

See the full map
here

WHAT IS THE SENIOR WELLNESS INITIATIVE?

The Senior Wellness Initiative consists of a network of 34 organizations that offer health education and health promotion activities for English-speaking seniors in 125 locations across the province of Québec.

These sessions are designed to increase access to knowledge of health and social services, and decrease social isolation through purposeful and informed programming.



chssn.org/projects/senior-wellness-centres/

CHSSN

Senior Wellness Initiative (SWI)

Health education and promotion for seniors: A focus on prevention



Secrétariat aux relations
avec les Québécois
d'expression anglaise

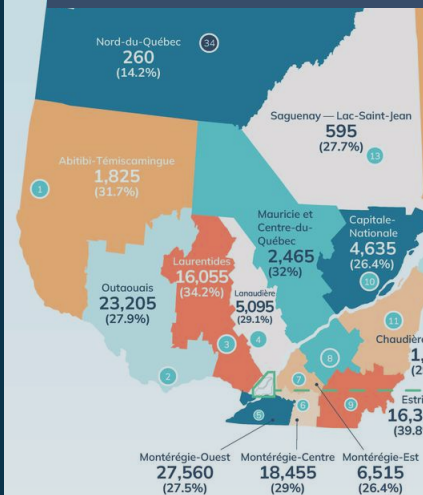
Québec



This initiative is supported by the Secrétariat aux relations avec les Québécois d'expression anglaise.

Population of English-speaking seniors 55+
Population d'âinés d'expression anglaise de 55+

353,085 **28.2%**
2021 Census of Canada
Recensement du Canada de 2021
% of total English-speaking population
% de la population totale d'expression anglaise



SWI Map

1. Neighbours Regional Association of Rouyn-Noranda | 3 sites
2. Connexions Resource Centre | 6 sites
3. 4Korners | 7 sites
4. English Community Organization of Lanaudière (ECOL) | 3 sites
5. Montréal West Community Network (MWCN) | 6 sites
6. Assistance and Referral Centre (ARC) | 5 sites
7. Montréal East Partnership for the English-Speaking Community (MEPEC) | 2 sites
8. Centre for Access to Services in English (CASE) | 3 sites
9. Townshippers' Association | 5 sites
10. Jeffery Hale Community Partners (JH Partners) | 3 sites
11. Megantic English-speaking Community Development Corp. (MCCDC) | 5 sites
12. Heritage Lower Saint Lawrence (HLSL) | 3 sites
13. English Community Organization of Saguenay — Lac-Saint-Jean (ECO-02) | 1 site
14. North Shore Community Association (NSCA) | 5 sites
15. Committee for Anglophone Social Action (CASA) | 10 sites
16. Vision Gaspé-Percé Now (VGPN) | 5 sites
17. Council for Anglophone Magdalen Islanders (CAMI) | 2 sites
18. Coasters Association | 10 sites
19. The Youth & Parents Agape Association (AGAPE) | 5 sites
20. BGC Dawson | 2 sites
21. African Canadian Development & Prevention Network (ACDPN) | 3 sites
22. East Island Network for English Language Services (REISA) | 3 sites
23. Eva Marsden Centre for Social Justice and Aging | 4 sites
24. The Teapot | 2 sites
25. LaSalle D&D 50+ Centre | 2 sites
26. Cummings Centre | 4 sites
27. Contactivity Centre | 2 sites
28. Saint-Antoine 50+ Community Centre | 2 sites
29. Tyndale St-Georges Community Centre | 2 sites
30. The Yellow Door | 3 sites
31. Almage Senior Community Centre | 4 sites
32. Gay and Grey Montréal | 1 site
33. New Hope Senior Citizens' Centre | 1 site
34. Nord-du-Québec (to be confirmed)

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WHAT MAKES THE SWI UNIQUE?

COMMUNITY-LED & COST-EFFECTIVE

The SWI is an innovative response by community organizations to address a gap in services for seniors. Formal and informal collaborations are sought out and developed with health and social services professionals.



INCLUSIVE OF ALL SENIORS

The SWI includes outreach to vulnerable and isolated seniors. There is no specific criteria for participation.

LINGUISTICALLY & CULTURALLY ADAPTED

The SWI is adapted to the regional and local needs and realities of English-speaking seniors. The initiative is flexible, adaptable, inclusive and adopts a broad and multifaceted approach to improving overall health and well-being.



“This is a lifesaver for seniors. Once we stop working...we tend to lose our social circles related to work and the sense of usefulness that comes with it...Your activities are helping mitigate that. -participating Senior”

SWI IMPACT



BUILDING CAPACITY FOR COMMUNITY ORGANIZATIONS



OPTIMIZING HEALTHY AGING FOR ENGLISH-SPEAKING SENIORS

“The program strengthens community vitality in giving organizations the ability to outreach and engage in programming.-CHSSN staff”



Seniors served



Sessions delivered



Volunteers & staff engaged



Resources created & shared



Community of practice sessions



Personalized outreach activities



Recommended by 95% of seniors

