

NEWCOMER'S MENTAL HEALTH AND WELLNESS SUPPORT WORKSHOP FOR FRONT-LINE WORKERS SUPPORTING NEWCOMERS

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

Topics of discussion include:

- Immigration journey
- Resettlement challenges
- Seeking mental health support
- The role of frontline workers
- Key challenges faced by frontline workers
- How to help & support newcomers
- Self-care for frontline workers

The program also offers on-going support:

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

The goal of the program, is to offer better care for newcomers 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



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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Bombing in Aleppo November 2016