

WELCOMING PROCEDURES

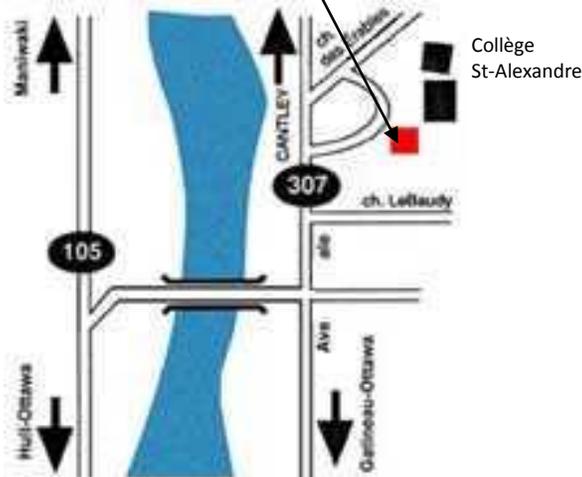
☎ All you need is a phone call to have us proceed to an assessment of your circumstances. Later on, your request shall be forwarded to one of our therapists. This person will call you to arrange a first appointment.

MAXIMUM WAITING PERIOD

When feasible, we answer assistance requests in less than three weeks; we are committed to providing timely help.

CONSULTATION HOURS

Monday to Friday, from 8h30 A.M. to 9 P.M.



Maison Alonzo Wright:

**A mission for the community
performed by the community**

**Various manners to act in
solidarity with our mission and purposes:**

Membership

The annual 20 \$ fee entitles you to be an active member with the right to vote at the annual General Assembly. Moreover, it includes a subscription to *La Maisonnée* and a rebate for some activities.

Donations

The Maison Alonzo Wright depends on financial aid from our donors to sustain and develop services. Every donation is unique and highly appreciated. We deliver tax receipts. Earmarked donations and bequests are most welcome.

Volunteer work

In our large, beautiful heritage house, there are many varied opportunities for volunteer work. Everyone will find a place for personal accomplishment, according to his or her talents.

If you wish to show solidarity with our mission and participate to enhance the well-being of your own community, we welcome your call.

819-246-7277
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www.maisonalonzowright.ca



**Professional services
In relationship counselling,
psychosocial intervention,
aid for personal development**

Individuals - couples - groups

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**A home for greeting people and
listening to them during their
personal journey.**

OUR MISSION

Maison Alonzo Wright is a regional community organization. The mission can be summarized as follows:

To provide for individuals and couples, according to their financial resources, professional counselling services, psychosocial intervention and support for a multifaceted personal development.

OUR VALUES

Compassion, respect for human dignity and autonomy, responsible social commitment: all these universal human values shape the core of our mission.

AN INNOVATIVE COMMUNITY COMMITMENT

We carry out our mission thanks to the social commitment of a community of

- Professionals in relationship counselling and mental health, eager to serve the community practicing their expertise in a stimulating, creative, responsible milieu, for a minimal fee;
- numerous volunteers, including many seniors who dedicate their time, talent and lifelong experience to the improvement of the life of single persons, couples and society.

All users participate in the process through a contribution proportional to their income. We help clients to develop their capacity of empowerment and free will, while respecting their uniqueness and individual objectives.

A personal development path mobilizes every aspect of the human being: bodily, psychological, affective, social and spiritual. It takes especially into account the search for meaning and also the personal reference values of the client, his/her internal resources and potential for further development.

OUR OBJECTIVES

- To provide a welcoming space for attentive listening that facilitates personal progress for each person experiencing occasional or frequent personal difficulties, or even problems of mental health;
- To propose to seniors rewarding social activities encouraging them to keep developing and feeling productive by transmitting their knowledge, expertise and skills to their community;
- To contribute to the advancement of professional practices in relationship counselling, psychosocial intervention and multifaceted personal development: we provide a space of creative interaction, personal improvement and upgrading for seasoned professionals as well as for new practitioners;
- To respond to psychosocial needs of the community, especially those in precarious financial situation, through partnerships with local participants.

To fulfill its mission, the Maison Alonzo Wright counts on financial contributions from numerous donors and also from the **Agence de la santé et**

des services sociaux de l'Outaouais.

PROFESSIONAL SERVICES

Individual and matrimonial counselling, on a long term basis if required, offered by qualified professionals with several fields of expertise.

Group Interventions offered:

- Bereavement as lived by men (*Vivre ses pertes au masculin*) a support workshop for men;
- From self-esteem to esteem for others (*De l'estime de soi à l'estime de l'autre*);
- Coping better with persistent pain (*Mieux vivre avec la douleur chronique*);
- Experiential workshops for coping with stress and relaxing: tai-chi, yoga, etc. (*Ateliers expérimentiels de gestion du stress et de relaxation: tai-chi, yoga, etc.*).
- Development group for retirees and seniors (*Groupe de croissance destinés aux retraités et aux aînés*) and more...

COMMUNITY ACTIVITIES

- Across generations social activities
- Lectures on mental health and well-being (v.g. ex. Marcel Lebœuf)
- Handicraft fair (*Vente d'artisanat*) An annual rendezvous for regional artists and craftspeople.
- Renting of multifunctional spaces for activities related with our mission and our objectives.
- Coaching and supervision of trainees in the fields of human sciences and humanities.

