

# Multicultural Women's Wellness Program

Delivered by CMHA Toronto and Community and  
Settlement partners

Funded by the City of Toronto &  
United Way of Toronto



# History of MWWP

MWWP started in 1996

- need for groups in newcomer communities
- break down social isolation
- resettlement stress
- risk of mental health issues



# Characteristic of MWWP groups

- holistic in nature i.e. spiritual, mental, physical and culture specific
- topics must relate to the needs identified by newcomer women's experience
- Groups are language specific



# Equitable partnerships

The MWWP responds to the diverse community through the unique partnerships with ethno-specific settlement and community agencies



# Equitable partnerships

Partner agencies provide space, culturally competent facilitators who speak the language of participants and tailor topics to the cultural needs of the group



# Equitable partnerships

- Operating the groups from the agencies allows for outreach to the target group



# Equitable partnerships

strong relationship with ethno-specific partners

opportunity to understand the mental health needs of participants

paved the way for a number of initiatives and services within CMHA Toronto

