

Access to Suitable Health Care, Including Mental Health Care

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Overview

Canada ranks above most other countries in the world when measuring population-level indicators of health, but inequities in health status and access to suitable services and care providers across social groups, including immigrants, are widely recognized.^{i, ii, iii, iv} For instance, recent immigrants are considerably less likely to have regular access to a primary health-care provider when compared to more established immigrants.^v Importantly, although immigrants generally show an initial health advantage over the Canadian population on arrival in Canada (the “healthy immigrant effect”), research suggests that immigrants’ physical and mental health deteriorate with longer residence in Canada.^{vi, vii, viii} This is due, in part, to the difficulties and stressors they encounter as they adapt to their new environment. Thus, access to suitable health care services and providers is vital to maintaining immigrants’ physical and mental well-being and fostering a welcoming community.^{ix, x}

Although Canada is lauded for its universal health care system, equitable access to services and care providers for immigrants is impeded by systemic barriers, including language barriers, long wait times to access services, transportation challenges, high costs of services and medications, and stigma for seeking services (particularly for mental health).^{xi, xii, xiii, xiv, xv, xvi} These (and other) systemic barriers make certain groups of immigrants (e.g., refugees, racialized women, 2SLGBTQI+, youth, seniors, immigrants with disabilities) more vulnerable to receiving inadequate and/or untimely care, putting them at greater risk for unmet health care needs, though targeted programming can help mitigate these challenges.^{xvii, xviii, xix} Without culturally responsive and respectful services and care providers, Canada’s health care system is ill-equipped to meet immigrants’ needs, and this will only become a more pressing matter as the ethnocultural and religious diversity of Canada’s immigrant population continues to grow.^{xx} Ultimately, improving access to quality care that is responsive to the diverse health needs of immigrants is necessary to reduce inequities and create a welcoming community.

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
Primary Care and Community Health Services				
Refugee Health	Community Healthcaring Kitchener-Waterloo <i>Health Care Centre</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Refugee Health program delivers primary care services to refugees and focuses on health promotion and illness prevention to promote well-being. <p>Key Features:</p> <ul style="list-style-type: none"> Given the unique health needs of refugees (e.g., more physical disabilities and chronic injuries due to greater exposure to violence and war, higher levels of mental illness and distress due to trauma), health providers rely on evidence-based and culturally responsive medical knowledge and practices when working with refugee patients. They deliver patient-centred care that is trauma-informed. Client navigators and clinical assistants reduce barriers to access by supporting patients as they navigate the system. An on-site social worker is available to assist patients with their mental well-being and process traumatic experiences. On-site interpretation is also available through a certified medical interpreter who may advise patients on culturally sensitive matters. 	<p>Refugees</p> <p>Waterloo Region, Ontario, Canada</p> <p>Mid-sized community</p>
General Medicine & Primary Care Clinics	Canadian Centre for Refugee & Immigrant Health Care <i>Health Care Centre</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The General Medicine & Primary Care Clinics provide comprehensive primary medical care to newcomer children, youth, and adults who face difficulty obtaining necessary treatment. Services are provided by volunteer doctors, nurses, and community members. <p>Key Features:</p> <ul style="list-style-type: none"> Services include general medical care and support, diagnosis, and management of acute and chronic conditions. Medical providers also administer vaccines, make referrals to specialists, and support those who are pregnant and do not have access to care. Clinics can provide medical documentation needed to support refugee and asylum claims. A health card is not required to access services. Services are provided at no cost. 	<p>Immigrant children; Immigrant youth; Immigrants; Refugee claimant children; Refugee claimant youth; Refugee claimants</p> <p>Toronto, Ontario, Canada</p> <p>Large community</p>
Refugee Health Collaborative	Eastern Health; Memorial University Family Practice; Association of New Canadians <i>Health Care Centre; Post- secondary Institution; Service Provider Organization</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Refugee Health Collaborative is a medical student initiative that provides newly arrived refugees with initial medical intake services and primary care services. <p>Key Features:</p> <ul style="list-style-type: none"> Medical students work under the supervision of a family physician and settlement public nurse and receive assistance from an interpreter. The care team helps orient refugees to Canada's healthcare system and transition them to a long-term care provider. This initiative also benefits medical students by providing them with the opportunity to practice delivering cross-cultural health care, while receiving mentorship from an experienced physician around advocating for underserved populations. 	<p>Refugees</p> <p>Newfoundland and Labrador, Canada</p> <p>Small and mid-sized communities</p>

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<p>Newcomers Clinic</p>	<p>London InterCommunity Health Centre <i>Health Care Centre</i></p>	<p>Program Information</p>	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Newcomers Clinic provides care to government-assisted refugees (GARs) during their first six months in Canada and refugee claimants. It has two primary objectives: (1) to complete early health assessments for these newcomers, and (2) to provide acute care for these newcomers. <p>Key Features:</p> <ul style="list-style-type: none"> Many patients at the clinic have never accessed primary care, are battling undiagnosed or uncontrolled medical issues, or arrive with complex medical and medication records. The Clinic is a collaboration with and is located at the London Cross Cultural Learner Centre, which provides settlement services to refugees. 	<p>Government-assisted refugees; Refugee claimants</p> <p>London, Ontario, Canada</p> <p>Mid-sized community</p>
<p>Roots Community Health Centre</p>	<p>Surrey-North Delta Division of Family Practice <i>Health Care Centre</i></p>	<p>Program Information Program Video</p>	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Roots Community Health Centre seeks to provide person-centred, longitudinal care to vulnerable newcomers through an interdisciplinary team of culturally safe health care and social service providers. <p>Key Features:</p> <ul style="list-style-type: none"> Roots was founded by the Refugee Health Working Group: a team of physicians dedicated to addressing the substantial gap in vulnerable newcomers' access to primary care. They adopted a team-based Community Health Centre (CHC) model, based on evidence that finds CHCs are a cost-effective approach to care for patients with complex health-related challenges. Roots commits to creating multidisciplinary care plans that are tailored to the needs of individual patients and that can be navigated with ease. Thus, the centre provides team-based care by incorporating a range of professionals (e.g., Cross Cultural Health Brokers, Primary Care Physicians, Social Workers, Nurses, Counsellors) into their practice. Their focus on person-centred care means that health and social service professionals spend more one-on-one time with patients. 	<p>Immigrants</p> <p>Surrey, British Columbia, Canada</p> <p>Mid-sized community</p>
<p>Refugee Engagement and Community Health (REACH) Clinic</p>	<p>Saskatoon Community Clinic <i>Health Care Centre</i></p>	<p>Program Information</p>	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Refugee Engagement and Community Health (REACH) Clinic provides recently arrived refugees (up to one year after their arrival) with initial health assessments by physicians and follow-up services with nurse practitioners. <p>Key Features:</p> <ul style="list-style-type: none"> The REACH Clinic provides culturally sensitive care through a trauma-informed lens, giving consideration to the unique needs of refugees and the common barriers they face to accessing services. The clinic attributes much of its success to its collaborative community-based approach. Physicians work in partnership with the Saskatoon Community Clinic, the Global Gathering Place, the Saskatoon Open Door Society, the Saskatoon Health Region and the provincial tuberculosis control agency, and the University of Saskatchewan's departments of family medicine, paediatrics, and community health and epidemiology. 	<p>Refugees</p> <p>Saskatoon, Saskatchewan, Canada</p> <p>Mid-sized community</p>

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Crossroads Clinic	Women's College Hospital <i>Hospital</i>	Program Information Program Brochure	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Crossroads Clinic provides comprehensive medical services to newly arrived refugees (in their first two years after arrival). <p>Key Features:</p> <ul style="list-style-type: none"> The clinic's medical team is well-informed about the refugee process and the stresses and challenges this population faces, and they seek to deliver care that meets refugees' pressing needs. The work being done at the Clinic complements the long-standing work performed in Community Health Centres throughout the city. Available services include: management of chronic diseases such as diabetes and hypertension, full primary care for children including immunizations, pregnancy care, family planning advice, annual health exams for people of all ages, preventive care to avoid future illnesses, assistance with issues such as sleep disorders, depressed mood and anxiety, diagnosis and management of acute medical issues, arranging appointments with specialists when necessary, and health education on a variety of health issues. 	<p>Refugees</p> <p>Toronto, Ontario, Canada</p> <p>Large community</p>
Family Practice	Umbrella Multicultural Health Cooperative <i>Health Care Centre</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Family Practice clinic connects newcomers who face cultural and language barriers to accessing healthcare with physicians, through the support of Cross Cultural Health Brokers (CCHB). <p>Key Features:</p> <ul style="list-style-type: none"> CCHBs are health workers who empower newcomers to access health and social services and make informed decisions about their health, while addressing cultural and language barriers that so often pose a challenge to accessing and navigating the health care system. The clinic is currently staffed with CCHB from the following communities: Middle Eastern (Arabic-speaking), Iranian/Afghan (Farsi/Pashto/Dari-speaking), Latin American (Spanish-speaking), and Eritrean (Tigrinya/Amharic-speaking). The clinic accepts patients who are covered by the Interim Federal Health Program (IFHP), Medical Services Plan (MSP), and other private insurance. 	<p>Immigrants</p> <p>New Westminster, British Columbia, Canada</p> <p>Small community</p>
Newcomer Health	Sherbourne Health <i>Health Care Centre</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Newcomer Health program was created with the aim of improving immigrants' and refugees' access to culturally appropriate health care as they adjust to their lives in a new society. <p>Key Features:</p> <ul style="list-style-type: none"> Sherbourne Health recognizes immigrants and refugees (that have arrived in Canada over the last 10 years) as a priority population who are underserved by the existing healthcare system. The Newcomer Health program offers services with the needs of newcomers in mind, including low-barrier primary care services, one-on-one mental health services with qualified culturally responsive staff, a diabetes prevention program, community groups, as well as settlement services to familiarize newcomers with Canada's healthcare system. 	<p>Immigrants</p> <p>Toronto, Ontario, Canada</p> <p>Large community</p>

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Newcomers' Health and Well-Being (12+)	Canadian Mental Health Association (CMHA) York and South Simcoe Health Care Centre	Program Information Program Flyer	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Newcomers' Health and Well-Being supports immigrants and refugees, aged 12 years old and up, with mental and physical health concerns. <p>Key Features:</p> <ul style="list-style-type: none"> The program takes a person-centred approach, giving consideration to language, culture, community, and experiences of trauma. Services include health care from a nurse practitioner (prescriptions filled), health education, support and counselling, addressing trauma, mental health and case management support (including supportive counselling, system navigation and advocacy), social work support (including assistance with community services, and housing and government support). Group learning is also available, where issues such as family and caregiver concerns, managing stress, resolving conflict, and dealing with grief and loss, are addressed. 	Immigrant youth; Immigrants South Simcoe and York Region, Ontario, Canada Communities of all sizes
Health Justice Hub	The 519 Municipal Government	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Health Justice Hub provides 2SLGBTQ+ communities, including newcomers, with low-barrier access to health services. <p>Key Features:</p> <ul style="list-style-type: none"> This drop-in program provides health and social services, including general health checks (e.g., BP, glucose, cholesterol); vaccines (e.g., COVID-19, influenza); mental health assessments; referrals to dental care, foot care, physiotherapy, cancer screenings; and affirming sexual health and trans care referrals. Those without a primary care provider are given priority. OHIP/Interim Federal Health Program (IFHP) coverage is necessary to access services. 	2SLGBTQIA+ immigrants Toronto, Ontario, Canada Large community
Primary Care	TAIBU Community Health Centre Health Care Centre	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Primary Care provides the diagnosis and treatment of acute and chronic illness and disease, especially those conditions most common among the Black community. <p>Key Features:</p> <ul style="list-style-type: none"> A highly skilled inter-professional team, made up of Physicians, Nurse Practitioners, Nurses, Dieticians, Social Workers, Chiropodists, and a Diabetes Education Program, deliver comprehensive healthcare services. TAIBU's care team provides tailored programs and services within a culturally affirming Afrocentric setting. In addition to managing day-to-day health concerns, the clinic also coordinates specialist care as required. TAIBU holds partial designation as a French language service provider, offering primary care services and programs specifically in French. 	Black-identifying French-speaking immigrants; Black-identifying immigrants Toronto, Ontario, Canada Large community
Student Health Centers	Multnomah County Health Department Municipal Government	Program Information Program Video Program Flyer	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Student Health Centers, located at nine designated public high schools, provide comprehensive and high-quality primary and mental healthcare services to all children and youth aged 5-18 with(out) insurance, regardless of immigration status. <p>Key Features:</p> <ul style="list-style-type: none"> Services available at Student Health Centers include physical exams; sports physicals; treatment for illness and injury; vision, dental, and blood pressure screenings; school immunizations; COVID-19 testing and vaccines; mental and behavioural health services; age-appropriate reproductive health; routine lab tests; prescription medications; health education, counselling, and wellness promotion; fitness and nutrition education and counselling; and referrals for healthcare services not provided at the clinics. Children/youth are not required to attend the school where the centre is located to receive services. There are no out-of-pocket costs associated with these services (no copay, no cost for prescriptions). 	Immigrant children; Immigrant youth Multnomah County, Oregon, USA Mid-sized community

