

Supporting and Promoting the Mental Health of English-Speaking Communities in Québec





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
<u>centreconnexions.org</u>

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





Public Health Agence de la santé Agency of Canada publique du Canada A key objective of this initiative is to build evidence about effective community interventions to promote mental health and prevent mental illness. Project funding occurred between 2022-2024. You can learn more about this project and other funded projects at <u>chssn.org</u>

The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada. This initiative has been made possible through a financial contribution from the Public Health Agency of Canada.