**Message from the Chairman**

I'm often asked why I joined Revivre. The day-to-day challenges of entrepreneurship damaged my mental and emotional health by exacerbating my limitations. I've been living with depression and panic attacks triggered by these challenges for 15 years. I love what I do, and this long and hard path through ups and downs shaped me into who I am today. I'm proud of it. I'm grateful to those around me who helped me to learn from my mood disorders and use them as positive leverage.

Did you know that globally, one in four people will suffer from a mental illness at some point in their lives? And that if nothing changes, the vast majority of them will have no way out because of the stigma surrounding these conditions?

The time has come to unite to break this stigma and talk about these things openly.

In 25 years, Revivre has built a solid reputation for supporting the self-management of anxiety, depression and bipolar disorder. Starting right now, I commit to making 2017 the beginning of a movement to break the silence and make mental health a common topic of discussion for everyone, and to create a safe space around myself where acceptance and understanding will prevail.

Together, let us make mental health a key aspect of our collective priorities and, from now on, let's view it as a national priority—for our well-being and that of our community.

---

**Message from the Executive Director**

Revivre has just finished celebrating their 25th anniversary with style. We carried out 11,500 interventions during this special year, which represents an increase of 30% over the previous year. It's quite something. In a quarter of a century, we held over 300,000 group and individual interventions to support people living with anxiety, depression or bipolar disorder.

Faced with these figures that speak volumes on the needs of the public, one thing appears evident: Revivre plays a central role in helping people regain control of their health. In the last year, we have worked to give a large place to those who have received our help. Taking advantage of the opportunity provided by the Website redesign and the creation of our YouTube Channel, 25 people agreed to be filmed expressing their gratitude for the support offered by Revivre. These video capsules, which have been viewed over 8,000 times, were a good manifestation of this project's theme: the hope of coming back to life.

Of these testimonies—each more eloquent than the next—I was especially struck by that of Valérie Rodrigue-Charbonneau, who said the following after mentioning her participation in the J'avance! Program's self-management workshops: "Revivre literally saved my life when I didn't even think it could be saved anymore." Like many people, Valérie decided, despite her awful state of being, to take action and contact Revivre in the hope of simply living. The effect of Revivre's support was to amplify the strength that was already inside her.

**Helping people regain the ability to influence their lives in a positive way** is the Revivre team's daily mission. I want to congratulate all those who dare to ask for help and extend a huge thank you to our entire team for its invaluable support.

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Jean-Rémy Provost

Martin Enault
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Our Mission

Revivre is a non-profit organization whose mission is to help those living with anxiety, depressive or bipolar disorders, and their loved ones. Revivre works in collaboration with the public and community-based mental health networks.

Our Approach

To fulfill its mission, Revivre focuses on ad hoc support through active listening and by providing information and references, as well as self-management support for mental health.

Revivre bases its work on the following guiding principle: collaborate and build alliances and strategic partnerships with the public and community-based mental health networks, as well as the private sector.
Revivre: An Overview

26 YEARS SERVING THE PUBLIC

1991
- Official launch of the services of the Association québécoise des cyclothymiques (helpline)

1992
- Guy Latraverse becomes Chairman / New name: Association québécoise des dépressifs et maniaco-dépressifs (ADMD)

1993
- Inauguration of support groups and conferences

1993-96
- Province-wide information tours

1999
- Revivre develops a youth component

2001
- Name change: Revivre / Added anxiety disorders to the mission statement

2007
- New spokesperson: Stefie Shock

2010-14
- Development of the J'avance! Program

2014
- Official launch of the J'avance! Program / New spokesperson: Véronique Bannon

2016
- 25th anniversary / 300,000th intervention / New Website for Revivre and J'avance! / YouTube Channel / New spokesperson: Pierre Craig

2017
- Passed the threshold of 1,000 participants in the J'avance! workshops per year
Our Services:
In Actions and in Figures

99% of participants recommend the workshops to others

88% is the satisfaction rate of workshop participants

INTERVENTIONS / 4,199 by phone, 2,601 by email, 339 in person

4,070 participants in 192 support group meetings

26 self-management workshops offered by Revivre for a total of 291 participants

FORUM / 57,520 posts, 5,174 threads, 3,763 users

In 2016, Revivre reached their 300,000th intervention since their foundation.

And a total of 11,500 interventions in 2016-2017.

A 30% increase in one year.

