

# REACH Immigrant and Refugee Initiative (RIRI)



## REACH Immigrant and Refugee Initiative (RIRI):

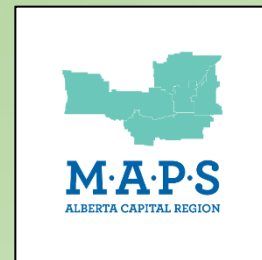
- Addresses family violence and promotes healthy families in an ethno-cultural context.
- **Uses “Cultural Navigators” to engage communities directly**
- **Cultural Navigators engage men, women and youth in holistic supports and activities to empower cultural leaders and raise awareness about family violence.**



## Cultural Navigators:

- **Are committed to reducing family violence and engaging their communities in promoting healthy families.**
- **Act as connectors between the community and Canadian systems.**
- **Have similar lived-experiences to the families they work with.**
- **Are resilient, passionate about helping others, willing to be vulnerable, respectful, and positive.**

# Cultural Navigator: Connecting People to One Another





# Cultural Navigator - Connecting People to One Another



arrival in Canada

hopeful  
fear of the unknown

loss  
a new beginning

loves people  
skilled in engaging others  
non-judgemental

compassionate  
natural leader

trusted  
knows the community resources

Arlene, cultural navigator, earns trust from community, aids them in overcoming barriers to seek support

feels vulnerable  
courageous  
unrealistic expectations  
excitement for future



cultural activities

church

meets people where they are



cultural navigator is there when needed

describes role as a cultural navigator

meets people, has conversations

- Connect with programs →
- Continue support →
- Expand the circle →

follows up with individual/family to discuss issues in coffee shops, or their homes for dinner, etc

refers individual/family to community resources

continues to provide support to individuals and families as needed

introduces them to other people with similar circumstances

healthy families

religious communities

network of support  
people helping one another



This Journey Map was created by M.A.P.S. Alberta Capital Region in partnership with REACH and a cultural navigator. Cultural Navigator Arlene Map - April 2016. Images by Kilee Winterford-Nadeau. For more information call M.A.P.S. at: 780-474-9393





