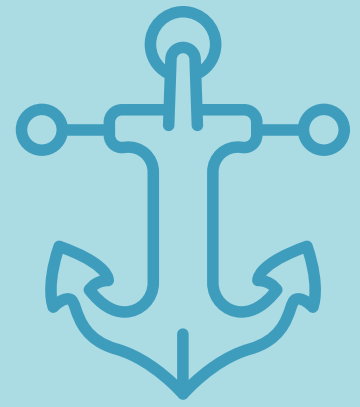




Alima

Perinatal Social Nutrition Centre



Annual Report
2024-2025

Anchored in our Values, Inspired by the Future



From April 1, 2024, to March 31, 2025.



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A Word from the Chair and the Executive Director



Roxane Girard
Chair of the Board of Directors

Julie Paquette, MBA, PDt
Executive Director

Another year has come to a close for Alima—a year marked by challenges and, more importantly, meaningful achievements. Oddly enough, the end of the year feels less like a conclusion and more like a continuation—of the daily efforts that give real meaning to our accomplishments.

Expertise backed by experience

This work would not have been possible without our dedicated and resilient team, who faced every challenge head-on and stayed the course. What sets them apart is not only their commitment, but a rare expertise rooted equally in both science and experience. This expertise is increasingly sought after and recognized, not only in terms of perinatal nutrition but also in the field of food security. This recognition is reflected in our contributions to research projects, continuing education, the initial training of nutritionists, and our active involvement in several committees and work groups. We are both humbled and proud to cultivate this expertise, which we hope to share, thereby contributing to the advancement of knowledge and professional skills.

Our strength is undeniably enhanced by the invaluable contribution of our partners, who are also deeply committed to their respective missions. Whether at the local, regional or provincial level, our partnerships continue to grow, multiply and deepen. We are grateful to work with partners who support adapted services recognized for their impact across the perinatal care continuum. These collaborative approaches are integral to our day-to-day operations and are also extremely valuable for our ecosystem.

In a turbulent world, we are confident in the power of our actions. Hope guides our next steps so that every baby can begin life on equal footing.

Alima's Lifeblood



At Alima, our team members are our greatest asset. Their dedication, compassion, and professionalism embody our core values. Our team is an anchor that grounds our actions and a driving force that helps us confidently face what lies ahead.

Thanks to their active listening, expertise, and compassion, our professionals bring support and hope to every interaction. Because of their ongoing hard work, Alima can stay the course and keep making a meaningful difference for our clients.

Some individuals stand out and consistently exemplify unwavering commitment: Nutritionist **Karen Medeiros**, celebrating **30 years of service**, and **Astrid Bicomumpaka Shema**, who has **served on the board of directors for 10 years**, show a strong connection and commitment to the organization.

From the bottom of our hearts, thank you to our team, the true lifeblood of Alima. Day after day, your dedication brings our mission to life and allows hope to flourish.

Together, We Go Further



In this work culture marked by commitment, two individuals distinguished themselves with inspiring achievements this year. Nutritionist **Dina Salonina** reached a new milestone by becoming a **certified diabetes educator**. This new credential strengthens her position within the team and with our partners. It is a certification that benefits the entire organization—and above all, the clients we support.

Suzanne Lepage, also a nutritionist and our coordinator of social nutrition practices, received two prestigious awards from the Ordre des diététistes-nutritionnistes du Québec: **Supervisor of the year**, and, along with a research team, **Best scientific article**. These awards highlight both her mentoring skills and her impressive professional contributions.

Knowledge Sharing and Transfer

With a client-centred approach, our team continually seeks concrete ways to contribute to the advancement of knowledge. This past year was no exception: Alima assisted in the initial training of nutritionists on topics such as perinatal social nutrition intervention, food security, and nutrition. We were hosted by Université Laval, McGill University, University of Ottawa, and Université de Montréal.

Alima also contributed to a research project led by Université Laval aimed at developing a short-form nutritional quality assessment tool for use with clients in situations of vulnerability. This initiative supports two key objectives: enhancing support for our clients and promoting knowledge transfer.



Alima's Compass

Mission

To support pregnant women in situations of vulnerability through perinatal social nutrition, giving their babies every opportunity to develop fully.

Mandat

To fulfill its mission, Alima:

Offers nutritional and psychosocial support to pregnant women experiencing economic vulnerability, including postpartum follow-ups, through individual meetings and group workshops.

Enhances this support with the distribution of food vouchers and groceries.

Trains and supports community and healthcare workers in adopting perinatal social nutrition best practices, in line with the latest scientific advancements.

