



Newcomers Employment & Education Development Services (N.E.E.D.S.) Inc.

Psychosocial Education Fact Sheet

FOCUS: To provide newcomer children and youth with additional support during their participation in N.E.E.D.S. Inc programs as well as their general settlement experience.

Immigrant and refugee children and youth experience many changes upon their arrival in Winnipeg. The challenges associated with moving to a new country can cause stress on an individual and their family system. Experiences of war/conflict, past trauma, inadequate resources upon arrival in Winnipeg, racism, discrimination and employment and educational frustration can leave them feeling lonely, hopeless and can ultimately impact their mental health. It is our experience that newcomer youth bring with them a great deal of resources and resiliency. Our Psychosocial Education Program supports children and youth in all of our programs and aims to assist them in recognizing their full potential.

Program components include:

- Establish rapport and build relationships with clients
- Help clients learn the reasons for their behaviours and assist clients in learning new behaviours when appropriate
- Assist youth in recognizing their abilities, capacities, interests, goals and personality
- Assist youth in exploring their feelings and emotions
- Help youth find ways to grow personally and socially
- Provide opportunities for comfort and hope
- Provide consultations and training to the greater Winnipeg community on the challenges and unique needs of newcomer youth

FOR MORE INFORMATION CONTACT:

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