

Community Services

Kingston and Area

2020/04/07

1. **Financial Resources**
2. **Emergency Meal and Food program/delivery**
3. **Mental Health Services**
4. **Mindfulness practices**

****This document is accurate as of 2020/04/07. Organizations and agencies are continuing to change and evolve throughout this period. You may need to confirm the current status of programs and services with the agencies directly. You may also wish to contact 211 for assistance.****

FINANCIAL RESOURCES

Canada Emergency Response Benefit (CERB)

If you have lost income because of COVID-19, this benefit may provide you with temporary income support of \$500 a week for up to 16 weeks. This benefit will be available to workers:

- Residing in Canada, who are at least 15 years old;
- Who have stopped working because of COVID-19 and have not voluntarily quit their job or are eligible for EI regular or sickness benefits;
- Who had income of at least \$5,000 in 2019 or in the 12 months prior to the date of their application; and
- Who are or expect to be without employment or self-employment income for at least 14 consecutive days in the initial four-week period. For subsequent benefit periods, they expect to have no employment or self-employment income.

Examples of stopping to work because of COVID-19 could include but are not limited to:

- You have been let go from your job or your hours have been reduced to zero;
- You are in quarantine or sick due to COVID-19;
- You are away from work to take care of others because they are in quarantine, sick due to COVID-19; and/or
- You are away from work to take care of children or other dependents whose care facility is closed due to COVID-19.

There are two ways to apply:

- **Online** with CRA My Account
- Over the **phone** with an automated phone service
 - 1-800-959-2019 or 1-800-959-2041 (available 21 hours per day, 7 days per week, closed from 3:00am – 6:00am Eastern Time)
 - You will require your Social Insurance Number (SIN) and postal code

The CRA will issue payments by direct deposit (3 days) or cheque (10 days), based on the payment method on file.

For complete information on financial support options please go to: **www.canada.ca**

Ontario Financial Support Programs

Discretionary Emergency Benefit for Ontario Works (OW) and Ontario Disability Support Program (ODSP) Recipients	Ontario Works (OW)
<p>A discretionary one-time benefit related to the COVID-19 emergency may be available to ODSP and OW recipients in the maximum amount of \$100 for singles and \$200 for families.</p> <p>Contact your worker to request consideration for this benefit.</p>	<p>OW may provide Emergency Assistance for those facing financial crisis due to the 2019 novel coronavirus (COVID-19) or other emergency situations (e.g. flood, fire).</p> <p>You can start the application process and determine eligibility either online or by phone with your local Ontario Works office.</p> <p>Online: www.mcass.gov.on.ca/en/mcass/programs/social/index.aspx</p> <p>Phone:</p> <p>Kingston: Tel: (613) 546-2695</p> <p>Lennox and Addington: Tel: (613) 354-0957 Toll Free: 1-866-354-0957</p>

Other Support Options

<p>Community Service Agencies</p> <p>You may be able to access additional assistance (financial, food, transportation, homelessness, senior support etc.) through your local community services agency.</p> <p>City of Kingston Housing and Social Services Office Tel: (613) 546-2695</p> <p>Lennox and Addington Social Services Tel: 613-354-0957 Toll Free: 1-866-354-0957</p> <p>Rural Frontenac Community Services Tel: (613) 279-3151</p> <p>Southern Frontenac Community Services Tel:(613) 376-6477 Toll Free: 1-800-763-9610</p>	<p>Hydro-One Relief Fund</p> <p>Pandemic Relief Fund to assist customers affected by the COVID-19. They will offer financial assistance as well as increased payment flexibility to customers experiencing hardship. The fund is designed to support customers impacted by these events and those that may experience further impacts.</p> <p>Call to discuss the fund and see what options are available for you.</p> <p>1-888-664-9376</p> <p>Monday to Friday from 7:30 a.m. to 8:00 p.m.</p> <p>Saturdays from 9:00 a.m. to 3:00 p.m.</p>
<p>Ministry of Education Support for Parents</p> <p>While schools and child care centres are closed, parents can apply for funding to offset the cost of buying materials to support their children’s learning. Eligible parents will receive a one-time per child payment of:</p> <ul style="list-style-type: none">• \$200 for children aged 0 to 12• \$250 for children or youth aged 0 to 21 with special needs <p>If you already applied for Support for Parents that was available to parents during education strikes, you do not need to apply for this benefit again.</p> <p>Apply online at: www.ontario.ca/page/get-support-families</p> <p>For questions call: 1-888-444-3770</p>	

