

Hands

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Mains

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# COVID-19 FAMILY RESOURCE GUIDE

HANDS – THE FAMILY HELP NETWORK.CA

**We Can Help!**

A helpful document to assist families in finding the resources they need during the COVID-19 Pandemic

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## 1. MENTAL HEALTH SERVICES

### HANDS THE FAMILY HELP NETWORK

Hands TheFamilyHelpNetwork.ca provides Mental Health supports for children and youth ages 0-18. We continue to provide virtual services via telephone and videoconferencing during COVID-19 pandemic.

Please contact 1-888-668-8555 for assistance and to access our Online Clinic (Walk in) - Counselling  
Tuesdays 11-7 (North Bay, Sundridge, Parry Sound)

Thursdays 11-7 (North Bay, Sturgeon Falls)

Please visit our Facebook page <https://thefamilyhelpnetwork.ca/> for daily mental health tips and information on keeping busy with your family during social isolation.

Children/youth under the age of 18 can access our mental health line 24/7 at 1-844-297-9072.

### COMMUNITY COUNSELLING CENTRE OF NIPISSING

Continues to operate by phone during Covid-19 pandemic. Walk-in clinics remain accessible. Please call 705-472-6515 on Tuesdays 1-7pm or on Thursdays 1-7pm. <https://cccnip.com/>

Services and Programs:

- [Adult Substance Abuse Community Treatment](#)
- [Child/Youth Community Treatment Program](#)
- [Family Community Treatment](#)
- [Indigenous Community Treatment Program](#)
- [North Bay And Area Raam Clinic](#)
- [Opioid Community Treatment Program - Moh\\*Ecd](#)
- [Problem Gambling Community Treatment Program](#)
- [Sexual Assault Services](#)

### CANADIAN MENTAL HEALTH ASSOCIATION (CMHA)

Canadian Mental Health Association of Muskoka & Parry Sound provides mental health and addictions support for teens and adults aged 18 and up. They continue to provide virtual services via telephone and videoconferencing during COVID-19 pandemic. <https://mps.cmha.ca/>

In East Parry Sound, please call 705-384-5392

In West Parry Sound, please call 705-746-4264

In Muskoka, please call 705-645-2262/1-800-245-5036

B'Saanibamaadsiwin – Aboriginal Mental Health Program 705-746-2512

### **NORTH BAY INDIGENOUS HUB**

Offering adult, child and family mental health and health services. Temporary location North Bay Indigenous Friendship Centre. Adult Mental Health services and their crisis services for ages 16+. Call (705) 472-2811

### **NORTH BAY REGIONAL HEALTH CENTRE**

Out-Patient Mental Health Clinic. Services for adults 16+ years of age. Offering Therapy Services Group Program, Continuing Care Program, Eating Disorder Program, and Early Intervention in Psychosis Program. 705-476-4620 ext. 2451 (crisis worker 24/7)

### **NIPISSING MENTAL HEALTH HOUSING & SUPPORT SERVICES**

Providing collaborative support, advocacy, and sustainable housing to those who have a serious and persistent mental illness, other medical and/or behavioural complexities. <https://nmhss.ca/>  
24 Hour Crisis Line 1-800-352-1141

### **RIGHT PATH COUNSELLING & PREVENTION SERVICES – GIYAK MOSENG**

Offering professional, culturally-safe, trauma-informed services guided by Indigenous knowledge in the area of adult mental health and addictions and providing support to children and youth up to age 18 (including transitional youth up to 24 years) for Nipissing, and eight other First Nation communities. 705-753-1375 <https://www.nfn.ca/health-services/right-path-counselling-prevention-services/>

### **SOUTH RIVER SOCIAL SERVICES**

South River Social Services are open to phone appointments during COVID-19 pandemic (705-386-2358)

### **BOUNCEBACK**

Helping adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Services are delivered over the phone with a coach and through online videos. 1-866-345-0224 <https://bouncebackontario.ca/>

