

Community Supports During COVID – 19

**Due to the COVID-19 pandemic, information and situations change regularly. This document was updated most recently on April 23rd, 2020.

<u>Mental Health/Medical Services and Supports</u>			
<u>Organization</u>	<u>Description of Services</u>	<u>Location/Hours</u>	<u>Contact Information</u>
Near North District School Board – Mental Health Service and Supports (Intermediate and Secondary Students)	The focus of this service is to offer a mental health check-in to students in grades 7 to 12 who were receiving counselling supports at school. In addition, our Social Work team can also provide support and guidance to parents and caregivers and provide mental health check-ins for students that have emerging mental health needs and are not connected to a counsellor.	Email your counsellor requesting a mental health check-in. The emails are monitored from 8:30 to 4:30 p.m., Monday to Friday.	<p>NNDSB Mental Health Lead: susan.lessard@nearnorthschools.ca</p> <p>*Please refer to the list of counsellors on our board website and monitor communication with your school through Edsby to link to the counsellor you were connected to prior to school closures.</p> <p>*A list of counsellors and their contact information can be found at: https://www.nearnorthschools.ca/we-are-here-to-help/</p> <p>*If you are not currently connected to a counsellor or are unsure who your counsellor is, please use the email socialwork@nearnorthschools.ca and our mental health professionals will assist you.</p>
Near North District School Board – Mental Health	For our elementary students, the Child Development Counsellors will be offering social emotional learning resources through each school's Edsby platform and are available by email or phone to	Email your counsellor requesting a mental health check-in. The emails are	NNDSB Mental Health Lead:

<p>Service and Supports (Elementary Students)</p>	<p>support those activities designed to reduce stress and health related anxiety.</p>	<p>monitored from 8:30 to 4:30 p.m., Monday to Friday.</p>	<p>susan.lessard@nearnorthhschools.ca</p> <p>*Please refer to the list of counsellors on our board website and monitor communication with your school through Edsby to link to the counsellor you were connected to prior to school closures.</p> <p>*A list of counsellors and their contact information can be found at: https://www.nearnorthschools.ca/we-are-here-to-help/</p> <p>*If you are not currently connected to a counsellor or are unsure who your counsellor is, please use the email socialwork@nearnorthschools.ca and our mental health professionals will assist you.</p>
<p>Telehealth Supports</p>	<p>This service is available for emergency situations but is also available for those who are feeling that they need to talk through a situation.</p>	<p>24 hours, 7 days a week</p>	<p>1-866-797-0000</p>
<p>Hands TheFamilyHelpNetwork.ca Crisis Line</p>	<p>This service is available for emergency situations but is also available for those who are feeling that they need to talk through a situation.</p>		<p>1-844-287-9072</p>
<p>Hands TheFamilyHelpNetwork.ca Walk-in Clinic</p>	<p>Telephone and video-based walk in clinics running Tuesdays and Thursdays. You can book an appointment by calling 1-800-668-8555 where, once you are registered, you will receive instructions to connect with a Child and Family Therapist online.</p>	<p>Tuesday's and Thursday's from 11:00am – 7:00pm (last booked appointment at 5:30pm)</p>	<p>1-800-668-8555</p>

Hands TheFamilyHelpNetwork.ca	Hands counselling services are available to you by phone or online. Appointments can be booked by telephone: 705-476-2293, toll free 1-800-668-8555 or email: INFO@HANDSTFHN.CA.	361 Oak Street East, North Bay	705-476-2293 info@handstfhn.ca to register a new client
Mobile Crisis North Bay City Police and North Bay Regional Health Centre	For youth ages 16 and over Services are encouraged via phone or telephone follow up can be done by appointment. If there is imminent risk, attending the emergency department would be encouraged. In full operation, just not face-to-face. There is still a crisis worker who can attend with police, if needed. Youth will be linked to a Hands Crisis Worker until 8PM over the phone in the emergency department	Mobile Crisis is 24/7	non-emergency line of the police service 705-497-5555 Crisis Intervention Line 1-800-352-1141 *For any age
Kids Help Phone	Service to children and teens to speak with a counsellor.	24 hours, 7 days a week	1-800-668-6868 or texting CONNECT to 686868
North Bay and Parry Sound District Health Unit	COVID-19 call centre to support families with health-related questions.	7 days a week 8:30 – 4:30 (we will adjust as the volume is needed)	1-800-563-2808
The Aid's Committee of North Bay & Area	The Aids Committee are still offering all services but are escorting one client at a time in and out of the building. Still offering Hep C and HIV support services upon request via email. The needle exchange also continues to run	201-269 Main Street West, North Bay, ON ** Specific service hours depend on the service. The needle exchange is still offered Monday-Friday from 8:30-3:30, with the exception of lunch hour from 12-1PM	1-800-387-3701
Community Living (all services other than nutrition – see below)	All face-to-face services, including respite, have been put on hold. Workers are reaching out to clients via phone to check in. EarlyON has moved to virtual groups and services, including videos for groups and an online chat forum for new parents. Group homes have not been affected and are still receiving services.	741 Wallace Road, North Bay, ON 8:30-4:30PM, other services, such as phone check-ins are on an as-needed basis and vary in time.	
Blossom Early Learning	Groups are being offered via Facebook, at a cost per family. Groups vary in ages from 0-12 years of age.	176 Lakeshore Drive, North Bay, ON	705-498-2375