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Primary Care Clinics	Multnomah County Health Department <i>Municipal Government</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Primary Care Clinics offers affordable family healthcare services to all residents of Multnomah County, irrespective of their income level or insurance status, across seven accessible locations. <p>Key Features:</p> <ul style="list-style-type: none"> Primary health care services include adult healthcare, children's care, women's health, birth control, pregnancy testing, prenatal care, mental health, refugee screening, and gender-affirming care. Clinic fees are affordable, and are determined using a sliding-scale model, meaning that service charges are tailored to individuals' incomes. No one is refused care due to an inability to pay. Many clinic staff members speak Spanish and/or other languages in addition to English. Interpretation services are also available for over 50 languages, including Cantonese, Mandarin, Russian, Spanish, Ukrainian, and Vietnamese. 	<p>Immigrants</p> <p>Multnomah County, Oregon, USA</p> <p>Mid-sized community</p>
Mobile Health and Screening Unit (MHSU)	National Social Inclusion Office; Safetynet Primary Care <i>National Government; Non-profit</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Mobile Health and Screening Unit (MHSU) provides primary care services (i.e., medical evaluations and health screening) for refugees arriving under the Irish Refugee Protection Programme, newly arrived refugee claimants, as well as vulnerable and hard to reach groups that face barriers to accessing the mainstream health system. <p>Key Features:</p> <ul style="list-style-type: none"> The MHSU team comprises doctors, nurses, a radiographer, and interpreters that work together to enhance the capacity of existing health services, identify and treat health issues, and mitigate the risks of communicable diseases (e.g., tuberculosis, blood borne viruses, and sexually transmitted infections). The mobile clinic, equipped with a mobile X-ray and consultation room, travels to different areas to respond to screening and health assessment needs of vulnerable and marginalized populations, such as migrants at risk (including Roma & protection applicants), unhoused people, Irish Travellers, and illicit drug users. The MHSU also works in partnership with service providers operating in these locales to provide harm reduction advice and implement health promotion practices and preventative strategies, which include integrating service users into local services. 	<p>Refugee claimants; Refugees</p> <p>Ireland</p> <p>Communities of all sizes</p>
NSW Refugee Health Service (RHS)	New South Wales (NSW) Ministry of Health <i>State Government</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The NSW Refugee Health Service (RHS) is dedicated to protecting and promoting the health and well-being of people from refugee backgrounds by providing essential clinical services and medical assessments for recently arrived refugees and asylum seekers/refugee claimants, as well as non-clinical services. <p>Key Features:</p> <ul style="list-style-type: none"> Specialized clinical services include: <ul style="list-style-type: none"> Early health assessments and referrals for newly arrived refugees Medical assessments through GP clinics for asylum seekers Early childhood program assessments Disability support through a multidisciplinary team Beyond direct care, the RHS plays a crucial role in health promotion, research projects, and shaping policy to ensure the well-being of this population. Non-clinical activities include: <ul style="list-style-type: none"> Advising health service providers on refugee health and related issues Acting as a link between agencies working with refugees and health services Providing targeted health promotion programs Facilitating and conducting research on refugee health Advocating for health policies and appropriate services for refugees 	<p>Refugee claimants; Refugees</p> <p>New South Wales, Australia</p> <p>Communities of all sizes</p>

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Mental Health & Addiction Services				
Substance Use Counselling	DIVERSEcity Community Resources Society <i>Service Provider Organization</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Substance Use Counselling program provides newcomers with first-language counselling and educational supports to address alcohol and drug-related issues. <p>Key Features:</p> <ul style="list-style-type: none"> The program offers both individual and group support to substance-affected individuals. Services are available in English, Hindi, Punjabi, and Urdu. Services are offered at no cost. 	<p>Immigrants</p> <p>South Fraser Region, British Columbia, Canada</p> <p>Small and mid-sized communities</p>
Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY)	TAIBU Community Health Centre <i>Health Care Centre</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY) supports Black youth (aged 14 to 29) and their families/caregivers with mental health and substance use issues through a range of personalized confidential services, including counselling, addictions support, group therapy, and trauma-informed interventions. <p>Key Features:</p> <ul style="list-style-type: none"> SAPACCY acknowledges the distinctive challenges encountered by Black youth, as well as their families and caregivers, in their efforts to seek care. The clinical teams approach their work with a lens that is Africentric, youth-focused, non-judgmental, anti-oppressive, anti-racist, harm reduction-oriented, intersectional, strength-based, and healing-centred to support youth of African/Caribbean descent as they navigate through mental health/substance use concerns. TAIBU holds partial designation as a French language service provider. 	<p>Black-identifying French-speaking immigrant youth; Black-identifying immigrant youth</p> <p>Toronto, Ontario, Canada</p> <p>Large community</p>
Supports for Immigrants and Refugees with Mental Health and Addiction Issues: A Culturally Sensitive Approach	Calgary Immigrant Women's Association (CIWA) <i>Service Provider Organization</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Supports for Immigrants and Refugees with Mental Health and Addiction Issues Program provides culturally sensitive supports (including counselling services) to assist newcomers struggling with mental and addiction issues, by empowering them to regain their self-esteem and prioritize their own and their family's well-being. <p>Key Features:</p> <ul style="list-style-type: none"> A range of culturally sensitive counselling options (e.g., individual, couple, family, support group) are available as well as referrals to appropriate community resources. First language support is available. Childcare is available at no cost. 	<p>Immigrants</p> <p>Calgary, Alberta, Canada</p> <p>Large community</p>
Enriching Lives	Brampton Multicultural Community Centre <i>Service Provider Organization</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Enriching Lives program seeks to provide culturally sensitive care to community members (aged 16+) struggling with mental health and addictions through one-on-one counselling, peer support groups, and workshop-based learning. <p>Key Features:</p> <ul style="list-style-type: none"> The culturally sensitive approach of the program seeks to overcome systemic barriers and stigma that often surround mental health and addictions. Services include assessment and referral, counselling and case management services, peer support groups, mental health workshops, stress and anger management supports, emotional regulation, understanding anxiety and depression, family care, coping skills for anxiety, psychoeducation of addiction, and relapse prevention. 	<p>Immigrant youth; Immigrants</p> <p>Brampton, Ontario, Canada</p> <p>Mid-sized community</p>

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<p>Clinical Counselling Program</p>	<p>Ottawa Community Immigrant Services Organization (OCISO) <i>Service Provider Organization</i></p>	<p>Program Information</p>	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Clinical Counselling Program helps Ottawa's immigrant and refugee population address migration and culture-related issues through culturally sensitive and responsive clinical counselling and psychotherapy techniques. They offer short-term, long-term, and solution focused services. <p>Key Features:</p> <ul style="list-style-type: none"> They are uniquely equipped to assist survivors of war, torture, trauma, political persecution, and imprisonment. Services are available in Arabic, Czech, Dari, English, Farsi, French, German, and Spanish. For other languages, interpretation services may be available, and interpreters are provided with training that is specific to the work of counsellors. 	<p>Immigrants Ottawa, Ontario, Canada Large community</p>
<p>Clinical Services</p>	<p>Hong Fook Mental Health Association <i>Non-profit</i></p>	<p>Program Information</p>	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Clinical Services provides Asian individuals with access to culturally responsive mental health and wellness services. <p>Key Features:</p> <ul style="list-style-type: none"> The Clinical Services team offers intake, case management, housing support, group psychotherapy, and the Ontario Structured Psychotherapy program. Language support is available in Cambodian, Cantonese, English, Korean, Mandarin, and Vietnamese. 	<p>Asian immigrants Toronto, Ontario, Canada Large community</p>
<p>Newcomer Collaborative Community Mental Health Service</p>	<p>Aurora Family Therapy Centre <i>Health Care Centre</i></p>	<p>Program Information</p>	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Newcomer Collaborative Community Mental Health Service offers long-term individual, relationship, family, and group mental health support and therapy for newcomers who have undergone moderate to severe trauma. <p>Key Features:</p> <ul style="list-style-type: none"> The program delivers community-based, trauma-informed, and culturally competent assistance to newcomers, fostering recovery and resilience. No formal diagnosis is necessary to participate in the program, and services are conducted in the clients' preferred language. Support for ethnocultural and religious/faith groups is also available to help communities understand the causes, signs, and symptoms of mental health issues and how to access mental health support. 	<p>Ethno-cultural organization staff; Immigrants; Religious/faith organization staff Winnipeg, Manitoba, Canada Mid-sized community</p>
<p>Bridging Barriers to Newcomer Mental Health Program</p>	<p>Niagara Folk Arts Multicultural Centre <i>Service Provider Organization</i></p>	<p>Program Information P2P Brief P2P Video</p>	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Bridging Barriers to Newcomer Mental Health Program provides mental health supports to immigrants who are unable to access mainstream services due to social barriers (including language). <p>Key Features:</p> <ul style="list-style-type: none"> Registered social workers provide in-person one-on-one and group anti-stigma counselling to clients in Arabic, Mandarin, and Spanish. Other programs include a Mental Health Chat-Line and Art Therapy. Video resources about mental health and immigration are also available on their YouTube channel (in Arabic, Mandarin, and Spanish). Access to services offered through this program in Fort Erie, Niagara Falls, and Welland are available by appointment only. 	<p>Immigrants Niagara Region, Ontario, Canada Small and mid-sized communities</p>

ACCESS TO SUITABLE HEALTH CARE, INCLUDING MENTAL HEALTH CARE

Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
Mental Health Counselling	Canadian Centre for Refugee & Immigrant Health Care <i>Health Care Centre</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Mental Health Counselling is provided to help immigrants and refugees address issues and experiences related to their pre-arrival experience, their migration journey, and their settlement and integration in Canadian society. <p>Key Features:</p> <ul style="list-style-type: none"> Registered social workers and psychotherapists work with newcomers using a culturally responsive and trauma-informed approach to address common diagnoses, such as anxiety, depression, and post-traumatic stress disorder. Short-term counselling services are also available to address a range of concerns from stress management, to domestic violence, to grief and loss. 	<p>Immigrants; Refugee claimants</p> <p>Toronto, Ontario, Canada</p> <p>Large community</p>
Mental Health Services	Access Alliance Multicultural Health and Community Services <i>Health Care Centre</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Mental Health Services provides mental health counselling and education to immigrants and refugees, including youth, couples, families and 2SLGBTQI+ newcomers. Individual, group, and expressive arts therapies are delivered by social workers. Services are available for those referred with a mental health diagnosis or facing issues like post-traumatic stress disorder, anxiety, or depression. <p>Key Features:</p> <ul style="list-style-type: none"> At Access Alliance, therapists take a client-centred approach. Therapists operate through an integrated, trauma-informed lens, guided by principles of anti-oppressive practice and equity. The program takes a proactive approach to mental health, which means that in addition to providing counselling services, they also seek to address clients' social determinants of health by ensuring that clients have access to primary care and other relevant social and settlement supports. Mental Health Services are culturally sensitive and language accessible. Services are delivered in a confidential, non-judgmental environment that respects and values clients' needs, experiences, and knowledge. 	<p>2SLGBTQIA+ immigrants; Immigrant families; Immigrant youth; Immigrants</p> <p>Toronto, Ontario, Canada</p> <p>Large community</p>
Counselling Services	TAIBU Community Health Centre <i>Health Care Centre</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Counselling Services addresses a range of issues from trauma (sexual and physical), depression, mental health, anxiety, low self-esteem and/or societal stressors relating to the Social Determinants of Health (racism, poverty, housing, employment, family issues, etc.). <p>Key Features:</p> <ul style="list-style-type: none"> Social Workers/Therapists work within an anti-oppressive framework, both educating and learning from clients about the various forms of oppression they experience in their daily lives. TABUs therapeutic model integrates a Cognitive Behavioural Approach, Narrative Therapy, and therapy from a Recovery Model of Care. The program empowers clients to: <ul style="list-style-type: none"> Play an active role in shaping their recovery model of care. Participate in a process of personal empowerment that fosters self-awareness and clarity. Adopt an effective approach to move forward when feeling stagnant and overcoming emotional pain and discomfort. TAIBU's care team provides tailored programs and services within a culturally affirming Afrocentric setting. TAIBU holds partial designation as a French language service provider. 	<p>Black-identifying French-speaking immigrants; Black-identifying immigrants</p> <p>Toronto, Ontario, Canada</p> <p>Large community</p>

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
Mental Health and Counselling Services	DIVERSEcity Community Resources Society <i>Service Provider Organization</i>	Family Counselling - Child and Youth Mental Health Counselling	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Mental Health and Counselling Services are provided to immigrants and refugees, including children and youth, to address mental health-related concerns and improve their overall well-being. <p>Key Features:</p> <ul style="list-style-type: none"> Registered counsellors and clinicians work with newcomers to provide culturally informed, confidential, and compassionate care to strengthen communication, problem solving, and coping skills, among others. Eligibility for some programs requires a referral. Services are available in Arabic, English, Farsi, Hindi, Mandarin, Punjabi, Spanish, and Urdu. Services are offered at no cost. 	<p>Immigrant children; Immigrant youth; Immigrants</p> <p>Delta, Surrey, White Rock and/or Langley, British Columbia, Canada</p> <p>Small and mid-sized communities</p>
Counselling Supports for Immigrant Families	Calgary Immigrant Women's Association (CIWA) <i>Service Provider Organization</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Counselling Supports for Immigrant Families initiative provides culturally sensitive counselling and supports around issues that impact newcomer families (e.g., relationship challenges, parenting and cross-cultural issues, domestic violence and conflict, depression, anxiety and stress management). <p>Key Features:</p> <ul style="list-style-type: none"> A range of culturally sensitive counselling options (e.g., individual, couple, family, support group) are available as well as referrals to appropriate community resources. The program additionally offers emotional supports and workshops to support family well-being. First language support is available. 	<p>Immigrant families</p> <p>Chestermere, Alberta, Canada</p> <p>Small community</p>
Rapid Access Counselling	Calgary Immigrant Women's Association (CIWA) <i>Service Provider Organization</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Rapid Access Counselling facilitates a change-focused conversation tailored to individuals, couples, and/or families that is intended to support caregivers of children under the age of 18 and their children. <p>Key Features:</p> <ul style="list-style-type: none"> The rapid access nature of this program means that participants are able to access a single 75-minute session that is tailored to support the specific needs of the family member(s) (e.g., healthy child development, supporting caregiver capacity, resilience within the family). 	<p>Immigrant families</p> <p>Calgary, Alberta, Canada</p> <p>Large community</p>
ASPIRE Counselling Support Program	Muslim Foodbank Community Services <i>Non-profit</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> ASPIRE Counselling provides affordable, short-term, and culturally informed counselling services and mental health supports to address immediate crises. Once clients are stabilized, counsellors help them identify and transition to appropriate longer-term supports and resources. <p>Key Features:</p> <ul style="list-style-type: none"> Given the focus of the program, counselling services follow a solution-focused immediate intervention form of therapy. Counsellors are well-informed about Islamic values and cultures and have experience working with clients who identify with Afghan, Arab, Kurdish, Persian, and South Asian heritage. Counselling services are available in Arabic, English, Farsi, Kurdish, and Urdu. 	<p>Muslim immigrants</p> <p>Surrey, British Columbia, Canada</p> <p>Mid-sized community</p>

