



FRIENDS NEAR & FAR

NEWCOMER WELLBEING WORKSHOP

This session invites participants to engage in art-making to visually map their community of support. Arriving in a new country can impact connections, knowledge of support services, and sense of belonging. Join us to share your experiences and learn new ways to build connections.

Objectives

- Learn about strength in community and importance of belonging
- Identify support resources in community that can improve individual wellness
- Destigmatize seeking help when needed and learn effective ways to ask

Audience

- Newcomers seeking community resources & community connections
- Suitable for 5-20 people



SESSION OVERVIEW

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| <p>Welcome 5 min.</p> | <p>Welcome participants and conduct attendance. Participants are introduced to space space, facilitators, and each other. Refreshments served.</p> |
| <p>Group Guidelines 5 min.</p> | <p>Conduct group guidelines using “pictorial group guidelines”.</p> <p>How can we create a safe, trusting, and secure space?</p> <ul style="list-style-type: none"> • Confidentiality, Respecting Identities, Boundaries and Communication, Try Something New, Ask Questions, Connect & Get support, Br Curious • Provide overview on mental health, mental wellbeing and mental health issues • Address potential misinformation or stigma about mental health |
| <p>Check-In Gesture Activity 10 min.</p> | <p>Name gesture check-in activity:</p> <ul style="list-style-type: none"> • Invite participants to share their name and a gesture • Each person shares and the group mimics the person’s name and gesture back to the person. Continue activity until everyone has a chance to share. • Soft music playing in the background for additional sensory activation. |
| <p>Activity:</p> <p>Mini-Me 30 min.</p> <p>Mapping 40 min.</p> | <p>Part 1: “Mini-Me”</p> <ul style="list-style-type: none"> • Share a Mini-Me template with each participant. • Invite participants to draw themselves on one side of the Mini-Me • Invite participants to write their strengths and skills on the other side of the Mini-Me • Participants share Mini-Me’s in groups of three. Share back with the whole group. <p>Part 2: Mapping Our Community of Support</p> <ul style="list-style-type: none"> • Invite participants to place their mini-me on the collective paper, and draw lines connecting their mini-me to other mini-mes. • Ask participants to discuss the prompt questions within groups of three, and draw/write answers to the following prompt questions on the large collective paper. <p>Who are my friends and family and chosen family?</p> <p>What community groups and I a part of?</p> <p>Where do I gather?</p> <p>Who are others I seek help from?</p> <p>What community institutions/places can I go for help?</p> <p>What would you like to see in your community?</p> <ul style="list-style-type: none"> • Refer to the “Community of Support” activity guide for starting answers to the prompts • Share back with the whole group, and write any responses that were missed on the collective paper so it is visible to everyone. <p>Alternate Activity for Youth: Fruit Basket</p> <ul style="list-style-type: none"> • Arrange chairs in a large circle. One chair less than the total number of participants. • Then, call out a category (Ex. Everyone wearing the colour grey). Everyone that fits into that category must stand up and find a new chair. One person will be left without a chair. • The person left without a chair will call a new category. • Begin with easy categories, and then give prompts related to community support (Ex. Prompt: Someone who supports you --> Category: Everyone who is supported by a teacher; Prompt: Somewhere you go in a crisis --> Category: Everyone who has gone to the hospital) |



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| <p>Learn 10 min.</p> | <p>In times of stress, anxiety, or depression, having a supportive community can provide comfort, encouragement, and affirmation. This support extends beyond immediate family members and encompasses friends, colleagues, neighbors, and even online communities that share common interests and experiences.</p> <p>Share about the social determinants of health. Relate it back to the activity</p> <ul style="list-style-type: none"> • Definition: Social determinants of health are social and economic factors that affect our health. This can be a positive or negative affect, such as extreme wealth or poverty. <ul style="list-style-type: none"> ◦ The social determinants of health have big effects on our health outcomes; according to the World Health Organization 30-55%. • Social determinants of health include: <ul style="list-style-type: none"> ◦ Income and social protection ◦ Education ◦ Unemployment and job insecurity ◦ Working life conditions ◦ food insecurity ◦ Housing, basic amenities, and the environment ◦ Early childhood development ◦ Social inclusion and non-discrimination ◦ Structural conflict ◦ Access to affordable health services of decent quality ◦ Economic policies and systems ◦ Development agendas ◦ Social norms ◦ Social policies ◦ Political systems ◦ Etc. ◦ (World Health Organization, n.d.) <p>Discussion question: How do the supports on your community maps influence your health?</p> |
| <p>Check-Out Activity 10 min.</p> | <p>Facilitator may choose to do one or both of the below activities</p> <p>Rhythm Together</p> <ul style="list-style-type: none"> • Give each participant two wooden percussion sticks • Create a simple rhythm using the wooden percussion sticks and invite the participants to repeat the rhythm • Then invite the next participant to create their own rhythm and repeat it as a group • Continue until everyone has had a turn <p>Collective Poem</p> <ul style="list-style-type: none"> • Invite participants to write on a sticky note: One sentence of something that you learned • Arrange sticky notes together to create a collective poem! Read it aloud |
| <p>Gratitude & Goodbye 5 min.</p> | <p>Thank participants for sharing this space and taking this time for reflection. Express gratitude to participants Remind participants to take home their handout sheet!</p> |