

Subject: Explanatory letter about the psychoeducational workshops offered by Relief

418, Sherbrooke East Street,
office 300, Montreal, Qc
H2L 1J6

To Whom It May Concern:

I am writing to provide some explanations about the group workshop your client would like to take with our organization.

Living with a better workplace balance is a 10-week psychoeducational workshop that consists of one 2.5-hour meeting per week, led by contract employees who work for Relief. Each week, the participants address specific topics, receive concrete information, participate in discussions and do exercises with the goal of helping them regain balance and better manage their work-life on a daily basis.

More broadly, we provide support to people seeking to regain control of their health by helping them implement a wide range of strategies to improve their quality of life and mental health. The idea is to empower participants to make good use of the resources available to them while taking a proactive role in their recovery. This approach, called self-management support, while not a replacement for psychotherapy or medical care, is among the best practices recommended by the WHO and by Québec's Ministère de la Santé to deal with mood or anxiety disorders.

Our workshops were developed and validated jointly with a psychology research team, who ensured the approach is based on psychoeducational best practices related to depression, anxiety and bipolarity. This process included an extensive scientific literature review, pilot workshops followed by participant interviews, and a thorough content review by a multidisciplinary panel of expert prior to approval of the final versions.

You can find more information at relief.ca/self-management-workshops.

For insight into how the approach performs, you can read the report on the pilot study to assess the effectiveness and acceptability of the depression self-management workshop, conducted by Dr. Janie Houle, Ph.D.:

[:vitalite.ugam.ca/images/Publications/AAD_Revivre/Resume_resultats_AAD.pdf](http://vitalite.ugam.ca/images/Publications/AAD_Revivre/Resume_resultats_AAD.pdf).

We trust everything is to your full satisfaction. Feel free to contact us for more information, as needed.

Sylvie Elsig
Clinical coordinator
sylvie.elsig@relief.ca

rolief

418, Sherbrooke East Street, office 300 (3rd floor)
Montreal (Quebec) H2L 1J6
Phone: (514) 529-3081
relief.ca

Receipt #XX-XXXXXX
Issue date: YYYY-MM-DD

Service given to:

Name
Address
City, Province
Postal Code
Email

Relief self-management workshop

Workshop name: Living with a better workplace balance - *Workshop Format - Time Slot - Date*

Duration: from YYYY-MM-DD to YYYY-MM-DD

YYYY-MM-DD 55.00\$
YYYY-MM-DD 55.00\$
YYYY-MM-DD 55.00\$
YYYY-MM-DD 55.00\$
YYYY-MM-DD 55.00\$
YYYY-MM-DD 55.00\$
YYYY-MM-DD 55.00\$
YYYY-MM-DD 55.00\$
YYYY-MM-DD 55.00\$
YYYY-MM-DD 55.00\$
YYYY-MM-DD 55.00\$

Total amount paid: 555 \$

Payment method: *Type of Card*

Relief self-management workshops are a 10-week psychoeducational workshop that consists of one 2.5-hour meeting per week, led by contract employees who work for Relief. Each week, the participants address specific topics, receive concrete information, participate in discussions and do exercises with the goal of helping them regain balance and better manage their symptoms on a daily basis.

The content of the self-management workshops was validated by a committee of experts made up of psychiatrists, physicians, psychologists, professors, health professionals (of which I was one), as well as people living with mental illness. The facilitators' training was recognized by the Ordre des psychologues du Québec and the Ordre des Travailleurs sociaux et thérapeutes conjugaux et familiaux du Québec.

Michèle Lambin TS psychologue

MICHÈLE LAMBIN
Social worker, psychotherapist, clinician, trainer and supervisor
Emeritus member of OTSTCFQ
Recognized by the OPQ
Holder of an EMDRIA Supervisor International Certification
License no: LAMM9002090TS