

in collaboration with COSTI Immigrant Services presents:

Mental Health Promotion 101

for staff of immigrant and refugee serving agencies

DATE: **October 31, 2018**

TIME: **9:00 a.m. to 5:00 p.m.**

LOCATION: **Central YMCA, 20 Grosvenor Street, Toronto, ON M4Y 2V5**

This training is part of a free Mental Health Promotion workshop series open to OCASI member agency staff working with immigrants and refugees.

Learning Objectives:

- To learn about and practice various Mindfulness-Based Interventions (MBIs)
- Increase your personal confidence and professional competency when working with individuals living with emotional distress and other mental health challenges.
- Learning to work more skillfully with external and internal stress triggers
- The importance of self-care
- Understand the process and merits of developing a personal Self Care Practice

To register:

<https://mentalhealthpromotion101october31.eventbrite.ca>

Registration Deadline: October 22, 2018

Breakfast and lunch provided.

No transportation cost will be provided for participants travelling from outside of Toronto

For more information or any special needs, please contact Nadia at njunaid@ocasi.org or 416-322-4950 ext.246

This training series is a part of OCASI's Mental Health Promotion project to build the capacity of newcomer and refugee services to promote mental health and newcomer wellbeing, and respond to mental health issues. The project aims to strengthen collaborations and partnerships between newcomer and refugee serving organizations, primary health, and mental health sectors through the development of a service model for mental health promotion.

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