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connexions

ANNUAL REPORT

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MISSION

Connexions Resource Centre promotes the health, social wellbeing, and vitality of the English-speaking community through empowerment, participation and collaboration within the Outaouais.

VISION

A strong, inclusive, healthy English-speaking community; recognized, interconnected, and contributing to the vitality of the Outaouais.

VALUES

Compassion: We serve with kindness and care.

Integrity: We hold ourselves and each other to high ethical standards

Accountability: We are responsible to each other, our community, and those who support us.

Collaboration: We work with our community and partners to fulfill our mission.

Resourcefulness: We adapt, innovate, and strive for excellence.

Inclusion: We create spaces of belonging where everyone is treated with respect and dignity.

BOARD OF DIRECTORS

John Mynott
President

Eldon Keon
Vice-President

Adriana Saenz
Treasurer

Kevin Drysdale
Secretary

Deb Larocque
Director

Jeff Mainville
Director

Sean Scott
Director



STAFF

Danielle Lanyi
Executive Director

Cary O'Brien
Senior Advisor to the Executive Director

Cassandra Hope-Sydor
Director, Community Programs

Andréanne Philion
Executive Assistant

Krishnan Sundaram
Community Wellness Facilitator

Shelley Heaphy
Community Coordinator (MRC Pontiac)

Ève Jutras
Community Coordinator
(MRC des Collines)

Marquis Bureau
Community Coordinator (Caregivers)

Michelle Smulders
Seniors Outreach Worker (ITMAV)

Diane Wheatley
Community Coordinator

Lise Amin
Community Coordinator (Seniors)



MESSAGE FROM THE PRESIDENT OF THE BOARD

This past year, the Board of Directors focused on ensuring that Connexions remains well-positioned to serve the English-speaking community of the Outaouais, both now and into the future. A key priority was confirming the organization's strategic direction and monitoring progress toward the goals outlined in our Strategic Plan.

The Board also devoted attention to succession planning and strengthening governance to support the long-term sustainability of the organization. As part of this work, we continued our efforts to attract new directors who bring valuable skills, experience, and perspectives to our Board.

On behalf of the Board, I would like to extend our sincere thanks to Executive Director Danielle Lanyi and the entire Connexions team. Their dedication, professionalism, and commitment to the community continue to make a meaningful difference in the lives of those we serve.

We are also grateful to our volunteers, partners, funders, and community members for their ongoing support. Together, we continue to strengthen connections and improve the well-being of our community.

John Mynott
President, Board of Directors



MESSAGE FROM THE EXECUTIVE DIRECTOR

This year was marked by growth, collaboration, and a strong sense of community. Through new partnerships and innovative initiatives, we continued to strengthen access to services and support the vitality of the English-speaking community across the Outaouais.

At the heart of this progress was resilience. More than simply overcoming challenges, resilience is about building connections, supporting one another, and creating communities where people feel valued and empowered. Across the Outaouais, that spirit was reflected in the many individuals and organizations who came together to support well-being, expand access to services, and strengthen our community. It was also evident in our staff, whose adaptability, dedication, and steady commitment helped the organization respond to constant change with care, creativity, and determination.

I extend my sincere gratitude to our dedicated staff, volunteers, Board of Directors, funders, and partners. Your commitment, resilience, and belief in our shared mission continue to make this work possible. Together, we are building a stronger, more connected, and more responsive community.

Danielle Lanyi
Executive Director

Connexions worked closely with the following **funders** and **partners** to develop and enhance its programs and outreach activities to meet the diverse needs of English-speakers in the region.

