

# **Pathways to Prosperity 2025 Virtual Workshop Series**

## **Supporting the Mental Health of Newcomers**

East Coast Kitchen Parties Project  
for and by 2SLGBTQIA+ Newcomers

June 10, 2025

## OVERVIEW OF THE PRACTICE

Taking inspiration from the Maritimes' tradition of Kitchen Parties or ceilidhs, this program's East Coast Kitchen Parties Project for and by 2SLGBTQIA+ newcomers is specifically designed to provide queer and transgender newcomers with a platform for socializing and sharing knowledge through food and stories. This initiative aims to foster a sense of belonging and community development.

## IMPETUS FOR THE PRACTICE

The program sought to address the unique challenges faced by newcomers who are 2SLGBTQIA+ in Canada. 2SLGBTQIA+ newcomers encounter social and physical isolation upon arrival, coupled with discrimination within their own ethnic communities. While they do have access to various services and supports as newcomers, they often lack queer and trans-specific spaces to forge relationships and establish supportive social networks.

## GOALS OF THE PRACTICE

The East Coast Kitchen Parties Project's primary goal is to facilitate connections among 2SLGBTQIA+ newcomers by providing a space for discussions about their mental health, settlement needs, and how these aspects intersect with their identities including citizenship status, and socioeconomic statuses. The focus is on reducing social isolation and fostering a sense of community so that participants may connect by creating shared experiences, and promote both their physical and mental well-being.

## GOALS OF THE PRACTICE - CONTINUED

In addition, the project seeks to reduce the stigma associated with mental health and illness, particularly among queer and transgender individuals who face an increased risk of developing unhealthy or unformed eating habits and eating disorders during resettlement and settlement processes. As a result, another goal of the project is to enhance participants' understanding of nutrition and promote both their physical and mental well-being.

## PHASES OF THE PRACTICE



**Phase 1**  
**Kitchen Parties**



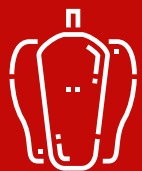
**Phase 2**  
**Animation Film**



**Phase 3**  
**Gardening**  
**Workshop**



**Phase 4**  
**Knowledge**  
**Mobilization**



## Phase 1 Kitchen Parties



## Phase 2 Animation Film



# EAST COAST KITCHEN PARTY

FEB 26, 2023



## WHAT DO WE BRING TO THE TABLE



### MAKING MAURITIAN CHILLI BITES

- ALSO KNOWN AS CHANA DAL!
- MAURITIUS HAS NO INDIGENOUS POPULATION SO THE CUISINE IS A FUSION OF ITS CULTURES
- WE SHARE A LOT OF SIMILAR DISHES, THEY JUST GO BY DIFFERENT NAMES



- USE BREAD AS A BINDING AGENT, NOT FLOUR!  
WELL-BEING & NUTRITION ARE INSEPARABLE.
- HEALTHY IMMIGRANT EFFECT: RECALIBRATING WELL-BEING IN A NEW ENVIRONMENT
- IT CAN AFFECT HOW WE FEEL ABOUT OURSELVES
- IT CAN CAUSE STRESS & LONELINESS



## MEMORIES AND FOOD

"A SALAD IS YOUR BEST FRIEND WHEN YOU'RE STRESSED OUT."



- FOOD BONDS PEOPLE AND GIVES US AN OPPORTUNITY TO EXCHANGE STORIES ABOUT OURSELVES



- RECIPES PASSED DOWN THROUGH GENERATIONS
- I'M STILL COOKING THE SAME RECIPES I MADE AS A LITTLE GIRL IN MY SMALL VILLAGE. IT CONNECTS ME TO THAT PLACE & TIME

### NEW FOOD = NEW MEMORIES



- IT DEVELOPS OUR MICROBIOME!  
THE MORE STRAINS, THE BETTER!

## HOW FOOD ACCESS IMPACTS LIVES

## WHAT FOOD MEANS TO ME

- "WHAT FEELS LIKE HOME?"

♥ COMFORT ♥

- MOVING AWAY FROM "DISEASE-CENTERED" PERSPECTIVE ON WELL-BEING TO FOCUS ON HEALTH & PREVENTATIVE PRACTICES.

- "THE GUT-BRAIN CONNECTION"  
OUR DIGESTIVE SYSTEM AFFECTS OUR MOODS!

### ★ GOOD NUTRITION ★

- GARDENING: CONNECTION TO LAND
- CEREMONIES, CELEBRATIONS, RITES

"IT MEANS COMMUNITY... PASSION!"

- IT DEFINES MY RELATIONSHIP TO MY BODY AND TO MYSELF.

- IT'S AN EXPLORATION!  
AN ADVENTURE

- BUY FROZEN!  
CHEAPER & KEEPS LONGER!

- ORGANIC IS GOOD BUT EXPENSIVE!  
BUY BEANS, NUTS, & GRAINS

- IT CAN ENCOURAGE US TO EMBRACE CHANGE.