FINANCIAL RESOURCES – Quinte and surrounding area

Hastings County – Belleville, Trenton, North Hastings, Center Hastings

- Community and Human Services Department - 613-771-9630 or 1-866-414-0300
 - For Emergency assistance contact Monday-Friday 8:30am-4:30pm – must call, office is not open for walk in

Prince Edward County

- Covid 19 County Help Line 1-833-676-2148
 - Link to food, financial, virus information, etc. Mon –Fri 8am-8pm

Northumberland County

- Northumberland County Community and Social Services – 1-800-354-7051 ext 2468

KINGSTON AND SURROUNDING AREA

EMERGENCY MEAL/FOOD PROGRAMS

<p>Partners in Mission Food Bank: 140 Hickson Ave. Open Regular Hours 8:30 a.m. -12 p.m., 1 – 4 p.m. Please call 613-384-4534 for appointment. No walk-in service.</p>	<p>Martha’s Table: 629 Princess St. Providing take-away hot meals 11 a.m. -1 p.m. 7 Days a Week</p>
<p>Lionhearts Skeleton Park:</p> <ul style="list-style-type: none">• 263 Weller Ave. Providing take-home meals every day 5 - 6 p.m.• 30 Alma St. Providing take-home meals every day 6 - 7 p.m.	<p>Lunch by George: 129 Wellington St. Providing hot take-out meals or bagged lunches 11 – 11:30 a.m.</p>
<p>Mutual Aid Katarokwi: Offering check-ins, grocery/pharmacy/foodbank box delivery. Leave message at 613-665-2959 or email mutualaidkatarokwi@gmail.com</p>	<p>North Frontenac Food Bank: 14152 Road 38, Sharbot Lake. Call 613-532-8855 for appointment.</p>
<p>Salvation Army: 342 Patrick St. Mon - Fri 11 a.m. – 4 p.m. Take-away prepared food baskets provided.</p>	<p>St. Mary’s Cathedral: 260 Brock St. Mon -Fri 1 -4 p.m. Providing take-away light food/snacks</p>
<p>St Vincent de Paul: 85 Stephen St. Providing bag lunches 10:30 a.m. – 12 p.m. Mon-Fri Food Pantry available by appointment</p>	<p>South Frontenac Community Services/Sydenham Food Bank: Frozen meals available for delivery daily. Hot meals delivered Tuesday and Thursday. Delivery only to South Frontenac/rural Kingston. 613-376-6477</p>
<p>Napanee Salvation Army (Food Bank): 135 Mill Street West, Napanee. Call 613-354-7633 to request services.</p>	

Grocery and Meal Delivery in Kingston and Area

(These are some options available locally, however may not a comprehensive list and could change)

