibility**. Communications is its steward. In 2024, we updated the visual identity and tools to better represent the organization's strength and credibility.

#### Objectives :

- Create a strong, easily identifiable visual signature
- Foster the engagement of partners and philanthropic support
- Promote the MAIH with consistency and authenticity in a contemporary way.

### ➤ NEWSLETTERS AND TARGETED COMMUNICATION:

These enable clear, adapted communication to **reinforce engagement**, promote results and **maintain a vibrant connection** with members, partners and donors.

#### Two newsletters – For two audiences:

- **La Gazette de l'AMDI** (for members, partners and potential donors) was redesigned in 2024, both in format and content, to better reflect the MAIH's impact and offer useful, concrete information to members and their families.
- **Diptyque** (for the philanthropic community) has adopted a new format, focused on tangible results and concrete benefits for people with intellectual disabilities.





## > DIGITAL PRESENCE:

A strong digital presence informs, mobilizes and raises awareness. The website and social media are showcases for the mission.

### Objectives :

- Improve access to information
- Expand reach to new audiences (youth, partners and potential donors)
- Increased interaction and raise awareness about intellectual disabilities

## ÉVOLUTION IN 2024-2025

- Launch of the English version of the new website
- Deployment of a more engaging, awareness-raising social media strategy

## 2024 VIDEOS TO WATCH ON YOUTUBE!

**MIREILLE DEYGLUN**  
Actrice & Proche aidante

**DÉCOUVRE SON PARCOURS !**

IMMERSE YOURSELF IN THE MOVING STORY OF MIREILLE DEYGLUN, WHO LOOKS BACK ON HER ROLE AS CAREGIVER FOR HER SISTER CATHERINE

**LE DÉFI**  
vivre avec une

**DÉFICIENCE INTELLECTUELLE**

MARIE-ÈVE AND HER MOTHER, GUIDED BY MIREILLE DEYGLUN, SPEAK MOVINGLY ABOUT THEIR EXPERIENCE WITH INTELLECTUAL DISABILITY.

## > ORGANIZATION AND COORDINATION OF THE ANNUAL GENERAL ASSEMBLY:

The AGA is a key moment to reinforce transparency, internal democracy and the active involvement of members in association life and decisions made for the MAIH.

### Objectives :

- Foster the involvement of people with intellectual disabilities in decisions that affect them
- Increase the sense of belonging to the organization
- Ensure organizational transparency and value each person's voice.



**INCLUSIVE**

**DYNAMIC**





## COMMUNICATIONS TO MEMBERS:

To keep everyone connected to association life, the MAIH publishes three programs a year, in paper and digital format. They are essential tools to inform and foster independent choices.

### Objectives :

- Increase access to information, including for those with limited digital literacy (paper version)
- Promote independence and the power to choose activities
- Strengthen the connection with the MAIH and the sense of belonging to the association
- Provide a concrete, visual tool for families and those who support members daily.



## SPOKESPERSON:

Communications also plays the role of spokesperson, authentically exemplifying the MAIH's mission in key moments. This area of activity represents the organization, raises awareness and promotes its human values with partners, businesses and funders.

### Objectives :

- Increase the MAIH's visibility and reputation
- Create strong human connections with a range of audiences
- Support partner campaigns (such as Centraide) with credibility
- Foster the emergence of new ties, collaborations and donations
- Convey clearly and impactfully the reality of people with intellectual disabilities.



### SPOTLIGHT ON:

In 2024, the MAIH's involvement in **the Centraide philanthropy campaign** at Moment Factory, before **200 engaged employees**, illustrated the strength of our message and generated many gestures of support.

## MOMENT FACTORY

## GOALS

- Structure and reinforce Communications to convey a strong, modern, consistent vision for the MAIH
- Support philanthropic efforts through communications aligned with the mission
- Consolidate the MAIH's position as a role model in intellectual disability
- Spotlight 90 years of the MAIH's expertise and commitment to people with intellectual disabilities

## PARTNERS

FONDS SOLIDARITÉ FTQ - RUGICOMM - LÉONARD VIDET (VIDEOGRAPHER) - PHOTOGRAPHERS : NOUSHIN BAHR ET ALAN HO

# MOBILIZATION FOR THE MAIH

The MAIH's influence is the result of the **incredible commitment of its community**: active members, dedicated employees, mobilized volunteers and dynamic working committees. Every act and moment of involvement helps the organization realize its mission. This collective mobilization reinforces the impact on the ground and is **testimony to the vitality of an association by and for people with intellectual disabilities**.

