

Where We Are

● Gaspé

visiongasperce.ca

Contact

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About the Vision Gaspé-Percé Now (VGPN) Project

VGPN planned to work with organizations already present in the community to help increase their reach to the English-speaking community, to help adapt programming, information, and resources available. They offered new mental health and wellness-based workshops or support groups in the area by engaging with local mental health professionals to assist with developing new activities.



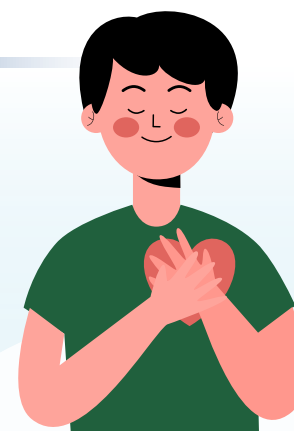
Promising Practice

All of the events held focused on mental well-being, self-care, and social interaction with others. A fitness group was started and had great benefits given the ties physical health has with mental health. Needs of the community were assessed mainly through open dialogue with community members.



Key Success Factors

- Communication with community members
- Research for program development



Mental health is a broad term, but everyone has mental health, just like they have physical health. Continuously learning about mental health contributed to the success of this project.