



# BRANTFORD- BRANT COUNTY

## 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

#### Lyden Friends of Farm Workers

Services offered: Food drops, Gift bags, Bicycles, Community meals, English Language Services

📞 Call: Ella Haley (226) 802-2801 (cell)

#### FEEDING CANADA

Seasonal Agricultural Worker Facebook Community

📱 Follow their Facebook page:  
search/click: ['FEEDING CANADA'](#)

#### The Centre for Migrant Worker Solidarity

📞 Call: Fanny Belcoski (226) 567-0844



### Health Care Services

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

#### Grand River Community Health Centre Seasonal Agricultural Worker Clinic

Wednesday and Fridays 5:00pm-8:00pm

📞 Call: (510) 732-6372

📱 WhatsApp: +1 510-732-6372



### 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

#### 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

#### C.A.S.T - Crisis Assessment and Support Team

📞 Call: 1-866-531-2600  
• Available 24/7

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