



WINDSOR-ESSEX

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

C.A.R.E for International Workers

- Call: (519) 253-3526 Ext. 4033
- Follow their Facebook page:
[search/click: 'CARE for International Workers'](#)
- WhatsApp: +1 226-935-7772
- Follow their YouTube channel:
[search/click: 'CARE for International Workers'](#)

Migrant Worker Community Program

- Call: (519) 325-0876
- Follow their Facebook page:
[search/click: 'Migrant Worker\(Community Program\)'](#)

Windsor Essex Bilingual Legal Clinic

- Call: (519) 253-3526 Ext. 4033
- WhatsApp: +1 (226) 935-7772

Windsor Essex Compassionate Care Community

- Call: (519) 253-3526 Ext. 4033
- WhatsApp: +1 (226) 935-7772

Windsor-Essex Food Helpline

Open food banks, or to request grocery gift cards or food hampers

- Call: 1-888-488-1578
Monday - Friday from 8:30 am - 8:30 pm



Health Care Services

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

Windsor Essex Community Health Centre (WE CHC)

You **DO NOT NEED** a health card (green-OHIP- card)

- Call: (519) 997-2828 Ext. 503

Harrow Health Centre Family Health

You **WILL NEED** your health card (green-OHIP- card)

- Call: (519) 738-2000 Ext. 238

Leamington & Area Family Health Team

You **WILL NEED** your health card (green-OHIP- card)

- Call: (519) 322-1100

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 Windsor-Essex

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

- Call: (519) 255-7440
- Follow their Facebook page:
[search/click: 'Canadian Mental Health Association - Windsor'](#)
- WhatsApp: +1 226-935-7772

The Metta Collective

Offering mindfulness, resilience and meditation sessions and wellness support services

- Email: metta.connection@gmail.com
- Follow their Facebook page:
[search/click: 'The Metta Collective'](#)
- WhatsApp: +1 226-935-7772

Community Mediation Windsor-Essex

Free service that helps individuals and families to resolve conflicts or disagreements

- Call: (519) 966-5010
Monday - Friday from 9:00 am - 5:00 pm

The Addiction Assessment and Referral Program (Windsor-Essex)

If you are, concerned or experiencing problems and/or negative consequences related to substance use

- Call: (519) 257-5224

Sexual Assault Crisis Centre of Essex County

- Call: 1-844-900-7222
(519) 253-9667 24HR CRISIS LINE



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

