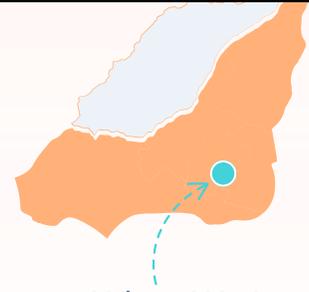


vent
tea



Where We Are

● Montreal
ventovertea.com

Contact

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About the Vent Over Tea (VOT) Project

Vent Over Tea planned to extend their existing free active listening service to surrounding Montreal regions with high anglophone populations. Their goals were to increase the number of English-speakers around Montreal who have access to their online and in-person service, and extend their offering of free workshops in partnership with mental health professionals to promote mental wellness self-help tools. Through many partnerships with existing networks and specialties, they aimed to support OLMC youth (18-25 years old), low-income families and individuals, and newcomers.



Promising Practice

Events were facilitated by diverse professionals in the community and in partnership with other community organizations to help teach practical and free mental wellness skills in a group setting and create a place for community building. Facebook advertising was used to reach vulnerable populations who respond better to discreet help-seeking.

★ Key Success Factors

- Offering both online and in-person events
- Use of online platforms for advertising
- Partner collaboration
- Diverse representation among facilitators and partners



The importance of collaborating with diverse community groups, facilitators, and partners cannot be overstated as this enabled VOT to reach new event participants, active listening service users, and marginalized groups.