

**Subject: Explanatory letter about the psychoeducational workshops offered by Relief (formerly known as Revivre)**

418, Sherbrooke East Street,  
office 300, Montreal, Qc  
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Sir/Madam:

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

*Living with Anxiety* 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 anxiety 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 (see attached) prior to approval of the final versions.

You can find more information at [relief.ca/self-management-workshops](http://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.uqam.ca/images/Publications/AAD\\_Revivre/Resume\\_resultats\\_AAD.pdf](http://vitalite.uqam.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.

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