

HEALTHY MIND IN A HEALTHY BODY: Multilingual Virtual Mental Wellness Sessions



partenariat local d'immigration
windsor essex
local immigration partnership

After a review by **Windsor Essex Local Immigration Partnership** (WE LIP) council members of the *Mental Health Roundtable* report produced in fiscal year one (2020 – 2021), WE LIP partnered with the **Canadian Mental Health Association** (CMHA) and the **Migrant Worker Community Program** (MWCP) to produce *Healthy Mind in a Healthy Body*, a series of mental wellness information sessions offered virtually in Spanish, French, Arabic and English.

Informed by community partners, *Healthy Mind in a Healthy Body* was targeted to an audience of newcomers, as well as International Students and Migrant and Temporary Foreign Workers. These multilingual sessions focused on the common feelings of depression and anxiety, and offered techniques to help build resiliency against life's stressors. Participants were given tools to help manage feelings, recognize early warning signs of depression and anxiety, and were given local resources and information so that they may feel more comfortable reaching out for help when needed.

To reduce participation barriers, the sessions did not require registration. Instead, they were broadcast live through the CMHA, WE LIP, and the MWCP's Facebook pages. Participants were given the opportunity to ask questions through Facebook, and each session was recorded for further sharing.

A secondary success to this initiative was the opportunity to use **We Speak** (www.wespeak.ca) for consecutive interpretation during the Spanish language session, *Mente sana en cuerpo sano*. The use of We Speak was an opportunity for partners, stakeholders, and community members to see how fluid and easy cross-language communication can be with the use of professional interpretation.

To view and share the *Healthy Mind in a Healthy Body* sessions, to download a pdf of the content, or to read the *Mental Health Roundtable* report, please visit: <https://www.workforcewindsor.essex.com/we-lip-mental-health-initiatives/>

Depression and anxiety can impact everyone.

Please do not hesitate to share these sessions widely with any person or group who may benefit.

Invita a los Trabajadores Extranjeros Temporales:
Mente sana en cuerpo sano
Únase a nosotros para aprender técnicas que le ayudarán a controlar el estrés, reconocer las señales de advertencia tempranas y aprender a dónde acudir en busca de ayuda.
Sesión de información gratuita
Domingo, 29 de Agosto de 2021
3:00 - 4:00pm
Virtual - www.facebook.com/CMHAWECB



Invitation à tous et à toutes:
UN ESPRIT SAIN DANS UN CORPS SAIN
La dépression et l'anxiété affectent nous tous. En prenant soin de notre santé mentale de la même manière que nous le prenons pour notre santé physique, nous pouvons devenir encore plus résilients face au stress.
SÉANCE D'INFORMATION GRATUITE - EN FRANÇAIS
Jeudi 16 septembre, 2021
10h00 - 11h00
Virtual - www.facebook.com/CMHAWECB



دعوة للجميع
العقل السليم في الجسم السليم
يعالج الاكتئاب والقلق من خلال الاهتمام بصحتنا العقلية بنفس الطريقة التي ننتج بها صحتنا الجسدية وبذلك يمكننا أن نصبح أكثر مرونة ضد ضغوطات الحياة.
جلسة إعلامية مجانية - عربي
الجمعة 17 سبتمبر 2021
صباحاً 11:00 - 10:00
www.facebook.com/CMHAWECB - افتراضية



Invitation to all:
HEALTHY MIND IN A HEALTHY BODY
Depression and anxiety impact everyone. By caring for our mental health in the same way we do our physical health, we can become more resilient against life's stressors. Join us to learn techniques to help manage stress, recognize early warning signs, and know when to go for help.
FREE INFORMATION SESSION - ENGLISH
Friday, October 1st, 2021
1:00 - 2:00pm
Virtual - www.facebook.com/CMHAWECB



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