## Activity 3: Case Studies

### Part A: Reflection

### Questions

Empower Refugee Women:  
What are the 3 ways that Flavours of Hope empowers refugee women?

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| Answer |
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Food as a Topic:  
Is “food” an effective topic for building resilience among newcomers?

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| Answer |
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Non-profit Organization's Empowering Newcomers:  
How do you think non-profit organizations like this can empower newcomers and help them share their stories?

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| Answer |
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Additional Examples:  
Take some time to search for a nonprofit organization that helps immigrants. It can be something close to your geographic area or a cause that you are interested in. Include the website and a brief description of the organization below.

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| Answer |
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### Part B: Watch the Video and Respond to the Question

### Questions

Watch the video about a Mexican newcomer, Angeles Canedo, tell the story of her life.

What elements of hope and resilience do you find in her story?

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| Answer |
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### Part C: Critical Thinking

### Questions

Reflect on the Questions below and share your answers in your groups.

1. Do you find Angeles to be a resilient woman?

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| Answer |
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1. What characteristics of resilient individuals (from the video in Activity 2: Resilience) apply to her?

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| Answer |
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