



2023

ANNUAL  
REPORT



*Our second  
full year in  
operation!*

LI-BER-T House respectfully acknowledges that we are located on unceded traditional Kanien'kehá:ka territory and we honour the traditional lands of the Haudenosaunee Confederacy, Huron/Wendat, Abenaki, and Anishinaabeg and Kanien'kehá:ka.

As part of the calls to Action put forth by the Truth and Reconciliation Commission, we are committed to addressing and remedying injustices caused by colonization by providing culturally safe spaces for Indigenous women and supporting them on their healing journey.



# Contents

About Us - 04

Executive Director's Report - 05

Housing & Consultation Programs – 06

Year Two - Milestones 2023 – 07

Testimonials - 08

Thank You to our Financial Contributors - 09

Financial Review – 10

Financial Statement - 11

Leadership Team – 12

How to Get Involved - 13

Contact Us - 14



# About Us

LI-BER-T House is a registered charitable organization committed to helping women in recovery find their rightful and productive place in society.

From grassroots and peer-to-peer initiatives to our first brick and mortar facility, LI-BER-T House is building better communities.

## Mission

The LI-BER-T House mission is to alleviate poverty and homelessness for women completing substance abuse treatment (rehab for drugs/alcohol = addiction), by offering a safe housing option, and providing the tools necessary to empower them to become self-sufficient through learning, leadership, companionship, and service. We also offer external consultations for women who have a safe place to live but could benefit from our reintegration services.

## Why this is important

There are no facilities presently operating in Quebec offering the services available at LI-BER-T House, for women recovering from addiction. The rate of successfully improving the lives of women reintegrating society post-treatment is greatly enhanced with aftercare and reintegration programming (services offered at LI-BER-T House).

Without our facility, many women will end up trapped in the vicious cycle of poverty, addiction, toxic relationships, unemployment, criminality, and homelessness, and are at risk of becoming fatalities. Women with nowhere safe to go after completing rehab are ten times more likely to end up on the street, in prison or return to treatment within a year. This cycle is often referred to as the 'revolving door' syndrome.

LI-BER-T House is a vital component in improving women's chances of overcoming the dangerous lifestyle that accompanies addiction and putting a stop to the 'revolving door'.



# Executive Director's Report

Fiscal year 2023 was a successful one for LI-BER-T House. We exceeded our forecasts with regards to our programming, activities and number of clients served, and are now looking to expand our capacity via a larger location.

To begin, I would like to make special mention of the continued support and encouragement received from the City of Pointe-Claire. They've welcomed us and championed our cause, and we hope to relocate within the community. Being on the West Island offers an added benefit for those in early recovery: we are removed from the hustle and bustle of the inner city; our clients are less likely to encounter former using associates; and they can enjoy relative peace and quiet as they begin rebuilding their lives. With respect to a new location, we are partnered with a non-profit organization, [Batir Son Quartier](#), and they have assigned us a GRT (Groupe de Resource Technique), who will guide us throughout the process – fundraising, budgeting, architectural and administrative tasks.

LI-BER-T House would not be able to achieve its mission were it not for the support of its cherished partner-organizations. Our relationship with [Concordia University](#) continues to grow and thrive. We provide research and hands-on learning opportunities for students planning to work in the community sector, and host an intern each semester to collaborate on various projects and activities; one of whom is completing her Master's degree based on LI-BER-T House reintegration programming. [Transform Art](#) continues to volunteer their time by-weekly through Mindful Art sessions for our participants, enriching their healing process. Pointe-Claire Sports and Leisure Department has again allocated complimentary passes for our residents. [Bread Basket](#) has come on board with kitchen workshops, a big hit with residents and staff alike, offering opportunities for teamwork, socialization all while learning about nutrition. Reiki healing is offered once a month by one of our volunteers. The [SPVM Immersion MTL](#) project has also joined us to better understand our mission and organization, and who they might refer us to out there on the frontline.

When LI-BER-T House residents are making healthy decisions on a consistent basis, are committed to their new journey of healthy living, and indicate their readiness to transition into long-term housing, we rely on other community organizations to facilitate this process. Residents who meet the criteria apply for [Programme de supplement au loyer](#) (PSL), who work in tandem with the [Office municipal d'habitation de Montréal](#) (OMHM). We have partnered with [Old Brewery Mission](#) and [A.J.O.I.](#) to make this possible.

In 2023, we sheltered 12 women and worked with 6 external clients. Throughout the year, we received 594 phone calls, accompanied women to 92 appointments, consulted one-on-one 318 times, spoke or met 48 times with graduates (after-care), made 135 referrals to community services, completed 21 evaluations, and assisted in 13 interventions. We do what we say and say what we do — with full transparency. In terms of personal growth, I am in the process of completing a certificate program in addiction at [Université de Sherbrooke](#).

To conclude, LI-BER-T House had a very successful year and we are proud of how far we've come in such a short time. Onward and upward is our motto for 2024, when we hope to acquire our very own space to help more women find freedom from the prison of addiction and to rebuild their lives, restore their relationships, and live in peace and prosperity. I am extremely grateful to all our board members, employees, interns, funders, volunteers, and partners, with a special mention for [Andy's House Treatment Center](#) who have once again been key to our success with their experience, wisdom, and overall support. As we continue to grow and evolve, the enormous generosity of our donors, longstanding and new, has been indispensable in our decision to move forward with a capital campaign to build or purchase our own property. Without all of You there would be no Us.

And in closing, I would like to thank our outgoing president, Danielle Lee, for her exemplary work during her term as our board president. Her support, accompaniment, and the partnerships she helped develop, along with her infectious positive energy, have assisted us greatly in our mission and moving forward with our goals.

Wishing you the best of health and a safe and successful year,



Liane Berry  
Executive Director



# Housing & Consultation Programs

## How it Works

LI-BER-T House services are available to women who have no safe housing alternative after completing a substance abuse treatment program. At the same time, we offer external consultation services to women who have a safe place to live but wish to reinforce their sobriety with guidance, support and referrals geared specifically to their needs.

Each client is eligible for up to six months of housing (or more, if needed) as long as they remain abstinent from drugs/alcohol, pay their monthly stipend, and actively participate in back to work/back to school programs.

Indigenous created and run organizations like Native Montreal, Onen'tó:kon Healing Lodge, PAQ (Projet Autochtone du Québec) and KSCS (Kahnawake Shakotii'a'takehnhas Community Services) interact with our Indigenous clients to ensure access to cultural activities and support.

## Services Provided

LI-BER-T House offers mentoring, community resource support, and tailored services and programs to meet the specific needs of each client. Residents navigate life's ups and downs while staying at LI-BER-T House, with access to resources that are essential in delivering long term success - life coaches and mentors who are recovered addicts/alcoholics. The activities included in our establishment are: mindful art, financial education, and on-site staff 24hrs/day, 7 days/week. In addition, we have complementary passes for all sports and recreational activities (gym, yoga, pilates, swimming pools, weight rooms, etc.), cultural activities, and library services offered by the city of Pointe-Claire. Our residents create their own schedule each week, based on the information we've accumulated through our networking, and from organizations we collaborate with throughout the region. Our staff oversees the implementation of their schedules, and an addictions counselor oversees their relapse prevention plan.

## The Empowering Individual 6 Step Program is an important tool:

- Step 1 - Personal Development: financial stability, budget, physical/mental health, exercise, clothing, action plan;
- Step 2 - Vocational Development: back to work/school program;
- Step 3 - Substance Abuse Prevention: using proven relapse prevention methods;
- Step 4 - Inter-personal Skills: participation in groups, social settings, extra-curricular activities;
- Step 5 - Community Involvement: volunteer work, employment, housing;
- Step 6 - Independent Living: moving on, after care, follow up.

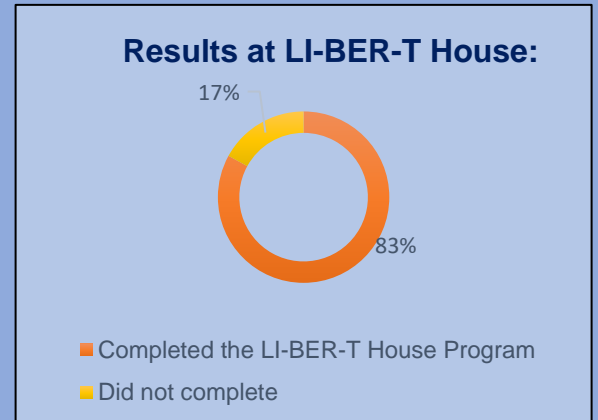
# 2023: Year Two – How We're Doing

- 18 Clients: Housed 12 women and supported 6 external
- Received 594 phone calls
- Accompanied women to 92 appointments
- 318 one-on-one consults
- Touched base 48 times with graduates (after-care)
- 135 referrals to community services
- Completed 21 evaluations
- Assisted in 13 interventions

## Who were our clients:

- 50% 18 to 35 years old
- 50% over 35 years old
- 22% Indigenous
- 22% Black
- 55% White
- 22% French as first language

66% of graduates found and retained safe housing and employment



## Major Milestones in 2023

- Acquired 3 recurring funders and received several one-time grants;
- Received zoning approval from Pointe-Claire to house up to 9 women concurrently;
- Official partnership with Batir Son Quartier's GRT (Groupe Resource Technique);
- Staff and interns receive CPR certification from Santinel;
- Staff and interns begin addictions training with the CIUSS of Montreal south, a requirement of certification with the Ministry of Health;
- Inventoried and solidified our by-laws;
- Onboarded 3 staff members – overnight guardians 7 nights per week;
- Established a 'home cooked meals' kitchen program with a food service representative.
- Hosted 2 Concordia Interns;
- Retained an Indigenous consultant;
- Initiated Wellness Sundays with Amber, our Concordia Master's student;
- Received a mini-library and board games from Literacy Unlimited;
- Welcomed from the SPVM 4 new recruits in the Immersion MTL program;
- Secured Sports and Leisure complimentary passes from City of Pointe-Claire;
- Built important and beneficial relationships with many different organizations;
- Increased our revenue to meet the larger budget expenses;

# Testimonials

"I want to express my sincere gratitude for this sanctuary called LI-BER-T House. Safety was the first thing I knew when I walked in 4 months ago, and it hasn't changed. The truth about LI-BER-T = Safe. At. Last. Here I've learned to always have faith and that the actions I put forth will bring results, that there are solutions for everything, and that freedom is possible. You show us one day at a time, every single day, and the results are coming in. I'm a better mom; better at my job; better at being accountable; just better. There aren't enough words to say how much LI-BER-T means to me, my gratitude is eternal." Allison, 2024

"LI-BER-T played a crucial role in facilitating my transition from the treatment centre to my first apartment. Their support was instrumental in helping me navigate this pivotal period of my life. I received just the right amount of structure to prepare me for living independently, thanks to the guidance provided by Liane Berry. Her encouragement bolstered my confidence as I ventured into new endeavors. Within the LI-BER-T House community, I found a sense of balance and unwavering support. The resources provided extended beyond employment assistance, including guidance in finding suitable housing. This support was instrumental in helping me secure my first apartment, a milestone that marked a significant step towards independence. I am immensely grateful to LI-BER-T for the role they played in shaping my journey towards recovery and personal growth. Their support has been indispensable in helping me reach where I am today, and we stay in touch regularly. From the stability of my renewed apartment lease to the courage instilled in me to confront the challenges of daily life, LI-BER-T continues to be a cornerstone of my success." Nile, 2024

"Life changing are the words that come to mind when I think of LI-BER-T House. I don't know where or who I would be without it. Coming out of rehab for the second time, I knew I couldn't go back to the same places, hang around the same people, and continue to do the same things. I needed to start over and learn to live clean, something I had never done before in my adult life. I was scared and didn't know what to do, and that's where LI-BER-T House came in and saved my life. Giving me structure and encouragement when reintegrating society, after isolating myself for so long, the sober house helped me rebuild myself and push the restart button once and for all. Equipped with the tools needed to restore my self-confidence, stick to my routine, be accountable, become honest, and with the support of a recovery community, my life has been restored. Because LI-BER-T House was so integral in my continued sobriety journey, I wanted to give back and help other women in their sobriety journey as well. I'm proud and honored to say that since mid-2023 I've been employed at LI-BER-T House as an assistant caseworker!" Alysia, 2024





# Thank You!

The generosity of our financial contributors, their belief in our mission, and their ongoing support, have been the catalysts for our growth and vitality. Without You there is no Us!

## Financial Partnerships

- Bell Canada – Bell Let's Talk
- Chamandy Foundation
- Community Foundations Canada
- Mission Inclusion
- Eric T. Webster Foundation
- Fiducie Jacqueline Lallemand
- West Island Community Shares (W.I.C.S.)
- Hockey Helps the Homeless
- HOGG Family Foundation
- Holt Foundation
- Hylcan Foundation
- J. A. DeSève Foundation
- Louise and Allen Edwards Foundation
- PME Montreal – West Island branch
- Pathy Family Foundation
- Services Canada



*Fondation J.A. DeSève*

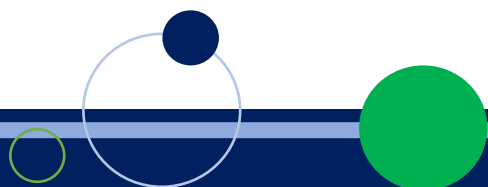


Thank you as well to the financial contributors and private citizens who wished to remain anonymous.

## Community Partnerships

Thank you to the following community organizations and individuals. Their expertise, guidance and mentorship have made the world of difference.

- Lilly Nicole - clinical expertise and work behind the scenes
- Mike Weston and Andy's House staff – clinical expertise and referrals
- Concordia University
- West Island Community Shares
- Literacy Unlimited
- A.J.O.I. (Action Jeunesse Ouest de L'île)
- TransformArt Studio

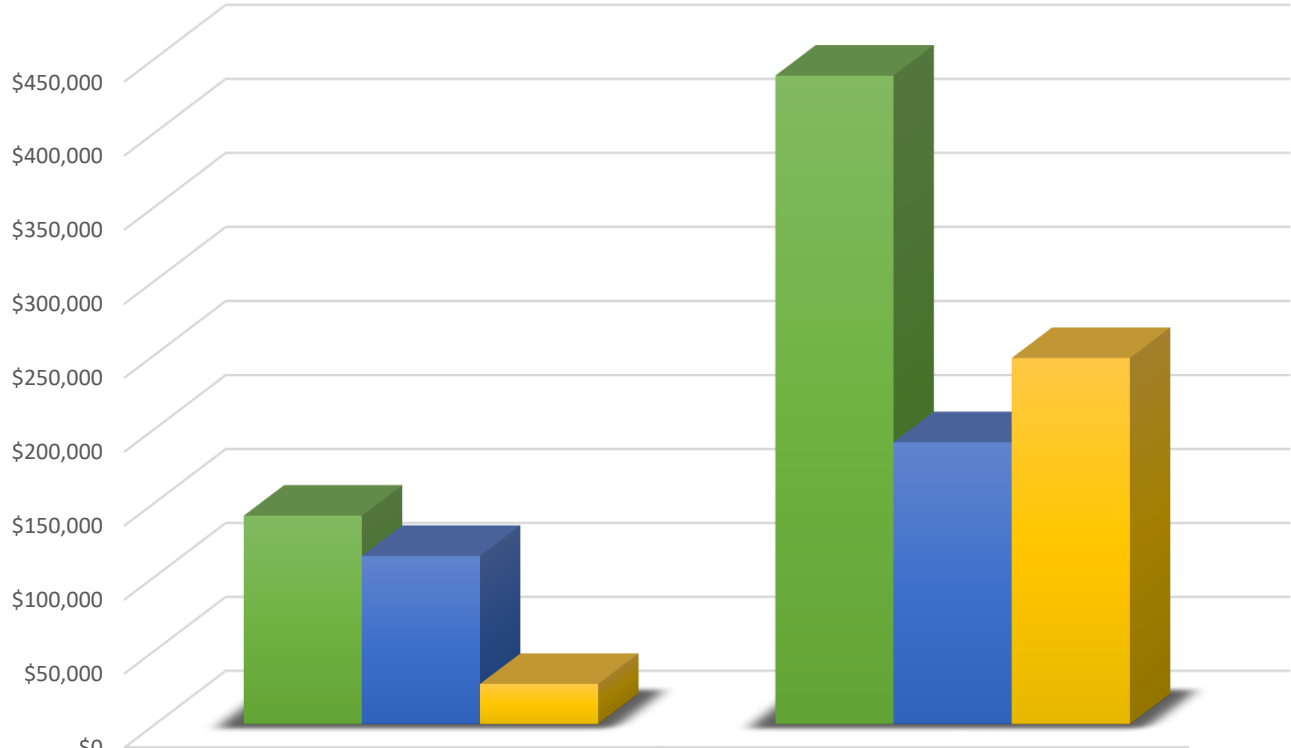


# Financial Review

During our second full year offering housing and external services, our 2023 finances are very healthy. Our revenues have increased to meet our new operational budget.

We opened the year strong with \$158,056, then raised and collected \$438,256, finishing 2023 with a surplus of \$247,582.

