



**THE YELLOW DOOR**

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**LA PORTE JAUNE**

**Press Kit**



**YD|PJ**

## **INTRODUCING THE YELLOW DOOR**

The Yellow Door creates opportunities for youth and the elderly to socialize, promoting mental and physical health and tackling rising urban isolation.

At The Yellow Door, we believe that creating an inclusive community is key to tackling stigma, discrimination and social isolation. By fostering an environment in which friendships flourish, our programs help individuals to engage in their community and overcome some of the mental and physical health challenges they may face.

# A WORD FROM THE YELLOW DOOR'S EXECUTIVE DIRECTOR

The Yellow Door is truly unique. We have been around for well over 100 years and have spent much of that time creating programs that combat social isolation and its negative health effects for the elderly and young adults. It's a straightforward mission, but in our environment it's not always easy. Our local community is exceptionally diverse, located in the heart of one of Canada's most multicultural cities with its highly international student population. We have a strong focus on constantly evaluating our programs to ensure that we're reaching out to community members young and old - that we're serving their common and individual needs.

Our focus is to include seniors and youth equally, to spark new perspectives and positive change within each individual involved in our programs.



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# ABOUT OUR PROGRAMS





## GENERATIONS PROGRAM

Since 1972 the Generations Program has been serving the senior population of Downtown Montreal. This program, thanks to the dedication of around 250 volunteers, provides friendly visits, accompaniment services, friendly errands and technology support to around 300 of our community members. Members are often referred to us through the public health care system or through word of mouth.



**LEARN MORE:**

[www.yellowdoor.org/generations.html](http://www.yellowdoor.org/generations.html)



## WELLNESS GROUPS

The Yellow Door's Wellness Groups, including the famous "Hootenany" at the Yellow Door Coffeehouse, are integral to our work. These groups break down barriers to inclusion, by allowing for interaction and engagement of all community members. This greatly improves community health outcomes and creates a more supportive community by reducing isolation. Groups include knitting, visual arts, yoga, film appreciation and many more.



**LEARN MORE:**

[www.yellowdoor.org/wellness-groups.html](http://www.yellowdoor.org/wellness-groups.html)



## RABBIT HOLE CAFE

Our Rabbit Hole Cafe is popular among Milton Park residents of all ages. Not only a healthy and convenient lunch spot, we're recognized as a hub for eco-friendly and sustainable practice, sharing affordable and high quality food in a cozy meeting place.



**LEARN MORE:**

[www.yellowdoor.org/rabbit-hole-cafe.html](http://www.yellowdoor.org/rabbit-hole-cafe.html)

**A PICTURE IS WORTH  
A THOUSAND WORDS**



Photo credit: YD Staff



Photo credit: K Slomski



Photo credit: J. Schneider



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High resolution images available on our website at [yellowdoor.org](http://yellowdoor.org)



# THE YELLOW DOOR

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# LA PORTE JAUNE

SOCIAL INCLUSION ACROSS GENERATIONS

# THANK YOU!

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