

FREE

**STAGES OF
MIGRATION**

**CHALLENGES OF
RESETTLEMENT**

**CULTURAL
RESPONSIVENESS**

**-TRAUMA-INFORMED CARE
APPROACH
-CULTURAL HUMILITY
APPROACH**

**UNDERSTANDING
ACCULTURATION**

**ACCULTURATION
PREDICTORS**

Immigrant Mental Health

Assisting Newcomers and Immigrants

Training for front-line workers



For registration

<https://forms.office.com/r/WUgHyPxX3x>

Or contact Lamia Al-Ansari

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**The session will be HYBRID on Friday, January 17, 2025
from 10 a.m. – 1 p.m.**

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

It also enhances the understanding of factors influencing acculturation, immigrant strategies, and methods to support immigrants through a cultural humility approach and trauma-informed care.