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
Muslim Peers Project	Outloud <i>Non-profit</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Muslim Peers Project offers a supportive environment for young queer Muslims (aged 14 to 35) facing mental health challenges to access culturally sensitive support. <p>Key Features:</p> <ul style="list-style-type: none"> Led by a Muslim social worker, the project provides culturally sensitive support to foster a sense of solidarity, belonging, and understanding among young Muslims navigating sexuality and gender diversity. Confidential and free online support is also available. Participants have the opportunity to access six free face-to-face or phone counselling sessions, build connections with queer Muslim mentors and a community of peers, participate in art therapy, and access helpful resources. The project offers support without judgment from people with similar lived experiences. Although this service is open to queer or questioning Muslims between the ages of 14 and 35, priority will be given to younger people (due to potential limitations in accessing independent services). 	<p>2SLGBTQIA+ Muslim immigrant youth; 2SLGBTQIA+ Muslim immigrants</p> <p>Bankstown, New South Wales, Australia</p> <p>Small community</p>
Queer Muslim Community Circle	The 519 <i>Municipal Government</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Queer Muslim Community Circle is an affirming space for participants to connect, grow, and heal together. <p>Key Features:</p> <ul style="list-style-type: none"> This monthly space is run by and for 2SLGBTQ+ Muslims, allowing them to discuss conversations that are commonly stigmatized or silenced in their communities. Muslims from all traditions and practices are welcome to join. 	<p>2SLGBTQIA+ Muslim immigrants</p> <p>Toronto, Ontario, Canada</p> <p>Large community</p>
Resource Centre	Hong Fook Mental Health Association <i>Non-profit</i>	Mental Health Resources Resources for Caregivers Resources for Youth	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Resource Centre provides Asian caregivers and youth with an online repository of information about (managing) mental health and well-being. <p>Key Features:</p> <ul style="list-style-type: none"> Available resources provide information about specific mental health and addictions issues, including anxiety disorder, bipolar disorder, cannabis, major depression, problematic use of digital technology, schizophrenia, and stress, emotion, and health. Resources for caregivers include information about understanding and learning about mental health, the recovery process, the role of family and coping with challenges, self-care, navigating the mental health system, and community resources. Resources for youth include infographics and brief reports about a range of challenges tailored to Asian newcomer youth, including parentification, racism and mental health, sleep, communicating with family about mental health, and coping strategies. 	<p>Asian immigrants</p> <p>Toronto, Ontario, Canada</p> <p>Large communities</p>

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
<p>Chinese Mental Health Promotion</p>	<p>Canadian Mental Health Association (CMHA) Vancouver-Fraser</p> <p><i>Non-profit</i></p>	<p>Program Information</p> <p>Program Brochure</p>	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Chinese Mental Health Promotion program aims to enrich the lives of the Chinese community by raising awareness about mental health, encouraging wellness through culturally relevant educational, recreational, and leisure activities, and reducing the stigma surrounding mental illness. The goal of the program is to assist participants in developing skills to improve and maintain their mental health, reduce feelings of loneliness and isolation, and receive peer support while coping with stress or distress. <p>Key Features:</p> <ul style="list-style-type: none"> The program includes health promotion activities, events and workshops, and resources and information about relevant supports. Activities include: <ul style="list-style-type: none"> Cantonese Emotional Health Support Groups Happy Seniors Health Promotion Activities Special Events, such as Chinese New Year celebration, Mid-Autumn Festival, and Singing in the Sunshine The program also offers a number of volunteer opportunities for participants, which can function to strengthen their community ties while helping them develop skills. A regularly updated Chinese Mental Health Resource List is also available on the program website. 	<p>Chinese immigrants</p> <p>Metro Vancouver, British Columbia, Canada</p> <p>Large community</p>
<p>In Your Language</p>	<p>Transcultural Mental Health Centre</p> <p><i>State Government</i></p>	<p>Program Information</p>	<p>Overview and Goals:</p> <ul style="list-style-type: none"> In Your Language provides mental health-related information and resources in a variety of brochures, guides, and toolkits in over 50 languages. <p>Key Features:</p> <ul style="list-style-type: none"> Topics addressed include stress and stress management; promoting well-being; grief and loss; suicide prevention; coping with war; body image, eating, and eating disorders; consumer medications; and an array of child, adolescent, and adult mental health concerns. Hard copy, CD, and other accessible versions of resources are available upon request. 	<p>Immigrants</p> <p>New South Wales, Australia</p> <p>Communities of all sizes</p>
<p>Multilingual Information</p>	<p>Mental Health Australia</p> <p><i>Non-profit</i></p>	<p>Program Information</p>	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Multilingual Information aims to provide resources about mental health, illness, and how to access help in a range of languages to improve access and awareness among those from culturally and linguistically diverse backgrounds. <p>Key Features:</p> <ul style="list-style-type: none"> Fact sheets and audio files are translated into over 20 languages. Topics addressed include anxiety disorder, bipolar mood disorder, challenging behaviours, depression, eating disorders, personality disorder, schizophrenia, supporting parents and families, trauma, mental health and well-being, and getting professional mental health help. 	<p>Immigrants</p> <p>Australia</p> <p>Communities of all sizes</p>

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
United Voices: Immigrant Youth Wellness Summit	Immigrant Services Calgary (ISC) <i>Service Provider Organization</i>	Program Information P2P Brief P2P Video	<p>Overview and Goals:</p> <ul style="list-style-type: none"> United Voices is a full-day mental health summit geared toward newcomer youth (aged 15-25). It has three primary objectives for attendees: <ol style="list-style-type: none"> To increase their knowledge about mental health To reduce the stigma around mental health To provide them with the resources they need to become an advocate for mental health in their schools and communities <p>Key Features:</p> <ul style="list-style-type: none"> The event is organized in partnership with over 20 community partners and collaborators with an interest in immigrant and refugee youth mental health and well-being, as well as input from ISC's Youth Advisory Council. The summit draws on the HEADSTRONG framework, developed by the Mental Health Commission of Canada, and it is customized to address the unique needs of newcomer youth. 	Immigrant youth Southern Alberta, Canada Communities of all sizes
Opening Doors Project	Canadian Mental Health Association (CMHA) Toronto <i>Non-profit</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Opening Doors Project aims to foster inclusive, safe, and welcoming communities for all newcomers, while prioritizing the well-being of those who may face mental health challenges. To achieve this goal, the Project delivers interactive and peer-facilitated workshops to newcomer communities, mental health and wellness organizations, and service provider organizations. <p>Key Features:</p> <ul style="list-style-type: none"> Core workshop topics include anti-racism, understanding migration, mental health and wellness, stress and self-care, reflecting on our own identities, and knowing your rights. Each two-hour workshop is designed for English-language learners but can also be adapted to meet the needs of different audiences. Workshops can also be delivered in Tamil. Workshops are free of charge; however, a minimum of ten participants is required. Workshops may be delivered virtually or in a community or organization space. Although the organization is based in Toronto, workshops may be delivered in any location across the province of Ontario (at no cost). 	Immigrants; Mental health and wellness organization staff; Non-profit staff; Service providers Ontario, Canada Communities of all sizes
Mental Health Toolkit for Refugees and Refugee Claimants	Immigrant Services Society of BC (ISSofBC) <i>Service Provider Organization</i>	Toolkit	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The <i>Mental Health Toolkit for Refugees and Refugee Claimants</i> provides a brief introduction and guide to understanding mental health and illness and trauma, as well as information and supports available to refugees and refugee claimants. Additionally, it provides information, resources, and supports for those who work with this population in various settings. <p>Key Features:</p> <ul style="list-style-type: none"> The toolkit provides important contextual information explaining why refugees may be more vulnerable to experiencing particular forms of mental illness and post-traumatic stress disorders. 	Health and wellness organization staff; Mental health and wellness organization staff; Refugee claimants; Refugees; Service providers British Columbia Communities of all sizes
Multicultural Mental Health Resource Centre (MMHRC)	Multicultural Mental Health Resource Centre (MMHRC) <i>Non-profit</i>	Program Information Program Video	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Multicultural Mental Health Resource Centre is dedicated to improving the availability and quality of mental health services for people from all ethnocultural backgrounds by creating and sharing multilingual information and resources designed for a number of audiences (i.e., laypeople, patients and their families, community organizations, health professionals, and policy makers, planners and administrators). <p>Key Features:</p> <ul style="list-style-type: none"> Information and resources consider language, culture, religion, and other important aspects of diverse populations necessary to promote a more equitable mental healthcare system. 	Health and wellness organization staff; Immigrants; Mental health and wellness organization staff; Non-profit staff; Policymakers; Service providers All Canadian communities Communities of all sizes

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
Navigation of the Healthcare System				
Guide to Health and Social Services for Newcomers in Ottawa	Ottawa Newcomer Health Centre <i>Health Care Centre</i>	Program Information Guide	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The <i>Guide to Health and Social Services for Newcomers in Ottawa</i> was developed to help newcomers, their sponsors/supports, and healthcare providers with ready access to information to address the health care needs of newcomers in Ottawa. <p>Key Features:</p> <ul style="list-style-type: none"> The guide includes information on health coverage; primary health care services (e.g., how to find a family doctor, health navigation services, interpretation services); mental health (e.g., factors that impact mental health, substance abuse); sexual and reproductive health (e.g., gender-based violence); pregnancy care; parenting in Canada (e.g., child care and education); pharmacies, labs, diagnostics, and imaging; immunizations; dental and optometry services; and, infectious diseases (e.g., COVID-19). 	<p>Ethno-cultural organization staff; Health and wellness organization staff; Immigrants; Mental health and wellness services providers; Non-profit staff; Religious/faith organization staff; Service providers</p> <p>Ottawa, Ontario, Canada</p> <p>Large community</p>
Newcomer Resource Package	Sherbourne Health <i>Health Care Centre</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The <i>Newcomer Resource Package</i> was created to equip new immigrant and refugee clients with information that will assist them in the resettlement process, with a particular focus on health. <p>Key Features:</p> <ul style="list-style-type: none"> The Package provides newcomers with information about a number of important resources, including immunizations and vaccines, food and healthy eating, accessing primary care, and health insurance. Contact information for relevant supports and resources (e.g., mental health supports, dental care, 2SLGBTQ newcomer supports, and settlement services) located in downtown east Toronto are also included. Translations are ongoing, but the package is currently available in the following languages: Amharic, Arabic, Simplified Chinese, English, Farsi, Tamil, Spanish, and Urdu. The Package is updated annually. 	<p>Immigrants</p> <p>Toronto, Ontario, Canada</p> <p>Large community</p>
British Columbia Newcomers' Guide to Resources and Services	WelcomeBC <i>Provincial Government</i>	Guide	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The <i>British Columbia Newcomers' Guide to Resources and Services</i> provides newcomers with valuable information to help ease the settlement process, including a dedicated section about health and wellness (pp.55-68). <p>Key Features:</p> <ul style="list-style-type: none"> Included in the guide is information about health coverage, including BC's provincial health plan (the Medical Services Plan (MSP)), the Interim Federal Health Program (IFHP), and private insurance; how to find a family doctor or a nurse practitioner; what to do in a medical emergency; how to access language assistance; buying and paying for prescription drugs; getting and staying healthy; and where to get more information. The guide is available to download in thirteen languages: Arabic, Dari, English, Farsi, French, Korean, Punjabi, Russian, Simplified Chinese, Spanish, Tagalog, Traditional Chinese, and Ukrainian. 	<p>Immigrants</p> <p>British Columbia, Canada</p> <p>Communities of all sizes</p>

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
About the Irish Health System: A Guide for Refugees and Other Migrants	National Social Inclusion Office <i>National Government</i>	Guide Program Flyer	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The <i>About the Irish Health System</i> guide was created in responses to the demand for clear and accessible information about Irish Health Services and how to use them. <p>Key Features:</p> <ul style="list-style-type: none"> The guide comprises three parts: <ol style="list-style-type: none"> Part 1 provides details on accessing different healthcare options, including free services, and outlines how the GP, pharmacy, and hospital systems function. Part 2 provides information about specialist services, such as dental treatments, eye examinations, hearing aids, vaccinations. This part also introduces healthcare staff one may encounter when navigating the system. Part 3 provides information about what to do in an emergency. The guide has received National Adult Literary Agency (NALA) Plain English approval. It is available in 22 languages. 	Immigrants Ireland Communities of all sizes
Newcomer Health Hub (NHH)	Newcomer Health Hub <i>Non-profit</i>	Program Information In the News	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Newcomer Health Hub seeks to address the complex health challenges immigrants and refugees may face in Canada by providing information and resources to both newcomer communities and healthcare providers. <p>Key Features:</p> <ul style="list-style-type: none"> For newcomers, the Hub provides information and resources about how to obtain health coverage and find care providers. For front-line healthcare workers, the Hub equips them with evidence-based culturally specific health information about the unique challenges newcomer populations face to help them provide better care. 	Health and wellness organization staff; Immigrants; Mental health and wellness organization staff; Non-profit staff; Service providers All Canadian communities Communities of all sizes
Newcomer Connector	Sherbourne Health <i>Health Care Centre</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Newcomer Connector role functions to support immigrant and refugee clients as they navigate the health and settlement/social service systems within Sherbourne Health and the wider community. <p>Key Features:</p> <ul style="list-style-type: none"> Connectors prioritize supporting the most vulnerable newcomer populations, such as families, members of the LGBTQ community, and those who are precariously housed/experiencing homelessness. In addition to working across teams at Sherbourne Health, Connectors also link newcomers to partner organizations that provide support services related to housing, employment, and dental support, as well as more specific supports related to resettlement (e.g., language assessment). 	Immigrants Toronto, Ontario, Canada Large community

