Why a network of "ÉCLAIREURS"?



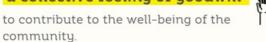
To get involved in your neighborhood.

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





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!

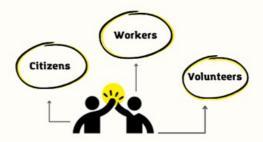
ndgcc@ndg.ca 514-484-1471



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

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.