FUNDERS

Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec

Santé
et Services sociaux

Québec

25
ANS | YEARS
CHSSN

Dialogue McGill

Fondation Lucie
et André Chagnon

L'APPU POUR LES
PROCHES AIDANTS
D'AINES

Centraide
Outaouais

éducaloi

Canadian
Heritage Patrimoine
canadien

Health
Canada Santé
Canada

Centre intégré
de santé
et de services sociaux
de l'Outaouais

Québec

PARTNERS



Info Justice

RÉSEAU
BIBLIO
de l'Outaouais

FRASER
HICKSON

COMMISSION SCOLAIRE
WESTERN
QUÉBEC
SCHOOL BOARD

CÉGEP
Heritage
COLLEGE

OFFICE D'HABITATION
DU PONTIAC

JEUNESSE
idem

caap
Outaouais

The Parish of
West Quebec



Partenaires
du Secteur Aylmer

CENTRE
Action
Génération
des Aînés

Western Quebec
Literacy Council

Donne-toi
une chance



BRANCH 33
AYLMER

Regroupement
pour la Valorisation
de la Paternité

Wakefield
Golden
Age Club



L'Espace DEP Sylvestre



CISSO “ALLÔ, DO YOU SPEAK ENGLISH?” INITIATIVE

This program enables English-speaking patients in the Outaouais region to easily identify staff who can assist them in English. Healthcare professionals and volunteers wear bright yellow badges reading “ALLO, do you speak English?” to signal their language capability. Launched in mid-2024, the initiative has grown to include over 2,000 participants across **CISSO facilities**, supported by signage and communication in collaboration with Connexions. The program enhances access and comfort for English-speaking users navigating health and social services.

REPRESENTATION

Connexions actively participates in a variety of local and regional committees to ensure that the voices, needs, and priorities of the English-speaking community are represented in discussions and planning. These committees address a broad range of issues, including youth and families, seniors, caregiver support, and healthy living, among others. Through this involvement, Connexions promotes equitable access to health and social services, education, and other essential resources while fostering strong partnerships and contributing to decision-making processes that benefit the community across the region.

CISSS DE L'OUTAOUAIS

- Table régionale contre la maltraitance envers les personnes âgées
- Comités Aire Ouverte
- Comité territorial du RLS des Collines
- Comité territorial du RLS du Pontiac
- Comité régional en prévention des dépendances
- Comité régional langue anglaise
- Concertation des saines habitudes de vie-petite enfance
- Comité d'implantation provincial pour contrer la maltraitance envers les aînés des communautés culturelles

- Table de développement social des Collines
- Table de développement social du Pontiac
- Partenaires du secteur Aylmer
- Comité Hull en Santé
- Table Éducation Outaouais
- Table Soutien aux personnes âgées de Gatineau
- Concertation pour le développement social de l'Outaouais - Chantier 0-5
- Commission du vivre ensemble - Ville de Gatineau
- MADA Committee Pontiac
- Comité de la petite-enfance Pontiac
- Comité des aînés Pontiac
- Provincial Employment Round Table



250+

Representation
Meetings Attended

COMMUNITY CONNEXIONS

WHERE TO TURN: CONNECTING PEOPLE TO LOCAL SERVICES

True to our mission of creating meaningful connections, we continued to strengthen links between English-speaking residents and essential services in the MRC des Collines. In partnership with the CISSS de l'Outaouais and the TDS des Collines, we organized a **Roadmap to Services** event that brought together 30 local and regional organizations, including CISSSO professionals, to help individuals, families, and seniors better understand and access available health, social, legal, financial, caregiver, and youth services. The event attracted **over 100 participants**, demonstrating a strong interest in learning about local resources and supports.

This initiative also created opportunities to build and reinforce partnerships with regional and local organizations. Participants shared that they discovered services they were previously unaware of, and the presentation on the 811 health information and referral service was especially appreciated. By creating these opportunities for connection, **we help residents navigate services more confidently**, strengthen collaboration among partners, and build a more resilient community.





A SPECIAL WINTER SOLSTICE REMEMBRANCE GATHERING

Connexions hosted a Winter Solstice Remembrance Gathering at the Centre Communautaire Wakefield La Pêche Coop, bringing community members together to honour loved ones and find comfort through shared reflection. Through the Remembrance Tree, candle lighting, and the sharing of memories, participants experienced a meaningful opportunity for connection, healing, and support during the holiday season.

