



VISION  **N**
Gaspé - Percé Now

ANNUAL
REPORT

2022-2023

THE DIFFERENCE IN YOUR COMMUNITY

www.visiongaspeperce.ca



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PRESIDENT'S MESSAGE



Vision is wrapping up our 19th year! Each year, our experience and awareness grows and strengthens our ability to provide the English-speaking population with the resources it needs and access to fundamental services in our language. We are proud of these accomplishments and we're optimistic about our way forward.

Over recent years, Vision has recognized that an essential need in the community is the availability of a forum where our community can get together to socialize, learn, and share information. Creating workshops, organizing events, and developing social media outlets has become a priority for us. Together with our sister organizations, CASA and CAMI, we assisted in the development of a major multimedia platform called Bonfyre, focused on bringing the voices of Gaspé and the Magdalen Islands to the world. We construct and share video and audio recordings detailing local stories, songs, and experiences. Bonfyre is created by us to express who we are and deliver our cultural community to the masses.

And I must not forget to highlight a new initiative Vision introduced this year, the Volunteer Program. This program came about to manage community members who want to volunteer and Vision's need for volunteers within programs and at events.

As always we continue to acknowledge the support of our many partners, including other service organizations, schools, school boards, McGill University, the Gaspésie Literacy Council, hospitals, and local, provincial, and federal governments.

We can attribute the success of our organization to a very dedicated and experienced staff, plus the contribution of our diverse and committed board of directors.

Access to all the services we provide, our programs, events, and workshops is always available on our website (<https://visiongaspéperce.ca>), where you will also find access to our social media.

PRESIDENT

TONY CONOLEY



EXECUTIVE DIRECTOR'S REPORT

Once again, Vision has experienced a year of growth, partnership, and service to the English-speaking community. This year, I'd like to highlight our consistent development as a resource to other organizations and the public, ensuring that the voices of the Anglophone community are heard, recognized, and celebrated.

Over 2022-2023, our notable accomplishments have included projects that bring together French and English youth, more resources and activities for teenagers and young adults, mental wellness projects, celebration and support of women, the development of new partnerships, and so much more. We have worked to grow and improve how we communicate, with the community and each other, through Bonfyre media, an updated and improved website, new social media channels, and internal organization to bring our staff closer together and provide them with better, and more efficient, tools. We are also in the process of assessing the need for activity space for ourselves and our participants, with the development of a feasibility study.

This AGM Report marks a move into 2024, which will be our 20th year as an organization. Looking back at what Vision has accomplished in those decades of service sets a guide for what we hope to accomplish in the future – a map of where we've been and where we're going. We would never have accomplished so much without the hard work of our dedicated staff, who I am honoured to work with everyday:

EXECUTIVE DIRECTOR
JESSICA SYNNOTT



OUR EMPLOYEES



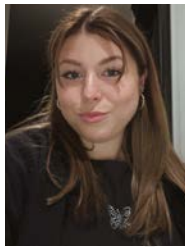
- **Florence Agnesi, Finance Manager**
- **Amie Chicoine, Resource Manager**
- **Emma McGinnis, Project Coordinator**
- **Stephanie Bond, Project Coordinator**
- **Laura Comeau, Project Coordinator**
- **Shanna Rehel, Project Coordinator**
- **Sophie Wheeler, Executive Assistant/ Project Coordinator**
- **Melissa Savidant, Project Coordinator**
- **Tesia Hackett, Project Coordinator/Administrative Assistant**
- **Brian Fournier, Project Coordinator**
- **Nyree Patterson, Operations Manager/ Project Coordinator**



Florence



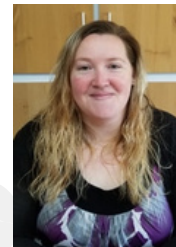
Amie



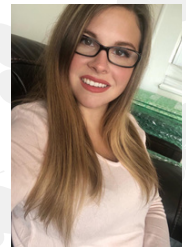
Emma



Stephanie



Laura



Shanna



Sophie



Melissa



Tesia



Brian



Nyree

COMMUNITY

Enhancing Regional Community Capacity Initiative (ERCC)