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
Multicultural Health Navigator Program	Ottawa Newcomer Health Centre <i>Health Care Centre</i>	Program Information Program Brochure	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Multicultural Health Navigator Program is designed to address the challenges newcomers face in accessing health care services in Ottawa by teaching them about the Canadian health care system and providing them with navigation support. The objectives of the program include increasing access to services, assisting with systems navigation, improving health literacy, promoting health and wellness, and advocating for culturally appropriate care. <p>Key Features:</p> <ul style="list-style-type: none"> Multicultural Health Navigators provide both individual support and community outreach in the following languages: Arabic, Dari, English, Farsi, French, Pashto, Somali, and Swahili. Available services include: <ul style="list-style-type: none"> Home visits to discuss health needs Assistance applying for the Ontario Health Insurance Plan (OHIP) Information about various health services covered under OHIP and the Interim Federal Health Program (IFHP) Information about the role of different health care providers Referrals to suitable health, social, and settlement services Advocacy on behalf of clients, when necessary Accompaniment to the initial appointment with a primary care provider (if needed) 	Immigrants Ottawa, Ontario, Canada Large community
Support for Newcomers	Accès Franco-Santé London (AFSL) / Franco-Health Access London <i>Non-profit</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Support for Newcomers program provides French-speaking immigrants and refugees with information and support needed to navigate the health and social services system (including settlement services) in southwestern Ontario. Direct services are also available in certain areas. <p>Key Features:</p> <ul style="list-style-type: none"> Information, supports, and direct services are provided in relation to mental health and addictions for adults, youth, and children; women who are victims of abuse, violence, and human trafficking; chronic disease self-management; programs for seniors and their caregivers; and services related to public health. 	French-speaking immigrants Southwestern Ontario, Canada Small and mid-sized communities
Reception Services	Centre de santé communautaire francophone d'Hamilton Niagara (CSCHN) <i>Health Care Centre</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Reception Services, offered through the Centre de santé communautaire, provides newly arrived French-speaking individuals and families with interpretation and accompaniment to healthcare services in the local community. The program also provides information sessions and workshops to orient immigrants and refugees to Canada's health system. Centre de santé communautaire also runs its own medical clinic and health and wellness programs for French-speakers of all backgrounds, including newcomers. <p>Key Features:</p> <ul style="list-style-type: none"> CSCHN considers the importance of the social determinants of health when providing care. Thus, they take account of factors such as culture, language, and socio-economic status to ensure patients receive quality care. 	French-speaking immigrants Hamilton and Welland, Ontario, Canada Small and mid-sized communities

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
<p>Health With Dignity</p>	<p>Access Alliance Multicultural Health and Community Services <i>Health Care Centre</i></p>	<p>Program Information</p>	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Health With Dignity aims to assist individuals in the communities served by Access Alliance to effectively navigate the healthcare system. <p>Key Features:</p> <ul style="list-style-type: none"> The program, which provides primary care services, health care coordination and navigation, and client education and support, is delivered through a multi-disciplinary team that includes a Nurse Manager, Registered Nurse, Occupational Therapist and Medical Secretary. Health With Dignity is designed to aid individuals who experience difficulty navigating the healthcare system because they are un(der)insured, have limited or no access to formal health system supports or services, have to rely heavily on others to navigate their care needs, have a significant history of fragmented healthcare, deal with chronic disease(s) or complex care issues, and/or have a low level of health literacy. Individuals enrolled in the program work alongside a health coach to establish goals that enhance their knowledge, skills, confidence, and overall experience with the healthcare system. 	<p>Immigrants Toronto, Ontario, Canada Large community</p>
<p>Newcomer Navigation and Support</p>	<p>Manitoba Possible <i>Non-profit</i></p>	<p>Program Information</p>	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Newcomer Navigation and Support program helps immigrants and their families understand and access complex systems, including health, social services, and disability supports. <p>Key Features:</p> <ul style="list-style-type: none"> The program employs cultural resource facilitators to guide newcomers to access the information they need to make informed decisions about their care. They also ensure service providers respect clients' cultural practices and beliefs. Cultural resource facilitators support clients in their first language (with 24 languages listed on their website). 	<p>Immigrant children with disabilities; Immigrant youth with disabilities; Immigrants with disabilities Winnipeg, Manitoba, Canada Mid-sized community</p>
<p>Multicultural Family Support for Children with Disabilities (MFSCD)</p>	<p>Multicultural Health Brokers Co-operative (MCHB) <i>Worker's Co-operative</i></p>	<p>Program Information</p>	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Multicultural Family Support for Children with Disabilities (MFSCD) program promotes newcomer families' equitable access to Alberta's Family Support for Children with Disabilities (FSCD) program as well as other relevant supports available through the disability and social services sector. MFSCD provides newcomer families with children (under the age of 18) with disabilities with linguistically and culturally relevant supports to improve their access to programming, services, and resources that can impact children's and their families' well-being. <p>Key Features:</p> <ul style="list-style-type: none"> Program supports include: <ol style="list-style-type: none"> Liaising between families and Alberta's FSCD) program Acting as a cultural broker to assist both families and service providers within the disability sector and other relevant social service providers (e.g., education, health) Offering parenting groups, activities for children, and field trips The program is available in over 20 languages. 	<p>Immigrant children with disabilities; Immigrant families Edmonton, Alberta, Canada Large community</p>

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
Multicultural Senior Outreach Program	Multicultural Health Brokers Co-operative (MCHB) <i>Worker's Co-operative</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Multicultural Senior Outreach Program, in partnership with the Senior Association of Greater Edmonton, connects Multicultural Health Brokers with lonely and isolated newcomer seniors to address their fundamental needs. <p>Key Features:</p> <ul style="list-style-type: none"> Multicultural Health Brokers work within MCHB's "five spheres of empowerment" to help seniors overcome cultural, linguistic, and systemic barriers to improve their quality of life: <ol style="list-style-type: none"> One-on-one support Mutual support groups among the seniors Community organizing to improve the well-being of the seniors Collaborative practices with other senior-serving organizations Seeking relevant actions to impact policy and systemic changes impacting seniors Brokers currently work with seniors in 14 communities: Bhutanese, Eritrean, Ethiopian, Former Yugoslavian, Iraqi, Karen, Korean, Kurdish, Oromo and Somali, Romanian, Russian, South Sudanese, Spanish speaking, and Syrian. 	<p>Immigrant seniors</p> <p>Edmonton, Alberta, Canada</p> <p>Large community</p>
Clinical Concierge Program	Multicultural HIV and Hepatitis Service (MHAHS) <i>Non-profit</i>	Program Information Program Flyer	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Through the Clinical Concierge Program, expert Cultural Support Workers (CSW) provide emotional and social guidance to people living with HIV by helping these clients navigate the healthcare system, connect with essential HIV services, and facilitate discussions about treatment options. <p>Key Features:</p> <ul style="list-style-type: none"> CSWs bring a tapestry of experience, representing a wide range of professions, ages, sexualities, genders, and life backgrounds. CSWs are selected based on their fluency in different languages and deep understanding of cultural nuances, which allows them to bring a vital sensitivity to HIV and viral hepatitis issues. Services are provided in over 20 languages. 	<p>2SLGBTQIA+ immigrants; Immigrants</p> <p>Sydney, New South Wales, Australia</p> <p>Large community</p>
Caregiver Support Group	Indus Community Services <i>Non-profit</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Caregiver Support Group aims to educate, inform, and empower caregivers for aging parents/spouses/relatives. <p>Key Features:</p> <ul style="list-style-type: none"> These sessions teach participants about health-related issues and share information about community programs that can provide support throughout the caregiving process. The monthly meetings also provide caregivers with the opportunity to meet other caregivers and build informal supports. 	<p>Immigrants</p> <p>Mississauga, Ontario, Canada</p> <p>Mid-sized community</p>
Health Promotion				
Make The First Move!	Afghan Women's Organization Refugee and Immigrant Services <i>Service Provider Organization</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Make The First Move! was designed to engage newcomer women and their children in physical activity through women-only fitness classes. <p>Key Features:</p> <ul style="list-style-type: none"> Classes are offered in a safe and inclusive space. The program also conducts workshops on the importance of physical activity in promoting both physical and mental health. 	<p>Immigrant women</p> <p>Toronto, Ontario, Canada</p> <p>Large community</p>

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
Health Workshops	London Intercommunity Health Centre <i>Health Care Centre</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Health Workshops initiative seeks to serve the French-speaking community by delivering year-round health-related workshops in French. <p>Key Features:</p> <ul style="list-style-type: none"> This initiative was developed in collaboration with Accès Franco-Santé London, which is a key source of information and support for French-speakers in southwestern Ontario when navigating the health and social service system. Workshop topics are determined based on the community's interest, but previous topics include mental health in the workplace, sexually transmitted infections among young people, depression in youth, and hypertension. 	<p>French-speaking immigrants</p> <p>London, Ontario, Canada</p> <p>Mid-sized community</p>
Health and Wellness for Newcomers	Rexdale Women's Centre <i>Service Provider Organization</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Health and Wellness for Newcomers program offers tailored workshops, light physical activities and sports, and one-on-one support to meet the needs of newcomer children, youth, women, adults, and seniors. <p>Key Features:</p> <ul style="list-style-type: none"> Health promotion workshops address mental health challenges and coping strategies, adjusting to life in Canada, understanding OHIP, learning to read food labels, light physical movement and stretching activities, and stress management activities. Fitness classes (i.e., yoga) and sports (i.e., basketball, badminton) are available through weekly classes. One-on-one supports include fitness assessments, blood pressure check-ins with the local community health centre, and referrals to other appropriate health services. 	<p>Immigrants</p> <p>Toronto, Ontario, Canada</p> <p>Large community</p>
Young Women Group	YMCA of Greater Halifax/ Dartmouth Centre for Immigrant Programs <i>Service Provider Organization</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Young Women Group offers a women's only space for newcomer women (aged 18-30) to take part in interactive workshops about their health and well-being. <p>Key Features:</p> <ul style="list-style-type: none"> Workshop topics include the unique challenges faced by newcomer women in relation to self-care, body image and self-esteem, online safety, staying connected during hard times, and mental health and wellness. Information about relevant supports and services are also shared with participants. 	<p>Immigrant women</p> <p>Halifax, Nova Scotia, Canada</p> <p>Mid-sized community</p>
Seniors Programs	Mount Pleasant Neighbourhood House (MPNH) <i>Service Provider Organization</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Seniors Programs offered by MPNH seeks to celebrate elders, enrich their lives, and provide them with support that allows them to maintain independent lifestyles while participating in their community. <p>Key Features:</p> <ul style="list-style-type: none"> Programs and services are available at no cost, at-cost, or subsidized due to financial support from community partners. Programs include a men's group, a walking club, a caregivers' support group, an art box program, a seniors' English class, a digital support group for seniors, and chair yoga. Home services, offered through the "Better At Home" program include housekeeping (at an hourly subsidized rate, based on income), meal delivery (ranging from \$5 to \$11 per meal, based on income), friendly visiting, yard work, and medical transportation. 	<p>Immigrant seniors</p> <p>Vancouver, British Columbia, Canada</p> <p>Large community</p>

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
Healthy Self, Healthy Families Program	DIVERSEcity Community Resources Society <i>Service Provider Organization</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Healthy Self, Healthy Families Program offers workshops about maintaining a healthy lifestyle and relationships, geared to newcomer youth that face multiple barriers to settlement. <p>Key Features:</p> <ul style="list-style-type: none"> Discussions about sensitive-health related topics are delivered using a lens of cultural humility and with language assistance. Topics of discussion may include addictive and behavioural issues, changing family dynamics, mental health and well-being, and sexual and reproductive health. 	<p>Immigrant youth</p> <p>Surrey, British Columbia, Canada</p> <p>Mid-sized communities</p>
Kids Have Stress Too!	Pacific Immigrant Resource Society (PIRS) <i>Service Provider Organization</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Kids Have Stress Too! helps newcomer parents and children (aged 3-8) explore stress management strategies. <p>Key Features:</p> <ul style="list-style-type: none"> The program increases parents' knowledge of stress, their understanding of children's reactions to stress, and it improves their ability to help children cope when experiencing stress. Childcare (for children aged 18 months to 5 years) is provided at no cost during the parent only sessions. 	<p>Immigrant children; Immigrant parents</p> <p>Vancouver, British Columbia, Canada</p> <p>Large community</p>
Strengthening Families Program (SFP)	Muslim Resource Centre for Social Support & Integration (MRCSSI) <i>Non-profit</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Strengthening Families Program is a 14-week skill development program for children (aged 6-17) and their families. MRCSSI delivers a culturally adapted version of the SFP, tailored to meet the needs of families who have experienced pre- and post-migration stressors and/or arrived from a conflict zone. <p>Key Features:</p> <ul style="list-style-type: none"> Families attend a weekly 3-hour session, which includes 2-hour courses about parenting, children's life skills, and skills for healthy families. A meal is provided during the first hour of the weekly sessions, during which participants take part in informal family practice time and group leader coaching. Program facilitators make an effort to build relationships and establish trust with families that participate in the program. The program is delivered in English and Arabic. Transportation assistance is provided. Childcare (for children under 6) is provided at no cost. 	<p>Immigrant families</p> <p>London, Ontario, Canada</p> <p>Mid-sized community</p>
Newcomer Parent Resource Series: Available in 16 Languages	Childminding Monitoring, Advisory and Support. (CMAS) <i>Non-profit</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Newcomer Parent Resource Series was designed to address the unique concerns of immigrant and refugee families with regard to parenting, children's development, and ensuring the health and safety of their families in Canada. <p>Key Features:</p> <ul style="list-style-type: none"> Based on research and consultations with frontline service providers, CMAS identified and produced a collection of brief and easy-to-read parenting resources on 14 key topics: stopping aggression, learning through play, creating routines, preparing for kindergarten, guiding children's behaviour, coping with stress, getting ready to learn, keeping teeth healthy, maintaining the home language, communicating with children, sharing stories, handling aggressive behaviour, nightmares, and understanding aggression in children. Each resource is tailored to address the specific needs of newcomer parents with young children. The resources are available in the 16 most commonly spoken languages among refugees: English, French, Arabic, Dari, Farsi, Hungarian, Russian, Simplified Chinese, Somali, Spanish, Swahili, Tamil, Tigrigna, Turkish, Urdu, and Yoruba. 	<p>Immigrant parents</p> <p>Canada</p> <p>Communities of all sizes</p>

