



News Release

For immediate release

First French Mental Health Forum to be held in Summerside on June 16

Summerside, PEI, June 3, 2015 – The PEI French Health Network is pleased to announce the first French Mental Health Forum, entitled “Santé vous bien!” (Feel healthy!), which will be held at the Centre Belle-Alliance in Summerside on June 16, 2015 from 4:00 p.m. to 7:30 p.m. The Forum is free and open to everyone. This event will give people the opportunity to learn more about mental health resources and stakeholders in a positive and fun atmosphere.

This Forum was made possible through a partnership with the Village des Sources l'Étoile Filante and the PEI French Language School Board. The goal of this initiative is to raise awareness and shed light on mental health, an issue that affects everyone. Mental health is about finding a balance between the many different aspects of life, whether it is at the social, professional, spiritual, financial or physical level.

There will be a school component in the afternoon between 1:30 p.m. and 4:30 p.m. Students from grades 5 to 9 from the Island's six French schools will attend workshops related to personal well-being.

The Forum will then be open to the public from 4:00 p.m. to 7:30 p.m. There will be several booths offering a variety of resources and information. People will be invited to fill out a passport for a chance to win prizes while learning more about mental health.

A free meal will be served at 5:00 p.m. – it should however be noted that donations for the Village des Sources l'Étoile Filante will be accepted. There will also be a French puppet show with black lights, entitled *Les Insécurités de Jean Rhubarbe*, at 6:00 p.m. This show will focus on bullying and is intended for all.

At 6:30 p.m., Anne Bernard-Bourgeois, superintendant of the PEI French School Board, will close up the Forum with an inspiring lecture about the importance of good mental health.

For more information about the Forum's programming, check the event's Facebook page (“Santé vous bien! Premier forum francophone sur la santé mentale”) or contact Patricia Richard by e-mail at parichard@gov.pe.ca or by phone at 902-854-7444.

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.

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