## IN NUMBERS:

**512**

Active members

**1 157**

Hours of volunteering

for 70 volunteers

**10**

Permanent employees

including one CREP employee

**7**

Working committees

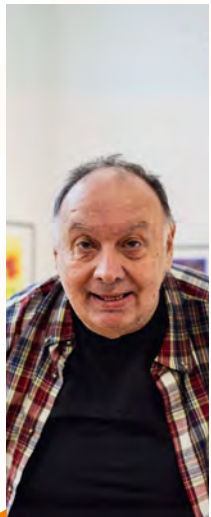
**35**

Seasonal Employees

**75**

Participants in the 2024 annual general assembly

## FOUR AREAS OF MOBILIZATION:



INDIVIDUALS



FAMILIES

### INDIVIDUAL AND FAMILY MEMBERS:

The MAIH has 512 engaged members, grouped into two complementary forms of membership that reflect diverse life experiences:

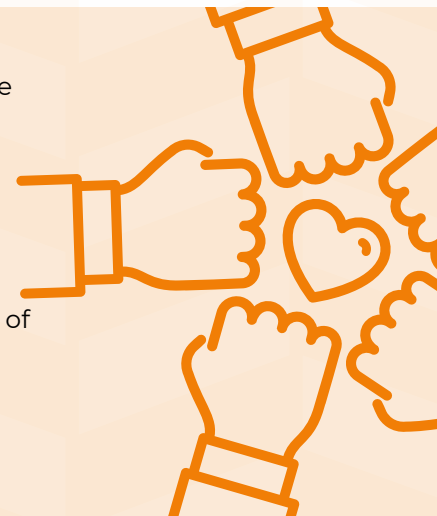
- **Individual members:** adults with an intellectual disability registered personally. For these members, **the MAIH is also a compass**, a place where they belong, a caring presence and an invaluable human and social anchor in their life.
- **Family members:** people with an intellectual disability registered with one or more of their caregivers. This form of membership lets the whole family be involved in association life, have their voices heard and benefit from services that reflect their realities.

The two forms of membership create a **unified, inclusive network**, where everyone has a place and can express themselves, get engaged and grow in an environment that respects their needs and strengths.

### VOLUNTEER MOBILIZATION:

The MAIH has seen a **strong collective engagement** and a range of profiles: people with an intellectual disability, caregivers, people outside the association who care about the cause, united in the desire to act.

- **Their involvement offers concrete support** in organizing events, project development, executive management, logistics, content creation (photos and videos) and helping Communications (mailings, preparing materials).
- Every action helps **the MAIH accomplish its mission** and strengthen the sense of pride, belonging and solidarity in the community.





## ENGAGEMENT OF WORKING COMMITTEES:

Seven active committees help enrich the MAIH's mission, each in their own way. Members, caregivers, employees, board members and partners sit on these committees to work on vital projects:

### PHILANTHROPY COMMITTEE

Development of funding strategies, mobilization of networks, support for sponsorships.

### MEMBERSHIP COMMITTEE

Improvement of the enrollment process, reflection on the waiting list and access to services.

### FUNDING COMMITTEE

Budgetary oversight, recommendations to maintain the organization's transparency and viability.

### MEMBERS' COMMITTEE

A space for members with intellectual disabilities to be involved in shaping MAIH projects.

Vincent Bélanger - Mélissa Diaz Couture  
- Dominique Forget - Brigitte Lessard -  
Julie Longtin - Nicolas Maszkalo -  
Steve Ouellet - Fadel Said -  
Davide Sciortino - Nathalie Vincent

x2

### SELECTION COMMITTEE AND STEERING COMMITTEE

Toi mon Toit project: steering the admissions process, studying applications and guidance in the major steps in the housing project.


### BOARD OF DIRECTORS

Board meetings allow for informed governance, strategic decisions and sound management of the organization.

