



Contact

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About the Megantic English-speaking Community Development Corporation (MCDC) Project

The MCDC project targeted two population groups in the community that were impacted by the COVID-19 pandemic: seniors (55+), and students (elementary and high school). Seniors needed support to reduce social isolation and improve mental and physical well-being with physical activities. For students, there was a need to focus on empowering and helping them to take care of their mental well-being and encourage physical activity.



Promising Practice

MCDC coordinated a student wellness committee in collaboration with a school and the CISSS de Chaudière-Appalaches. During the year, two school staff members were trained on a CISSS-supported program called “Hors Piste”, which focuses on psychosocial skills development and anxiety prevention. Students in secondary 1 and 2 participated in workshops from this program. During a web conference with the Montreal Centre for Anxiety and Depression, students courageously asked questions and talked about personal mental health issues in front of all the other students and staff.



Working in partnership with public health partners, the school community, and community groups to provide students with support programming was key to raising their awareness on mental health and wellness.

★ Key Success Factor

- Partner collaboration
- Establishing trust-based relationships