Contact Information	Description
Heart to Home 1-844-384-2333 www.hearttohomemeals.ca	Meal Delivery Service. No minimum order, no delivery charge, no tax (except desserts), no subscription required. Website notes that service is for seniors, but they will provide service for everyone. Can order by phone or on-line.
VON - Victoria Order of Nurses Meals on Wheels 613-634-0130	Meal Delivery Service. Hot lunches available for order daily (\$6.75). Frozen meals (\$6.50) can be ordered on a bi-weekly basis. Criteria for program is over the age 60, however will consider individuals with serious health condition or disability.
The Grocery Basket www.thegrocerybasket.ca	Local grocery store that will offer limited delivery for those in need.
Grocery Stores www.pcxpress.ca www.walmart.ca/en/grocery/N-117	No-Frills – order groceries online, pick up in store. Loblaws – order groceries online, brought to your car or pick up in store. Walmart – order groceries online, brought to your car or pick up in store.
Ramekins 613-384-0793 1540 Bath Road Kingston www.ramekins.ca	Meal Delivery Service. \$52.99 +tax and delivery for 7 meals. Can be picked up or delivered.
Istacart www.instacart.ca	Online grocery delivery service. Will deliver items from Walmart, Loblaws, BulkBarn, Shoppers Drugmart, Wholesale Club, M&M Foods etc. Delivery fee depends on size of order. Order must be over \$10.

<p>Skip the Dishes www.skipthedishes.com</p>	<p>Online food delivery from local restaurants. Delivery fee applies.</p>
<p>Quattrocchi's Specialty Foods 613-542-4996 662 Montreal Street Kingston www.specialtyfood.ca</p>	<p>Order online for home delivery or in-store pick up. Delivery fee \$8.00 plus taxes.</p>
<p>Enright Cattle Company 1-613-478-3404 www.enrightcattlecompany.com</p>	<p>Enright Cattle Company has partnered with other local farms to offer delivery of food boxes with farmers meat, eggs and vegetables. \$200 per box plus \$15 delivery. Just meat boxes range from \$100-\$300. They deliver to Kingston, Picton, Belleville area, Toronto area and Ottawa area. Can be ordered online or by telephone.</p>
<p>Mike Dean's 613-227-3663 Sharbot Lake 1039 Elizabeth Street Email: orders@mikedeans.com www.mikedeans.com</p>	<p>Order groceries by e-mail for delivery or telephone if e-mail is not an option.</p>
<p>Country Traditions Frozen Foods 613-354-1326 112 Industrial Blvd. Napanee www.countrytraditions.ca</p>	<p>Call to order a curb-side pick-up of frozen and dried foods.</p>
<p>Trousdale's Foodland 613-376-6609 4476 George Street Sydenham</p>	<p>Delivery for the village of Sydenham. \$10 fee for orders under \$100; free for over \$100 Mon, Wed and Fri. Customers are asked to call their order before noon. Credit card only.</p>
<p>Schell's Market Grocery 613-881-0404 408 Main Street Bath www.schellsmarket.com</p>	<p>Delivery for the village of Bath. Credit card only.</p>

Kingston grocery stores with dedicated times for seniors and those with disabilities or at higher risk

Loblaws Kingston (both locations)	Monday-Sunday 7 -8am
Farm Boy	Every day 7-8am
No frills at Coverdale Drive	Tuesdays and Fridays 7-8am
Freshco	Every day 7:30am-8 am
James Valu-Mart at Gore Road	Every day 7-8 am
No Frills Division Street	Every day 8-9 am

