

CROSS-CULTURAL  
INITIATIVES

The Cross Cultural Initiatives department includes mental health promotion projects for newcomer and immigrant communities working within partnerships and internal/external education related to mental health and diversity. CMHA Toronto with our partners are building mental health capacity and cultural competency to increase the quality of life of newcomers who are experiencing mental illness.

Special Thanks to our

Funders and Partners:

United Way of Greater Toronto

Ontario Council of  
Agencies Serving Immigrants  
(OCASI)  
[www.ocasi.org](http://www.ocasi.org)



Toronto Branch



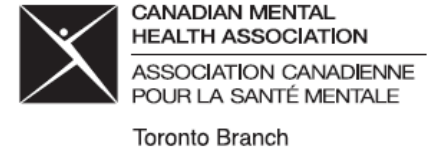
Please mail your registration form and  
cheque to

Dianne Webber, Office Manager

CMHA Toronto 1200 Markham Road,  
Suite 500, Scarborough, On, M1H3C3

Your confirmation will be sent to you by  
EMAIL

Deadline for registration is May 9th 2008



CMHA Toronto

Presents

**A MENTAL HEALTH**

**COMPETENCY  
WORKSHOP**

FOR

Service Providers working  
with Newcomers



Date: **Thursday May 15<sup>th</sup>, 2008**

Location: **Metro Hall**

**Time**

Registration 8.15a.m

Conference 8.45 to 4.30 p. m

**\*Lunch will be provided 12.30 to  
1.00**

# CMHA Toronto presents a mental health competency workshop for service providers working with newcomers.

CMHA Toronto presents a mental health competency workshop for service providers working with newcomers.

**Service Providers working with newcomers will gain skills to identify signs and symptoms of mental illness, learn how to be inclusive in assessment so that they can link individuals to appropriate resources and supports.**



**“Newcomers arriving in Canada experience high levels of stress and risk of mental health problems such as depression and anxiety, due to barriers and challenges encountered during the immigration and settlement process and in accessing services”** (Yee, 2006). research report, Striving for best practices and equitable mental health care access for racialised communities in Toronto

## Agenda

### 8:15 Registration

### 8.45 Opening Remarks

### 9:00 Keynote Speaker

**Dr. June Ying Yee (Ryerson University, Associate Professor, School of Social Work)**

### 10:00 Mental Health: Signs and Symptoms

### 12:30 LUNCH

### 1:00 Mental Health: Assessment

### 3:00 Mental Health: Supports, Resources and Referral

### 4:00 Closing Remarks,

### Evaluation and OCASI Survey

## Registration Form

\*

I am registering Price  
 # of people \$15.00

Registration Fees Total: \_\_\_\_\_

\*includes lunch and workshop supplies

- Non-Vegetarian  
 Vegetarian

\_\_\_\_\_  
Name

\_\_\_\_\_  
Name

\_\_\_\_\_  
Name

\_\_\_\_\_  
Agency Address

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email

\_\_\_\_\_  
Fax

Method of Payment ( Check only)

**Please mail your registration form and cheque to**

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### Facilitators

**Gulshan Allibhai MSW**

**Aamna Ashraf MED**

**Janet Priston, Manager of Cross Cultural Initiatives**

**Special Thanks to Laurie Lamframboise,**

**Dianne Webber**