One Kid's Place	All services, appointments, workshops, and community recreation programs are postponed until May 1, 2020. You can still complete referrals on their website.	400 McKeown Ave, North Bay, ON	Onekidsplace.ca 705-476-5437
Community Counselling Centre of Nipissing	Individual counselling services are still being offered via phone. The walk-in is still running normally, every Tuesday AND Thursday from 1PM-7PM. To access the walk-in, call them to "register", then someone will call them back to provide counselling services. *Groups have been postponed until further notice	361 McIntyre St. East, North Bay, ON Monday, Wednesday, Friday from 8:30AM to 5PM	705-472-6515
Children's Aid Society of Nipissing and Parry Sound	Offices are closed, however they are working virtually and/or within the parameters of physical distancing. They continue to have emergency afterhours services and will attend homes if needed. After-hours services are still running	433 McIntyre Street West, North Bay – office is closed, staff working remotely Monday to Friday from 8:30AM to 4:30PM After hours services are 24/7	705-472-0910
Family Enrichment	Credit programs are still being offered through online learning and continuous communication with students. Childcare is not being offered at this time	602 Lake Heights Rd, North Bay, ON P1A 2Z8 Varying hours	(705) 472-2152

Food Services and Supports

<u>Organization</u>	<u>Description of Services</u>	<u>Location/Hours</u>	<u>Contact</u>
Community Living – Emergency Student Nutrition Program (North Bay) **areas outside of North Bay, SNP will mail gift cards to families **	Offering food to children, youth and their families. Families are asked to reach out to Community Living to register once.	<u>Mondays 1:30 – 3:30:</u> The Gathering Place – 1181 Cassells Street <u>Wednesdays 1:30 – 3:30:</u> The Homestyle Café - 741 Wallace Rd <u>Thursdays 10:00 – 11:30:</u> Gateway Pentecostal Church 147 Marshall Avenue	Studentnutrition@communitylivingnorthbay.org 705- 476-3288 ext. 1611 Same number throughout district

<p>The Gathering Place (North Bay)</p>		<p>1181 Cassells Street, North Bay, ON</p> <p>Breakfast: 9:00 am – 10:00 am (Monday-Friday)</p> <p>Lunch: 11:30 am – 1:15 pm (Monday-Friday)</p> <p>Dinner: 4:00 pm – 5:30 pm (Monday, Tuesday, Thursday, Friday, Saturday, Sunday)</p>	<p>705-474-7687</p> <p>dennis.chippa@thegatheringplacenorthbay.ca</p>
<p>St. John's Anglican Church – Open Arms Café (North Bay)</p>	<p>Identification required</p>	<p>301 Main Street East, North Bay, ON</p> <p>Food Bank: Wednesdays 9:30 a.m. - 10:30 a.m.</p> <p>Drop-in Dinner: 5:00 pm – 6:00 pm (Wednesdays only)</p>	<p>705-472-6070</p> <p>peggymorrison48@gmail.com</p> <p>lynda.doug.hughes@gmail.com</p>
<p>North Bay Food Bank (North Bay)</p>	<p>Proof of residency, identification, income verification, rent receipt (Access limited to once every 30 days)</p> <p>Donations and drop off 9:00 a.m. to 4:00 p.m. Monday – Friday Donations online: https://northbayfoodbank.ca/donations</p> <p>*Delivery can be arranged upon request via telephone</p>	<p>1016 Fisher Street, North Bay, ON</p> <p>Mondays: 9:00 a.m. to 12:00 p.m.</p> <p>Wednesday: 12:00 p.m. to 4:00 p.m.</p> <p>Friday: 9:00 a.m. to 12:00 p.m.</p>	<p>705-495-3290</p> <p>debbie@northbayfoodbank.ca</p> <p>https://northbayfoodbank.ca/</p>
<p>Salvation Army Food Bank (North Bay)</p>	<p>Income verification, identification, rent receipt (Access limited to once per month)</p>	<p>134 McIntyre Street East, North Bay, ON</p>	<p>705-474-7859</p> <p>Bonita_mcgory@can.salvationarmy.org</p>

