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| \*\*Crisis Lines\*\*  * [Huron Perth Crisis Line](http://www.hpha.ca/Default.aspx?cid=5686&lang=1)**: 1-888-829-7484** * Waterloo Wellington Crisis Line – [Here 24/7](https://here247.ca/) – **1 844 437 3247** * [Crisis Line of Grey Bruce](https://www.gbhs.on.ca/contact/mental-health-crisis-line/) **1-877-470-5200** * [Crisis Text Line](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://www.crisistextline.org/%26amp;sa%3DD%26amp;ust%3D1586878427780000&sa=D&ust=1586878427813000&usg=AFQjCNFSvFJRi4QVrJ0UiNp6d53AHdwUoA) is free and available 24/7 * Canadians text “686868” * Text HOME to 741741 to connect with a (COVID-19) Crisis Counselor * [Kids Help Phone](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://kidshelpphone.ca/%26amp;sa%3DD%26amp;ust%3D1586878427781000&sa=D&ust=1586878427814000&usg=AFQjCNGKv9niUd8belbDbrK1dnIMy92x5w),  1-800-668-6868   + Text, phone, chat and other forms of support for **young people**, 24/7 and in English and French * [Good2Talk](https://good2talk.ca/), 1-866-925-5454 or Text GOOD2TALKON to 686868   + 24/7 counselling for Ontario postsecondary students * [Youth Line](https://www.youthline.ca/) Call 1.800.268.9688 or text 647.694.4275.   + Resource and helpline for LGBTQ2+ youth. *Please note: only available during certain times.* * [Assaulted Women’s Helpline](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttp://www.awhl.org/%26amp;sa%3DD%26amp;ust%3D1586878427781000&sa=D&ust=1586878427814000&usg=AFQjCNFyRnIAbab4IlM1jwYysiBxC3N2jw), free at 1-866-863-0511 or TTY 1-866-863-7868 * #SAFE (#7233) on your Bell, Rogers, Fido or Telus Mobile * [Waterloo Region Women’s Crisis Line](https://wcswr.org/contact-us/), KW: 519-742-5894 Cambridge: 519-653-2422   + 24/7 support phone line for women experiencing abuse and her children * [Waterloo Region Sexual Assault Support Line](https://www.sascwr.org/resources.html), 519-741-8633   + 24/7 support line for anyone who has experienced sexual violence. Interpreter service available * [National Aboriginal Circle Against Family Violence](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttp://54.186.211.6/shelters/%26amp;sa%3DD%26amp;ust%3D1586878427782000&sa=D&ust=1586878427814000&usg=AFQjCNFyrxichOWhpnLRZ2LLsk4oprvsDQ) * Senior Safety Line - 1-866-299-1011 (toll-free) * Mental Health Crisis Line (Canada Wide): 1-888-893-8333 * [Canadian, US and, International mental health hotlines](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://mindyourmind.ca/help/where-call%26amp;sa%3DD%26amp;ust%3D1586878427783000&sa=D&ust=1586878427814000&usg=AFQjCNEZYXD91yj13byMrxP3cHtZkY2zHA)   **If you’re in immediate danger, please call 911** |

# Instructions for use:

* This is a collaborative document that community providers are encouraged to view, however suggestions for edits or additions must be sent to Melissa Roetcisoender (melissa.roetcisoender@lwha.ca).
* Resources are categorized by theme and arranged alphabetically – see table of contents below. To jump to a heading in the table of contents, hover your mouse over the heading, hold down “CTRL”, and click to follow the link.
* To return to Table of Contents from any spot in the document hold down “CTRL”, and “Home”
* Similarly, to open a hyperlink within a word doc, you will need to press “CTRL” and click on the link.
* To access PDFs, DOUBLE CLICK on the icon. If you are accessing this document through a web browser, the links will not work. You will need to access the document through a desktop version of Microsoft word (either by downloading the file or syncing OneDrive to the computer’s file explorer) then the links will open.

# Addictions Support

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| **Name** | **Description** | **Access Information** |
| **Huron Perth Addictions and Mental Health Alliance** | Update on agencies and services impacted. | [Ctrl+Click here for link](https://lwha.ca/wp-content/uploads/2020/04/HP-MHA-Services-Service-Updates-During-COVID-19.pdf) |
| **Choices for Change** | Offices are closed; support will continue over the phone and via OTN.  Intake and main office lines are monitored and messages responded to within one business day.  The Addiction Medicine Clinics we support in partnership with Dr. Datema are considered an essential service so will remain open on their usual days. They are doing active screening and practicing social distancing by limiting the number of clients at the clinic at one time | Office Phone:  519-271-6730  Toll Free Phone:  1-877-218-0077  [Website](https://choicesforchange.ca/)  [More information](http://www.infoperthhuron.ca/bresults.asp?OL1=Choices+for+Change%3A+Alcohol%2C+Drug+and+Gambling+Counselling+Centre) |
| **AA Meetings** | Alcoholics Anonymous is a fellowship of individuals who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Canada Meetings  Meeting every Wednesday, Friday and Sunday at 8PM EST. | [Online Meetings](http://aa-intergroup.org/index.php) |
| **Al-Anon** | Al-Anon members are people, just like you, who are worried about someone with a drinking problem. | [Downloadable Resources](https://al-anon.org/…/member…/literature/downloadable-items/)  [Al-anon Online / Phone Meetings](https://al-anon.org/al-anon-meetings/electronic-meetings/) |
| **Cocaine Anonymous Meetings** | Cocaine Anonymous is a Fellowship of, by, and for addicts seeking recovery. Check time zones on website for meeting times. | [Online Meetings](https://www.ca-online.org/?fbclid=IwAR1FIqVkOn5cJ3-B1duKkXJBUBpONHiqmQltdk9hQu5lJKIe3lpf5vV6QMY) |
| **Narcotics Anonymous Meetings** | In response to the COVID -19 Virus pandemic, we have created this page so that Narcotics Anonymous Members can find recovery meetings on-line. | [Online Meetings](https://gtascna.org/online-meetings/)  [Other Meetings](http://www.glana.ca/pages/meetings.htm) |
| **Smart Recovery** | SMART Recovery is a global community of people and families working together to resolve addictive problems. In our free group discussion meetings, participants learn from one another using a self-empowering approach based on the most current science of recovery. | [Online Meetings](https://www.smartrecovery.org/community/calendar.php?fbclid=IwAR30pmkHDGYSEbyZ2y46JJQZgbwpoEVygPHAwRm3Kvq0FufvmV04gNbLJC8) |
| **CACCF Online Counselling** | We know this uncertain time can be overwhelming. Please reach out to us and schedule an appointment with an addiction counsellor. | [Online Counselling](https://caccf.live.clinic/) |