COMMUNITY OUTREACH

Connexions remains actively involved across the region, both by organizing and participating in a variety of events that help us stay connected to the English-speaking community. From information sessions and outreach activities to health fairs and school transition events, our team continues to engage with residents where they are.

Over the past year, **Connexions took part in more than 75 events**, offering support and hosting information kiosks to share resources, build connections, and increase awareness of available services. These opportunities allow us to bring important information directly into communities and help individuals and families discover programs and resources in a welcoming and accessible way.

Highlights included participating in the annual **Salon FADOQ**, **the Autism Walk** at Philemon Wright High School, the **Anti-Homophobia and Transphobia BBQ**, sponsored by Jeunesse Idem, and the **Shawville Fair** in collaboration with the CISSS de l'Outaouais and the Pontiac Users' Committee. Connexions attended **K4 and K5 open houses** organized by the Western Québec School Board to support families as they prepare for school and navigate early childhood services.

These events create valuable opportunities to foster relationships, share information, and support individuals and families of all ages throughout the region.

UNDERSTANDING THE REALITIES OF OUR YOUNGEST COMMUNITY MEMBERS

Connexions released an updated portrait of **English-speaking children aged 0–5 and their families** in the Outaouais, using 2021 Census data, EQDEM 2022 results, and findings from a 2025 community survey. The report provides valuable insights into the demographic, social, and health realities of young English-speaking children and their families and highlights key challenges related to child development, access to services, and family well-being.

This updated portrait will help Connexions and its partners better **understand the evolving needs of families** and **inform future planning**, partnerships, and initiatives that support the healthy development and well-being of English-speaking children across the Outaouais.



SUPPORTING ENGLISH-SPEAKING PRESCHOOLERS IN THE OUTAOUAIS

16.4%

English-speaking preschoolers
Children aged 0–5 in the Outaouais

**Pontiac + Gatineau
Regional concentration**

Highest proportion + largest number

Family pressures

Income, employment, housing, and single-parent challenges

42.5%

Developmental vulnerability
Above the Québec rate of 37.5%

Access to English-language services

Families continue to report challenges accessing health and social services in English.

Why it matters

This portrait reinforces the need for targeted services, cross-sector partnerships, and continued representation so English-speaking children and families can thrive across the Outaouais.

SUPPORTING FUTURE HEALTH AND SOCIAL SERVICES PROFESSIONALS

Through funding provided by **Dialogue McGill**, Connexions proudly administers the **McGill Bursary Program** in the Outaouais region. This annual program supports bilingual **students pursuing studies in health and social services fields** who are committed to working in a public health & social services institution in the region upon graduation. By reducing financial barriers and encouraging local retention, the bursary program helps strengthen the future workforce and improve access to care for our region’s English-speaking population.

CONGRATULATIONS TO OUR 2025 BURSARY RECIPIENTS!



Jason
Poulin



Charles
Gervais



Yves Roland
Ngouadjeu Fouetio



This year, Connexions awarded \$15,000 through the Health and Social Services Community Bursary Program to support students in completing their studies in the field of health and social services.

PROGRAMS OF STUDY HAVE INCLUDED



Pharmacotherapy, Speech-Language Pathology, Nursing, Immunology & Microbiology, Community Health, Audiology, Social Work, Doctor of Medicine.

INSPIRING THE NEXT GENERATION

Connexions **actively promotes careers in health and social services** by sponsoring kiosks at high school career fairs across the region. These events give students the opportunity to explore rewarding career paths while learning about the importance of serving the local English-speaking community. We also hosted a kiosk at **McGill University’s Gatineau Campus Journée JOPE**, connecting directly with medical students and reinforcing the value of practicing in bilingual and rural settings.



Since 2011



41
Bursaries



40
Students



\$268,750
Total
Investment

SUPPORTING PARENTS AND THEIR CHILDREN

Connexions is committed to supporting the physical, mental, and emotional wellbeing of English-speaking families and their children. Through collaborative partnerships and evidence-based programming, we empower families to thrive.

