



BRADFORD

STRESS RELIEF, HEALTH CARE AND COMMUNITY SUPPORTS FOR INTERNATIONAL AGRICULTURAL WORKERS



Community Connection and Support

Socialize, connect to recreational activity and events, get information, and connect to local services



Health Care Services

Call to make a health care appointment (private and confidential)



Getting Help for Stress and Worry

You are not alone. If the stress and worry feel like too much to handle, ask for professional help

Unknown neighbours

Emergency grocery shopping, Clothing donations, Covid vaccination clinic connections, Community Resource Connections for immigration and legal questions, Translation services and connections, English, Spanish and Filipino

Call: Sandy Falcon: (705) 718-6418

Follow their Facebook page: [search/click: 'Unknown Neighbours'](#)

Community Legal Clinic -

Simcoe, Haliburton, Kawartha Lakes

Automatic options in English and French but services are available in various Languages

Call: (705) 326-6444
1-800-668-8258

Bradford Immigrant & Community Services

Information, Referral and Advocacy, Translation & Interpretation.

Call: (905) 775-3343

Email: inquiries@bradfordimmigrant.ca

Contact Community Services

Connects the residents of South Simcoe to community, social, and government services and programs

Call: 211

Follow their Facebook page: [search/click: 'CONTACT Community Services'](#)

District Health Unit

(Cookstown, nearest office to Bradford)

Call: 705) 458-1103

Health Connection for **Workplace Health.**

Call: (705) 721-7520 or 1-877-721-7520,

Southlake Regional Health Centre (Hospital)

Primary health care and Mental health

Call: (905) 775-4863

South Simcoe Medical walk-in clinic

Primary health care

Call: (905) 775-4863

West Park Walk-in clinic

Primary health care

Call: (905) 551-5500
(905) 778-1297

St. Johns Ambulance (Barrie, Simcoe-Muskoka)

Emergency service

Call: 705) 726-0991

Guardian Simcoe Square Pharmacy

Information, medication, diabetes, blood pressure. Addiction support

Call: (905) 775-9225

Shoppers Drug Mart

Information, medication, diabetes, blood pressure

(905) 905-775-3187

Email: asdm696@shoppersdrugmart.ca

Sobeys Pharmacy

Information, medication, diabetes, blood pressure stop-smoking consultation

Call: (905) 775-0608

Workplace Program/ Canadian Mental Health Association

Email: workplace@cmha.ca

Follow their Facebook page: [search/click: 'CMHA National / ACSM National'](#)

Watari Migrant 2 Migrant Program

Telephone support & free counselling services

Call: (236) 858-5562
(604) 782-5084

Follow their Facebook page: [search/click: 'Watari Counselling and Support Services'](#)

ConnexOntario

FREE service that is available to listen, provide support, and connect you to other services in your region.

Call: 1-866-531-2600

- Available 24/7
- Interpretation support available, ask for your language of preference

Canadian Mental Health Association Simcoe County Branch

Provides information, presentations, and workshops and can connect you to other local services and supports

Call: (705) 726-5033
1-800-461-4319

Follow their Facebook page: [search/click: 'CMHA National / ACSM National'](#)

Did we miss something? Was this resource helpful?
Let us know: text 1 289 684-2821 or email mfw@ohcow.on.ca