FOOD RESOURCES – Quinte and surrounding area

<p>Belleville</p> <p>Dewe's Your Independent Grocer</p> <ul style="list-style-type: none"> • Online ordering and pick up (another person can pick up on your behalf) once at store call 613-968-3888 groceries can be delivered to car <p>Gleaners Food Bank - 613-962-9043</p> <ul style="list-style-type: none"> • Will make accommodations to allow another person to pick up food box on your behalf – special circumstances (cancer patients, seniors) <p>Paul Cooney Dairy Delivery - 613-969-1700</p> <ul style="list-style-type: none"> • All your dairy needs delivered to your home <p>Salvation Army Belleville Community and Family Services and Thrift Store – 613-968-6834</p> <ul style="list-style-type: none"> • COVID 19 Food Bank Monday, Tuesday, Thursday, Friday 1pm-4pm pick up by appointment only – call 613-968-6834 for appointment time <p>Bridge Street United Church – 60 Bridge Street East 613-962-9178</p> <ul style="list-style-type: none"> • 11:30am-1:00pm – 7 days a week. Take out soup, sandwich • Every Friday 2-4pm frozen meal pick up 	<p>Trenton</p> <p>Smiley's Your Independent Grocer –613-392-0297</p> <ul style="list-style-type: none"> • Monday, Wednesday and Thursday 8am-12pm call and place order for home delivery (Senior/cancer patients – those isolated) - \$10 fee for pick-up and delivery <p>Paul Cooney Dairy Delivery - 613-969-1700</p> <ul style="list-style-type: none"> • All your dairy needs delivered to your home <p>Salvation Army – Trenton Community and Family Services – 613-392-9905</p> <ul style="list-style-type: none"> • Monday-Thursday 9am-1pm Food Bank available • Monday-Thursday 11:30-1pm Take out lunch available <p>Trenton Care and Share Food Bank- 30 Pelham street, Suite 2 – 613-394-5551</p> <ul style="list-style-type: none"> • Monday, Tuesday, Thursday, Friday – 10am-12:30pm
<p>Deseronto/Tyendinaga</p> <p>Deseronto Helping Hands Food Bank – 316 Edmon Street West Deseronto (Fire Hall) – 613-396-2440</p> <ul style="list-style-type: none"> • 2nd and 4th Thursday each month 10am – 12pm 	<p>North Hastings</p> <p>Coe Hill Food Bank – 613-337-8660</p> <ul style="list-style-type: none"> • Call for hours and appointment <p>North Hastings Community Cupboard - 343-476-0177</p>

<p><u>Center Hastings</u> Central Hastings Support Network – 613-473-5255</p> <ul style="list-style-type: none"> • Food Bank hours during COVID 19 - Tuesday 10am-11:30am, Thursday 4pm-7pm and Friday 10am-11:30am – call for appointment <p>Helping Hands Food Bank Marmora – 613-472-3594</p> <ul style="list-style-type: none"> • Food Bank Every Tuesday 1pm-3pm <p>Community Care for Central Hastings – 613-478-2224</p> <ul style="list-style-type: none"> • Meals on Wheels continuing – call for delivery <p>Salvation Army Tweed – 224 Metcalf Street – 613-478-3375</p> <ul style="list-style-type: none"> • Mon 1pm-3pm – please knock on door and someone will assist with food 	<ul style="list-style-type: none"> • Register by 11am Tuesday of each week by calling or emailing northhastings@gmail.com – food delivery Wednesday of each week.
<p>Prince Edward County</p> <p>Picton United Church Food Bank – 12 Chapel Street Picton – 613-476-8516</p> <ul style="list-style-type: none"> • Friday 9am-11:30am <p>Covid 19 County Help Line 1-833-676-2148</p> <ul style="list-style-type: none"> • Link to food, financial, virus information, etc. Mon –Fri 8am-8pm <p>Community Care of Seniors – 613-476-7493</p> <ul style="list-style-type: none"> • Call and leave a message regarding the service you are seeking. Meals on Wheels may be accessible under special circumstances 	<p>Northumberland County</p> <p>Assumption of the Blessed Virgin Mary - Food Bank - Saint Mary's Roman Catholic Church – 103 Lyle street South Grafton – 905-342-2504</p> <ul style="list-style-type: none"> • Call to make arrangements for Food Bank pick up <p>Salvation Army – 66 Wayne Street Cobourg – 905-373-9440</p> <ul style="list-style-type: none"> • 1st and 3rd Thursday of month 4pm-5:30pm <p>Brighton Fare Share Food Bank- 39 A Elizabeth St Brighton ON Canada</p> <ul style="list-style-type: none"> • 1st, 2nd, 4th and 5th Monday each month – 9am-12pm. Food will be brought to your car during COVID_19

MENTAL HEALTH RESOURCES

These are uncertain times, and can be difficult to navigate. This is a new virus and feelings of fear and increased anxiety is normal. Remember what has helped you in the past in times of increased anxiety (examples)

- Exercise (try exercise at home, in your yard, - yoga)
- Eating well balanced diet -drinking plenty of water
- Keeping regular daily and sleep routines
- Limiting technology use

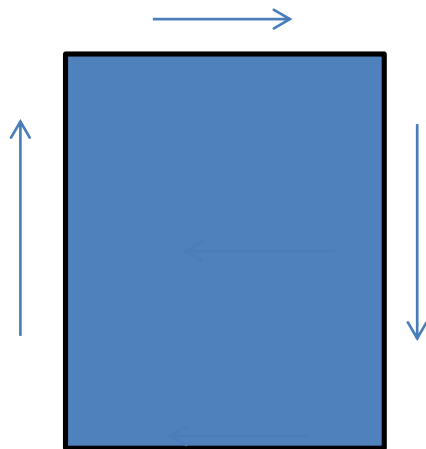
Mental Health Services (Services/availability subject to change)

<p>Lennox and Addington Interval House (Napanee)</p> <p>Crisis Line: 1-800-667-1010 / text: 613-449-1080</p>	<p>Kingston Interval House</p> <p>613-546-1833</p> <p>Crisis Line: 1-800-267-9445 / 613-546-1777 / text: 613-546-4461</p>	<p>Addictions and Mental Health Service (AMHS-KFLA)</p> <p>613-544-1356</p> <p>Crisis Line 613-544-4229</p>
<p>One Roof (KFLA)</p> <p>613-776-9996</p> <p>Integrated services for youth</p>	<p>Maltby Centre (KFLA)</p> <p>Crisis Line Monday – Friday 8:30am – 4:30pm: 613-546-8535 or 1-844-855-8340 After Hours: 613-544-4229</p> <p>Children’s mental health support</p>	<p><u>Youth Diversion Program (KFLA)</u></p> <p>613-548-4535 ext 224</p> <p>Services for at-risk youth</p>
<p>Crisis Intervention Centre (Quinte)</p> <p>613-969-7400 ext.2753 OR 1-800-757-7766</p> <p>If you are in a mental health crisis or seeking mental health/psychosocial help</p>	<p>Enrichment Centre for Mental Health (Quinte)</p> <p>613-969-8874</p> <p>Mental Health Support</p>	<p>The Hope for Wellness Help Line</p> <p>1-855-242-3310</p> <p>24/7 mental health support for Indigenous People</p>
<p>Kids Help Phone</p> <p>1-800-668-6868</p> <p>24/7 support for children and youth</p>	<p>Addictions and Mental Health Services (AMHS-HPE)</p> <p>Pandemic Hotline – 613-967-4737</p>	

Mindfulness and Meditation

Taking time to be mindful and to meditate limits our mind and bodies from staying in the flight/fight/freeze mode, and helps to access the parasympathetic nervous system – rest and re-set mode to be able to recharge and stay healthy

- Take a Covid-19 break
 - Turn off the news
 - Ask those you are communicating with to talk about positivity (best part of their day, highlight the best part of your day, funny things that have happened, talk about music or books you have read, etc.)
- Sue Hutton Mindfulness – Free online mindfulness support group
https://www.facebook.com/groups/2897025933676849/?source_id=219933385311817
- Sue Hutton –Square Breathing for Anxiety (Mindfulness Technique – 5 minutes)
 - This is useful to do if you feel your mind is racing, or feeling overwhelmed physically and mentally. <https://www.youtube.com/watch?v=mL4WN1TQeUY>



Follow square with your finger, going in the direction of the arrows

Start in Right bottom corner

- Follow arrow upwards, breath in

- Hold breath going across

- Breath out going downwards

- Hold going across to the beginning

- Repeat

- Calm.com - free meditations
(7 days free through calm app for smart phone)
- Meditation & Relaxation: Guided Meditation (Free app for smart phone)
- Canadian Cancer Society
 - Online Peer Support Groups on how to navigate cancer through Covid_19
<https://cancerconnection.ca/home>