ITSY BITSY TOTS PLAYGROUP: NURTURING EARLY DEVELOPMENT AND COMMUNITY CONNECTIONS (CHSSN)

This program helps create a welcoming space where families can build connections, reduce isolation, and engage with others in their community. Through play-based activities, young children have opportunities to explore, develop social skills, and support their early learning, while parents and caregivers can connect with one another and share experiences during an important stage of family life.

The Connexions Play Group also provides valuable experiential learning opportunities for students in the Early Childhood Education program at CEGEP Heritage College. By observing child development, interacting with families, and leading age-appropriate activities, students gain practical experience that complements their academic learning and helps prepare them for future careers in the field.

“

« A key strength of the program is its dedicated leader, Krish, whose skill, warmth, and professionalism are evident in every aspect of the playgroup.”

“These authentic learning opportunities help bridge theory and practice, supporting students as they build confidence and practical skills essential to their future careers.”

- Kathryn Doyle Professor ECE Department Cegep Heritage College



ITSY BITSY TOTS PLAYGROUP

178

parents and
caregivers

215

children

23

Two-hour
playgroup sessions

NOBODY'S PERFECT PROGRAM

Offered by Connexions and sponsored by **CISSSO**, the *Nobody's Perfect* program provides a supportive space for parents of young children to share experiences, build parenting skills, and gain confidence. Through guided discussions and interactive activities, parents learn practical strategies for everyday challenges while connecting with others in a welcoming, non-judgmental environment.

READY, SET, LEARN!

SUPPORTING THE TRANSITION TO SCHOOL

To help children feel prepared and confident as they **transition from home or daycare** to school, Connexions distributed **school transition kits** to families across the region. These kits were delivered to elementary schools in collaboration with the **Western Québec School Board (WQSB)** and funded by **Centraide Outaouais**. Each kit includes helpful tools and resources to support early learning, ease anxiety, and make the transition to kindergarten a positive experience for both children and parents.



600+

Kits & Back-to-School Bags

PARENT RESOURCE CAPSULE INITIATIVE: SUPPORTING FAMILIES IN THE PONTIAC (CISSS DE L'OUTAOUAIS)

Through the Fonds de soutien aux pratiques parentales, Connexions partnered with **Le Patro**, **Bouffe Pontiac**, **CSSHBO**, the Western Québec School Board (**WQSB**), the **CISSS de l'Outaouais**, la **Maison de la Famille Pontiac**, and the **Western Quebec Literacy Council (WQLC)** to develop a series of informational capsules for parents of children aged 0–7 in the Pontiac. [Watch the capsules on Vimeo.](#)

This first series, focused on **supporting families through the transition to school**, was completed and distributed through partner networks. Building on this success, four additional capsules will be developed next year. By bringing together **local expertise**, this initiative helps parents better understand and access the programs, services, and resources available in their community, supporting the well-being and healthy development of young children and their families.

BACK-TO-SCHOOL BAGS

Once again, Connexions distributed **back-to-school bags** to **deserving students in need** across the region, helping ensure they start the school year with the supplies and confidence they need to succeed. This ongoing initiative supports families facing financial challenges and promotes equal access to education for English-speaking students throughout the community.



“

We are incredibly appreciative of Connexions Resource Centre's continued generosity and support of our families. The school bags and supplies will make such a meaningful difference, and we are so grateful to be able to share them with students who need a little extra help starting the year off strong.

- Samantha Halpin, Principal, Lord Aylmer Elementary

ENGAGING YOUTH, STRENGTHENING COMMUNITY

SUPPORTING YOUTH THROUGH PEER CONNECTION

Connexions' **peer support groups** at local high schools have been a great success, providing a safe and welcoming space for students to share experiences, build resilience, and support one another.

Offered in collaboration with the Western Québec School Board (WQSB), the program engaged **over 150 participants**, helping to strengthen emotional well-being, reduce isolation, and foster a sense of community among English-speaking youth.



