

# HEALING ARTS FOR NEWCOMER FAMILY WELLBEING

## Knowledge Exchange to Support Newcomer Families



# Button Making Designs

# What Did We Discover?

## Quantitative Findings

Pre- and post-program surveys were used to measure participants change in self-efficacy, knowledge & understanding, and mental health. This mixed-methods approach reflects not only what changed, but how and why those changes occurred.

*Overall, participants reported increases in the following:*

98%

**of participants reported improved social support**

100%

**of participants recognized arts as a healing practice for trauma**

81%

**of participants reported improved knowledge about healthy relationships**

91%

**of participants reported have a better understand of their Human Rights**

77%

**of participants reported improved willingness to access support services**

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# What Did We Discover?

## Qualitative Findings

Pre- and post-program surveys were used to measure participants change in self-efficacy, knowledge & understanding, and mental health. This mixed-methods approach reflects not only what changed, but how and why those changes occurred.

*The following themes emerged in the data:*

### **Continued Empowerment to Invest in Self**

**Positive changes in participants' attitudes and behaviours led to lasting improvements in their mental well-being, increasing their ability to seek out and accept support when needed.**

### **Implementation of Knowledge Gained**

**Participants gaining new knowledge that offered a new perspective on life, fostering independence, healthier relationships, and an overall healthier outlook on life.**

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## Qualitative Findings

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*The following themes emerged in the data:*

### **Expressive Arts as a Tool for Personal Growth**

**Participants reported that engaging in expressive arts helped them express emotions and cope with difficult feelings, encouraging a focus on mental well-being that fostered overall resilience.**

### **Expressive Arts Activities Improve Mental Health**

**Participants reported taking part in expressive art activities enhanced emotional well-being, encouraged self-expression, and offered valuable mental health benefits through coping mechanisms.**

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## Qualitative Findings

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*The following themes emerged in the data:*

### **Effective and Empowering Program Experience of Self-Determination**

The program created a safe and supportive space that encouraged emotional well-being, personal growth, and meaningful connections.

This helped participants feel supported, reflective, and empowered towards a path of healing and community integration.

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