



HALDIMAND NORFOLK

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

Caribbean Workers Outreach Project (CWOP) - Norfolk

provides spiritual support to workers from the Caribbean who are working in the Brant and Norfolk areas.

Call: (226) 920-3176

WhatsApp: +1 226-920-3176

Norfolk Seasonal Agricultural Worker Community Committee (NSAWCC)

Provides information and support

Call: Eustace Orleans - Lindsay (226) 922-1847

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

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)

Delhi Community Health Centre

Call the office: (226) 549-4004

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

Norfolk Family Health Team - Seasonal Workers Clinic (SAWC)

Call Phone: (519) 582-2323 Ext. 269

Schedule an appointment
Tuesday, Wednesday and Thursday
5:00 PM to 8:00 PM



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

Crisis Assessment and Support Team (CAST)

24-hour mental health crisis support for people 16 and older.

Call: 1-866-487-2278

Community Addiction and Mental Health Services of Haldimand and Norfolk

Provides mental health services and support

Call: 1-877-909-4357

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