

# VIRTUAL OPTIONS

## ADULT LANGUAGE & LEARNING

PHONE: 519-354-7424

[adultlanguageandlearning.ca](http://adultlanguageandlearning.ca)

[eunice@adultlanguageandlearning.ca](mailto:eunice@adultlanguageandlearning.ca)

[jay@adultlanguageandlearning.ca](mailto:jay@adultlanguageandlearning.ca)

- Legal Rights
- Emergency Services
- Access to Health Care
- Employment Services
- Employment Rights
- Government Programs
- Local Community Services

## TE ESCUCHO

WHAT'S APP: +52 222-861-9918

[cporpaz@protonmail.com](mailto:cporpaz@protonmail.com)

- Psychological support in Spanish for Migrant Workers living in Canada
- Support online via message, calls, virtual meetings.
- 5 free sessions

## INDIVIDUAL, CONFIDENTIAL SERVICES AVAILABLE IN-PERSON, FLEXIBLE LOCATION & HOURS

Stress, Anxiety, Anger, Living Away From Home, Addictions, Coping Strategies & More

- Referrals & Community Connection
- Information & Resources
- 1-1 Support
- Mental Health Education

PRODUCED IN PARTNERSHIP WITH



SUPPORT IS OFFERED IN MULTIPLE LANGUAGES WITH INTERPRETERS.

**In need of support? Contact us today!**  
**What's App #: 519-982-6199**

Funded in part by  
the Government  
of Canada



TeamWork  
Project

workforce  
WindsorEssex

WES  
partenariat local d'immigration  
windsor essex  
local immigration partnership



# HERE TO HELP YOU



Canadian Mental  
Health Association  
Windsor-Essex County

Community well-being is our sole focus.

## MIGRANT WORKER WORKPLACE OUTREACH

### RESOURCES

# WINDSOR AREA

## CMHA-WECB – WORKPLACE OUTREACH

1400 Windsor Ave., Windsor ON N8X 3L9

**WHAT'S APP: 519-982-6199**

[windsorsex.cmha.ca](http://windsorsex.cmha.ca)  
mws@cmha-wecb.on.ca

- Available on-site at various workplaces
- Provides information and referrals
- 1-1 confidential counselling
- Mental health and well-being workshops

## LEGAL ASSISTANCE OF WINDSOR

443 Ouellette Ave., 2nd Floor, Windsor ON, N9A 4J2

**PHONE: 519-256-7831**

[legalassistanceofwindsor.com](http://legalassistanceofwindsor.com)  
Robyn.hodge@law.clcj.ca

- Employment Supports: EI, CPP, Employment Rights
- Information Sessions & Workshops
- Emergency Support
- Social & Recreational Events
- Legal Support
- Mental Health Support

## FAMILY SERVICES WINDSOR-ESSEX

1770 Langlois Ave., Windsor ON N8X 4M5

**PHONE: 519-966-5010**

[www.fswe.ca](http://www.fswe.ca)  
info@fswe.ca

\*Specify Spanish speaking therapist preferred\*

- Professional Counselling Sessions
- Individual Counselling for International Farm Workers
- Spanish speaking
- Master's level psychotherapist available for telephone sessions

## COMMUNITY CRISIS CENTRE

744 Ouellette Ave. Windsor, ON N9A 1C3

**PHONE: 519-973-4435**

- 24hr Crisis Telephone Support
- Walk-In @ 744 Ouellette Ave. Windsor, ON.
- Provide follow-up crisis support & community referrals

## OHCOV

3129 Marentette Ave., Unit 1, Windsor ON, N8X 4G1

**PHONE: 1-877-817-0336**

[ohcow.on.ca/worker-perspective](http://ohcow.on.ca/worker-perspective)  
ehuesca@ohcow.ca

- Health & Safety guidance
- Employment Supports (EI, CPP, employment rights)
- Information Sessions & Workshops

# LEAMINGTON AREA

## MIGRANT WORKER COMMUNITY PROGRAM

75 Erie St. S, Leamington ON, N8H 3B2

**PHONE: 519-992-1677**

[migrantworkercommunityprogram.com](http://migrantworkercommunityprogram.com)  
info@migrantworkerscommunityprogram.com

- Emergency Services
- Information & referral to community resources
- 1-1 confidential support in person, online video call, phone, text or email

## CONSULATE OF MEXICO

350 ON-77, Leamington ON, N8H 3V5

**PHONE: 519-325-1460**

**EMERGENCY PHONE: +1-519-324-1481**

[consulmex.sre.gob.mx/leamington](http://consulmex.sre.gob.mx/leamington)  
atencionpublicolea@sre.gob.mx

- Employment Supports
- Emergency Support

## SOUTH ESSEX COMMUNITY COUNCIL

215 Talbot St. East, Leamington, ON N8H 3X5

**PHONE: 519-326-8629 EXT. 345**

**WHAT'S APP: 519-992-1677**

[secc.on.ca](http://secc.on.ca)  
info@secc.on.ca  
pmartinez@secc.on.ca

- Employment Supports
- Language Classes
- Interpretation & Translation
- Orientation for Migrant Workers

## WINDSOR-ESSEX COMMUNITY HEALTH CENTRE (LEAMINGTON)

33 Princess Ave. Unit 450, Leamington ON N8H 5C5

**PHONE: 519-997-2828**

[wechc.org](http://wechc.org)  
lstrathdee@wechc.org

- Primary care services

## 211

**PHONE: \*DIAL 2-1-1\***

- Free, confidential health services and supports
- Financial and social assistance
- Newcomer services in 150+ languages