



**B-05**

## **Caught Between Cultures: Mental Health Challenges for Immigrant Families**

**Mental Health and  
Well-being Parent  
Partnership Committee**

**201B**

Culture and social factors can shape the way we look at mental health and the services we access. This workshop will explore the obstacles and challenges that minority and immigrant families face, especially for parents who are raising youth who are "caught between two cultures." We will look how to better support the mental health challenges of minority youth who are trying to juggle the different cultural expectations of home and school.

### **Presenter**

#### **Amita Handa**

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Amita has her PhD in Sociology. She is the author "Of Silk Saris and Mini Skirts: South Asian Girls Walk the Tightrope of Culture" which examines the how young teenage South Asian girls are often caught between the expectations of home and mainstream society. She has worked in the Equity Department at TDSB for the past nine years as Student Equity Program Advisor. She is also a certified yoga teacher and holistic nutritionist.