

Vasantham - A Tamil Wellness Centre presents:

Are We Served? Understanding Tamil Mental Health

The Tamil Family Dimensions in Recieving Equality in Psychiatric Treatment & Care

Hosted by Dr. Parvathy Kanthasamy

*October 8, 2020 from 6:30-8:30pm
on Zoom*

Meeting ID: 918 584 6813

Zoom meeting will be in English.
All are invited to join!

Join us in gaining information, discussing the issues & finding out how you can
make a difference.

CONTACT US:

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Join to Hear From our Guest Speakers

Dr. Nalini Pandalangat on *Lessons Learned from the Tamil Community: Informing Mental Health Planning for Diverse Communities*



Dr. Nalini Pandalangat, Director of the Immigrant, Refugee and Newcomer Communities Program at Sherbourne Health, is a Registered Social Worker with the Ontario College of Social Workers and Social Service Workers. She completed her PhD at the Institute of Medical Sciences, University of Toronto, and has extensive experience leading projects and programs in the community health, hospital and international development sectors. Nalini worked as a consultant with the New Immigrant Support Network at the Hospital for Sick Children where she developed modules and training around culturally competent programming that would improve access to newcomer communities. Nalini is committed to developing programs that are culturally competent and relevant to addressing the needs of the communities that we serve in a participatory and responsive manner.

Dr. Joseph Chandrakanthan on *Alcoholic & Substance Addictions among Tamil Youth in Canada: Familial, Cultural and Ethical Perspectives*



Dr. Joseph Chandrakanthan, PhD(Ottawa), ThD(St.Paul) was Senior Bioethicist at St. Michael's Hospital for over 20 years and is now a regular Professor at the Faculty of Theology in the University of Toronto. He taught Ethics & Theology at Concordia University in Montreal 1996-99. His specialized areas include: Mental Health Ethics, Palliative and End of Life Care Ethics especially Hindu – Saivite-Tamil Ethics and Islamic Ethics. He has presented papers at several national and international conferences on Religion & Ethics and has given invited Public Lectures at several European and American Universities including University of Oxford, Uppsala University in Sweden and the State University of New York.

Dr. Pushpa Kanagaratnam on *Parenting while Resettling - Omnipresence of the Past while Parenting in the present*



Dr. Pushpa Kanagaratnam, PhD., C. Psych. is a registered clinical psychologist in the province of Ontario and a member of the College of Psychologists of Ontario and the Ontario Psychological Association (OPA). She completed her professional degree and PhD in psychology at the University of Bergen and had practiced as a psychologist in Norway since 1996. She has experience working with different ethnic groups nationally and internationally, and has published peer-reviewed articles and done numerous presentations on topics of mental health, war trauma, post-traumatic stress disorder and intimate partner violence in immigrants and refugees. Dr. Kanagaratnam is one of the National recipients of "150 Difference Makers and Leading Canadians of Mental Health", awarded by CAMH.

Dr. Senthuran Gunaratnam on *The Barriers to Access Mental Health - A Physician's Perspective*



Dr. Senthuran Gunaratnam is a Staff Psychiatrist at the Scarborough Health Network (SHN). Indeed, Dr. Gunaratnam is one of the very few psychiatrists who is fluent in the Tamil language with being mindful of cultural barriers in treating Canadian Tamils foreseeing mental health challenges. In addition, Dr. Gunaratnam practices as a Physician Lead with the Community-Liaison program at Durham Mental Health Services (DMHS). With confidence, Dr. Gunaratnam also serves as a Lead for the Continuing Medical Education (CME) amongst the Psychiatrists at SHN. Furthermore, Dr. Gunaratnam is a Lecturer with the Department of Psychiatry at the University of Toronto (UofT) while also representing SHN for the Medical Education Committee.

Taking place on Zoom on Oct. 8, 2020 at 6:30pm. Please contact Vasantham - A Tamil Wellness Centre for any questions or concerns