



## Stories of our Faith in Action

This bulletin insert tells you the story of an organization that benefitted from Together in Action in 2015. Funds from this year's campaign will benefit similar causes.

**Thank you for your support!**

Recipient Organization: Lethbridge Family Services

Project Funded: Program - Immigrating Mental Health

Year Funding Received: 2015 Grant Amount: \$3,000.00

Tell us about how your grant impacted your organization and/or your clients:

TIA Funding will be utilized to help support newcomers to Canada including refugees and immigrants.

Many of the immigrants and refugees that are arriving in Southern Alberta are faced with mental health issues associated with varying degrees of Post-Traumatic Stress Disorder. These mental health issues can complicate their settlement process as they can be overwhelming, stressful, and even isolating to the point of them not being able to settle in a positive manner and cause new stress anxiety disorders. By adding on a mental health component to the settlement process through this project, LFS would be able to provide these newcomers with the direct access and support they need to identify and address their mental health issues.

Specifically, a counsellor and outreach worker would be involved in the orientation and settlement process for each newcomer as a consultant to the Settlement Practitioner and the client. This provides one point of entry for the newcomers to receive the settlement and mental health support they need to integrate into the community effectively. It would also start the conversation within the immigrant community about mental health and provide education in relation to their mental health. By education and talking about mental health, the stigma within the immigrant community would be reduced as they would now learn that it is culturally acceptable to openly talk about trauma and mental health issues.

Currently, LFS supports over 1,000 clients each year in our Immigrant Services department.

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