

# MENTAL WELLNESS WORKSHOP FOR SPONSOR GROUPS AND FRONTLINE WORKERS SUPPORTING SYRIAN REFUGEES

This workshop is aimed at helping those who are involved with supporting Syrian refugees to understand Syrian culture, and their emotional experiences

**Topics of discussion include:**

- Understanding Syrian culture and cross cultural sensitivity
- Impact of war and trauma
- Emotional experiences related to their migration journey
- Recognize emotional struggles refugees are facing
- Self-care and dealing with stress

**The program also offers on-going support:**

- On demand clinical case consultations
- Counseling for workers and refugees
- Referrals for mental health services

The goal of the program, is to offer better care for Syrian refugees, to understand their culture, their journey, and their emotional struggles.

Additionally, it aims to support workers by providing them with the right self-care tools to look after their health, and offer them ongoing support

**Full day workshop from 9a.m. – 3p.m. at JFS main office  
2255 Carling Ave.  
November 3rd. 2017**



Bombing in Aleppo November 2016

The training program can be delivered on / offsite and can be modified to accommodate your needs

To obtain more information please contact:

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