

CIHR CAFÉ SCIENTIFIQUE PRESENTS

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# Stranger in a Strange Land:

## How does immigration impact on mental health?

Tuesday, October 27, 2009, 7 p.m.  
Gladstone Hotel (North Ballroom)

1214 Queen Street W., Toronto  
RSVP: [cafescientifique@cihr-irsc.gc.ca](mailto:cafescientifique@cihr-irsc.gc.ca)

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Please join us for refreshments and a lively discussion about the latest health research evidence and community perspectives on this issue. This event is presented by the Canadian Institutes of Health Research and its Institute of Population and Public Health, in partnership with the Public Health Agency of Canada and the Mental Health Commission of Canada. Space is limited.

What happens when travel is not a fun escape from the daily grind, but a necessity? When, for economic, political or security reasons, one decides to make a home and find employment in a new country? Adapting to a new country, learning a new language and being separated from family can create significant strain. Employment circumstances may be stressful when jobs are low-paid or temporary. And, some refugees may be coping with post-traumatic stress. With all the challenges of being “new” to Canada, how do immigrants and refugees get help with mental health concerns?

### Experts:

**Laura Simich, PhD**  
Scientist, Centre for  
Addiction and Mental Health  
Assistant Professor  
University of Toronto

**Peter Smith, PhD**  
Scientist  
Institute for Work and Health  
Assistant Professor  
University of Toronto

**Martha O'Campo, RN**  
Manager  
Education and Resources  
Across Boundaries  
Mental Health Centre

### Moderator:

**Kwame McKenzie, MD, MRCPsych**  
Senior Scientist, Centre for Addiction and  
Mental Health, Professor, University of Toronto  
and University of Lancashire