



## SUPPORTS AND SERVICES FOR INTERNATIONAL AGRICULTURAL WORKERS



### Community Connection and Support

#### C.A.R.E for International Workers

Community support and information

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

#### Windsor Essex Bilingual Legal Clinic

Free advice, representation, referrals and legal education

- 📞 Call: 519-253-3526 Ext. 4033
- 📱 WhatsApp: +1-226-935-7772

#### Windsor Essex Compassionate Care Community

Community support and information

- 📞 Call: 519-253-3526 Ext. 4033
- 📱 WhatsApp: +1-226-935-7772

#### Legal Aid Ontario

Find the nearest legal aid office

- 📞 Call Toll-Free: 1-800-668-8258
- Monday to Friday from 8 a.m. to 7:30 p.m.
- Once you have reached a telephone agent, you can ask for services in other languages

#### Migrant Worker Community Program

Social, cultural, recreational, and communication opportunities

- 📞 Call: 519-325-0876
- 📱 WhatsApp: +1-519-999-6277
- 📘 Follow their Facebook page:  
[search/click: 'Migrant Worker \(Community Program\)'](#)
- 📺 Follow their YouTube channel:  
[search/click: 'Migrant Worker Community Program'](#)

#### 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

#### 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 Team

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

#### Telehealth Ontario

Call for health advice or information, 24/7  
It is free and confidential

- 📞 Call: 1-866-797-0000
- Once you have reached a telephone agent, you can ask for services in other languages



### Workplace Health and Safety Support

#### Occupational Health Clinics for Ontario Workers (OHCOW)

Occupational Health and Safety information and support

- 📞 Call/WhatsApp: +1-289-684-2821
- ✉ Email: [mfw@ohcow.on.ca](mailto:mfw@ohcow.on.ca)
- 📘 Follow Us on Facebook  
[search/click: OHCOW Ag-Program](#)

#### Workplace Safety & Prevention Services (WSPS)

Health and Safety information and Training:  
Agriculture & Horticulture Safety Centre

- 🌐 [www.wsps.ca/agriculture-safety-centre](http://www.wsps.ca/agriculture-safety-centre)

#### WSIB

For injury or illness at the workplace (including COVID-19) you are eligible to receive benefits and services if your claim is authorized.

- 📞 Call toll free: 1-800-387-0750
- 📄 Info guide: [Click Here](#)
- 📺 COVID Video: [Click Here](#)

#### Ontario Ministry of Labour, Training and Skills Developing (MLTSD)

**If conditions at your workplace are unsafe**

- 📞 Call: +1-877-202-0008
- Press 2 to report a complaint (including COVID-19 concerns)
- Once you've reached a telephone agent, you can ask for services in other languages
- Info poster (click): [Health & Safety at Work \(ontario.ca\)](#)

**If you have a problem with your pay, your hours of work, or if you are being treated unfairly**

- 📞 Call: +1-800-531-5551
- Once you've reached a telephone agent, you can ask for services in other languages
- Info poster (click): [Employment Standards in Ontario](#)



### Getting Help for Stress and Worry

#### 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

#### 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

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

#### The Metta Collective

Offering mindfulness, resilience and meditation sessions and wellness support services

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



### Reporting Situations of Abuse or Emergency

#### If you are facing abuse as a temporary foreign worker call Service Canada's telephone tip line

- 📞 Call: +1-877-202-9448
- Once you have reached a telephone agent, you can ask for services in other languages

#### In An Emergency Call 911 (Ambulance, Police, Fire)

Translators are available 24/7 in over 240 languages

- 📞 Call: 9-1-1

#### If you think that you, or someone you know, are a victim of human trafficking call the Canadian Human Trafficking Hotline toll-free

- 📞 Call: +1-833-900-1010
- Hotline Response Advocates are available 24/7