# Anxiety & Mental Health – Adults

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| **Community Resources** | | |
| **Name** | **Description** | **Access Information** |
| **Huron Perth Addictions and Mental Health Alliance** | Update on agencies and services impacted. | [Ctrl+Click here for link](https://lwha.ca/wp-content/uploads/2020/04/HP-MHA-Services-Service-Updates-During-COVID-19.pdf) |
| **North Huron & Perth Family Health Team** | Wellness Series Newsletter |  |
| **CMHA Huron Perth** | CMHA’s after-hours response line continues to be available Visitors will be encouraged to telephone rather than visit the office.  If a case manager responds in person to a client situation, symptom screening will take place. The response by CMHA staff may not be the assigned case manager. It is recognized that each staff member has unique circumstances, which may limit who may respond when a face to face contact is required. | After Hours #  519 274 2848  Toll-Free: 1-888-875-2944, 0 for reception  [Ctrl+Click here for link](http://cmhahuronperth.com/) |
| **Other Resources** | | |
| **Name** | **Description** | **Access Information** |
| **Mood Disorders Ontario** | Depression & Anxiety Peer Support Group   * Tuesdays 7pm to 8:50pm   Family Members & Supporters   * Every other Tuesday 7pm to 8:50pm   Youth and Young Adult Peer Support Group   * Wednesdays 1pm to 3pm   Women Peer Support Group   * Thursdays from 1pm to 3pm   General Peer Support Group   * Fridays 1pm to 3pm | Telephone Support Line: 1-866-363-MOOD (6663).  Monday to Friday, 9:30 a.m. - 5:00 p.m.  [Register for groups](https://l.facebook.com/l.php?u=https%3A%2F%2Fdocs.google.com%2Fforms%2Fd%2Fe%2F1FAIpQLSfINmZ30cSAcpOWCyIvXiKA96GGVrHoWWEkIo1Fozawp0pbJQ%2Fviewform&h=AT3sTkVJvWs2gaIB4qdRqZ1qQ7BdAb4HlrhB_EZPEgFk6IHmUL2OVq5FHStanUvdNdnfPNm2mIsiic2yTf6b3crTuIoHCux2eLltbQN336HPHyj7jbT3VZ-I4MSWV3co1siEqvztvonljG4fHJXU_toF3g)  [Website](https://mooddisorders.ca/)  [Facebook](https://www.facebook.com/MoodDisordersAssociationON/) |
| **Ontario Hospital Association** | The OHA has put together a number of easily accessible mental health resources from various leading sources (international, national and provincial), such as the World Health Organization and the Centers for Disease Control and Prevention (CDC) in the U.S, as well as a number of resources from Ontario hospitals. | [Ctrl+Click here for link](https://www.oha.com/news/strengthening-mental-health-and-wellness-during-covid-19) |
| **Stress and Coping**  **Canadian Centre for Disease** | Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. | [Ctrl+Click here for link](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html) |
| **Anxiety Canada** | Expert tools and resources to help Canadians manage anxiety. Topics include: anxiety disorders, care for the caregiver, children and youth mental health, concurrent mental illness and substance use problems, loneliness, bi-polar, eating disorders, anger, and getting help. | [Ctrl+Click here for link](https://www.anxietycanada.com/) |
| **CMHA Resource Handouts** | The website has a range of tip sheets available for download | [Ctrl+Click here for link](https://cmha.ca/document-category/mental-health) |
| **Bounce Back - CMHA** | Free skill-building program designed to help youth and adults (15+) manage symptoms of mild to moderate depression and anxiety. | [Ctrl+Click here for link](https://bouncebackontario.ca/) |
| **Psychology Tools Online Guide** | Guide to living with worry and anxiety amidst global uncertainty | [Ctrl+Click here for link](https://4648dcw4pye15w61x1reklps-wpengine.netdna-ssl.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-gb.pdf) |
| **The Anxiety Guru Podcast** | Podcast about anxiety | [Ctrl+Click here for link](https://www.anxietyguru.net/) |
| **30 Grounding Techniques** | List of 30 physical, mental and soothing grounding techniques. Suitable for adults and children. |  |
| **Mental Health Wellness Tips** | 25 tips for mental health wellness during quarantine. Suitable for adults. |  |
| **Big White Walls** | Advertised as “a safe online community to support your mental health”  24/7 access to chat and support options that is monitored by trained professionals (CAMH has a link on their site) | [Ctrl+Click here for link](https://www.bigwhitewall.com/) |
| **Good2Talk** | Good2Talk provides confidential support services for **post-secondary students** in Ontario and Nova Scotia. This hotline is also free. | [Good2Talk](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://good2talk.ca/%26amp;sa%3DD%26amp;ust%3D1586878427770000&sa=D&ust=1586878427809000&usg=AFQjCNHfl3xXFRZ6VAbCZEyE0ux86196pw) |
| **TalkSpace** | Offering counselling for $65 off with code APPLY65  Free therapy for healthcare workers or discounted subscriptions for all. | [Talkspace](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://www.talkspace.com/%26amp;sa%3DD%26amp;ust%3D1586878427771000&sa=D&ust=1586878427809000&usg=AFQjCNG2MxOL2_6DdTsqD_aLsyYxsQJAjQ) |
| **Text4Hope** | A free service providing three months of daily Cognitive Behavioural Therapy (CBT)–based text messages written by mental health therapists --**Text COVID19HOPE to 393939** (Canada only) | [Text4Hope](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://www.albertahealthservices.ca/topics/Page17019.aspx%26amp;sa%3DD%26amp;ust%3D1586878427774000&sa=D&ust=1586878427810000&usg=AFQjCNFFKvAtga1p6KGlSh8yZY2lzYUAsA) |
| **Wellness Together Canada** | Wellness Together Canada provides an online portal that allows Canadians to access self-assessments, self-directed e-mental health tools, peer support and live counselling by telephone, video and text to provide mental health and substance use support to all Canadians suffering from the impacts of the coronavirus crisis. | [Ctrl+Click here for link](https://ca.portal.gs/)  1-866-585-0445 |
| **COVID-19 and Mental Health** | | |
| **Tolerance for Uncertainty COVID-19 Workbook** | A workbook to assist individuals with managing emotions related to COVID-19. |  |
| **Stronger Minds** | Stronger Minds by BEACON is a free on-line digital program for all Canadians. It has been designed to support mental well-being through the COVID-19 crisis. | [Ctrl+Click here for link](https://www.mindbeacon.com/strongerminds) |
| **Article “That Discomfort You're Feeling Is Grief”** | Article about naming our emotions around COVID-19 as grief through the Kubler-Ross stages. May be helpful to send to clients struggling with the “losses” that COVID has brought on for many of us | [Ctrl+Click here for link](https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief) |
| **Article “How to Manage Health Anxiety”** | Resource for those who are experiencing anxiety around catching the illness |  |
| **Care for you Corona Virus Anxiety – A project by Shine** | Free toolkit | [Ctrl+Click here for link](https://www.virusanxiety.com/?utm_source=Email_marketing&utm_campaign=Thursday_January_12_2017_-_1&cmp=1&utm_medium=HTMLEmail) |
| **Therapy for Healthcare Providers** | Facilitating free mental health services for **Ontario COVID-19 healthcare providers** | [COVID19 Therapists](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://covid19therapists.com/%26amp;sa%3DD%26amp;ust%3D1586878427769000&sa=D&ust=1586878427809000&usg=AFQjCNHd6FwHhTGm-H_lCh_jU6LA_orABw) |
| **CAMH** | Centre for Addiction and Mental Health guide for coping with mental health concerns during COVID-19. | [Ctrl+Click here for link](http://www.camh.ca/covid19)  [Mental Health & COVID](https://www.camh.ca/en/health-info/mental-health-and-covid-19) |
| **Anxious Times Support Group** | Therapist led online drop in support group on 2pm every Thursday. | [Ctrl+Click here for link](https://www.eventbrite.ca/e/anxious-times-support-a-drop-in-online-support-group-tickets-101596194954?fbclid=IwAR2BFe7EErIGdJBAXfN6nzSS7Sa1CRiA8hm498ihktZ0z_qi_vmCEP7Iy50) |
| **Virus Anxiety Resources** | A wealth of research-backed and helpful tools for you—articles, meditations, access to mental health experts, anxiety screenings, and more | [Ctrl+Click here for link](https://www.virusanxiety.com/about) |
| **Mind for Better Mental Health** | Website covers: practical advice for staying at home and resources on taking care of your mental health and wellbeing. | [Ctrl+Click here for link](https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse868b4) |
| **Center for Disease Control Stress & Anxiety Focus** | Resources and information on stress and coping during COVID-19. | [Ctrl+Click here for link](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html) |
| **Shift Collab Blog** | Staff and counsellors provide information on COVID-19 and coping. | [Ctrl+Click here for link](https://www.shiftcollab.com/blog/home) |
| **Improving Mental Health During COVID-19 with Dr. Perera** | Overview and explanations by Dr. Perera as to why you feel the way you do during COVID-19 and how to cope. | [Ctrl+Click here for link](https://mentalhealthcovid19.ca/) |
| **Supports for Mental Health & Health Care Providers** | | |
| **Ontario COVID-19 Mental Health Network** | Pro bono mental health services for healthcare workers who have been impacted by COVID-19. | [Ctrl+Click here for link](https://covid19therapists.com/) |
| **COVID-19 Resources for Social Workers and Therapists** | These include free on demand trainings, resources to assist with hospice and palliative care, protecting immigrant families, and several social work and higher education specific resources. | [Ctrl+Click here for link](https://www.socialwork.career/2020/03/covid-19-resources-social-workers-therapists.html?fbclid=IwAR0wRqcNrB-XgwFGtVwq462_kMz_olhgkfWj0EElufHGOnksdSBi9pWcQCA) |
| **Mental Health First Aid** | Resource and coping guide. | [Ctrl+Click here for link](https://www.mhfa.ca/en/covid19-mhfa) |
| **Working Remotely Guide** | If you work for an organization that typically works from an office but is transitioning to remote work rapidly, this blog is for you. | [Ctrl+Click here for link](https://www.shiftcollab.com/blog/working-remote-and-feeling-connected) |

# Caregiver Resources

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| **Name** | **Description** | **Access Information** |
| **Ontario Caregiver** | Find and offer various support during COVID-19. | [Ctrl + Click here for link](https://ontariocaregiver.ca/caregivingcommunities/) |
| **Resources for Caregivers and Healthcare Providers in Huron-Perth** | This website is designed to help caregivers and healthcare providers across Huron and Perth counties find local services, programs and resources. | [Ctrl + Click here for link](https://www.caregivershuronperth.ca/) |

