

MOSAIC Immigrant Seniors Wellness Hub

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Program Overview & Why It Matters

What Is the MOSAIC Immigrant Seniors Wellness Hub?

The MOSAIC Immigrant Seniors Wellness Hub (ISWH) is a community-based support program that provides compassionate companionship, emotional support, and meaningful connection for immigrant and refugee seniors aged 55+.

The Wellness Hub is not a physical place — it is a relationship-based support system. Seniors are paired with a trained *Walk-Alongside Companion* who offers warmth, understanding, and deep, non-judgmental listening.

“The Wellness Hub is a space we create through relationships — through connection, compassion, and trust” (ISWH Manual, 2024).

If you are struggling, you are not alone. A friendly ear is here for you.

Why Immigrant Seniors Need This Hub

Loneliness often intensifies during festive seasons. For immigrant and refugee seniors, challenges may include language barriers, cultural differences, grief, isolation, and not having a trusted person to confide in.

“I discovered that others used to run my life by criticizing my values... Now I am proud to be my precious self.” — Sharvin (ISWH Trainee)

“Our abilities do not define our value.” — Sue (ISWH Trainee)

What Makes the Wellness Hub Unique?

Over 18 months, MOSAIC trained Wellness Support Volunteers in:

1. Safe Soothed Space

Volunteers learned how to create a safe and calm emotional space where seniors feel relaxed and at ease.

2. Self-Awareness & Compassion

Volunteers explored self-compassion, biases, and perspective-taking.

“Compassion is a skill that can be cultivated, developed, and grown” (ISWH Manual, 2024).

3. The Walk-Alongside Model

Deep listening and reflection without advice-giving.

“Being heard with nonjudging and supportive openness helps us see what remains hidden from ourselves” (ISWH Manual, 2024).

How It Works & Volunteer Voices

How the Walk-Alongside Model Works

A Walk-Alongside Companion:

- Meets the senior at MOSAIC or another comfortable location
- Listens deeply without judgment
- Holds space for emotions and life stories
- Supports the senior’s own insights and decision-making
- Offers steady presence and compassion

“Everyone deserves a compassionate companion” (ISWH Manual, 2024).

Volunteer Trainees’ Voices

Jim: “Compassion is kindness and support without judgment — a skill that can be developed.”

Lucenda: “I tried so hard to learn to unlearn things... I need to listen first.”

Sharvin: “I replaced empathy with compassion. If I am out of balance, I cannot help others find theirs.”

Catalina: “Each veil I removed revealed clarity and light... the ability to see others with new eyes.”

Sue: “This training opened my aging eyes to a new vision.”

Who the Wellness Hub Supports

Immigrant and refugee seniors who:

- Feel lonely or isolated
- Are grieving or stressed
- Need someone safe to talk to
- Prefer culturally sensitive one-on-one support
- Want grounding, clarity, or emotional relief

How to Access Support

Phone: 236-485-0964

Email: iswh@mosaicbc.org

Final Invitation

Whether you feel lonely, anxious, or simply need someone to listen with kindness —
we are here for you.

Together, we walk — side by side.