- We met with the school committee on a bi-monthly basis, along with: CJE, WAVE Centre, GLC, CLC, and ESSB Academic and Vocational Counselor
- A cooking club was established, held at the Gaspé Polyvalent, after assessing the needs and high interest of students. We had an average of 4 groups of 5 students (all ages). Each group session is 1.5 -2 hrs for about 4-5 weeks and in the last week, students cooked for the principal
- Students were provided with aprons, notebooks, recipes, and all ingredients needed to complete their recipes

Vision assisted and supported the Gaspé Polyvalent with their spring carnival

- We hosted a trivia game with prizes and other activities
- Vision held a cookie decorating competition between students during “Révillon” held at the Gaspé Polyvalent during their activities before Christmas break
- Prizes were given out to the winning participants

Provincial Employment Roundtable (PERT) Study

- Roundtable and focus group discussions
- Unlocking Potential 2023, a conference in Montreal from May 30 to June 1, 2023
- Collaboration with PERT for the creation of surveys pertaining to employability
- Meeting with local businesses regarding Anglophone workers



BARACHOIS COMMUNITY LIAISON

- Reached out to the Villages of Malbaie steering committee and assessed the needs of the population from St. Georges de Malbaie to Corner of the Beach
- The steering committee communicates through a Facebook group chat and during steering committee meetings that take place in person
- The steering committee met 5 times over the year.
- Sat on various Rocher-Percé tables to discuss the needs of the Anglophone population, making connections between partners and helping to plan events in the area
- Shared posters for upcoming events, updates, and a newsletter on the Villages of Malbaie Facebook group, which has 462 members
- Distributed the Villages of Malbaie newsletter
- Hard copies were available at Robin's store in Barachois, it was sent to an email list of 27 people, and it was posted regularly on the Villages of Malbaie Facebook group so that it can be shared among partners
- The liaison visited the Residence St. Pierre in Barachois to offer activities, including bingo, themed meals, music nights, and more

SIDEWALK BASH

- Vision's first community event held for the general public
- Approximately 150 people passed through O'Hara Point
- Live music, food, and games for all ages



Shanna Réhel
Barachois Community Liaison

Frank Sweetman (of Réseau en développement social Rocher-Percé) is working on creating a network of caring citizens who watch over the seniors in their neighborhood. So many of us already do so without recognizing it. Do you want to make a difference to prevent and break isolation through small gestures. Contact Frank Sweetman at fsweetman@rdsrocherperce.com to become a Super Neighbour. You can also send Shanna Rehel a private message if you would like to become a Super Neighbour in the Barachois and surrounding communities; registration forms will be available at Vision's satellite office located in the Barachois Recreation Centre.



PROJECTS FOR SENIORS:

WELLNESS CENTRES:

The objective of the Wellness Centres is to help seniors live independently. We achieve this by providing participants with health information and activities that maintain and improve the physical, mental, emotional, and psychological states of participants.

Gaspé Wellness Centre

- Celebrated it's 10th year!
- Held a successful open house, which resulted in 9 new members and more new members followed shortly after
- Bi-weekly sessions held in partnership with the Gaspé Legion
- In-person sessions with 31 participants
- Numerous crafts, a variety of exercises, and group games
- Welcomed Russ Kueber and Erica Botner from the CHSSN, we explained the program and talked about the future of senior wellness
- The following workshops were held:
 - CHEP – heart and financial health
 - Volunteer Database with Emma McGinnis
 - Painting Wineglasses Art Workshop with Stephanie Bond
 - Tradition with the Centre de Regroupement des Femmes de la Côte Gaspé
 - Winter wellness with Wellness Coach Gabrielle Hélène Coulter
 - Digital Literacy with the GLC
 - Financial Fraud with Centre de Justice de Proximité
 - Took part in a guided tour of the Musée de la Gaspésie with the Legion
 - A presentation from Horizon Plein Air



Barachois Wellness Centre

- Monthly sessions held in partnership with the Barachois Recreation Centre
- In person sessions with 10 participants
- Focused on games and activities for seniors, followed by light exercise, lunch, and information sessions

Murdochville Wellness Centre

- Average of 5 people attending
- Painted Halloween themed Mason jars, played jeopardy, and learned chair yoga
- Enjoyed a winter wellness session with Gabrielle H el ene Coulter, a Christmas potluck and party, and a Valentine's Day craft with Stephanie Bond
- Enjoyed lots of bingo throughout the year!