# COVID-19 Articles and Information

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| **Community Resources** | | |
| **Name** | **Description** | **Access Information** |
| **Huron Perth Public Health** | Local updates on COVID-19 along with credible resources and websites related.  Services Impacted:  Weekly sexual health drop-in clinics have been cancelled. However, there are appointment times available for clients who need access to service that cannot wait, including STI testing and birth control.  Access to Needle Exchange Program services in Clinton– Clients can access harm reduction supplies Monday to Friday. The door is unlocked 8:30 am – 4:30 pm (access door is under the bridge at the health unit). Naloxone is also available at local pharmacies.  The Health Line intake phone line is open Monday to Friday (9 am to 8 pm) and Saturday and Sunday (9 am to 4 pm)  Please text or call 519-440-1439 for an appointment and calls will be screened determining need for appointment. This is the cell number for the team. | [Ctrl+Click here for link](https://www.hpph.ca/en/news/coronavirus-covid19-update.aspx)  1-888-221-2133 |
| **Other Resources** | | |
| **Name** | **Description** | **Access Information** |
| **COVID-19 App** | A central resource for evidence based information about COVID-19. There is also an anonymous daily symptom tracker that allows researchers to track how symptoms are spreading in your area. | [Ctrl+Click here for link](https://www.thrive.health/canada-covid19-app) |
| **Ontario Hospital Association** | Chief Medical Officer of Health Orders and other guidance issued can be found on the linked website. | [Ctrl+Click here for link](https://www.oha.com/news/updates-on-the-novel-coronavirus)  [Link for other articles](https://www.oha.com/news/the-latest-research-and-information-on-covid-19) |
| **Ontario COVID-19 Information** | Up to date provincial information and resources related to COVID-19. | [Ctrl+Click here for link](https://covid-19.ontario.ca/) |
| **Government of Canada** | Up to date national information and resources related to COVID-19. | [Ctrl+Click here for link](https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html) |
| **Awareness information and posters** | Awareness information and posters (many offered in several different languages) | [Ctrl+Click here for link](https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html)  or this  [Ctrl+Click here for link](https://www.ontario.ca/page/2019-novel-coronavirus#section-15) |

# Creativity and Art

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| **Name** | **Description** | **Access Information** |
| Stay-at-Home Cinema - | A collaboration between TIFF + Crave; a series from Crave’s selection of titles, accompanied by conversations with special guests via IG. Crave is offering free 30-day trial for new users | [Free Trial](https://tiff.net/stayathome) |
| Vault Zine | Offering one free story with code TAKECARE at checkout | [Free Story](https://www.vaultzine.com/) |
| Oh You Pretty Things | Filmmaker Gary Hustwit is streaming his documentaries free worldwide during the global COVID crisis | [Free Documentaries](file:///C:\Users\Melissa.Lenovo-PC\Downloads\•%09Filmmaker%20Gary%20Hustwit%20is%20streaming%20his%20documentaries%20free%20worldwide%20during%20the%20global%20COVID%20crisis) |
| Scribd | Free book downloads for first 30 days of subscription | [Free Trial](https://www.scribd.com/subscribe-now?utm_medium=cpc&utm_source=adwords_brand&utm_campaign=Google_Search_Alpha_Brand_Canada&utm_term=scribd&utm_device=c&gclid=CjwKCAjwsMzzBRACEiwAx4lLG2gKlg7SJJrGNdDciOO6o-Y6_-ISW-aGmYIfYG7VEDGooFuME4pTYRoCNIAQAvD_BwE) |
| Scribe | Free book writing course. | [Free Course](https://scribewriting.com/bookschool/?fbclid=IwAR3Mbekz6jjgILlIVxUfZBXZJsDobR12N9K7wWh6rYYvxBrPx6HdexVQIPI) |
| Affinity Suite Programs | Creative apps (similar to Photoshop, Illustrator, etc.) are completely free for three months, OR take 50% off if you want to buy. | [Free Trial](https://affinity.serif.com/en-us/supporting-the-creative-community/) |
| Montreal's Museum Of Fine Arts Has Free Online Art Therapy | Free classes on their Facebook every Friday. | [More information](https://www.mtlblog.com/things-to-do/canada/qc/montreal/montreals-museum-of-fine-arts-has-free-online-art-therapy-that-you-can-do-from-your-couch)  [Facebook Page](https://www.facebook.com/mbamtl/) |
| Laura Horn Art’s | Abstract Collage Creations course is free | [Free Classes](https://classes.laurahornart.com/p/abstract-collage-creations) |

# E-Learning and Educational Supports

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| **Name** | **Description** | **Access Information** |
| **Avon Maitland DSB** | Up to date information and resources for families and students attending schools within the Avon Maitland DSB. | [Updated Information](https://www.amdsb.ca/apps/pages/COVID-19)  [Wellness Newsletter](https://22.files.edl.io/3923/03/25/20/182724-96a52448-4a3b-4397-9bae-e6d327d04bd4.pdf) |
| **Guildford Press** | Offering free content, including audio, print, and video resources from our books, plus tips, resources, and blog posts from Guilford authors. | [Ctrl+Click to follow link](https://www.guilford.com/covid-resources) |
| **Online Learning Websites** | Link to List of Online Learning Resources |  |
| **Free University-level courses** | 190 universities just launched 600 free online courses. Here’s the full list. | [Ctrl+click to follow link](https://www.classcentral.com/report/new-courses-october-2018/?news_banner=1)  [Ctrl+Click to follow link](https://www.edx.org/schools-partners) |
| **Resources by Grade** | Google Drive link of educational resource packets by grade level | [Ctrl+Click here for link](https://drive.google.com/drive/folders/11Gn85SkOv1yGaZrzNOWvFJ_cIshdUqgY) |
| **Free Film Making Program** | Reel Youth is doing a free online film making program for all ages: | [Ctrl+Click here for link](https://www.togetherapart.online/) |
| **Math and Computing Resources** | Math and Computing Resources for all elementary and high school grades by University of Waterloo | [Ctrl+Click here for link](https://cemc.uwaterloo.ca/resources/cemc-at-home.php) |
| **Economics for Success Online** | For grades 6-10; by Junior Achievement | [Ctrl+Click here for link](https://jacanada.ethinksites.com/course/index.php?categoryid=7) |
| **eTrades - Junior Achievement** | Self-directed online program, students will encounter multiple learning mediums essential for a successful trades career. | [Ctrl+Click here for link](http://jatrades.org/) |
| **Khan Academy** | Academic Resource for students of all grades | [Ctrl+Click here for link](https://www.khanacademy.org/) |
| **Scholastic Learn at Home** | Scholastic – Learn from Home for PreK, Kindergarten, Gr 1-2, 3-5 & 6-9 | [Ctrl+Click here for link](http://classroommagazines.scholastic.com/support/learnathome.html)  [Ctrl+click to follow](http://classroommagazines.scholastic.com/support/learnathome.html) |
| **Educational Resources** | Full homeschool educational spreadsheet with free educational resources available during this crisis. | [Ctrl+Click here for link](http://www.amazingeducationalresources.com/) |
| **We are teachers online learning resource** | 75+ Amazing Online Learning Resources | [Ctrl+Click here for link](https://www.weareteachers.com/free-online-learning-resources/) |
| **The Science of Well-being** | Free 2-week MOOC from Yale designed to teach you how to build healthy habits and increase your happiness | [Free Course](https://www.coursera.org/learn/the-science-of-well-being) |
| **Crescendo’s** | D&I Learning Platform is free for 6 weeks with learning tracks about: Connecting Pandemics & Xenophobia, COVID-19 & Socio-Economic Status, and Inclusive Remote Work | [Free Learning](https://crescendowork.com/diversity-inclusion-remote-teams) |
| **38 Ways to Use the Library from Home** | Toronto Public Library | [Ctrl+Click here for link](https://torontopubliclibrary.typepad.com/digital-services/2020/03/38-ways-to-use-the-library-from-home.html) |
| **Mind Control: Managing Your Mental Health During COVID-19** | Free course by University of Toronto. | [Free course](https://www.coursera.org/learn/manage-health-covid-19) |
| **Stronger Minds by BEACON** | Free digital program for all Canadians – to support your mental well-being through the COVID-19 crisis, and will be available for all Canadians starting Monday April 6th | [Free Program](https://www.mindbeacon.com/strongerminds) |
| **Pluralsight’s #FREEapril** | A platform for in-demand tech skills; free access to 7,000+ expert-led video courses and more all month long. | [Free Courses](https://www.pluralsight.com/offer/2020/free-april-month) |

