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(613) 921-5565



Program Partners

Supporting Veterans & Family Members



Mood Disorders Society of Canada
Société pour les troubles de l'humeur du Canada



empath



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Société pour les troubles de l'humeur du Canada

To improve the quality of life of Canadians impacted by mental illness so they can live the most fulfilling life possible.

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The opinions and interpretations in this publication are those of the author and do not necessarily reflect those of the Government of Canada.

Enhancing Connections

- Applied Peer Support
- First Step Program for Veterans
- Veteran Volunteer Hub
- Companionship Connection Line

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About the Program

It is well known that social engagement and connecting to others improves our sense of overall well-being. Veterans and their Family Members can increase their resilience and build connections that will strengthen the Veterans' community.

There are four options available in this program to assist Veterans and their Family Members.



1. Applied Peer Support Workshop

This one-day workshop offers the participant a practicum in peer support. It includes real-life scenarios to build confidence and competence in handling true-life situations that are common challenges peer support workers face.

2. 'First Step'

The 'First Step' program uses a real approach, by real people, taking on the real issues of mental illness and how to take the first step to recovery. Addressing stigma by bringing real people and well-known personalities together to have an engaging conversation about life. Provided through a series of self learning modules and "Big Shows", this program is extremely pertinent to the Veteran community.

3. Volunteer Hub

Veterans and/or their Family Members can serve their community by volunteering. To make this experience meaningful, their skills and interests will be aligned providing a sense of purpose while giving back.

4. Companionship Connection Line

Veterans and Family Members can connect and engage in one-on-one calls, speaking informally with a caring Veteran or Family Member. The connection line offers social calls that foster a sense of belonging.

To learn more about the program offerings apply online, send us an email or call.



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