Support and information:
514-REVIVRE (514-738-4873)
or 1-866-REVIVRE, toll-free across Canada from 9 a.m. to 5 p.m. ET
revivre@revivre.org
Revivre.org
Presence on Internet and Social Networks

6,397 followers
1,076 tweets by @revivre_org
2,726 followers
259 followers
145 followers

This year on social media

1,904 new likes
99 new followers
362 new followers
31 posts

Revivre Website
220,158 Sessions
164,240 Users
74% New sessions

J'avance! Platform
35,326 Sessions
26,057 Users
73% New sessions
“Revivre literally saved my life when I didn’t even think it could be saved anymore.”

- Valérie Rodrigue-Charbonneau, person living with an anxiety disorder

“At the support group, we joked that Revivre is the moment where your head emerges from the water. We were allowed three breaths a week, which helped us to hang in there. For me, it was a light at the end of the tunnel.”

- Corrine Pulgar, participant in our support groups and Anxiety Self-Management Workshop

“I took a big step to address my anxiety by attending the Revivre self-management workshop. Over the course of the sessions, I started being able to tame the frightful beast that anxiety was to me. I’m starting to feel like I have power over anxiety. It makes me less afraid, and I have good tools to face it. I celebrate every step I take towards greater well-being.”

- Michèle Baril, participant in our Anxiety Self-Management Workshop

“Revivre was my first contact with hope. I met people there I could be myself with, who were experiencing the same kind of things I was; I recognized myself and broke free of the isolation that I suffered so much from.”

- Pierre Cardinal, person living with an anxiety disorder and having experienced an episode of depression
The J’avance! Program almost doubled in size in 2016-2017, as 1,021 people took part in one of the 99 self-management support workshops within our 35 partner organizations in various regions of Quebec and in Switzerland.
Training on Self-Management Support for Mental Health Professionals and Workers

Over the past six years, 355 mental health workers and professionals were trained by Revivre in self-management support and can now facilitate J'avance! workshops within their organization.

11 training days
141 mental health workers trained this year
113% increase
355 mental health workers trained cumulatively

Revivre included in the Ordre des infirmières’s continuing education program

As part of an agreement with the Ordre des infirmières et infirmiers du Québec (OIIQ), Revivre now offers a day of training on depression self-management as part of the Ordre’s continuing education program. Four training sessions are offered each year. In 2016-2017, nearly 50 nurses took part in the three training sessions organized by the Ordre in Montréal and Québec.

“Participants learn from each other and build relationships. Self-management support helps them to play a more active role in their recovery process. I use the principles and tools developed for J’avance! in my practice with other clients.”

- Patsy Durette, Workshop Facilitator in Matane, Nurse, Front-Line Mental Health Team, CISSS Bas-Saint-Laurent, article in Perspective infirmière magazine (September-October 2016)
Partners Offering J’avance!

Welcome to all the organizations that have recently joined the Network of Partners offering J’avance! workshops!

- Association de fibromyalgie de Laval
- Carrefour le Moutier
- Les Toises – Psychiatry and Psychotherapy Centre in Switzerland
- Centre intégré universitaire de santé et de services sociaux (CIUSSS) de l’Ouest-de-l’Île-de-Montréal (Public Health Network)
- CLSC Mont-Laurier (Public Health Network)
- Charles-Lemoyne Hospital
- Notre-Dame Hospital
- Le Phare Source d’entraide
- Four additional facilities of the CIUSSS de l’Est-de-l’Île-de-Montréal (Public Health Network)

Deployment Activities

A Strategic Plan to increase the impact of J’avance! tenfold

Given the scope of mental health needs in Canada, with 4 million people suffering from anxiety or mood disorders each year, Revivre wants to make the workshops accessible to as many people as possible by expanding the network of partner organizations offering workshops across Canada and beyond our borders. To this end, Revivre designed a four-phase Strategic Plan. The first phase (design and validation) was completed in 2014. To carry out phase 2 (deployment and results measurement), phase 3 (translation and adaptation for specific clienteles) and phase 4 (content renewal), the organization is actively seeking major partners who will share our vision by investing a total of more than $1 million over 3 to 4 years.

