



Where We Are

● **Estrie**
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Contact

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About the Townshippers' Association (TA) Project

For this project, Townshippers' Association (TA) implemented activities and programs that addressed key mental health determinants of the OLMC's early childhood/young family, youth, senior, and adult populations. To achieve their goal for this initiative, Townshippers collaborated with partners across the territory to ensure that mental health services for the English-speaking community were available and promoted.



Creating a program that would build a sense of belonging and increase connectivity between peers and staff, while learning new skills, was the main goal. "It was amusing to spend time with students and staff you wouldn't necessarily talk to outside of school"



Promising Practice

Townshippers' Association and the Richmond, Danville & Drummondville area CLC collaborated to create a Healthy School Climates Program, which aimed to support students by pairing them with a school staff member in a fun activity: an escape room challenge. This program supported students' mental health by: strengthening student/teacher relationships, strengthening peer relationships, increasing the students' sense of belonging, and developing collaboration skills.

★ Key Success Factors

- Pairing of students and staff
- Critical thinking context
- Creation of a fun learning experience
- Local partner collaboration
- Activities outside the school setting