

Newcomer Mental Health Services

Provided by CDCD



We can provide immediate mental health support and guidance in a safe and confidential environment (including ages 13+)

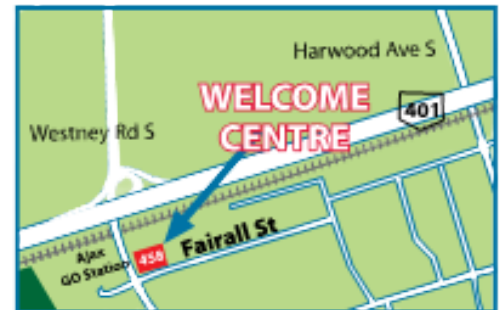


We can comfortably have a conversation about mental health related issues and offer short-term counselling



We can connect you with other mental health and wellness services specific to your needs

For more information or to book an appointment with a Mental Health Worker, please call:
647-925-8929 or **1-877-761-1155**
Services available in Hindi, Punjabi, Urdu and many more...



Welcome Centre - Ajax
458 Fairall Street, Unit 5
Ajax, ON L1S 1R6
Toll-free: 1-877-761-1155
www.welcomecentre.ca

Sofia Ahmed Mental Health Settlement Worker
BSW/MSW/Psychotherapist
email: sofia.ahmed@welcomecentre.ca

