

202021  
Annual Report

# Advocating for Our Children

How they experienced  
the pandemic

How we  
supported them

What does the  
future hold?

FONDATION



DR JULIEN



# Summary

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## Message from Dr Gilles Julien, Founding President and Clinical Director

### Powerful stories from a year of turmoil

I am always very proud to present the Fondation Dr Julien's annual report. It is an opportunity to share our achievements and advances towards what we consider to be our greatest accomplishment – mobilizing communities to provide comprehensive front-line care and support to a greater number of vulnerable children and their families, through our unique model of community social pediatrics (CSP).

This past year has brought unprecedented challenges. We have overcome many challenges in the past; however, never before have we seen so much distress and precariousness, so much discouragement and dismay among children and their communities. Social innovation is often born out of a sense of urgency and necessity.

The past 12 months have forced us to do better, act differently, evolve and stay focused for the sake of these thousands of children in distress.

I would like to thank the teams at the three centres of expertise supported by the Fondation Dr Julien. I would also like to pay tribute to all the caregivers, workers and volunteers in community pediatrics centres throughout Quebec and elsewhere for their unwavering commitment and their extraordinary support for the children and families who needed it immensely. I would also like to thank the staff of the Fondation, who never ceased to offer and develop training, support all the centres with the certification process, and ensure the sustainability of our mission. Finally, none of this would have been possible without our partners and loyal donors. Thank you very much for being there for us.

In closing, I want to say to all children: be proud, assert yourselves and make your voice heard. As I have said repeatedly : children have been among the most forgotten throughout the pandemic. And the most vulnerable ones will be dealing with the aftereffects for years to come. We will work with them to restore the spark in their eyes. They are beautiful and resilient. When we give them our love and support, when we listen to them and trust in them, they always achieve amazing things.

This year, we encourage you to take the time to listen to what they have to say. We have included some of their testimonies, raw and unfiltered. Over the course of the year, we will be focusing on these children and their families, now more than ever. Please join us in reaching out to them.

**Dr Gilles Julien**, C.M., O.Q.  
Founding President  
Social Pediatrician and  
Clinical Director

## Advocating for our children



This year, it was with great pleasure that we decided to give children and youth space to express themselves within these pages. Despite receiving a number of calls, our institutions have shown little interest in listening to our young people's concerns and giving them a voice regarding decisions that affect them. So we have provided our annual report as a platform for them to express themselves.

We believe that they are the only ones who can describe how they experienced this difficult year and how they want to live in the years to come. More than 20 young people from the Hochelaga, Maisonneuve and Côte-des-Neiges neighbourhoods, aged 6 to 17, wanted to share their stories.

You will read about how the pandemic has impacted their lives, health, relationships with friends, family and studies. You will also read about their relationships with professionals – doctors, social workers, lawyers, music teachers, tutors or specialized educators – and volunteers, as well as the services and support they received at their neighbourhood's community social pediatrics centre (CSPC).

Speakers from the three centres of expertise – La Ruelle d'Hochelaga, the Garage à musique and the Côte-des-Neiges Centre – and professionals from the Fondation Dr Julien have also provided insight into these testimonies by adding clinical facts and observations.

These young people wanted to share their needs and expectations for the coming months, as well as their dreams and aspirations. Let's keep our hearts open wide so we can draw all the inspiration and energy we need to bolster community social pediatrics and pursue our mission in the best interest of children, in keeping with all their fundamental rights.

Of course, you will also find an overview of our activities and key information about fund management and use in the financial results presented in the last section of this report.

Happy reading.





## How did they experience the pandemic?

*"We lost privileges and rights because of COVID-19. Our education has been undermined in some ways. Even to entertain ourselves, we tried to find things to do, but it was hard with the restrictions, everything was always complicated. Social contact took a hit – Teams is no substitute for real contact."*

— A 15-year-old teen

The pandemic was a challenging time for everyone. Community social pediatrics clinicians and support workers have worked hard to adapt and continue to provide ongoing care and services to the children, youth and families they support daily. For this report, they met with children and young people over a few weeks to present their views on the situation through these many authentic testimonies.

We saw many signs of stress and tension in young people. After only a few weeks, children who were having some difficulties with their studies were quickly consumed by the fear of failure and all the baggage that comes with not feeling good enough. Without their safety nets, without professionals to support them in their studies, many became gloomy and unmotivated.

These feelings need to be felt and shared to help us understand, cope with and control them. Unfortunately, isolation and the feeling of being literally locked up only exacerbated these emotions, especially among teenagers, who need their best friend or a circle of friends to listen to them and provide comfort and encouragement.

*"It's hard not to leave your classroom when you're at school, to always be with the same people. You can't make new friends."*

— Zakaria, 14

*"Not being allowed to go out last year caused me a lot of stress."*

— Idrissa, 14

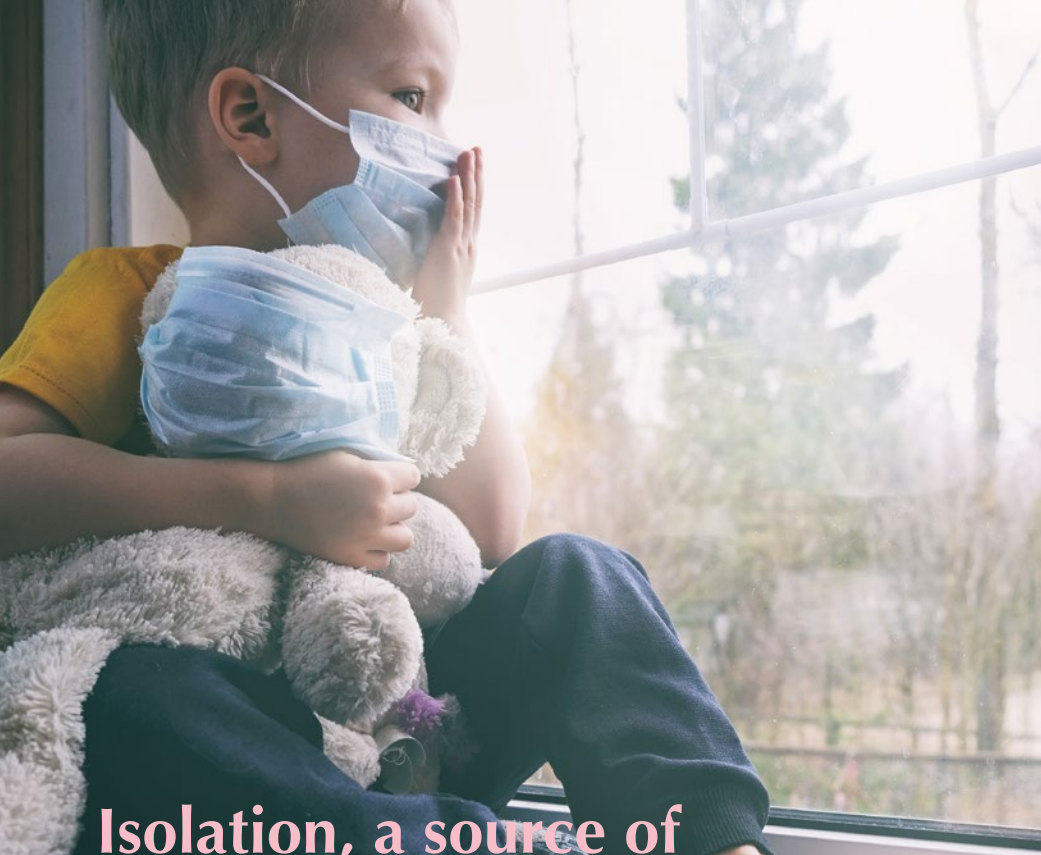
Stress, sadness, deprivation, etc.



*"This has been a stressful year. We used to have three terms at school, and all of a sudden there were only two. It was really stressful, because if you got bad grades in the first term, you had to really work hard to pass. And being in lockdown at home (...), it's depressing. Your friends are like your second family. If you can't see that family, you feel alone, like no one's listening to you. Like your voice doesn't matter anymore. You don't really talk about everything with your parents, you talk more to your friends."*

— A 14-year-old teen





## Isolation, a source of worry and insecurity

Socialization is key for children's development; they learn from other children and from their parents and teachers. They need to move, see, touch, laugh and discover. They need to have a certain routine, because predictability is reassuring.

With a routine, life feels stable enough for them to feel they have some control over it. When all of this is taken away, when everything has changed, even at home, worry and anxiety slowly start to creep in.



*"I used to have activities that kept me super busy and made me happy. I'd always get to see different people, but now when I finish school and go home I feel an intense emptiness."*

— A 13-year-old teen

*"It was a long year and I'm worried that COVID-19 will be around for a long time (until 2022)."*

— An 8-year-old girl

*"It was a boring year, because you couldn't see anyone. I didn't like it because we had to wear a mask and it's hot with the mask. You have to take the COVID-19 test, and it hurts!"*

— A 6-year-old girl



## The pervasiveness of a terrifying threat

At the very beginning, they talked about viruses, then about illness, then about shutting schools, then all of a sudden it was chaos. They started counting the dead, especially among the elderly – grandmothers and grandfathers were dying all around us. They shut down all businesses and prohibited contact, even among family members. We couldn't see our neighbours, our babysitters. We isolated ourselves and let people die alone.

Fear was everywhere. No one knew what was really going on, there was always death and sickness on the news, we had to start wearing masks, staying indoors, and avoiding all physical contact. People started losing their jobs; everyone was worried, nervous and anxious. Parents wanted to protect their children and adults wanted to protect their parents, and we all felt powerless. And what about the children in all this? Nothing. No one talked to them, no one asked their opinion – they were asked to suffer in silence.



*"There's no point in having 8:00 p.m., 9:30 p.m., 8:00 p.m., 9:30 p.m. curfews. The curfew should be much earlier because students see each other after school."*

*"They don't really ask us for our opinion. (about school)"*

*"They take away all our hobbies, and after that we're supposed to be robots and just do work."*

*"Too much Purell hurts your hands."*

— 13-year-old teens

*"Everything is sadder and more boring. I love movies and I can't go to the movies anymore. COVID-19 has caused a lot stress."*

— Ramanah, 17

*"I couldn't go outside for months! It was so hard. I couldn't see my friends and my best friend. Those were the two most difficult things."*

— Aleeza, 14

*"I'm often sad, but I don't know why. My mom thinks it's because I can't do all my extracurricular activities anymore, and I'm not as busy as before."*

— A 13-year-old teen





# Physical activity deprivation and mental health

Physical activity is crucial for child development. Healthy living is the cornerstone of healthy growth. But beyond that, physical activity also allows children to burn their sometime negative energy and blow off some steam. It is also a way for them to challenge themselves, feel alive, and build their self-esteem through performance and small achievements.

Group activities benefit the mind and body as a whole. They are a great tool for socialization, attachment and belonging. They help shape the identity of children and young people. They help oxygenate the brain and the whole body. Depriving children of them is devastating.

*“A year without basketball has been very hard on me. I’m not afraid of COVID-19, but I’m just plain tired of being deprived of all the freedoms that we used to have.”*

— Idrissa, 14



*“I was going to compete in the Montreal badminton tournament. I won last year. I wanted to play. I find the second and third waves more stressful (...) it’s hard to relax.”*

— Isabelle, 14



*“COVID-19 mainly prevented me from practising soccer and joining a team. I’ve been really wanting to improve since I met a coach at the centre. It’s my passion, and I wanted to play on a competitive team, not just in the park. That’s been the biggest negative impact for me. There are many others, but they’re less important... You get used to wearing a mask.”*

— Berkedei, 13

*“I want to spend less time on my electronic devices. I was spending an average of 10 hours a day on my PS4.”*

— A 13-year-old teen



# Screens. For better or especially for worse.

After weeks or even months of adjustment for some families who had no access to the Internet, computers or tablets, or no adequate space, it became clear that this new reality would last a long time. Home schooling, on a screen, often took place in an environment that was not conducive to learning – it could even be totally counterproductive or even downright harmful in some cases.

*Not only were many school-aged children deprived of a quality education, but those most in need of support and specialized services were abandoned altogether.*

Thousands of children are now behind in their studies and younger children are even showing developmental delays.

Being glued to a screen was already a problem for some young people. Isolation and the lack of outdoor activity have only exacerbated this issue for this generation. We have seen a major increase in obesity problems and video game addiction disorders. We will have a lot of work to do to counter this trend.

