

The Opening Doors Project



How to Contact Us

If you would like to arrange a workshop or request more information, please contact:

**Program Coordinator,
The Opening Doors Project**

T. 416-789-7957 ext. 3244
E. openingdoors@cmhato.org

Follow us on social media:

@theopeningdoorsproject
 @openingthedor

Why offer these workshops?

Discrimination exists

- It is a myth that Canada is a land of equal opportunity without discrimination.
- Unfortunately, racialized individuals, newcomers and people with mental health challenges experience racism and discrimination in Canada.
- Racism is linked to xenophobia and other systems of discrimination.
- Discrimination has negative effects on mental wellness of the individuals and communities.

People with mental health challenges experience stigma

- There are strong negative attitudes and behaviours towards people with mental health challenges, and/or people who have experiences with the mental health system.
- Stigma robs individuals of their humanity and prevents them from participating in communities.

Our communities need more safe spaces

- Enhancing the well-being of newcomers and communities of mental health survivors is important.
- The Opening Doors Project is committed to partnering with agencies and communities to develop safe spaces in Ontario communities.
- Safe spaces are places where newcomers and people with mental health challenges can be comfortable.



Main Sites:

Lawrence Avenue West Site
700 Lawrence Avenue West, Suite 480
Toronto, ON M6A 3B4

Markham Road Site
1200 Markham Road, Suite 500
Scarborough, ON M1H 3C3

Contact Us:

416-789-7957
 info@cmhato.org
 www.toronto.cmha.ca

Follow Us on Social Media:

@CMHAToronto
 @CMHAToronto
 cmhatoronto

Supported by:



Living

Working

Belonging

CMHA Toronto

THE
Opening
Doors
PROJECT

Mental
Health +
Equity +
Diversity

The Opening Doors Project offers free workshops that strengthen, foster and cultivate healthier communities in Ontario.

The Opening Doors Project

Who are the workshops for?

- Newcomer communities
- Communities of mental health survivors
- Mental health services, agencies and institutions
- Settlement workers

These two-hour workshops are appropriate for English-language learners and can be tailored to specific audiences and needs.

What will the workshops do?

- Strengthen mental health, anti-racism and anti-discrimination literacy in Ontario communities.
- Foster the participation of new immigrants and refugees with mental health issues.
- Cultivate more inclusive and welcoming environments for new immigrants and refugees who face mental health challenges.

Where are the workshops held?

- Workshops can be held at your organization or community spaces.

Core Workshops

The Opening Doors Project offers the following six core workshops:

1. Building Bridges: Anti-Racism 101

This workshop explores issues of racism, diversity and anti-racism, and is ideal for people who are familiar with the idea of multiculturalism and diversity but have not been introduced to 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 introduces participants to the complexities of migration and explores 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 among others. 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 and Wellness 101

This workshop promotes a broad understanding of mental health, incorporating the social determinants that impact the health of particular individuals and communities. It introduces participants to a variety of mental health perspectives and approaches, as well as key concepts in the field such as “sanism” and “mentalism.” Participants will be encouraged to call into 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 includes a core level one followed by a level two workshop. The core workshop encourages 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. The level two workshop takes participants one step further into the concepts of what is stress and provides additional self-care tools.

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 and more. Participants will explore some of the 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

This workshop is in partnership with the Ontario Human Rights Commission (OHRC), and is 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.

A Partnership Between



An accepted educational partner of TDSB

Funded by / Finance par



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada