



Canadian Mental
Health Association
Toronto



THE OPENING DOORS PROJECT (ODP) WORKSHOPS

1. **“Building Bridges: Anti-Racism 101”**: Ideal for people who are familiar with the idea of multiculturalism and diversity but have not been introduced to anti-racism. This workshop explores issues of racism, diversity and anti-racism. It encourages participants to explore how racism works and the different forms it takes in particular contexts. Participants are encouraged to question their own prejudices and explore practical alternatives.

2. **“Understanding Migration”**: This workshop will introduce participants to the complexities of migration and explore some of the social factors that shape the settlement process for newcomer and immigrant communities such as language, income disparity, housing, loss of status, and discrimination. It will encourage participants to move away from a single narrative of migration and see the great diversity that characterizes the experiences of newcomers and immigrants in Canada.

3. **“Mental Health & Wellness 101”**: This workshop promotes a broad understanding of mental health, incorporating the social determinants that impact the health of individuals and communities. It introduces participants to a variety of mental health perspectives and approaches as well as to concepts in the field such as “sanism” and “mentalism”. Participants will be encouraged to question the stigma and stereotypes associated with people living with mental health challenges and disabilities, engaging in critical dialogue around potential strategies.

4. **“Stress and Self-Care in Context”**: This workshop will encourage participants to explore collectively some of the major stressors that affect particular groups and communities, understanding stress not only as an individual factor but as a social phenomenon rooted in specific socio-economic conditions. Participants will explore self-care strategies and practices that are appropriate to particular groups/communities.

5. **“Starting From the ‘I’: Reflecting On Our Own Identities”**: This workshop will encourage participants to reflect on their own experiences of socialization as they relate to race, ethnicity, citizenship, economic condition, gender, sexuality, etc. Participants will explore ways in which power, privilege and inequality shape their identities and how they relate to others. The concept of “intersectionality” will be introduced to highlight the shifting nature of identity and multiple ways of being.

6. **“Know Your Rights 101”**: In partnership with the Ontario Human Rights Commission, OHRC. Ideal for newcomers, service providers, mental health service users and mental health workers. The workshop aims to familiarize participants with the Ontario Human Rights Code and build strategies for dealing with discrimination and harassment including ways of accessing the OHRC.

Funded by:

Financé par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada