

# Immigration and the Impact on Latina Women's Mental Health



The Bergen Hub  
SUPPORTING BERGEN COUNTY

**Millions of women** around the world embark on the journey of immigration, driven by hope for a better life. However, this journey can be fraught with stressors and hardships that significantly impact their mental health. From the trauma of **displacement and separation** to the challenges of **navigating a new culture, language, and social system**, immigrant women often face a unique set of obstacles in prioritizing their mental well-being.

**Join Us On**

March 26th, 6:00PM - 7:00PM

***Scan Below to Register!***

