



SARNIA-LAMBTON

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

Diocese of London Migrant Worker Ministry

Call: (519) 433-0658 Ext. 238

Forest Baptist Church

Call: (519) 786-3480

Follow their Facebook page:
search/click: ['Forest Baptist Church'](#)

Follow their YouTube channel:
search/click: ['Forest Baptist Church'](#)

Covenant Christian Church

Call: (519) 845-0758

Church of the Good Samaritan

Call: (519) 332-3918

Follow their Facebook page:
search/click: ['New Horizons Community Church Sarnia'](#)



Health Care Services

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

Bluewater Health

Call: (519) 464-4400 Ext. 5376

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

Follow their YouTube channel:
search/click: ['Bluewater Health'](#)

North Lambton Community Health Centre

Call: (519) 786-3023

Follow their Facebook page:
search/click: ['North Lambton Community Health Centre'](#)

West Lambton Community Health Centre

Call: (519) 344-3017

Follow their Facebook page:
search/click: ['WestLambton Community Health Centre'](#)

East Lambton Community Health Centre

Call: (519) 333-2747

Erie St. Clair LHIN Clinic Sarnia

Call: (519) 337-1000



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 Lambton-Kent

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

Call: (519) 436-6100 for Chatham Region
(519) 337-5411 for Sarnia Region

Follow their Facebook page:
search/click: ['Canadian Mental Health Association Lambton-Kent'](#)

Social Services in Lambton County

Free mindfulness and meditation sessions and support

Call: (519) 344-2062 Ext. 2100

Victim Services

Call: (519) 344-8861 Ext. 5238

Follow their Facebook page:
search/click: ['Victim Services of Sarnia-Lambton'](#)

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



Occupational Health Clinics for Ontario Workers Inc.

