



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.

Where We Are

● **Bas-Saint-Laurent**
heritagelsl.ca

Contact

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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.

★ Key Success Factors

- Trust and collaboration with participating community mem
- Partner collaboration



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