## RECIPES TO FLOURISH

CONNECTION  
TO SELF &  
TO OTHERS

### MIND + BODY + SPIRIT

### BALANCE AND UNION

"IT'S ALL CONNECTED!"

"SPIRIT IS MOST IMPORTANT"

- ↳ IT SETS THE TONE FOR EXPERIENCE
- ↳ WILL TO THRIVE MATTERS

AVOID INFLAMMATORY FOODS:

PROCESSED FOOD, SUGAR, PRESERVATIVES  
"THE CLOSER AN INGREDIENT IS TO ITS ORIGINAL FORM, THE BETTER."

MANAGE YOUR STRESS!

MANAGE YOUR FEAR!

"EAT A RAINBOW!"

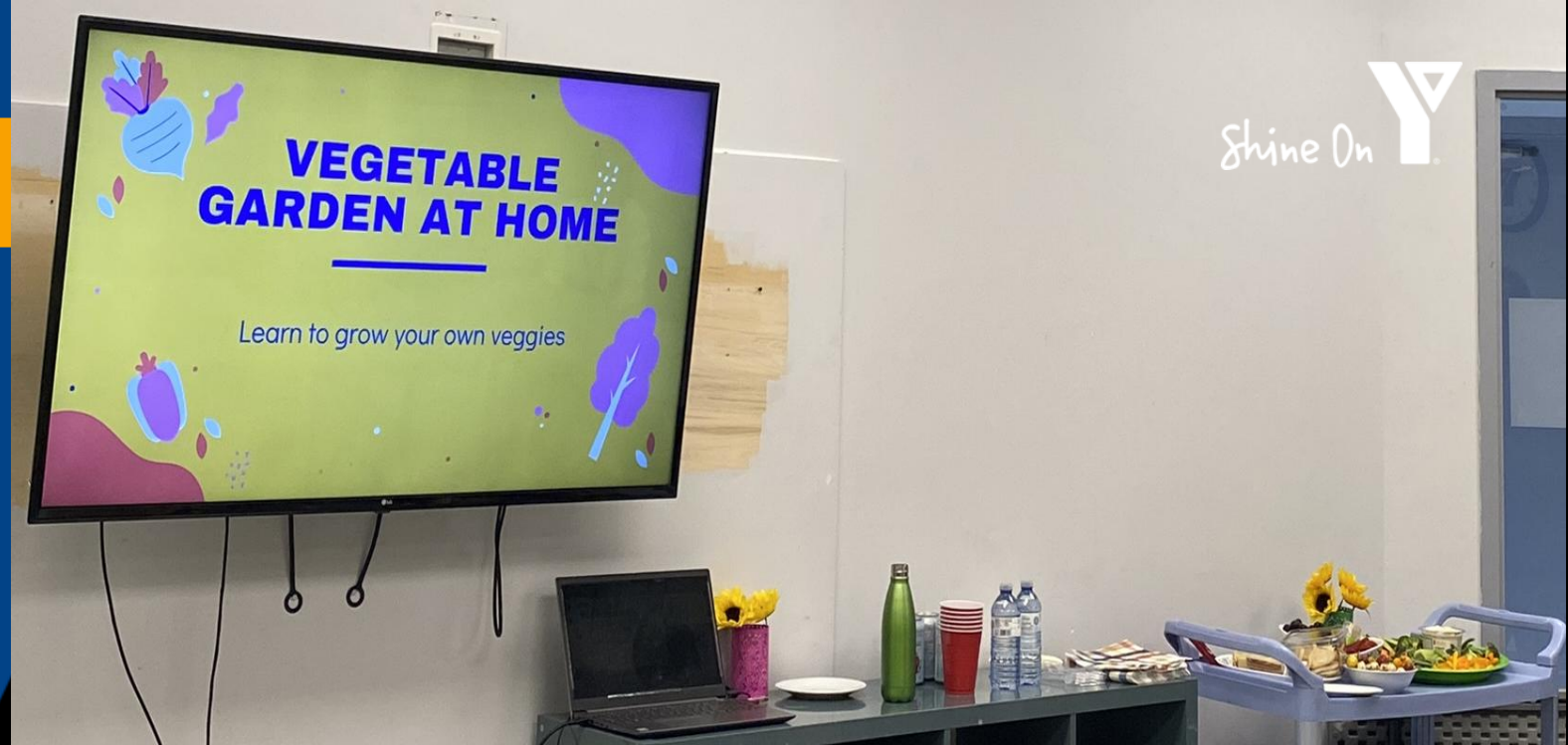


ANTI-OXIDANTS





## Phase 3 Gardening Workshop



## Phase 4 Knowledge Mobilization





# iNNOVATION



**Equitable Participation**

**The Power of Partnerships**

**Diverse Knowledge Mobilization**

# THANK YOU



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