PROMOTING WELLNESS AND EDUCATION AT HAEC

In partnership with the **Hull Adult Education Centre (HAEC)** hosted a dynamic event focused on promoting student wellness and access to community resources. The event featured **15 community kiosks** and **6 workshops**, with **over 200 students** participating throughout the day.

Connexions played a key role in planning and organizing the event—collaborating on workshop topics, identifying facilitators, and reaching out to community partners to invite their participation. The goal was to provide students with valuable resources and information related to **mental and physical health**, as well as local services and supports available after HAEC.

In addition to our role in coordination, **Connexions hosted a kiosk**, where we shared information and resources to support student well-being. The event also fostered stronger collaboration among participating organizations, enhancing community connections.

YOUTH MENTAL HEALTH INITIATIVE

Through the Youth Mental Health Initiative, **Connexions strengthened access to mental health supports for English-speaking youth** by expanding partnerships, increasing awareness of available services, and creating meaningful opportunities for youth to help shape the programs and resources intended for them.

Over the year, Connexions worked with **16 partners**, including schools, Heritage College, Aire Ouverte, CISSS de l'Outaouais, and community organizations, to better understand service gaps and improve referral pathways for youth and families. This collaborative work helped identify unmet needs in areas such as grief support, anger management, and services for youth on the autism spectrum and their families.

To support earlier access to care, **six new bilingual resources** were created or adapted, and **500 mental health materials** were distributed through schools, career fairs, peer support groups, and outreach events. These resources helped youth, families, and service providers better recognize available supports and navigate pathways to assistance.

Youth engagement remained central to the initiative. Connexions delivered **17 peer support activities** in two English-speaking schools and reached **165 youth** through hands-on sessions focused on mindfulness, stress management, and positive mental health. New polling methods also gave youth a stronger voice in shaping future programming and resources, and **85% of participants reported satisfaction with the activities offered**.

By **creating safe spaces for dialogue, strengthening cross-sector partnerships**, and **listening directly to youth**, Connexions helped build a more responsive and connected support network for English-speaking youth across the Outaouais region.



STRENGTHENING ACCESS TO MENTAL HEALTH SERVICES FOR ENGLISH-SPEAKING COMMUNITIES

Connexions **increased awareness** of mental health resources, **strengthened referral networks**, and **improved access to support** for English-speaking residents through community outreach, partnerships, staff training, and direct services.

Throughout the year, Connexions worked to make mental health services more accessible for English-speaking residents across the Outaouais. Through **activities in schools, adult education centres, and community settings**, residents learned about available resources and were connected to the services and support they needed.

Partnerships with organizations such as Aire Ouverte, schools, and adult education centres **strengthened referral pathways** and **improved collaboration between service providers**. Young Carer information cards and mental health resources also helped reach youth and caregivers earlier and connect them to available supports.

Staff participated in training on topics such as suicide prevention, gender and sexual diversity, and digital mental health, increasing their ability to respond to community needs. Connexions also delivered **Mental Health First Aid training to 24 students at the McGill satellite Faculty of Medicine** and provided **information, referrals, active listening, and navigation support** to vulnerable residents seeking mental health services.

These efforts increased awareness of mental health resources, strengthened partnerships between organizations, and improved access to timely and appropriate support for English-speaking residents across the Outaouais.

EMPOWERING SENIORS AND SUPPORTING CAREGIVERS

Our Seniors Wellness Program is dedicated to understanding and addressing the unique needs of seniors. We connect them with essential public and community services and provide activities designed to reduce social isolation, promote healthy living, and enhance mental well-being.

BY THE NUMBERS



124

Activities Offered



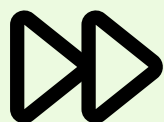
11

Volunteers Engaged



1,422

Total Participants



81

Referrals made to
health and social
services

356

Unique
English-speaking
seniors reached



SENIORS WELLNESS INITIATIVE (SWI) (CHSSN)

Our Seniors Wellness Program is dedicated to understanding and responding to the evolving needs of older adults. Through meaningful engagement and personalized support, we offer activities that **reduce social isolation**, promote healthy and active lifestyles, and support mental and emotional well-being while connecting them to essential public and community services.

