



Testimony of Mary , participant in the Employability Service

“Before I discovered the Women’s Centre, I had been unemployed for about six months. I was a little discouraged and maybe a little depressed about my situation. With the Employability Service, I was able to take computer courses to bring my skills up to date. The course that I took at the Centre was better than the private one I had taken in the past. My counsellor’s positive attitude, all the workshops, especially on the networking evenings, and the Pay It Forward mentoring program were amazing. At the workshops, I also discovered the importance of my own network and I started getting back in touch with my former contacts, and that is what finally helped me get a job as a customer service representative for a company in the cement industry.

My counsellor and the other people who helped me at the Centre allowed me to regain my confidence in my capacity to find a good job, and the camaraderie I felt with the other participants in the workshops and courses was also fantastic. It made me feel as if I am not alone. I will always remember the Women’s Centre as a light in a dark tunnel.

Discovering the Women’s Centre of Montréal was like discovering hope.”





**Women's Centre
of Montréal**

Testimony of Kimia , volunteer in the clothing assistance service and telephone reception

“As a new resident in Montréal, I am really grateful to have discovered the Women’s Centre of Montréal.

I have the impression that I have found a community here, in this wonderful space where women help each other.

I feel less isolated in the city and more aware of the diverse realities of women who immigrate to Montréal.

I was motivated to volunteer at the Centre because my mother was an immigrant.

Settling in Canada was hard, but my mother showed incredible resilience, which saved us.

I see that same resilience in all the women at the Centre.

It is so inspiring.”





Testimony of Carol , participant in the Employability Service

“Before coming to the Women’s Centre of Montréal, I felt alone and disappointed because I had been looking for work for months. I had also just separated from my husband and had to go through the entire process of finding a new apartment for my daughter and me and starting from zero.

Since I had professional experience in workplace security, I joined the Action-Réaction job search program for women in non-traditional trades, in January 2019. This group gave me so much! My morale and my self-esteem increased, my confidence returned, and I was able to see that it was possible for me to achieve my goal – I just had to believe in it.

Thanks to this program, I got a paid internship as an occupational health and safety counsellor in a company in my field. I was able to develop my skills and also contribute the knowledge and experience I acquired in my native country. My situation changed. I am now active in my professional field and I am getting recognition and support from my immediate supervisor. In my private life, everything has changed as well. I am more positive, and I have started seeing things in another light. I have dreams now, for my daughter and for myself. I really want to thank the Centre and my counsellor for the help and support I received.”





**Women's Centre
of Montréal**

Testimony of Saïda, participant in the Mother-Child intervention program

“ I am from Chad. I have a daughter who is one year and five months old. I've been in Canada for a year, as an asylum seeker. I joined the Mother-Child program in January 2019. When I first came to the Centre, I was very stressed, because my situation here is not easy. Being all alone with a child and not knowing what to expect for our future is really difficult. At the Centre, I found a place where I feel safe, where I can get out of my isolation and meet other mothers like me who are full of questions and doubts but who strive each day to move forward and give their best to their children. I am really grateful to the Mother-Child program because thanks to the activities offered to us each week, I feel better equipped to educate my daughter despite our circumstances.

Thank you so much to the Mother-Child program for helping me integrate and become a better mother. ”

Testimony 2018-2019





Testimony of a participant in the Survivarts project program

“By working on an exhibition that gave every contributor her own voice, the Survivarts project allowed me to advance along the path I had already begun, of feeling able to share my experience in a way that felt safe and productive to me. I took part in this project to explore my feelings, destigmatize incest and bond with other women who have had similar experiences.

Thank you to the counsellors who accompanied us along our respective healing paths, for all their emotional work and their capacity to guide us toward fulfilment, which is held up to us like a reassuring candle in moments when it is hard to generate our own light.”