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
Baby's Best Chance: Parents' Handbook of Pregnancy and Baby Care	British Columbia HealthLinkBC <i>Provincial Government</i>	Program Information - Handbook	<p>Overview and Goals:</p> <ul style="list-style-type: none"> • <i>Baby's Best Chance</i> is a reference guide for parents, available in multiple languages, covering topics from pregnancy to parenting a baby up to six months of age. <p>Key Features:</p> <ul style="list-style-type: none"> • This handbook uses clear and accessible language to advise parents on how to maintain a healthy pregnancy and ensure babies get a strong start in life. It also equips parents with information on how to maintain their own well-being. • Topics include pregnancy, birth, life with your baby, baby care, baby development, and feeding your baby. • The handbook is available in English, Arabic, French, Chinese, Punjabi, Spanish, Farsi, and Tagalog. 	Immigrant parents British Columbia, Canada Large community
Umbrella Babies	Umbrella Multicultural Health Cooperative <i>Non-profit</i>	Program Information Voces Maternas Information Sheet	<p>Overview and Goals:</p> <ul style="list-style-type: none"> • Umbrella Babies is a mom and baby group dedicated to empowering new and expectant mothers to make informed choices about their health. <p>Key Features:</p> <ul style="list-style-type: none"> • The mom and baby groups are run by Cross Cultural Health Brokers (CCHB). CCHBs are health workers who empower newcomers to access health and social services and make informed decisions about their health, while addressing cultural and language barriers that so often pose a challenge to accessing and navigating the health care system. • Some of the topics discussed in the groups include how to choose a maternal health practitioner, reproductive mental health, breastfeeding, and baby's sleep. • Umbrella Babies group activities include childbirth preparation classes, first-aid for parents, and mom and baby yoga classes. • Groups are also currently available in Spanish (Voces Maternas). 	Immigrant women New Westminster, British Columbia, Canada Small community
Family First Early Years Program	DIVERSEcity Community Resources Society <i>Service Provider Organization</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> • The Family First Early Years Program was designed to provide refugee and immigrant children (aged birth to five years) and their older siblings and parents/caregivers with information and support about health and wellness, parenting, and navigating Canadian systems through a play-based program. <p>Key Features:</p> <ul style="list-style-type: none"> • Programs and services centre the growth and development of children and are designed to minimize the impact of trauma on the refugee families. • Programs and services include: a family drop-in program; play-based early childhood education; parenting workshops; nutrition, health, and wellness support; crisis counselling; father's groups; middle-years activities for the 6- to 12-year-old siblings in First Steps families; a home visiting service; and outreach services. 	Immigrant families South Fraser Region, British Columbia, Canada Small and mid-sized communities
IMPACT Parenting Support Group	DIVERSEcity Community Resources Society <i>Service Provider Organization</i>	Program Information - Program Video	<p>Overview and Goals:</p> <ul style="list-style-type: none"> • IMPACT Parenting Support Group delivers informative workshops to newcomer parents and caregivers, as well as facilitates connections among them, as they navigate parenting in Canada. <p>Key Features:</p> <ul style="list-style-type: none"> • Workshops address a range of topics, including how to raise happy and healthy children in Canada, child development and behaviour, improving confidence and coping skills. • Guest speakers provide information on nutrition and exercise, mental health, managing stress, technology, injury prevention and community involvement. • Children are provided with activities and snacks, while parents and caregivers engage with the workshops. 	Immigrant families Surrey, British Columbia, Canada Mid-sized community

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
Healthy Together	Pacific Immigrant Resources Society (PIRS) <i>Service Provider Organization</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Healthy Together was developed for newcomer women and their young children (aged 3-5) to discover new ways of being healthy with their children. <p>Key Features:</p> <ul style="list-style-type: none"> This parenting program focuses on nutrition, healthy living on a budget, and family connections. Participants learn new recipes and enjoy nutritional food together. 	<p>Immigrant children; Immigrant women</p> <p>Vancouver, British Columbia, Canada</p> <p>Large community</p>
Newcomers Cooking Together	Access Alliance Multicultural Health and Community Services <i>Health Care Centre</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Newcomers Cooking Together program was created to support immigrants and refugees make a healthy transition to the Canadian food environment while maintaining cultural food traditions. <p>Key Features:</p> <ul style="list-style-type: none"> This community-based cooking program is supported by health promoters, youth workers, registered dietitians, dietetic interns, and volunteers to foster skill building, health education, and community making. The program has grown to offer tailored sessions for specific communities and life stages, including youth, adults, seniors, LGBTQ+ communities and clinical clients with known risk factors for heart disease. Through the collaborative efforts of dietitians, participants, and volunteers, groups also produce cookbooks that reflect the unique personality of each group. 	<p>Immigrants</p> <p>Toronto, Ontario, Canada</p> <p>Large community</p>
Food Skills for Families	Pacific Immigrant Resources Society (PIRS) <i>Service Provider Organization</i>	Program Information Program Flyer	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Food Skills for Families is a food and cooking program with three main objectives: <ol style="list-style-type: none"> Help immigrant and refugee women develop cooking skills (or improve existing skills) while learning new recipes using local foods Explain how to understand nutritional information about different foods Share information about how to eat healthily on a budget <p>Key Features:</p> <ul style="list-style-type: none"> During the spring, the group visits a local farm and community garden. Childcare (for children aged 18 months to 5 years) is provided at no cost. Bus tickets are provided. 	<p>Immigrant women</p> <p>Vancouver, British Columbia, Canada</p> <p>Large community</p>
Welcome Gardens	Victoria Immigrant and Refugee Centre Society (VIRCS) <i>Service Provider Organization</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Welcome Gardens is a settlement service program designed to battle food insecurity and help newcomer and vulnerable populations to overcome barriers to their well-being. <p>Key Features:</p> <ul style="list-style-type: none"> Participants receive the tools and resources they need to grow nutritious, affordable, and culturally preferred foods together while fostering intercultural collaborations that strengthen social, environmental, and economic resilience. Social connection and food security are promoted through community events, potlucks, educational workshops, and a shared resource pool. 	<p>Immigrants</p> <p>Victoria, British Columbia, Canada</p> <p>Mid-sized community</p>

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
Grocery Run	Multicultural Health Brokers Co-operative (MCHB) <i>Worker's Co-operative</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Grocery Run is an emergency food distribution program that delivers grocery hampers to immigrant and refugee families experiencing chronic poverty. The program has three main goals: <ol style="list-style-type: none"> To deliver nutritious and culturally appropriate food to multi-barriered families and seniors To collaborate with community partners, including the Edmonton Food Bank, Leftovers Edmonton Foundation, and local food producers, for food rescue and local food procurement To highlight the experiences of newcomers, who are disproportionately affected by food insecurity, and advocate for more inclusive and equitable service delivery and policy changes <p>Key Features:</p> <ul style="list-style-type: none"> The program combines food rescue efforts with local food procurement, and 50 percent of food is donated through local partners. Over 60 community volunteers package and deliver food hampers throughout the city on a weekly basis. Food hampers consist of a variety of fresh produce, culturally relevant pantry staples, bread, and a dozen eggs (on a bi-weekly basis). Additional items, such as cereal, flour, diapers, winter clothes, and other essentials are also included, when available. As of 2022, Grocery Run serves approximately 550 families/3,200 people every week, 56% of whom are children and youth and 10% of whom are seniors. 	Immigrants Edmonton, Alberta, Canada Large community
Refugee Support Fund	DIVERSEcity Community Resources Society <i>Service Provider Organization</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Refugee Support Fund supplies newly arrived refugees with essential items and services that are not covered by government funding, including those that are health related. <p>Key Features:</p> <ul style="list-style-type: none"> This program provides refugees with emergency financial support to pay for medical treatment and equipment that is not covered by insurance. 	Refugees Lower Mainland, British Columbia, Canada Small and mid-sized communities
Peer-to-Peer Vaccine Education & Outreach Program	Niagara Folk Arts Multicultural Centre <i>Service Provider Organization</i>	Program Information Program Video	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Peer-to-Peer Vaccine Education & Outreach Program provides evidence-based culturally informed workshops to improve newcomers' knowledge and understanding of COVID-19 and vaccines. <p>Key Features:</p> <ul style="list-style-type: none"> The workshops address factors that lead to vaccine-hesitancy and distrust toward the healthcare system among newcomers. Topics covered include: COVID-19 & The Basics, Media Literacy, Building Confidence in the Healthcare System, and Self-Care & Getting Back to a New Normal. Workshops have been delivered in English, Arabic, French, Mandarin, and Spanish. 	Immigrants Niagara Region, Ontario, Canada Small and mid-sized communities
Health Promotion	Multicultural HIV and Hepatitis Service (MHAHS) <i>Non-profit</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> MHAHS's Health Promotion programming seeks to reduce the social and health burdens of HIV and viral hepatitis among priority culturally and linguistically diverse (CALD) communities. <p>Key Features:</p> <ul style="list-style-type: none"> Public health initiatives involve working alongside CALD communities and key community- and sector-based agencies to create informative materials in multiple languages, host educational events, and organize forums that foster community engagement. MHAHS partners with communities through a community development framework. They believe community involvement and cultural insights are crucial to improving the well-being of these populations and the most effective solutions to health concerns come directly from the communities themselves. MHAHS collaborates with diverse communities to develop culturally sensitive strategies that respect each community's values and help tackle the impact of HIV, Hepatitis B, and Hepatitis C in CALD communities. 	Ethno-cultural organization staff; Immigrants; Religious/faith organization staff Sydney, New South Wales, Australia Large community

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
Multilingual Information	Multicultural HIV and Hepatitis Service (MHAHS) <i>Non-profit</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Multilingual Information program develops resources on HIV, Hepatitis B, and Hepatitis C to address testing, treatment, prevention, and support in multiple languages targeting culturally and linguistically diverse (CALD) communities. <p>Key Features:</p> <ul style="list-style-type: none"> The organization operates on the principle that language and cultural awareness are key to improving health literacy and ensuring equitable and fair access to healthcare for CALD communities. In line with these principles, MHAHS employs staff representing over 20 language groups. These staff members, from priority African, Asian, European, Middle Eastern, and Latin American communities, work alongside other healthcare professionals in supportive, educational, and community development roles. 	Immigrants Sydney, New South Wales, Australia Large community
Specialized Health-Related Services				
Paediatric Outreach Program (POP)	Canadian Centre for Refugee & Immigrant Health Care <i>Health Care Centre</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Paediatric Outreach Program provides un(der)insured infants, children, and youth new to Canada with medical care. <p>Key Features:</p> <ul style="list-style-type: none"> This service helps fill a desperate gap in Canada's national healthcare system that denies children and infants with access to basic and urgent care. Services include well baby progress visits, immunizations, treatment for infections, care for cerebral palsy, learning disabilities, Down's syndrome, and sickle cell disease among others. Services are provided by volunteer paediatricians from Toronto's Hospital for Sick Children and residents in training from The University of Toronto. 	Immigrant children; Immigrant youth; Refugee claimant children; Refugee claimant youth Toronto, Ontario, Canada Large community
Gavin Pape Diabetes And Vascular Health Clinic	Canadian Centre for Refugee & Immigrant Health Care <i>Health Care Centre</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Gavin Pape Diabetes And Vascular Health Clinic empowers newcomers to manage their blood sugars and provides them with appropriate referrals to reduce risk of complications. <p>Key Features:</p> <ul style="list-style-type: none"> Many newcomer populations have high rates of diabetes, and their status as immigrants heightens their vulnerability to seeking appropriate care. It is common for many patients to have been living with unmanaged diabetes, which presents potential complications, before they seek treatment at the clinic. This program is offered at no cost. 	Immigrants; Refugee claimants Toronto, Ontario, Canada Large community
West Toronto Diabetes Education Program	Access Alliance Multicultural Health and Community Services <i>Health Care Centre</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The West Toronto Diabetes Education Program strives to enhance the well-being of adults dealing with type 2 diabetes, pre-diabetes, or those vulnerable to developing type 2 diabetes. <p>Key Features:</p> <ul style="list-style-type: none"> Many newcomer populations have high rates of diabetes, and their status as immigrants heightens their vulnerability to seeking appropriate care. Clinicians provide information, resources, and tools through individual and group counselling to help participants self-manage their diabetes. Family members and caregivers are also welcome to attend. To help facilitate participation, interpretation services and transit tokens are available at no cost. 	Immigrants Toronto, Ontario, Canada Large community

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
<p>Diabetes Education Program (DEP)</p>	<p>TAIBU Community Health Centre <i>Health Care Centre</i></p>	<p>Program Information</p>	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Diabetes Education Program provides support and comprehensive education with the goal of teaching people how to prevent or live well with Type 2 Diabetes. <p>Key Features:</p> <ul style="list-style-type: none"> A multi-disciplinary team of health professionals, which includes a Registered Nurse Educator, Registered Dietician Educator, Chiropodist (Foot Care Specialist), and a Social Worker, provides practical information on diabetes. By upholding a high standard of diabetes care and education that encourages self-management and delivering a service that is culturally and linguistically appropriate, the program seeks to improve the quality of life for those affected by Type 2 Diabetes. TAIBU's care team provides tailored programs and services within a culturally affirming Afrocentric setting. TAIBU holds partial designation as a French language service provider. 	<p>Black-identifying French-speaking immigrants; Black-identifying immigrants</p> <p>Toronto, Ontario, Canada</p> <p>Large community</p>
<p>Chiropody Program</p>	<p>Canadian Centre for Refugee & Immigrant Health Care <i>Health Care Centre</i></p>	<p>Program Information</p>	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Chiropody Program assesses and treats issues that affect feet for newcomers of all ages and backgrounds. Among patients with diabetes mellitus and/or vascular diseases, the program seeks to prevent lower limb amputation. <p>Key Features:</p> <ul style="list-style-type: none"> Program supports include: <ul style="list-style-type: none"> Assessment and Management of Foot Pain Diabetic foot assessment and education Infection and wound care Treatment of painful skin lesions and toenail deformities Services are available at no cost, but patients must receive a referral from their primary care provider. 	<p>Immigrants; Refugee claimants</p> <p>Toronto, Ontario, Canada</p> <p>Large community</p>
<p>Dietician & Nutrition Services</p>	<p>Canadian Centre for Refugee & Immigrant Health Care <i>Health Care Centre</i></p>	<p>Program Information</p>	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Dietician & Nutrition Services helps newcomers manage a healthy diet as they adapt to life in Canada. <p>Key Features:</p> <ul style="list-style-type: none"> Nutritional and dietary assessments can help address: <ul style="list-style-type: none"> Food and Nutrition Security Acute and Chronic Disease Management Improved Diabetes Control Obesity Management Support The program seeks to understand each newcomer as a unique person, while taking important factors (e.g., cultural food preferences, socioeconomic circumstances, dietary restrictions, nutrient requirements) into consideration. 	<p>Immigrants; Refugee claimants</p> <p>Toronto, Ontario, Canada</p> <p>Large community</p>