Maison de Quartier Wellness Centre

- In person sessions with 10 participants
- Short presentation from FADOQ
- Enjoyed a fall leaves craft, painted birdhouses, and created mini floral arrangements
- Carnival themed games, lots of bingo, and a Christmas party with pizza

Douglastown Wellness Centre

- Community surveyed to determine the need for a wellness centre in Douglastown, with positive results
- A new wellness centre will open in Fall 2023 at the Douglastown Community Centre
- It will be offered on a monthly basis, as determined by the community



CHILDREN, YOUTH, AND FAMILIES:



CHILDREN

Bright Beginnings

Wiggle, Rhyme, and Storytime

- An activity for children 0-8
- 3 sessions were held in Gaspé and Barachois in 2022-2023
- On average, about 4-6 children participate in each session
- Book reading, craft, and snack provided
- 2 supplemental Storytime activities were held at the Gaspé Library in July 2022

Nutrition Activity with Maison de Quartier

- A new partnership was created with Maison de Quartier, providing nutritional information and making healthy and nutritious snacks and meals
- This activity is for children ages 4-12, who have been very appreciative of the activities done this year
- Approximately 6-8 children participated

Other activities for Children

- Other activities this year included:
- Family Fall Fest
- Family Christmas Activity
- Family Hockey Game
- Science Day
- Family Easter Fun
- These events typically include drinks, snacks, a colouring table, crafts, and occasionally bingo
- Many families attended, varying between 20-45 people
- Easter Treat chocolate-making activity
- Homemade chocolates and energy balls made in Barachois
- 9 children and adults



Healthy Early Years (HEY)

- Travelling Storywalk
- 2 sets of bilingual Storywalk Books created: The Giraffe that Ate the Moon and The Very Brave Bear
- Launched Spring 2023
- Movie Nights
- Movie nights take place once a month
- Families gather to watch a movie (usually something recent), with popcorn and drinks offered to both parents and children
- Children usually wear comfy clothes or pyjamas and bring their blankets, pillows, and stuffed animals
- Locations alternate between Douglastown and Barachois
- These nights are well attended, with 17-25 people

Building Incredible Babies

- A program offered to parents with children between the ages of 0-3, to get together and talk in a comfortable setting while their children play
- Unfortunately, we did not have any sessions this year due to lack of sign ups

Color-Themed Food Tasting Project, a collaboration with the ESSB

- Collaboration between the principal of the elementary schools and the Early Childhood Program Manager
- A 6-week program
- All students had the opportunity to taste 8-10 different food items from 6 colour groups, while learning about the benefits of each

Healthy Snacks Project, a collaboration with Belle Anse Elementary School

- A project that gave each child access to fruit for a morning snack every day
- Fruit and yogurt was picked up and prepped once a week



Fierce and Proud

- This project teaches life skills to children 8-12 by developing their independence and boosting their confidence and resilience
- Sessions alternate weekly between GES and BAS every week
- This year, children learned the basics of sewing, cooking, first aid, and more
- Approximately 42 children participated from GES and 13 from BAS

YOUTH

Vue d'ensemble

- Vue d'ensemble is a 2-year project to develop bilingual activities oriented to English and French youth
- The following activities took place over the 2022-2023 academic year:
- Playstation 5 Club – A PlayStation 5 was purchased in Fall 2022 and it was used almost daily during lunch hours throughout the year. 20-30 students from both sectors used the space to converse, relax, and play video games when the console was available
- Chess Club – Several chess sets were used throughout the school year in the same area as the PlayStation Club. Roughly the same number of students rotated through both activities and enjoyed their time together
- Astronomy Club – A small group of students attended the Astronomy Club activities weekly as we discussed and experimented with telescopes, gravity, black holes, the International Space Station, and time travel!
- Zen Zone – Once per week, beginning in the winter, a Zen Zone was created and used during lunch hours. It was used as a quiet space with guided meditations, so students could relax and unwind



Youth Mental Health Initiative (YMHI)

