

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



About the Heritage Lower Saint Lawrence Project

The Lower Saint Lawrence is a vast region with few urban centres where socio-economic challenges affect a large part of the population. Access to front-line services in mental health is limited even for the majority linguistic population. The activities and programs implemented focused on helping seniors, parents, and youth cope with grief and supported and promoted the mental health of parents and other caregivers.

HERITAGE Lower Saint Lawrence Bas-Saint-Laurent

Where We Are

 Bas-Saint-Laurent heritagelsl.ca

Contact

- O Susan Woodfine
- Executive Director
- 🖂 swoodfine@heritagelsl.ca

Promising Practice

Grief Recovery Workshop/training was offered where participants learned a process and techniques to help them work through their personal stories of grief and loss.

They learned how to:

- Help others by becoming active listeners
- Understand the principles of confidentiality
- Be a compassionate witness to others' experiences of grief and loss without analysis, criticism or judgment.

Offering a training which was personally helpful for participants to manage grief also equipped them to help others in the community.

Key Success Factors

- Trust and collaboration with participating community mem
- Partner 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.