Contributes to the advancement and dissemination of knowledge by producing data on the price of a standard grocery basket and collaborating on research initiatives.

Vision

All babies start their lives on equal footing.

Values

Kindness

We advocate for kindness. We welcome others with openness, without expectations or judgement.

Equity

We believe in equity for all. Neither a person's identity nor their circumstances should limit their journey. Our greatest desire is to provide our clients and our team with opportunities and possibilities for advancement.

Curiosity

We are driven by an insatiable curiosity that pushes us to understand and learn more and more. This thirst for knowledge is reflected in our initiatives and in our desire to truly understand the clients we support.

Excellence

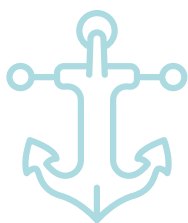
We are driven by excellence. We value the transmission and sharing of knowledge to provide the best possible service.

Fun

We recognize that it is important to have fun in life. Fun is about savouring the present moment, offering a smile, a laugh, and sharing a strong camaraderie.

*Alima recognizes, respects, and honours all gender identities and upholds the right to gender self-determination. As such, the terms "pregnant woman/women" and "mother(s)" are used for ease of reading. They do not reflect any particular belief or ideology.





Our Anchor: Perinatal Social Nutrition

Perinatal social nutrition is an innovative intervention approach firmly grounded in science.

Perinatal social nutrition is a transdisciplinary approach focused on pregnant women in a situation of vulnerability. This approach gives mothers the tools they need to feed themselves and their baby throughout their pregnancy and into the baby's first months of life. Based on a thorough evaluation of the mother's nutritional and psychosocial needs, alongside other important determinants of health, she can be given access to appropriate resources to improve her physical and mental health.

Our intervention team worked short-staffed for several months, all while maintaining the same level of dedication and creativity, in close proximity to our service partners.

In this context, our team delivered more workshops, directly tied to nutrition-related themes, for clients of our partner organizations.

150 people

participated in workshops
given by our service
partners

**841 pregnant
women**

received individualized
support

This support included:

over 5,000

individual
consultations

**80 group
workshops**

Our Mothers in 2024-2025

841 clients

received support from
the Alima team :

**2,515 prenatal
consultations**

**2,563 postnatal
consultations**



Births

Low birth weight rate ($< 2,500$ g)	6.8%
Prematurity rate	6.6%¹

Breastfeeding

Rate of clients who initiated breastfeeding after delivery	97%
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Rate of clients who exclusively breastfed to 4 months	52%²
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¹vs. 7.2% for the Montreal region according to the
Direction régionale de santé publique de Montréal
(2021).

²vs. 28.8% for the province of Quebec according to the
Institut de la statistique du Québec (2021–2022).

841 pregnant women and their families were supported this year:

47% of families had an income below the
living wage

23% had no income when their file was
opened

14% depended on social assistance and
family allowance

26% of clients lived alone (without a
partner, or with a partner residing outside
the country)



