



For immediate release

### **YMCA of Greater Saint John receives a \$25,000 Bell Let's Talk Community Fund grant**

SAINT JOHN, NB, November 1, 2018 – The YMCA of Greater Saint John is pleased to receive a \$25,000 Bell Let's Talk Community Fund grant in support of its Settling Strongly: Newcomer Mental Wellness & Resilience project.

The program brings recently arrived refugees together with mental health practitioners for a 6-week trauma-informed therapy group, and connects newcomers to mental health practitioners and provides expedited referrals in the case of high-risk behaviours being identified.

"We are so thankful for this support from Bell Let's Talk, which will allow 100 new Canadians to take part in a program that is changing lives," said Shilo Boucher, President and CEO at the YMCA of Greater Saint John.

The program is based on Landing & Settling, an evidence-based program used by the Vancouver Association for Survivors of Torture, and will build community and discussion among newcomers to help them increase their mental health and resilience.

"Bell Let's Talk is very pleased to help the YMCA of Greater Saint John provide mental health resources for newcomers and refugees," said Mary Deacon, Chair of Bell Let's Talk. "Having doubled the annual Bell Let's Talk Community Fund to \$2 million this year, we are helping some 120 organizations across Canada, like the YMCA of Greater Saint John, that are making such a difference for those affected by mental illness."

For more than 25 years, the YMCA Newcomer Connections Centre has welcomed newcomers to the greater Saint John community. As a leading community organization, Y Newcomer Connections assists immigrants and refugees with their settlement needs and helps to facilitate their integration and participation in the community. Y Newcomer Connections offers a diverse range of programs and services to newly arrived immigrants, including English language classes, employment readiness programs, Canadian cultural orientation, immigrant settlement and refugee resettlement assistance, and school readiness programs. With a multilingual team of more than 50 staff representing 21 countries, we make every effort to provide services in a client-centric manner that is inclusive and respectful of the rights, dignity and diversity of all newcomers to Canada.

The Bell Let's Talk initiative promotes Canadian mental health with national awareness and anti-stigma campaigns like Bell Let's Talk Day and provides significant Bell funding of community care and access, research and workplace leadership initiatives. To learn more, please visit [Bell.ca/LetsTalk](http://Bell.ca/LetsTalk).

#### **About YMCA**

We are 1,000 volunteers and staff working together to serve more than 22,000 people across the Greater Saint John region, who believe in helping children and families reach their full potential. We are a charity dedicated to strengthening the foundations of community. For 165 years we've cared for kids, shaped leaders for tomorrow and helped generations of people come together to find support, get healthier and make friends for life. We are determined to be a genuine, welcoming, hopeful place that is nurturing and fun. This is the community we want. A community where we share a sense of social responsibility; experience better health in spirit, mind and body; and where children and families can thrive.

Media inquiries:

Nicole Vair

(506) 634-4852

[n.vair@saintjohny.ca](mailto:n.vair@saintjohny.ca)