


Therapeutic Services



Settling into a new country brings challenges that can make newcomers vulnerable to high stress, isolation, role shifts, and financial difficulties that can result in marital strife and high rates of parent-child conflict. Newcomers can sometimes bring with them trauma related to war, conflict and deprivation which often results in symptoms of PTSD, depression or anxiety, limiting their abilities to successfully integrate.

The Newcomer Centre offers therapeutic services with a unique, holistic and community-oriented approach.



newcomercentre.com

Newcomers Benefit From:

- Counselling, psychotherapy, crisis intervention, support, advocacy and social work services in a setting that is safe, welcoming and comfortable.
- Confidential counselling sessions.
- Interpretation services to assist communication during therapeutic sessions to help our clients express themselves better and feel more understood and supported in their mother tongue.
- Counselling offered to:
 - ⇒ Children and Youth
 - ⇒ Couples and Individuals
 - ⇒ Families
- Tools to personally build resilience, reduce social isolation, successfully bridge cultures and help newcomers to become their best selves.
- Techniques to better manage stress and anger.
- Transportation support to make access to therapeutic sessions easier.

How The Program Works

To overcome barriers to accessing services, we offer therapeutic services in different Edmonton office locations and in schools and in homes (when feasible).

We recognize that building resilience and the ability to overcome trauma and loss includes more than just traditional therapy. Our therapeutic services are embedded in the larger agency; therapists connect newcomers to social workers and other services to enhance their resilience and ability to function in their new environment.

To minimize wait time for service, the Newcomer Centre and the Multicultural Health Brokers (MCHB) will share and have access to the same waiting list for all referrals related to mental health. Team Leads in both agencies have access to the same waitlist and will be responsible to assign clients to therapists.



Who Can Access These Services

- Anyone born outside of Canada is eligible
- Immigrants and refugees regardless of the length of stay in Canada (immigration status)
- Children under 18 years of age of parents born outside of Canada

Sessions are by appointment only.

No walk-ins.



Experienced Support

The Newcomer Centre's Therapeutic Services team members are:

- Highly-trained psychologists, licensed therapists and social workers
- Trauma-informed therapy practitioners who consider cultural perspectives, immigration processes, and gender expectations and expressions

Locations

Therapeutic services are offered at these locations:

- Downtown—10170 112 Street NW
- Northeast—11713 82 Street NW
- South at Welcome Centre for Immigrants (WCI)
200, Tower II, Millbourne Market Mall
7609 38 Avenue NW
- Online services are also available



Program Costs

There is no fee for these services, and they are always confidential.

Therapeutic Program Funded By

The Newcomer Centre's therapeutic services are offered as a complimentary service to newcomers that qualify because of generous funding by these partners:

Alberta Health

Alberta Children's Services



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada





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Access Services

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