# Financial

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| **Name** | **Description** | **Access Information** |
| **Huron County Pathways** | Pathways is an emergency program that can assist families and individuals living with low incomes in Huron County when they are most in need. | [Ctrl+Click for information](http://www.infoperthhuron.ca/record/GBA3635?Number=3)  1-888-371-5718 ext 4509 |
| **Huron County Ontario Works** |  | 519-482-8505 or 1-888-371-5718  [Ctrl+Click for information](http://www.infoperthhuron.ca/record/GBA0999?Number=2) |
| **Perth County Financial Help during COVID** | Information on differences between Ontario Works, ODSP and Emergency Assistance. | 519-271-3773 ext 200 |
| **How to apply to EI during COVID** | Detailed instructions outlining how to access EI benefits during COVID |  |
| **Infographic** | Guide to accessing financial support based on different scenarios (i.e. ineligible for EI, impact of school closures, etc.) |  |
| **Federal government COVID-19 tax updates** | The federal government announced additional extensions to many for tax-related deadlines | [Ctrl+Click here for link](https://www.cpacanada.ca/en/members-area/profession-news/2020/march/cra-covid19-updates) |
| **Changes to Ontario's Emergency Assistance Program in Response to COVID-19** | Additional resources available to people with limited income, assets or credit who are in a crisis or an emergency. | [Ctrl+Click here for link](https://news.ontario.ca/opo/en/2020/03/changes-to-ontarios-emergency-assistance-program-in-response-to-covid-19.html) |
| **Kitchener City Council**  **Early Economic Support Plan** | Kitchener City Council approved the City’s Early Economic Support Plan see details here. | [Ctrl+Click here for link](https://www.kitchener.ca/Modules/News/index.aspx?feedid=da9544ce-51f6-40d4-b88a-d8894af762bc&newsId=12b08193-80d4-4345-8c1d-e9fe356f8892) |
| **Grey Bruce Financial and Employment Assistance** | A list compiled of local resources. | [Check Link for Updates](https://povertytaskforce.com/covid-19-community-resources/) |
| **Ontario Energy Board's Low Income Energy Assistance Program (LEAP)** | Provides financial assistance for individuals experiencing difficulty paying their current arrears \* Program runs from Jan 2-Dec 31 each year | [See link for local area support](http://www.infoperthhuron.ca/record/CWD0548?) |

# Fitness

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| **Name** | **Description** | **Access Information** |
| **Brockton Area and Kincardine Family Health Team** | Video exercises uploaded to their Facebook page.  Look at their page weekly for live fitness and wellness sessions. | [Facebook Page](https://www.facebook.com/Brockton-Area-and-Kincardine-Family-Health-Team-102470321234730/) |
| **Joel Salsa** | Free salsa class on Facebook; and $1 trial classes | [Free Classes](https://www.facebook.com/JoelSalsa/videos/679109005990109/UzpfSTE5NjM4MTYzMDM4NjQ0MjozNzE0NTg0OTYxODk5NDA3/) |
| **Nike Training Club App** | Free app - workouts and fitness guidance | [Ctrl+Click here for link](https://apps.apple.com/us/app/nike-training-club/id301521403) |
| **Yoga with Adriene** | Free YouTube videos – guided yoga and meditation | [Ctrl+Click here for link](https://www.youtube.com/user/yogawithadriene) |
| **Virtual YMCA** | Online fitness classes by the YMCA | [Ctrl+Click here for link](https://www.thisisy.ca/) |
| **Down Dog Apps** | Offering all of their apps for free until May 1st (Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout)  • Students and teachers (K-12, college) get free access until July 1st  • Healthcare workers also get free access until July 1st | [Ctrl+Click here for link](https://www.downdogapp.com/) |
| **Lululemon** | Offering yoga and meditation videos for free | [Free Videos](https://shop.lululemon.com/story/yoga-videos) |
| **Peloton Digital** | Offering a 90 day free trial of their app. | [Free trial](https://www.onepeloton.ca/app) |
| **Wollendance** | Cardio dance fitness class live & on-demand, offer 14-days free trial | [Free trial](https://www.wollendance.com/) |
| **8fit** | Offers quick at home workouts. | [Free Version of App](https://8fit.com/wua/get-healthy-with-8fit/?utm_source=Adwords&utm_medium=CPC&campaignid=8511081356&adgroupid=87442091238&utm_campaign=search_web_desktop_en_us_brand&utm_adgroup=8fit_ex&utm_account=8fit) |
| **Wakeout** | Fun 30s stretching & relaxation exercises, offers 7-days free trial | [Free 7 day trail.](https://wakeout.co/) |
| **Daily Burn** | Offering 2 months free of their online workout classes | [Free Trial](https://lp.dailyburn.com/workoutathome/index.html) |
| **Doyogawithme** | Offersfreeyoga classes for all different levels | [Free two months](https://www.doyogawithme.com/?fbclid=IwAR1RkStyFBofUgFeaJ64y0n3eYMbatIyP6aZ8Qy_eragYBwMoOYzvQzs6yE) |
| **FitBit** | Offering select Premium features for free; and extended trial of premium to 90 days. | [Free Features](https://blog.fitbit.com/letter-from-ceo/) |

