



NIAGARA 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



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

Niagara Migrant Workers Interest Group (NMWIG)

Health fairs, events, information, service connection

- Follow their Facebook page: [search/click: 'Niagara Migrant Workers Interest Group'](#)
- WhatsApp: +1 289-969-5012
- Email: nmwig.se@gmail.com

Cornerstone Community Church

Donations (bikes, clothing), transportation assistance

- Call: (905) 468-7155
- Email: jeff@ccchurch.ca

Niagara Workers Welcome

Welcome kits, concerts, recreational events
Contact: Jane Andres

- Phone: (289) 407-8679
- Email: niagaraworkerswelcome@gmail.com
- Follow their Facebook page: [search/click: 'Niagara Workers Welcome'](#)

Gateway Community Church

Spiritual care, counselling and encouragement, Access/distribution of resources and information, Covid Care kits, assistance with transportation, social activities, clothing, groceries and hot meals.

- Phone: (289) 783-1684
- Email: niagaraworkers@gatewaynotl.com
office@gatewaynotl.com

Caribbean Workers Outreach Program (CWOP)

Pastoral care and Social events
Contact: Donna Stewart-Brown

- Phone: (905) 374-0125
- Follow their Facebook page: [search/click: 'Caribbean Workers Outreach Program \(CWOP\)'](#)
- WhatsApp: +1 905-374-0125

Niagara Community Legal Clinic

Employment, Human Rights, Immigration, WSIB, Pension Benefits Income Maintenance Issues, Housing Issues, Tax Issues

- Call: (905) 933-8182
- Follow their YouTube channel: [search/click: 'Niagara Community Legal Clinic'](#)
- WhatsApp: +1 905-933-8182

Quest Community Health Centre

Primary health care services, health promotion and community capacity building initiatives

- Call: Moises Vazquez (905) 688-2558 Ext. 309
- Follow their Facebook page: [search/click: 'Quest Community Health Centre'](#)

Cornerstone Community Church

2 health primary health clinics per month no OHIP required, accessible hours. Interpreters are available during clinics

- Call: (905) 468-7155

Positive Living Niagara

Information, free safe sex supplies

- Phone: Musta Charamba (289) 407-9760
- WhatsApp: Musta Charamba +1 289-407-9760
- Email: mcharamba@positivelivingniagara.com

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 Niagara

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

- Call: (905) 641-5222
- Follow their Facebook page: [search/click: 'Canadian Mental Health Association, Niagara Branch'](#)
- WhatsApp: +1 226-935-7772

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