**Operations Overview 2023 vs 2022**



	2022	2023
Revenue	\$141,052	\$438,256
Expenses	\$113,797	\$190,674
Excess	\$27,255	\$247,582

■ Revenue ■ Expenses ■ Excess

# Financial Statement

## OPERATIONS

For the year ending December 31, 2023

	2023	2022
	\$	\$
<b>REVENUE</b>		
Donations and grants	426,182	133,180
Rent collected	7,716	7,834
Interest income	3,999	-
Miscellaneous	359	38
	<b>438,256</b>	<b>141,052</b>

## EXPENSES

Salaries and employee benefits	130,193	57,127
Program cost	7,177	7,404
Consultants	3,706	5,779
Advertising and promotion	878	-
Professional fees	2,354	747
Rent	34,100	33,000
Utilities	2,552	2,319
Office	712	1,702
Insurance	5,726	4,607
Memberships	218	200
Education and training	944	-
Interest and bank charges	35	35
Travel expenses	1,655	-
Miscellaneous	424	877
	<b>190,674</b>	<b>113,797</b>

## EXCESS OF REVENUE OVER EXPENSES

**247,582**      **27,255**

## CHANGES IN NET ASSETS

For the year ending December 31, 2023

	2023	2022
	\$	\$
<b>OPENING BALANCE</b>	<b>158,056</b>	<b>130,801</b>
Excess of revenue over expenses	<b>247,582</b>	<b>27,255</b>
<b>ENDING BALANCE</b>	<b>405,638</b>	<b>158,056</b>

# Leadership Team

## Executive Director



*Liane Berry* is the driving force behind LI-BER-T House. She is an award-winning community leader, celebrated author, recovering drug addict, and rehabilitated former repeat criminal who has been completely abstinent beginning May 1st, 2014. Since that time, she has been active in recovery circles helping countless women stay clean and sober and is a sought-after motivational speaker. Until December 2021, Liane was employed at the Portage Treatment Center in Montreal as a substance abuse counselor. Please visit her website [lianeberry.ca](http://lianeberry.ca) if you'd like to learn more.

## Board of Directors



### *Danielle Lee, President*

has been working in the Event Marketing industry for the past 10 years with experience in sales, recruiting, HR, training and staff development. One of Danielle's passions is volunteering for the non-profit organization Animatch.



### *Victoria LeBlanc, Secretary*

is a writer, curator and artist with over 35 years experience in communications and administration in cultural, government and education sectors. She also has extensive experience in the non-profit sector and has served on the Board of Directors of several organizations.



### *Pierre Collins, Treasurer*

Pierre Collins is currently Director, Investments for the Lucie et André Chagnon Foundation, one of Canada's largest private foundations. He has prior experience in business development, client service and manager research in the offering of various investment products and consulting services. In addition, He is a CPA and is both a CFA Charterholder and CAIA Charterholder. He is also a member of the Lakeshore General Hospital Foundation Investment Committee, and is a past Board Member of Volunteer West Island and Hestia House.



### *Anthony Di Staulo, Director*

is a Montreal based lawyer. As a member of the Québec Bar since 2016, Anthony has worked in many different legal domains including Civil Law, Family Law, Corporate Law, Criminal Law and Transport Law. Anthony has been recognized for competent research and detailed opinion drafting in line with the best practices of the legal profession.



### *Marla Newhook, Director*

Marla has dedicated most of her life to community work from a volunteer to Executive Director and has worked in the non-profit sector for more than 20 years. She currently works at Batshaw Youth and Family Centres as the Indigenous Consultant, helping Indigenous families and children navigate life's challenges. Her proudest accomplishment is her two children.



### *Sean Berry, Director*

is an executive management leader with a unique combination of business experience and expertise in the fields of Customer Service, B2B Services and Non-Profit Management. Sean has an extensive volunteering background and has served on numerous Boards and committees. He is currently President at the Electric Boating Association of Canada, and an electric school bus driver.



### *Susan Doherty, Director*

is currently Director of Marketing and Product Development in the building products industry with over 22 years of progressive experience. Susan's focus on community has led her to volunteer opportunities with organizations such as Hockey Helps the Homeless and Scouts Canada.

# How to Get Involved

## Community & Corporate Partnerships

LI-BER-T House welcomes corporate sponsorship and financial contributions. There are a number of ways that corporate and community partners can help:

- corporate & private foundation financial sponsorship;
- marketing, media and promotion & printing products;
- building maintenance supplies & furniture;
- gift donations for fundraising events;
- female & household products.

## Volunteers

Volunteers are vital to the ongoing success of LI-BER-T House. If you have a specialization or skill that fits our organization or would like to help in any way, please reach out to us.



# CONTACT US

LI-BER-T House  
Pointe-Claire, QC  
T: 514.662.2047  
[contact@libert.ca](mailto:contact@libert.ca)

Visit our website at: [www.libert.ca](http://www.libert.ca)

 Maison LI-BER-T House  
 Maison LI-BER-T House

Opening Hours: Please call or email for an appointment

Registered Canadian Charity Number:  
711631911 RR 0001

