

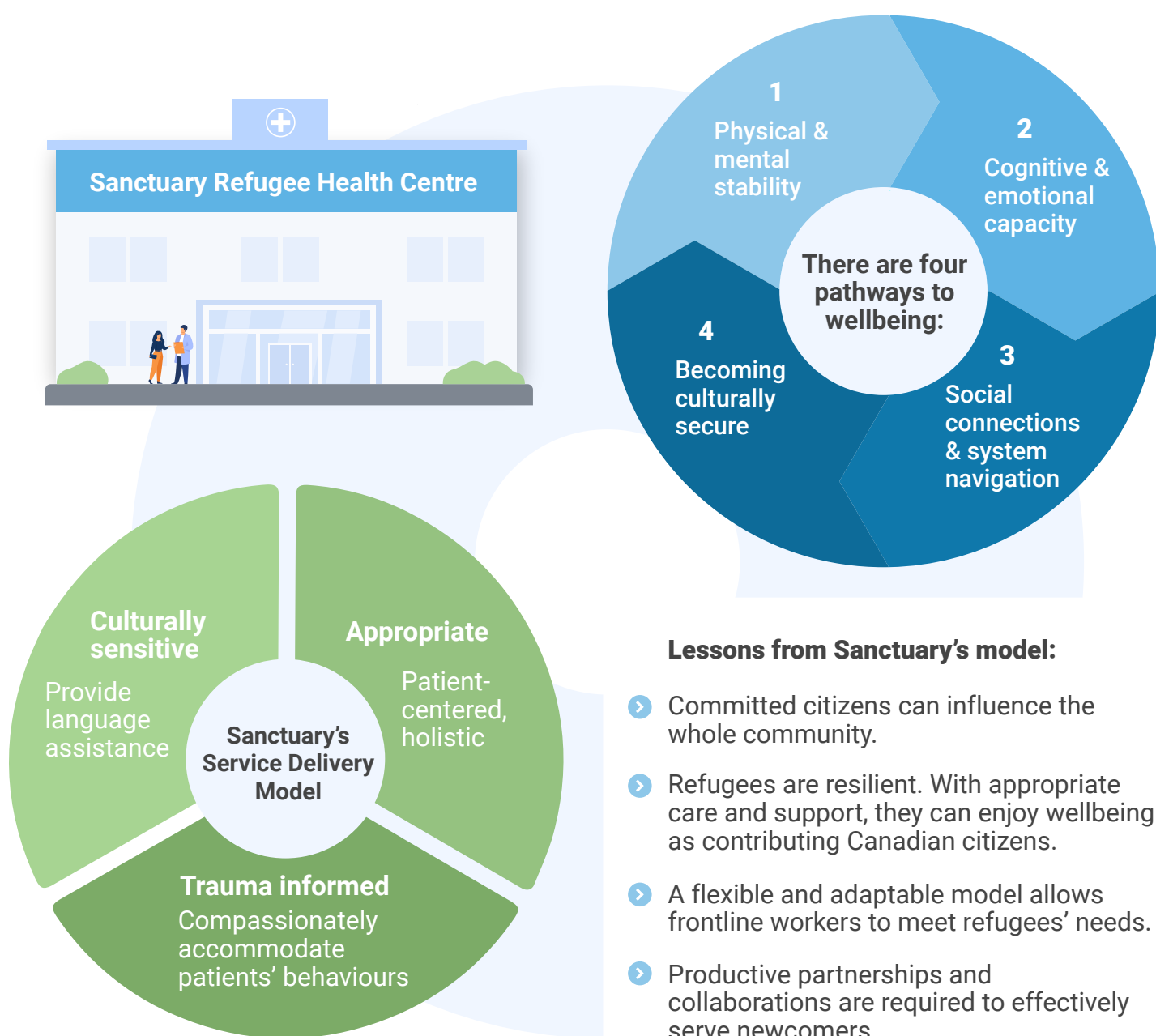
## HOW SANCTUARY REFUGEE HEALTH CENTRE CONTRIBUTES TO NEWCOMER HEALTH, RESILIENCE, AND WELLBEING

**TITLE OF RESEARCH:** Promoting Emotional Wellbeing in Refugee Newcomer Families in Waterloo Region

**RESEARCHERS:** Dillon Browne, Jean de Dieu Basabose, Michael Stephenson, Mark Ferro, Katholiki Georgiades, Jenny Jenkins, Sheri Madigan, Lehana Thabane, Jackson Smith, Nusrat Khan

**SUMMARY:** This study provides a better understanding of emotional wellbeing for newcomer families and how to improve tracking of emotional outcomes for children and families in the context of community services.

**LINK:** Click [here](#) to read the executive summary; click [here](#) to read a publication



### Recommendations:

- > Involve people with refugee experience in planning and delivering refugee-serving initiatives.
- > Establish caring and trusting relationships between providers and refugee clients by providing trauma-informed care, cultural sensitivity, and services appropriate for refugee newcomers.
- > Develop and implement a plan to prevent staff and volunteer burnout at refugee-serving organizations.

The views and opinions expressed in this article are those of the researchers and do not necessarily reflect the official position of the Child and Youth Refugee Research Coalition.