Support community to multiply our impact

Revivre is proud to participate in the impact8 accelerator to get coaching in business intelligence so we can identify strategies to make J’avance! workshops accessible on a large scale. Revivre and J’avance! are considered to be at the “massification” or “scale-up” stage. This support community is an initiative of Esplanade and is sponsored by MaRS.
Publication of research on our Depression Self-Management Workshop

An article was published in the fall of 2016 in the *Canadian Journal of Community Mental Health* following a study conducted by Janie Houle, Ph.D., Professor of psychology at UQAM and researcher at UQAM and at the Vitalité Laboratory, on the acceptability and potential effectiveness of the Depression Self-Management Workshop in our *J’avance!* Program.

“It is with great pleasure and without reserve that I support Revivre for the uniqueness of their *J’avance!* Program that promotes self-management of anxiety, depression and bipolar disorder. This program’s user-friendliness, generosity and potential for dissemination throughout Europe and internationally make it a model of equity, humanity, respect for the self and others, and empowerment.”

- **Dr. Manon Charbonneau**, Clinical Psychiatrist, Assistant Professor at the Université de Montréal, Member of the Mental Health Commission of Canada’s Board of Directors

“It is with great pleasure and without reserve that I support Revivre for the uniqueness of their *J’avance!* Program that promotes self-management of anxiety, depression and bipolar disorder. This program’s user-friendliness, generosity and potential for dissemination throughout Europe and internationally make it a model of equity, humanity, respect for the self and others, and empowerment.”

- **Rébecca Sablé**, Neuropsychologist and Workshop Facilitator, Les Toises, Switzerland

“The workshops were immediately successful in terms of attendance but also in terms of patient and referring therapist satisfaction. They meet the needs of our clientele so well that we plan to train more professionals and offer the workshops in two more cities soon.”

- **Rébecca Sablé**, Neuropsychologist and Workshop Facilitator, Les Toises, Switzerland
Qualaxia Webinar on Self-Management and J’avance!

In April 2016, Revivre Clinical Director Bruno Collard and Janie Houle, a researcher at the Vitalité Laboratory, were guests in a webinar by Hélène Brouillet, Clinical Activities Specialist in the Mental Health and Addictions Program at the Centre intégré de santé et de services sociaux de la Montérégie-Est (Public Health Network).

International deployment: First workshops in Switzerland

J’avance! crossed the Atlantic Ocean last year. More than 50 people from Lausanne, Switzerland, have already taken part in at least one of the five themed workshops offered by the Les Toises Psychiatry and Psychotherapy Centre. In September 2016, Bruno Collard, Clinical Director at Revivre, travelled there to train around 15 professionals (psychiatrists, psychologists and social workers), which enabled them to facilitate workshops using the J’avance! Program’s materials and approach.

In this photo:
Jean-Rémy Provost, Executive Director, Stéphanie Fontaine, J’avance! Program Director and Bruno Collard, Clinical Director, sending materials to Switzerland for the first workshops to be offered in Europe.
Increasing access to workshops thanks to donations from Bell Let’s Talk and the Fondation François Bourgeois

Thanks to donations from Bell Let’s Talk and the Fondation François Bourgeois, Revivre will provide training and materials to community organizations so that they can offer J’avance! workshops to their clientele in three regions of Quebec.

Pierre Rodrigue, Vice-President, Industry Relations at Bell (centre of the photo), surrounded by Gaétan Barrette and Lucie Charlebois, respectively Minister of Health and Social Services and Minister for Rehabilitation, Youth Protection and Public Health, seen here with representatives from nine organizations that benefitted from the Bell Let’s Talk Community Fund. Revivre was represented by their Executive Director, Jean-Rémy Provost (third from the right).
“What I took away from the workshop is the self-management aspect, the crucial role each person plays in recovering from their disease. Without any guilt.”

“I feel more prepared and better equipped to manage the multiple difficult situations that led me to sink into depression. I try to apply the techniques I learned, and I’m increasingly successful at it.”
Want to hear about the positive impact of attending our workshops?
Take a moment to read these testimonials from past participants

“It finally allowed me to open up to other people and realize that I wasn’t the only one in that kind of situation.”

“These workshops helped me better accept depression and see it more as a disease. The concept of self-management gives me hope that many things can change—that we still have some control over ourselves.”

“I am 100% satisfied with the workshop. You helped me open up and rediscover the joy of living.”

“I’m not floating around in the void anymore. I understand more, I’m proactive and I apply strategies. Thank you! It changed my life.”

“Being surrounded by people who are experiencing the same thing as us and fighting the same fight is encouraging. The beauty and high level of participants are proof that plenty of good people are affected by mental illness.”

