

HEALING ARTS FOR NEWCOMER FAMILY WELLBEING

Join us for an integrative evening of arts, mental health, and settlement



Wednesday, November 12, 2025
5:00 PM – 7:00 PM (EST)

Toronto Reference Library
Bram & Bluma Appel Salon – Second floor
789 Yonge St, Toronto, ON M4W 2G8

Want to learn more about arts integration in mental health and settlement? Join us for an evening of:

- Panel Discussion with leaders in healthcare, settlement, and the arts.
- Interactive gallery exhibition.
- Community art-making activities.
- Network and complimentary refreshments.

Access Alliance | New Beginnings for Newcomers | HEAL

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Want to learn more about arts integration in mental health and settlement? Join us for an evening of:

- Panel Discussion with leaders in healthcare, settlement, and the arts.
- Interactive gallery exhibition of collective paintings.
- Community art-making activities to share data findings.
- Network and complimentary refreshments.

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You're invited to "Healing Arts for Newcomer Family Wellbeing" culminating event, hosted by Access Alliance Multicultural Health and Community Services! This event showcases Hubs of Expressive Arts for Life (HEAL) Project — an initiative funded by the Public Health Agency of Canada | Agence de la santé publique du Canada (PHAC) to prevent and address family violence.

Over the past three years, Access Alliance has partnered with communities and partner organizations to deliver Expressive Arts programs to improve the health outcomes of newcomer women who have experienced domestic violence. Join us to explore what we've learned, experienced, and co-created along the way!

Date: November 12, 2025

Time: 5 – 7 PM

Location: Toronto Reference Library, Appel Salon 2nd Floor

Free event! Registration is required: Expressive Arts (EA) is a powerful tool for improving mental health outcomes for gender-based violence (GBV) survivors, especially in newcomer communities! At Access Alliance, we use integrated art activities to promote mental wellbeing and facilitate trauma healing in culturally sensitive ways.

Here's why it works, benefits of EA for newcomer survivors of GBV include:

- Overcoming language barriers
- A safe space for processing trauma
- Empowering and building self-efficacy
- Reduced stress and anxiety
- A sense of belonging
- Destigmatized mental health discussions

#REFLECT What art forms are within your culture? How does engaging in these art forms make you feel?

Toronto Public Library ACCT - The Arab Community Centre of Toronto Sherbourne Health Bangladeshi-Canadian Community Services (BCS) Barbra Schlifer Commemorative Clinic The Neighbourhood Group Nellie's Assaulted Women's Helpline OCASI - Ontario Council of Agencies Serving Immigrants The CREATE Institute



New Beginnings for Newcomers.



HEALING ARTS FOR NEWCOMER FAMILY WELLBEING

Join us for a panel discussion on arts, mental health, and settlement



Izumi Sakamoto

Associate Professor at the Factor Inwentash Faculty of Social Work at University of Toronto



Andrea Charise

Associate Vice-Principal Research and Innovation & Associate Professor at the Department of Health & Society UTSC



Maggie To

Coordinator – Community Education Gender-Based Violence Project



Roxanna Vahed

Expressive Arts Therapist

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We're really looking forward to hearing from **AKM Alamgir, PhD**, **Andrea Charise**, **Izumi Sakamoto**, **Roxanna Vahed**, and **Maggie To** dialoguing on "Arts in Health", moderated by **Christen Kong**.

Come hear a relevant and action oriented conversation at the "Healing Arts for Newcomer Family Wellbeing" culminating event, hosted by Access Alliance Multicultural Health and Community Services! This event showcases our Hubs of Expressive Arts for Life (HEAL) Project — an initiative funded by the Public Health Agency of Canada (PHAC) to prevent and address family violence.

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Free Event - Registration is required:

<https://lnkd.in/gCVTyeSF>

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HEALING ARTS FOR NEWCOMER FAMILY WELLBEING

Event Speakers from Access Alliance Multicultural Health & Community Services



Cliff Ledwos

Director, Primary Health Care
and Initiatives



Akm Alamgir

Director of Organizational
Knowledge and Learning, HEAL
Research Lead



Christen Kong

HEAL Project Coordinator,
Health Promoter - Newcomer
Mental Health

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- A panel discussion with leaders in healthcare, settlement, and the arts
- An interactive gallery exhibition
- Community art-making activities
- Networking opportunities
- Complimentary refreshments.



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We're proud to highlight the Access Alliance team members who are integral to the upcoming "Healing Arts for Newcomer Family Wellbeing" culminating event, as well as the HEAL Project.

Their expertise in health promotion, community health, and research drives efforts to support newcomer families in mental health recovery and arts-based healing. We are looking forward to hearing from:

- **Christen Kong** - HEAL Project Coordinator & Panel Moderator
- **AKM Alamgir, PhD** - Director of Organizational Knowledge and Learning & HEAL Project Director
- **Cliff Ledwos** - Director, Primary Health Care and Initiatives

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New Beginnings for Newcomers.



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Engage in an Interactive Art Gallery Showcase.



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At the “Healing Arts for Newcomer Family Wellbeing” culminating event, we are honoured to showcase the HEAL Collective Paintings. These are a collection of 12 paintings produced by HEAL program participants, and a visual expression of journeys towards hope.


These artworks offer a powerful platform for reflection, storytelling, and community connection. Each painting tells a unique story, serving as a testament to the transformative power of art in overcoming trauma. As you explore the gallery, you’ll have the opportunity to read about symbols embedded in each painting, and reflect on how art can foster healing, promote awareness, and build solidarity.

Join us for this transformative journey through art at the Healing Arts for Newcomer Family Wellbeing event!

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The “Healing Arts for Newcomer Family Wellbeing” culminating event is just around the corner! Don’t miss this unique opportunity to engage with art-based healing and mental health recovery for newcomer families.


Join us on November 12 at the Toronto Reference Library for a transformative evening, focused on the power of the arts in addressing family violence and supporting newcomer women survivors. The event will feature a dynamic panel discussion, an immersive art gallery showcase, and an engaging space for dialogue with community leaders, practitioners, and advocates.

This is your final chance to register for this event that will inspire, inform, and empower individuals and organizations working to address mental health, family wellbeing, and gender-based violence in newcomer communities.

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