Navigating Migration Stress and Rebuilding Strength
HMC-Healthcare Careers Program

Navigating Migration Stress and Rebuilding Strength: A Guide for Newcomer Healthcare Professionals

WHEN?

November 5th, Thursday,
5:00- 6:30 p.m.

Virtual:

a Zoom link will be sent before the event date

SESSION TOPICS:

- Settlement Stress & The Culture Shock Reality
- Defeating 'Survival' Stressors & Protecting Worth
- Weathering Isolation & Changing Family Roles
- Breaking Stigma & Rebuilding Practical Resilience

GUEST SPEAKER:

Prof. (Dr.) Usha Dabas

Founder & Director, Springfield College of Healthcare
Bestselling Author, Mental Health Advocate, and Healthcare Educator

REGISTER HERE:



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