“I feel less and less helpless in facing situations and in how I cope with them. I feel like I’m better equipped, and I’m fully involved in my recovery to learn to live better with the illness.”
**News and Highlights**

**Revivre, 25 Years of Support**

Revivre: 25 years of support for people with anxiety, depression or bipolar disorder, and our 300,000th intervention in 2016

**New Bilingual Website**

Revivre got a brand-new Website for their 25th anniversary! It features wonderful testimonials from people who received support from us. Revivre wishes to salute the work of Web Integrator Benjamin Pétrieux, who took on the challenge of revamping [revivre.org](http://revivre.org) on a volunteer basis.

**Pierre Craig Becomes Spokesperson**

In November 2016, journalist Pierre Craig joined actress Véronique Bannon and singer-songwriter Stefie Shock as a spokesperson for Revivre. Having worked in journalism since 1976, Pierre was also Chairman of the Fédération professionnelle des journalistes du Québec from 2013 to 2015. For the first time, Pierre is speaking openly about his panic disorder.

See his message on page 26
To celebrate Revivre’s 25th anniversary, you will find on our YouTube Channel testimonials from 25 people who received support from Revivre and wanted to express their deep gratitude towards us. There is also a trailer for these testimonials.

8,117 views
11,259 viewing minutes
395 members

“Today, I’m happy, fulfilled, and leading a good life despite my diagnosis. Thank you, Revivre!”

**Kharoll-Ann Souffrant,**
person living with a bipolar disorder.

“Before I knew Revivre, I was a bit lost, adrift. Their helpline, support groups and workshops helped me better understand the kind of illness I was living with.”

**Michael O’Connor,**
person living with an anxiety and depressive disorder.

Revivre also wants to thank Jean-Denis Daoust, Symba-Zoé Lauzon, Jean-Pierre Maher, Élodie Paquette and BCF Business Law as well as all the participants who generously provided a testimonial.
Donnez le goût de revivre

Held on Tuesday, May 25, 2016, “Donnez le goût de revivre” raised nearly $130,000. This event was held in the magnificent Le Salon 1861 hall, an old church located in Griffintown. The occasion marked the beginning of the 25th anniversary celebrations, and guests were shown a trailer of the testimonial videos produced under the theme “L’espoir de revivre” (the hope of coming back to life). Emmy Grandmaison talked about her participation in a workshop of the J’avance! Program and how it helped her get better. The evening’s theme was “An opportunity to relive the rock and roll years,” and guests were treated to an elegant dinner preceded by a cocktail party—all on a musical backdrop of blues, rockabilly and swing. The evening ended in style with a wonderful Beatles tribute by Help!

Jean-Rémy Provost, Revivre’s Executive Director, surrounded by Patrons of Honour posing proudly at the entrance of Le Salon 1861 on the night of the event.

From left to right: Brian Bexton, M.D., FRCPC, Psychiatrist, Psychoanalyst, Vice-Chairman, Revivre and President, Association des médecins psychiatriques, 1998–2013; Serge Fournier, Partner, Lawyer, BCF; Guy Latraverse, Honorary Chairman, Revivre; Pierre Parent, President, Resort One / Hôtel Le Crystal / Croisières du Lac Champlain; Manon Teasdale Gravel, Groupe Gravel Auto; Jean-Rémy Provost, Executive Director, Revivre; Dominic Durand, Vice-President, Automobile en direct.com; Guy Gervais, President, HumanID Technologies; Serge Beaulieu, M.D., Ph.D., FRCPC, Medical Director of the Bipolar Disorder Program and Mood, Anxiety and Impulsivity Disorder Program at the CIUSSS de l’Ouest-de-l’Île-de-Montréal; Martin Enault, Executive Vice-President, Operations, C2 Montréal; and Jo-Anne Ménard Mackowiak, President, Dataglobe Canada Inc.
Fundraising Activities

MONTRÉAL WALKS for mental health
Revivre and several of their members joined the thousand walkers who took part in the eighth edition of MONTRÉAL WALKS for mental health in Downtown Montréal on October 16, 2016. The spokesperson for the event, singer-songwriter Jessica Vigneault, announced that over $40,000 was raised to be redistributed to various mental health organizations, including Revivre, which received financial support from the Foundation to continue providing their services.

