

We offer group learning about issues like:

- family and caregiver concerns
- managing stress
- resolving conflict
- dealing with grief and loss

Our approach:

We focus on you as a whole person. That includes your language, culture, and community. We understand about trauma and bad memories. We help you to build on your strengths.

How to get help

To learn more, contact:

1-866-345-0183
905-841-3977
nhwbreferral@cmha-yr.on.ca



Canadian Mental
Health Association
York and South Simcoe
Mental health for all

Funded by:



Immigration, Refugees
and Citizenship Canada

Financé par :

Immigration, Réfugiés
et Citoyenneté Canada

Newcomers' Health and Well-Being



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Newcomers' Health and Well-Being

Are you a newcomer to Canada?

Moving to a new country and starting a new life can be stressful. It can affect your health and well-being.

How are you feeling?

- Nervous? Sad? Angry? Helpless?
- Do you find it hard to sleep?
- Do you find it hard to get things done?
- Do you suffer because of things that happened in your past?
- Has your mood changed?

We can help. We are a **free service**.

What we offer:

- Health care from a Nurse Practitioner; prescriptions filled
- Health education
- Support and counselling
- Help with trauma from things that happened in the past

