



## **Our approach**

### **A UNIQUE AND INNOVATIVE INTERVENTION MODEL**

Our expertise is to accompany female-headed single parents families. To achieve this, we rely on the support of committed partners: Interloge, which acts as developer, owner and manager of the facilities, and CPE du Carrefour, which guarantees places for the children of our participants, while playing a key role in early childhood development.

**With this model of intersectoral action, we break the cycle of poverty of the families we support by combining three pillars :**



### **SOCIAL HOUSING**

*Thanks to our social partnership with Interloge, supported families have access to housing for a period of three to five years. Since the accommodations are located close to academic institutions, it's easier for participants to continue their studies.*



### **EDUCATIONAL CHILDCARE CENTRES**

*We guarantee for the children of accompanied families to be placed in priority at the CPE du Carrefour, located within the same building they live in.*



### **INTERVENTION**

*By offering support and tools, we allow participants to develop greater socio-economic autonomy and project that will change their life course and that of their entire family!*

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**Mères avec pouvoir is the first organization in Quebec to put forward this intersectoral action and intends, within the next three years, to model and transfer this successful approach to a network of community organizations operating throughout the province.**

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### **THRIVING PARENTS, HAPPY CHILDREN**

Our participants are inspiring women with big ambitions: students, entrepreneurs, fighters and optimists who know how to bounce back. Their children are given the opportunity to grow in a peaceful environment and develop under the wing of an accomplished mother. Our vision is all about thriving parents, happy children!

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### **Our intervention team focuses on the four spheres of participant's life: Woman, Mother, Citizen, and Student/Worker.**

Guided by an action plan, each woman follows the course of her journey and benefits from group sessions, trainings, workshops, parent-child activities, and opportunities to develop their citizenship.

>The **Woman** sphere focuses on her individuality, her health and her social network.

>The **Mother** sphere focuses on the development of her parenting skills.

>The **Citizen** sphere helps her build good relationships with people such as her landlord, neighbours, and school staff.

>The **Student/Worker** sphere focuses on time management, practical tools and professional ambitions, among other things.

### **A PROVEN APPROACH AND SERVICES**

In 20 years, with a success rate of nearly 9 out of 10, we have contributed to the realization of life projects of more than 200 families. At the end of their journey, the participants have completely changed their life trajectory and they have deconstructed the prejudices they may have had about themselves and about society. They also have a better understanding of themselves, their needs and their challenges.

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**Become a donor to our major campaign and help these mothers realize their lifelong project:**

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