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
<p>Dietician Services</p>	<p>Access Alliance Multicultural Health and Community Services <i>Health Care Centre</i></p>	<p>Program Information</p>	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Dietician Services team of Registered Dietitians (RDs) offer personalized nutrition counselling on an individual basis and conduct group education sessions covering a range of health topics. <p>Key Features:</p> <ul style="list-style-type: none"> RDs share insights into the significance of food at various life stages, and participants have the opportunity to learn about the relationship between food and health, how to make informed decisions about their dietary choices, and how to cultivate healthy eating habits. To increase accessibility, this program is available in person, at other locations throughout the city, and online. Dietician Services works alongside interpreters and incorporates multilingual, multicultural resources to honour the diverse backgrounds of the individuals and communities they serve. The organization's approach to client care and community programs is multifaceted, rooted in client-centred and anti-oppressive principles. In an effort to acknowledge the complex challenges faced by individuals and communities in pursuing health changes, RDs collaborate with participants to identify realistic and meaningful transformations. 	<p>Immigrants Toronto, Ontario, Canada Large community</p>
<p>Urban Dental Clinic</p>	<p>Canadian Centre for Refugee & Immigrant Health Care <i>Health Care Centre</i></p>	<p>Program Information</p>	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Urban Dental Clinic provides emergency dental services to low-income adult (18-64) newcomers and those without access to dental insurance or government social-assistance programs. Services are provided by volunteer dentists and hygienists. <p>Key Features:</p> <ul style="list-style-type: none"> Services are available at a low cost. Available services include emergency examinations, x-rays, prescriptions, extractions, fillings, and cleanings. 	<p>Immigrants; Refugee claimants Toronto, Ontario, Canada Large community</p>
<p>Government Assisted Populations (GAP) Oral Health Clinic</p>	<p>Dalhousie University Faculty of Dentistry <i>Post-secondary Institution</i></p>	<p>Program Information Program Video</p>	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Government Assisted Populations Oral Health Clinic provides oral health care to newcomers who struggle to find care, largely due to financial and language barriers. <p>Key Features:</p> <ul style="list-style-type: none"> Dental hygiene and dentistry students work with language interpreters to provide care to patients whose primary language is not English. Not only do newcomers receive vital oral care, but students gain knowledge and experience delivering culturally competent care that they can carry forward in their professional practice. 	<p>Immigrants Halifax, Nova Scotia, Canada Mid-sized community</p>
<p>Back 2 Life Program</p>	<p>TAIBU Community Health Centre <i>Health Care Centre</i></p>	<p>Program Information</p>	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Back2Life Program is designed to assess, manage, and treat back pain issues among the Black community. <p>Key Features:</p> <ul style="list-style-type: none"> A Chiropractor and Kinesiologist work to manage clients' lower back pain with the goal of alleviating pain and discomfort through assessment and treatment, lifestyle adjustments, education and support, physical activity, and massage therapy. Massage therapy is available at no cost. TAIBU's care team provides tailored programs and services within a culturally affirming Afrocentric setting. TAIBU holds partial designation as a French language service provider. 	<p>Black-identifying French-speaking immigrants; Black-identifying immigrants Toronto, Ontario, Canada Large community</p>

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
Physiotherapy	Access Alliance Multicultural Health and Community Services <i>Health Care Centre</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Physiotherapy program offers personalized individual assessments and treatments for conditions associated with muscles, bones, and nerves. <p>Key Features:</p> <ul style="list-style-type: none"> Physiotherapists facilitate group programs like Back To Movement, designed for individuals with chronic back pain, and The Strong and Steady Falls Prevention Program. Programs feature both exercise and educational elements that clients can incorporate into their routine to support a healthy lifestyle. Clients are referred by Access Alliance's Primary Health Care Team to the Physiotherapy program for various health issues, including physical injury, acute pain, chronic pain, or mobility issues. Settlement services can also make referrals for physiotherapy, provided the clients have a family doctor or nurse practitioner at Access Alliance. 	<p>Immigrants</p> <p>Toronto, Ontario, Canada</p> <p>Large community</p>
Sickle Cell Clinic	TAIBU Community Health Centre <i>Health Care Centre</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Sickle Cell Clinic provides specialized primary care services for adults living with sickle cell disease (and their caregivers). <p>Key Features:</p> <ul style="list-style-type: none"> TAIBU's health professionals share information for adults living with sickle cell disease (and their caregivers) about how to prevent health emergencies and hospitalization. Culturally appropriate resources, including nutritional guides, are provided to patients. TAIBU's care team provides tailored programs and services within a culturally affirming Afrocentric setting. TAIBU holds partial designation as a French language service provider. 	<p>Black-identifying French-speaking immigrants; Black-identifying immigrants</p> <p>Toronto, Ontario, Canada</p> <p>Large community</p>
Cancer Screening	TAIBU Community Health Centre <i>Health Care Centre</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Cancer Screening program seeks to educate and empower Black-identifying communities in the Greater Toronto Area about the importance of preventative cancer screening and improve their access and screening rates. <p>Key Features:</p> <ul style="list-style-type: none"> The Cancer Screening program provides regular screening for cervical, breast, colorectal and prostate cancers to increase the chance for early detection and successful treatment and health outcomes. The care model at TAIBU emphasizes engagement and education concerning screening for populations that are underserved and under-screened, all within a culturally safe environment. TAIBU's care team provides tailored programs and services within a culturally affirming Afrocentric setting. TAIBU holds partial designation as a French language service provider. 	<p>Black-identifying French-speaking immigrants; Black-identifying immigrants</p> <p>Toronto, Ontario, Canada</p> <p>Large community</p>
Adult Day Services	Indus Community Services <i>Non-profit</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Adult Day Services program seeks to promote healthy, independent living for senior newcomers with high-care needs and those who exhibit challenging behaviour by providing a safe, supervised, and welcoming space where they can participate in physical, mental, social, and recreational activities. There is also specialized care for those with dementia-related illnesses. <p>Key Features:</p> <ul style="list-style-type: none"> Programs are conducted in a safe, supervised environment by professional staff and aim to help keep seniors in their homes longer, providing respite and support for caregivers and alleviating pressure on hospitals and long-term care centres. Group sessions and one-on-one sessions are available. Healthy, vegetarian, South Asian meals are provided; special dietary needs are also accommodated. 	<p>Immigrants</p> <p>Brampton and Mississauga, Ontario, Canada</p> <p>Mid-sized communities</p>

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
Sexual and Reproductive Health Services				
Scarborough Women’s At-Risk Newcomer’s (SWAN) Clinic	Canadian Centre for Refugee & Immigrant Health Care <i>Health Care Centre</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Scarborough Women’s At-Risk Newcomer’s Clinic provides recently arrived and long-term immigrant women with urgent access to vital healthcare services. <p>Key Features:</p> <ul style="list-style-type: none"> Services are provided by an all-woman team of health professionals without judgment. The clinic provides a safe and confidential setting for women to seek services. Services include health exams, pap smears, breast exams, contraception and family planning, mental health care, sexually transmitted disease care (including HIV) and prevention, cancer screening, food and nutritional support, exams for female genital cutting and more. 	<p>Immigrant women; Refugee claimant women</p> <p>Toronto, Ontario, Canada</p> <p>Large community</p>
Clinical Services	Immigrant Women’s Health Centre (IWHC) <i>Health Care Centre</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Clinical Services provides sexual/reproductive information and health services to newcomers from all backgrounds, genders, and sexual orientations at no cost. Clinical services include (but are not limited to) STI testing, treatment, and counselling; pap smear tests; birth control prescriptions and low-cost sales, treatment, and counselling; IUD insertions, follow up, and removal counselling and sales. <p>Key Features:</p> <ul style="list-style-type: none"> The Centre fosters a safe, non-judgmental, and culturally sensitive space, operated by a multilingual all-female staff. Language support and translation is available in Italian, Spanish, Portuguese, Korean, Mandarin, and Tagalog. 	<p>2SLGBTQIA+ immigrants; Immigrants</p> <p>Toronto, Ontario, Canada</p> <p>Large community</p>
Sexual Health Programs	TAIBU Community Health Centre <i>Health Care Centre</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> TAIBU’s Sexual Health Programs are designed to improve the community’s awareness around healthy sexuality, and access to programs and services to support healthy sexual practices. <p>Key Features:</p> <ul style="list-style-type: none"> The programs provide clients with access to birth control counselling; access to low cost or free birth control; free condoms; emergency contraceptive pills; STI testing & free treatment; HIV testing; pregnancy testing; counselling and referral; publicly funded vaccination for Hep A & B; Hep testing; PAP test; Depo injection; sexuality & relationship counselling. TAIBU’s care team provides tailored programs and services within a culturally affirming Afrocentric setting. In addition to managing day-to-day health concerns, the clinic also coordinates specialist care as required. TAIBU holds partial designation as a French language service provider. 	<p>Black-identifying French-speaking immigrants; Black-identifying immigrants</p> <p>Toronto, Ontario, Canada</p> <p>Large community</p>

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
Sexual Health Education Services	Alliance for South Asian AIDS Prevention (ASAAP) Non-profit	Program Information Program Information for South Asian LGBTQ+ Communities Program Information for Indo-Caribbean Women's Group (ICWG) Program Information for Arabic & Farsi Speaking LGBTQ+ Communities	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Sexual Health Education Services is designed to provide culturally informed comprehensive information on sexual health, including STI and HIV testing, prevention, and management. <p>Key Features:</p> <ul style="list-style-type: none"> Services offered include in-person and online outreach, conducting workshops, providing social and support spaces, and distributing safer sex supplies such as condoms, dental dams, and lubricants. In addition to the services mentioned above, Sexual Health Education Services comprises three programs, each focused on addressing the unique needs of different populations: <ol style="list-style-type: none"> South Asian LGBTQ+ Communities: provides education and training on sexual health, testing, PrEP/PEP access, and overall well-being for newcomers and community members; conducts outreach to raise awareness and distribute safer sex supplies; establishes safe spaces to build relationships and support networks; and offers referrals to ensure all community members have access to necessary services. Indo-Caribbean Women's Group (ICWG): fosters open discussions and raises awareness about sensitive topics, such as healthy relationships, safer sex practices, sexuality, gender-based violence, and mental health in a culturally sensitive way. Arabic & Farsi Speaking LGBTQ+ Communities: improves knowledge of HIV/STI prevention and reduces social isolation by fostering a sense of community among Arabic and Farsi-speaking individuals in the Toronto area. Services are available in Arabic, English, Farsi, Gujarati, Hindi, Punjabi, Marathi, Tamil, and Urdu. 	<p>2SLGBTQIA+ immigrants; Immigrant women</p> <p>Canada</p> <p>Communities of all sizes</p>
Knowledge Into Action (KiA)	Sexuality Education Resource Centre (SERC) Non-profit	Program Information Community-Based Research Project Report P2P Brief P2P Video	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Knowledge into Action has four main goals aimed at addressing HIV/STIs among African newcomers: <ol style="list-style-type: none"> Providing prevention and support interventions Building capacity Spreading awareness Reducing risk <p>Key Features:</p> <ul style="list-style-type: none"> The program was developed in collaboration with community members and groups, including ethnocultural organizations, community leaders, and service providers, and ongoing community collaboration is integral to the program's success. Sessions are delivered to respond to the community's needs (e.g., organizing sessions on evenings and weekends so they are convenient for the community to attend). Sessions are delivered in the group's first language or in English with interpretation. 	<p>African immigrants; Ethno-cultural organization staff; Health and wellness organization staff; Non-profit staff; Religious/faith organization staff</p> <p>Winnipeg, Manitoba, Canada</p> <p>Mid-sized community</p>
"I'm Muslim and I Might Not Be Straight": A Resource for LGBTQ+ Muslim Youth	Advocates for Youth - Muslim Youth Leadership Council Non-profit	Guide	<p>Overview and Goals:</p> <ul style="list-style-type: none"> "I'm Muslim and I Might Not Be Straight" provides Muslim youth who may be questioning their sexuality with resources to help them better understand and navigate issues around sexuality, religion, sexual health, and consent. <p>Key Features:</p> <ul style="list-style-type: none"> The resource guide, which is written from the perspective of Muslim youth, takes an inclusive approach to affirming the diverse and intersectional identities and experiences of Muslim youth. The guide is available in English and Arabic. 	<p>2SLGBTQIA+ Muslim immigrant youth</p> <p>All communities</p> <p>Communities of all sizes</p>