# Food & Nutrition Support

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| **Name** | **Description** | **Access Information** |
| **Huron & Perth Counties** | | |
| **One Care Grocery Delivery** |  | Call: 1-844-482-7800 |
| **Huron County** | | |
| **Huron County Mobile Food Bank** | Servicing once a month visits to:  **Brussels, Lucknow, Vanastra and Huron Park.**  Check link for 2020 schedule. | 519-913-2362  [Ctrl+Click here for link](http://www.infoperthhuron.ca/record/GBA3617?Number=4) |
| **Bayfield Trinity St. James Anglican Church** | During COVID19 Food Bank still open as per hours. Order one week in advance. | 519-955-7444  [Ctrl+Click here for link](http://www.infoperthhuron.ca/record/GBA3618?Number=23) |
| **Blyth Grocery Delivery** | Blyth Food Market and Blyth Lions Club are teaming up to help those over 65 or individuals in self-quarantine due to COVID-19. Call and place your order with the Blyth Food Market, pay over the phone and volunteers with deliver to your doorstep. | 519-523-4551 to order.  Any questions call John at 519-532-4528 |
| **Clinton Friends of the Community Food Bank and Resource Centre** | During COVID19 only one person allowed in building at a time. Food bank hours remain the same  Food bank:   * Wednesday 5 pm-7 pm * Saturday 10 am-12 noon * Closed holidays | 519-955-1809  [Ctrl+Click here for link](http://www.infoperthhuron.ca/record/GBA1799?Number=3) |
| **Clinton Salvation Army** | During COVID19 food bank will allow only one person in building at a time. Regular hours. During COVID-19 staff will pack the groceries for clients.  Tuesdays and Fridays 9:30 am-4:15 pm | 519-482-8586  [Ctrl+Click here for link](http://www.infoperthhuron.ca/record/GBA2150?Number=12) |
| **Dungannon Community Alliance** | Every Thursday morning volunteers with be doing shopping and delivery for Dungannon residents who are unable to get medications or groceries. Orders need to be placed by calling before Wednesday evening. | 519-955-4164  [Ctrl+Click here for link](https://www.facebook.com/Dungannon-Community-Alliance-803605683327878/) |
| **Exeter and Area Community Food Bank** | Call email or text to book an appointment  Pick up times:   * Wednesdays 9 am - 11:00 am * Thursdays 6 pm - 8 pm | Call or Text 519-860-4104  [exeterfoodbank1@gmail.com](mailto:exeterfoodbank1@gmail.com)  [Ctrl+Click Facebook Page](https://www.facebook.com/groups/283868285043265/)  [Ctrl+Click here for link](http://www.infoperthhuron.ca/record/GBA2159?Number=1) |
| **Exeter Pentecostal Tabernacle** | Community Meals paused during COVID-19.  Mobile Food Bank Tue 11 am-12:20 pm.   * Wait in automobile and prepackaged hamper will be brought to you | Contact Andrea at 519-709-0670 or leave message at church at  519-235-2991.  [Ctrl+Click here for link](http://www.infoperthhuron.ca/record/GBA3185?Number=2) |
| **Goderich Salvation Army** | COVID19 Revised hours Monday and Friday from 8:30 am to 4:30 pm and Wednesday from 8:30 am to 12 noon. Call for an appointment | 519-524-2950  [Ctrl+Click here for link](http://www.infoperthhuron.ca/record/GBA3657?Number=13) |
| **Goderich Society of St Vincent de Paul** | During COVID19 food bank call for appointment only. Food bank open by appointment only between Monday and Friday 12 noon to 4:00 pm | 519-524-1087  [Ctrl+Click here for link](http://www.infoperthhuron.ca/record/GBA2160?Number=18) |
| **Seaforth and District Food Bank** | During COVID19 food bank open regular hours with precautions.  Tuesdays from 10 am to 12 noon and Thursdays 1 pm-3 pm. | 519-527-0281  [Ctrl+Click here for link](http://www.infoperthhuron.ca/record/GBA2287?Number=16) |
| **Wingham North Huron Food Share**  405 Josephine Street  Wingham ON  (behind Upper Deck Youth Centre) | Continue to operate on a limited basis and/or with precautions such as pre-packaged hampers  Call for appointment and more information. Wednesdays 9am to 1pm | 519-357-2277  [Ctrl+Click here for link](http://www.infoperthhuron.ca/record/GBA2285?) |
| **Wingham Salvation Army**  205 Josephine Street | Tuesdays 1 – 3pm  Thursdays 10am - 12pm | 519-357-1387  Or  519-357-3757  [Ctrl+Click here for link](http://www.infoperthhuron.ca/record/GBA2364?) |
| **Blessings Community Store**  **Zurich** | Food bank: Thursday 10 am-4 pm by appointment only. | 519-236-4376  [Ctrl+Click here for line](http://www.infoperthhuron.ca/record/GBA2260?Number=0) |
| **Perth County** | | |
| **Listowel Zehrs**  600 Mitchell Rd Hwy 23 S, Listowel ON | **1)** Set up account with Zehrs Listowel  **2)** Register a Credit Card with this account (this will be charged anytime you order groceries)  **3)** Pick a date/time for grocery pickup (note that this is booked days in advance)  **4)** Order Groceries  **5)** Call Listowel Taxi 519-291-4591 and let them know of the date/time needed for grocery delivery  **6)** On day of delivery have $7.00 on outside of door for Taxi costs for delivery –taxi will drop off groceries and take money. Once they are gone, you can retrieve your groceries. | <https://accounts.pcid.ca/login> |
| **Listowel Shoppers Drug Mart**  10 Wallace Ave N, Listowel ON | **1)** Call Shoppers Drug Mart Listowel -519-291-1930 (New Hours: 8 am-8 pm)  **2)** Order prescription and let them know what groceries you need –Note: they will not delivery any COLD or FROZEN items –no delivery fee when you order your drugs –in town delivery same day; out of town is day specific  **3)** Credit Card can be given over the phone OR cash on delivery | 519-291-1930 |
| **Listowel Salvation Army**  326 Main St. E. Unit D  Listowel ON | 1. Call, text or email ahead of time so staff can prepare a hamper. 2. You will be given a unique pick up time and the bag will be placed in the waiting area with your name on it. 3. You can have someone else pick up your order for you –must indicate this | **Phone:** 519-291-2900  **Text:** 226-622-4719  **Email:** [Gwyneth\_woods@can.salvationarmy.org](mailto:Gwyneth_woods@can.salvationarmy.org)  [Ctrl+Click here for link](http://www.infoperthhuron.ca/record/PER2117?) |
| **Listowel - It Takes A Village**  177 Main Street West, Listowel, ON | 1. Call, text or message on Facebook messenger need for grocery delivery 2. Staff will put together a hamper and have volunteers deliver to your residence | **Phone/text:** 519-291-0116  **Email:** thymeandagain@live.ca  **Facebook Site:** It Takes A Village (@ittakesavillagelistowel)  [Ctrl+Click here for link](http://www.infoperthhuron.ca/record/PER0360?) |
| **Listowel VON Meals on Wheels –North Perth** | Hot Meals ($8) –Monday to Friday between 11:45 am -12:30 pm  Special Diets Available  Frozen Meal Service –frozen meals can be delivered once a week or picked up at the office -$6 per entrée; $2 per soup or dessert | Call: 519-291-5998 |
| **Milverton Loaves and Fishes Food Bank** | During COVID19 food bank can be accessed twice a month at regular times. Bring list and hamper will be brought to you in your car.  First and third Tuesday of the month 9:30 am-11:30 am | Milverton Christian Fellowship Church 6619 Perth Rd 131 Milverton, ON N0K 1M0  [Ctrl+Click here for link](http://www.infoperthhuron.ca/record/PER0999?Number=5) |
| **North Perth Grocery Delivery and Food Bank List** | See list compiled by municipality of North Perth | [Ctrl+Click here for link](https://www.northperth.ca/en/municipal-services/community-supports.aspx) |
| **North Perth Restaurant and Business List** | A compiled list of restaurants and businesses updated hours, operations as well as pick up and delivery options. | [Ctrl+Click here for link](https://www.northperth.ca/en/business-and-development/covid-19-business-directory.aspx) |
| **Mitchell Salvation Army** | Call and book an appointment. Fridays from 10:00 am-12 noon | 519-271-2950  [Ctrl+Click here for link](http://www.infoperthhuron.ca/record/PER2537?Number=14) |
| **St. Mary’s Salvation Army** | During COVID19 for food bank be sure to call ahead to book an appointment. Staff will prepare hamper to give you at the door. If you are feeling unwell, don't come. Call and alternate arrangements will be made. | 519-284-2760  [Ctrl+Click here for link](http://www.infoperthhuron.ca/record/PER2369?Number=10) |
| **St. Mary’s Restaurant and Business directory** | Up to date information on local restaurants and businesses and their new procedures, hours of operation and pick up/delivery options. | [Website Link](https://www.townofstmarys.com/en/living-here/business-resources-and-directory.aspx) |
| **West Perth Food Delivery** | See link for a list of businesses offering food pick up or delivery. | [Facebook Link](https://www.facebook.com/westperth/photos/pcb.3165509433494180/3165509353494188/?type=3&theater) |
| **Stratford** | | |
| **Local Community Food Centre** | During COVID19 takeaway meals only for pickup in parking lot:   * Mon 5 pm-6 pm, * Wed 11:30 am-12:30 pm * Fri 11:30 am-12:30 pm.   Delivery now available within Stratford city limits.  Order by noon the day before and send address (including postal code), a contact number and number of meals required at | 519-508-3663  Ext 1001 for meal orders  [Ctrl+Click here for link](https://thelocalcfc.org/)  [Ctrl+Click here for link](http://www.infoperthhuron.ca/record/PER1902?)  mealdelivery@thelocalcfc.org |
| **Salvation Army Stratford** | Call and book an appointment. You will be asked for your name, address, date of birthday and number of people in your household. | **Office:** 519-271-2950  519-271-2763  [Ctrl+Click here for link](http://www.infoperthhuron.ca/record/PER2348?) |
| **Society of Saint Vincent de Paul** | Food bank remains open regular hours, prepackaged hampers, one person at a time  Wednesdays from 3pm to 5pm | 519-271-6722 press 2 for Food Bank Automatic voice mail  [Ctrl+Click here for link](http://www.infoperthhuron.ca/record/PER1708?) |
| **St James Anglican Church** | Running as usual during COVID19 with prepackaged food. Food bank can be accessed once a month.  Tuesdays 9:30 am-11 am | **Church Office:**  519-271-3572  [Ctrl+Click here for link](http://www.infoperthhuron.ca/record/PER2204?) |
| **St Paul's Anglican Church** | Usually one pick up per month however during COVID19 more than once per month if needed.  Fridays from 9:30 am-11 am | Church 519-271-4527  [Ctrl+Click here for link](http://www.infoperthhuron.ca/record/PER2368?Number=20) |
| **Stratford House of Blessing** | During COVID19 - Foodbank remains open at this time regular hours.  Call to make other arrangements if not able to make it to the Foodbank or feeling sick.  Food Bank Hours: Tue-Thu 10 am-12 noon, 1 pm-3 pm | 519-273-3433  [Ctrl+Click here for link](https://www.shob.org/)  [Ctrl+Click here for link](http://www.infoperthhuron.ca/record/PER0075?Number=21) |
| **Stratford List of Restaurants and Businesses List** | A compiled list of restaurants and businesses updated hours, operations as well as pick up and delivery options. | [Ctrl+Click here for link](https://docs.google.com/spreadsheets/u/0/d/1tw9lO4G6ALuy9P27PlTzF32rBfURJ6eytBx4ZJ1ofEo/htmlview) |
| **Kitchener-Waterloo** | | |
| **Food Bank of Waterloo Region** | Specific locations across the region are distributing food during COVID19. | For more information about specific food programs in your neighbourhood:  [Ctrl+Click here for link to FoodBank Map](https://www.thefoodbank.ca/network/map/%20)  [Ctrl+Click here for link to Vital Services](https://www.thefoodbank.ca/vitalservice/)  519-743-5576 |
| **House of Friendship** | “Pop-up snacks” at various schools throughout the region to school-aged children.  Visit their website for daily updates about locations and times. | [Ctrl+Click here for link](https://www.houseoffriendship.org/how-wehelp/food/)  807 Guelph Street, Kitchener ON  519-742-8327, Press #2  Additional food distribution available, contact for more information |
| **Nutrition for Learning** | Free community meals, 30 guests at a time  Mon to Fri: 7-8:30pm Sat: 12-1:30pm Sun: 4:30-6:00pm | 519-624-5744  [Ctrl+Click here for link](https://www.nutritionforlearning.ca/popupsnacks/) |
| **Ray of Hope** | Free community meals  Mon – Fri: 8am to 11:30am (breakfast)  11:30am to 1pm (lunch) | 100-659 King Street East, Kitchener (entrance off Stirling Lane)  519-578-8018  [Ctrl+Click here for link](https://www.rayofhope.net/) |
| **St. John’s Kitchen** | Hamper program  12:30pm – 2:00pm | 97 Victoria Street North, Kitchener  519-745-8928 |
| **Carizon Family and Community Services (Erb West)** | Hamper program  1:45pm – 2:45pm | Erb West Community Centre – 45F Amos Ave., Kitchener  519-497-8254  Please call program prior to visiting to register |
| **Carizon Family and Community Services (Paulander)** | Hamper Program Mon. to Fri. 12pm – 4:30pm | Paulander Community Centre – 60 Paulander Drive, Kitchener  519-741-1152  Please call program prior to visiting to register |
| **Cambridge** | | |
| **Cambridge Self-help Foodbank** | Hamper Program  Mon, Tues, Thurs: 9:30am -11:45am; 1pm – 3pm  Wed. 1pm – 3pm | 54 Ainslie Street, South Cambridge  519-622-6550  Requirements: must live in Cambridge |
| **Salvation Army (Galt)** | Daily lunch: 12pm to 12:45pm  Daily dinner: 5:30pm to 7pm | 12 Shade Street, Cambridge  519-623-1221 |
| **The Bridges (Cambridge Shelter – Galt)** | Mon, Wed, Fri pre-made lunches: 11am – 12:30pm | 26 Simcoe Street, Cambridge  519-624-9305 |
| **Trinity Community Table (Galt)** | Food hampers  Mon – Thurs 9am to 4:30pm  Fri 9am to 12pm (noon) | 12 Blair Road, Cambridge  519-621-8860 |
| **Wellington County** | | |
| **Palmerston Food Bank** | Palmerston does not offer delivery. Clients pick up their own items while maintaining physical distancing.  Pick-up Thu by appointment only  \*\*Weekly requests should be made before Wed 9 pm to receive food on Thu | Answering machine checked daily (Mon-Fri) 519-417-4774  [Check Link for Updates](https://communitylinks.cioc.ca/record/GUE0104?Number=59) |
| **Wilmont Family Resource Centre (New Hamburg)** | Food hampers  Mon – Fri 9am to 5pm | #1-175 Waterloo Street, New Hamburg  519-662-2731  For Wilmont and Town of Wellesley residents |
| **Woolwich Community Services (Elmira**) | Food hampers  Mon – Fri 9am to 5pm | 5 Memorial Avenue, Elmira  519-669-5139  For Wollwich and North Wellesley Township residents |
| **Grey and Bruce Counties** | | |
| **Poverty Task Force Food Bank** | Poverty Task Force compiled a list of Food Banks. Call agencies to check if list is still accurate. | [Check Link for Updates](https://povertytaskforce.com/covid-19-community-resources/) |
| **Poverty Task Food Grocery Delivery** | A compiled list of grocery stores in Grey Bruce. | [Check Link for Updates](https://povertytaskforce.com/covid-19-community-resources/) |