Building on the success of our programs in **Aylmer, Buckingham, MRC des Collines-de-l'Outaouais, and MRC du Pontiac**, we continued to expand our reach and create meaningful opportunities for seniors to connect, learn, and thrive. Participant feedback and heartfelt expressions of gratitude reflect the lasting impact of these initiatives, which strengthen social connections, foster a sense of belonging, and contribute to resilience and an improved quality of life.

We are deeply grateful to our community partners, whose collaboration and ongoing support help make these programs accessible close to home. Their commitment creates **welcoming spaces** where seniors can **build connections**, **access resources**, and **remain actively engaged** in their communities.

REACHING VULNERABLE SENIORS IN GATINEAU (AYLMER SECTOR) (ITMAV / MSSSS)

With dedication and compassion, our Seniors Outreach Worker provided wellness checks, accompaniment, guidance, and personalized support to some of the community's most isolated and at-risk older adults. Thanks to the ITMAV program, Connexions reached **682 vulnerable seniors** in the Aylmer sector of Gatineau.

Support ranged from providing information and assistance with medical appointments to helping seniors navigate essential services such as transportation, housing, justice, financial aid, home care, and community resources. In urgent situations, staff coordinated emergency interventions to ensure seniors received timely support, helping them maintain their well-being, independence, and ability to remain connected to their communities.

Highlights

- **682 vulnerable seniors reached**
- **411 seniors accompanied** and connected to specialized resources, government services, and community organizations
- **1,123 hours of direct support** provided throughout the year

This work continues to play a vital role in reducing isolation and ensuring that vulnerable seniors receive the timely support and services they need to remain safe, connected, and independent.



CAREGIVING: SUPPORTING, IDENTIFYING AND CONNECTING

THE APPUI PROGRAM (L'APPUI)

With the support of l'APPUI, Connexions continued to provide accompaniment, information, psychosocial support, and community-based activities tailored to caregivers of older adults.

2025–2026 Highlights

- 212 unique caregivers reached
- 173 caregivers aged 65 and over
- 988 hours of direct support provided
- 6,490 hours of support received

Despite staffing transitions this year, services were maintained through **strong staff collaboration** and an **integrated approach** that recognizes that many seniors are also caregivers, while many caregivers are themselves seniors. This approach strengthened links between caregiving programs and seniors' wellness initiatives, improving the identification of needs, referrals to appropriate resources, and continuity of support.



MEASURE 38 (CISSS DE L'OUTAOUAIS)

Measure 38 further strengthened Connexions' community-based outreach efforts to identify, reach, and support caregivers where they live and gather.

Key activities included:

- 16 individual accompaniment interventions (128 hours of direct support)
- 10 listening circles held in five Pontiac communities, reaching an average of 8 participants per session
- A partnership with ABRI at Espace Dep Sylvestre, resulting in 12 additional sessions with an average of 12 participants each

These initiatives created **safe spaces** for sharing experiences, **building supportive relationships**, and **increasing awareness** of available resources. By integrating caregiver support into seniors' activities, Connexions was able to reach individuals who may not identify themselves as caregivers. Through community presence, active listening, and early identification of needs, Connexions helped reduce isolation, strengthen support networks, and deepen its understanding of caregivers' realities across the region.

“This year reminded us that supporting caregivers often means supporting the very people who are experiencing the realities of aging themselves. When we create spaces of support for seniors, we also reach those who care for others.”

— Marquis Bureau, Community Coordinator (Caregivers)

CONNECTING SENIORS AND YOUTH

TAPPING INTO OUR SENIORS' HERITAGE (CANADIAN HERITAGE)

The [Connecting Seniors and Youth: Tapping Into Our Seniors' Heritage project](#) created meaningful opportunities for English-speaking seniors and CEGEP Heritage College students to connect, share experiences, and celebrate the cultural heritage of the Outaouais through art. By pairing 10 seniors with 20 students, the initiative **transformed personal stories into creative works** that honoured lived experience and strengthened ties across generations.

Beyond the artwork itself, the project helped **reduce social isolation**, **build confidence**, and foster a **stronger sense of belonging** among participants. Regular sessions with local artists encouraged seniors and youth to listen, learn, and collaborate in ways that deepened mutual understanding. Participants reported meaningful intergenerational interactions and a renewed appreciation for the stories, traditions, and contributions of the English-speaking community.

The impact extended beyond the participants through a **public exhibition at CEGEP Heritage College**, where the community gathered to view the completed works and celebrate the shared journey behind them. A **project toolkit** was also developed to help other communities across Québec replicate this intergenerational initiative that strengthened community connection, preserved local heritage, and inspired future collaboration.



IMPROVING ACCESS TO LEGAL RESOURCES

ÉDUCALOI

Through our partnership with Éducaloi, Connexions helped English-speaking community members better understand their rights and access reliable legal information close to home. **Nine legal information workshops** were offered across the Outaouais, reaching at least **103 participants** and achieving a **100% participant satisfaction rate**. Topics included powers of attorney, fraud prevention, housing rights, complaint procedures, and government benefits.



INFO-JUSTICE: A KEY PARTNER IN IMPROVING ACCESS TO JUSTICE

Through its new mobile clinic, which pairs a lawyer and a social worker, Info-Justice offered free legal walk-in clinics in collaboration with our Shawville and Wakefield offices, **improving access to legal support** in the Pontiac and MRC des Collines. These clinics were well attended and have become a valuable resource for community members. Info-Justice has also been an important referral partner, helping English-speaking individuals access appropriate legal services and support.

CONNECTING MINDS, SUPPORTING LIVES

Connexions is dedicated to fostering a supportive and inclusive environment for our community. We focus on providing programs and initiatives that promote mental health and wellbeing through connection, understanding, and support. Our efforts aim to meet the unique needs of diverse groups and ensure everyone has access to resources that can make a positive difference.



LIVING WITHOUT VIOLENCE: SUPPORTING POSITIVE CHANGE

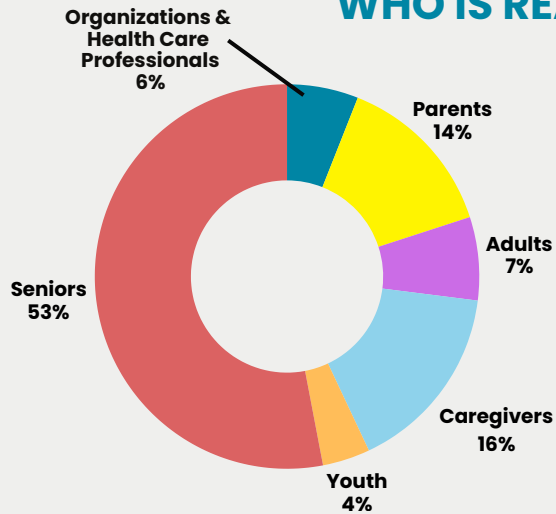
In partnership with **Donne-toi une chance** (DTUC), Connexions continued to deliver the Living Without Violence Program, a 30-week intervention program that supports English-speaking men in developing healthier relationships and preventing violent behaviours. **18 participants** have completed or are currently participating in the program, with an additional five men on a waiting list.

The program combines weekly group sessions with individual follow-ups and is co-facilitated by Connexions and DTUC. Participants are referred through the courts, probation services, or youth protection services (DPJ), while ongoing assessments and progress reports help support their individual goals and accountability.

