



DURHAM REGION

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

Durham Region Migrant Worker Ministry (DRMWM)

Provides spiritual supports and other services

- Call: (416) 886-4482
- Follow their Facebook page: [search/click: 'Durham Region Migrant Worker Ministry'](#)
- WhatsApp: +1 416-886-4482

Durham Region Health Department (DRHD)

Provides information and support

- Call: 1-888-841-2729
To speak to a housing inspector

ACDR's Migrant Worker Solidarity Program

Migrant Worker Solidarity Program
Provides information and support

- Call: (289) 638-7722



Health Care Services

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

Brock Community Health Centre (CHC)

You **do not need** a health card (green-OHIP- card)

- Phone: (705) 432-3322 Ext. 106

Bowmanville Health Centre

You **will need** your health card (green-OHIP- card)

- Call first to register: (905) 623-6458
- Follow their Facebook page: [search/click: 'Bowmanville Health Centre'](#)

Oshawa Clinic Group

You **will need** your health card (green-OHIP- card)
Offer health care services in Oshawa and Courtice

- Phone: (905) 723-8551

Walk-In Clinic at Walmart Bowmanville

You **will need** your health card (green-OHIP- card)

- Located in Bowmanville Walmart Superstore
- Phone: (905) 697-1466



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

Canadian Mental Health Association Durham

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

- Call: 1-844-436-8760
- Follow their Facebook page: [search/click: 'Canadian Mental Health Association Durham'](#)

Durham Mental Health Services (DMHS)

Provides information and support

- Call: (905) 666-0483
1-800-742-1890
- Follow their Facebook page: [search/click: 'Durham Mental Health Services'](#)

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

