

Newcomers' Mental Health Training

Training for front-line workers



Jewish Family Services provides a FREE Series of four sessions for front-line workers

These sessions are designed to provide resettlement workers and other frontline employees who work with newcomers an overview of the shared experiences of immigrants as they embark on individual or group resettlement journeys.

**For information and registration, please contact:
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The program is funded by IRCC and hosted by JFS

MENTAL HEALTH SUPPORT TRAINING

On Feb. 10, 2023

ASSISTING NEWCOMERS IN DEALING WITH CULTURAL SHOCK

On Feb. 24, 2023

UNDERSTANDING AND DEALING WITH RACISM AND OPPRESSION

On Jan. 13, 2023

STRESS MANAGEMENT AND SELF-CARE

On Jan. 27, 2023