Our Mothers in 2024-2025



Immigration Status



41%

of clients had been in Canada for less than 6 months when their file was opened,

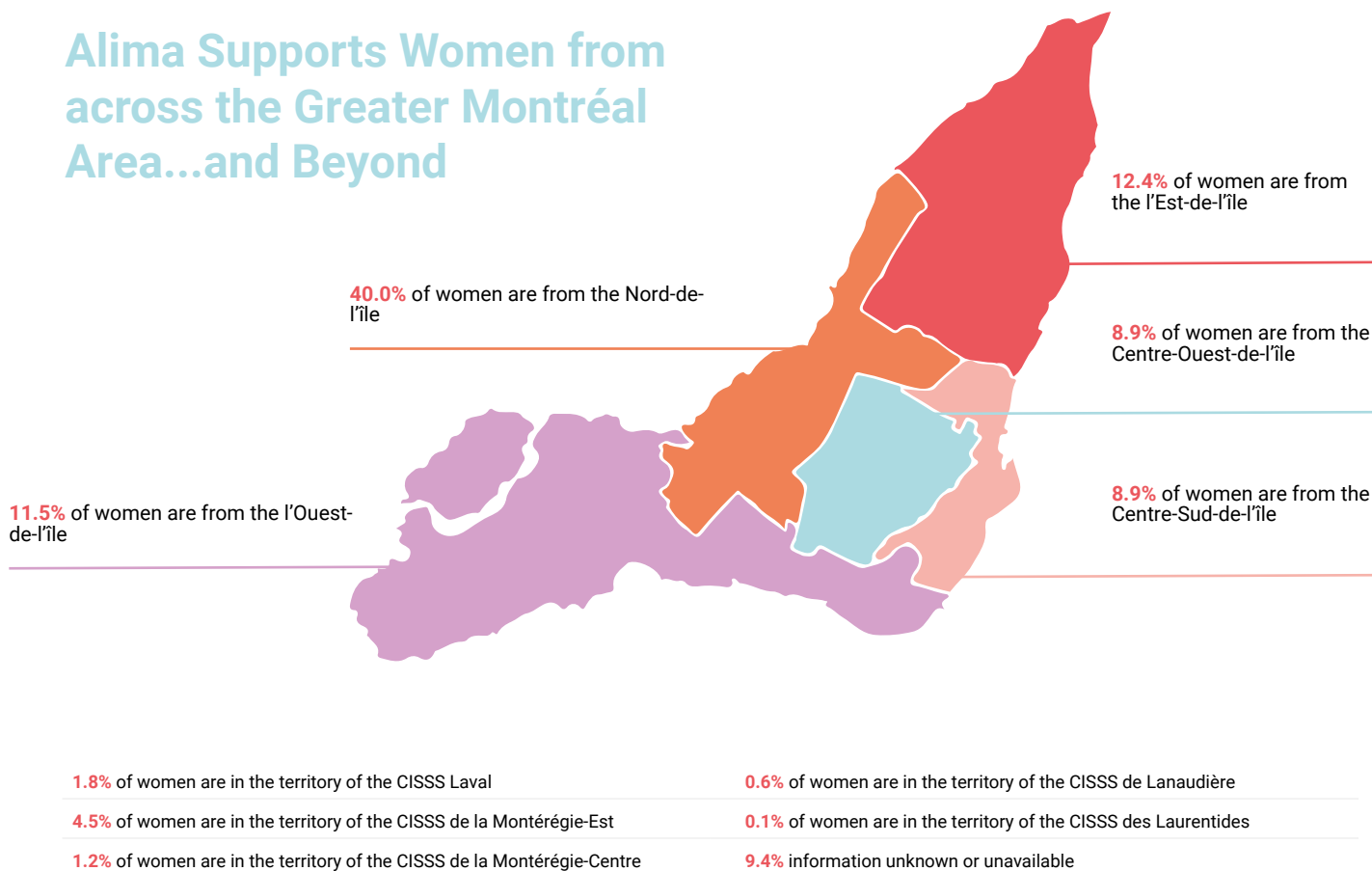
24%

of whom had been in the country less than 1 month

Immigration Status in Canada

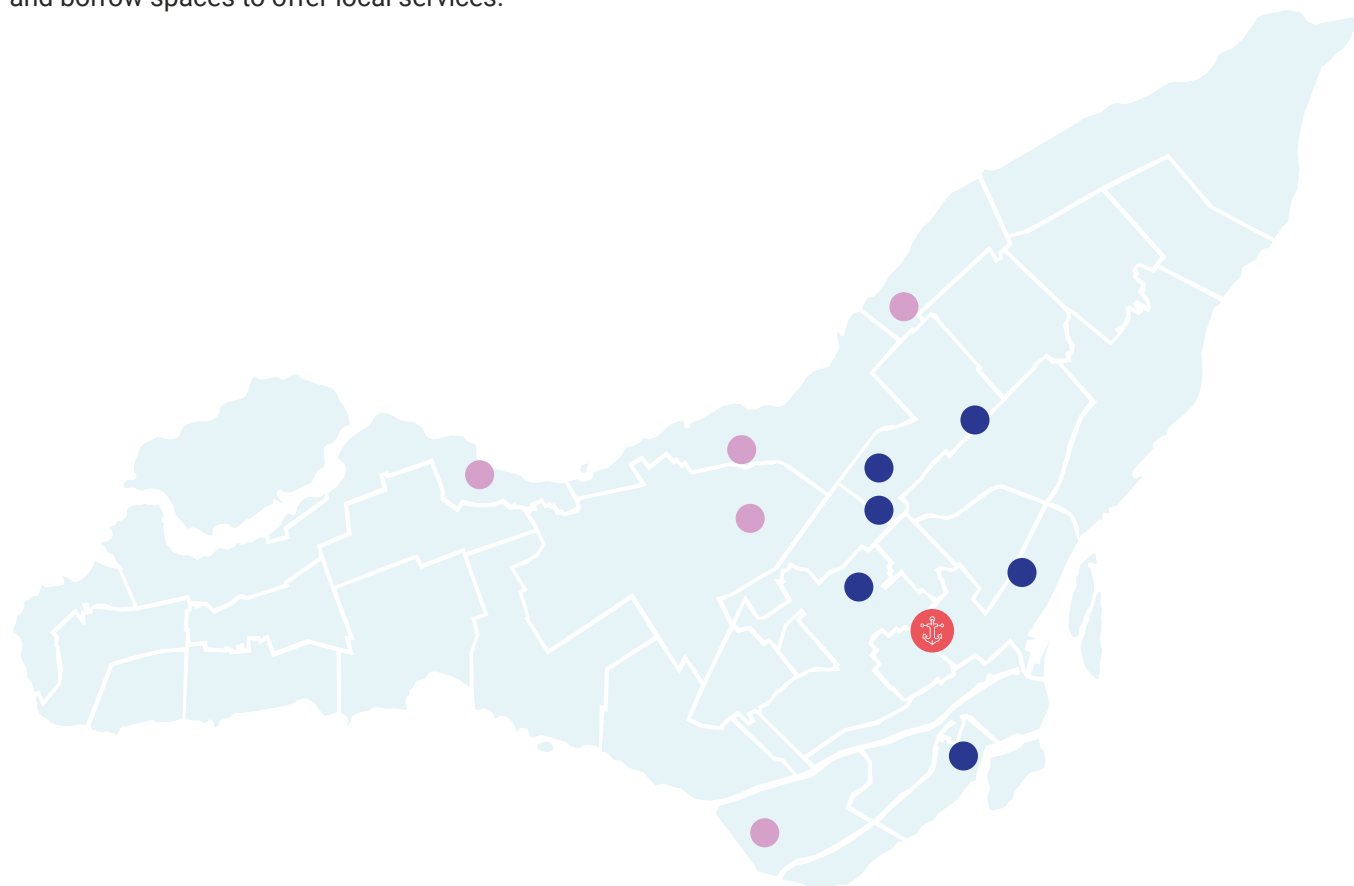
Precarious immigration status (including asylum seekers)	61%
Canadian citizenship or permanent residency	26%
Information unknown or unavailable	10%
Refugee status	3%

