

SUPPORT FOR REFUGEES AND NEWCOMERS



2255 Carling Ave, Suite 300
Ottawa, Ontario, K2B 7Z5

JFS is here to provide social and emotional support, counselling, advocacy and referrals services to refugees and newcomers. JFS delivers comprehensive services that address both the immediate and long-term needs of refugees and newcomers.

DO YOU NEED SOMEONE TO TALK TO?

Have you recently arrived in Canada?
Were you or your family forced to leave your home country?

Counselling services can help you managing difficult emotions, discuss parenting challenges, support your children and teenagers, and connect you with other services across the city.

Our services are delivered in a culturally responsive manner by knowledgeable social workers, and psychotherapists, who understand that every individual that requests services has a unique and personal story.

Our team provide services in multiple languages including English, French, Arabic, Creole, Dari, Farsi, and Spanish.

Services are free of charge, available and accessible regardless of ethnicity, race, age, ability, gender, sexual orientation, income and political or religious affiliation.

We encourage you to visit our website <https://thecounsellinggroup.com/services/counselling-for-newcomers/> to learn more about the service and to make an appointment. Once there, click on **schedule an intake assessment**. You will be redirected to our client scheduling portal.

If you require services in another language than English, please call us at **613-755-2299** and leave a confidential message. One of our intake workers will return your call.

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Immigration, Refugees
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