



Press Release

For immediate release

**Abder Sahouli, a caring, accessible and dedicated psychologist**

**Montague, PEI - December 23, 2015** – The purpose of the PEI French Health Network's Étoile Santé campaign is to promote, recruit and make people aware of health professionals who offer French-language health services in Prince Edward Island. The Health Network is pleased to announce that its Étoile Santé (Health Star) for December is psychologist, Abder Sahouli.

Born in Algeria, Abder Sahouli is a Francophone psychologist who has been living and working in Montague for the past 22 years. His competence and generosity has been observed by the Coopérative d'intégration francophone (CIF) (PEI Francophone integration cooperative) and he has become one of its collaborators. "The CIF has established a support group to provide French language newcomers with the opportunity to confidently talk about their issues with a mental health professional, and Dr. Sahouli provides that service to Francophone newcomers. He even makes himself available on Sundays," said Dottie Daly of the CIF.

"In Montague, I don't have many opportunities to speak French. This CIF support group allows me to speak French and be very useful to participants. Changing countries and lifestyles changes a person's points of reference. It creates cultural, linguistic and financial issues. It's important to be able to discuss all that and to do it in one's own language," said Dr. Sahouli.

In his opinion, when his Francophone clients can express themselves in their own language, they tend to progress more rapidly. "As soon as my clients know that they can speak French to me, they open up and I can help them more effectively because they can express themselves better and with more emotion."

Being an immigrant himself, Dr. Sahouli is well positioned to understand how newcomers feel. In fact, because he speaks Arabic, he has been asked by the people of the area to facilitate communication with the Syrian newcomers who will be settling there in the near future.

Dr. Abder Sahouli's contact information can be found in the directory of bilingual service providers at [www.santeipe.ca/repertoire](http://www.santeipe.ca/repertoire). People are encouraged to nominate health professionals who actively offer French-language health services in Prince Edward Island. For more information on the Étoile Santé campaign or to nominate someone directly on the PEIFHN's Web site, go to [www.santeipe.ca](http://www.santeipe.ca).

*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. The PEI French Health Network is funded by Health Canada within the framework of the Roadmap for Canada's Official Languages 2013-2018: Education, Immigration, Communities.*

**Photo:** Abder Sahouli

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