> 6 meetings a year

## COMPOSITION OF THE BOARD OF DIRECTORS:

It consists of 11 board members:

|   | FONCTION           | TYPE DE MEMBRE |
|---|--------------------|----------------|
| Alice Bourgault-Roy   | President          | General public |
| Dominique Frenette  | Vice President     | Parent         |
| Charles Ayas  | Treasurer          | General public |
| Félix Lépine  | Secretary          | General public |
| Louise Blain  | Director           | Sibling        |
| Naji Elabiad  | Director           | Parent         |
| Helen Evans   | Director           | Parent         |
| Julie Lupien  | Director           | Fraterie       |
| Claudio Prioletta   | Director           | General public |
| Martin Racicot  | Director           | Parent         |
| Marie-Thérèse Voisin-Maszkalo   | Director           | Parent         |
|  Anick Viau | Executive Director | MAIH           |

### Departure of a board member this year:

Caroline Gadbois, replaced by Charles Ayas.

## > THE TEAM:

Behind every project, encounter and success is an enthusiastic, caring team that is deeply committed to the MAIH's mission. Their day-to-day presence makes a difference in the lives of members, families and the community:



**ANICK VIAU**  
Executive Director



**AMÉLIE GUINDON**  
Executive vice director



**MARIE-ÈVE BARBEAU**  
Inclusion and awareness-raising coordinator



**CHLOÉ BOUTTEVIN**  
Social and community worker



**MIREILLE CLOUTIER**  
Administrative assistant



**VALÉRIE DAIGNEAULT**  
Teacher at the CREP



**CAROLYNE MATHIEU**  
Communications and philanthropy advisor



**FÉLIX POULIN**  
Out-of-town stays and social activities coordinator



**LILIANA TANO**  
Members support Coordinator



**CYNTHIA YOUNES**  
Family support coordinator

### Staff departures during the year:

Zayil Brun, Angélique Laquet, Nayeli Lurac, Chantal Mbanga, Flavia Siquera

## > SEASONAL TEAM:

Tara Alimohammadi - Noa Anckaert - Chloé Archambault - Marika Arsenault - Joël Barnett-Arsenault - Juliette Benoit - Miakim Bertrand-Thériault - Laura Bustos - Natalia Ciocan - Stéphanie Deloumeau - Rosalie Deschênes - Maxime Emery - Maude Gauthier - Maya Gherous - Etienne Giraldeau - Ariane Girouard - Erika Harkins - Blanche Jannard-Gagné - Marie Joubert - Marie-Pier Julien - Florence Labrèche - Elizabeth Langlois - Karina Latendresse Gazaille - Émilie Buist Lemieux - Héloïse Lessard - Pascale Lessard - Nayeli Lurac - Sophie Marchand - Zoé Paiement-Robert - Naomie Pineault - Alice Proulx de Lamirande - Elisabeth Quevillon - Alejandro Gil Rodriguez Oscar - Roxane Séguin-Leblanc - Léamai Villiard

## > EXTERNAL PARTNERS :

Marianne Charlebois - Laurence Dea Dionne - Matthieu Décoste - Ninon Jamet - Danielle Larocque - Rhonda Mullins - Simon Plante - Manon St-Pierre

## > STAGIAIRES :

Solène Côté - Alexia Fournier - Arianne Gaulin - Béatrice Roy - Katia Tachet

In addition to the permanent, seasonal and the external partners team, the MAIH recognizes the essential contribution of the 70 volunteers who, each in their own way, have helped promote the mission. **Their presence, expertise and generosity are strengths that enable deeply human, meaningful projects.**



# THE MAIH MOBILIZATIONS

Through its presence on strategic committees, in community partnerships and in solidarity efforts, **the MAIH makes a tangible contribution to advancing the rights, living conditions and social inclusion of people with intellectual disabilities.** This mobilization is testimony to strong roots in the community and a commitment to build a society that is more fair, caring and accessible to everyone.

