

THE NORTH BAY NEWCOMER NETWORK &
THE NORTH BAY & DISTRICT MULTICULTURAL CENTRE PRESENT

THE
**Opening
Doors**
PROJECT

Mental Health +
Equity + Diversity



Canadian Mental
Health Association
Toronto



Citizenship and
Immigration Canada

Citoyenneté et
Immigration Canada

MARCH 15 & 16 10:00 AM - 3:30 PM

What kinds of stresses come with immigrating to Canada?
How can migrating to a new country impact mental health?
How do we deal with the stress of moving to a new country?

**Building Bridges:
Anti-Racism 101**

This interactive workshop uses forum theatre to explore and understand issues of racism, diversity and anti-racism.

**Journeys to Canada:
Stories of Migration**

A narrative-based workshop exploring experiences of moving to a new country: migration, stress, mental health, culture-shock, racism and resiliency.

**Working Across Difference:
Anti-Mentalism Meets
Anti-Racism**

Look deeper at racism and its relationship to other forms of discrimination, including stigma and discrimination associated with mental illness diagnoses.

**Bridging the Gap:
Generation & Immigration**

Explore intergenerational family relationships and “intergenerational migration” in the settlement process.

DAY ONE

DAY TWO



North Bay & District
Multicultural Centre
Immigrant Settlement Services

Register by March 11 with KaitMorris@nbdmc.ca | 705-495-8931