- Created a rack card, listing available mental health support services in our area, and a small pocket card with a QR code that leads to Vision’s new Youth Hub (with support services available to youth ages 18-29 and content relevant to youth)
- Spring Carnival donation letters for Grade 10 students, so they might be better equipped to collect donations
- Part of a gender identity booklet and created a handout for students at the ESSB – the ESSB is now better equipped to deliver gender identity training
- Created a service highlight for Aire Ouverte before their English promotional material was available, resulting in a partner better equipped to inform the Anglophone population of new services
- A “Snowga” workshop for youth, delivered by wellness coach Gabrielle H el ene Coulter, to learn and develop tools for coping and relaxation
- A Colour Run held in May 2022, which was a huge success among students at the Gasp  Polyvalent, who have asked that it be an annual event. The colours represented emotions and the overall theme of the day was expressing feelings in a healthy way. The exposure to this new activity was well received by both students and staff
- A Bell Let’s Talk event with Shannon Day
- YMHI contributed financially and our coordinator assisted during the event
- Coordinators recruited youth advisory members on an ongoing basis. Two formal recruiting events were held at the CEGEP and Paquebot Caf 
- Youth survey completed in Vision’s territory; the results will be used for future planning
- Attended CHSSN’s Youth Mental Health Retreat in October 2022



FAMILIES

Quebec Family Week, in collaboration with Ville de Gaspé

- Family Pasta Night held at the Douglastown Community Centre
- 28 people in attendance

Halloween Bat Bash, hosted by the GLC

- Bright Beginnings participated by hosting a craft session for children

Family Planner

- In partnership with the MRC Côte-de Gaspé, Ville de Gaspé, Maison de la Famille, and others, Vision collaborated in the layout, contribution, translation, and distribution of a Family Planner to local elementary schools in Fall 2022

Prenatal Workshops

- These workshops are for pregnant Anglophone couples
- Vision offered 5-10 sessions with a prenatal consultant, depending on the needs of the group, and supper
- Due to lack of sign ups this year, we decided to take a different approach and the prenatal consultant created short videos on topics, such as, car seat safety, crib safety, etc., for distribution



CULTURE AND ART IN THE COMMUNITY

ART WORKSHOPS-BEE CRAFTY

- 12 Bee Crafty workshops were offered to the community, an opportunity to explore new art forms
- Multiple techniques were explored, including wine glass painting, wreath making, stenciling, and painting on canvas
- 150 people attended over the 2022-2023 year
- Midway through the year, several participants were asked to complete an evaluation form. When asked: “Did you enjoy the workshops, and why?” these participants responded:
 - “Yes, It’s nice to be able to socialize with people and have a finished painting to bring home”
 - “I really enjoyed the workshops because I’m a single mom and it’s great to get out of the house. I am also practicing self-care and self love. I wanted something for myself and mental health”
 - “Sooo relaxing for the mind. My first time ever and I will be back for more for sure”
- All participants commented on the success of Bee Crafty and mentioned that they look forward to more workshops next year



CULTURAL PROJECTS COORDINATOR

- Tales of Douglastown Steering Committee, a project organized by the Douglastown Community Centre
- Reality Check Project, in collaboration with the Gaspésie Literacy Council
- Letters of recommendation for Canadian Heritage partner project applications
- 2 meetings about the Holy Name Hall, an historic building in Douglastown
- 1 meeting with Marc DuPont

Collaborations with Culture Gaspésie

- Two in-person meetings
- One “Lunch and Learn” session in English, offered by Culture Gaspésie, and shared within our network

Collaboration with Tom Eden for the Douglastown Confessions Podcast

In collaboration with the Gaspesian Way

- 4 meetings with RDN
- Inventory of merchandise
- Set up a boutique in Vision’s office



GASPESIAN VOICES PROJECT

- Gaspesian Voices provides insight into the lives of English speaking community members in Gaspé and Percé, through the production of podcasts and short documentary videos
- The 15 videos and 30 podcasts produced through this project cover topics, such as history, arts, current affairs, politics, youth, and aging. A total of 62 people were interviewed, resulting in approximately 12 hours of rough video footage and 42 hours of audio recordings



