

JEWISH FAMILY SERVICES

**MENTAL HEALTH SUPPORT TRAINING**

FOR FRONT-LINE WORKERS

FRIDAY, SEPTEMBER 9TH, 2022  
10 AM- 11:30 AM  
Via Zoom



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

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

For more information and registration contact  
**Lamia Al-Ansari**  
613-301-4837  
[llalansari@jfsottawa.com](mailto:llalansari@jfsottawa.com)

This workshop is hosted by Jewish Family Services and funded by IRCC




**ASSISTING NEWCOMERS IN DEALING WITH CULTURAL SHOCK**

For information and registration contact:  
**Lamia Al-Ansari**  
613-301-4837  
[llalansari@jfsottawa.com](mailto:llalansari@jfsottawa.com)

Join us on Friday,  
September 23<sup>rd</sup>, 2022  
at 10:00 AM-11:30 AM  
Via Zoom

This workshop is offered by Jewish Family Services of Ottawa

Funded by IRCC

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



**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

For registration contact:  
**Lamia Al-Ansari**  
613 302 4837  
or send an email to  
[llalansari@jfsottawa.com](mailto:llalansari@jfsottawa.com)

This **FREE** session is done via Zoom on  
**Friday, October 14<sup>th</sup>**  
From 10 AM – 12 PM

The session is offered by Jewish Family Services of Ottawa



TRAINING FOR FRONT-LINE WORKERS

**STRESS MANAGEMENT AND SELF-CARE**

**TUESDAY, OCTOBER 25<sup>TH</sup>, 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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