*“I can’t play tag. Playing tag on a screen is totally impossible.”*

— An 11-year-old

*“I was kind of happy to home school because I could stay in my pyjamas, but I was still sad, because being stuck in front of a screen was boring. And also, the school days were shorter, so you would learn less. It’s not like being in class.”*

— An 11-year-old child

*“Because of COVID-19, it was often harder for us younger people to focus. We spent too much time at home, and sometimes home isn’t a safe place, so that doesn’t help us learn or take care of ourselves. So it’s going to be more complicated to finish our studies and get a job.”*

— A 15-year-old-teen

*“Social contact took a hit – Teams is no substitute for real contact. We’ve had to make sacrifices at school and in life.”*

— A 15-year-old teen



*"It made me feel good to come draw at the centre. It made me feel good to have people taking care of me."*

— An 8-year-old child

## Meanwhile, at the Fondation Dr Julien and the three centres of expertise

*"It made me want to keep going. Some activities, including my group, allowed me to see people, meetings, all kinds of little things that made me want to keep going. It helped me a lot, for my health, my education, my recreation, my socialization. I was happy that we could go back to the centre. It allowed me to see the workers, my friends, people I know and trust, and to have human interactions."*

— An 11-year-old

At the Fondation, our colleagues learned to work remotely, even though it was not always under ideal conditions, or to everyone's preference. The teams rose to the challenge as they always do, with unfailing efficiency and professionalism. They allowed us to continue to meet the increased needs of the hundreds of professionals in the network, they quickly adapted the training sessions for a virtual mode, and they got in touch with their creative side to "reinvent" the Guignolée Dr Julien. The Research Chairs in Community Social Pediatrics have kept busy: they developed the content of a university graduate course, and they took advantage of this time to enhance the CLAN (Child Links with Adults and Networks) training

and support workshops on learning and implementing children's rights.

The teams in the three community social pediatrics centres of expertise affiliated with the Fondation Dr Julien – La Ruelle d'Hochelaga, the Garage à musique and the Côte-des-Neiges Centre – were always ready for action. Doctors, social workers, specialized educators, nurses, lawyers and other support workers adapted their ways of doing things, worked together and displayed great agility to keep providing consistent and appropriate care for children, youth and families.

## Community social pediatrics centres: a true lifeline

Young people and families felt isolated and helpless, with no resources and solutions. Fortunately, the people who worked in the centres made sure to keep in touch. They took the lead in meeting the basic needs of families by doing things like handing out grocery store vouchers; offering learning games and tools for the youngest; and suggesting routines, interventions and advice to parents and students. Most importantly, they remained on the lookout for early signs of distress and calls for help.

After a few weeks, the Ministère de la Santé et des Services sociaux recognized the centres as essential front-line health services, and we were finally able to resume clinical visits. The workers found ways to adapt to the situation and they reconnected with the children, often virtually, but in-person meetings were allowed again fairly quickly. Over the months, activities and small group meetings were allowed to take place again and they made all the difference in the world.



*"Going to the Garage allowed me to leave my home bubble."*  
— Shella, 14

*"Doing these activities is exciting. It makes you feel calm and free. Just talking to people outside of your family is good for your mental health. Obviously, you don't tell your parents everything – you need someone you can trust to talk to about how you feel or about other things. Like my good friend. With the Grands Amis program, you can do activities with someone who isn't in your family, which makes life enjoyable even in quarantine."*

— A 14-year-old teen





## Showing trust and opening your heart



*"I came to play with Céline, but she's the one who won. I did puzzles and played with dinosaurs. I saw some people and I enjoyed that. It's a nice place. It made me feel good."*

— A 6-year-old child

*"Here, when you say you have ADHD, they understand that you have ADHD."*

— A 13-year-old teen

*"Yes, the Garage has music, (they) allowed me to escape my prison (my house)"*

— Diego, 13

*"The centre helped me a lot too. I did almost all the Zoom cooking workshops during lockdown. There were also activities in the park and the freedom of expression. It forced me to be active. I made new friends. A volunteer also helps me with my homework. I'm better prepared for exams and less stressed."*

— Ramanah, 17

Loneliness and isolation, tensions, questions and secrets, big and small, weighed heavily on the minds and hearts of children and young people. Despite the health measures that were in place, being in contact with others was such a relief to everyone. Sometimes, feeling understood, talking about your overwhelming emotions or simply bonding with others by being part of a group, whether it's for healing, talking, studying or playing music, can make a world of difference, in the best way possible.



*"It made me really, really happy that I was asked to participate in the Guignolée videos and that someone had thought of me. I've been involved in several projects, like the Guignolée, the video on the Jordan principle and the seven principles. When they ask me to participate in projects, it makes me feel important and I feel like they appreciate what I have to offer. I'm glad they like it and want me to continue. It makes me feel important."*

— An 11-year-old child

*"The centre is helping me get back into sports, already this summer with Antoine and Eugénie and now with Lecia and volunteers Anny and Michèle. I love them!"*

— Dszenet, 15

## Nurturing hope and fostering passions above all

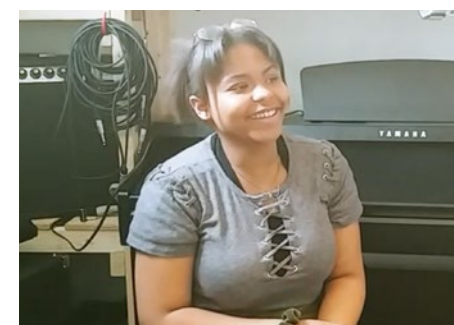
The workers at the centres were unanimous: being with people they could trust was a tremendous relief to the children, and for some people these meetings were truly lifesaving. Young people needed to know that there were people who really cared about them and on whom they could count.

A phone call, a meeting at the clinic, an introduction to a sport or a new friend – by proposing and offering workshops, activities and meetings, staff and volunteers were able to lessen the stress of many children. They motivated them, encouraged them and gave them small moments of peace and joy through these long, grim, unstable months.



*"Playing sports here really helps me burn off some steam and relax. I can see my best friend here. I can talk about my future and ask questions. On top of that, I'm keeping my grades up because the volunteers help me with my schoolwork. They're so nice!"*

— Aleeza, 14



*"I thought I'd quit my violin lessons, but now, since I started again, the violin has become a passion for me. It's nice to play and listen to it, and I can brag about it to my friends, it's awesome!"*

— Keylicia, 12



## A fully virtual training year

The Community Social Pediatrics Institute (CSPI), like the whole higher education and vocational training sector, was forced to review its way of doing things and adapt to the new reality. This led to a significant increase in the team's workload, as it redeveloped and adapted the majority of its continuing education offer. With great motivation, the technology- and education-savvy team took the opportunity to accelerate the digital transition that it had already initiated. Two additional courses were even added to what was already available. Successful transition, mission accomplished!

The CSPI also released two episodes of the new podcast series, Trajectoires. Developed by the Fondation Dr Julien and produced by the CSPI, this educational podcast is a first of its kind in Quebec in the health sector. Using inspirational stories and complex cases, support workers talk about the nature of their work, their expertise and their view of the follow-up and support. The first season covered three CSPCs from various communities and realities: those of Hochelaga-Maisonneuve, Mont-Laurier and Côte-des-Neiges.



## Meetings to discuss and develop a common vision

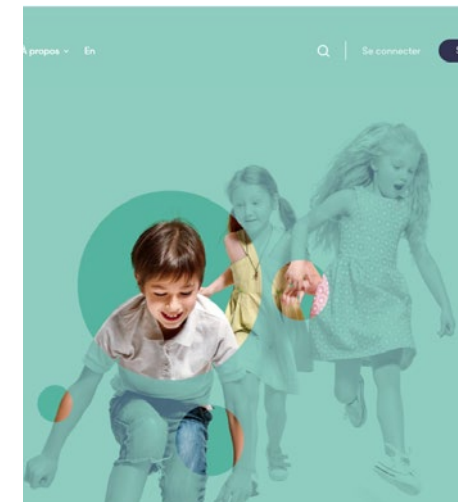
From March 25 to June 17, 2020, weekly clinical meetings were held with about 100 healthcare professionals to address the needs of the centres' support workers, whose practices were being disrupted by the pandemic. Every week, the workers from each CSPC would join this virtual community of practice. The meetings gave them a place to discuss their issues, share solutions and align their practices, throughout a time of great turmoil.

They allowed workers to work together to defend the rights of the most vulnerable children, who were particularly at risk during lockdown. They were also key for developing a shared social pediatrics vision, maintaining the services and care offered to children during this period, and, in turn, creating a more lively community in the portal. At the centres' request, the meetings will resume on a monthly basis starting this fall.

## One-year anniversary of the CSPI's new training portal

In just one year, 647 new members signed up to the portal, bringing total registrations up to 1,165. There are as many professionals working in CSPCs as those who don't, with the latter seeking to learn more about CSP. It is very encouraging to see that Dr Julien's unique model of social medicine continues to gain support thanks to its innovative approach.

<https://institutpediatriesociale.com/>



*"I've lived near a centre for several years, but I wasn't really familiar with your services. This year, your fundraising drive made me curious about your services. I think that's when I first find out about your training and realized they would be very useful for my job!"*

— Portal user

## Graduate certificate in community social pediatrics: developing content

The first course is ready and will be offered at McGill University in September 2021. Our busy designers have not been slowed down by the pandemic and the next courses will soon be ready as well. For context, the Fondation Dr Julien is working with McGill University to develop a graduate certificate for professionals to learn more about CSP.

<https://institutpediatriesociale.com/en/portail/csp-university-mcgill/>





# An expanding child rights training

CLAN (Children Links with Adults and Networks), the Fondation’s community training component, is still expanding, within both the CSP network and the communities. The program provides tools for children, families and workers to implement all the rights set out in the *Convention on the Rights of the Child*.



*From the start of the project until March 31, 2021, 6,826 people were educated and trained on children’s rights and 82 CSPC workers were trained in fall 2020 and winter 2021. Since January 1, 2021, six more CSPCs have been equipped to deliver the CLAN program, for a total of 13 centres. Eight community partners continue to deploy the CLAN program in Montreal’s most vulnerable neighbourhoods.*



# Action research on the implementation of the practice of clinical nurses and nurse practitioners specializing in CSP

The first phase of this project is nearing completion. It will document how clinical nurses, nurse practitioners and nurses as a whole fit into the CSP clinical continuum to better target the added value of each of these nursing roles in CSP and to identify the factors that

promote the integration and full deployment of the nursing practice in CSP. The second phase of the project, planned for 2021–2022, will document different nursing practice models in CSP to further develop clinical benchmarks for CSP.



## Research chair news

At the **Nicolas Steinmetz and Gilles Julien Research Chair in Community Social Pediatrics at McGill University**, September 21, 2020, marked the launch of the first community of practice focused on complex trauma-informed approaches in CSPCs. A dozen Quebec CSPCs are currently involved in the process. In 2021, the Chair also collaborated on the launch of a project funded by the Children’s Hospital Foundation to develop research capacity and support the practices of Minnie’s Hope Centre in Whapmagoostui-Kuujuarapik, in northern Quebec.

The **Marcelle and Jean Coutu Research Chair in Community Social Pediatrics at Université de Montréal** team, which aims to understand how community social pediatrics interventions work and how they are implemented, develop measurement tools adapted to this practice, and analyze its effectiveness and efficiency with children in vulnerable situations, has focused on adjusting the research protocol. In total, eight CSPCs and approximately 60 children and families receiving social pediatrics services participated in the data collection for this pilot study.



# Necessity is often the mother of invention

When humans have no choice but to find a solution to solve a problem, they step out of their comfort zone to find out what they are truly capable of, using the full extent of their intelligence and creativity.

The need to act differently to overcome the many challenges has pushed us to take new paths, break away from our normal practice and find new ways of doing things in every area and in every centre.

## First, implementing the guidelines

All the Fondation's staff helped with reorganizing work, implementing new rules, checking on the well-being of employees and that everyone had everything they needed at home, etc. The HR and Administration & Finance teams oversaw the transition to this new reality and promptly prepared a teleworking guide and a frame of reference for managing telework and gradually returning to work in person.

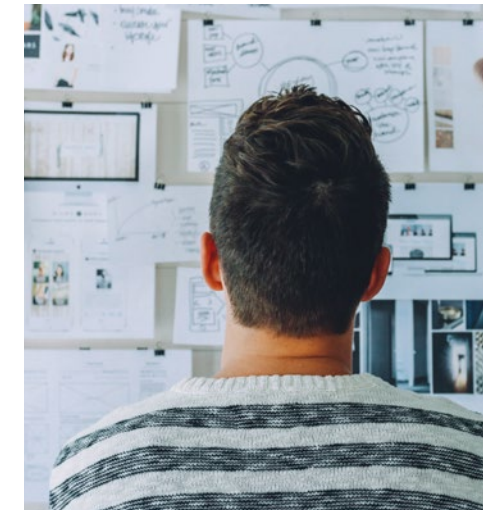
This reorganization required ingenuity, skill and flexibility: reconfigured spaces, special furnishings and partitions, plexiglass, hand-washing stations, visitor logbooks, workspace reservation system, supplies, etc.



## Making recommendations

To continue caring for children and support the network of centres, the clinical management team formed a small crisis unit that met several times a week to discuss epidemiological and scientific updates, new guidelines and research findings, and to make recommendations to the network.

Topics covered included measures to follow, best practices, personal protective equipment, patient questionnaires, advice and guidance regarding the recommendations issued by various professional bodies throughout the pandemic, and the results of clinical observations and ongoing research.



## Learning and communicating all the measures

The support team played an important role in the CSPC network, both in terms of information flow and logistical support, by, for example, distributing personal protection equipment and the Zoom for Healthcare licences that the Ministère de la Santé et des services sociaux offered to Quebec CSPCs.

The team also developed, under the guidance of the Fondation's clinical management team and the crisis unit, documents intended for the CSPC network providing rules for reopening centres, holding evaluation and orientation meetings, and providing follow-ups and support, as well as some instructions for telemedicine. The team also made sure to share any new Public Health guidelines and updates.

## Reaching out to families online

From the beginning of the pandemic, the teams focused on different ways to inform and stay in touch with children and families. The communications team, together with stakeholders from the centres of expertise and the clinical management team, quickly decided to create a website dedicated to COVID-19.

Online for nearly a year, the site provided useful information, such as the activities in the three centres, preventive measures, neighbourhood resources, etc. The site also provided a wealth of health and well-being information and advice, as well as suggestions of activities that children could do during that challenging time.





# Great clinical initiatives were launched during this period

## The news: telling the difference between true and false

In the midst of lockdown, daily press conferences were held at a frantic pace, providing information that was sometimes contradicted by other sources. Children were worried – they wanted to know what was going on and find out what was true or false. So they turned to their trusted doctors. And so, in a series of Q&A videos, children asked their questions to Dr Julien and Dr Gaëlle Vekemans. A dialogue was born and a sense of calm emerged. These videos, which were posted on the Fondation's social media accounts, were widely shared by adults... who often had the same questions!

### Remote mental health therapy

Since the start of the pandemic, an increasing number of children developed anxiety. To make up for the lack of in-person therapy, the Fondation had to get creative to help these young people. First was born the idea for online mental health therapy, which soon turned into a pilot project. Individual mindfulness therapy, art therapy and music therapy sessions were organized over Zoom for the children being cared for in all three centres. Building on this success, the project was brought to three centres in remote and Indigenous communities: the Haute-Gaspésie CSPC, the Côte-de-Gaspé CSPC and the Manawan CSPC. The project has been extended to August 2021. We hope to be able to fund its implementation so that it can continue for a long time to come.

### Fuelling up on mindfulness

One proven method to help ease anxiety is the practice of mindfulness, which helps you focus on the present moment and identify your emotions and reactions. Clothilde Mahion, a clinical counsellor and mindfulness therapist, has integrated this practice into her therapy sessions for youth from all three centres.



*"Because of the pandemic, children and families have had less access to care and support, which made our workers feel quite powerless. Feeling less effective, they worked even harder to try to reach them, through Zoom, home visits, etc. The children were incredibly happy when the mindfulness groups started again. Attendance was high and it seemed like the children held these moments sacred – they had the attention of an adult and it gave them a break from their daily routine, which had shrunk enormously compared to all they used to do prior to the pandemic. We could see that parents and children were happy about that."*

— Clothilde Hamion,  
Clinical Counsellor and  
Mindfulness Therapist



*"Not only does virtual therapy help children in different areas of their lives, but it also helps us in our own interventions. The majority of the six young people who have access to it are very diligent and are always looking forward to their special moment. We strongly believe in these types of therapy and hope we have long-term access to them."*

— Mona Sirois, Director of the Côte-de-Gaspé CSPC



## Youth jogging: motivating youth lacking exercise and motivation



*"In February, after a serious discussion with Dr Julien about the declining physical and mental health of young girls, we came up with a plan to offer jogging as an essential sport, with me as the coach. To my great surprise, even on the coldest days of February, the girls showed up ready to run. They didn't need more than an invitation for them to leave their homes after being in lockdown for months. That's all it took for them to break away from their screens, breathe in the fresh – albeit cold – air, and enjoy a rush of endorphins in a safe social setting. Saucony and Ciele donated shoes and baseball caps for the children to encourage them to come back every week. Four months into the program, we expanded the project to include jogging for young*

*boys and a co-ed jog. In total, over 30 children participated to all or some of the runs. All groups showed some improvement. The children became fitter and more confident and many of them fell in love with jogging. The goal for the summer is to help some children train over different distances for the Montreal Marathon."*

— Lecia Mancini,  
Jeunes en course (Youth  
jogging) Project Coordinator



# A consistently strong and supportive network!

As of March 31, 2021, 44 communities have been recognized by the coordinating committee established under the partnership agreement between the Government of Quebec and the Fondation.

Of this number:

- 42 are active CSPCs
- 33 are certified CSPCs
- 3 are CSP centres of expertise and training
- 6 are CSPCs in the certification process

The Accroche-coeur CSPC in Chandler, Gaspé, is expected to open in the summer of 2021 and, if all goes according to plan, the Uashat Mak Mani-Utenam Centre, located in Côte-Nord's Innu community, is expected to open later this year.

Four communities are currently starting up:

- Maison du pain d'épices, in Saint-Jean-de-Matha (Matawinie RCM, Lanaudière)
- Saint-Martin (Beauce-Sartigan RCM, Chaudière-Appalaches)
- Saint-André-Avellin (Papineau RCM, Outaouais)
- Ascot Corne (Haut-St-François RCM, Estrie)

An Indigenous community is also in place and supported by a startup committee:

- Native Women's Shelter of Montreal

Lastly, other projects are under review in Montreal's Mercier-Est neighbourhood and in Sallabery-de-Valleyfield and Saint-Calixte.



## More than 10,250 children treated and supported

The teams and some 425 clinicians and workers from the Quebec network of CSPCs rolled up their sleeves to provide care and services to as many children and families as possible in each of their communities. In fact, nearly two thirds of the centres had even more new children in assessment and counselling than last year.

It was an incredibly challenging year for implementing new initiatives in communities dealing with funding issues due to tremendous need. The entire community sector was overburdened, and professional resources were deployed almost exclusively to deal with COVID-19. In addition, skyrocketing real estate prices are a new barrier to establishing centres in several areas.

## Flexibility, adaptation and speed: exceptional support

The Fondation's Coaching and Certification team, supported by the clinical management team and the Community Social Pediatrics Institute, did everything in its power to support the centres during this trying time.

In March 2020, the centres temporarily closed their doors as they awaited government orders. Fortunately, the government quickly recognized the CSPCs' front-line expertise, so the Fondation was able to provide daily support to the network's centres as they determined how to reopen and resume activities while following the appropriate health measures.

## A new centre opens in the middle of a pandemic!

Given these circumstances, the Fondation's Coaching and Certification team is particularly pleased to announce the opening of Le Cercle CSPC in Saint-Léonard-d'Aston, in the Nicolet-Yamaska RCM. Despite all the hurdles, the centre's team showed great determination and managed to open its doors last October. Congratulations!

## Certification in COVID-19 mode

Our teams showed great agility and adaptation skills in ensuring that centres got certified, that the model was being followed and that the high standard of care was upheld throughout the pandemic. They were able to continue their work, while providing ongoing coaching and support to the centres' teams.

In the past year, five centres have obtained their first certification:

- Vallée-de-la-Gatineau CSPC, Maniwaki
- Rimouski-Neigette CSPC
- Lachine CSPC
- Longueuil CSPC
- L'Équipage CSPC, Côte-de-Gaspé

Three centres also obtained their R2 certification:

- La Haute-Gaspésie CSPC
- Coeur-des-Laurentides CSPC, in Sainte-Agathe-des-Monts



*"When I arrived at the Fondation in early March 2020, I immersed myself in the world of CSP through the network's weekly meetings, which helped me discover a supportive community of practice that was alive and eager to support children in vulnerable situations during this time of exceptional challenges. I met people with great hearts there, and I have created infinitely rich human contacts throughout this busy year."*

— Joelle Arcand,  
CPSC Clinical Support Agent



# What does the future hold?

*"I think all young people need to talk at least a little and tell someone why they're feeling down, sad, angry."*  
— A 13-year-old teen

Community social pediatrics are based on a practice that respects all of the fundamental rights of children, as set out in the Convention on the Rights of the Child. This means that children are consulted and always involved in the decisions that affect them. Many young people are involved in the Young Experts' Committee at La Ruelle d'Hochelaga and the Garage à musique. Others take part in the Freedom of Expression group workshops at the Côte-des-Neiges Centre. These initiatives are led by lawyers and support workers in each of the centres of expertise.

While young people are aware that exceptional circumstances have led decision-makers to react, they deplore the fact that their voices have not been heard. Having had no choice but to quietly follow all the instructions, despite the difficulties that this could cause for them and their loved ones, they wanted to express some of their concerns so that in the future, their needs and suggestions could be taken into account.

*"The masks cause so much pollution. We waste two of them every day. Instead, it would be much cheaper to give us better quality reusable masks with replaceable filters."*

— A 13-year-old teen

*"We need someone to talk to, like a social worker."*

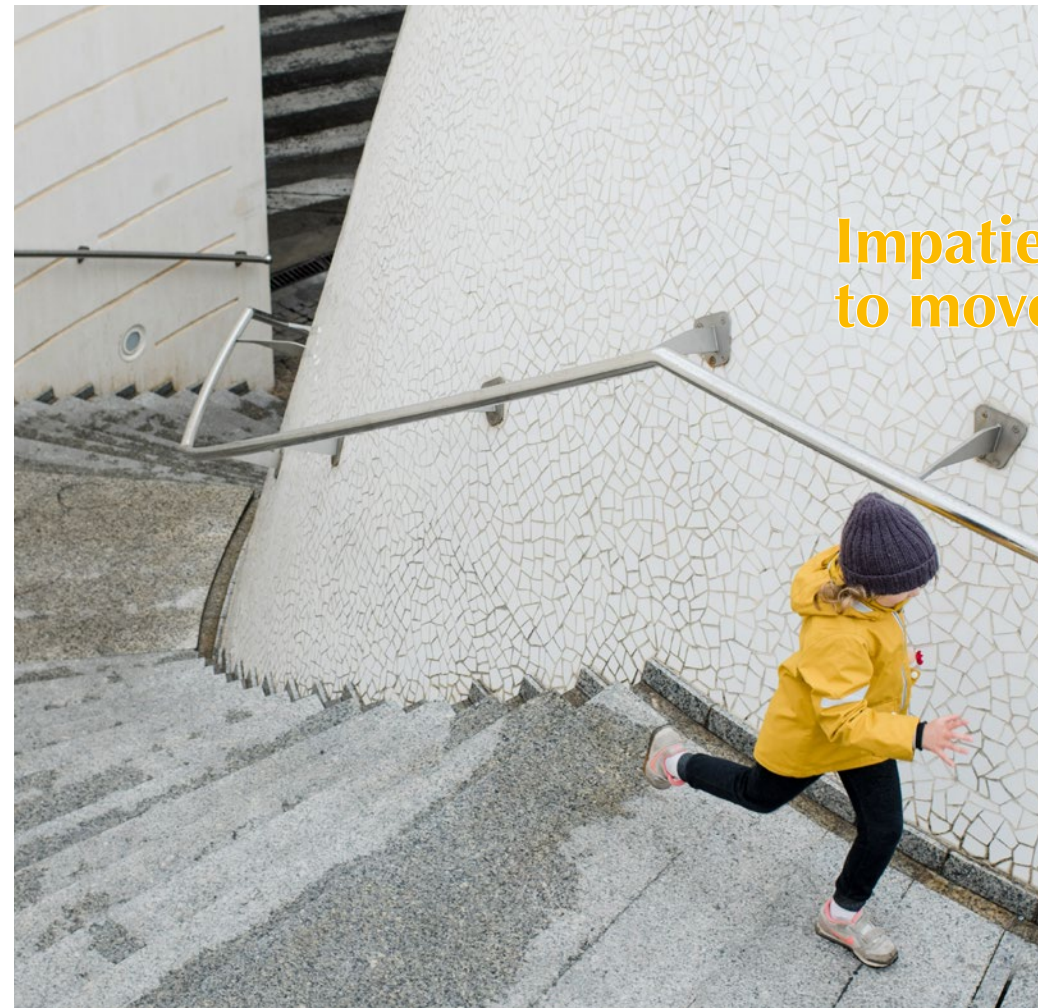
— A 13-year-old teen

*"I would like to see more support for all children in their journey. I know that with the pandemic, a lot of young people are failing. If they could get better marks and if we could help them, especially those who are struggling, it would be good for their future, to be able to choose and do what they like doing, not to have things imposed on them, so they can fulfill their dreams."*

— A 15-year-old teen

**Impatiently waiting to move on!**

*"My wish would be to end COVID-19."*  
— Diego, 13



The pandemic has left its mark and we will have to be even more attentive than ever. Children and youth cannot always express their feeling, and currently it can be very hard for them to picture the future, which does not yet hold much positivity. But one thing is certain: this disease has had a strong impact in the hearts and collective imagination of an entire generation.

Though these children are dealing with difficult living conditions and are still struggling, they are very empathetic to the plight of others and very sensitive to the suffering around them. Like all of us, they want to get this over with as quickly as possible and we need to do everything we can to help them put the bad memories aside and finally start moving forward.

*"My dream is to help people who need a listening ear, to be there for them, so that they can vent. For myself, I would like to have an easy life, to have a job I love, to have a husband who loves me, to have a happy life, to have a stable income and not have to panic."*  
— A 14-year-old teen



*"My greatest wish once COVID-19 is done is to be able to take off my mask and hug my teacher."*  
— Ethan, 9

*"My wish would be that those who have been hospitalized can recover and that families can spend more time together. Also, that it doesn't happen again because we've lost a lot of people."*  
— Shella, 14



# Allowing children to finally dream is a thing of beauty

*“My dream is to get married to my best friend Noah. I wish that my mother will still be alive and healthy when she’s old. Later, I would like to be a doctor, a professional ice skater or a pianist.”*  
— An 8-year-old child



*“I take life as it comes. I don’t have any specific dreams, just small goals. I don’t want to put too much pressure on myself.”*  
— Isabelle, 14



*“I imagine going back to school, reuniting with my cousins, my friends, (...) doing my last year of high school with a boyfriend, and spending our year together. I would like to take acting classes and then travel to become an actress, which is my biggest dream.”*  
— Keylicia, 12

If only we could spend more time thinking about dreams and finding ways to achieve them. That is the goal we set for ourselves every day. To help at least one child see their full potential, help them grow and dream, reveal their strengths, teach them how to thrive, encourage their vision, believe in their talents, trust in them.

Children talk to us, sometimes with words, sometimes through their actions, attitudes and emotions. Their behaviour is very revealing. When trust is established and we genuinely ask them to share their dreams with us, their eyes light up, they break into a smile and they become radiant. They pour out all their biggest dreams and wishes and imagine themselves in a future bursting with happiness.



*“I would like to be a children’s rights lawyer or the mayor of Montreal, or both. Malika has inspired me to be a lawyer. There are many children whose rights are not respected, and I would like to help them know their rights. When they see an injustice, they will know what’s going on, or if their rights are not being respected, they will be able to do something about it. I want to be the mayor of Montreal to make more D’ Julien centres in Montreal and throughout Quebec. Some families struggle, and the clinic helps them and helps them move forward.”*  
— An 11-year-old child

*“I would like to voice cartoons, because I would like to control what the cartoons say.»*  
— A 6-year-old child



*“I want to be a police officer. That’s my dream! Justice and peace are important to me. The centre helps me directly and indirectly build that dream. I even met a police officer this winter. That’s also why I do a lot of sports. The centre will also help me become a counsellor in training. I’m very patient and I love taking care of children. My projects are taking shape...!”*  
— Aleeza, 14



*“My dream is to make movies. I still don’t know if I want to be an actor or a director...sometimes you can do both. The Freedom of Expression group helps me feel confident to speak. I’m getting better in French. I feel confident speaking here.”*  
— Ramanah, 17





## Children: full-fledged citizens

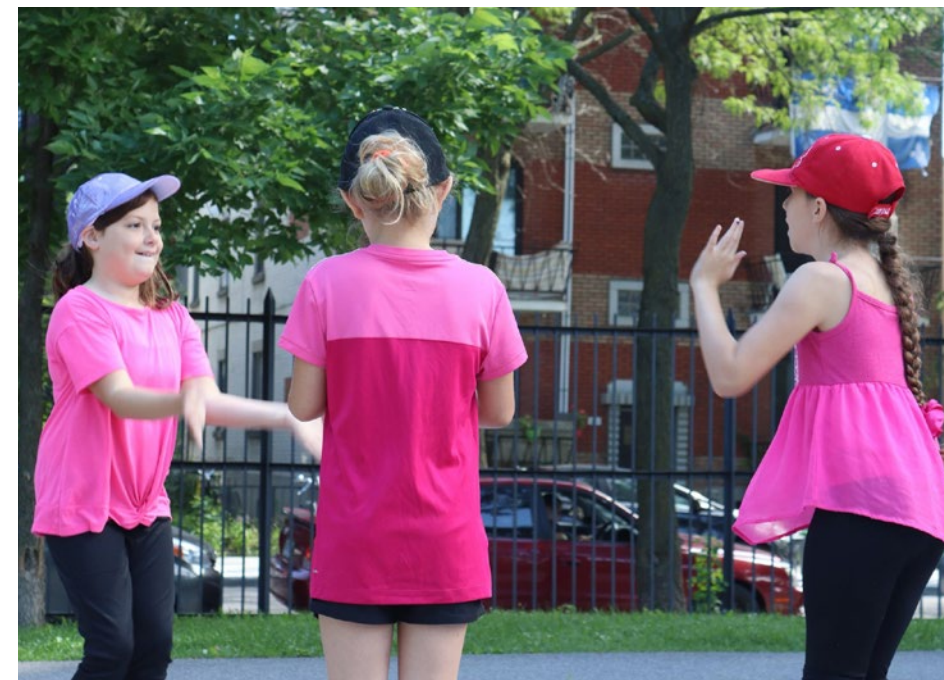
At the Fondation Dr Julien and in all the CSPCs, children are encouraged to participate and to share their thoughts and solutions. Community social pediatrics practitioners consider children of all ages to be full-fledged citizens who are fully invested in the decision-making processes that affect them.

In this unique model of medicine that integrates social sciences and law, lawyers from the three centres of expertise play an important role with young people – they guide and equip them so that they can make their voices heard and ensure that all their rights, as set out in the Convention on the Rights of the Child, are respected.

In order to improve vulnerable children's health, quality of life and outcome, it has become increasingly clear that we must build, with their help, stronger, more supportive and respectful communities.

*"Our model of social pediatrics has proven its worth and we are proud of it. Every day, we work on expanding the network of certified CSPCs, so that as many children as possible can have access to social pediatrics in their community. But we must also work on ensuring that children's rights and interests are being upheld beyond this network. We will continue to innovate, with the active participation of young people, to provide social development tools for children, adults and all the actors and stakeholders of the various networks within their communities to form a large protective and caring network around the children. It's in the children's best interests."*

— **Hélène (Sioui) Trudel**,  
Lawyer and Certified Mediator,  
Founding Director,  
Integrated Child Law  
Cofounder of the  
Fondation Dr Julien



*"While working at the clinics and co-facilitating a CLAN (Children Links with Adults and Networks) group and the Freedom of Expression group throughout the year, I met young people who were eager to get involved in projects, to socialize, and also to express themselves in a space other than their class or family bubble."*

— **Alex Charbonneau-Corbeil**,  
Lawyer at the Garage à musique and La Ruelle d'Hochelaga

## Engagement that lives up to the youth's resilience

Like many of her fellow practitioners and clinicians, Malika Saher, who has been a lawyer-mediator for a few years now, had quite a few "balcony talks" with children to check how they were doing, reassure them and break their isolation.

Talking on the phone or virtually did not always allow for the level of intimacy or comfort needed for young people to share their feelings or talk about sensitive issues.



## An inclusive, familiar space to express yourself

A number of children's rights were not fully respected during this pandemic, such as having the right to be heard and being involved in decisions that concern them. Our lawyers and workers played an important role during this time, as they gave young people the space and opportunity to be heard in times of great vulnerability.

*"The year 2020 has been a gruelling year for everyone, especially the children and families we work with. As professionals, we've had, like everyone else, to adapt and redouble efforts to continue to support children and their families. Despite all the obstacles, what stands out from this tough year is the resilience of children and their families, their eagerness to ensure their rights are being upheld, their strength, the mobilization of all neighbourhood partners, and the solidarity that shone through. I am proud and honoured to be part of Hochelaga's great protective circle."*

— **Malika Saher**,  
Lawyer-Mediator at the  
Garage à musique and  
La Ruelle d'Hochelaga



## A well-deserved scholarship



In April 2020, M<sup>re</sup> Saher, a Master of Law candidate for her research project on children's right to participation in Quebec schools, received a scholarship from the Joseph-Armand Bombardier Canada Graduate Scholarships Program (Social Sciences and Humanities Research Council of Canada). The goal of this program is to help develop research skills and assist in the training of highly qualified personnel by supporting students who demonstrate a high standard of achievement in undergraduate and early graduate studies. **Congratulations Malika!**



## Children in expert panels at the Université de Montréal

Each year, as part of Professor Alain Roy's course on children's rights (Université de Montréal), Malika and the children in the expert panels are invited to share their vision of the importance of children's rights as set out in the *Convention on the Rights of the Child*. They present their points of view and talk to students about

children's right to participation. This year, not even the pandemic could keep them away from the event. Children from the Côte-des-Neiges centre, supported by those of La Ruelle, shared their views with students who listened very closely to what they had to say.

## Social development efforts continue

Children, families and those involved in helping children have a vested interest not only in knowing about children's rights, but also in defending, implementing and promoting them. It is with this in mind that the CLAN (Children Links with Adults and Networks) training workshops, created by the Fondation, with the financial support of faithful donors, are used to promote the place of children in society and the social pediatrics approach in several communities.

## The benefits of CLAN increase with its deployment

Although the health crisis has hindered workshop delivery for a number of community partners on the Island of Montreal, there are workshops currently being offered in 10 schools in Rosemont, Villeray, Parc-Extension, Saint-Michel, Pierrefonds-east and Lachine. Several of the community partners who offer the workshops have adapted some modules for children and adults to be able to offer them over Zoom.

The child cohorts followed in CSPCs allow the workshop facilitators to get to know the children better. This has highlighted some of their

needs, such as stress management, impulse control, learning to take their place and assert themselves as a group, and learning to accept themselves as unique and different from others. In addition, workers have observed significant progress in a number of children, especially with regard to self-confidence, the ability to express themselves in a group and express their opinion, the ability to respect differences of opinion, social ease (vs. shyness) and the development of critical thinking. Such great results!



*"In addition to the workshops offered by our community partners in Montreal, this year five more CSPCs in other areas of Quebec have started offering CLAN workshops, allowing even more children to learn and implement their rights and responsibilities. These different deployments demonstrate the relevance of CLAN workshops as concrete tools to help decode the needs of children and enhance interventions with them and their families."*

— **Caroline Chaumont,**  
CLAN Project Manager

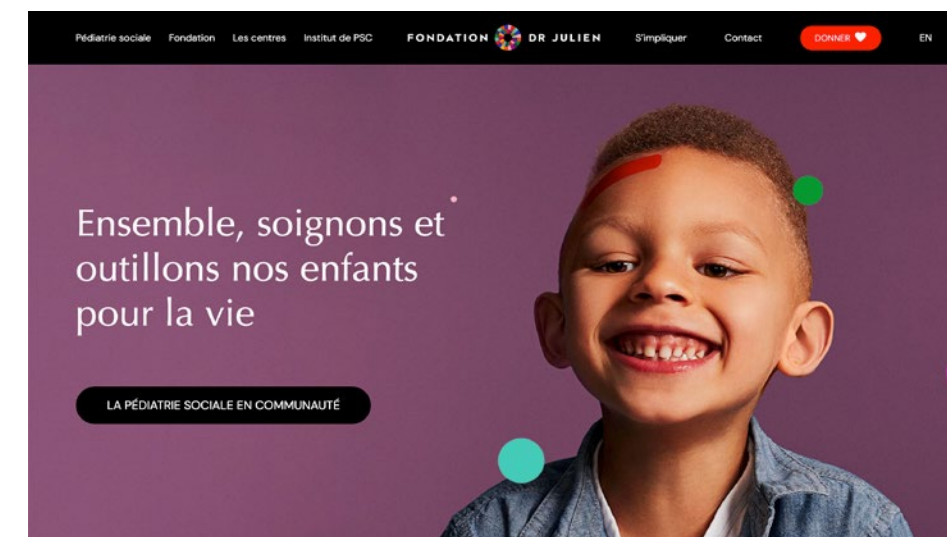






## Reaching out for the well-being of vulnerable children

## New Fondation website launched



The brand new Fondation Dr Julien website was launched last November, just in time for the Guignolée. Developed as part of the Fondation's strategic plan and repositioning, it was meant to bolster the launch of the new brand identity. The site provides a full portrait of community social pediatrics, thus highlighting its true value and its great impact on society. The different sections, with their much more user-friendly layout, present the Fondation in all its different aspects to showcase what makes it so special, while also providing more relevant and targeted content.

## A fundraiser that thinks big and gets results



The CSPC network across the province was severely affected by the pandemic, as the centres were deprived of their traditional fundraising activities. For the 18th annual Guignolée Dr Julien fundraising drive, we decided to invest in a more "national" advertising campaign that reached out to every corner of the province. Television, radio, the Web, social networks and several other tools were used to raise awareness about social pediatrics throughout Quebec. It was a success! Not only did we exceed our fundraising goal, we also did great in terms of visibility and engagement.



We also held a new virtual event, presented by National Bank, the **Webathon de la Guignolée Dr Julien**. The special 75-minute Facebook fundraiser was co-hosted by Christian Bégin, ambassador for the Fondation, and Dr. Julien, who were accompanied by several of the Fondation's personalities and friends, including Ève Christian, ambassador of the Guignolée, Jean-Charles Lajoie, Michel Rivard and Guylaine Tanguay. The event also showcased inspiring stories from children, volunteers and workers from several Quebec CSPCs.

- **Campaign visibility :** great return on investment and broad reach on over 20 TV channels and over 30 radio stations across the province.
- **Internet visibility :** targeted investment and very wide free organic reach, which bodes very well for the future.
- **Media relations :** excellent media coverage and visibility, with over 300 media mentions across the province, including articles and numerous interviews with Dr Julien.
- **Guignolée website :** excellent traffic numbers, with 56% of visits from users outside Montreal.
- **Newsletters :** 51% open rate (above average) with direct links to make donations.
- **Fondation's social networks:** high visibility and engagement, especially on Facebook, with more than 600,000 people reached.
- **Third-party fundraising :** a new initiative which allowed us to raise \$45,000.





Media appearances in  
2020–2021 : 118

## Drilling the message home, over and over

Dr Julien will never stop speaking on behalf of the children. It is important to him to keep informing, educating and alerting the population about the development and needs of children, who too often fall between the cracks. For his thoughts of the day, subscribe to his blog here : <https://drjulien.blog/>

Over 50 blog posts in 2020–21



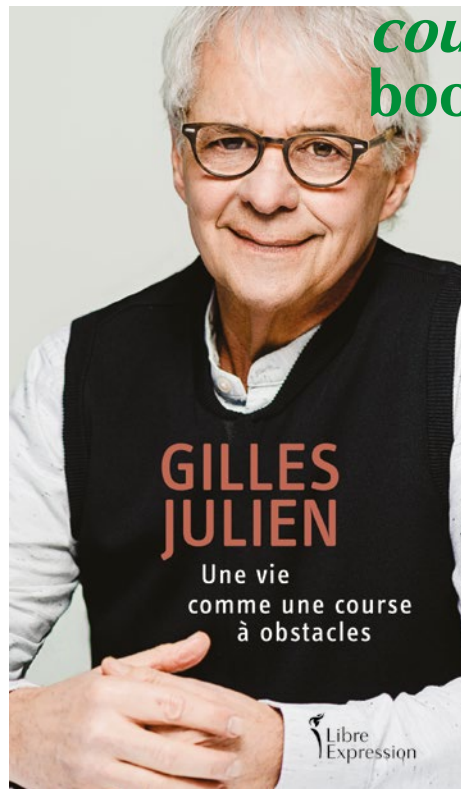
## Fondation Dr Julien's strong media presence

The Fondation has a strong presence in the mainstream media. Dr Julien remained as active as usual in the media by writing letters of opinion and providing his expert opinion on healthcare, children's rights, hot topics that came up during COVID-19, and any current events related to child protection.



Dr Gaëlle Vekemans, Social Pediatrician and Clinical Director of the La Ruelle CSPC, was also invited to speak on behalf of the children on a number of occasions, such as on the program Tout le monde en parle on ICI Radio-Canada.

## Dr Julien's *Une vie comme une course à obstacles* book release



Last October, Dr Julien published his latest book, *La vie comme une course à obstacles*. After 29 years in community social pediatrics, which is more than half of his career as a pediatrician, Dr Julien opens up in a more personal way to all those who believe in the incredible power of children. Through a moving narrative, he paints a rich portrait of his journey and his unique model of community social pediatrics. He tells us about his youth, his inspirations, his mentors, his meetings, his collaborators, his loved ones and everything that helped keep him passionate about fighting for the best interests of the most vulnerable children.

## National recognition for M<sup>s</sup> Hélène (Sioui) Trudel

Congratulations to the Fondation's cofounder, who received the 2020 *Stronger Together Award* for Quebec, presented by Women in Law Leadership, a Canadian association that celebrates and promotes women in law through recognition and education. M<sup>s</sup> Trudel is part of a group of women who have shown extraordinary leadership.

*"It took some innovation to enforce the Convention on the Rights of the Child," explains M<sup>s</sup> Trudel. "It tells us that children have the right to be respected as full-fledged individuals and not as people-to-be – that's the stance I took."*



## Lectures by our founding experts

Thanks to technology, Dr Julien and M<sup>s</sup> Hélène (Sioui) Trudel were able to share their knowledge and discuss with their peers throughout the year and throughout the world.

April 16, 2020

- **Infant and Early Childhood Mental Health Promotion (IEMHP) Speaker Series** – The Hospital for Sick Children, Toronto.
- Dr Julien's topic: *Community Social Pediatrics: An Approach to Prevent and Care for the Mental Health of Children and Youth.*

May 7, 2020

- **Ashoka Canada Global Network Session – Activating COVID Solutions Session #2: Mental Health and The Pandemic**
- Ashoka Fellows Dr Gilles Julien and Krystian Fikert discuss options to leverage existing mental health solutions during and after the pandemic.

October 14, 2020

- Scientific pediatrics meeting at the **Montreal Children's Hospital**, Montreal
- Dr Julien's topic: *The Canadian Model of Community Social Pediatrics: a New Paradigm of Care for Children Issued from an Impoverished Milieu.*

November 12, 2020

- **Salon de Provence: Colloque à l'Association internationale de pédiatrie sociale**, France
- Dr Julien's topic: *The Practice of Community Social Pediatrics in Quebec During COVID.*

November 26, 2020

- **International Eurasian Social Pediatrics Congress**, Istanbul
- Dr Julien and M<sup>s</sup> Hélène (Sioui) Trudel's topic: *NGO Experience from Canada.*

January 28, 2021

- **Ashoka Virtual North American Fellow Gathering**
- Exchange forum in which Dr Julien participated



## Movers and shakers, stand up for the children!



This new year has just begun with the Special Commission on the Rights of the Child and Youth Protection submitting its first report. Several of the recommendations in this report took into account the findings and recommendations that the Fondation presented at the Commission hearings in a brief on the Convention on the Rights of the Child prepared in collaboration with the three centres of expertise and the Comité des enfants experts of Hochelaga and Maisonneuve.

To ensure that these great recommendations are not forgotten or lost in the maze of bureaucracy and endless think tanks, and since there is so much work to be done, we want to reach out and offer our services and expertise today. We are ready and we have concrete proposals and a network of centres already in operation, as well as hundreds of qualified professionals standing at the ready. We are already in contact with many organizations and institutions, we work with schools, CLSCs, the DYP and many other stakeholders, and we are very familiar with the reality of these children and families.

We are also calling on social entrepreneurs, men and women who believe that we must do everything we can, and quickly, to care for and support the most vulnerable children in our society by giving them access to social pediatrics in their communities.

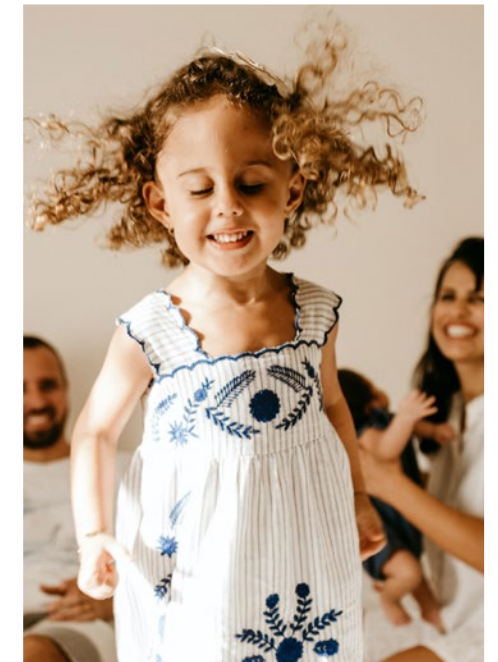
Communities have already been mobilized and we thank them for that. We are working closely with new project leads and start-up committees to make social pediatric care and services available in other regions of Quebec within the next twelve to eighteen months.

Unfortunately, there are still too many regions that have little or no access to the CSPP network. These include:

- Saguenay-Lac-Saint-Jean
- Abitibi-Témiscamingue
- Nord-du-Québec
- Bas-Saint-Laurent
- Capitale-Nationale
- Côte-Nord
- Centre-du-Québec

Of course, we need to work in collaboration with all the players. Social pediatrics will not solve all the problems, which are many and complex. To build a Quebec worthy and proud of its children, we must work together. It is time get all sectors involved, not only in reflection, since we already know many of the answers and possible solutions, but in action towards a core transformation of all the services provided to children, with their full participation.

Prevention and front-line services are key to providing protection, prevention and care for young people in their communities. Schools, CLSCs, community organizations, the DYP, youth centres, Indigenous communities and our governments must all contribute, in their own way and in close cooperation, to the well-being of children. Let's work together to build and strengthen this caring, protective circle around our children, with our children.





868 children supported  
20,174 interventions



## A new identity co-created with children and their families

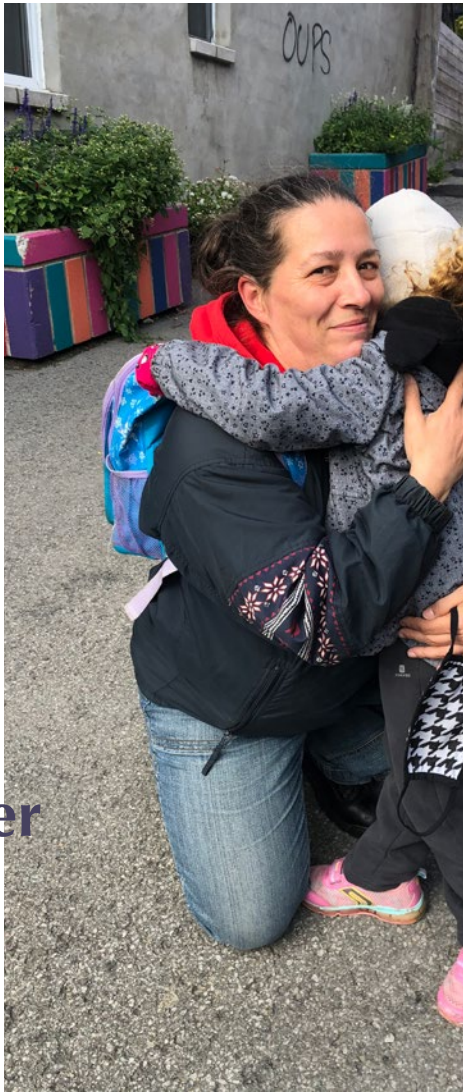
For over 20 years, and thanks to a dedicated team of employees and volunteers, La Ruelle d'Hochelaga has actively contributed to the well-being and development of more than 3,608 children in the Hochelaga-Maisonneuve neighbourhood. Based on the input of the children, their families and the Fondation Dr Julien, the Hochelaga community social pediatrics centre (a.k.a. AED) has chosen a new name for itself: **La Ruelle d'Hochelaga**. This name better reflects the children's and their families' vision of their centre as a welcoming, friendly and accessible place. The name may have changed, but the team remains the same, available and ready to help children and their families.



## A place for children and their families, rooted in the Hochelaga community

## The pandemic, another source of stress

Families living in difficult conditions became even more vulnerable during the health crisis. The loss of stability and the changes in their environment caused more stress regarding their health and safety. Unfortunately, as a result, experts anticipate an increase in child abuse that could continue beyond the crisis. Workers in the field have noted that the changes, such as the lack of routine, have been disruptive and have contributed to externalized behaviour in children. Like their children, the parents the centre supports have also been hit hard by isolation, financial insecurity and uncertainty about the future.



## Accessible support for families in need

Given the numerous and growing needs of the children and families supported by La Ruelle d'Hochelaga, the centre quickly adapted its care and services.

Building on its greatest strength, which is to provide intensive and personalized support to vulnerable children, the team also focused on maintaining its links with families and reducing toxic stress. It did so by making frequent phone calls to the parents and children, making outreach workers available seven

days a week, and implementing various support services to ensure the families had both food security and physical security.

The support initiatives carried out by the intervention teams and volunteers were much needed and welcomed, given that they were tailored to the needs of the families. The teams delivered a range of different items like grocery vouchers, and education, sports, arts and crafts, food, and IT kits.

The workers were incredibly proactive from the very start of the pandemic. From the first few weeks of lockdown, the team stepped up its care and services: from March 13 to April 22, 2020, 740 children were reached and 3,000 interventions were carried out.



# Countering the short- and long-term effects of toxic stress

During lockdown, we tried to reach children in potentially vulnerable situations to counter the short- and long-term effects of toxic stress. This was done by, among other things, helping families gradually return to normalcy, breaking their isolation, providing a safety net and giving them a break. It was also about creating spaces where children could go and be properly cared for, with the goal of ensuring that children’s rights to have access to appropriate health care, services and recreation were respected.



# Constant adjustment for constant presence

The team adapted its interventions by meeting children and families in parks, yards, alleys, outside their balconies, etc. Personal protection equipment was worn for in-home visits, which provided parents with the support and guidance required to reduce stress factors.

The follow-up and support program were adapted to provide a caring and protective circle to as many

children as possible, while respecting the health measures. The team put their creativity to good use and created 35 different youth groups (stroller group, dance activities at the park, boxing group on Zoom, etc.).

Not even the pandemic could ruin the magic of Christmas, which was shining brightly at La Ruelle thanks to the Opération Père Noël and the generosity of our donors, which

allowed 264 children to receive one of the new gifts they had asked for in their letter to Santa Claus, and the Christmas Magic activity, which allowed 111 children and their parents to enjoy a festive family moment with Santa Claus and one of our workers. This activity was brought to homes as well with touching virtual meetings using *Portable North Pole*.



# A team dedicated to helping children

Throughout the pandemic, the team redoubled its efforts to reach as many children as before. They did it! Since the CSP approach is based on a close connection with children and families, the team had to tailor its approach for each child to maintain that connection despite the distance. *“It’s not easy to see kids with their little masks*

*and not be able to hug them. But no children fell between the cracks because we never gave up,”* said Tania Pearce, Executive Director of La Ruelle d’Hochelaga. The impact has been real – we have improved the health and well-being of children living in difficult conditions and maintained a caring, protective circle throughout the pandemic.





# Continuing education

As a training centre, La Ruelle d’Hochelaga was able to continue providing training to professionals in the community social pediatrics network, medical residents and interns, despite the pandemic. It continued training the next generation thanks to the collaboration of the Community Social Pediatrics Institute (CSPI), which helped codify, develop and improve CSP practice, with the aim of reaching as many children as possible by training multiplying agents.

April 1, 2020, to March 31, 2021  
80 days of clinical observation



# Our aspirations

“What a busy 2020-21! I’m proud of the work we did. Our donors, employees, volunteers, dedicated board members and partners in the health, education and community sectors worked with us to actively support the well-being and development of Hochelaga’s children.

For 2021, we hope to transition La Ruelle d’Hochelaga back to what it used to be – a valued meeting place that fosters socialization and resilience. We’re looking forward to hosting you at a neighbourhood party or having a coffee with you in our common room. To get there, we need to continue mobilizing the community to obtain the means required to support every vulnerable child in Hochelaga.

Lastly, I would like to say a very big thank you to all those who have helped us with our mission. A special thank you to Dr. Gaëlle Vekemans, Clinical Director and Pediatrician of La Ruelle d’Hochelaga, for her great involvement with the team and the children.

With your support, we can continue to be there for families and children in the neighbourhood.

Thank you!”



**Tania Pearce**  
Executive Director  
La Ruelle d’Hochelaga, Community  
Social Pediatrics Centre



603 children received services  
4,405 interventions



## A year in crescendo

The Garage à musique (GAM), the first specialized community social pediatrics centre to offer neuroscience-based tools, including group music lessons and school access, did a great job adapting

to the pandemic. Children cared for at the centre and children from nearby schools were given the opportunity to enjoy the benefits of music with a passionate team.

## Impacts lessened through caring and resilience

The past year has been a true testimony to the resilience and coping skills of children, parents, and the GAM team, including the psychosocial workers, administrative staff, and volunteers. All the employees were quick to pivot to ensure they would be available for the children and their families.

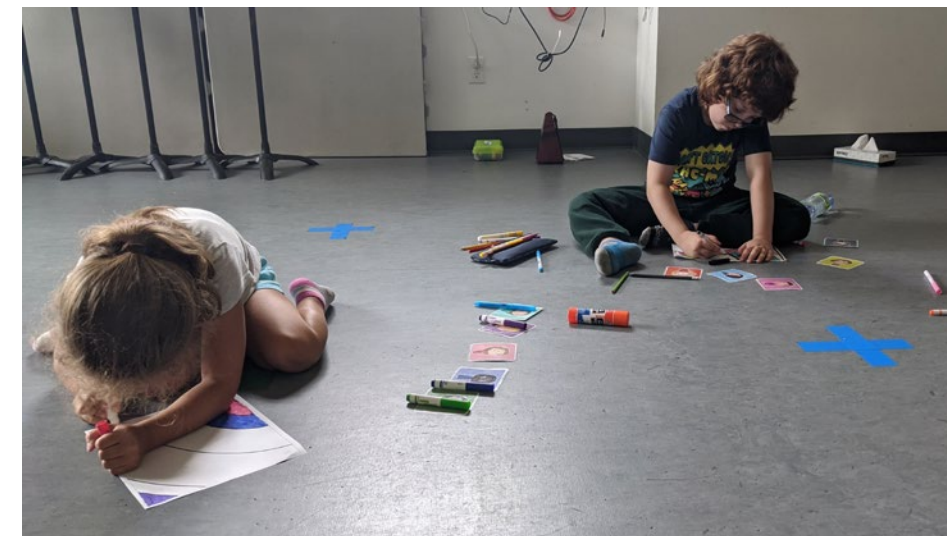
As soon as the lockdown started, vulnerable children and their families started to feel the impacts. The evolving health measures created great upheaval in the children's and their families' routines and learning, but our workers provided caring support throughout this tumultuous time.

*"Those who were already on the brink of a breakdown were pushed over the limit with COVID-19. And for those who were already struggling, it made things worse. Of course, the health crisis has greatly affected young people, but I find them very resilient."*

— **Noémie Rouillé,**  
Specialized Educator

## Close care and services despite the distance

The lockdown quickly started to affect the children who were being followed. It was crucial for us to continue providing all our care and services, which we did, with a great dose of effort and creativity. In the first months of uncertainty, our close relationships with families made it easier for them to transition to methods of communication that some had never even heard of.



*"Visits to the centre and the services offered, even online, provided a breath of fresh air to many children..., it may even have been a way for them to escape a difficult situation. Home visits also helped us open a dialogue with families who may have been a little more reluctant in the past."*

— **Fouade Bouajaj,**  
Specialized Educator and  
Clinical Coordinator

## On the clinical side

Not only did we ensure that there was no interruption to our clinical appointments, the workers also promptly started working on identifying families that were the most vulnerable to this stressful situation. All the employees came together to work on this herculean task and subsequently every single GAM patron was contacted at least once a week by one of the workers or music teachers.

Furthermore, since the GAM had a reduced capacity, the workers got into the habit of going to the children's homes to provide ongoing support. We have also had to review the employees' workloads and hire an extra worker to meet the increased demand. Thanks to the collaboration of our partners, we implemented emergency services, such as enhanced food resources, in-kind donations and sanitizing equipment donations.

Unfortunately, despite the services offered, we observed that anxiety, symptoms of depression and screen addiction increased in the children being followed, while overall motivation and academic achievement decreased.



# Music component

In the space of a few days, the group musical practices morphed into a virtual community. This made it possible for children to keep learning, of course, but above all, it allowed them to maintain a connection with their music teacher. It turned out that the weekly musical meeting became a special moment of observation, offering a plethora of information. This allowed workers to better support certain families that were more particularly affected by the pandemic.



# Garage à musique’s virtual services : a “voice” for the future



*“The music lessons have also allowed us to maintain a certain safety net under the children, because with the cameras on at home, it was also a way to have access to their environment (...) it allowed us to keep a connection and something positive like music makes it even easier to reach the families.”*

— Sophie Pinard,  
Choirmaster



# Education component and the Centre d'accès scolaire

The Centre d'accès scolaire (educational support) workers showed their flexibility by resuming their services virtually and providing tutoring drop-in options for new children. When schooling resumed online, we made sure to build a strong bridge between our services and those of the schools to provide consistency between the children's various lessons. We were thus able to provide adapted educational content

to children during lockdown, allowing them to continue their studies and avoid falling too far behind the expected knowledge level for their grade. This method of teaching also gave us access to the children's parents/legal guardians, and we gave them tools and tips to help their children learn. We were also able to talk about their children's challenges and characteristics.

*“When we first started online music lessons, the children, who had already spent the day home schooling at the computer, seemed exhausted and unfocused, but they always showed courage and motivation! When we were finally able to resume in-person classes, they had no problem adapting to the health measures – like masks and the plexiglass – because they were so excited to see their friends, and they were really grateful. They had missed the buzz you get from playing music together!”*

— Rose Frappier,  
Music Teacher



Maintaining online educational support and group musical practice programs certainly helped foster a sense of belonging. We were able to observe more closely, especially in a learning context, certain family dynamics, which led to more access to the children's parents, guardians and the other significant people in their lives. In addition, these virtual meetings made the months of lockdown easier to bear. We are proud to mention that, thanks to the trust we gave them and their own tremendous efforts in the face of numerous obstacles and challenges, the young musicians from the various musical groups will be playing virtual concerts throughout June 2021. This is another reason for them to be proud of themselves this year. We hope that this newfound confidence will bolster them for months to come. We will keep working ceaselessly to return to normal.





## Summer camps that spark hope

By the start of summer, the children were chomping at the bit to see their friends again. Having lacked a routine and activities for several months, they could not wait for the GAM to hold its traditional music and learning camps. In July, we held group musical practices in the mornings for children aged 6–9, combined with sports activities

that the Centre Sablon councillors graciously offered for free, all while closely respecting the health measures. In the afternoons, our older students came to practise their instruments, with admirable motivation and diligence. It was clear that they had been deprived of their passion for too long.

## Getting ready to return to primary school and transition to secondary school

In August, the school preparation camp showed that the children were still experiencing some significant learning challenges, despite all their efforts. For the little ones, it was important to get back to a certain routine and to get used to full, appropriately structured learning days.

Thanks to special learning tools, fun educational games and structured sports, many children felt better prepared for the return to class, which is a source of anxiety for many. There was also a program to prepare children going into secondary school, which is a big step where success often hinges on the skills acquired in the last year of primary.



## A special thank you to our loyal donors



From its earliest days, the Garage à musique has benefited from the generosity of its donors, who are still involved today, encouraging it to continue to evolve and innovate. These donors include Mr. and Mrs. van Berkomp, whom we had the pleasure of meeting for the first time at a GAM youth concert in 2015. Very interested in our approach and impressed by all the young people, they immediately showed their interest in supporting us by pledging a substantial donation over five years. They believe in community social pediatrics and the power of integrating powerful intervention tools, such as group musical practices, based on neuroscience knowledge and best practices, and specialized educational support services. It is with great joy, gratitude and pride that we are announcing that they have pledged to keep making major donations for another five years. The GAM will forever be in their debt. Thank you for being there for us and believing in us.

## Needs of dreams and aspirations

*“The GAM team is stronger than ever and we want to go far and take advantage of all the skills we have gained during this formative period. Our greatest aspiration is to continue to innovate and strengthen the links between community social pediatrics, group musical practice and adapted educational support throughout all our actions and interventions. We also want to continue to build this bond of trust that is so important for children through music, the clinic and specialized educational support. Sometimes, some people are closer to a teacher, a lawyer or a support worker. For them, as for us, every person is important and can become the key person who will make a difference.*”

*With the support of our Board of Directors and community partners, we want to continue to make a difference for the neighbourhood children. The GAM is a beautiful representation of how it takes a village to raise a child; we have a dedicated team that works in an evolving, organic manner. Now more than ever, we will need the support of the entire community, because the image of the village raising the child remains our inspiration, as is that of a large protective circle.”*



**Patrick Coiteux**  
Executive Director, Garage à Musique  
Music Director, Saxophonist



579 children supported  
11,100 interventions  
804 active files

# Côte-des-Neiges Centre

## A year of resilience, innovation and agility



## A window to the world

The Côte-des-Neiges Community Social Pediatrics Centre (CDN Centre) has been well established in this multi-ethnic Montreal neighbourhood for 18 years now. As part of its social medicine mission, a team of pediatricians, workers and volunteers provides personalized care and services to neighbourhood children and their families.

## The impacts of COVID-19 and its inherent uncertainties



### Families on alert

During the first lockdown, in March and April 2020, some children did not step a foot out the door. Even now, some parents are anxious about letting their children go outside, or even to school. For these families who were already experiencing extreme vulnerability, the pandemic only exacerbated their situation. The team had to significantly modify and adapt its interventions – home support became almost non-existent and services had to be aligned with public health measures and requirements.

These families living below the poverty line experienced increased financial insecurity, leading to increased stress. The lack of sports and leisure activities led to an increase in physical inactivity, obesity and screen addiction among children, which had significant impacts on their physical and mental health.

### Increased emotional burden on the teams

Everyone experienced some level of worry throughout the pandemic, including our team. Staying true to its mission to contribute to the well-being of children, it has proved itself to be agile, innovative and adaptable in keeping up with the ever-changing Public Health guidelines and meeting its partners' expectations and the heightened needs of the families.





# Staying accessible no matter what

As a front-line organization, the CDN centre remained “open” throughout the pandemic. To make themselves available, the teams used a big dose of ingenuity and flexibility to meet the needs of children and families, despite the health measures. Being strongly aware that its clients need constant, personalized and caring support, the staff handled each lockdown with resilience and creativity.

- 70 more children received services between April and September 2020 than in the same period in 2019
- 50% more new service requests compared to 2019-20



# Solutions to meet the needs of children and families



The first lockdown brought the daunting challenge of keeping in contact with children and families and providing support while the clinics were closed and in-person meetings were prohibited. A number of solutions were suggested, one by one, such as having a core team at the centre every day. Telework was encouraged and, as a result, an emergency telephone service was set up on weekends with

responders and a pediatrician. Workers systematically phoned all the families being followed to check up on them and assess the needs of over 300 children and their parents to make sure they had the support they needed.

Specialists and therapists (music therapy, art therapy, occupational therapy and speech therapy) carried out their interventions over Zoom. Then in-person meetings

were allowed again, with certain adjustments – they were held outdoors, in parks, backyards or in front of the children’s homes. The team developed a Zoom homework support program that matched children with volunteers, and which grew over time. As the pandemic caused financial losses for families, the centre also expanded its mandate by providing food assistance.

# When easing the lockdown means getting closer... virtually

Never once did the pandemic slow down the administrative team’s efforts. The team maintained a constant presence at the centre to ensure health measures were being followed carefully and to keep providing follow-ups and services. Workers and pediatricians were very comforting and reassuring, which made children, young and old, feel safer and made it easier to schedule follow-ups and clinical appointments. Four pediatricians

practised at the centre weekly, making it possible to provide **clinical care to over 300 children**. These interventions were made possible by installing IT equipment for videoconferences. In fact, such virtual meetings, as well as telework, are here to stay, to be used when appropriate in combination with in-person meetings at the centre. .



*“From the first few weeks of lockdown, the centre’s lawyer and I were able to continue our “Freedom of Expression” group, and to keep in touch with the centre’s teenagers, virtually. At the end of May, we were able to gradually resume our educational activities for young people. Never had their need to socialize and move been so strong. Two things stood out and are still present – **the need to find words for their emotions** and for the deprivation of certain rights that had been blocked by COVID-19, and the need **to build projects**, and reach their full potential. For us the workers, and the volunteers who support us, our action plans and priorities have never been clearer, and the relation of trust has never been stronger. So at least there’s been one positive aspect to the pandemic.”*

— Antoine Charf,  
Specialized Educator



# Several achievements and promising projects

When faced with the need to quickly pivot its activities, the team showed great creativity and resourcefulness. Sports and mindfulness activities were encouraged to ease stress and increase contact among children. These activities were made possible thanks in part to the centre’s invaluable volunteers, who remained consistently involved throughout the pandemic. Several initiatives were launched, such as the creation of an English-language Facebook page to reach anglophone families, the creation of short videos on social networks featuring games and challenges for children, the Marmiton Project, the cooking workshop, and drawing lessons.



## A personalized delivery service

In March, in full lockdown, children were stuck at home and getting increasingly bored. Antoine, a specialized educator, decided to do something about this by collecting games, books, and sports items and delivering them by bike! This gave rise to more deliveries, on foot and by car, balloon and jump rope donations from partners, sports challenges and balcony visits, and, more importantly, a bond of trust that just kept growing.



The centre ran sports, mindfulness and other types of groups for children to break their isolation, keep them active and improve their mental and physical health.

## “Access to School” day camp



From May to August 2020, the team was able to resume its traditional **Access to School** day camp, which is held every summer, by running it with smaller groups. The camp is intended for children aged 4–6 who have school integration issues and were referred by partner schools, and it helps prepare them for school. By focusing on independence, social skills and overall stimulation, the camps help the children catch up on some developmental delays and get ready for the start of the school year.

*“Resuming our educational groups in the summer has given children the opportunity to play sports and spend some time with their friends. Playing games and sports has been key to building a bond with children and adults, and it’s answered the needs stemming from this isolation. It has also been a way to reach out to families and strengthen our bond with them, as they were often very worried about the pandemic.”*

— **Eugénie Viairon**,  
Specialized Educator

## What we aspire to

*“I couldn’t be more proud of our team, which kept adapting throughout the pandemic and continues to do so to meet the new and growing needs of children and their families. We aspire to remain social innovation leaders so that we can continue to care for and equip children, and to support them and their families. To do so, we must provide the necessary resources to avoid overburdening the workers, while taking care of their well-being. We are counting on our partners’ involvement in the children’s protective circle to help us meet this challenge. Lastly, a big thank you to our board members, volunteers and partners for all the support they have given us!”*



**Vedrana Petrovic, ps. éd.**  
Director, Côte-des-Neiges  
Community Social Pediatrics Centre



To all the volunteers  
who were there for  
us : Thank you!

More than 220  
volunteers  
7,200 hours



Volunteers are an integral part of the solution to providing care and services to children in vulnerable situations, and they are at the heart of the children's protective circle. Some work with the workers to support the children. And, as we know, the pandemic brought its share of difficulties and health restrictions that could have kept many volunteers away. But they showed up regardless, showing creativity and being as committed as ever to supporting the Fondation Dr Julien and the teams in the three centres. We are incredibly grateful for that.



*"I started volunteering when I retired in the middle of the pandemic. Since I missed being in contact with people and the CDN Centre needed administrative support, I decided to volunteer two days a week. I do a little bit of everything. It allows me to connect with professionals and work in this beautiful ancestral home in a neighbourhood I love. More importantly, I feel like I'm making a difference in children's lives. Just one small gesture at a time can change the world."*

— **Pierre Samsom**, a volunteer  
at the Côte-des-Neiges



Great initiatives  
throughout the year in all  
three centres



Nothing could stop the **Côte-des-Neiges Centre**, which managed to recruit new volunteers despite the pandemic and, thanks to them, managed to keep running its group activities! Given their high level of involvement in the activities, the centre's volunteers are just as important as the workers.

- 13 of the usual 15 volunteers have remained active since lockdown eased from May 2020 to September 2020
- 15 active volunteers from September to December 2020
- 21 active volunteers from January 2021 to present

At the **Garage à musique**, some loyal volunteers aged 60 and over had to suspend their involvement due to the public health recommendations. However, a number of volunteers, young and not so young, gave a hand to the teams in support of the children. In addition, the Centre d'accès scolaire (educational support) provided a new service this year – in collaboration with the coordinator and speech therapist, six young adult volunteers provided tutoring sessions (in person and virtually). They were very involved and met with their students more than once a week in one-on-one sessions. Several volunteers also took turns greeting the children and helping the workers with the many Covid protocols. In addition, two musicians accompanied the music teachers in their lessons.

- Nearly 25 active volunteers

At the **Ruelle d'Hochelaga**, volunteering was supposed to be suspended for a large part of the year because of the limited number of children allowed in group activities. But despite this, the volunteers showed up whenever they were needed, like when they were asked to prepare baskets or carry out personalized deliveries:

- 35 family baskets filled with a variety of items were prepared for 58 children
- 57 grocery and/or creative basket deliveries
- 21 computer deliveries
- 90 planters distributed to embellish families' city balconies





## A big challenge for the “Grands Amis”

61 grands amis in the  
3 expert centres  
8 new matches  
4,400 hours

The precious bond of trust created by pairing a child with an adult volunteer, a “Grand Ami,” is built over time. Regular, constant and in-person contact allows the child to build a meaningful relationship with a grown-up. Despite the lockdown, the Grands Amis insisted on staying in touch with their young friends virtually, with some in-person meetings eventually resuming, albeit in a restricted manner due to the health measures. So it was not easy, especially given the isolated families’ increasingly pressing needs. Nevertheless, the Grands Amis recognized the threat to their precious bonds and they did what they could to nurture these precious relationships.



## Virtual cooking workshops

Louise Leduc, a loyal, dedicated volunteer, one of the pillars of the Côte-des-Neiges Centre, showed great creativity by giving virtual cooking workshops. In addition, Michel, her husband, took every opportunity to help her out. The kids had a blast and loved the food!



## “Operation Backpack”

The new school year is off to a good start thanks to this initiative, which gives the children followed in the three centres access to quality school materials. We would like to thank **JanSport** for the backpacks, **Optimum Financial Group** for the school supplies, and the community organizations and volunteers for assembling and distributing everything. At the start of school, in September 2020, more than 250 well-stocked backpacks were handed out to children.



## Personalized handmade masks

Our loyal partner Radio-Canada’s knitting club once again put its remarkable creativity to good use: 930 fabric masks were made for the children, families, teams and volunteers at the three centres, despite the fabric shortage at the time. Community members also joined the movement.

## An extraordinary Guignolée

204 participating volunteers,  
including more than 100  
from the foundation and the  
3 centres  
Over 900 hours



## Ma Cabane à la maison bringing joy across the network

Province-wide, the 42 CSPCs handed out over 1,000 *Ma Cabane à la maison* gourmet sugar shack meal boxes thanks to the generous donation of 70 sugar shacks. This wonderful initiative, born out of the collaboration of Sylvain Arsenault, President of Agence Prospek and the Association des salles de réception et érablières du Québec, brought joy to thousands of children and their families, who, after a challenging year, relished the opportunity to kick off spring 2021 by satisfying their sweet tooth.



This event, which takes months to prepare and normally attracts more than 600 volunteers, had to be reinvented as well. Once again this year, our faithful collaborators answered our call! They insisted on being involved in any way

possible, whether it was through fundraising, street corner animation, operational support in the centres, etc. Those who unfortunately could not participate postponed their participation to 2021 and many supported us by offering donations.



Solidarity expressed a thousand times over!

We were pleased to see new donors join our cause in the past year. More than 4,000 new individual donors joined the thousands who believe in community social pediatrics and are making a real difference in the lives of thousands of children. On behalf of the children, youth and families we support, on behalf of all the centre workers and the staff of the Fondation Dr Julien, we would like to express our deepest gratitude. You have our deepest thanks!



The 18th edition of the Guignolée Dr Julien: an unexpected result!

The people of Quebec will never stop amazing us. The public has offered us a true ray of sunshine in an otherwise difficult year. Once again this year, thanks to this extraordinary outpouring of generosity, we raised \$1,755,000, which is more than one-third of the funds needed to provide direct care and services to children in the three centres of expertise – the Ruelle d’Hochelaga, the Garage à musique and the Côte-des-Neiges Centre.

Concurrently, the 37 other centres also raised more than \$1,202,000 to help children in their respective communities. We also sincerely thank our faithful partners who have been with us from the beginning, Guignolée cofounder and ambassador, Ève Christian, our other ambassador, Christian Bégin, the many artists and personalities who continue to support us and, of course, the volunteers and staff of the Fondation and the three centres for a tremendous amount of planning, organization and logistics work.

Thank you to the Government of Quebec, an invaluable partner

Once again this year, we would like to thank the Government of Quebec for its unwavering support for community social pediatrics and its exceptional collaboration at a time when we all needed to pull together to face the turmoil and the unknown. Not only did we receive an annual grant of nearly \$7M for direct childcare and services and to support the network’s expansion

across Quebec, but all of the CSPCs also received Government support at several levels, both in terms of logistics and equipment. It is extremely reassuring for all of us – the CSPC network in Quebec, as well as the vulnerable children and their families – to know that the province supports our mission. Thank you!



Helène (Sioui) Trudel, Dr Gilles Julien et Michel-Éric Fournelle



A \$5 million commitment from 2020 to 2024

We were very pleased and grateful to receive an extraordinary contribution from the Fondation Famille Michel Fournelle, which has pledged to give the Fondation Dr Julien \$5 million over five years, or \$1 million per year. This major donation, one of the biggest ever received, will fund the direct childcare and services offered by the Fondation Dr. Julien’s three community social pediatrics centres and support the network’s expansion across Quebec.



A gift of hope in the midst of a pandemic



In a particularly difficult year for vulnerable children and families, the Fournelle family chose to dedicate \$600,000 of the \$1 million offered this year to 40 of the network’s centres that greatly needed it. Quebec’s CSPCs have struggled to raise funds due to the pandemic, as they have had to adapt their care and services to children, in addition to cancelling all fundraising initiatives and events that had been planned. We are truly very fortunate to have the support of this great benefactor, whose president is also a member of the Fondation’s Board of Directors.





and its employees make a five-year pledge

We are pleased to announce that National Bank has pledged \$250,000 over five years, thanks to the initiative and commitment of the Bank's group of volunteers who have already been involved with the Fondation Dr Julien for several years.

## Optimum Group : nine years by our side!



Despite the challenges some companies may have faced, like poor teleworking conditions or the lack of work-life balance, the Optimum Group employees never lost their drive. They redoubled their efforts and creativity to encourage employees to give, despite the distance and insecurity caused by the pandemic. They raised a total of \$100,104 through a combination of payroll deduction donations and special fundraising for the Guignolée Dr Julien.

They also provided nearly \$8,000 in back-to-school supplies for 260 children in Hochelaga-Maisonneuve and Côte-des-Neiges. Thank you for being part of the Circle of Great Donor-Builders.

## Our tribute to the Circle of Great Donor-Builders

We are always pleased to recognize the exceptional contribution of our major partners, without whom we could not carry out our mission. It is thanks to you, your commitment and your loyalty that we can continue to innovate, consolidate and deploy community social pediatrics and make it accessible to as many vulnerable children as possible.

Again this year, we welcome new members to this group and thank them very much.

### Benefactors \$1,000,000 cumulative donations

Avenir d'enfants  
Paul Guy Desmarais  
Borden Ladner Gervais  
National Crime Prevention Centre – Public Safety Canada  
Lucie and André Chagnon Foundation  
Marcelle and Jean Coutu Foundation  
Fondation Famille Michel Fournelle  
Government of Quebec  
Gilbert Sansoucy  
Ville de Montréal

### Protectors \$500,000 cumulative donations

McConnell Foundation  
Optimum Group  
Jean Leblond  
Ghislaine and J. Sebastian van Berkorn  
Estate of Robert Nadon  
Estate of Denise Vary

### Ambassadors \$250,000 cumulative donations

Acceo Solutions  
National Bank  
Fondation Inter-Écho  
Fondation de l'Ordre des infirmières et des infirmiers du Québec  
Michel and Claire Fournelle  
Michel-Éric Fournelle  
Jean Coutu Group  
Investissements Guy Locas inc.  
Resana Properties Inc. – Raymond Di Giulio  
Les Petits gourmets dans ma cour  
Estate of Rita Ducharme  
Estate of Jocelyn Haché  
Estate of Gisèle Léveillé  
Estate of Martin Marier  
Estate of Denise Pître  
Telus

## 2020-2021 Donors of the Year

It is always a great privilege to see that year after year, donors return to tell us how much they value our mission and the well-being of the most vulnerable children in our society. We are proud to have thousands more donors this year, despite the difficult year we all experienced. We want to thank each and every one of you very much. You are a true motivation for all of us.