## THREE AREAS OF MOBILIZATION:



### > PARTICIPATION ON STRATEGIC COMMITTEES:

The MAIH is involved in **strategic committees and groups** to ensure the voice of people with intellectual disabilities is heard and to contribute to projects that influence their future. This involvement **allows for the ongoing monitoring of issues in the community** as well as **constructive dialogue with partners and decision-makers.**

The MAIH participates in:

- **CRADI:** issues in intellectual disability, funding, transition to Santé Québec
- **SQDI housing committee:** progress in inclusive housing projects

The MAIH also engages in **regular dialogue with elected officials involved in the community**, such as Mélanie Joly, Julie Roy and Haroun Bouazzi. These discussions address the realities on the ground central to political decisions and promote concrete solutions for a more inclusive society.

### > COMMUNITY VOLUNTEERING FOR MEMBERS:

MAIH members are proud to get involved in local partner organizations. These concrete efforts showcase their abilities, increase their sense of contributing and allow them to form meaningful connections with their community.

Examples of volunteering:

- **Ville en vert:** event to clean up Parc Saint-Alphonse
- **Entraide Maternelle Petite-Patrie:** sorting clothes for newborns
- Centre communautaire MADA: food sorting
- **Maison Villeray:** help sort and distribute food
- **CHSLD St-Michel:** visits to seniors
- **Solidarité Ahuntsic / RAP Jeunesse:** preparing meals for people experiencing homelessness
- **Pause-Famille:** preparing bags of supplies for newborn





**> EXCEPTIONAL SUPPORT AND PERSONALIZED ASSISTANCE:**  
When members experience vulnerability or periods of crisis, the MAIH responds with agility and humanity. Whether administrative efforts, health care, mobility or housing needs, **this occasional assistance is invaluable for people who are isolated and is often difficult to find elsewhere.**

**A few examples of assistance:**

- Support for requests for adapted transit
- Home care or hospital support in cooperation with guardians
- Purchase of adapted and essential equipment
- Individual volunteering in an enriching setting
- Administrative support connected to the CREP: OPUS card, government social assistance.

## **WE'RE GETTING REFERRALS!**

The MAIH is a key resource for adults with intellectual disabilities and their loved ones. In 2024-2025, a number of organizations and institutions referred users, families and colleagues to the MAIH, recognizing its effective approach, quality support and wealth of expertise on the ground. **These referrals testify to the concrete impact of the MAIH in the community and its growing role as a credible, people-driven and mobilizing ally with social media, the community and the public.**

**211** SOCIÉTÉ QUÉBÉCOISE DE LA DÉFICIENCE INTELLECTUELLE - **SQDI** **CLSC/CIUSSS**  
CENTRES D'AIDE AUX VICTIMES D'ACTES CRIMINELS - **CAVAC** PARENTS POUR LA DÉFICIENCE INTELLECTUELLE - **PARDI** OFFICE DES PERSONNES HANDICAPÉES DU QUÉBEC - **L'OFFICE** COMITÉ RÉGIONAL POUR L'AUTISME ET LA DÉFICIENCE INTELLECTUELLE - **CRADI** ...

**The MAIH's expertise extends beyond its usual network:** a range of people and organizations, including other community organizations, public services, social workers and law enforcement, regularly contact us for advice and tools. It's a sure sign of trust and relevance.



## *In memory of those whose presence marked the MAIH...*

Their smiles, their journeys and our shared connections live on in our hearts and in everything we do.

### **A legacy of love**

Conveying your values through a bequest to the MAIH supports a vision of inclusion, respect and human support.

Your caring donation makes a lasting contribution to the MAIH's mission while offering your estate tax advantages.

Find out more:

✉ [communication@amdi.info](mailto:communication@amdi.info)

☎ 514 381-2300, Ext. 34





**maih**  
Montreal Association for the  
Intellectually Handicapped

633, boul. Crémazie Est,  
Bureau 100, Montréal, Québec  
H2M 1L9

514 381-2300  
[info@amdi.info](mailto:info@amdi.info)

[www.amdi.info](http://www.amdi.info)

We wish to thank the Ministère de la Santé et des Services sociaux and the Centre intégré universitaire de santé et de services sociaux du Centre-Sud-de-l'Île-de-Montréal for their financial contribution, enabling us to pursue our mission.

An organization funded by



**Centraide**  
du Grand Montréal

Thanks to our partner



**FONDS**  
de solidarité FTQ