### **WELLNESS TOGETHER CANADA**

Provides Wellness self-assessment and tracking for mental health and substance use support. Self-guided courses, apps, resources, group coaching, and community of support, as well as counselling available by text or phone. For immediate Support: Text **WELLNESS** to 741741 <https://ca.portal.gs>

### **SOMEWHERE TOTURN.CA**

Helping children and youth who are experiencing a mental health crisis, their parents, caregivers, and service providers. 1-844-287-9072 <http://www.somewheretoturn.ca/>

### **BIG WHITE WALL**

An online service providing access to people with anxiety, depression, and other common mental health issues. <https://www.bigwhitewall.com/?lang=en-ca>

## **ANXIETYSPEAK.COM**

Offering simple, step-by-step instructions on how to deal with symptoms related to specific anxiety disorders, as well general strategies for adults, youth, and children. <https://www.anxietyspeak.com/>

## **YOUTH SPEAK**

Connecting those who are struggling with mental health or other challenges to available support to improve their overall well-being. <https://youthspeak.ca>

## **2. CRISIS SUPPORT**

### **CRISIS SUPPORT FOR CHILDREN & YOUTH (0-18 YEARS)**

HANDS & FAMILY CONNEXIONS 24/7 CRISIS LINE: 1-844-297-9072

Supporting Nipissing, Parry Sound, Simcoe, Muskoka Districts

### **KIDS HELP PHONE and CRISIS TEXT LINE**

Speak with a counsellor 24/7 by calling 1-800-668-6868.

Support also available by text to 686868.

### **CRISIS SUPPORT FOR OLDER TEENS & ADULTS (18 YEARS AND UP)**

Victim Services – operates a 24/7 support line in all local districts

East & West Parry Sound Victim Services: 705-746-0508

Muskoka Victim Services: 705-645-5444/1-877-229-2217

Nipissing District Victim Services: 705-472-2649

CMHA 24/7 Crisis Line: 1-800-461-5424

Community Counselling Centre of Nipissing After Hours: 1-800-668-9920 (also Supports East and West Parry Sound Districts) - Warm Line: 1-866-856-9276

**Good2Talk** provides confidential support services for post-secondary students in Ontario. Call 1-866-925-5454 or Text GOOD2TALKON to 686868

Aboriginal Crisis Line: 705-746-2512

East Nipissing Crisis Intervention Services (Mattawa Hospital): 705-744-6014

Assaulted Women's Helpline: 1-866-863-0511 #SAFE (#7233) on your Mobile

Mental Health Crisis Line (Canada Wide): 1-888-893-8333

Crisis Services Canada: call 1-833-456-4566 anytime or text 45645 from 4pm to midnight

LGBT Youthline: Sunday to Friday 4:00-9:30 pm via chat, text, and email - 647-694-4275

Canadian Association for Suicide Prevention: 1-833-456-4566 or text 45645

Senior Safety Line: 1-866-299-1011

National Aboriginal Circle Against Family Violence: 450-638-2968

### **3. CHILD DEVELOPMENT SERVICES**

#### **GREAT BEGINNINGS**

Great Beginnings is a registered education and nutrition program for expecting parents and their infants up to 8 months of age. Please check out our Facebook pages: Great Beginnings Gravenhurst; Great Beginnings Bracebridge; Great Beginnings Huntsville; Great Beginnings East Parry Sound; Great Beginnings West Parry Sound.

#### **INFANT AND CHILD DEVELOPMENT**

Infant and Child Development Services educates and coaches parents about how best to support and interact with their child in developmentally supportive ways. A variety of assessment tools and intervention approaches are used to ensure children and families are informed, supported and connected to services. Services are open (virtually) and remain operational during the COVID-19 pandemic to ensure continued support to our most vulnerable clients and families.

