

## Creative Expression Program

A creative arts program provides young people with an outlet to express themselves through various art forms such as coloring, knitting, painting, and bricolage. This initiative aims to reduce stress, foster self-expression, and promote mindfulness.



## Mindfulness Program

A mindfulness dance workshop provides young individuals with an opportunity to enhance relaxation, refine breathing and stretching techniques, and foster an awareness of the significance of being present and mindful of our surroundings. Students can offer support to others, express their personalities, and primarily, alleviate stress.

## SUMMARY

MWCN's creative youth mental health projects have thrived through partnerships with the New Frontiers School Board, LOVE Quebec, CISSSMO, Options, and local mental health professionals. Various innovative programs like Pet Therapy, Greenhouse Cafe Mindfulness Room, Clubhouse Games Room, creative arts initiatives, mindfulness dance workshops, and personal care kits have proven to be highly successful. Additional efforts include the Self-care Group for Young Parents and Tea for the Soul, a Grief Support for Young Mothers, providing comprehensive support for young individuals. Through ongoing collaborations, MWCN and its partners promote mental well-being among youth, igniting positive transformations in the English-speaking community.

*Secrétariat aux relations  
avec les Québécois  
d'expression anglaise*

Québec



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**MONTÉRÉGIE WEST  
COMMUNITY NETWORK**

**FOSTERING  
YOUTH MENTAL  
WELLNESS**



*Creating a positive impact on  
the mental wellness of the  
English-speaking youth in  
Quebec between the ages of  
15 and 29.*

CHSSN

## Pet Therapy

To offer additional support to struggling students, pet therapy programs have been introduced in several local high schools. This initiative provides mental health services to students who may not have had access to them before.

Through this program, students facing challenges like ADHD, depression, and anxiety participate in weekly individual sessions with a behavior specialist and pet therapist, surrounded by a group of specially trained dogs, turtle dove, rabbits and a guinea pig. The main aim of the program is to enhance emotional regulation, stress management, and distress tolerance, resulting in significant benefits for the student body.



## Greenhouse Café



### And Clubhouse Games Room

**The Greenhouse Café** is a tranquil hub for students to relax, connect with nature, and recharge. It offers free snacks and hot drinks to support those facing food insecurity, providing warmth in the winter.

**Clubhouse Games Room** provides a space for students to socialize, showcase talents, and reduce stress through peer support.

## Distributing Hygiene & Self-Care Kits

To aid students facing difficulties, we supplied hygiene kits through school guidance counsellors, fostering a stronger bond between students and supportive adults. This promotes focus on personal needs, boosts confidence, and reduces anxiety related to essential care product access.



## Young Parenting Support Groups

Parenting support groups aid single parents with mental health challenges through coaching on stress management, self-esteem, and relationships. Mindfulness training via yoga reduces anxiety. Individual and group sessions empower single parents. Another group supports young mothers coping with child loss through adoption, protection services, abortion, or miscarriage. It focuses on stress management, mindfulness, and creating a safe environment for sharing and emotional support.

## LOVE Program

This program is called LOVE, which stands for Leave Out Violence Everywhere. MWCN & LOVE collaborated on a Mixed Media Arts program at local high schools in the Haut-Saint-Laurent. The focus is on arts, photography, creative writing, and leadership discussions addressing challenging topics, improving communication skills, and emotional intelligence.