



Windsor *Women*
Working with Immigrant *Women*

B R E A K I N G B A R R I E R S

is now offering

Support is available for newcomers experiencing crisis related to settlement. This can include, but is not limited to:

Mental Health Crisis Counseling

- Feeling overwhelmed and unable to focus
- Feeling unable to sleep or perform daily tasks
- Feeling isolated and unable to articulate thoughts
- Worry, anxiety and preoccupation with past or future events
- Feeling intense highs and lows with no middle
- Inability to make decisions-feeling 'stuck' or frozen
- Feeling others are focusing all their attention to you
- Feeling unhappy, or dissatisfied with life
- Feeling unable to 'adjust' to life in Canada

Referrals can be made to
Naomi Levitz, MSW RSW
Crisis Counselor
Community Connections

519 973 5588 ex 25
naomi@wwwiw.org

You are not alone

Funded by:



Citizenship and
Immigration Canada

Citoyenneté et
Immigration Canada

Services are available by appointment or drop in Mondays– Thursdays. Evening hours and additional locations of service are also available.

Sessions with the crisis counselor may be for you, your family or friends as needed. Translation may be available upon request.