



## WOMEN'S HEALTH IN WOMEN'S HANDS COMMUNITY HEALTH CENTRE

### RESEARCH PROJECT OVERVIEW

---

Title:	<b>EXPLORING HOW IMMIGRANT WOMEN CONCEPTUALIZE ACTIVISM: IMPLICATIONS FOR MENTAL HEALTH PROMOTION</b>
Principal Investigator(s):	Judith McDonnell, York University
Co-Investigator(s):	Notisha Massaquoi, WHIWH, Wangari Tharao, WHIWH, Nimo Bokore, York University,  Dr. Mahdieh Dastjerdi, York University, Dr. Nazilla Khanlou, York University
Project Duration/ Funding:	CERIS Duration: 2010 - 2011

---

#### **Project Summary:**

Immigrant women as a group often experience a disproportionate share of mental health concerns and mental illness, yet there is limited understanding of strategies to foster their mental health.

This participatory policy study explores the relationship between immigrant women's activism and mental health promotion. It explores how immigrant women themselves express their agency and describe their political activism and the meanings it has for them in relation to the settlement process.

The findings will inform relevant policy and program support which can facilitate meaningful life experiences and welcoming communities, foster social integration, and thus promote health and well-being.