Tom Eden

- The project faced challenges throughout, particularly the on-again off-again COVID 19 directives (early in the project), and the health of the project coordinator. The large number of activities planned within its scope were not realized in full due to these complications, as well as the lack of affordable technical resources for editing (a challenge shared by all multimedia creators in our region)
- Training and mentoring in the production of podcasts on the individual level has yielded positive results, with one person, newly arrived to our region from another province, and one senior developing and producing a podcast each for the series

The specific topics covered throughout the videos series:

- Lobster fishing
- Artist Tennyson Johnson
- Social development in Barachois
- The music of Nash Stanley
- Irish history of Douglstown
- Salmon Fishing on the York River
- Alternative solutions to the region's housing challenges
- LGBTQ+ and rural life
- Forillon Park and the effects of expropriation
- Returning to the region to retire
- The region's military heritage
- Traditional moose hunting
- The operation of a small seasonal campground
- Education
- Transportation



Podcasts discussed some of the following issues:

- Music
 - A former military nurse speaking about her experiences in Afghanistan
 - The administrator of a regional history Facebook group
 - Health and wellness
 - A feature of a long-time regional journalist
 - A wide-ranging interview with the Mayor of Gaspé
 - The leader of a group dedicated to revitalizing Camp Fort Haldimand
 - The author of a regional travel guide
 - The President of the Board of Directors of Canada's Birthplace historic site
 - The son of a well-known regional photographer
 - LGBTQ+ issues
 - A senior's club activities leader
-
- The broadcasting of the videos and podcasts originally began through the Gaspesian Voices Facebook, Podbean, and YouTube channels, but with the newly created Vision Gaspé-Percé Now, CASA, and CAMI initiative, Bonfyre Media, it was decided to use that outlet to reach our audience
 - Bonfyre Media is continuing to build an audience, and so the number of views and listens are difficult to track. However, the Gaspesian Voices audience is engaged and appreciative of the content
 - For example, before switching to Bonfyre Media, the podcasts alone on the Podbean platform produce over 1800 downloads, and the Facebook page included 530 followers
 - Considering the population of the region, these are significant numbers
 - The project shows that the region has many stories to tell, and many people willing to tell them

PROVIDING INFORMATION TO THE COMMUNITY

BULLETIN FOR HEALTH AND WELLBEING:

- Published on a monthly basis, the Bulletin covered a variety of topics, such as, health, illness, disability awareness, self-care, celebrations around the world, and more
- The bulletin is published on numerous Facebook pages and is sent out to registrants by email
- It reaches an average of 80 people

COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)

- Online information sessions offered via video-sharing and provided by the CHSSN
- The sessions deal with various health topics and frequently have guest speakers, such as, doctors, pharmacists, and/or specialists pertaining to the topic of discussion
- Online sessions take place monthly, with approximately 5-10 participants

MENTAL HEALTH

- The Mental Health funding from the Public Health Agency of Canada was used to offer theme nights for adults, a fitness class, and a Bell Let's Talk event, which was attended by 22 people
- The Mental Health Project Coordinator is on the Mental Health Advisory Committee as well as two of its subgroups: one focusing on addictions and the other on anxiety



WOMEN'S WELLNESS

- Women's Wellness brings together a group of women for regularly scheduled activities: a movie night, a bingo, and a chocolate making workshop
- These events are well-attended and lots of fun!
- This year, we also held a Staying Sassy event focusing on women's wellbeing and self-care at the Place Jacques Cartier in Gaspé, attended by 40 women



CAREGIVERS - APPUI

- Vision hosted caregiver workshops led by psychologist Megan McCallum, who presented on mindfulness, meditation, emotion regulation, and more
- Megan provided handouts for caregivers to work through at the workshops, or at home
- This is a safe space for caregivers
- For Caregiver Day in November, Vision held an event that included exercise with Isabelle Provencher, painting on wine glasses with Stephanie Bond, and a pizza lunch
- This was attended by 12 people
- Vision held an 8-week program led by CMA Medeiros on grief recovery. These sessions focused on all kinds of losses including divorce, death, loss of identity, etc.
- An information session on diabetes was held with diabetic nurse Pamela Adams
- A workshop with wellness coach, Gabrielle H el ene Coulter, was held on self-care and massage, with 12 people participating



Dr. Megan McCallum

ÉDUCALOI:

Éducaloi provides legal information on topics of interest to community members. The goal of this partnership is to ensure that people are aware of the specifics of the law and how it affects individual circumstances. Éducaloi information is distributed through presentations and consultations with lawyers, notaries, police officers, and others, as well as sharing from their social media outlets and website. Online trainings were held by Éducaloi throughout the year and their informational pamphlets are regularly made available our events. This year, there were three virtual sessions this year.



