

# Newcomer 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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**JFS**  
OTTAWA  
JEWISH FAMILY SERVICES

### Immigrant Mental Health training for front-line workers (In-person)

On January 19, 2024



### Understanding and Dealing with Racism and Oppression (On-line)

On February 2, 2024



### SELF-CARE; Practical Strategies for Front-line Workers (In-person)

On February 16, 2024