Alima Supports Women from across the Greater Montréal Area...and Beyond



Working Together: Collaborations and Referrals

To reduce barriers to access, Alima works closely with numerous partners, relying on complementary services and resource sharing. This collaborative approach allows us to intervene in more spaces through our service partners and borrow spaces to offer local services.



Alima's Points of Intervention:

- Service partners: on-site collaboration in care settings
- Point of service: borrowed space used to offer local services

- The four La Maison Bleue locations
- Rond-Point
- Doctors of the World



Alima

- Fondation de la Visite
- Nutri-Centre LaSalle
- Au cœur de l'enfance
- Centre des femmes de St-Laurent
- Gerry-Robertson community centre

Collaborations and Outreach – Collective Navigation

Firmly Rooted in Montérégie-Est

As part of a special collaboration with the CISSS de la Montérégie-Est and several local community organizations, **22 pregnant women received support** from Alima. This partnership helps us **meet an urgent need for accessible and adapted perinatal services**. The success of this initiative led to financial support that will allow us to continue and expand our efforts.

Active Presence in Montreal North

Recognition from network partners also resulted in funding to address the pressing needs of pregnant women with precarious immigration status. In addition, a collaborative five-year project is currently under development with **Au cœur de l'enfance and Nourri-Source**. This partnership aims to provide complementary perinatal services in the Saint-Laurent area, strengthening accessibility, continuity, and quality of support.

Promising Opportunities with Rond-Point

This year also marked the beginning of our participation in a committee of experts tasked with developing a Quebec clinical guide on **perinatal care and substance use**. This major initiative is being led by the clinical and organizational support team for addiction and homelessness, in collaboration with Rond-Point and the Institut universitaire sur les dépendances. We are also part of a planning committee to develop new perinatal workshops for Rond-Point clients, to enrich and adapt services to their specific needs.

It Takes a Village: A Coordinated Project in Pierrefonds

In partnership with Projet communautaire Pierrefonds and Cloverdale Multi-Ressources, an inspiring community event was held in February. This initiative brought together many neighbourhood partners and families in a warm and inclusive atmosphere. **The event helped strengthen community connections and increase awareness about available resources.**

Peter-McGill Kitchen Corners Project

Alima is part of this four-year project in collaboration with the Peter-McGill Community Table, which aims to modernize its kitchen equipment and **promote resource pooling among organizations**. As part of this project, we acquired a commercial-grade refrigerator for our food counter this year, enabling us to offer more fresh food and better meet the nutritional needs of families.

