

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.

Mental Health/Medical Services and Supports

Organization

Description of Services

<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</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](#)

<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@thegatheringplacenorthernbay.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>	

		Tuesday, Wednesday and Friday 10:00 am – 12 pm and then 12:30 pm – 2:00 pm	
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St. Peter's Catholic Church
(North Bay)

Redeemer Lutheran Church
(North Bay)

Limited to first 6 patrons. First come, first served.

725 Ferguson St, North Bay,
ON

Good Happenings Food Bank (South River)	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.	RR #1 South River, ON POA 1X0 Thursday afternoon 1:30- 3:30 pm	705-386-2615 Eagleflight15@gmail.com
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			dbank@gmail.com joymurphy88@gmail.com
Sundridge Food Bank (Sundridge)	Clients make list and provide to volunteers to fill their orders. ID and proof of residency and income.	Almaguin Highlands Community Living, 78 Ontario Street Sundridge, ON Wednesday from 11am-2pm	705-384-7017 705-492-

Emergency Shelter