Giving Tuesday
Giving Tuesday opens each holiday season, which is a popular time for donations. This recently established day of generosity is an opportunity for charities, businesses and individuals to rally for a cause of their choice and think of others. Revivre has been participating in this movement since 2013. It’s a great opportunity to showcase the benefits of the J’avance! Program grants, which allow a large number of people to access the program’s workshops. Michèle Baril, who herself received a grant to attend a workshop, gave a passionate endorsement.

Third-party funding
Revivre is receiving more and more attention from their friends and partners, who initiate activities to raise funds and increase their visibility among those who need their services.

Graduates of the Techniques de bureautique program organized a conference on stress management on November 16, 2016, at the Collège Lionel-Groulx in Sainte-Thérèse, and the proceeds were given to Revivre. In December, and for a second year, Christmas cards created for Revivre by the artist Poukinie were sold for their benefit. On March 16, at the Théâtre Granada in Sherbrooke, a group of students from the Cégep de Sherbrooke presented a musical performance by emerging groups. The show was also an opportunity to educate many people through various awareness campaigns organized during the project. We want to thank the 180 people who came out to see the show despite the snow on that memorable day! A Jeans Day at the Blue Cross also produced a cheque that the organizer of this special day gave to Revivre

Thank you, everyone!
## 2016-2017: Our Financial Statements

### Results for the year ended March 31, 2017
(and for the year ended March 31, 2016, for comparative purposes)

<table>
<thead>
<tr>
<th></th>
<th>2017</th>
<th>2016</th>
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<tbody>
<tr>
<td><strong>Revenues</strong></td>
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<td>The MSSS's Programme de soutien aux organismes communautaires</td>
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<td>Fundraiser Evening – Donnez le goût de revivre (before deducting costs)</td>
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<td>Partners – Corporations</td>
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<td>J'avance! Program</td>
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<td>Self-Financing / Other</td>
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<td>Individual and In Memoriam Donations</td>
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<td>MSSS Discretionary Fund</td>
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<td><strong>Expenses</strong></td>
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<td>Services and Activities</td>
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<td>J'avance! Program</td>
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<td>Operating Costs</td>
<td>195,969</td>
<td>149,782</td>
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<td>Fundraising Campaigns and Activities</td>
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<td>109,912</td>
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<td><strong>TOTAL</strong></td>
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<td>687,323</td>
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<th></th>
<th>2017</th>
<th>2016</th>
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</thead>
<tbody>
<tr>
<td>Excess of Revenues over Expenses</td>
<td>(28,122)</td>
<td>(39,963)</td>
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<td>Net Assets, Beginning of Period</td>
<td>92,021</td>
<td>131,984</td>
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<tr>
<td><strong>Net Assets, End of Period</strong></td>
<td>63,899</td>
<td>92,021</td>
</tr>
</tbody>
</table>
Thanking our Financial Partners
Revivre is grateful for the exceptional contribution and sustained trust bestowed upon them by their financial partners.
Membership

Being a member of Revivre shows solidarity towards people suffering from anxiety, depression or bipolar disorder. Revivre has 395 members throughout Quebec who have adhered to their philosophy and used their services.

Revivre is a member of

- Vitalité – Laboratoire de recherche
- Canadian Mental Health Association (CMHA) – Quebec Division and Montreal Branch
- Le RACOR en santé mentale (Alternative and Community Network of Organizations in Mental Health)
- Coalition for Access to Psychotherapy
- Table des partenaires du réseau local de services en santé mentale-Jeanne-Mance at the CIUSSS du Centre-Sud-de-l’Île-de-Montréal
- Centre d’excellence en électroconvulsivothérapie du Québec

Revivre adds their voice to the FFAPAMM’s initiative for changing mental health practices

As part of Mental Illness Awareness Week, Revivre supports the awareness campaign launched by the Fédération des familles et amis de la personne atteinte de maladie mentale (FFAPAMM), which includes a declaration of commitment to improve mental health practices with the theme “Parlons-nous” (Let’s Talk). Revivre adds their voice to the FFAPAMM’s initiative, which highlights the importance of maintaining better communication between all stakeholders to improve mental health practices.

Annual General Meeting

The Annual General Meeting of members of Revivre – Association québécoise de soutien aux personnes souffrant de troubles anxieux, dépressifs ou bipolaires was held on Monday, June 6, 2016, at 7 p.m., at 5140 Saint-Hubert Street, Montréal. The meeting was attended by 15 members of Revivre, and Jean-Rémy Provost used the opportunity to mark our 25th anniversary.
“I’ve always been afraid. Afraid of not being able to do something, of not being up to whatever I tried, of speaking in front of people... afraid of standing out, basically.