### **4. AUTISM BEHAVIOURAL SERVICES**

Autism Behavioural Services (including clinics and seminars with Hands family service workers) continue to be offered virtually at this time. Call 1.800.668.8555 X 1333 or email [autism@handstfhn.ca](mailto:autism@handstfhn.ca)

#### **GENERAL AUTISM BEHAVIOURAL SERVICES**

<https://thefamilyhelpnetwork.ca/how-we-help/child-and-youth/ontario-autism-program/>

#### **COMPLIMENTARY SERVICES**

<https://thefamilyhelpnetwork.ca/how-we-help/child-and-youth/ontario-autism-program/#complimentary-services-section>

#### **VIRTUAL AUTISM CONSULTATIONS**

Hands' Virtual Autism Consultations are available for free, every Tuesday, from 10:00 am to 4:00 pm (last session at 3:00 pm). To make arrangements for a virtual session, parents may call Hands at 1.800.668.8555 ext. 1333, prior to or starting at 9:00 am the morning of each clinic.

<https://thefamilyhelpnetwork.ca/how-we-help/child-and-youth/ontario-autism-program/#connect-with-us-section>

## 5. ADULT DEVELOPMENTAL SERVICES

### DEVELOPMENTAL SERVICES ONTARIO (DSO)

Developmental Services Ontario (DSO) is the single point of access for all Ministry funded adult services. DSO (North East Region) NER is funded by the Ministry of Children, Community and Social Services, and is administered by Hands TheFamilyHelpNetwork.ca. The DSO NER services are open (virtually) and operational during the COVID-19 pandemic to ensure continued support to our most vulnerable clients and families. 1-855-376-6376 and email [dso@handstfhn.ca](mailto:dso@handstfhn.ca)

### PASSPORT PROGRAM

The Passport program is a reimbursement program that helps adults with a developmental disability participate in their community. Passport services are open (virtually) during the COVID-19 pandemic. Connect with your Passport coordinators at 1-800-668-8555 ext. 5550 or [passport@handstfhn.ca](mailto:passport@handstfhn.ca). You can either choose to receive the money directly, or purchase your supports and services through an agency. For more information please click the link: <https://dsontario.ca/>

### ADULT CLINICAL SERVICES

Adult Clinical Services at Hands TheFamilyHelpNetwork.ca provides adults diagnosed with developmental disabilities or dual diagnosis access to skilled professionals who will work with you to identify and plan for your clinical service needs through the most effective service plan. They are currently providing virtual services via telephone and videoconferencing in order to protect our clients, employees, and the public during COVID-19. To make a referral, please contact Developmental Services Ontario at 1-855-376-6376. Please refer to their website to learn more about the individual services they provide:

<https://thefamilyhelpnetwork.ca/how-we-help/adults/developmental-specialized-services-for-adults/>

### NORTH COMMUNITY NETWORK OF SPECIALIZED CARE (NCNSC)

The North Community Network of Specialized Care (NCNSC) can help by:

- Coordinating supports and services through complex support coordination, health care facilitation, and dual diagnosis justice case management.
- Acting as a system resource and helping to build capacity.

NCNSC services remain available during the COVID-19 pandemic virtually and by phone. To make a referral, please contact Developmental Services Ontario at 1-855-376-6376.

## 6. JUSTICE SERVICES

Access to Hands' Youth Justice Service varies by program. See the list of services below for details on how to get involved:



### **SUPERVISED ACCESS PROGRAM**

Supervised Access Program referrals are made by the courts or local police services. Families can also self-refer by calling Hands at 1.800.668.8555.

### **YOUTH JUSTICE COMMITTEE PROGRAM**

Youth Justice Committee Program referrals are made by the courts or local police services.

### **YOUTH MENTAL HEALTH COURT WORKER PROGRAM**

Youth Mental Health Court Worker Program referrals can be made by families, community partners, schools, Hand's clinician, courts or local police services, by calling Hands at 1.800.668.8555.