FROZEN MEALS

Vision's Frozen Meals Program continues to serve a number of people in our community. We saw an increase in need over the past year however reduced production capacity limited the number of meals available to clients. Increased production is projected for the coming year. In total, the Frozen Meals Program provided 9,920 meals and the total clients served were 711 this fiscal year. A huge thank you to everyone who works to make this program so successful!



TRAINING AND RETENTION OF HEALTHCARE WORKERS (MCGILL/DIALOGUE MCGILL)



Individual ESL tutoring sessions for healthcare and social service professionals:

- 95 sessions held, starting the week of January 31
- Healthcare professionals: 15 registered, 14 finished
- Two were 3-hour sessions once a week for 5 weeks
- Six were 1.5 hour sessions once a week for 5 weeks
- Four were 1.5 hour sessions twice a week for 5 weeks
- Three were 1.5 hour sessions once a week for 10 weeks.
- Tutors: 30 tutors were interested, we ended up using 7
- Paid \$25/hour
- Survey for healthcare professionals and tutors once completed

Bursary program

- McGill Bursary recipients, 2021-22: Gabrielle Labbé, Catherine Fortin, Sophie Berger, and Amy Briand-Fournier
- Scholarship and Bursary Presentation to Secondary 5
- With Tanya Dorion (CJE) and Sarah Chicoine (ESSB guidance counselor)
- Monthly meetings with School Activity Committee (GLC, CJE, ESSB, CLC, Vision, and the WAVE Centre)



- Involved in the hiring process for new employees
- Assisted with staff performance reviews
- Collaborated to create an onboarding plan/welcome package and checklist for new employees.
- Ensured that coordinators update their monthly progress reports
- Provided insight for our day-to-day operations and assisted with overall efficiency
- Assisted in building project workplans
- Attended meetings with the Executive Director concerning Vision's operations
- Collaborated with our Resource Manager to organize team building activities
- Assisted in creating and/or streamlining current and new positions

VOLUNTEER PROJECT

- A project to create a database, streamlining the process of recruiting volunteers for internal activities and events
- Purchased the Volunteer Impact Platform and branded it for Vision
- Set up a database and added all staff members
- Created an application form
- General interests
- Added opportunities
- Training modules
- Created a contract
- Launched the platform on our website
- Created a Volunteer Guide for staff and new volunteers
- Presented the Volunteer Platform at the Gaspé Wellness Centre and the Gaspé Polyvalent

ADMINISTRATIVE ASSISTANT

- Organized conference room
- Completed daily tasks in the office (email, mail, orders, phone)
- Meeting agendas and minutes



COMMUNICATIONS (WEBSITE AND SOCIALS)

Website renovations

- Home page revamped with a video, logo, and calendar for upcoming activities and events
- About Us page updated with board members and more information about the organization
- Staff page updated with headshots
- Programs and Projects page updated with a list of everything we offer – each page links to another page with more information
- Youth Hub created
- Volunteer page added
- Bonfyre Media tab added that links right to Bonfyre

Socials

- Instagram page updated and back up and running – up to 272 followers
- Tiktok account created – up to 124 followers
- Filmed tiktoks with Staff, high school students, Wellness seniors, and special guests
- Snapchat account created
- Facebook page updated daily
- Communications strategy meetings with Hugh, our Executive Director, and the Operations Manager
- Website and social media content templates created for staff to use each time they need to have something posted on any socials or website
- Bonfyre Media
- Successful launch with over 50 people in attendance at York Hall
- PAB promotional video filmed, edited, and posted to Bonfyre
- All past videos and podcasts added to Bonfyre

