



Global Village

Healthy Newcomer Support Program

Life Chapters, Challenges and Opportunities

Many immigrants, refugees and temporary foreign workers experience personal challenges as they make their way in a new life chapter.

There are often many new experiences and challenges in successfully adapting and adjusting to an exciting but sometimes stressful new life.

Challenges Are Opportunities to Integrate into a New Life Chapter

- ▶ Newcomers contribute significantly to the economic, social and cultural fabric of our local communities and our national identity.
- ▶ There many excellent settlement supports that provide assistance in navigating immigration and employment policies and requirements.
- ▶ Challenges however, often include mental health concerns that can have a direct impact on personal health, family relationships, work and educational experiences and the ability to successfully integrate and move forward with a new life in a new country.

Some Common Newcomer Experiences and Challenges

Many newcomers show tremendous strength and resiliency in overcoming their personal experiences as they move forward in addressing new challenges.

This may include prior traumatic experiences, their immigration journey and current status, as well as acculturation, language, housing, employment and schooling challenges.

The ability to cope with these stressors is a critical factor in accessing existing supports and having a successful immigration journey.

The Global Village Healthy Newcomer Support Program

- ▶ Global Village recognizes the need for mental health supports that can address the individual and family stresses and concerns that many immigrants, refugees and temporary foreign workers face.
- ▶ Our previous experience with this newcomer group has included a number of innovative programs addressing cultural and mental health needs.
- ▶ Please see our website for more details on our programming.

- ▶ The following services and modules are designed to assess individual and family challenges and needs, and to tailor required supports as indicated.
- ▶ Cultural Ambassadors are trained staff who reach out to newcomers and facilitate access through education about our programs, as well as transportation to our in-house counselling, educational workshops and community acculturation experiences.
- ▶ Referrals are made to other appropriate mental health services as indicated.

Healthy Newcomer Program Components

Mental Wellness Counselling and Education

A Mental Health Specialist is available to meet with individuals and families, gather important information about current challenges, and teach coping approaches and strategies as required.

Referrals to other appropriate community supports may be recommended and facilitated through relationships and activity with Cultural Ambassadors.

Mental Wellness Workshops

These educational discussions will include important information such as:



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Identifying stressors, personal symptoms and effective coping strategies

Common signs of more serious mental health concerns and where to get help

Suggestions on how to become healthier and stay mentally healthy

Discussing an individual and family plan if appropriate, to address challenges, cope with stress and maintain health toward a successful immigration experience

Cultural Education, Counseling and Workshops

Sometimes newcomers arrive unaware of important cultural expectations and differences between acceptable behaviour in their home country, and domestic relational norms in Canada.

The Global Village Cultural Enlightenment Program provides education and counselling support to newcomers experiencing or having the potential for legal concerns specific to domestic violence.

Our Program works closely with the Probation Office with individuals having legal activity through the Courts.

This component of the Healthy Newcomer Program is also available to any newcomers that would benefit from this important information and the supports provided.

Welcome Newcomers to a Healthier Life Chapter!

It is anticipated that the Global Village Healthy Newcomer Support Program will evolve over time, in response to feedback and suggestions solicited from newcomers and their families, as well as community stakeholders.

We look forward to further discussion about this innovative and much need newcomer support!