Snacks for Our Clients

With support from Fondation Olo, an initiative was launched to **offer nutritious food to clients who sometimes arrive at Alima on an empty stomach**. This project not only addresses immediate needs, but it also promotes healthy eating habits through tangible and caring support.

Breastfeeding: A Growing Area of Expertise

This year marked a turning point in our breastfeeding support services, with significant advancements on several fronts.

Selma Buckett, IBCLC lactation consultant and a pillar of the Alima team for the past 23 years, played a central role as both mentor and key figure. This year, **she supported 183 clients—nearly 20% of our clientele—providing support with breastfeeding and perinatal health.**

In a spirit of knowledge transfer, Selma **led the Nurturing Life training** at Fondation de la Visite, **designed for postpartum parents/visitors**, to help them better support families in the earliest moments of breastfeeding. **Thanks to her leadership, 35 individuals were trained and can now offer breastfeeding support and guidance, setting in motion a powerful chain of community-driven interventions.**

Alima now has a second IBCLC-certified lactation consultant among its ranks: **Catherine Labelle**, who completed her accreditation with distinction. This additional expertise strengthens our capacity to respond to growing demand, offering families support that is even more accessible, personalized, and professional.

Catherine also led a specialized Nurturing Life training session on breastfeeding support tools for community workers and breastfeeding support workers. This workshop was well received by the **85 participants** and aimed to enhance current practices and better equip individuals who support families in breastfeeding.



Fully Equipped to Meet Every Need

With financial support from Fondation Olo, we were able to acquire breastfeeding equipment, providing tangible support to clients. Eleven mothers have already benefited, and at this rate, nearly 60 mothers could receive breastfeeding equipment by the end of 2025.

In partnership with Nourri-Source, 24 mothers were able to borrow a double electric breast pump over the past year. This service, combined with personalized follow-up care, helped maintain exclusive breastfeeding and improved breast milk production.

Mapping Our Impact

A study conducted by Université Laval researcher Élise Carbonneau highlights the positive impact of Alima's perinatal social nutrition approach on both the initiation and continuation of breastfeeding up to four months.

Prenatal breastfeeding workshops, combined with nutritionist and lactation consultant follow-ups, have contributed to increased breastfeeding rates. These interventions help reduce inequalities in perinatal health.

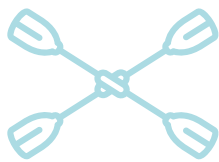
→ To view the full infographic, click here:



Stay tuned:

A position statement on breastfeeding support is currently under development.

Building a Brighter Future Together



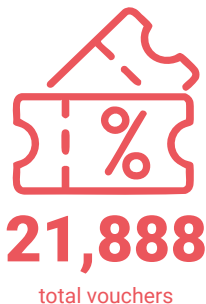
Our services are the driving force behind our mission. They fuel our projects and reflect our deep commitment to the families we support.

Alima relies on strong, strategic collaborations—both with the healthcare system and the community network. These partnerships are designed to facilitate access to services while respecting the diversity of lived experiences, cultures, and expressed needs.

Meeting Needs with Meaningful Support

Thanks to the generosity of our partners, we were able to provide essential food and goods to our clients this year. These tangible acts of solidarity strengthen our impact on the ground and give the families we serve hope for a more stable future.

We were able to maintain our food and nutritional support in large part thanks to the **Fondation Olo**. Over the course of the year, we distributed:



11,325 vouchers for milk

471 vouchers for bread

5,783 vouchers for frozen vegetables

358 vouchers for tofu

3,951 vouchers for eggs

160 boxes of prenatal multivitamins

Moisson Montréal generously donated 8,692 kg of food items, worth \$68,583.

Carrefour alimentaire Centre-Sud provided 34 Cartes Proximité as part of our partnership, worth \$14,500.

Metro donated \$10,000 in grocery gift cards for our clients.

La Fondation Olo, in addition to its voucher program, provided \$27,500 in grocery gift cards for our clients.

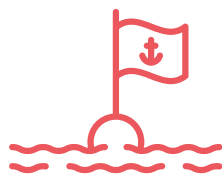
La Tablée des Chefs donated more than 300 bags of pancake mix.

Several organizations held food drives for Alima during the year, including Nikon Optical, Investor Group, Pratt & Whitney Canada, and Shaughnessy Café.

Our longstanding partner, Fondation de la Visite, donated **40 newborn supply kits**.

Many companies generously organized collections to support Alima's needs, including RE/MAX, NOVA, Canada Life, and CHM Communications.

The Saint Edmund of Canterbury Parish led several remarkable community drives over the year. Thanks to the generosity of parishioners, a total of 16,447 diapers, 7,452 baby wipes, and 69.4 kg of clothing were collected!



A Fresh New Look for Our Website

To better meet the needs of families and partners within the perinatal network, we used our rebranding as an opportunity to completely overhaul our website. The goal of this redesign is to better support community workers by highlighting relevant content and contributing to knowledge transfer.

Our team worked closely on this project with a digital marketing agency to create an online space that reflects the people we support. A heartfelt thank you to attitude marketing, who generously supported us throughout the process. Their commitment, which included many pro bono hours, was truly invaluable. Thanks to their expertise and support, Alima now has a modern, client-focused website that faithfully represents who we are.



centrealima.ca

Nurturing Life Program Gains Momentum



Funded by the Public Health Agency of Canada (PHAC), Nurturing Life is an online platform that offers free webinars, practical tools, and other clear and informative content on perinatal social nutrition. Aligned with Alima's mission, Nurturing Life allows us to share our expertise by relying on lived experiences balanced with the latest scientific knowledge.

New Look, Same Mission

This year, Nurturing Life adopted a new brand identity, aligned with Alima's branding since we have worked together closely for nearly 15 years. The new graphic design was thoughtfully created by **La Slide**.

Nourrir la vie

Nurturing Life also launched its brand-new platform, thanks to the comprehensive support of **attitude marketing**. The new platform includes enhanced features designed to offer its members a better, more intuitive user experience.

Learning Together Along the Way

In 2024–2025, Nurturing Life had 619 members from 170 organizations across all 17 health regions of Quebec. This represents a 45% increase compared to 2023–2024.

Each year, Nurturing Life gathers feedback from its members to adapt to their needs and continuously improve their experience. This year's survey reveals that:

89% of members gained new knowledge about perinatal social nutrition through Nurturing Life content.

73% applied this new knowledge.

71% used the tools during client interventions.

“

Member feedback:

“Clear, well-designed, and useful tools for working with populations in situations of vulnerability.”

“I love the webinars and tools. They're practical and effective. The information is well organized.”

“The topics covered reflect our realities and needs. The training on breastfeeding support tools was relevant and well-adapted to the experiences of our breastfeeding support workers.”

Nutritious and Affordable Food Basket (NAFB)



A Key Role in Food Security

Anchored in our long-standing commitment to food security, we are continuing our work on the Nutritious and Affordable Food Basket (NAFB), as we have done for the last few decades. This tool is used to estimate the cost of a basic, balanced diet for various groups of the Quebec population, while also tracking changes in cost over time.

In a context where food prices continue to rise and many families—particularly the pregnant women supported by Alima—face food insecurity, access to reliable data is essential to inform interventions and public policy. The NAFB plays an essential role in documenting these realities to support actions that promote access to healthy food for all.

Montréal in Sight

A report published last fall presents data collected in Montreal over the past year. It highlights a sharp increase in food costs and the growing challenges faced by our clients in accessing nutritious food. Thanks to a four-year grant from the Direction régionale de santé publique de Montréal, our team will be able to expand the NAFB at the municipal level—an initiative worth following closely!

Provincial Rollout

The provincial rollout of the NAFB, supported by the Ministère de la Santé et des Services sociaux, continues across several regions of Quebec. Having completed a cycle of four price surveys, Estrie has joined our pilot regions in this project (Côte-Nord, Îles-de-la-Madeleine, Mauricie–Centre-du-Québec). All regions are currently in the analysis, interpretation, and dissemination phase, with results expected to be published soon. Discussions are also underway to ensure the long-term sustainability of the project, and to determine ways to facilitate its implementation in other regions of Quebec.

Listening to Indigenous Communities

In the spirit of collaboration, partnerships have been established with the communities of Lac-Simon and Kawawachikamach to adapt the NAFB to their unique cultural and geographic realities. Two adapted baskets were developed this year, and a cycle of four price surveys was conducted in Lac-Simon. Additional efforts are underway to integrate traditional foods into the baskets.

NAFB in the Public Eye

The NAFB continues to gain visibility in media and public discourse. Highlights from the past year include:

The IRIS (Institut de recherche et d'informations socioéconomiques) used the NAFB as a basis for the “food” component of its living wage model

The NAFB supported the advocacy efforts of Matimekush–Schefferville–Kawawachikamach for access to the Nutrition North Canada program (December 2024)

The NAFB was featured on the Radio-Canada podcast On s'appelle et on déjeune (March 2025)

The NAFB was included in the 2024 report by the Observatoire des tout-petits

The NAFB was also quoted in major media outlets:

Le Devoir

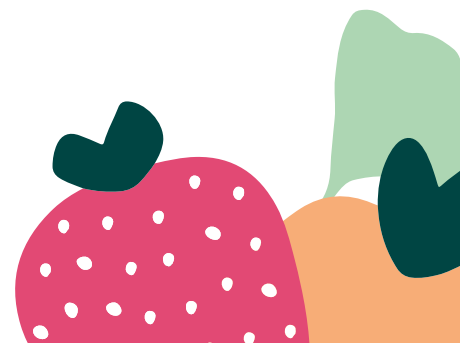
« À Montréal, bien manger coûte 396 \$ de plus par année »
– October 2024

Journal de Montréal

« Manger sainement coûte 396 \$ de plus par année »
– October 2024

La Presse+

« Bien se nourrir coûte toujours plus cher »
– October 2024



Toward a More Inclusive Offering – Adapting Practices for Indigenous Clients

Rooted in our core value of equity, this past year we began the process of reflecting on and adapting our practices to better meet the needs and realities of Indigenous populations. Our goal is to offer culturally safe support grounded in listening, flexibility, and humility.

Driven by a sincere desire to build lasting relationships, this process included developing meaningful partnerships with organizations representing Montreal's urban Indigenous community. These initiatives were made possible thanks to funding from the Conseil du système alimentaire montréalais and the Direction régionale de santé publique de Montréal.

Collaborations That Start with Listening

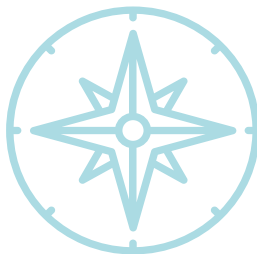
Meaningful and open exchanges with the Indigenous Health Centre of Tiohtià:ke (IHCT) and the Saralikitaaq Centre (a social pediatric centre) led to the development of a concrete partnership, facilitating client referrals to Alima. In this spirit of co-construction, IHCT also led a cultural safety training session for the Alima team, enhancing our ability to provide sensitive and adapted care.

These collaborations also prompted us to reflect on the flexibility of our services. In response, we have opted to expand our services by offering postnatal follow-ups, even for clients referred after birth. This change, introduced specifically for referrals from organizations serving Indigenous people, aims to improve access to services while respecting the pace, needs, and lived experiences of each family.

A Shared Commitment to Family Nutrition

As part of this shared commitment, Alima also co-developed a series of nutrition and cooking skills workshops with the Southern Quebec Inuit Association (SQIA). The four-part workshop series will take place during SQIA parenting evenings.

In addition, Alima's partnerships with food security organizations helped strengthen ties between SQIA and Action-Gardien, providing families with solidarity vouchers redeemable for groceries or prepared meals at select businesses in Pointe-Saint-Charles.



Acknowledgments

In line with our commitments and looking ahead, we were able to continue our mission of supporting pregnant women in situations of vulnerability thanks to the unwavering support of our partners. **Their support helped us maintain momentum, support our key projects, and strengthen our position in the field.**

OUR FINANCIAL PARTNERS

Public Health Agency of Canada	Direction régionale de santé publique de Montréal
Centraide of Greater Montréal	Private foundations
Direction de santé publique du Centre intégré de santé et de services sociaux de la Montérégie-Centre	Ministère de la Santé et des Services sociaux (MSSS)
Le Conseil du système alimentaire montréalais (Conseil SAM)	

Honorary members

This year marked the introduction of a new member category, recognizing individuals who have made a lasting impact on Alima's history.

We are proud to name **Janine Choquette** and **Dr. Jean-Marie Moutquin** as our first honorary members, recognizing their remarkable commitment over the years.

Year-end Campaign:

The goal was to raise \$50,000 to support Alima's activities. Thanks to the generous donations received, we raised a total of **\$55,580.**

In Memoriam Donations / Bequests

Donations were made to Alima in memory of:

- André Schirmer
- Carolina Mizener
- Carlos Medeiros
- Georgette Desrosiers Bordeleau



The Alima Family

Alima could not fulfill its mission without the generosity of our partners, volunteers, and partner businesses and institutions. Again this year, we witnessed **countless acts of solidarity**—and each one helped make a real difference.

Helping Hands in Action

Alima welcomed several groups to Higgins House this year. Our sincere thanks to L'Oréal, Pratt & Whitney Canada, and iA Financial Group for their enthusiasm and generous gift of their time.

