



THE YELLOW DOOR

LA PORTE JAUNE

SOCIAL INCLUSION ACROSS GENERATIONS

FAQ

What's the story of The Yellow Door?

The Yellow Door dates its origins to 1887 (and possibly earlier), when it was originally called the "Young Men's Christian Association of McGill", having been founded as an organization by a group of McGill students. It was formally incorporated in 1904. Although no formal links exist between us and McGill University, given our location and our focus on serving youth as well as the elderly we have always had strong ties to McGill with many of our staff, volunteers and members being students.

What are some of the most recent developments at The Yellow Door?

Our wellness program has been hugely re-developed in recent years. We wanted to integrate more health aspects to ensure that participants get more out of it than simply recreation. So, we've been working with health professionals to integrate more reflective aspects into some of our activities, like Art Hive and No Wrong Notes. We have also been able to hire a yoga instructor to teach adaptive yoga for our elderly members. We recently received a grant from the Grace Dart foundation that will allow us to plan more outings for our elderly members and volunteers as well. Additionally, we recently had a nutritionist sign on to run our rabbit hole program, so that's really enhanced the quality of that program.

How can people get involved with your work?

We are always looking for volunteers to get involved in our Generations program. This is a great way for people of any age to make new connections, get involved in their community and learn new things.

Why does the Yellow Door favour an intergenerational approach?

Since the beginning of the Generations Program in 1972, we have fostered an intergenerational approach. It was born organically out of the reality of Milton Park that seniors and students lived alongside each other, not necessarily mingling, but neighbours. Back then, a project was developed to see what services were needed by seniors living alone. When the program grew we needed the help of volunteers – and gladly the population of students stepped up to the challenge and have done so ever since.

The model works! Although originally the benefits were supposed to be for seniors only, our program coordinators have seen how youth volunteers gain a new perspective, new skills and grow as individuals. As well as the personal benefits felt by both seniors and students, this approach also fosters mutual respect and understanding between these two groups who may not normally interact but who have a lot in common with each other.

How can a senior register for the Generations Program?

Seniors, or someone on their behalf, can become members of our Generations Program by calling Rocio, Program Coordinator, at 514-845-2600 x.2. To qualify you must be over 55 years of age and live within our service area (Avenue Des Pins to the North and Rue Saint-Jacques to the South, Atwater to the West and Saint-Denis to the East). Our volunteer-run services are completely free- there is just a 1-hour assessment that all new members must complete with the Program Coordinator before you can get paired with a volunteer.

Who funds the Yellow Door programs?

We are extremely fortunate to have support from Federal, Provincial and private sources which keep our operations running. We receive annual allocations from the Government of Quebec (Programme de soutien aux organismes communautaires) and Centraide, which make up more than half of our funding, while the remainder comes from smaller grants from foundations and individual donors who are the lifeblood of the Yellow Door.



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THANK YOU!

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