



HAMILTON-CARLISLE-LYNDEN

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

Migrants Matter, Flamborough

Connecting workers with appropriate resources and pastoral care. Promoting community awareness, inclusivity, fellowship and participation. Resource for workers. Coordination of activities with local faith agencies. Coordination of physical resources when available.

- Call: Terry Sciamonte (289) 700-4305
- Follow their Facebook page:
[search/click: 'Migrant Matter, Flamborough'](#)
- WhatsApp: +1 289-700-4305

Lyden Friends of Farm Workers

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

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



Health Care Services

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

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 Outreach and Support Team (COAST)

Crisis Support, assessment over the phone and in-person

- Call: (905) 972-8338

Barrett Centre for Crisis Support

In-person support available, stay with the centre for 3-5 days and receive more attention and care

- Call: (905) 529.7878 - **24-HOUR CRISIS LINE**
1-844-777-3571
Translation available, ask for your language



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

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