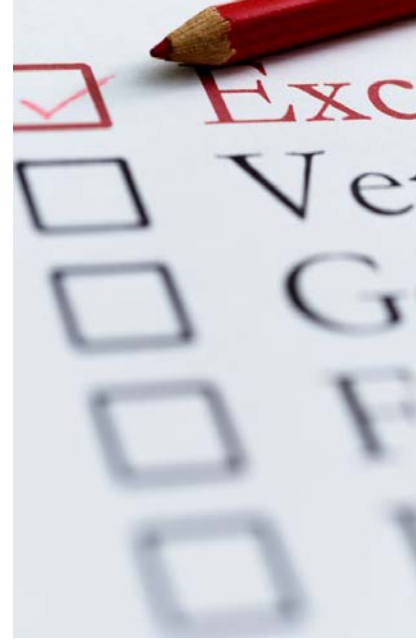


PROGRAM EVALUATIONS

- Program evaluation of Fierce and Proud, parents and children surveyed
- Program evaluation of Barachois Liaison officer position: staff, partners, and community members surveyed
- Evaluation report of Senior Wellness Centres completed and submitted. (Murdochville, Gaspé, Maison de Quartier, and Barachois)

GRAPHIC DESIGN

- Provided project coordinators with attractive and easy-to-read posters, bulletins, books, and reports



STAFF TRAINING, NETWORKING, AND EXPERIENCES



- French for the Workplace, with YES Montreal (Shanna, Emma, Melissa, Tesia)
- Non-Profit Leadership Certificate, through John Abbott College (Shanna, Amie)
- Bien Partir dans la Vie, an all day forum (Amie)
- Social Connections webinar (Amie)
- CHSSN NPI Boot Camp for Managers in Québec City (Amie)
- Planning and presenting Vision's new strategic plan to staff with Dave Felker (Amie)
- Educaloï's Volunteering Workshop (Emma)
- Bonfyre's Dropbox Training (Emma)
- Community Mobilization Workshop with Russ Kueber from CHSSN (Emma, Nyree, Tesia)
- Aging Gayfully (Laura)
- Lantern Program, a 2-day training (Laura)
- Learning, Sharing, Connecting Outside the Sandbox (Laura)
- Children's Emotional Health in our Schools (Laura)
- The Child Who is Anxious (Laura)
- Mobilizing to Promote Health and Well-being in Older Adults (Melissa)
- Ageism at a Glance (Melissa)
- Outreach Strategies and Supporting Behavior Change (Melissa)
- Hacking Deficit Thinking: A Youth Teach-In (Melissa)
- Coordinators trained to deliver both Clifton StrengthsFinder and StrengthsExplorer workshops (Melissa, Nyree, Tesia)
- Staff Retreat Communication and Boundaries (Nyree)
- Community of Practice, Youth Mental Health with the CHSSN (Nyree)
- Youth Mental Health Retreat with the CHSSN at Vallée Bras-du-Nord (Nyree)
- Monday.com training (Tesia)

ACRONYMS:

- BAS - Belle Anse School
- CAMI - Council for Anglophone Magdalen Islanders
- CASA - Committee for Anglophone Social Action
- CHEP - Community Health Education Program
- CHSSN - Community Health and Social Services Network
- CJE - Centre Jeunesse Emploi
- CLC - Community Learning Centre
- ERCC - Enhancing Regional Community Capacity
- ESSB - Eastern Shores School Board
- FADOQ - Fédération de l'Âge d'Or du Québec
- GES - Gaspé Elementary School
- GLC - Gaspésie Literacy Council
- HEY - Healthy Early Years
- PERT - Provincial Employment Roundtable
- RDN - Regional Development Network
- WAVE Centre - Wakeham Adult and Vocational Education Centre
- YES - Youth Employment Services
- YMHI - Youth Mental Health Initiative

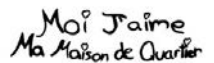
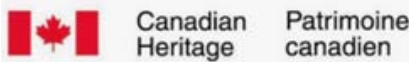




OUR PARTNERS



Centre intégré de santé et de services sociaux de la Gaspésie Québec



Mountain View Golden Age 50+ Club

Club de l'âge d'or 50+ Vue de la montagne