I don’t know if you’re like me, but there was a moment in my life where I had to make a choice. I had to decide whether I would let fear control my life or whether I was going to charge head first. I was actually being offered, without having applied for it, the position of host for the Radio-Canada radio show I worked on in Québec. I chose to go for it. It sounds heroic now, but if I had let fear control my life... I would’ve died inside. I’m proud of my courage. I’ve always been afraid, but I’ve also always gone for it—almost always.

But a bit over 15 years ago, when I had my first panic attack on live TV, all my courage and all my strength (and believe me, I have a lot) were completely useless. I was fainting on the air. I fought with all my strength, all my willpower, but the more I struggled, the more that “thing” crushed me. I lived through it somehow, but my self-confidence was damaged. I had more panic attacks on live radio. I almost couldn’t speak anymore, I was out of breath, my lungs were empty.

Another fear manifested then—a terrifying one. The fear that this would happen again, that I would collapse in front of everyone. And I couldn’t do anything about it. At one point, I had to go accept an award for La Facture at the National Assembly. That was one of the most horrible weeks of my life. I was headed to the slaughterhouse... I was going to fall into disgrace in front of everyone. I got through it without an attack.

That’s when I decided to go get help. I met with a psychologist, and she helped me accept that you couldn’t defeat this “thing,” but you could learn to live with it. The trick she taught me is that instead of fighting against the rising anxiety attack, you simply had to accept it without resisting. This is easier said than done! Since then, I’ve been living with it. It’s still there, much less terrifying, but still stressful. But I live a good life.

Seek out help. If you have the strength, tell the people around you. Believe me, it doesn’t push people away; it brings them closer to you. And if this “thing” is so strong that you aren’t able to ask for help right now, don’t be hard on yourself. All of us are just little human beings. There are many things much stronger than us.

I am pleased to be joining Véronique Bannon and Stefie Shock as a Revivre spokesperson.”
We Are Revivre

“I started experiencing anxiety disorders that manifested through daily panic attacks in the early 1990s. I didn’t understand what was happening to me and didn’t know what to do, so I suffered in silence. Later, when I confided in some people—friends or health professionals—I was able to identify the illness that weighed on me and see how widespread it is. Even today, too many people don’t dare to talk about it for fear of being judged. This taboo needs to be broken, and that’s why I want to work with Revivre.”

Stefie Shock
Singer-songwriter
Since 2007

“As far back as I can remember, I was always a very anxious little girl with low self-esteem. In 2006, I suffered from several major panic attacks. In September 2010, while suffering from severe depression, I tried to take my own life. I couldn’t go on living with all this suffering. I wanted to be a good mother for the wonderful son I had brought into this world. I lived in silence and immense shame. Fortunately, with the help of professionals, I decided to give myself a chance and trust in life. Light shines when you speak up and seek help. Believe me! It is with pride that I join my voice to that of Stefie and Pierre as a Revivre spokesperson.

It’s important for me to support Revivre so that this wonderful team can continue providing support to those suffering from anxiety, depression or bipolar disorder. These illnesses affect all of us. Who knows—donating to Revivre might help you or one of your loved ones!”

Véronique Bannon
Actress and businesswoman
Since 2014
Our Volunteers

National Volunteer Week: Revivre Extends Warm Thanks to their Volunteers

Revivre takes the opportunity provided by National Volunteer Week (from April 10 to 16, 2016) to warmly thank all the volunteers who work with us. Your contribution is essential to the continued success of our mission. This year, we would like to pay special tribute to Jacques Petronzio, who has been facilitating support group meetings for nearly 15 years. Participants nominated him for the 2016 Hommage bénévolat-Québec award. Even though he didn’t win the award, our precious volunteer got a certificate honouring his commitment. Congratulations to Jacques for this much-deserved recognition, and thank you to all our volunteers!

Congratulations to our Chairman, Martin Enault, for being a finalist in the ARISTA Provincial contest organized by the Junior Chamber of Commerce of Montreal!

To read Martin Enault’s articles on LinkedIn: 

- Silence no more!
- Time for change

Our Board of Directors

Revivre’s Board of Directors consists of persons with a mental health issue, relatives and volunteers, and sat during four Board meetings throughout financial year 2016-2017.

