

# ABRAR Trauma and Mental Health Services



## Who We are

We are a for profit organization federally incorporated number **(1363840-5)** aiming to serve diverse newcomers and immigrants. We focus on providing top services to our clients having professional counsellors with lived through experiences and in clients mother language. We provide our services in English, Arabic, and Persian (with plans to expand to more languages like Chinese, Urdu etc.) virtually across Canada and in-person in the GTA and Hamilton area.

## Our Mission

ABRAR Trauma and Mental Health Services is a for profit organization dedicated to providing affordable, trauma informed, art based, and culturally sensitive mental support for diverse newcomers and immigrant populations. Services are carried out through professionals with lived experiences, who prioritize the creation of safe and comfortable environments. We resonate with our people, and respect diversity, vulnerability, resilience, new ideas, and passion.

## Our Vision

Our vision is to create client-centred and culturally appropriate safe spaces that ensure healing and growth out of trauma, specifically using trauma-informed and art-based early intervention approaches for newcomers and immigrants, so that they may thrive.

## Our services

### **One to One counselling**

We provide one-to-one counselling for newcomers and immigrants, particularly women and youth. Our services use trauma informed and culturally sensitive approaches, and are provided in Arabic, English and Persian. Other languages will be coming soon.

### **Family and Couple coaching**

We provide family and couple coaching, to provide families with the tools needed to thrive. Coaching sessions focus on providing immigrant and newcomer families or couples with advice and techniques to create resilient relationships.



### **Workshops**

We create and run psychoeducation, art therapy, and mental health workshops on a range of relevant topics, including: self-care, coping mechanisms, emotional regulation, time management, and anxiety management. Our workshops are provided in English, Arabic, Persian and the respective languages of our workshop facilitators Along with Urdu and other languages coming soon.

### **Training**

We provide training to other service providers and community organizations on how to ensure best practice with newcomers' populations. Training topics include cultural sensitivity, and mental health first aid.

### **Research**

We lead research projects related to the mental health of the populations we work with (newcomers and immigrants). Our research is led by professionals with related lived experiences and insights, and is used within research reports, articles, and guidebooks.

### **Our Professional team**

Ghada Almojarkich (Family Coach & Counsellor) - Arabic Speaker  
Amira Abutaaa (Youth Counsellor) - Arabic Speaker  
Maryam Tehranchi (Family & Women Counsellor) - Persian Speaker  
Abrar Mechmechia (Trauma Counsellor) - Arabic Speaker  
Yet to be expanded.

### **Our Projects**

#### **In This Together Campaign**

A National Mental Health Campaign to advocate and call for a Post Pandemic Mental Health Recovery Plan for youth in Canada, with the focus on those who come from marginalized backgrounds. The In This Together Campaign was launched in Feb 2021. During this time, we conducted research; hosted support groups for BIPOC youth; facilitated workshops; had an open letter signed by community organizations and youth across Canada; and will be hosting our Together Towards Recovery Conference II on Bell Let's Talk Day: Jan-26-2022, along with publishing our final report for Recovery recommendations.

#### **Brave Space**

In light of the continued Islamophobic incidents in Canada, Brave Space was created as an early intervention module of support group sessions for Muslim women who felt threatened and have been impacted by the recent Islamophobic incidents. Brave

Space was successfully piloted in Hamilton in November & December 2021 with the great support from HCCI & SACHA & Nrinder Nann.



### **Friends and Coffee**

Friends & Coffee was successfully piloted during the pandemic in partnership with Syrian Canadian Foundation. After COVID-19 hit the world suddenly, the implications have been continuously hard on families, especially newcomers. Friends & Coffee was tailored with this in mind, as to support Arabic speaking newcomer women across Canada.

### **Dil Ba Dil (Heart to Heart) -to be launched in Oct 2022-**

A pilot project as an early intervention model to support Afghan women, who are new arrivals to Canada by helping them to heal and thrive within their new community.

### **Nonviolent Communication Training**

Nonviolent Communication training is a training program about communication techniques that allow us to connect with our feelings, listen and take care of our needs, and express ourselves clearly, while taking into account the feelings and needs of others. The training is being offered to Arabic speaking newcomer youth and was delivered successfully in summer 2021 in partnership with Giraffe Effect Group in Turkey.

### **Syrian Trauma Healing (in process)**

A project where a brave space is provided to refugees and newcomers from diverse backgrounds within Syria. The aim is to support their healing process through culturally sensitive, trauma informed, and art-based approaches in order to enable them to thrive and move towards their own success. The project is in the process of creation and development.

## **Our achievements**

["Together Towards Recovery" National Conference/ First Day](#)

["Together Towards Recovery" National Conference/ Second Day](#)

[Together Towards Recovery II Conference](#)

[In This Together Research Preliminary Report](#)

[In This Together Full Statement](#)

[Pilot Brave Space Project in Hamilton](#)

[Brave Space: A Memorial for the Afzaal Family \(Our London Family\)](#)

[The Star Article](#)

[CBC Interview](#)



## Our current focus projects

Dil Ba Dil (Heart to Heart)

Brave Space

Intersect/ACT with YWCA Hamilton serving QT-BIPOC community

### **Other projects:**

Health in the Diaspora (2021-2022) for high school newcomers' students in English & Arabic with [Pathways to Education Hamilton](#)

[Mindful App](#) (support and consultation)

Newcomers' workshops with [NMC CESI](#) & Uni of Toronto

Mental health support group for newcomers' youth especially LGBTQA2+ with [Spectrum Hamilton](#)

## Our Partners and supporters

[Kids Help Phone](#)

[SMILE Canada](#)

[HCCI \(Hamilton Centre for Civic Inclusion\)](#)

[YWCA Hamilton](#)

[Education Pathways Hamilton](#)

[The Mental Health Commission of Canada](#)

[Aga Khan Foundation](#)

[Kawalease ACT](#)

[NRINDER NANN](#)

[SASHA Sexual Assault Center](#)

[Steps2flourish](#)

### *Our Supporters & Partners for the ITT Campaign*

[Bell Let's Talk](#)

[The Students Commission of Canada](#)

[YWCA Hamilton](#)

[BAM Collective](#)

[Youth Gravity](#)

[The New Mentality](#)

[YMCA Canada](#)

[The Mental Health Commission of Canada](#)

[CMHA Peel Dufferin](#)

[Jack.org](#)

[Kids Help Phone](#)

[Laidlaw Foundation](#)

**And others**



## Current operation locations

Hamilton Location: [CoMotion](#) (115 King Street E, 3rd Floor, Hamilton, ON)

Mississauga Location: [Studio.89](#) (2520 Eglinton Ave W Unit 1, Mississauga, ON)

## Our Contact

[Website](#) [Facebook](#) [Linkedin](#) [Instagram](#)

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