

FOR IMMEDIATE RELEASE

## **A Seat at the Table: Help Restore Athena's Kitchen for Women and Children Fleeing Violence**

Montreal, QC, May 26th, 2025 — *“Cooking in the shelter makes us feel at home. It brings us joy and reminds us we're part of a family.”* — Quote from an ex-shelter resident.

On Wednesday, June 11th, 2025, the Shield of Athena invites the Montreal community to our annual membership fundraiser in support of our kitchen—the heart of our emergency shelter, Athena's House.

For over 20 years, thousands of women and children, victims of violence, have passed through Athena's kitchen. More than just meals, it has been a place of comfort, routine, and healing for women and children fleeing violence. From the pandemic on, our capacity doubled and the kitchen — once the heartbeat of our home — is now in urgent need of repair.

**This year, we need to raise \$100,000 to renovate and restore Athena's Kitchen.**

The fundraiser will be held from 5:30 PM to 8:00 PM at Portovino Ristorante on Décarie Boulevard. Tickets are \$150 per guest, and proceeds will go directly toward the renovation of our kitchen. The evening will include a delicious dinner and live music. Copies of our cookbook, *Recipes and Stories from Athena's Kitchen*, featuring testimonials from women victims, will also be available for purchase.

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### **About the Shield of Athena**

The Shield of Athena is a non-profit organization for victims of family violence. The Shield's network offers emergency shelter and professional services to women and their children. The multilingual support, intervention and prevention services offered are adapted to meet the needs of many of Montreal's communities. Additionally, the Shield of Athena reaches thousands more through information sessions, publications, videos, and media programs offered through our multilingual community outreach department.

### **Contact**

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