

My role as a Pathfinder

and the project I am getting involved in

THE PATHFINDERS NETWORK IN PSYCHOLOGICAL HEALTH

This project was launched by the Ministry of Health and Social Services in every district of the Laurentians administrative region.

Its goal is to promote **community recovery** by:

- **Helping individuals and the community** to manage the impacts of the pandemic and related health measures
- **Promoting community resilience and fostering a caring culture** through strategies to promote self-care and the care of others
- **Promoting the resources and activities** available in each district that contribute to community well-being
- **Mobilising the public** to reinforce the social fabric and to foster supportive relationships
- **Reaching everyone in the community** in all walks of life and geographical sectors and gaining insight into their lives and needs

MY ROLES

- ✓ **To be there for my community**
by listening, showing empathy and caring
- ✓ **Getting involved in my community**
and contributing to wellness by putting forward community and municipal activities
- ✓ **Sharing ways of caring for oneself and taking care of others**
with the people around me and sharing the tools of the Pathfinders network
- ✓ **Recognising signs of stress**
and sharing strategies to manage stress, suggesting where to find support if desired
- ✓ **Being the eyes and ears of my community**
and reporting my observations to my relay team
- ✓ **Referring people to resources**
in the community or within the CISSS in consultation with my relay team

A REWARDING COMMITMENT

Being a Pathfinder is rewarding!

Contributing to the well-being of my community can foster my **self-esteem** and my **sense of accomplishment** and **belonging to my community**



STAYING HEALTHY

IN MY ROLE AS A PATHFINDER

To preserve my **well-being** during my involvement:

- ➔ **Practise self-care**
- ➔ **Respect my limits**
- ➔ **Avoid carrying other people's burdens on my shoulders**
- ➔ **Work with my relay team**

The main purpose is to increase the capacity for adaptation and the resilience of individuals in the community during the pandemic and the post-pandemic