## **7. NAVIGATION SUPPORTS**

During the COVID-19 pandemic, Hands' Navigation Supports are available virtually to help clients connect to specialized services. Families can self-refer or, alternatively, a clinician or community partner may provide a referral as needed to Coordinated Service Planning and Youth-In-Transition. The Child and Youth Advocacy Centre continues to receive referrals directly from the police or a child welfare agency. To access Tele-Mental Health at this time, referrals can continue to be made by the Most Responsible Mental Health Practitioner (MRMHP). To access these services, call 1-800-668-8555 or visit <https://thefamilyhelpnetwork.ca/how-we-help/child-and-youth/navigation-supports/>

## **8. FOOD SECURITY**

### **DISTRICT OF NIPISSING**

- **North Bay Food Bank** is located at 1016 Fisher Street, North Bay, and is open M-F 9-4 for donations and drop offs. Contact 705-495-3290 to find out about services and client hours
- **Salvation Army Food Bank**  
134 McIntyre St E, North Bay, Call (705) 474-7859
- **The Gathering Place** is a community soup kitchen located at 1181 Cassells St, North Bay, 705-474-7687, not currently open for dine-in service, but open for one person at a time pick up. Also delivering daily meals to the Pete Palangio Arena.
- **Open Arms Café** is a food bank located at St. John's Anglican Church, 301 Main St E North Bay, 705-472-6070. Services available Wednesday morning and evening.
- **The West Nipissing Food Bank** is currently open every third Wednesday of the month from 10:30 am to 2pm. Located at 109 John Street, Sturgeon Falls.

### **DISTRICT OF WEST PARRY SOUND**

- **Parry Sound Harvest Share** is located at 93a James Street and is open on Tuesdays, now by appointment only. NO DROP INS (call 705-774-9111 to book an appointment). For food delivery available 5 days a week: call 1-833-Food4HS/1-833-366-3447

- **The Parry Sound Rotary Club** provides support with grocery shopping at Sobeys for any vulnerable populations, those who struggle to get to the grocery store, and/or health care professionals. Orders are arranged online through the Rotary Club website and/or by email. At-store (“curb side”) and home deliveries are available. Please note, Sobeys only accepts payment by credit card. <https://portal.clubrunner.ca/217/Stories/grocery-delivery>
- **Parry Sound Salvation Army:** 705-746-5391, 16 Gibson St, Parry Sound. Appointments available Monday–Friday 1-3pm. Serving the public through no contact. Providing “pre-bagged” collection of food.

#### DISTRICT OF EAST PARRY SOUND

- **Powassan Food Bank:** Located at 250 Clarke Street, Hours; Wednesdays 11:30am-4pm. Available by phone in emergency situations only 705-492-3415
- **Good Happenings Food Bank (South River):** 705-386-2615 Open Thursdays: 1:30-3:30pm. Providing a “basic bag” to clients and attempting to fill additional requests as items are available.
- **The Sundridge Food Bank** is currently open for pick-ups on Wednesdays from 11am-2pm. It is located at 78 Ontario Street. Individuals must have one piece of identification to access services. 705-384-7017
- **Burk’s Falls Food Bank:** 705-571-0125 (speak to Joy). Taking orders over the phone for pick up on Monday and Wednesday mornings – by appointment only. Located at 205 Ontario Street lower level.
- **Callander Food Bank:** 705-752-0007 Clients asked to phone in orders ahead of time. Orders will be placed outside for pick up on Tuesdays 9am-12pm.

#### DISTRICT OF MUSKOKA

- **Bracebridge Out of the Cold** offers meals for those in need, 46 Dominion Street, Bracebridge, 705-645-5713
- **Salvation Army Muskoka** - Food bank currently by appointment only. Call 705-645-2602 for appointment in Bracebridge (456 Manitoba St.)
- **Bracebridge Manna Food Bank** 345 Ecclestone Drive, Unit 45, Premiere Self-Storage (the old Dura Building), Open Tuesdays and Fridays from 1 to 4 p.m. Bracebridge. Call 705-646-0114
- **Gravenhurst Salvation Army** Foodbank currently by appointment only. Located at 620 Muskoka Road North, Gravenhurst. Call 705-687-2131
- **Huntsville Salvation Army Citadel** - 4 Mary Street East, Huntsville. Call 705-789-3398
- **Huntsville - The Table Food Bank** - 9 Hanes Street, Huntsville. Call 705-783-5827
- **MacTier Food Bank New Life Fellowship Church** 455 High Street MacTier. Call 705-774-1756 or 705-375-5765
- **West Muskoka Food Bank** - First Muskoka Congregational Church, 3852 Muskoka Road 169, Port Carling. Call 705-765-7180 or 705-767-1706
- **Georgian Bay Food Bank** - Baxter Ward Community Center, 99 Lone Pine Road, Port Severn. Call 705-538-0003