Housing / Shelter

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| **Name** | **Description** | **Access Information** |
| **Huron County Housing** | Office closed, call for assistance. | 519-482-8505  [Ctrl+Click here for link](https://www.huroncounty.ca/housing/) |
| **Huron Women’s Shelter** | The Shelter is committed to ensuring women and their families have access to support, services and advocacy. We recognize that for the duration of the pandemic, violence may elevate and access to usual supports throughout the community may be disrupted.  **Shelter Services**  The shelter is open and offering residential support to women at high risk because of gender based violence, as well as the 24-hour help line available to anyone in need.  All services will be offered via telephone, video conferencing or email.  Regular visits by community partners or any nonessential visitor has been postponed through the duration of the pandemic.  **Second Stage Housing (SSH) Sites**  All second stage sites of the Shelter (Exeter, Clinton, Goderich) are closed to visitors however we continue to support residents via email, phone and video conferencing.  ***An empty unit at SSH has been designated as an emergency quarantine unit if needed.*** | Call the 24 Hour Support and Information Line: 1.800.265.5506 or 519-524-6245 |
| **Stratford and Perth County Housing** |  | [Ctrl+Click here for Stratford Housing](https://www.stratford.ca/en/inside-city-hall/housing.aspx#Applying-for-RGI-Housing-through-the-Housing-Access-Centre)  (519) 271-3773 |
| **Perth County Community Homelessness Prevention Initiative** | Financial assistance to people experiencing homelessness to obtain and retain housing and to people at risk of homelessness to remain housed. Benefit can only be requested once in a 24 month period. | 519-271-3773 ext 200  [Ctrl+Click here for link](http://www.infoperthhuron.ca/record/CWD0018?Number=6) |
| **Waterloo Regional Housing** | Rent cannot be paid in person as usual – other options of how to pay | [Ctrl+Click here for link](https://www.regionofwaterloo.ca/en/living-here/living-in-community-housing.aspx#payingrent) |
| **Waterloo Region Supports for vulnerable persons** | Region listing of shelter options, warming stations, open public washrooms, etc., during pandemic. | [Ctrl+Click here for link](https://www.regionofwaterloo.ca/en/living-here/covid-19-community-supports-for-the-vulnerable.aspx) |
| **Grey Bruce Housing Assistance** | A list compiled of local resources. | [Check Link for Updates](https://povertytaskforce.com/covid-19-community-resources/) |
| **Tenant Rights during COVID-19** | Information for tenants who are unable to pay rent and are worried about eviction/police involvement |  |

# Legal

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| **Name** | **Description** | **Access Information** |
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| **Ontario Provincial Police** | The OPP has closed all offices to the public but is still open for business and answering all calls for service after assessment on a needs and priority basis. Non-essential services are not being offered (for example, criminal record and vulnerable sector screening checks unless it related directly to Emergency Services employment or deemed a priority by the OPP). Any contact with OPP will initiated by telephone. Questions are being fielded over the phone where possible. Officers are attending in person calls and taking Covid-19 appropriate screening and precautions. Officers are arresting and processing offenders for all crimes and if necessary holding for Bail. Officers are conscious of the increased need for referrals to community agencies during the COVID-19 crisis and will continue to make appropriate community referrals. | 519-524-8314, 911 or  1-888-310-1122. |
| **John Howard Society** | Offering services and intake by phone and the offices are closed to the public.  Individuals are able to contact the Society for service and collect calls are still being accepted.  The Huron County Partner Assault Response Program is still conducting intakes and partner calls by phone. | Call: 519-438-4168  [Ctrl+Click here for link](https://johnhoward.on.ca/london/) |
| **Probation Office** | The majority of meetings with clients are being held by telephone although there are some clients that are reporting in person including high risk and homeless clients.  For domestic violence victim outreach, the Probation Office is increasing calls to victims, while ensuring Victim support line, Victim Service and other support service numbers are known.  Collateral calls are being made as well to assist in supervising clients. | Call:  Goderich Office  519-524-2193  Stratford Office  519-271-5220 |
| **Crown Attorney’s Office** | The office is open from 8:30 a.m. to 5:00 p.m. for telephone inquiries.  For in person, the office is open from 10:00 a.m. to 12:00 p.m. and from 2:00 p.m. to 4:00 p.m.  Telephone inquires rather than in-person attendances are strongly recommended to reduce the number of people in the building. | Call 519 524 9272 or [email](mailto:GoderichCrownOffice@ontario.ca)  [Ctrl+Click here for link](https://centraleastontario.cioc.ca/record/GBA3105) |
| **Huron Perth Legal Aid** | Due to COVID-19 providing legal service to the best of our ability by telephone and/or email. | 1-866-867-1027  [Ctrl+Click here for link](https://www.huronperthlegalclinic.ca/) |
| **Law Society Of Ontario** | 30 minute free Consultation | 1-855-947-5255  [Ctrl+Click here for link](https://lsrs.lso.ca/lsrs/welcome) |
| **Emergency Family Law Referral Telephone Line** | The Law Society of Ontario has launched an emergency family law referral phone line to assist people who are self-represented and trying to determine whether their family court matter meets the criteria to be heard by the Court on an “urgent” basis. | To access this service, which will be staffed during business hours, self-represented litigants may contact the Law Society by phone at 1-800-268-7568 or 416-947-3310 |
| **COVID-19 and Ontario’s Human Rights Code – Questions and Answers** | The OHRC has developed a series of questions and answers for understanding your human rights and obligations during the COVID-19 pandemic. These questions and answers cover the rights and responsibilities of employers and employees, tenants and landlords, as well as residential institutions. | [Ctrl+Click here for link](http://ohrc.on.ca/en/news_centre/covid-19-and-ontario’s-human-rights-code-–-questions-and-answers-0) |