### \$1,000,000 or more

Fondation Famille Michel Fournelle  
Government of Quebec

### \$250,000 or more

Estate of Rita Ducharme

### \$100,000 or more

Anonymous donor  
Optimum Group  
Estate of Ginette Lamy  
Estate of Robert Lazure

### \$50,000 or more

National Bank  
Fondation Inter Écho  
Michel-Éric Fournelle  
Guy Laplante  
Investissements Guy Locas inc.  
JSVB Investments inc.  
Estate of Jeannine Fillion  
Estate of Elizabeth Gélinas  
Estate of Pauline Lévesque

### \$25,000 or more

Fernand Brouillette  
Françoise Coulombe  
Fondation Véromyka  
Le Groupe Jean Coutu (PJC) Inc.  
Estate of Jocelyn Haché  
Estate of Mariette Jacqueline Lalonde  
Estate of Hélène Leblanc  
Estate of Lucille Paradis  
Estate of Guy Poirier  
Estate of Élise Trahan

### \$10,000 or more

Banque Nationale du Canada Secteur comptabilité  
Serge Beausoleil  
Pierre Brassard  
John Brooks Company Ltd  
Club tricot de Radio-Canada  
Julien Croteau  
Annie De Kerstrat  
Suzanne Deault  
Francine Ducros  
Fondation Cole  
Fondation Jarislowsky  
Fondation Madeleine et Jean-Paul Tardif  
Fonds de Louise et Jean Ste-Marie  
Claire Fournelle  
FSM Management Groupe Inc.  
Jean-Pierre Goulet  
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Jeune oasis  
Pierre-Karl Péladeau  
Yolande Roy  
Soeurs de Sainte-Anne du Québec  
Estate of Geneviève Barrette  
Estate of Louise Croisetière  
Estate of Madeleine Gill  
Estate of Denise Laurin Lamothe  
VF Outdoor Canada  
Ghislaine van Berkorn

### \$5,000 or more

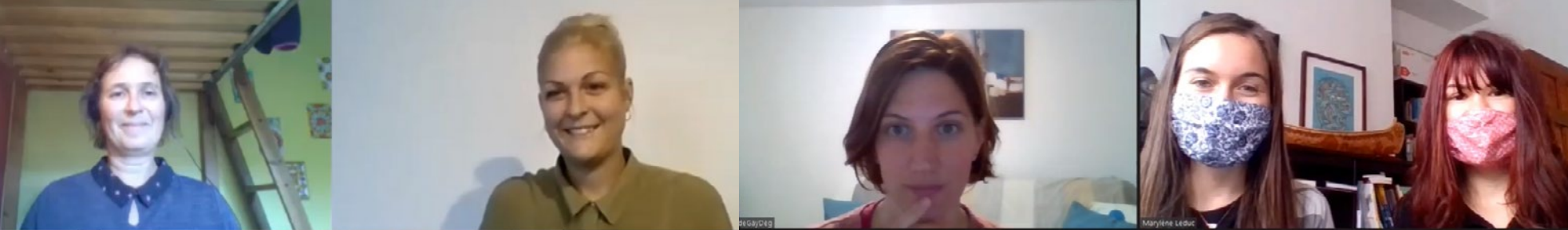
2964-0968 Québec inc.  
Association de la construction du Québec  
Bimbo Canada  
Rachel Bossé Smith  
Caisse de Bienfaisance des employés et retraités du CN  
Centraide du Grand Montréal  
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Communautique  
Diane Dallaire Talbot  
Jacqueline Lallemant Trust  
Fondation Boucher-Lambert

Fondation Fernand Brouillette  
Fondation JBJ Fortin  
Fondation Guy Laliberté  
Fondation Denise et Guy St-Germain  
Fondation Jeanne Wojas et Robert Chevrier  
Fonds de charité des employés BNC  
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Eric Girard  
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Lise Paquin Brunet  
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Régulvar  
André St-Onge  
Estate of Jean-Guy Champigny  
Estate of Carmen Chapados  
Estate of Luc Maisonneuve  
Jean-Robert Turcotte  
Josée Véronneau  
Yves R. Hamel et associés

### \$2,500 or more

Anjinnov  
Atelier de location Turbo  
Michel Blais  
Maxime Boyer  
Caisse de Bienfaisance des employés et retraités du CN  
Louise Casavant  
Rita Chevrier  
Richard Comeau  
Courtier AC  
Jacques Cyr  
Jean Dagenais  
Antoni Dandonneau  
Michel Desnoyers  
Mylène Desrosiers  
Guy Dionne  
ERFA Canada 2012  
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Fondation Boston Pizza  
Fondation Canimex  
Fondation pour l'enfance CIBC  
Fondation MacDonald Stewart  
Fondation McKesson  
Fondation Protech  
Formation Qualitemps inc.  
Claude Fortin  
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Vivianne Jean  
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Suzanne Lavallée  
Patrick Legault  
Gilles Lesage  
Loblaws inc.  
Gilles Maillé  
Pierre Martin  
Francine Moquin  
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Raynald Ostiguy  
Gaetan Ouellet  
Justin Paquet  
Danielle Piette  
Placements CD Davis Inc.  
Plomberie Chauffage Normand Inc.  
Marcel Raymond  
Gustave Roumy  
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Estate of Kristiane Maltais  
Estate of Robert Surprenant  
Gaëlle Vekemans





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**Founding President**  
Social Pediatrician and Clinical Director  
Fondation Dr Julien



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**Pascal Martel, CPA, CA**  
**Treasurer**  
Taxation Partner, Province of Quebec  
KPMG Canada



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**Secretary**  
Director, Centre for Research on Children and Families  
Director, Canadian Consortium on Child Trauma and Trauma-Informed Care  
Nicolas Steinmetz and Gilles Julien Research Chair in Community Social Pediatrics  
Professor, School of Social Work and Department of Pediatrics  
McGill University



**Sylvain Arsenault**  
**Administrator**  
President, Partner  
Prospek



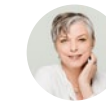
**Doryne Bourque**  
**Administrator**  
President  
Hathor Conseils inc.



**Michel-Éric Fournelle**  
**Administrator**  
President  
Fondation Famille Michel Fournelle



**Sophie Légaré**  
**Administrator**  
Vice-President, Employee Experience, Personal Banking and Wealth Management  
National Bank of Canada



**M<sup>e</sup> Hélène (Sioui) Trudel, C.Q., LL.M.**  
**Co-founder, Lawyer and Certified Mediator**  
Founding Director, Integrated Law and Social Innovation  
Fondation Dr Julien

## An engaged, passionate team

The Fondation Dr Julien has about 30 professionals working across its various teams under two main management teams, Clinical Management team and Operational Management. Over the past year, the Board of Directors has been reviewing the Fondation's governance and organizational structure to move forward in a manner that reflects its organic and agile model of care.

Beginning in 2021-22, the General Management team will be replaced by an Operations Management team that will report directly to the Board of Directors. We would like to thank Paul Bouthillier, who was Executive Director until the end of 2020 and who did a stand-up job in overcoming this challenging year.

In the wake of this restructuring, the Community Social Pediatrics Institute, which oversees research and training activities, will integrate the CSPC Coaching and Certification team, under the **clinical management** of Dr Julien, with the support of a clinical committee.

**Operations Management** will oversee all the operational departments: Finance and Accounting, Talent and Volunteer Resource Management, IT and Building Services, Marketing Communications, and Philanthropic Development.

For their part, the three centres of expertise rely on teams of about 20 caregivers and workers in the health, social services and legal sectors, in addition to the dozens of volunteers who work closely with clinical teams to care for and support children and families in their respective communities. These three centres, which each have their own board of directors, continue their journey towards self-sufficiency, while benefiting from a range of shared services offered by their colleagues at the Fondation.



## Management of the Community Social Pediatrics Institute



**Myriam Hivon, Ph.D.**  
Director, Training and Research

## Management of the three community social pediatrics centres of expertise and training



**Patrick Coiteux**  
Executive Director  
Music Director, Saxophonist  
Garage à musique, centre de pédiatrie sociale en communauté



**Vedrana Petrovic, ps. éd.**  
Executive Director  
Centre de pédiatrie sociale en communauté de Côte-des-Neiges



**Tania Pearce**  
Executive Director  
La Ruelle d'Hochelega, centre de pédiatrie sociale en communauté



# 2020-2021 Annual Report

## 22% Donations from Individuals

Guignolée Dr Julien fundraiser  
\$1,077,804  
Other gifts and estates  
\$1,905,658  
Donations in-kind (goods and services)  
\$45,327

## 18% Businesses, Organizations and Foundations

Guignolée Dr Julien fundraiser  
\$666,474  
Other donations  
\$1,807,964

## 9% Other Contributions

\$1,187,526

### Where the funds come from

## 50% Government Contributions

**Federal government**  
Covid-19 wage subsidies  
\$102,927

**Provincial government**  
Direct child services  
in the 3 centres of expertise  
\$1,499,525  
CPS Institute  
\$700,000  
Support and management  
\$465,000

Support for deployment of the Quebec  
CSPC network  
\$4,046,814

In total, in 2020–21, the Government of Quebec contributed \$7,000,000 to help the Fondation Dr Julien reach as many highly vulnerable children as possible by expanding the Quebec CSPC network. Of this amount, \$5,546,339 went toward direct childcare and services, or 79%.

Under the terms of the partnership between the Government of Quebec and the Fondation Dr Julien, the Fondation, along with the Quebec CSPC network, must raise an annual amount equivalent to the \$7,000,000 grant awarded.

### Where does your donation go?

## 71% Direct Services to Children

3 centres of expertise  
\$4,026,342  
Donations in-kind (goods and services)  
\$45,327

Support for deployment of the Quebec  
CSPC network  
\$4,046,814

100% of the funds allocated by the Government of Quebec for direct services to children go to CSPCs that are starting up and recognized by the government, certified CSPCs and those in the process of being certified by the Fondation Dr Julien, and the three centres of expertise.

## 18% Support for Network Deployment

CSP quality (training and research)  
\$1,548,962  
CSP deployment (coaching & certification)  
\$414,660  
Redistribution of funds for CSPCs  
\$69,482

## 8% Funding and Communications

\$932,167

## 3% General Administration

\$349,819



# Cumulative results

for the year ended March 31, 2021

	2021-03-31	2020-03-31
<b>Revenue</b>	<b>\$</b>	<b>\$</b>
Contributions		
Grants		
<b>Provincial</b>		
Direct services to children	1,499,525	1,592,810
Training, network deployment, research and management	1,165,000	1,272,531
Support for deployment of the Quebec CPSC network	4,046,814	3,685,009
<b>Municipal</b>	600,000	
<b>Federal</b>	102,927	
Guignolée du Dr Julien fundraiser	1,745,248	1,603,873
Donations		
Individuals	1,905,658	2,320,589
Businesses	174,865	77,245
Goods and services	45,327	42,594
Marcelle et Jean Coutu Foundation	1,081,925	547,339
Other foundations and organizations	551,174	403,237
Amortization of deferred contributions related to capital assets	75,477	75,930
Net investment revenue	1,061,177	15,587
Other	50,872	56,079
	<b>13,505,989</b>	<b>12,292,823</b>
<b>Expenses</b>		
Direct services to children and CPS training centre		
Direct services to children		
La Ruelle d'Hochelaga CSPC	1,552,191	1,501,940
Côte-des-Neiges CSPC	960,530	854,166
Garage à musique CSPC	1,513,621	1,630,648
Financial support for the deployment of certified and in the process of being certified CPSCs	4,046,814	3,685,009
In-kind donations (goods and services)	45,327	78,067
	<b>8,118,483</b>	<b>7,749,830</b>
Support for deployment of the Quebec CSPC network		
Quality of the CSP (Training & Research)	1,548,962	1,567,416
Deployment of the CSP (Support & certification)	414,660	378,653
Redistribution of designated funds to CSPCs	69,482	120,346
	10,151,587	9,816,245
Financing and Communication	932,167	600,153
General administration	349,819	340,922
Total expenses	<b>11,433,573</b>	<b>10,757,320</b>
<b>Excess of revenue over expenses</b>	<b>2,072,416</b>	<b>1,535,503</b>



## Acknowledgements

It is with great gratitude that we wish to thank the many people who helped produce this annual report.

First of all, we especially want to thank the 20 young people from the Hochelaga, Maisonneuve and Côte-des-Neiges neighbourhoods who graciously gave us all a glimpse into their lives by sharing their feelings and aspirations.

Thank you to the workers from the three centres of expertise who supported these young people throughout this difficult year and who have gathered all these testimonies for us.

And of course, thank you to all of the Fondation’s various teams for their advice, expertise and professionalism.



**Fondation Dr Julien**

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