

**ASSISTING
NEWCOMERS IN
DEALING WITH
CULTURAL
SHOCK**

For information and registration
contact:
Lamia Al-Ansari
613-301-4837
llalansari@jfsottawa.com

Join us on Wednesday,
May 11th, 2022
at 10:00 AM-11:30 AM
Via Zoom

This session improves and understand the adjustment during cultural transitions and navigating between home and new cultures, as well as the sense of belonging in a new country, which is essential for the mental health of newcomers.

This workshop is offered by Jewish Family Services of Ottawa


Funded by IRCC



TRAINING FOR FRONT-LINE WORKERS

**STRESS
MANAGEMENT
AND
SELF-CARE**

MAY 18TH, 2022
1 PM - 3 PM
via zoom



It is crucial that you prioritize self-care and become aware of your limitations and emotions.

This session will provide you with information about potential difficulties as well as strategies for coping with them in order to maintain your wellbeing.

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UNDERSTANDING AND DEALING WITH RACISM AND OPPRESSION

This session helps front-line workers in understanding the concept of anti-racism and oppression, which is crucial to culturally sensitive and supportive services to newcomers.

Racism, What does racism look like?

Oppression, how to address it? Systems of oppression, and intersectionality in oppression.

Anti-Oppression
Anti-Racist
Framework

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Lamia Al-Ansari
613 302 4837
or send email
llalansari@jfsottawa.com

This **FREE** session is done via Zoom on **June 1st** From 10 AM - 12 PM

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JEWISH FAMILY SERVICES

**MENTAL HEALTH
SUPPORT
TRAINING**

FOR FRONT-LINE WORKERS

JUNE 22ND, 2022
10 AM- 12 PM
Via Zoom



The resettlement process may be full of successes, but it also comes with difficulties and challenges.

This workshop will provide front-line workers and resettlement workers with an overview of shared experiences of immigrants as they go through their individual or group resettlement journeys.

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