



## About the Connexions Resource Centre Project

Connexions' project goals were to enhance their information and referral capacity to support and respond to English-speaking residents' access needs for mental health information, services, and programs. They set out to provide workshops targeting the LGBTQ community, develop and implement a monthly support group for men with violent behaviours, and create information tools to promote positive mental health.

### Where We Are

- **Outaouais**  
[centreconnexions.org](http://centreconnexions.org)

### Contact

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*Working in partnership with organizations to create educational and inclusive workshops, support groups, and webinars benefited community members who had the opportunity to learn from professionals in their respective fields.*



## Promising Practice

Promising practices identified by Connexions include LGBTQ2IA+ education for youth through their Real Talk series and LGBTQ2IA+ Towards a Better Understanding webinar. Special requests were received from several guidance counsellors at Western Quebec School Board (WQSB) schools for additional training for both their staff and their students.

### ★ Key Success Factor

- Partnership collaboration