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
“I’m Muslim and & My Gender Doesn’t Fit Me”: A Resource for Trans Muslim Youth	Advocates for Youth - Muslim Youth Leadership Council <i>Non-profit</i>	Guide	<p>Overview and Goals:</p> <ul style="list-style-type: none"> • “I’m Muslim and & My Gender Doesn’t Fit Me” provides Muslim youth who may be questioning their gender identity with a health resource to validate, support, and guide them as they attempt to understand their gender identity. <p>Key Features:</p> <ul style="list-style-type: none"> • The resource guide, which is written from the perspective of Muslim youth, takes an inclusive approach to affirming the diverse and intersectional identities and experiences of Muslim youth. • The guide is available in English and Arabic. 	<p>2SLGBTQIA+ Muslim immigrant youth</p> <p>All communities</p> <p>Communities of all sizes</p>
Our Selves, Our Daughters	Sexuality Education Resource Centre (SERC) <i>Non-profit</i>	Program Information Program Guide P2P Brief P2P Video	<p>Overview and Goals:</p> <ul style="list-style-type: none"> • Our Selves, Our Daughters is dedicated to supporting the overall health and wellness of newcomer women impacted by female genital cutting (FGC) and alter long-held beliefs about the practice in their communities. • The program also provides health and social service providers with training to provide women impacted by FGC with culturally responsive care. <p>Key Features:</p> <ul style="list-style-type: none"> • The program was developed in collaboration with community members and groups, including ethnocultural and religious organizations, community leaders, and service providers. • Ongoing community collaboration and a client-centred approach are integral to building trust with participants and ensuring the program’s success. • Workshops are delivered in the group’s first language or in English with interpretation. 	<p>African immigrant women; Ethno-cultural organization staff; Health and wellness organization staff; Non-profit staff; Religious/faith organization staff</p> <p>Winnipeg, Manitoba, Canada</p> <p>Mid-sized community</p>
Gender-based Violence Prevention Services				
Gender-Based Violence Awareness and Prevention Workshop	YMCA of Greater Halifax/ Dartmouth Centre for Immigrant Programs <i>Service Provider Organization</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> • The Gender-Based Violence Awareness and Prevention Workshop builds newcomers’ knowledge and awareness of gender-based violence (GBV). <p>Key Features:</p> <ul style="list-style-type: none"> • Through a 2-hour workshop, participants receive an overview on gender-based violence, including laws about family violence in Canada, laws about child abuse in Nova Scotia, how to identify healthy versus unhealthy family relationships, their rights as an immigrant or refugee in Canada, and how to access support. 	<p>Immigrants</p> <p>Halifax, Nova Scotia, Canada</p> <p>Mid-sized community</p>
Girls and Guys In-School Groups	YMCA of Greater Halifax/ Dartmouth Centre for Immigrant Programs <i>Service Provider Organization</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> • Girls and Guys In-School Groups is a lunchtime program, organized in partnership with the School Settlement program, aimed at addressing gender-based violence prevention. <p>Key Features:</p> <ul style="list-style-type: none"> • Participants take part in workshops and activities that discuss gender and relationships. • The program is delivered in gendered spaces to allow for vulnerable discussions. • Themes include leadership, empowerment, confidence, friendship, bullying, and positive masculinity. 	<p>Immigrant youth</p> <p>Halifax, Nova Scotia, Canada</p> <p>Mid-sized community</p>
Men's Action Project (MAP)	YMCA of Greater Halifax/ Dartmouth Centre for Immigrant Programs <i>Service Provider Organization</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> • The Men’s Action Project (MAP) invites newcomer boys and men (aged 15-25) to take action and prevent gender-based violence in their community through a youth-led project. <p>Key Features:</p> <ul style="list-style-type: none"> • The program helps newcomer men build leadership skills and serve as a positive role model for other young men and boys, while creating positive change. 	<p>Immigrant boys; Immigrant men; Immigrant youth</p> <p>Halifax, Nova Scotia, Canada</p> <p>Mid-sized community</p>

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
Family Conflict Prevention Program	Calgary Immigrant Women's Association (CIWA) <i>Service Provider Organization</i>	Program Information P2P Brief P2P Video	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Family Conflict Prevention Program provides professional and culturally sensitive counselling to immigrant women and their families with the goal of promoting healthy family relationships. The counselling offered can help address challenges related to family dynamics, domestic issues, gender-based violence, intimate partner violence, relationship problems, abuse, and trauma. <p>Key Features:</p> <ul style="list-style-type: none"> The program uses prevention and early intervention strategies to connect with and deliver services to isolated and/or otherwise vulnerable immigrants, refugees, and racialized women who may be unable or fearful of accessing supports at CIWA. First language support is available. Childcare is available at no cost. 	<p>Immigrant families; Immigrant women</p> <p>Calgary, Alberta, Canada</p> <p>Large community</p>
Multicultural Victims Services Outreach	DIVERSEcity Community Resources Society <i>Service Provider Organization</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Multicultural Victims Services Outreach program provides practical assistance and supports to self-identifying women who have experienced intimate partner violence. <p>Key Features:</p> <ul style="list-style-type: none"> Women who take part in this program receive practical supports, such as accompaniments to court appointments as well as information and referrals. Group sessions allow participants to exchange experiences and learn to adopt healthy coping techniques in response to violence. as they move forward in their healing journey. This program is typically offered in combination with DIVERSEcity's Stopping the Violence Counselling program. The program is confidential and takes a compassionate and culturally informed approach. Services are offered at no cost and are available in multiple languages. 	<p>Immigrant women</p> <p>Delta, Surrey, White Rock, and Langley, British Columbia, Canada</p> <p>Small and mid-sized communities</p>
Violence Against Women and Children Program (VAWC)	Riverdale Immigrant Women's Centre (RIWC) <i>Service Provider Organization</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Violence Against Women and Children Program seeks to increase the safety of women, children, and other family members who have been impacted by violence through emotional and practical support. <p>Key Features:</p> <ul style="list-style-type: none"> Available services include safety planning, crisis support (in person, over the phone, and virtual), advocacy support when seeking information about rights and interpretation services, counselling (sexual assault, long-term therapeutic, and goal-focused), information and referrals to relevant and appropriate services, and community outreach. Culturally specific counselling services are delivered by immigrant women in English, Hindi, Malayalam, Tagalog, and Tamil. 	<p>Immigrant children; Immigrant families; Immigrant women</p> <p>Toronto, Ontario, Canada</p> <p>Large community</p>
Victims' Supports Outreach Program	Calgary Immigrant Women's Association (CIWA) <i>Service Provider Organization</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Victims' Supports Outreach Program provides off-site direct support services for immigrant women, children, and youth experiencing or affected by family violence. <p>Key Features:</p> <ul style="list-style-type: none"> Culturally sensitive supports, delivered in the clients first language, are tailored to meet the family's needs and build trust between the family, caseworkers, and program staff. A range of counselling options (e.g., individual, couple, family, support group) are available as well as referrals to appropriate community resources. In addition to supporting victims directly, the program also entails public education efforts within the community to increase awareness about and prevent family violence. 	<p>Immigrant children; Immigrant families; Immigrant women; Immigrant youth</p> <p>Calgary (northeast), Alberta, Canada</p> <p>Mid-sized community</p>

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
MIRRORS: A Reflection of Immigrant Women Building Healthy Relationships	Safe Housing And Directed Empowerment (SHADE) <i>Non-profit</i>	Program Information P2P Brief P2P Video	<p>Overview and Goals:</p> <ul style="list-style-type: none"> MIRRORS is a 12-week community workshop for newcomer women affected by domestic violence/family violence/gender-based violence. It is intended to help women heal from abuse, provide them with a sense of community, and learn about wellness and healthy relationships. <p>Key Features:</p> <ul style="list-style-type: none"> Workshops provide psychosocial group counselling, activities, and guest speakers. Participants are also provided with literature to read and reflect on in preparation for the following week. At the start of each meeting, participants receive a healthy meal. Workshops are delivered in English, but interpreters are present to provide simultaneous interpretation. Childcare is available at no cost. Transportation subsidies are provided (bus tickets in good weather and Uber/taxi fare in poor weather). 	<p>Immigrant women</p> <p>Winnipeg, Manitoba, Canada</p> <p>Mid-sized community</p>
Resources and Training for Individuals and Institutions Working with Immigrants				
Trauma-Informed Training for Service Providers	Pacific Immigrant Resources Society (PIRS) <i>Service Provider Organization</i>	Program Information Resource Guides Public Webinars and Presentations Trauma-Informed Practice Training	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The goal of the Trauma-Informed Training for Service Providers program is to provide service providers working in community settings with research, training, and resources to improve their understanding of the impact of migration on trauma so that they are able to better serve newcomer populations. <p>Key Features:</p> <ul style="list-style-type: none"> PIRS has a long history of trauma-informed practice that recognizes the stressors and challenges immigrant and refugee women and children endure throughout the migration process. Their approach to trauma-informed practice is grounded in community and designed in response to the needs of the people they serve. The program provides publicly available resource guides, webinars and presentations slides, and practice training, customized for the settlement sector, to create community-based programming that provides a safe space for healing. 	<p>Service providers</p> <p>All Canadian communities</p> <p>Communities of all sizes</p>
Trauma-Informed Care: A Primer For Refugee Service Providers	International Rescue Committee (IRC) <i>Non-profit</i>	Program Information Guide	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The <i>Trauma-Informed Care</i> guide equips settlement service providers and organizations seeking to integrate trauma-informed care (TIC) into their work with the key principles and practices of this philosophy. <p>Key Features:</p> <ul style="list-style-type: none"> The guide explores how adopting a TIC framework can allow service providers and organizations to create a more supportive environment that empowers refugees during resettlement and integration. The TIC principles discussed in this guide include safety; trustworthiness and transparency; mutual collaboration; and empowerment, voice, and choice. 	<p>Service providers</p> <p>USA</p> <p>Communities of all sizes</p>
National Newcomer Navigation Network (N4)	National Newcomer Navigation Network (N4) <i>Non-profit</i>	Program Information Program Video	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The National Newcomer Navigation Network (N4) is a nationwide platform for service providers to connect, learn, and collaborate with the goal of providing newcomers with a consistent and equitable experience navigating social and health services. <p>Key Features:</p> <ul style="list-style-type: none"> N4 creates avenues for professional development, education, virtual dialogues, networking, and the exchange of data and resources. The Network identifies and promotes best practices relevant to newcomer navigation among its members. To ensure that all interested parties can benefit, membership and access to N4's tools are provided at no cost. 	<p>Health and wellness organization staff; Mental health and wellness organization staff; Non-profit staff; Service providers</p> <p>Canada</p> <p>Communities of all sizes</p>

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
Multilingual Cancer Screening Outreach Toolkit	Ottawa Health Team-Équipe Santé Ottawa (OHT-ESO) <i>Non-profit</i>	Program Information - Toolkit	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The <i>Multilingual Cancer Screening Outreach Toolkit</i> was designed to equip front-line and community outreach staff with easy access to information on breast, cervical, and colon cancer screening in multiple languages, which they can share with the communities they serve. <p>Key Features:</p> <ul style="list-style-type: none"> The toolkit includes information in English, French, Arabic, Traditional Chinese, Simplified Chinese, Spanish, Punjabi, Farsi, Tagalog, Urdu, Hindi, Italian, and Tamil. Three types of materials are included in each language: <ol style="list-style-type: none"> Outreach materials to assist organizations in their communication efforts, such as key messages, newsletter content, and social media posts Printable resources like posters, postcards, and informational or fact sheets, which can be shared with individuals or used to initiate discussions about screening Information about screening referral processes for each type of screening 	Ethno-cultural organization staff; Health and wellness organization staff; Non-profit staff; Religious/faith organization staff; Service providers Ottawa, Ontario, Canada Large community
Francophone Immigration Health	Réseau franco-santé du Sud de l'Ontario (RFSSO) French Health Network of Central Southwestern Ontario <i>Non-profit</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Francophone Immigration Health program seeks to better meet the needs of French-speaking immigrants through three primary objectives: <ol style="list-style-type: none"> Building the capacity of settlement sector professionals to support French-speaking immigrants on health issues Building community capacity to meet the health needs of Francophone immigrants, including mental health Increasing the collective knowledge of the challenges and solutions that elevate the health status of French-speaking immigrants <p>Key Features:</p> <ul style="list-style-type: none"> The program engages in four processes to achieve its objectives: <ol style="list-style-type: none"> Create and/or strengthen links and collaborative opportunities between the settlement and health sectors Gain knowledge about the needs and challenges experienced by immigrants Update and improve existing tools (Active Offer and Health Human Resources Strategy tools) to promote French-speaking immigrants' access to the health system Offer health related training adapted to the needs of professionals in the settlement and health sectors 	Health and wellness organization staff; Mental health and wellness organization staff; Service providers Ontario, Canada Communities of all sizes
Mental Health and Wellbeing Toolkit	DIVERSEcity Community Resources Society; Surrey Local Immigration Partnership <i>Service Provider Organization; Local Immigration Partnership</i>	Toolkit	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The <i>Mental Health and Wellbeing Toolkit</i> was designed to equip mental health and wellness front-line staff and service providers with vital information and resources to better support newcomer mental health and well-being. <p>Key Features:</p> <ul style="list-style-type: none"> The research needed to develop this toolkit was undertaken by a Newcomer Mental Health Working Group, which combined the expertise of workers from the settlement sector and mental health professionals. The knowledge and recommendations in this toolkit are derived from evidence-based research and best practices that capture both the unique strengths and needs of newcomers. 	Health and wellness organization staff; Mental health and wellness organization staff; Non-profit staff; Service providers British Columbia, Canada Communities of all sizes

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
Refugee Mental Health Front-Line Workers Training	Affiliation of Multicultural Societies and Service Agencies of BC (AMSSA) <i>Settlement Umbrella</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Refugee Mental Health Front-Line Workers Training is a 1.5-hour online course that equips front-line staff and social service (including mental health care) workers with best practices and approaches for assessing and responding to refugee trauma and mental health needs, as well as their own self-care in response to vicarious trauma. <p>Key Features:</p> <ul style="list-style-type: none"> This training identifies how different types of refugees in Canada experience resettlement and how this process can pose a challenge to their mental health. 	Health and wellness organization staff; Mental health and wellness organization staff; Non-profit staff; Service providers British Columbia, Canada Communities of all sizes
Torture, Trauma, Psychosocial Impact & Mental Health Course	Canadian Centre for Victims of Torture (CCVT) <i>Non-profit</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Torture, Trauma, Psychosocial Impact & Mental Health Course is designed to teach participants about the unique needs and best approaches to addressing refugee mental health. Upon completion of the course, participants will be able to: <ol style="list-style-type: none"> Outline the key determinants of refugee mental health. Discuss the impact of pre- and post-migration experiences on refugee mental health. Describe the effects of politically organized collective violence, war, intimidation and targeted individual violence on survivors and their families and communities. <p>Key Features:</p> <ul style="list-style-type: none"> Each topic is examined using a life course perspective (i.e., from childhood to later life) to identify the best approach to meeting the needs of different groups. 	Health and wellness organization staff; Mental health and wellness organization staff; Service providers All Canadian communities Communities of all sizes
Immigrant and Refugee Mental Health Project (IRMHP)	Centre for Addiction and Mental Health (CAMH) <i>Non-profit</i>	Program Information Program Brochure Toolkit Courses Webinars	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Immigrant and Refugee Mental Health Project provides online training, tools, and resources to better equip health, settlement, and social service workers to provide care to immigrants and refugees. <p>Key Features:</p> <ul style="list-style-type: none"> The self-paced program focuses on three areas of learning: <ol style="list-style-type: none"> Enhancing knowledge about the mental health needs of newcomers Developing skills and promising practices to incorporate into one's work Building a professional network and connecting with others who have experience and expertise supporting immigrant and refugee mental health 	Health and wellness organization staff; Mental health and wellness organization staff; Service providers All Canadian communities Communities of all sizes
Gender-Based Violence Settlement Sector Strategy Project	YMCA of Greater Halifax/ Dartmouth Centre for Immigrant Programs <i>Service Provider Organization</i>	Program Information P2P Brief P2P Video	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Gender-based Violence Settlement Sector Strategy Project aims to raise awareness of GBV among immigrants and refugees and develop tools and resources to help settlement and social service agencies address the structural barriers newcomers face to accessing supports. <p>Key Features:</p> <ul style="list-style-type: none"> The project draws on the expertise and experience of the settlement and anti-violence sectors through a partnership between four organizations. Thus far, the Project has: <ul style="list-style-type: none"> Led a GBC response forum Authored an environmental scan of GBV supports across the settlement sector Designed a 5-module “Bridges to Safety” online course, which seeks to strengthen the settlement and anti-violence sectors’ collaborative capacity to respond to GBV Created a series of on-demand webinars (covering topics like GBV awareness, effective allyship, allyship with 2SLGBTQIA, and engaging men and boys) Developed a GBV-focused organizational framework, settlement sector strategy, and cross-sectoral collaboration tool 	Non-profit staff; Service providers All Canadian communities Communities of all sizes

