

Mental Health Services for Newcomers & Refugees



Free service now available for adults and youth (14+) in Mississauga and Etobicoke.

Whether you're adjusting to a new life in Canada or dealing with challenges along the way, we're here to help. Contact us for confidential, compassionate support for your mental well-being.

OUR SERVICES



Counseling and Therapy

Our social worker offers up to 8 confidential counseling sessions.



Holistic Health Support

Gain access to essential information, resources, and other services in your community.



Referral Services

If additional support is required, internal or external referrals can be made based on your needs.

NO COST. NO BARRIERS. JUST SUPPORT. CALL US TODAY!

Services are available for adults and youth aged 14+ who live in Mississauga and Etobicoke.

Interpretation is available, and sessions can be attended in-person or virtually.

**Contact Us
for more information**



(905) 602-4082 ext. 459