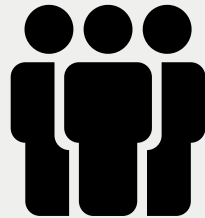
This partnership has **expanded access to services** for English-speaking men across the Outaouais, including those living in rural communities such as Maniwaki and the Pontiac, who would otherwise have limited access to these specialized supports. Following completion of the program, participants are invited to continue attending maintenance and support groups that encourage long-term personal growth, accountability, and positive change.

CONNECTING PEOPLE TO HELP, WHEN IT MATTERS MOST

WHO IS REACHING OUT?



77%
WOMEN



23%
MEN



WE RECEIVED
1,200+
INQUIRIES OVER THE
PAST YEAR

HOW & WHY ARE PEOPLE REACHING OUT?



Reached out via
telephone

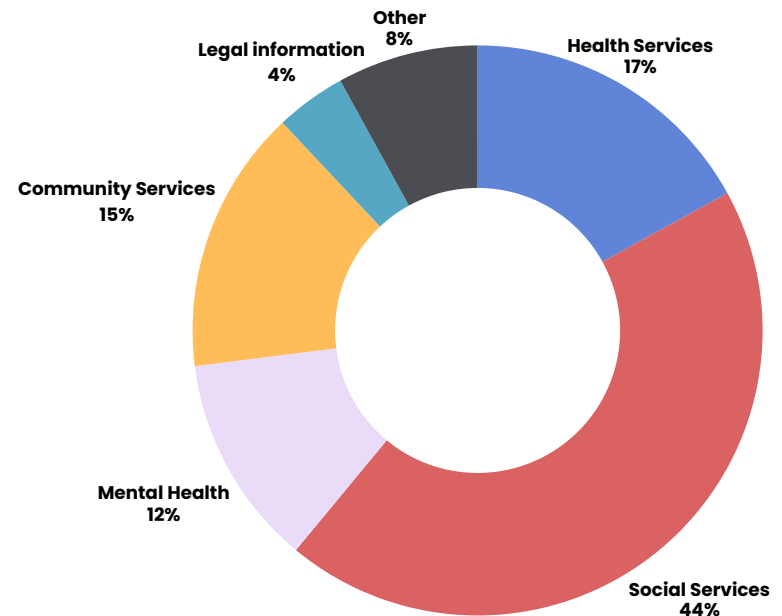
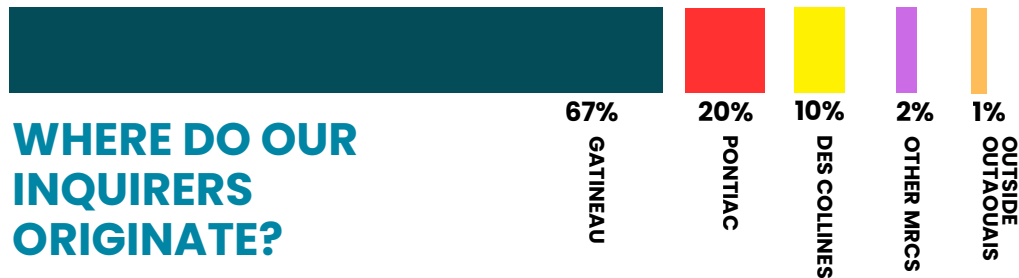


Contacted us through
email, social media



Received in-person through
office drop-ins and outreach
activities

WHERE DO OUR INQUIRERS ORIGINATE?



COMMUNICATIONS ACTIVITIES

NEWSLETTERS

Connexions distributes an email newsletter to our members.



32%

Open Rate



1,890

Subscribers



7%

Web traffic originates from email

SOCIAL MEDIA

Regular posts keep our followers informed of news and events.



3,400+

Facebook Followers



230,000+

Facebook Views



2,500+

Facebook Interactions



18 %

Web traffic originates from social media

WEBSITE

Our website is the best way to register for events, as well a link to our partners and important information.



1,480

Monthly Average Visitors



3,715

Monthly Average Page Views



20%

Traffic originates from search

ADVERTISING

We continue our commitment to supporting print media and our local media outlets.



50+

Advertisements