

Community Education Service



School-and-community-based strategies to support newcomer youth and families: Taking relational and culturally responsive approaches to promote resilience and mental well-being

Dr. Maisha Syeda, C. Psych. (supervised practice [Ontario]) is a clinical, counselling, and school psychologist. She is currently a postdoctoral associate in the Centre for School Mental Health at Western University. Dr. Syeda's research focuses on intervention development and evaluation to promote the resilience and mental health promotion of newcomer youth and families. An important emphasis of Dr. Syeda's research and clinical work is to mobilize equity-oriented and culturally responsive strategies into mental health programming.

Despite their many strengths and resilience, newcomer youth arriving in Canada with refugee backgrounds are at increased risks of significant mental health challenges due to the many adversities they might have experienced during their pre-and-post-migration journey. Newcomer youth continue to experience various stressors upon arrival to Canada, including racism, social exclusion, peer rejection, and navigating language differences. This talk invites school-and-community-based mental health professionals to explore and implement trauma-informed, equity-oriented, multi-tiered systems of supports to promote the resilience and mental health of newcomer youth and families.

**Wednesday Feb 17 2021
630 PM (MST)**

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