



### Where We Are

● **Montreal**  
[emcmtl.org](http://emcmtl.org)

### 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.



Participant feedback has included:

**"Thank you for bringing music to us"**  
 and  
**"I haven't felt this alive in a very long time."**



## 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