

Resources to Access During COVID-19

Please note that the following services were confirmed to be continuing their service delivery on March 30, 2020. Due to ongoing business closures and quickly changing information, we will try to keep this information as up-to-date as possible

Clothing Assistance

1. Community Clothing Assistance
 - a. GJCC can help with referral if emergency clothing is needed
 - i. Contact 474-3583 ext 305

Food Assistance

1. Our Kids Count (623-0292)
2. Dew Drop Inn (345-0481)
 - a. Offering meals
3. Shelter House (623-8182)
 - a. Offering meals
4. Urban Abbey (633-3052)
 - a. Offering meals
5. Roots to Harvest
 - a. Offering breakfast, lunch, and snack hampers to families in need at a given time/location each week
 - i. Check the Roots to Harvest Facebook Page if you have access to internet as they will announce the pick-up location and details
 - ii. Call 807-285-0189 to ask when the next distributing date will be if you do not have internet access
6. Regional Food Distribution Association
 - a. Distributing food hampers at various locations
 - i. You must call 211 to register for a food bank list and be assigned to a pick-up location

Funding Assistance

1. Lakehead Social Planning Council
 - a. If you have questions or need help with how to apply for EI benefits, contact LSPC
 - i. Call 807-624-1720
 - ii. Email info@lspc.ca
 - b. Phones for Families program
 - i. <https://www.lspc.ca/phones-for-families/>
2. Support for school supplies
 - a. While schools and child care centres are closed, parents can apply for direct funding to offset the cost of buying materials to support their children's learning, while they practice self-isolation and physical distancing.

- b. Eligible parents will receive a one-time per child payment of 200-250 dollars.
 - i. To apply, or for more information, visit: <https://www.ontario.ca/page/get-support-families>
- 3. EI/CERB Financial Assistance
 - a. Online support will guide applicant through questions that help determine whether they qualify and should be applying for EI or CERB
 - b. Information is constantly changing, please see website or call phone number for most up-to-date information
 - c. Applications can be done online or by phone
 - i. Visit: <https://www.canada.ca/en/services/benefits/ei/cerb-application.html>
 - ii. Call: 1-800-959-2019 or 1-800-959-2041

Mental Health Services

- 1. Our Kids Count (for participants via phone)
- 2. Children's Centre Thunder Bay
 - a. Counselling services over the phone – call intake department
 - i. 807-343-5000
- 3. Dilico Anishinabek Family Care
 - a. Phone-in for single session counselling
 - i. 807-629-7554 – Mondays, Wednesdays, Fridays 9:00am – 4:30pm
 - ii. 807-624-7908 – Tuesdays, Thursdays 12:00pm – 7:30pm
- 4. School Mental Health Services
 - a. If you are a secondary student and you were receiving mental health services at school in this school year (19/20) and would like to continue with your high school social worker please email the Mental Health Lead @ megan_tiernan@lakeheadschoools.ca
- 5. CMHA Crisis Response
 - a. 24/7 support. Call if you need immediate assistance
 - i. 807-346-8282
- 6. Kids Help Phone
 - a. 24/7 support for counselling services.
 - i. Phone - 1-800-668-6868
 - ii. Text – Text CONNECT to 686868
 - iii. Live Chat – Open daily from midnight to 7:00am ET – <https://kidshelpphone.ca/live-chat/>
- 7. The Child Mind Institute
 - a. Online support
 - i. <https://childmind.org/about-us/>

**Created by George Jeffrey Children's Centre's Social Work Department and is subject to change