

**Immigrant Mental Health
training for front-line workers**

On Friday, January 17, 2025



**Understanding and Dealing
with Racism and
Oppression**

On Friday, February 7, 2025



**SELF-CARE; Practical
Strategies for Front-line
Workers**

On Friday, March 7, 2025



FREE

Newcomer Mental Health Training

Training for front-line workers



For more information and registration contact

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The workshops are offered by JFS
and funded by IRCC



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Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

**Jewish Family Services provides a free series
of workshops for front-line workers**

These sessions aim to provide settlement workers and other frontline employees with an overview of the shared experiences of immigrants as they begin their individual or group resettlement journeys.