# Local Resource Guide Websites

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| **Name** | **Description** | **Access Information** |
| **211** | This website contains listings for all the community, social and government services available. | Call 2-1-1  [Ontario 211 | Community and Social Services Help Line](https://www.google.com/url?q=https://www.google.com/url?q%3Dhttps://211ontario.ca/%26amp;sa%3DD%26amp;ust%3D1586878427767000&sa=D&ust=1586878427808000&usg=AFQjCNGc0lauDsDxD2vfiXRXMwQxsjxvXg)  [Huron and Perth 211](http://www.infoperthhuron.ca/record/GBA0999?Number=2) |
| **South West Health Line** | Website provides information on local health services, news, events, resources and careers. | [Ctrl+Click here for link](https://www.southwesthealthline.ca/) |
| **COVID Huron Perth** | Local Facebook Group | [Facebook Link](https://www.facebook.com/groups/198346424935322/) |

# Medical

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| **Name** | **Description** | **Access Information** |
| **COVID-19 self-assessment** | If someone is experiencing symptoms of COVID-19, such as cough or fever:   * Complete the Ontario government’s On Line Assessment tool at https://covid-19.ontario.ca/self-assessment/#q0. * If the online tool tells you to seek clinical assessment, contact the office of your family doctor for a phone assessment. If you do not have a family doctor, contact Huron Perth Public Health. It is important that you do not visit your doctor’s office without calling first. * If further action is needed, the assessor will give you directions. | [Ctrl+Click here for assessment](https://covid-19.ontario.ca/self-assessment/#q0)  Huron Perth Public Health Phone Number  1-888-221-2133  [Ctrl+Click for more information](https://www.hpph.ca/en/news/covid-19-assessment-services-available-for-huron-perth-residents.aspx) |
| **Telehealth Ontario** | Get fast, free medical advice through Telehealth Ontario. | 1-866-797-0000  [Ctrl+Click here for link](https://www.ontario.ca/page/get-medical-advice-telehealth-ontario) |
| **Ontario Virtual Care Clinic** | FREE, meant for individuals without a family doctor.  This service is for simple health questions. For example:  Cold, cough, flu, Allergies, Women's health issues, Chronic disease management, Pain, Rash, Medication questions. | [Ctrl+Click here for link](https://seethedoctor.ca/) |
| **Virtual Walk in Clinic** | Talk to a doctor from home. FREE, meant for individuals without a family doctor. | [Ctrl+Click here for link](https://cover.health/) |

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# Mindfulness & Meditation

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| **Name** | **Description** | **Access Information** |
| **Insight Timer** | Free app with hundreds of guided meditations, soothing sounds and a meditation timer. | [Ctrl+Click here for link](https://insighttimer.com/) |
| **‘Calm’ app** | Free guided meditation and breathing tutorials | [Ctrl+Click here for link](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720&fbclid=IwAR0wYKmq3Oni-jf4ZFg-YuB9CT5fJRM2bIZCLArAqOlwU5k1sWBCBu9jRRo) |
| **Palouse Mindfulness** | A free online course on Mindfulness Based  Stress Reduction, including guided meditations, videos, readings and activities. | [Ctrl+Click here for link](https://palousemindfulness.com/) |
| **‘Headspace’ App** | Free guided meditations, sleep, and movement exercises. | [Ctrl+Click here for link to Headspace](https://www.headspace.com/covid-19) |
| **The Tapping Solution** | Free meditation and EFT tapping around COVID-19 | [Ctrl+Click here for link](https://www.thetappingsolutionapp.com/?_branch_match_id=770718685665961740) |
| **Woebot App** | Free AI-powered app that uses cognitive behaviour therapy to help you think and feel better | [Ctrl+Click here for link](https://woebot.io/) |
| **Balance App** | Offering a free one-year subscription. Email [access@balanceapp.com](mailto:access@balanceapp.com) for instructions | [Ctrl+Click here for link](https://www.balanceapp.com/?utm_source=Email_marketing&utm_campaign=Thursday_January_12_2017_-_1&cmp=1&utm_medium=HTMLEmail) |
| **60 second meditation by Pixel Thoughts** | A 60 second mediation to help clear your mind! | [Ctrl+Click here for link](http://www.pixelthoughts.co/?utm_source=Email_marketing&utm_campaign=Thursday_January_12_2017_-_1&cmp=1&utm_medium=HTMLEmail) |
| **Prana Breath App (Android)** | Free app for guided breathing | [Ctrl+Click here for link](https://play.google.com/store/apps/details?id=com.abdula.pranabreath&hl=en_CA) |
| **Healthy Minds app** | Training your mind is the key to your emotional well-being, free | [Ctrl+Click here for link](https://tryhealthyminds.org/#program) |
| **Sue Hutton Mindfulness** | Free online mindfulness events amidst COVID19 - every Friday 7-8PM (EST) via Zoom (*link goes to Facebook event page for more details*) | [Ctrl+Click here for link](https://www.facebook.com/events/505752396775831/) |
| **5 Shaolin Qi Gong** | Breath Exercises to Strengthen the Lungs | [Ctrl+Click here for link](https://www.youtube.com/watch?v=qViH3a4S-Uk&feature=share&fbclid=IwAR0vYKy9G36cQ8u9fkuYd6XT2_Y_2SF49UZFyDXfby1K2I88HkSwwKII4uA) |
| **Facing Pandemic Fears with an Awake Heart with Tara Brach** | This talk explores how the mindfulness and compassion of the RAIN meditation can help us find an inner refuge in the face of fear, and deepen our loving connection with each other. | [Ctrl+Click here for link](https://www.tarabrach.com/facing-pandemic-fears/) |
| **Centre for Mindfulness Studies** | Supporting our community during the Covid-19 by providing free and pay-what-you-can offerings | [Ctrl+Click here for link](https://www.mindfulnessstudies.com/) |
| **Inkblot Meditation** | Live fully-guided video sessions. No experience is required. These sessions are completely free (for a limited time) | [Ctrl+Click here for link](https://inkblottherapy.com/meditation) |
| **Savyn** | Guided square breathing exercises in **Arabic and English** to produce a calming response to anxiety. No experience is required. These sessions are free | [Ctrl+Click here for link](https://www.savyntech.com/) |

# Parent and Children Resources

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| **Community Resources** | | |
| **Name** | **Description** | **Access Information** |
| **Rural Response for Healthy Children** | Office is closed to the public although staff have access to emails and work voice mail.  Staff are reaching out to parent/caregiver clients to offer support. If parents/caregivers agree, staff will contact them every 7 to 10 days to track their situations and respond. | Call: 519-482-8777  or 1-800-479-0716  Messages are retrieved daily  [Ctrl+Click here for link](https://www.rrhc.on.ca/) |
| **Huron Perth Centre** | The Centre continues to offer a range of services including children’s mental health, youth justice and VAW services-Renascence.  Phone support is offered Monday – Friday 9am-5pm | Call: 519 482 3931  [Ctrl+Click here for link](http://www.hpcentre.on.ca/) |
| **Huron Perth Children’s Aid Society** | The physical office is closed although staff are working remotely and continue to respond to client needs. Screeners are available during office hours to receive referrals/incoming information and the phone system will connect to answering service after hours for a Protection Worker to respond to client needs. | Call: 1-800-265-5198  24/7 coverage  [Ctrl+Click here for link](http://www.h-pcas.ca/) |
| **Supervised Access Visitation & Exchange Huron Perth** | The office is open to calls and emails. Currently all sites are closed for on-site services. If both parties have been contacted, intakes are being conducted over the telephone. | Call: 519-508-6101  [Ctrl+Click here for link](https://www.southwesthealthline.ca/displayservice.aspx?id=14777) |
| **General Resources** | | |
| **Name** | **Description** | **Access Information** |
| **Online Storybook** | Online storybook – reassuring children during COVID-19. Multiple languages available. | [Ctrl+Click here for link to download book](https://www.mindheart.co/descargables) |
| **Video for Parents on managing anxiety during social distancing: parenting under a whole new level of stress** | To support parents during this time of stress, Best Start by Health Nexus is pleased to share this recorded webinar on Managing Anxiety During Social (Physical) Distancing. | [Ctrl+Click here to view the webinar recording](https://attendee.gotowebinar.com/recording/7567216560642617100)  FREE of charge, enter name and email to view |
| **Poster of full list of parent resources** | Carizon-branded PDF poster on the topic of parenting during COVID-19. |  |
| **Government of Canada tip sheet** | How to care for a person with COVID-19 at home: advice for caregivers | [Ctrl+Click here for link](https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/care-for-person-covid-19-home-caregivers/care-for-person-covid-19-home-caregivers-eng.pdf) |
| **Parents experiencing anxiety** | Tips for parents who struggle with their own anxiety and wish to minimize the impact on their kids | [Ctrl+Click here for link](https://www.psychologytoday.com/us/blog/lifetime-connections/202003/covid-19-anxiety-control-your-controllables) |
| **Talking to Kids About the Coronavirus (Childmind Institute)** | Tips for parents on talking to kids about coronavirus |  |
| **Daily Schedule** | Sample daily schedule to help parents maintain routine |  |
| **Managing Health Anxiety in Children** | How to support children experiencing anxiety about their health/contracting COVID-19 |  |
| **NY Times Article: “Quaranteenagers”** | Strategies for Parenting Teens in Close Quarters | [Ctrl+Click here for link](https://www.nytimes.com/2020/03/19/well/family/coronavirus-covid-teenagers-teens-parents-kids-family-advice.html?referringSource=articleShare) |
| **Toronto Star Article: How do you talk to your kids about COVID-19 without scaring them (too much)?** |  | [Ctrl+Click here for link](https://www.thestar.com/life/health_wellness/opinion/2020/03/10/how-do-you-talk-to-your-kids-about-covid-19-without-scaring-them-too-much.html) |
| **‘The March Break That Never Ends: Supporting Your Family’s Mental Wellness’** | CMHO article | [Ctrl+Click here for link](https://www.cmho.org/blog/blog-news/6519925-the-march-break-that-never-ends-supporting-your-family-s-mental-wellness) |
| **Help for Parents and Caregivers during the time of the Corona-virus** | Information from the Global-Child EMDR Alliance. Discusses self-care for parents, dealing with child behaviours, and calming and connecting activities. |  |

