



## Health and wellness: keeping your mind, body and soul connected

Statistics show us that newcomers arrive in Canada healthy and well, but over time, their physical and mental health **deteriorates** to rates below Canadian-born residents. Some of this can be explained by the stress of relocation, and some by newcomers picking up some of the bad habits we all can fall into (fast food, driving everywhere, too much multi-tasking). There are a lot of things that we can do, however, to ensure that we keep our minds, bodies and souls active, engaged and well. This issue of The Citizen looks at resources, programs and organizations in Durham that can support you as you seek to find balance in your life to ensure good health as you settle into your new community.



The summer is the best time of year to get outside. You'll find that your neighbours are outside more often. It's a great time to meet them, chat and compare notes on trees, plants and lawn care. Take the opportunity to shop for fresh vegetables and fruit at local farmer's markets. And once you've cooked up a feast, pack a picnic and head to the lake or to one of the conservation areas with family and friends for a hike or a bike ride or just to sit in the sun.

Take advantage of the programs and resources in your community as you strive to be healthy and well, whether you're newly arrived or have lived in Durham all your life.

Words in **red** throughout the newsletter are defined in the glossary on page 11.

### In this issue ...

Health and wellness: keeping your mind, body and soul connected	1
Supporting ingenuity: Starter Company Plus	2
Building inclusive communities: Age-friendly Durham	2
Building healthy minds: Durham libraries and the TD Summer Reading Club	3
Supporting creative community: Social Enterprise Accelerator	4
Charter of Rights and Freedoms: a promise of safety, security and finding home	4
Building healthy newcomer communities: Durham Welcome Centres highlight health information	5
Celebrating sports: embracing cricket at the DDSB	6
Supporting health families: how much exercise do you need?	6
Life-long wellness: games, sports and getting crafty!	7
Advice from a newcomer: how to enjoy summer!	7
In pursuit of happiness: take advantage of local recreation programs	8
Supporting children's wellness: early years programs	8
National Aboriginal Day: celebrating Canada's Indigenous Peoples	9
Get to know your community: explore Durham's trails	10
Being your authentic self: June is Pride month	11
Glossary	11
Success story: leveraging local resources to find success in Canada	12





















## Being your authentic self: June is Pride month

Being free to be who you truly are in terms of your sexual orientation or gender identity is a crucial part of positive mental health. In Canada, June is Pride month, a time for the **LGBTQ+** (lesbian, gay, bisexual, transgender, queer / questioning, plus) community and allies to come together to celebrate the freedom and acceptance we enjoy in Canada. Pride is also a time to raise awareness and stand in solidarity with LGBTQ+ communities in other parts of the world where many are targeted and discriminated against based on their real or perceived sexual orientation or gender identity.



If you or someone close to you is **coming out** or questioning their sexuality, PFLAG Durham offers support, advice and a community of people to talk to. For more information on the services PFLAG provides, visit [www.pflagdurhamregion.com](http://www.pflagdurhamregion.com).



For LGBTQ+ newcomers and refugees, The 519 in Toronto provides specialized settlement support. They also provide a Youth Mentorship program specifically for newcomer youth (aged 14 to 19) who are Permanent Residents and Convention Refugees, residing in Canada for less than five years. For more information about The 519, visit [www.the519.org](http://www.the519.org).

If you see yourself as an ally, and want to ensure that your agency, organization or business is seen as a positive space, consider positive space training. OCASI (the Ontario Council of Agencies Serving Immigrants) offers free training. For more information about their program, visit [www.ocasi.org/positive-spaces-initiative-psi](http://www.ocasi.org/positive-spaces-initiative-psi).

## Glossary

**Accelerator** - a program that provides support to move an idea or new product forward

**Accreditation** - having education, skills and experience formally recognized by a college or organization

**Coming out** - the process a person goes through when realizing that they are not heterosexual or when telling other people they are a member of the LGBTQ+ community

**Deteriorates** - when something decreases, breaks down or gets worse

**Experiential** - learning from doing

**Flora and fauna** - plants and animals

**Holistic** - looking at something as a whole

**Hula-hoops** - toys; large plastic rings that are spun quickly using a person's waist, arms or legs

**Languid** - relaxed

**LGBTQ+** - common term for describing the lesbian, gay, bisexual, transgender and queer or questioning community - some people do not identify with these descriptions and so + is also used to include everyone who does not identify as strictly heterosexual

**Mentoring** - providing advice to another person who works in your field or area of expertise

**Pow Wow** - a community celebration hosted by First Nation or Aboriginal peoples, open to all members of the community

**Seed capital** - money to start a business

**Splash parks** - water fountains and play structures in a park

**The cherry on the cake** - a phrase used to describe something that is very good or beneficial over and above the main program or activity

**Viability** - if something is going to work



## Success story: leveraging local resources to find success in Canada

*"I would like to share my story with other immigrants to encourage them to keep on making efforts to realize their dreams. I believe the most important thing to me was your encouragement which was really an incentive to me."*

Linli Liu arrived in Canada early in 2016. Feeling lonely and isolated at home was the biggest challenge in the first few months of being in Canada. Attending ESL classes, English Conversation Circles and Job Search Workshops not only helped to improve her English-language skills, but also helped her meet other people in the community.



Linli's career in China was in a very specialized field and so she looked for help in how to translate her experience into the Canadian job market. Linli had strong English writing skills, but felt her spoken English needed to be upgraded in order to represent herself well in an interview. As she was new to looking for work in Canada, she was also interested in knowing how to target her resume and how to find opportunities to engage with employers. She began attending the Job Search Workshop in March, 2017.

Through the JSW, Linli found companies she could approach for work. She also learned about networking and the emphasis placed by Canadian employers on networking. She had not previously thought of contacting people she knew from her home country or in other Canadian cities, but through her persistence, she found a colleague working in a law firm in Ottawa. The law firm also has an office in Toronto that was looking for a Patent Agent trainee. The colleague from back home was more than happy to forward Linli's resume to them and within two weeks, she had an interview in the local office. Linli prepared for the interview using skills she learned during JSW and after additional testing, Linli was offered a position with the firm. In her own words, "JSW gave me so much good information on how to find a job in Canada. Thank-you so much for all your professional hard work in helping us in the workshop. Words cannot express my appreciation for everything you offered me."

Staff and volunteers at the Welcome Centre not only helped Linli in very practical ways to improve her English and find a job, but they also helped her to stay positive and optimistic about her future here. Her advice to other newcomers: "To every newcomer in Canada, fake it till you make it. Please never give up on your dreams."

We look forward to hearing your stories and feedback. If you would like to subscribe or contribute to The Citizen, please contact us:

**Email:** [diversitynewsletter@durham.ca](mailto:diversitynewsletter@durham.ca) | **Portal:** [www.durhamimmigration.ca](http://www.durhamimmigration.ca)



Follow us on the Region of Durham Facebook page and on Twitter at #DurhamImmigration



**Back issues:** Visit [www.durhamimmigration.ca](http://www.durhamimmigration.ca) for back issues of The Citizen by clicking on the Creating Community tab, and then clicking on the Diversity Newsletter heading.

You can also sign up for the newsletter online. Please feel free to forward The Citizen to others.