

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



FOR SOCIAL JUSTICE AND AGING Pour la justice sociale et le vieillissement

#### Where We Are

Montreal

### Contact

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## About the Eva Marsden Centre Project

The Eva Marsden Centre advocates on behalf of the vulnerable 50+ population living with precarious financial circumstances and multiple psychosocial challenges. They implemented community-based activities to promote mental health and to prevent mental illness.

# Promising Practice

Music programming has had a most powerful effect on easing participants' anxiety levels, encouraging them to open up and share personal information about themselves. This, in turn, created safe spaces to implement reminiscence therapies, breaking isolation, and providing cognitive stimulation.

## 😯 Key Success Factor

• Well-designed, cognitively stimulating, guided activities





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.

Participant feedback has included: "Thank you for bringing music to us" and "I haven't felt this alive in a very long time."

