



Newcomers' Health and Well-Being

We offer individual sessions and group learning around:

- managing stress, worry, and feelings of sadness
- helping with trauma from things that happened in the past
- health care from a nurse practitioner
- dealing with grief and loss
- resolving conflict
- family and caregiver concerns

To get help or to learn more, contact:

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