



**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,
July 6th, 2022
at 10:00 AM–11:30 AM
Via Zoom

This session enhances awareness of cultural transitions and navigating between home and new cultures, as well as the sense of belonging in a new country, which is critical for immigrants' mental health.

This workshop is offered
by Jewish Family Services
of Ottawa

Funded by IRCC



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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613 302 4837
or send email
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This **FREE** session is done
via Zoom on **June 1st**. From
9 AM - 11 AM

The session is offered
by Jewish Family
Services of Ottawa



Funded by IRCC

TRAINING FOR FRONT-LINE WORKERS

STRESS MANAGEMENT AND SELF-CARE

JULY 26TH, 2022
10 AM – 11:30 AM
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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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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