

# Why a network of "ÉCLAIREURS"?

To get involved in your neighborhood.  
To know what you can do to help the people around you.  
To be part of a support network.

This network promotes  
**a collective feeling of goodwill**  
to contribute to the well-being of the community.



## BEEING AN "ÉCLAIREUR" IS



- To Listen to people.
- To believe that people are capable of finding their own solutions by their problems.
- To ask the right questions to help them.
- To reassure people that difficulties are normal.
- To notice psychological distress in others.
- To refer people to the right help resources.
- To participate in neighborhood activities.

**Come make a difference and join the network!**



Use the QR code to register or contact us by email or phone!

[ndgcc@ndg.ca](mailto:ndgcc@ndg.ca)  
514-484-1471



**Information session: March 19th at 3PM** 5964 Notre-Dame-de-Grâce in the room on the ground floor!



LE RÉSEAU  
**D'ÉCLAIREURS**



## WHO ARE THE "ÉCLAIREURS"?

The "éclaireurs" are people who get involved in their community. They occupy positions in the community through their roles as:



## HOW DO THE "ÉCLAIREURS" HELP PSYCHOLOGICAL WELL-BEING?

- \* They get involved in their community.
- \* They care about their own well-being and that of others.
- \* They encourage people to take care of themselves.
- \* They are warm and open to others.
- \* They build community trust.
- \* They help others naturally.