



JANUARY 19, 2024 IMMIGRANT 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 a cultural humility approach and trauma-informed care.

This workshop is offered by JFS and funded by IRCC



Funded by:  Immigration, Refugees and Citizenship Canada
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CHALLENGES OF
RESETTLEMENT

TRAUMA-INFORMED
CARE

CULTURAL HUMILITY
APPROACH

UNDERSTANDING
ACCULTURATION
AND
ACCULTURATION
PREDICTORS

This training will be held at the
JFS main office:
2255 Carling Ave. 3rd. floor
From 10 a.m.-1 p.m.

For registration

<https://forms.office.com/r/bkD4eDmaft>

or contact Lamia Al-Ansari

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