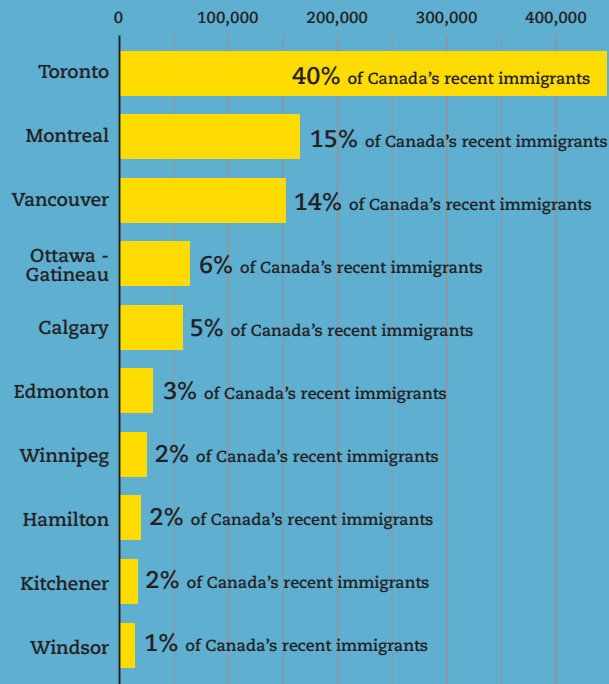


## The numbers more than speak for themselves!

Canada's population is growing at a remarkable rate and most of that growth is coming from abroad. Newcomers are settling in locations coast to coast to coast. The majority, though, are settling in our major and growing secondary cities.

For example, some 40% of all recent immigrants to Canada have moved to the metropolitan Toronto area, while close to 30% split just about evenly between choosing to live in Montreal and Vancouver.

### Top 10 Census Metropolitan Areas in Canada by Recent Immigrant Arrivals, 2001 to 2006



\* Statistics Canada, Census Profile Series 2006

Immigrate.  
Participate.  
Celebrate.



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LA FONDATION  
DE PSYCHOLOGIE  
DU CANADA

## Who we are

The Psychology Foundation of Canada was founded in 1974 to share sound psychological knowledge to better people's lives by developing and distributing programs for children and families. Major programs include: *Kids Have Stress Too!*®, *Parenting for Life*, *Workplace Mental Health* and *Diversity in Action: Adapting Mental Health Programs for Newcomer Families*.

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Creative : the walsh group © Nov. 2010

# Canada is now recognized as one of the most culturally diverse nations on earth.



Collectively, Torontonians speak more than 140 languages and dialects. Vancouver's Asian community is thriving, and so is the city.

The multicultural experience is repeating itself from coast to coast to coast.

The richness of our national diversity is easy to see and experience.

But to enjoy the richness immigrants are bringing, we need to understand their cultures and values, just as they need to come to understand what Canada really is and means. We need to help them integrate into our complex society. If we can accomplish that, these new citizens will be able to fully participate in their chosen communities and lead productive and fulfilling lives in their new country.

And we all need to help to achieve that.

## The challenge for newcomers... and all of us

Many of those coming to find new lives and new directions in Canada's major urban centers are from less developed and emerging economies. Some are escaping turmoil and war. Coming from a host of different cultures, newcomer families frequently struggle to adapt to new roles and cultural values, which may conflict with their traditional values and expectations. Cultural differences and past experiences can make the integration process more demanding and difficult. Having access to necessary services and supports are important components of successful integration.

And that's where we help.

## Diversity in Action A powerful tool for supporting integration

The Psychology Foundation of Canada, in partnership with community organizations and newcomer communities, has developed, piloted, and is now applying a very sensible, sensitive and respectful community-owned program to help newcomer families with their mental health-related needs.

Diversity in Action was created specifically to deal with the fact that there are very few linguistically and culturally appropriate mental health promotion services, or services to address immigrant/refugee families' mental health-related issues.

We are now working with local Afghan and Mandarin communities in the Scarborough area of Toronto and are striving to expand our reach into other communities. Diversity in Action is a grassroots movement. Our role is to help it take root and grow.

## Diversity in Action Unique programs for unique people

What makes Diversity in Action both innovative and effective is its approach. Based on the science of psychology and using proven services, the program was researched and developed in the recognition that the needs of people from a specific ethnicity are unique.

As a result Diversity in Action:

- Works with service agencies to help them build their capacity to serve newcomers' mental health needs
- Recognizes and works to address cultural barriers to service
- Facilitates the development and delivery of mental health services and supports at the local community level
- Provides mental health-related education and information for newcomer families
- Engages local newcomer community leaders
- Facilitates and supports new partnerships, networks and linkages to effectively manage existing services and other resources
- Respects the influence of values and customs and works within these important influencers
- Respects family confidentiality
- Realizes that sometimes the pace of change must be slow and careful

A registered charitable organization, the Psychology Foundation of Canada is committed to expanding and introducing Diversity in Action across the country.

