



Mères avec pouvoir is an organization for single mothers with one or two children from birth to five years of age, on low or modest incomes. These women have a life plan in mind and need assistance to achieve it.

If you are pregnant, you must wait until you have given birth to register and meet certain criteria. At Mères avec pouvoir, registration is based on a first come, first served basis: there is no priority access given. Unfortunately, the needs are great. Typically, the wait is almost a year after your registration. However, our team will make sure to give you some references and be attentive to your needs.

Participant admission criteria

Criteria of mères avec pouvoir

- Live in Montreal or in the surrounding area;
 - Be a single mother with one or two children between the ages of 0 and 3, at the time of registration;*
 - Have given birth;
 - Have custody more than 50% of the time;
 - Be committed to achieving a socio-professional life project. This can be the pursuit or resumption of studies, the development of your employability or the search for and maintenance of employment.
- For admission to the non-housing program (IMO), the number of children is not a criterion. As for the age of the children, at least one child must be under the age of 5.*

Additional eligibility criteria for the housing component (subsidized)

- Be a Canadian citizen or have permanent resident status;
- Be a resident (or having been a resident) of the Montreal Metropolitan Community for a minimum of 12 months during the last two years;
- Have a gross annual income not exceeding \$44,000 per year for a single parent with one child (2025 data);
- Have capital or assets worth less than \$50,000 (money in the bank, RRSPs, house, cottage, etc.);
- Not be indebted to a municipal housing authority, not have been evicted or have fled from low-cost housing in the last five (5) years.

Registration and selection procedures for participants

Women who wish to register must proceed according to the following steps:

- Registration on the website (by clicking on the link at the bottom of the page), by phone or in person. Please make sure you provide a valid and working phone number.
- Telephone interview: You will be contacted by phone whereby your dossier will be updated on your intentions discussed.
- Group information meeting: if the needs still correspond to the services offered, the candidate will be called for a first group meeting, if the needs still correspond to the services offered. If not, applicants are informed that their application is not retained and are referred to other resources. if necessary.
- Individual interview.
- Beginning of the follow-up with the intervention team, and accompaniment to prepare the application for the subsidized housing program. The candidate must be accepted by the OMHM to reside at Mères avec pouvoir.

Notes:

- At each stage of the selection process, the team reserves the right to redirect you if it determines that your situation does not correspond to the services offered by Mères avec pouvoir.
 - An applicant who is refused admission to Mères avec pouvoir cannot appeal the decision. However, she can submit a new application, which will be reassessed at the appropriate time.
 - The length of the process varies greatly. It can range from a few months to over a year.
 - If you are only interested in the out-of-home program (IMO), you will be contacted directly by the person in charge of this program.
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If you are interested in our services or have additional questions, please contact us by phone at 514-282-1882 ext. 9 or by email at selection@meresavecpouvoir.org.