## 9. SHELTERS

### DISTRICT OF NIPISSING

- **Nipissing Transition House** - Nipissing Transition House is a 20-bed shelter located in North Bay, dedicated to ending violence against women and the toll it takes on families and our community – 24 Hour Help Line (705) 476-2429
- **Horizon Women's Centre**; Sturgeon Falls Family Resource Centre - 24-hour Crisis Line: (705) 753-1154. Offers support services to women, 16 years of age or older, with or without children, who find themselves in a crisis situation.
- **Mattawa Women's Resource Centre**: Provides a 10-bed emergency *shelter* to *women* with or without children who have been abused, threatened, harassed, or otherwise in crisis; 24 hours crisis line 705-744-5567
- **The Ojibway Woman's Lodge**: a secure access short-term residence that provides a safe, secure, and confidential environment for women and their children. **24 Hour crisis line and shelter** 705 - 472-3321
- **Crisis Centre North Bay**
  - Four Elms Residence – 1675 Cassells St. North Bay – 705-474-1031
  - Futures Residence – 1651 Cassells St. North Bay – 705-476-4502  
<http://www.crisiscentre-nb.on.ca/>
- **Emergency Homeless Shelter** - now moved from the YMCA to the Pete Palangio Arena, 603 Wallace Rd, North Bay – 705-476-2000
- **Aids Committee of North Bay and Area** - 269 Main St W Suite 201, North Bay - 705-497-3560  
<https://aidsnorthbay.com/>
- **Hope Awaits Men's Shelter**- North Bay –705-494-5465 <https://www.hopeawaitsministries.com/>

### EAST/WEST PARRY SOUND

- **Esprit Place Family Resource Centre** offers emergency shelter and assistance for women and children who find themselves in crisis. 24/7 counselling support is also provided. Parry Sound location (1-800-461-1707) South River location: 705-386-2303 / 1-888-892-2229  
<https://www.espritplace.ca/>
- **Housing Services Parry Sound (DSSAB)** 8:30am-4:30pm: 705-746-7777  
Homelessness Prevention West: 1-800-461-4464 East: 1-800-661-3230  
Available for remote assistance in emergency situations.

### MUSKOKA

- **Muskoka Interval House** is located at 43 Mary St in Bracebridge and offers safe, short-term shelter, 24 hour phone support/24 hour staffing, child and youth programming, outreach support, support groups, assistance with navigating the legal system, accompaniment and

advocacy, safety planning, risk assessment, and practical needs assistance. 705-645-4461 or 1-800-461-1740

- **Chrysalis** is located in Huntsville and offers safe, short-term shelter, 24 hour phone support/24 hour staffing, child and youth programming, outreach support, support groups, assistance with navigating the legal system, accompaniment and advocacy, safety planning, risk assessment, and practical needs assistance. Ten supportive transitional apartments for vulnerable women and children are available. 1-800-461-1740 or 705-645-4461
- **The Table Men's Shelter** - a service provided by The Table Soup Kitchen Foundation, at 11 Hanes St. Huntsville is **now closed till mid-September**. Heather Berg: 705.783.5827

## 10. ADDICTION SERVICES

### COMMUNITY COUNSELLING CENTRE OF NIPISSING

Walk-in clinics remain accessible, continue to operate by phone during pandemic. Call 705-472-6515 on Tuesdays 1-7pm or on Thursdays 1-7pm.

