



JUNE 20, 2023 NEWCOMERS' MENTAL HEALTH TRAINING

This workshop will provide front-line workers an overview of immigrants' shared experiences, and how to promote immigrants' mental health by raising their awareness of cultural transitions and navigating between home and new cultures, as well as their sense of belonging in a new country.

It also improves understanding of acculturation predictors and immigrant strategies, as well as how to support immigrants through cultural humility approach and trauma-informed care.

This workshop is offered by JFS and funded by IRCC



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

CHALLENGES OF
RESETTLEMENT

TRAUMA-INFORMED
CARE

CULTURAL HUMILITY
APPROACH

UNDERSTANDING
ACCULTURATION
AND
ACCULTURATION
PREDICTORS

**This training will be held at JFS
main office:
2255 Carling Ave. 3rd. floor
From 9 a.m.-12 p.m.**

For registration

**[https://forms.office.com/r/E
Drq9Cq2L8](https://forms.office.com/r/E
Drq9Cq2L8)**

or contact Lamia Al-Ansari

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