



NEWCOMER MENTAL WELLNESS SUPPORT SERVICES

HOW CAN WE HELP?

We offer FREE and **confidential** mental wellness counselling services.

- Adult counselling services
- Youth mental wellness support services
- Group sessions
- Wellness workshops
- Training for service providers



WHAT IS MENTAL WELLNESS?

Realizing your abilities with confidence
Balancing the normal stresses of life
Working productively and fruitfully
Contributing to your community in positive and healthy ways



COVID-19

In this time of uncertainty and stress, if you are struggling more than usual and want to talk to a Mental Wellness Counselor we are **available to support you every day between 9 am to 5 pm.**

Contact us:

Tel: 519 915 5588 X 701

For service in English and Arabic:

Tel: 519 551 8922

For service in English and Mandarin:

Tel: 519 551 7878

Email: mw@www.wiw.org

Website: www.wiw.org