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Connect with programs ↗

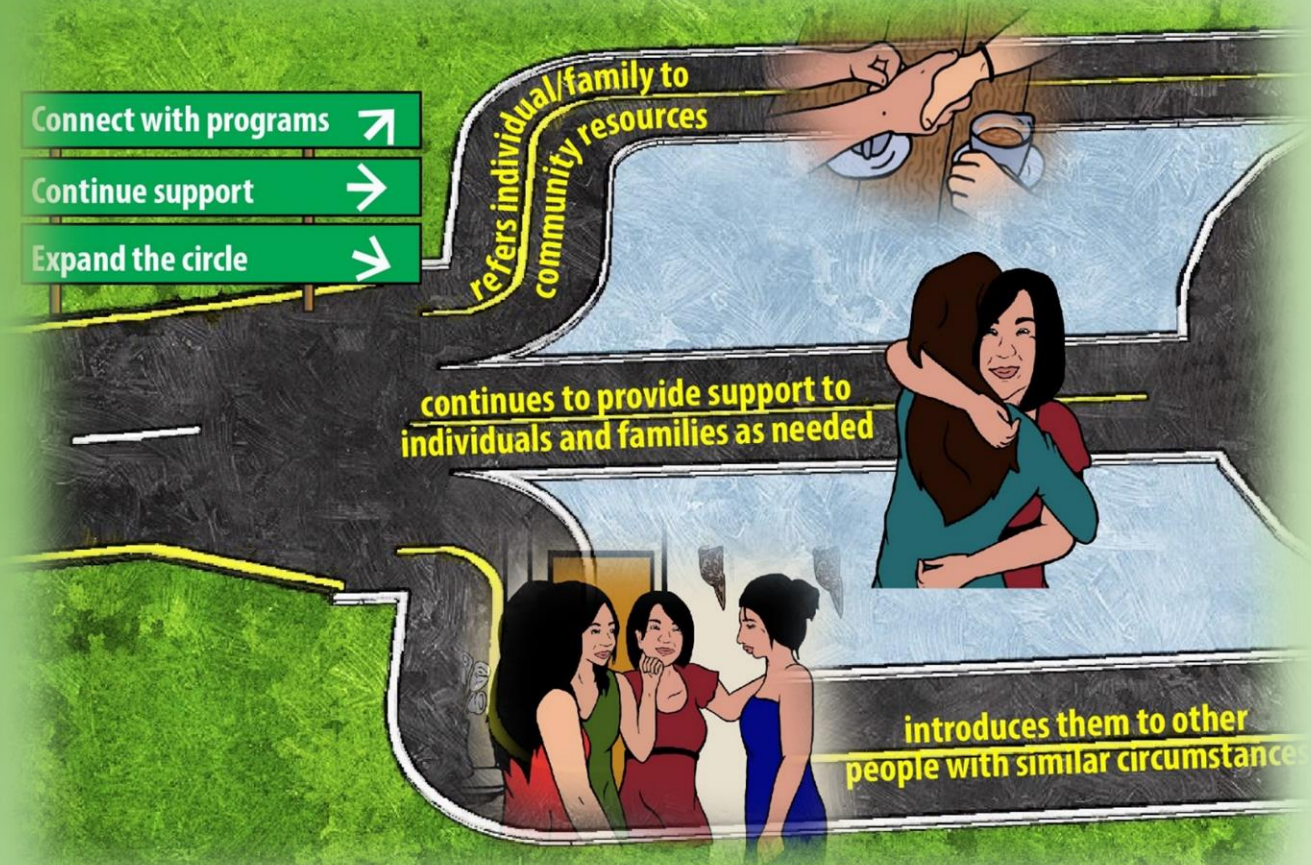
Continue support →

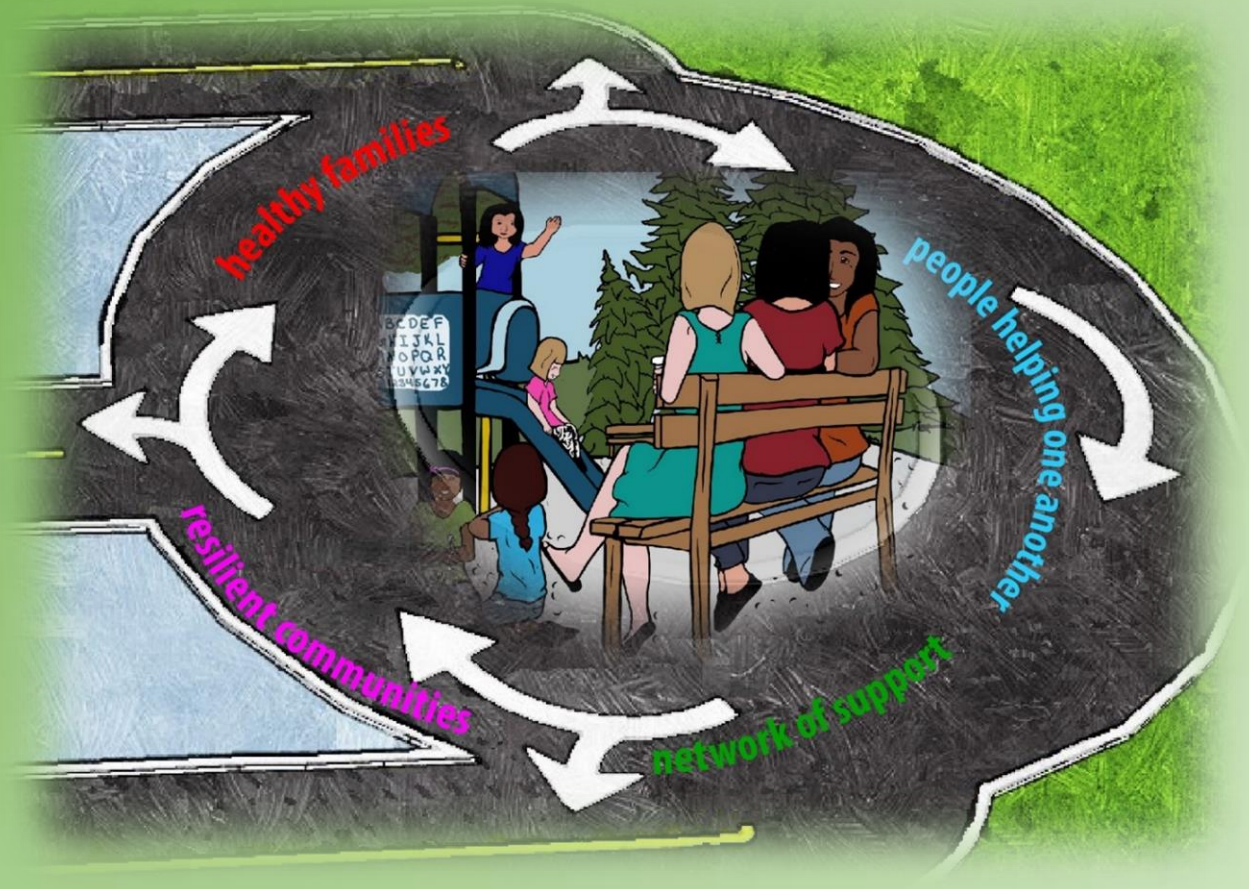
Expand the circle ↘

refers individual/family to  
community resources

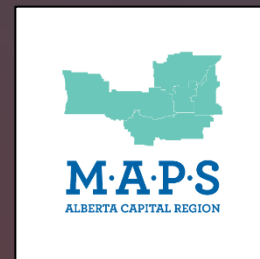
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# Cultural Navigator: Supporting Immigrant and Refugee Individuals and Their Families



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Homophobia

Gender confusion



Vulnerability

Racism



Lack of self worth

Denial

Isolation





**Isolation**



**Stress**



**Shame**

**Conflict**



Meets  
people  
where  
they are

Role  
model

Thick  
skinned

Open  
minded

Sensitive

