



# Hard Work Pays Off

Rita Bourgeois can't seem to stay away from Centre Flavie-Laurent. "I started out by volunteering informally in 2005, then joined the board in 2009. I finished my term, took some time off, and now I'm back again!" she says with a laugh. "There's work to be done and really have a lot of fun doing it. Now that I'm retired, I'm looking forward to getting even more involved."

The mission of Centre Flavie-Laurent has always spoken to Bourgeois. "It's about helping those in need, and expecting nothing in return," she says. "Some people only need to come once to get a start or a helping hand, some need to come often to keep things together. We're always here if someone needs us."

Inspired by the legacy of Flavie Laurent herself, Bourgeois sees her role on the board as a natural extension of her beliefs. "We were put on this earth to help people," she explains. "That's what it's about for me. And being involved here means I'm around others who feel the same way. We have volunteers who are here seven hours a day, five days a week. We know we can make change, and the harder the work, the more change we can make. It's a great atmosphere!"

Bourgeois is leading the charge on an ambitious fundraising campaign that will enable operations to move to a larger space in St. Boniface. "We've taken possession of the new space and it's so exciting," she says. "It will let us provide more choice to those who need our services. It's another way of showing them that they matter, that we care and we want them to be able to get what they need in order to feel great about themselves and their lives."

"When I stop by to drop off a donation, I'll see someone walking through the parking lot with their new belongings and they look so happy. They're leaving our space with huge smiles and new beginnings," she concludes. "We've heard some people say that we've saved their lives. Who wouldn't want to get involved in that mission?"



## BY THE NUMBERS (2018 statistics)



13,893 visits by  
7,074 clients,  
an average of 55 clients  
were day



150 new families  
each month



55,414 items  
distributed

Centre Flavie-Laurent is a part of Réseau Compassion Network, a family of 15 health and social services agencies in Manitoba. Entrusted by pioneering women to bring together people of all faiths, traditions and cultures to serve Manitoba communities wherever the needs are the greatest, Réseau Compassion Network is proud to support this important work in our community.

## ABOUT US

# Centre Flavie-Laurent

### MISSION

Centre Flavie-Laurent, in partnership with its community, brings assistance and comfort to the destitute and the vulnerable, by distributing clothing, furniture and household items at no cost.

### HISTORY

- 1979 – The Grey Nuns open Centre Laurent. In its first year of activity, the Centre assisted more than 1,400 people in need.
- 1984 – Centre Laurent moves to 144 Bertrand St. In 1984, 14,893 people received assistance at the Centre.
- 1989 – Centre Laurent closes its doors.
- 1997 – A group of St. Boniface Cathedral parishioners open Centre Flavie-Laurent (CFL) with the goal of continuing Centre Laurent's work.
- 2005 – The Centre hires an Executive Director and purchases a building on Marion St. Under the auspices of the Catholic Health Corporation of Manitoba (CHCM), CFL is incorporated and registered as a charitable organization.

- 2013 – Centre Flavie-Laurent moves into a larger location at 450 Provencher Boulevard.
- 2021 – Centre Flavie-Laurent will move into a new, expanded space in St. Boniface.



## BOARD DUTIES & COMMITMENTS



The board meets  
9 times a year



Total time commitment  
of 1-2 hours per month

### Network Members

Abri Marguerite | Actionmarguerite | Aulneau Renewal Centre | Centre de santé Saint-Boniface | Ste. Rose Health Centre | Centre Flavie-Laurent | Youville Centre | Charités Despins | Gestion Providentia | Saint-Boniface Hospital | Marymount | Sara Riel | St. Amant | Winnipegosis & District Health Centre

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