Dedicated and Inspiring Volunteers

This year, our volunteers provided **invaluable support**: sorting donations of food and goods, translating, greeting clients at reception, developing tools, and much more. We extend our heartfelt thanks to **those who dedicated their time and energy to Alima's work**: Alexandre, Amelita, Ana, Arnaud, Defne, Brigitte, Claire, Joe, Justine, Meryem, Micheline, Odette, Pamela, Sofia.

Committed Governance

Alima also relies on the steadfast support of its board of directors and various committees, made up of volunteer board members, team members, and professionals. Their expertise, generosity, and shared vision allow us to keep moving forward, year after year.

Board of Directors

Astrid Bicomumpaka Shema, Board Member
Doctor at Hôpital Pierre-le-Gardeur

Gabrielle Marquis-Beaudoin, Board Member
Lawyer at the Sud-Ouest Legal Aid Office

Isabelle Tremblay, Board Member
Organizational Psychologist, EVOQ Architecture

Jocelyne Pinsonneault, Vice-Chair
Manager, Consultant

Johanne Côté, ASC, Secretary
Retired Executive Director

Julie Turcotte, Treasurer
CPA Intern, APSV

Mario Lalancette, Board Member
General Manager, QPMA

Marie-Josée Côté, Board Member
Director of Regulations and Public Policy,
Propulsion Québec

Roxane Girard, Chair
Manager in the cultural sector

Committees

Standing Committees

Governance Committee
Astrid Bicomumpaka Shema
Johanne Côté, Chair
Julie Paquette

Finance Committee
Julie Paquette
Julie Turcotte, Chair
Maxime Joly
Roxane Girard

Human Resources and Nominations Committee
Elisabeth Gauthier
Isabelle Tremblay, Chair
Johanne Côté
Julie Paquette
Roxane Girard
Stéphanie Tremblay

Communications Committee
Annie Langlois
Caroline Khoury
Fahd Rami
Jocelyne Pinsonneault, Chair
Julie Paquette
Marie-Josée Côté
Mario Lalancette

Funding Committee
Isabelle Tremblay
Jocelyne Pinsonneault, Chair
Julie Paquette
Maria Hiriart
Mario Lalancette

Ad Hoc Committees

Higgins House Committee
Jocelyne Pinsonneault
Julie Paquette
Roxane Girard

Equity, Diversity and Inclusion Committee
Catherine Vézina
Gabrielle Marquis-Beaudoin, Chair
Isabelle Dubé
Julie Paquette
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Maude Guévin
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Zoe Mekhoukh

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Catherine Royer, M.Sc., PDt

Cloé Gosselin, PDt (until September 2024)

Dina Salonina, PDt

France Proulx, PDt, psychologist (MA)

Isabelle Dubé, PDt, member of OTSTCFQ's Registre des droits acquis

Karen Madeiros, PDt

Maryam Boulad, PDt (until October 2024)

Maude Guévin, PDt (until August 2024)

Ouardia Zeggane, PDt

Suzanne Lepage, PDt

Coordinator of Social Nutrition Practices

Social and Community Workers

Lorraine Fréchette-Doyon

Zoé Mekhoukh (until December 2024)

Lactation and Perinatal Consultant

Selma Buckett, IBCLC

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Agence La Slide

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Bachelor in Nutrition - McGill University

Annie Senecal

Justine Marescot-Gauthier

Larita Zahka

Meriem Khellaf

Bachelor in Nutrition - Université de Montréal

Ines Belhadjamor

Gabrielle Kelland-Fortin

Julia Tardif

Virginie Rocher

Bachelor in Psychoeducation - Université de Montréal

Mélissa Nougé

Bachelor of Public Health - Université de Lumière Lyon 2

Léa Muller

Master of Social Work - Université du Québec à Montréal

Émilie Nguyen-Duong

Master of Public Health - Université de Montréal

Cecilia Manguin

Sophie Benoit

Postdoctorat - Université de Montréal

Judith Sempre

Jean-Marie Moutquin Scholarship

This year marked the **third edition of the Jean-Marie Moutquin Scholarship**, highlighting **Dr. Jean-Marie Moutquin's** long-standing commitment to Alima. A key figure and ambassador of our mission, Dr. Moutquin remains part of our journey through this award, which embodies **recognition, the sharing of values, and a forward-looking vision**.

Each year, a **\$500 scholarship** is awarded to a **student or intern** for their remarkable dedication and professionalism, and embodiment of the values upheld by Alima.

This year, the **Jean-Marie Moutquin Scholarship** was awarded to **Meriem Khellaf**, whose journey at Alima perfectly represents the spirit of this award.







Alima

Perinatal Social Nutrition Centre

Nurturing hope since 1879