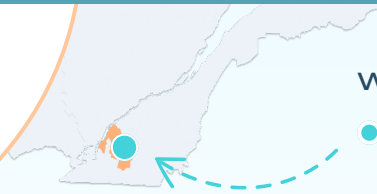




Partenariat de l'est de la Montérégie pour la communauté d'expression anglaise
 Montérégie East Partnership for the English-Speaking Community



Where We Are

● Montérégie-Est
mepec-pemca.org

Contact

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About the Monteregie East Partnership for the English-Speaking Community (MEPEC) Project

Families of the Montérégie-Est region expressed many worries regarding the availability of English services in mental health. To address these concerns, MEPEC's Mental Health Coordinator worked as a liaison between community partners, mental health services and the English-speaking population and hosted events and activities aimed at promoting mental health and preventing mental illnesses.



Creativity, originality, and fun are essential ingredients for reaching members and designing successful activities.

★ Key Success Factors

- Informal learning opportunities
- Well-designed activities
- Partner collaboration



Promising Practice

MEPEC conducted a Mental Health trivia for seniors which was very well received. It opened discussions on wellness and the challenges that older adults have around mental wellness and the prevalence of mental illness. The importance of exercise and a balanced diet were learnings adopted by seniors to stay fit. A wellness event on the benefits of massage therapy was organized for members of all ages by inviting a massage therapist to speak to the group. This event was held as a 'lunch and learn' which gave participants the chance to exchange on the information they had learned throughout this informal workshop.