

ABSTRACT

Every year about 45,000 Refugees come to Canada, 60% of those Refugees settle in the province of Ontario, 2/3 of Refugees in Ontario live in the GTA. A significant number of refugees in the GTA have faced the complexities of Trauma from an unstable and often violent history. These refugees come to CCVT presenting with anxiety, depression, post-traumatic stress and other mental health disorders. This project aims to explore mental health concerns and possible effective interventions. The factors explored include: Mental Health Assessment and treatment, using client centered intervention approaches.

CCVT'S MANDATE: Hope after the Horror

The Canadian Centre for Victims of Torture (CCVT) aids survivors to overcome the lasting effects of torture and war, Genocide and Crimes against Humanity. In partnership with the community, the Centre Supports survivors in the process of successful integration into Canadian society, works for their protection and integrity, and raises awareness of the continuing effects of torture and war on survivors and their families. The CCVT gives hope after the horror.

MIND OVER MOOD

WELLNESS GROUP

Have you been experiencing:

- Feelings of guilt, worthlessness, helplessness
- Not enough sleeping or sleeping to much
- Loss of interest in activities you once loved
- Feelings of sadness, emptiness, or anxiety

This group offers:

- Education and support
- Coping strategies and ways to reconnect with the things you enjoy

Group is for: Women 18 years

Time: Sept. 20 - OCt. 20 Fridays 12 pm - 2 pm

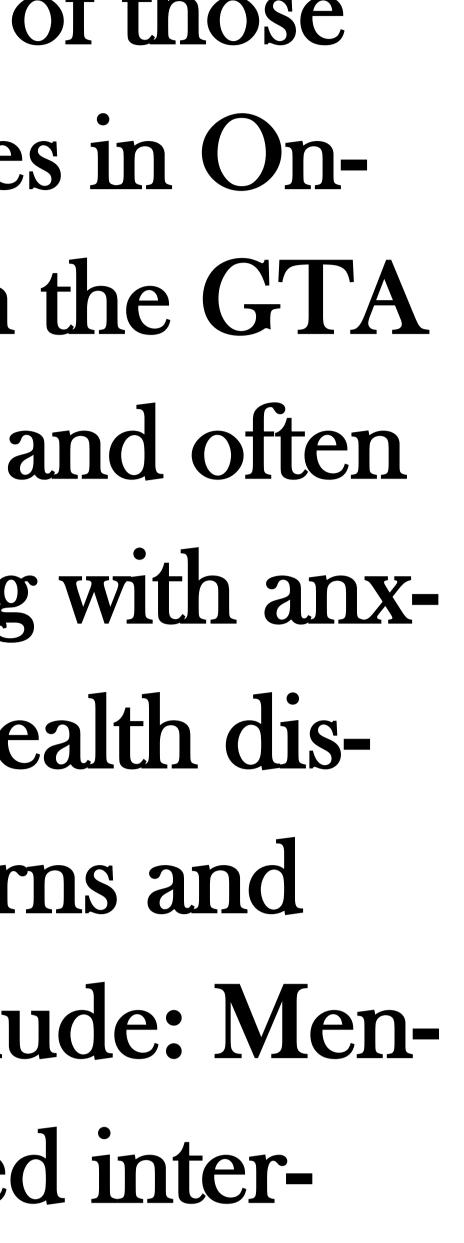
Location: CCVT Main Office

Canadian Centre for Victims of Torture (CCVT) is making a positive impact in the lives of Refugees settling in the Greater Toronto Area (GTA) through its Settlement and Mental Health Program

Domine Rutayisire MSW, RSW, Mental Health Counselor Canadian Centre for Victims of Torture, Toronto, Ontario, Canada









CONCLUSIONS

With an emphasis on Trauma Informed, Client Centred Intervention Approach, victims of torture can resume productive lives, reenter the community and join Canadian society. CCVT continues to serve diverse groups affected by political violence, sexual violence, human trafficking, war and torture, and unfortunately, there is no end in sight for the need for these services.





REFERENCES **CCVT Website:WWW.CCVT.org**

MENTAL HEALTH ASSESSMENT & TREATMENT

port group vices cialists





Individual, couple and family counseling, Wellness/mutual sup-

Children's program, Art therapy, Befriending, Settlement Ser-

. Referrals to psychiatrists/psychologists and other medical spe-





AFRICAN WOMEN'S WEEKLY SUPPORT GROUP