

INFORMATION

The Beacon Network for Psychological Health in the Pontiac

The main objective of the Beacon Network is to increase the adaptive capacity and resilience of individuals and the community



Being part of the Beacon Network is rewarding!

Contributing to the well-being of my community and getting involved can boost my sense of accomplishment and belonging to my community

This project was initiated by the Ministère de la Santé et des Services sociaux and is implemented throughout the Outaouais.

The Network Aims To:

- Help individuals and the community adapt to the post-pandemic reality
- Promote collective resilience and foster a culture of kindness
- Promote resources and activities offered in the community
- Mobilize the population, strengthen the social fabric and promote mutual aid relationships
- Reach out to the general population

My Role As a Beacon:

- Be present for my community by being empathetic and showing kindness
- Be involved in my community and to contribute to its well-being by promoting community and municipal activities
- Share ways to take care of myself and others with those around me and distribute the Beacon Network tools
- Recognize stress signals, and share coping strategies and support resources if desired
- Be the eyes and ears of my community
- Refer to community resources and to services offered by the CISSS de l'Outaouais

To Fulfill my Role as a Beacon:

I need to care for my own well-being while I am involved by:

- Taking care of myself
- Respecting my limits
- Making sure not to carry the experiences of others on my shoulders

Information and Registration

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