



## **Canada's Counsellors and Psychotherapists Proudly Celebrate Canadian Multiculturalism Day**

OTTAWA (June 29, 2015) The Canadian Counselling and Psychotherapy Association (CCPA) proudly celebrated Canadian Multiculturalism Day this past Saturday, June 27<sup>th</sup>.

Thirteen years ago, the Government of Canada designated June 27<sup>th</sup> of each year as Canadian Multiculturalism Day. This special day is an opportunity to celebrate Canada's diversity and commitment to democracy, equality and mutual respect, and to appreciate the contributions of the various multicultural groups and communities across Canadian society.

There were numerous events taking place around the country to celebrate the incredible diversity of Canada's citizens.

"As part of the cultural mosaic that serves as a defining feature of Canada, CCPA members wish to honour the diverse citizens of our country," said Natasha Caverley, CCPA President (a multiracial Canadian of Algonquin, Jamaican and Irish ancestry). "In recognition of Canadian Multiculturalism Day, counsellors and psychotherapists acknowledged the many contributions and accomplishments of multicultural groups across Canada and we hope other Canadians joined us in the celebration."

Qualified counsellors and psychotherapists are part of the continuum of care in primary health care and make vital contributions to the mental health and well-being of all Canadians. CCPA believes that the most critical factor in providing effective counselling is to ensure that all Canadians have equal access to timely, qualified, and effective support in culturally competent ways.

"Living in a country where there is such a vast amount of cultural and ethnic backgrounds can be challenging for some people who may struggle at times to maintain their own identity when addressing issues of language, religion, values and other dimensions of cultural diversity within the context of mental health. This may cause anger, anxiety, isolation, low self-esteem, negative self-image and/or feelings of being marginalized. Culturally safe and competent mental health care and related interventions for Canada's diverse population acknowledge how cultural identity and values can influence well-being and can aid individuals in developing effective coping strategies now and in the future," added Caverley.

Recognizing the richness of human diversity, counsellors and psychotherapists remain committed to ensuring that all individuals of all walks of life have the opportunity to have confidential dialogue on mental health issues with qualified practitioners.

From comprehensive guidance and counselling programs in schools, to early intervention and education across the lifespan, and ongoing support by trained professionals, qualified counsellors and psychotherapists can and do make a positive difference in the lives of all Canadians – encouraging self-awareness and the understanding of others within our broader Society.

"We encourage those who wish to learn more to visit our interactive website [www.talkingcanhelp.ca](http://www.talkingcanhelp.ca) for more information and to find a Certified Canadian Counsellor in their area," concluded Caverley.

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*The Canadian Counselling and Psychotherapy Association (CCPA) is a national bilingual association providing professional counsellors and psychotherapists with access to exclusive educational programs, certification, professional development and direct contact with professional peers and specialty groups. CCPA promotes the profession and its contribution to the mental health and well-being of all Canadians. For more information on the counselling and psychotherapy profession, please visit [www.ccpa-accp.ca](http://www.ccpa-accp.ca) or [www.talkingcanhelp.ca](http://www.talkingcanhelp.ca).*

**For further information, please contact:**

Emily Reid  
(613) 233-8906, [ccpa@impactcanada.com](mailto:ccpa@impactcanada.com)