**Martin Enault**
Chairman
Chief Operating Officer, C2 Montréal

**Guy Latraverse**
Honorary Chairman
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Vice-Chairman
Psychiatrist, Psychoanalyst

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Louise Bourdon Award

It was with profound gratitude and emotion that this year’s Louise Bourdon Award was given to Annie Beaudin, whose contribution to Revivre’s mission spans more than 20 years. Since she started as a helpline volunteer in 1996, Annie has helped Revivre’s cause in a multitude of ways. She has been involved in interventions, testimonials, conferences, self-management workshops, kiosks, TV appearances, representations and many other forms of support. Beyond the diverse forms her engagement has taken, Annie stands out for her distinctive kindness, understanding and tact she brings to every opportunity she has to support the mission, whether it’s with the people who are suffering or the other workers. Those who have met her are unanimous in their thanks and praise.

Congratulations and thank you, dear Annie, for your achievements and immense commitment.

Serge Beaulieu, M.D.
Psychiatrist, Medical Chief Mood, Anxiety and Impulsivity Disorders Program, and Medical Chief, Bipolar Disorder Program, CIUSSS de l’Ouest-de-l’Île-de-Montréal

François Brissette
Lawyer

Rénald Paré
President, Communications Sogestalt

Hélène Brouillet
Psychologist
Clinical Activities Specialist, Mental Health and Addictions Program, Centre intégré de santé et de services sociaux de la Montérégie-Est

Jean-François Pilote
CPA, CGA

Manon Teasdale-Gravel
Groupe Gravel Auto
Revivre’s Team

Management

Jean-Rémy Provost  
Executive Director

Valérie Borduas  
Director of Development

Bruno Collard  
Clinical Director

Stéphanie Fontaine  
Director, J’avance! Program

Coordination and Support

Chantal Roby  
Coordinator, J’avance! Program

Élizabeth Jong  
Administrative Assistant

Faniya Manaieva  
Accounting Technician

Chantale Fontaine  
Receptionist

Mental Health Workers

Zosia Anders  
Mental Health Worker

Vicky Chicoine  
Mental Health Worker

Angéline Roy-Hébert  
Mental Health Worker

Émilie Tremblay  
Mental Health Worker

Marjolaine Gascon Depatie  
J’avance! Program Trainer, Self-Management Workshop Facilitator

Virginie Dubé  
J’avance! Program Trainer, Self-Management Workshop Facilitator

Alexandra Barbier  
Self-Management Workshop Facilitator

Katherine Belleville-Paquette  
Self-Management Workshop Facilitator

Catherine Courchesne  
Self-Management Workshop Facilitator

Vanessa Debien  
Self-Management Workshop Facilitator

Catherine Gareau-Blanchard  
Self-Management Workshop Facilitator

Geoffrey Gauvin  
Self-Management Workshop Facilitator

Céline Guindon  
Self-Management Workshop Facilitator

Priscilla Labelle  
Self-Management Workshop Facilitator

François Lauzier-Jobin  
Self-Management Workshop Facilitator

Andréanne Lemaire  
Self-Management Workshop Facilitator

Isabelle Matteau  
Self-Management Workshop Facilitator

Mélanie Mercuri  
Self-Management Workshop Facilitator

Jonathan Morier  
Self-Management Workshop Facilitator

Benjamin Villaggi  
Self-Management Workshop Facilitator
Stéphanie Fontaine

This year marks the 15th anniversary of Stéphanie’s recovery from bipolar disorder. Before receiving her diagnosis, she was hospitalized on two occasions for depressive and manic episodes that included psychotic elements. In order to resume her activities and the pursuit of her dreams, Stéphanie reached out for professional help with respect to medication, psychotherapy and music therapy. She also turned to community resources which helped her better self-manage her symptoms. The presence of her family and loved ones, together with her employers’ support, were also key to her recovery.

She leads a fulfilling life despite having to manage some residual symptoms. In addition to having led a great career as an actuary, she has travelled the ocean with her husband and son aboard their sailboat. Recently, she put aside her actuarial career to join Revivre, a non-profit organization, with a mandate to make their mental health self-management workshops available to all.

Stéphanie’s story demonstrates that no one is immune to mental illness, and that everyone can aspire to recover from it.
This report is available in electronic format (PDF) on the Revivre Website.