



ASSISTING NEWCOMERS IN DEALING WITH CULTURAL SHOCK

Training for frontline
workers

For registration

<https://forms.office.com/r/5Vw02ZL3jx>

or contact

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**Join us on Friday, October
20th, 2023.**

10:00 AM–11:30 AM via Zoom

This session promotes the mental health of new immigrants by bringing up 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 enhances an understanding of the predictors of acculturation and the strategies used by immigrants, as well as how to support immigrants through cultural humility.

**This workshop is offered
by Jewish Family Services
of Ottawa**

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