

3. Journeys to Canada: Stories of Migration

A narrative-based workshop exploring experiences of moving to a new country: migration, stress, mental health, culture-shock, racism and resiliency. It is recommended that this workshop be offered in conjunction with “Building Bridges: Anti-Racism 101.”

4. Mental Health & Wellness 101

Ideal for individuals who are not familiar with the Canadian mental health system. The workshop promotes a broad understanding of mental health issues, incorporating the social determinants of health. The workshop is designed to establish connections between individual understandings and experiences of mental health and the mental health and “illness” paradigms that are dominant in Canada.

5. Journeys Through Mental Health: A Story-Based Approach

Using a narrative approach, this workshop explores a wide range of experiences in the Canadian mental health system. It is recommended that this workshop be offered in conjunction with Mental Health & Wellness 101.

6. BREATHE: Self-Care In Stressful Times

This workshop is designed to explore, adapt and build on our culturally diverse self-care strategies and practices.

Two additional workshops available soon!

7. Starting From the ‘I’: Reflecting On Our Own Identities Available as of July 1st 2011

What do power and privilege have to do with discrimination??? Focusing on themes of “power” and “privilege”, this is the first in a series of workshops about anti-discrimination. “Privilege” is defined as the visible and invisible benefits and rights that individuals receive by simply belonging to particular identity groups.

During the workshop, participants will explore the benefits of belonging, and the disadvantages that come from ‘not belonging.’ Through a series of self-reflection activities and interactive discussions, participants will consider terms such as ‘social identity’, “unpacking privilege” and “power” as they relate to anti-racism and anti-discrimination.

8. Shades of Gray: Anti-Mentalism 101 A workshop that builds on “Building Bridges: Anti-Racism 101.” Available as of October 1st 2011

The concepts of “mentalism” and “sanism” are introduced in this workshop. Mentalism is a form of discrimination against people who are labelled as having a mental illness. Sanism is a system of discrimination that GIVES preferences to behaviours, and ways of experiencing the world, and calls them “sane.” By questioning the boundaries of what is considered “socially acceptable” and “socially unacceptable” behaviour, the workshop explores how these boundaries are shaped by different forms of discrimination, including racism and ableism.

We invite you to explore our opportunities by requesting more information or booking a workshop at your agency. You can email openingdoors@cmha-toronto.net or phone (416) 631-9896, Ext. 239

Mental Health + Equity + Diversity

A Partnership Between



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THE Opening Doors PROJECT



Mental Health + Equity + Diversity

THE Opening Doors PROJECT

 *The Opening Doors Project is about strengthening, fostering and cultivating healthier communities in Ontario.*

FREE Workshop Series

Who are the workshops for?

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

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

Why offer these workshops?

Discrimination exists

- It is a myth that Canada is a land of equal opportunity without discrimination
- Unfortunately, racialised people, newcomers and people with mental health issues 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.

Mental Health + Equity + Diversity

People with mental health issues experience stigma

- There are strong negative attitudes and behaviours towards people with mental health issues, 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 wellbeing 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 issues can be comfortable

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 agency, service or neighbourhood.

How to arrange a workshop

We invite you to explore these opportunities by requesting for more information or booking a workshop at your agency. You can email openingdoors@cmha-toronto.net or phone (416) 631-9896, Ext. 239

Core 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 interactive workshop uses forum theatre to explore and understand issues of racism, diversity and anti-racism. In forum theatre, audience members directly interact with the performance by stopping a scene and suggesting different actions for the actors to carry out on-stage in an attempt to change the outcome of what they are witnessing. Forum theatre encourages participants to explore how personal interactions work and how outcomes can change when different behavioural approaches are used.

2. Working Across Differences: Anti-Mentalism Meets Anti-Racism

A workshop that builds on “Building Bridges: Anti-Racism 101”. This is for people who are ready to look deeper at racism and its relationship to other forms of discrimination, including stigma and discrimination associated with mental illness diagnoses. The concept of “mentalism” is introduced in this workshop. Mentalism is a form of discrimination against people who are labelled as having a mental illness. The facilitators of this workshop explore questions with participants, finding practical connections that will encourage participants to seek change.