		Tuesday, Wednesday and Friday 10:00 am – 12 pm and then 12:30 pm – 2:00 pm	
St. Peter's Catholic Church (North Bay)	Available for clients once a month. Need ID & proof of address. By appointment only, must call on Monday between 1-2 for pickup Tuesday.	299 Airport Rd, North Bay, ON Tuesdays: 9-12 Must call on Monday between 1-2 (no messages, pickup required)	705-472-1817 Stpeters@cogeco.net
St. Brice's Anglican Church (North Bay)	Identification required on first visit.	1225 Cassells St, North Bay, ON Thursdays 9-10:30.	705-474-4005 Aasejjensen@yahoo.ca Peter.armstrong@ns.sympatico.ca
Emmanuel United Church (North Bay)	The church itself is closed but the Food Bank remains open. ID & proof of address required. Must live on Lakeshore side of the overpass.	395 Lakeshore Dr., North Bay, ON Thursdays 10-12.	705-472-1806 eucnbminister@gmail.com
Trinity United Church (North Bay)	Identification required.	111 McIntyre St E, North Bay, ON Food Bank: Mondays - 9:30-11 Infant Food Cupboard: Thursdays - 11-1	705-474-3310 trinitynorthbay@gmail.com

Redeemer Lutheran Church (North Bay)	Limited to first 6 patrons. First come, first served.	725 Ferguson St, North Bay, ON Tuesdays at 9:30 am	705-472-9169 Jcflote@cogeco.ca
St. Andrew's United Church (North Bay)	5 items per household	399 Cassells St, North Bay, ON Wednesdays and Thursdays: 8:30 – 10:30 am	705-472-7680 tdavis_standrews@cogeco.net
Nipissing University Food Bank (North Bay)	Accessible once per week limit 2 bags per visit Nipissing University students only; valid student i.d. required	Nipissing University campus; Game Room of Chancellor's House residence	705-474-3461 x 4801 info@nusu.com
Mattawa Food Bank (Mattawa)		450 Hurdman St, Mattawa, ON (Mike Rodden Arena) Second Wednesday of the month 9:00 am – 12 noon.	705-744-6706 mattawafoodbank@gmail.com 705-744-0008 waynereid116@gmail.com 705-218-1158 franandbrian1996@hotmail.com 249-591-8355 shannon.johnson.1977@outlook.com
West Nipissing Food Bank (Sturgeon Falls)	Interview, identification, Proof of residency, income verification, SIN number	109 Third St., Sturgeon Falls, ON	705-753-0314 (emergency #) 705-471-9862 Rcrenaud@hotmail.com

<p>Good Happenings Food Bank (South River)</p>	<p>People are asked to wait outside; fill out list of what they need, and a prepared bag is brought to them outside. Social distancing enforced by local firefighter. ID required.</p>	<p>RR #1 South River, ON POA 1X0 Thursday afternoon 1:30-3:30 pm</p>	<p>705-386-2615 Eagleflight15@gmail.com</p>
<p>West Parry Sound Meals on Wheels (Parry Sound)</p>	<p>Call to pre-register and the program will send an application form via email or mail. Higher demand of program (still continuing); encouraging social distancing, using gloves, hand sanitizer etc. Only have 2 volunteers currently. Screening clients and not admitting if they have symptoms.</p>	<p>21 Belvedere Avenue Parry Sound, ON Monday to Friday 8 am-4 pm</p>	<p>705-746-5602 glefevre@belvedereheights.com</p>
<p>St. James Centennial United Church - Meal Program (Parry Sound)</p>	<p>Church is closed offering takeout meals. Non-perishable food or monetary donation (optional)</p>	<p>24 Mary Street Parry Sound, ON Tuesdays/Thursdays from 12-2 or until food runs out.</p>	<p>705-746-8553 stjames@cogeco.net</p>
<p>Harvest Share Parry Sound (Parry Sound)</p>	<p>By appointment and delivery only. Proof of residency, identification</p>	<p>93 James Street Parry Sound, ON Tuesdays: 9-3</p>	<p>705-774-9111 1-833-366-3447 parrysoundharvestshare@gmail.com</p>
<p>Salvation Army Corps. (Parry Sound)</p>	<p>Identification required. (Access limited to once per month)</p>	<p>61 Gibson Street Parry Sound, ON Monday - Friday from 1:00pm-3:00pm by appointment.</p>	<p>705-746-5391 Ext. 225 tsaparrysound@gmail.com Caroline_claridge@can.salvationarmy.org</p>
<p>Burk's Falls Food Bank (Burk's Falls)</p>	<p>Proof of residency, identification for all household members, income verification, expense information. Accessible once per month only</p>	<p>205 Ontario Street, lower level Burk's Falls, ON By appointment only</p>	<p>705-571-0125 to schedule appointment 705-382-3989 burksfallsanddistrictfoo</p>

			<p>dbank@gmail.com</p> <p>joymurphy88@gmail.com</p>
Sundridge Food Bank (Sundridge)	Clients make list and provide to volunteers to fill their orders. ID and proof of residency and income.	<p>Almaguin Highlands Community Living, 78 Ontario Street Sundridge, ON</p> <p>Wednesday from 11am-2pm</p>	<p>705-384-7017</p> <p>705-492-2502 (emergency contact)</p> <p>doreenmram@gmail.com</p>
Bonfield and Rutherglen Food Bank (Bonfield)	Proof of residency required.	<p>408 Gagnon Street Bonfield, ON</p> <p>3rd Tuesday of each month from 1-4pm</p>	<p>(705)776-2641</p> <p>Raymondddenise20@gmail.com</p>
Callander and District Food Bank (Callander)	<p>Proof of residency, number of people in household, and income required on first visit</p> <p>(Access limited to once per month)</p>	<p>78 Lansdowne St Callander, ON</p> <p>Tuesday from 9am - noon</p>	<p>705-752-4819</p> <p>Rosemarydupuis@sympatico.ca</p> <p>Call ahead to place orders</p>
Nipissing First Nation Food Bank (Garden Village)	Must provide identification for each member of family and proof of address and income verification.	<p>23 Philip Ave, Garden Village, ON</p> <p>First and third Wed of the month 9am-12pm (closed 12-1 pm), 1pm-4pm.</p>	<p>705-753-6972</p> <p>beckyc@nfn.ca</p>
Powassan Food Bank (Powassan)	<p>Patrons make an appointment.</p> <p>Proof of residency, identification, income verification, number of people in household</p>	<p>250 Clark St Powassan, ON</p> <p>By appointment</p>	<p>705-724-3015</p> <p>705-492-3415</p> <p>7243015@gmail.com</p>

Emergency Shelter

<u>Organization</u>	<u>Description of Services</u>	<u>Location/Hours</u>	<u>Contact</u>
Pete Palangio Arena Emergency Homelessness Shelter (North Bay)	Shelter for up to 50 people.	24 hours a day, 7 days a week 603 Wallace Rd., North Bay, ON	
Crisis Centre North Bay – Four Elms Emergency Shelter (North Bay)	19 bed + Emergency Overflow + Outreach Full-service Emergency shelter serving men, women and children. Limiting our admissions to the citizens of Nipissing District and surrounding areas and will assist those from out of the area to repatriate to their home area.	1675 Cassells Street, North Bay ON	24-Hour Crisis Line:705- 474-1031
Nipissing Transition House (North Bay)	Accepting new admissions under extreme emergency due to health risks to current occupants and staff.	547 John Street North Bay, ON	24-hour Crisis Line: 705- 476-2429
Horizons Women’s Resources Centre (Sturgeon Falls)	Open but limited admissions to victims of abuse who fear for their safety.	155 Salter St, Sturgeon Falls, ON	705-753-1154
Mattawa Women’s Resource Centre (Mattawa)		385 Pine Street, Mattawa, ON	Crisis line: 705-744-5567