



Press Release

For immediate distribution

### **Four French Health and Wellness Promotional Projects selected by the PEI French Health Network**

**WELLINGTON (PEI), March 27, 2015** – Last December, the PEI French Health Network invited groups and organizations of the province to submit health promotion project proposals with the objective of strengthening individual and collective capacities to support health and wellness in French. The PEIFHN is pleased to announce the four projects that have been selected for 2014-2015.

#### **La Coopérative d'hébergement Le Bel Âge Itée : *C'est quoi vivre dans un foyer? (Living in a seniors' home)***

To better prepare seniors in the Evangeline, Miscouche and Summerside areas who may have to move into an apartment, a community care facility or a long-term seniors' home, two information sessions were offered. Their purpose was to help people make the right decisions when the time comes to leave their home. Among the topics of discussion were the stress that such a decision can create, the different types of housing available and steps to follow when moving.

#### **Cap enfants Î.-P.-É. : *Groupe pour parents – Charlottetown (Parent group – Charlottetown)***

Cap enfants will provide the opportunity to Francophone families of the Charlottetown area who have children to get together on a regular basis and create friendships. These gatherings to be held at the Carrefour de l'Isle-Saint-Jean will allow them to learn and exchange on topics such as children's wellness and family life.

#### **La Coopérative d'intégration francophone de l'Î.-P.-É. : *Journée de jumelage (Match-up day)***

A match-up day will be organized to promote openness and bridging between various cultures, create friendships among families and welcome newcomers in a new Acadian and Francophone community. This day is planned for March 29 at the Carrefour de l'Isle-Saint-Jean in Charlottetown.

#### **Le Conseil scolaire-communautaire Évangéline : *Les relations entre parents et adolescents (Active parenting of teens)***

To promote better communication and respect between parents and their teens or preteens, this free program has been developed for parents. It will be offered over six consecutive weeks on Tuesday nights (as of March 31). Several themes will be discussed including discipline; self-esteem and courage; problem solving; cooperation; drugs, sex and violence; and communication.

The PEIFHN will seek proposals again in the spring for new promotion projects for 2015-2016.

*The PEI French Health Network is a non-profit organization that collaborates with various partners in order to improve access to quality French-language health services and programs for Prince Edward Island's Acadian and Francophone population. The organization brings together representatives from target community groups, educational facilities, health professionals, health service managers and the provincial government. It is also one of 16 networks that make up the Société Santé en français.*

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