



## About the Project 10 project

Project 10 focuses on building communities of care for all English-speaking 2SLGBTQIA+ youth and their mental health in Montreal. For this project, they specifically focused on 2SLGBTQIA+ Black, racialized, and indigenous groups as they showed higher vulnerability. They planned to expand their drop-in services to have them run all afternoon into the evenings to increase the availability of their safer spaces, introduce support group cohorts, and concurrent activities such as having multiple programs and services operating simultaneously.

### Where We Are

● **Montreal**  
[p10.qc.ca](http://p10.qc.ca)

### Contact

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 Coordinator

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## Promising Practice

To ensure a continuation of services during the pandemic, Project 10 started hosting online drop-ins in the afternoons. Once the shift back to meeting in person began, this timing was not ideal for many people. To ensure that everyone had access to the support they needed, they collected feedback to determine the optimal times for drop-ins for both in-person and online programming. This greatly increased Project 10's ability to be present for their participants in the ways that worked best for them.



**Youth expressed their appreciation for having the opportunity to participate in in-person activities to break social isolation, as well as the option to join online and access Project 10 in a remote capacity.**

### ★ Key Success Factors

- Participant engagement
- Research for program development