Trustworthy Respectful



— — — — -Active listener- — — — —



**Youth support**



— — **Family support** — —



**Training, educating, facilitating**





Human service providers more knowledgeable about LGBTQ2S community



Families more knowledgeable about LGBTQ2S

Youth/families more knowledgeable  
about resources available

Improved coping skills

Strengthened families

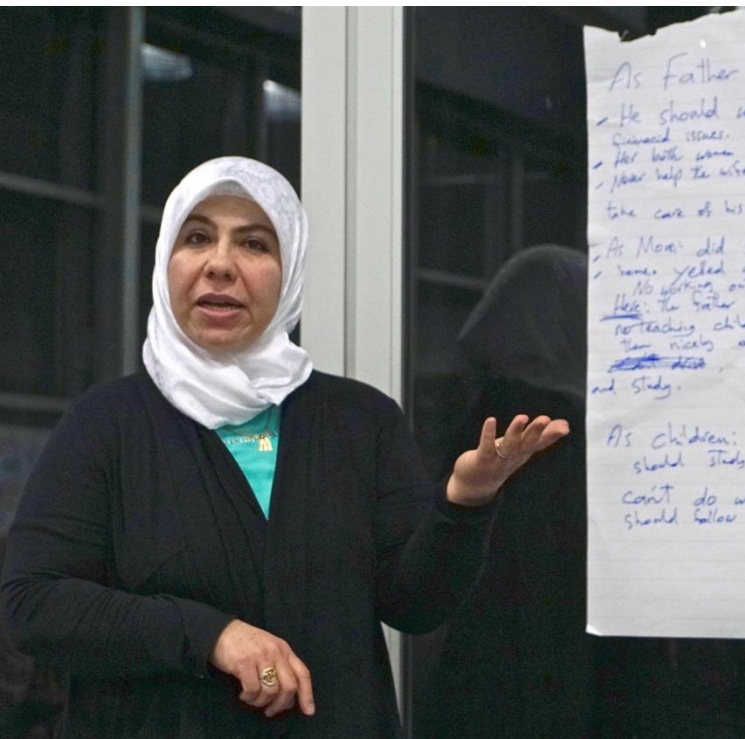
Strengthened  
communities



Youth feels supported



# Learnings from the M.A.P.S project:



## The work of cultural navigators:

- Is done outside of regular office hours.
- Takes place in non-traditional/informal settings (homes, coffee-shops, safe & comfortable spaces).
- Builds community by connecting individuals to peer supports.