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
An Intercultural Approach to Gender Based Violence Prevention (GBVP) in Newcomer Communities	YMCA of Greater Halifax/ Dartmouth Centre for Immigrant Programs <i>Service Provider Organization</i>	Program Information Program Video	<p>Overview and Goals:</p> <ul style="list-style-type: none"> An Intercultural Approach to Gender Based Violence Prevention (GBVP) in Newcomer Communities is a training session that seeks to build capacity among service providers (and other interested parties) by improving their understanding of how GBV affects newcomers. <p>Key Features:</p> <ul style="list-style-type: none"> The workshop, which runs for 2.5 hours online or 3 hours in-person, invites participants to grow their knowledge of gender-based violence by taking an intercultural approach to understanding the prevalence and effects of GBV in newcomer communities, the unique barriers immigrants and refugees face in relation to GBV, and how best to support them. During the session, facilitators also discuss and share tools, information, and other resources about GBVP, including: <ul style="list-style-type: none"> A guide to engaging with newcomers on GBVP A guide to engaging with young newcomer women on GBVP A guide to engaging with young newcomer men on GBVP A video and facilitation guide on GBVP for newcomer youth The training session is free and can be tailored to the unique needs of different groups or organizations. 	<p>Ethno-cultural organization staff; Religious/faith organization staff; Non-profit staff; Service providers</p> <p>Halifax, Nova Scotia, Canada</p> <p>Mid-sized community</p>
Risk Identification and Safety Assessment (RISA)	Barbra Schlifer Commemorative Clinic <i>Non-profit</i>	Program Information Portal	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Risk Identification and Safety Assessment (RISA) portal is an online tool designed to help service providers develop a comprehensive understanding and approach to risk identification and safety planning for people who have experienced (or are at risk of experiencing) gender-based violence. The tool has four parts: <ol style="list-style-type: none"> An interactive overview of the RISA Framework, which explains how social, institutional, and systemic factors influence risk and safety A Learning Hub, which includes three wrap-around educational modules to prepare service providers to conduct a RISA assessment A step-by-step guide on how to conduct the assessment using the RISA Questionnaire and Risk Identification Worksheet A customizable RISA Safety Plan and three types of Actions Plans to use once the assessment is complete and risks have been identified <p>Key Features:</p> <ul style="list-style-type: none"> The tool was designed over a period of three years, which involved consultations with 597 service providers and 38 survivors of GBV across Canada. Feedback from survivors of GBV motivated the trauma-informed and intersectional approach incorporated into the risk assessment and safety frameworks. The tool considers the unique and intersecting identities of Indigenous women, Black women, women of colour, immigrant and refugee women, women with uncertain immigration status, women with disabilities, 2SLGBTQIA+ individuals, and gender-diverse survivors, all of whom are disproportionately affected by GBV. 	<p>Health and wellness organization staff; Mental health and wellness organization staff; Non-profit staff; Service providers</p> <p>All Canadian communities</p> <p>Communities of all sizes</p>
Faith-Based Healing Among Afghan Muslims: Guidance For Refugee Service Providers In The U.S.	International Rescue Committee (IRC) <i>Non-profit</i>	Program Information Guide	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The <i>Faith-Based Healing Among Afghan Muslims</i> guide equips Mental health and wellness organization staff and settlement service providers in the United States to better support the mental health needs of Afghan Muslim clients. <p>Key Features:</p> <ul style="list-style-type: none"> The guide recognizes how faith-based practices (e.g., prayer, rituals, services) can promote healing and coping with trauma. Developed with insights from subject matter experts, this resource provides a foundation for understanding Islam and its role in supporting Afghan Muslim clients' well-being. 	<p>Mental health and wellness organization staff; Service providers</p> <p>USA</p> <p>Communities of all sizes</p>

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
<p>Guide for Service Providers Supporting Trans+ and Non-binary Immigrants and Refugees</p>	<p>Action LGBTQIA+ avec les ImmigrantEs et Réfugiés (AGIR Montréal)</p> <p><i>Non-profit</i></p>	<p>Program Information</p> <p>Guide</p>	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The <i>Guide for Service Providers Supporting Trans+ and Non-binary Immigrants and Refugees</i> was designed to provide information and resources to inform the work of professionals in roles supporting trans+ and non-binary immigrants and refugees. <p>Key Features:</p> <ul style="list-style-type: none"> The guide includes information about the challenges that 2SLGBTQI+ newcomers face accessing health care and mental health care services and practical information and guidance about what (mental) health care providers can do to make services more accessible and safer. 	<p>Health and wellness organization staff; Mental health and wellness organization staff; Service providers</p> <p>Montréal, Québec, Canada</p> <p>Large community</p>
<p>Healthy Spaces Toolkit</p>	<p>National Resource Center for Refugees, Immigrants, and Migrants (NRC-RIM), University of Minnesota</p> <p><i>Post-secondary Institution</i></p>	<p>Toolkit</p>	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The <i>Healthy Spaces Toolkit</i> was designed to help organizations create welcoming and culturally relevant spaces where people from refugee, immigrant, and migrant (RIM) communities feel comfortable having open conversations about healthcare, with the goal of creating more inclusive systems to better serve these communities. <p>Key Features:</p> <ul style="list-style-type: none"> The toolkit provides practical tips and guidelines to cultivate inclusive spaces that effectively address the public health and healthcare needs of RIM communities, exploring considerations from the moment someone enters the physical space of an organization to the interactions they have once inside. The toolkit operates from the perspective that effective healthcare in RIM communities hinges on building trust, and that creating spaces that honour RIM communities is essential for open conversations about healthcare that ultimately lead to positive behaviour change. Benefits to creating healthy spaces include: <ul style="list-style-type: none"> - Building Trust Upon Arrival: A welcoming environment fosters trust and comfort for clients the moment they step through the door. - Effortless Navigation: The space is intuitively designed, allowing clients to confidently navigate and access services with ease. - Adaptable to Diverse Needs: The versatile design accommodates a variety of needs, ensuring a comfortable and functional experience for everyone. - A Community Hub: The space goes beyond functionality, transforming into a vibrant community hub that fosters connection and belonging. 	<p>Health and wellness organization staff; Mental health and wellness organization staff; Service providers</p> <p>All communities</p> <p>Communities of all sizes</p>
<p>Refugee Health Resources</p>	<p>Refugee Health Coalition (RHC)</p> <p><i>Non-profit</i></p>	<p>Program Information</p>	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Refugee Health Resources project aims to improve refugee health by collecting and sharing information about the unique barriers refugees face in meeting their health needs and maintaining their overall well-being. <p>Key Features:</p> <ul style="list-style-type: none"> The RHC brings together the knowledge and expertise of immigrant-serving agencies, healthcare providers, academics and researchers, and community members in Edmonton, Alberta. The RHC identifies three value statements that guide their work: <ol style="list-style-type: none"> Cultural humility Culturally aware and informed Co-learning, collaboration, and reciprocity Equity 	<p>Health and wellness organization staff; Mental health and wellness organization staff; Service providers</p> <p>Edmonton, Alberta, Canada</p> <p>Large community</p>

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
Webinar Series: Enhancing Our Capacity to Support Refugees	Canadian Mental Health Association (CMHA) <i>Non-profit</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The Engaging Our Capacity to Support Refugees webinar series was developed to equip the community mental health and addictions sector with information, tools, and resources to better inform their work with refugee populations. <p>Key Features:</p> <ul style="list-style-type: none"> Each of the four webinars in this free series addresses a different topic: <ol style="list-style-type: none"> The mental health concerns, challenges and opportunities to support adult refugees The mental health concerns of refugee children and how to support them and their families through service delivery How the experience of migration impacts mental health How to advance a mental health framework that incorporates the importance of equity 	<p>Health and wellness organization staff; Mental health and wellness organization staff; Service providers</p> <p>All Canadian communities</p> <p>Communities of all sizes</p>
Antiracism Resources for Child and Youth Health Care Providers	Canadian Paediatric Society <i>Professional Association</i>	Resource Compendium	<p>Overview and Goals:</p> <ul style="list-style-type: none"> Antiracism Resources for Child and Youth Health Care Providers comprises a curated list of resources to help health care professionals learn about and incorporate antiracism in their practice. <p>Key Features:</p> <ul style="list-style-type: none"> Resources are divided into six categories: <ol style="list-style-type: none"> Racism in the health care system Effects of racism on children and youth Antiracism in medicine and health care Medical Education Learning to be an antiracist Related organizations 	<p>Health and wellness organization staff; Mental health and wellness organization staff</p> <p>Canada</p> <p>Communities of all sizes</p>
Using Interpreters in Health Care Settings	Caring for Kids New to Canada <i>Non-profit</i>	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> The <i>Using Interpreters in Health Care Settings</i> guide provides health professionals with important information and considerations about how to incorporate interpreters into their practice to create a more culturally competent setting for newcomers. <p>Key Features:</p> <ul style="list-style-type: none"> The guide addresses the importance of incorporating cultural interpreters in healthcare settings, their role, skills and qualities to look for in an interpreter, and how to make appropriate use an interpreter, among other topics. 	<p>Health and wellness organization staff; Mental health and wellness organization staff; Service providers</p> <p>All communities</p> <p>Communities of all sizes</p>
Refugee and Asylum Seeker Patient Health Toolkit	British Medical Association (BMA) <i>Trade Union / Professional Association</i>	Program Information Toolkit	<p>Overview and Goals:</p> <ul style="list-style-type: none"> <i>The Refugee and Asylum Seeker Patient Health Toolkit</i> offers essential insights into the legal, ethical, and practical aspects to consider when providing care for a patient who is a refugee or asylum seeker. <p>Key Features:</p> <ul style="list-style-type: none"> The toolkit addresses background information on who refugees and asylum seekers are; what it is like to claim asylum in the UK; entitlements to NHS care for refugees, asylum seekers and refused asylum seekers; the unique health challenges faced by refugees and asylum seekers; common barriers to accessing care and ways to address them; managing language and literacy barriers; and links to useful resources, including information, organizations and tools. 	<p>Health and wellness organization staff; Mental health and wellness organization staff; Service providers</p> <p>United Kingdom</p> <p>Communities of all sizes</p>

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Name of Practice / Program	Name and Type of Lead Organization(s)	Link(s)	Description of Practice	Tags
Cross-cultural Mental Health Care: A Resource Kit for GPs and Health Professionals	Transcultural Mental Health Centre State Government	Toolkit	<p>Overview and Goals:</p> <ul style="list-style-type: none"> • <i>Cross-cultural Mental Health Care: A Resource Kit for GPs and Health Professionals</i> serves as a central access point for healthcare providers to find materials to support culturally and linguistically diverse patients with their mental health. <p>Key Features:</p> <ul style="list-style-type: none"> • This one-stop platform offers a wealth of resources to equip GPs in caring for migrants and refugees, including: <ul style="list-style-type: none"> - Mental health tools and information in multiple languages - Access to interpreters - Guidelines and tools for assessments - Information on specialized mental health referrals 	Health and wellness organization staff; Mental health and wellness organization staff New South Wales, Australia Communities of all sizes
Newcomer Health Hub (NHH)	Newcomer Health Hub Non-profit	Program Information In the News	<p>Overview and Goals:</p> <ul style="list-style-type: none"> • The Newcomer Health Hub seeks to address the complex health challenges immigrants and refugees may face in Canada by providing information and resources to both newcomer communities and health care providers. <p>Key Features:</p> <ul style="list-style-type: none"> • For newcomers, the Hub provides information and resources about how to obtain health coverage and find care providers. • For health and wellness staff and professionals, the Hub equips them with evidence-based culturally specific health information about the unique challenges newcomer populations face to help them provide better care. 	Health and wellness organization staff; Immigrants; Mental health and wellness organization staff; Non-profit staff; Service providers All Canadian communities Communities of all sizes
Refugee Care App	Calgary Refugee Health Program Non-profit	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> • The sole objective of the Refugee Care App is to improve the health of refugees and refugee claimants by providing physicians and other healthcare providers with a clinical resource to support refugee care. <p>Key Features:</p> <ul style="list-style-type: none"> • The application is free to download and use. • The app guides health care workers through the initial screening and management of refugees' unique care needs. • Different sections of the app call care providers' attention to important considerations, such as commonly encountered medical conditions among refugee patients or the prevalence of certain diseases or illness in a particular part of the world. 	Health and wellness organization staff; Mental health and wellness organization staff All Canadian communities Communities of all sizes
Evidence-Based Preventative Care Checklist For New Immigrants and Refugees	Canadian Collaboration for Immigrant and Refugee Health (CCIRH) Non-profit	Program Information	<p>Overview and Goals:</p> <ul style="list-style-type: none"> • The <i>Evidence-Based Preventative Care Checklist For New Immigrants and Refugees</i> is an e-learning knowledge translation tool that assists primary care practitioners to incorporate the Canadian Immigrant Health Guidelines into their practice. <p>Key Features:</p> <ul style="list-style-type: none"> • The tool also provides practitioners with direct access to the research and sources with available evidence used to develop recommendations for the checklist. 	Health and wellness organization staff; Mental health and wellness organization staff All Canadian communities Communities of all sizes