

# 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:  
Lamia Al-Ansari  
[llalansari@jfsottawa.com](mailto:llalansari@jfsottawa.com) or 613-301-4837**

The program is funded by IRCC and hosted by JFS

Funded by:  Immigration, Refugees and Citizenship Canada  
Financié par:  Immigration, Réfugiés et Citoyenneté Canada

**JFS**   
OTTAWA  
JEWISH FAMILY SERVICES

## **MENTAL HEALTH SUPPORT TRAINING**

**On April 14, 2023**

## **ASSISTING NEWCOMERS IN DEALING WITH CULTURAL SHOCK**

**On April 28, 2023**

## **UNDERSTANDING AND DEALING WITH RACISM AND OPPRESSION**

**On Mar. 10, 2023**

## **STRESS MANAGEMENT AND SELF-CARE**

**On Mar. 24, 2023**