# Pet Resources

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| **Name** | **Description** | **Access Information** |
| **Perth County Emergency Pet Food Bank** | Pick-ups are by APPOINTMENT ONLY. | Call 519-273-6600 ext. 258  [amber.gaynor@kwsphumane.ca](mailto:amber.gaynor@kwsphumane.ca)  [Ctrl+Click here for link](https://kwsphumane.ca/petfoodbanks) |
| **CBPetFood** | Open for pick-up only (call ahead). Delivery is free for any food or litter orders. | [Ctrl+Click here for link](https://www.cbpetfoodandsupplies.com/) |
| **KW Pet Food Bank** | Porch pick-ups of pet food. | [Ctrl+Click here for link](https://kwpetfoodbank.wixsite.com/kwpetfoodbank?fbclid=IwAR0jA7QSiJG8xZ1377U7g_SL1KPjk3JEGHnSCE-yAk6SM_EWf7Ztj3_2KGk) |

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# “Things to Do” Lists

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| **Name** | **Description** | **Access Information** |
| **Boredom Busters** | In an effort to minimize boredom and loneliness for residents living in long-term care during this challenging time, the Ontario CLRI at Bruyère and iGen Ottawa have put together a list of online resources for recreation therapists and recreation professionals to use in programming for residents | [Ctrl+Click here for link](https://clri-ltc.ca/files/2020/04/BOREDOM-BUSTERS-FOR-LTC-1.pdf) |
| **Giant List of ‘Things to Do’** | Ideas for all ages |  |
| **40 Free Fun Activities** | Preschool/school-aged children |  |
| **Things to do while social distancing** | Best suited for youth and adults |  |
| **Scavenger Hunt Lists for Kids** | Best suited for pre-school and school-aged children |  |

Transportation

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| **Name** | **Description** | **Access Information** |
| **Listowel Taxi** | Updates on services see link.  Currently asking that users with COVID-19 symptoms refrain from using Taxi services | [Ctrl+Click here for link](https://www.facebook.com/listoweltaxi) |
| **Stratford Transit** | No payment required, enter and exit through back door. Front door still in use for individuals with mobility issues. Bus Shelters closed. | [Ctrl+Click here for link](https://www.stratford.ca/en/live-here/coronavirus-covid-19.aspx#Thursday-April-9-COVID-19-Update) |
| **Grand River Transit** | Updates on route changes/cancellations and safety protocols | [Ctrl+Click here for link](https://www.grt.ca/en/rider-information/novel-coronavirus.aspx) |
| **Go Transit** | Updates on route changes/cancellations and safety protocols | [Ctrl+Click here for link](https://blog.metrolinx.com/2020/03/13/metrolinx-releases-latest-update-while-responding-to-covid-19-pandemic/) |
| **Waterloo Taxi** | Waterloo Taxi will be offering free rides to seniors and those with disabilities in Kitchener and Waterloo. Rides will be to and from grocery and drug stores opening an hour earlier. The offer is on every M-W-F between the hours of 6:30- 8:00 | To book your ride please call 519-888-7777 or 519-886-1200. |
| **CAA** | CAA is offering free roadside assistance to all healthcare workers and first responders, whether or not they are CAA Members. | CAA Roadside service by calling \*222 or 1-800-222-4357 |

Victim Services

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| **Name** | **Description** | **Access Information** |
| **Victim Services Huron** | Office phone has been forwarded to a staff cell phone so will continue to be answered directly.  Staff are willing to support on scene First Responders if required. If phone support is an option that would be the first line of defense.  Referrals, safety planning, and needs assessments will be completed by phone, email. In person support could take place after a Covid-19 screening questions were completed to ensure safety for all. | Call: 519-600-4108  [Ctrl+Click here for link](https://www.victimserviceshuron.ca/) |
| **Victim Services Bruce Grey Perth** |  | 24 Hour Contact Line  1-866-376-9852  [Ctrl+Click here for link](http://www.vsbgp.com/) |
| **Victim Witness Assistance Program (VWAP)** | VWAP staff is conducting interactions with clients by telephone.  Clients are encouraged to call VWAP for information, support and referrals. | Goderich  519 524 4085  Stratford  519-271-5221  [Ctrl+Click here for link](https://www.southwesthealthline.ca/displayservice.aspx?id=14138)  [Ctrl+Click here for link](https://www.attorneygeneral.jus.gov.on.ca/english/ovss/programs.php) |

Virtual Tours

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| **Name** | **Description** | **Access Information** |
| **Ocean Voyager** | Live views from the Georgia Aquarium | [Ctrl+Click here for link](https://www.georgiaaquarium.org/webcam/ocean-voyager/) |
| **San Diego Zoo** | Live Cams, Games and Information | [Ctrl+Click here for link](https://kids.sandiegozoo.org/videos) |
| **Yellowstone National Park** | Video Tours of Popular Landmarks | [Ctrl+Click here for link](https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm) |
| **Farm Food 360 (Virtual Farm Tours)** | Farm tours and info | [Ctrl+Click here for link](https://www.farmfood360.ca/) |
| **Canada’s Wonderland** | Take a virtual rollercoaster ride within Canadas wonderland from home | [Ctrl+Click here for link](https://www.youtube.com/user/CanadasWonderlandPR) |
| **South Carolina Aquarium** | Become a digital explorer and discover all of the complex habitats South Carolina has to offer | [Ctrl+Click here for link](https://www.scaquarium.org/virtualvisits) |
| **Virtual Field trips** | Virtual field trips allow children to visit places around the world without ever leaving their homes. | [Ctrl+Click here for link](https://freedomhomeschooling.com/virtual-field-trips/) |
| **Disney World Virtual Tour** | Take a virtual tour of Disney World | [Ctrl+Click here for link](https://www.visitorlando.com/en/things-to-do/virtual-tours/walt-disney-world-resort) |
| **Virtual Harry Potter Escape Room** | A new virtual [Harry Potter escape room](https://wokq.com/try-harry-potter-digital-escape-room/) will be available for a limited time. | [Ctrl+Click here for link](https://docs.google.com/forms/d/e/1FAIpQLSflNxNM0jzbZJjUqOcXkwhGTfii4CM_CA3kCxImbY8c3AABEA/viewform) |
| **Royal Ontario Museum’s online exhibitions** | Virtual Exhibits | [Ctrl+Click here for link](https://collections.rom.on.ca) |
| **Livestream the Northern Lights from home** | brought to you by [Explore.org](http://explore.org/) | [Ctrl+Click here for link](https://explore.org/livecams/aurora-borealis-northern-lights/northern-lights-cam) |
| **Boston Children’s Museum** | Explore using google maps 3 floors. | [Ctrl+Click here for link](https://www.bostonchildrensmuseum.org/museum-virtual-tour) |
| **Multiple museum Virtual visits** |  | [Ctrl+Click here for link](https://www.mentalfloss.com/article/75809/12-world-class-museums-you-can-visit-online)  [Ctrl+Click here for link](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR3f-M2KggcKWjE6nLyC1-FDJDURLf2Mgj74qImaXLwMQXf_lFNRwZ9XlYk) |
| **Ripley’s Aquarium Shark Cam** | Shark Cam | [Ctrl+Click here for link](https://www.ripleyaquariums.com/canada/shark-camera/) |
| **AGO (Art Gallery of Ontario) at Home** | See collections of art online | <https://ago.ca/collection> |