



## About the Montérégie West Community Network (MWCN) Project

The Montérégie West Community Network (MWCN)'s vision was to be a leader in building innovative and sustainable programs that promote mental, emotional, and social health for the region's English-speaking population. One such collaborative project focuses on providing special needs youth in schools with a program that helps them learn to express themselves in alternative creative ways through mixed media arts. With their non-violent approach to self-expression, this organization creates a safe environment for students to learn, grow and develop their skills to connect and communicate with peers in a healthy way. For seniors, the organization also offers a grief support group to provide a safe space for them to connect and share with others experiencing similar life changes.

### Where We Are

- Montérégie Ouest  
[mwcn.ca](http://mwcn.ca)

### Contact

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## Promising Practice

MWCN partnered with the LOVE organization to implement their youth-focused program, where support group style interventions on controversial subjects took place to help youth broaden their perspectives and strengthen interpersonal communication skills. They learned to use photography, creative writing, and art as a means of coping and self expression. The length of the program was vital as the relationships developed with adults in the community, helped the students feel secure and made them willing to be vulnerable.



**Youth were engaged with topics relevant and relatable to their lives, became open to having difficult conversations, and reported improvements such as an increase in self-esteem.**

### ★ Key Success Factors

- Creative activities for youth engagement
- Program length