### CMHA MUSKOKA-PARRY SOUND

Continues to operate by phone during pandemic. 1-800-245-5036 connects to all locations and Crisis Line: 1-888-893-8333

### CANADIAN CENTRE OF SUBSTANCE USE AND ADDICTIONS

Toll free: 1-833-235-4048

English version: <https://www.ccsa.ca/Impacts-COVID-19-Substance-Use>

French version: <https://www.ccsa.ca/fr/Usage-d...bstances-et-COVID-19>

### ALCOHOLICS ANONYMOUS

Alcoholics Anonymous offers telephone meetings on Tuesday nights at 7:30pm. To join, call 1-978-990-5000 and enter the pin 426546. Note: long distance charges may apply.

<http://aa-intergroup.org/directory.php>

### NARCOTICS ANONYMOUS

Narcotics Anonymous offers helplines and websites for local groups and virtual meetings. 1-818-773-9999. If searching for a meeting, select "web" as the country.

[www.na.org/meetingserach](http://www.na.org/meetingserach)

### COCAINE ANONYMOUS

Cocaine Anonymous provides online meetings or call 1-800-347-8998

[www.ca-online.org](http://www.ca-online.org)

### SMART RECOVERY

Smart Recovery offers over 40 weekly online recovery meetings and a 24/7 discussion form.

[www.smartrecovery.org/community](http://www.smartrecovery.org/community)

## **AL-ANON/ALATEEN**

For people who are worried about someone with a drinking problem

Toll Free Phone 1-888-4AL-ANON (1-888-425-2666)

<https://al-anon.org/>

## **11. CHILD PROTECTION SERVICES**

### **CHILDREN'S AID SOCIETY FOR THE DISTRICTS OF NIPISSING AND PARRY SOUND**

Offices remain closed but the Society is providing essential services remotely and completing necessary home visits when required. If you are concerned about a child at risk, please contact us at 705-472-0910 or 1-877-303-0910. <https://www.parnipcas.org/>

## **12. CHILD CARE**

Under the direction of the Ministry of Education and the North Bay Parry Sound District Health Unit, all Early Learning and Child Care Centres have reopened, with limited spaces. Please access your local District of Social Services Administration Board website for more details.

### **DISTRICT OF EAST AND WEST PARRY SOUND**

<https://www.psdssab.org/index.php/covid-19-child-care-info/>

### **DISTRICT OF NIPISSING**

<https://dnssab.ca/childrens-services/>

### **DISTRICT OF MUSKOKA**

<https://www.muskoka.on.ca/en/community-and-social-services/Children-and-Youth-Services.aspx>

## **13. EDUCATION**

### **AREA ELEMENTARY AND SECONDARY SCHOOLS**

In light of the continuing uncertainty about public health risks, school boards are being asked to prepare for the following return to school options in September:

- normal school day routine with enhanced public health protocols
- modified school day routine based on smaller class sizes, cohorting and alternative day or week delivery, and
- at-home learning with ongoing enhanced remote delivery

### **CANADORE COLLEGE**

Online courses will be offered for the first semester.

<https://www.canadorecollege.ca/experience/wellness/health-centre/coronavirus>

## **NIPISSING UNIVERSITY**

Fall term classes will be delivered online in asynchronous\* and limited synchronous\*\* (real-time) formats. <https://www.nipissingu.ca/coronavirus>

## **14. CANADIAN FEDERAL FUNDING**

### **COVID-19 ECONOMIC RESPONSE PLAN**

The Government of Canada is taking immediate, significant, and decisive action to support Canadians and businesses facing hardship as a result of the global COVID-19 outbreak. For all federal funding details, financial support information, and application forms please access the following link:

<https://www.canada.ca/en/departement-finance/economic-response-plan>

### **SUPPORT FOR INDIVIDUALS**

#### **Individuals and families**

- Temporary salary top-up for low-income essential workers
- Increasing the Canada Child Benefit
- Special Goods and Services Tax credit payment
- Extra time to file income tax returns
- Mortgage support

#### **People Facing Loss of Income**

- Canada Emergency Response Benefit (CERB)

#### **Indigenous Peoples**

- Addressing immediate needs in Indigenous communities
- Supporting Indigenous community's public health needs and preparedness
- Making personal hygiene products and nutritious food more affordable
- Providing support to Indigenous post-secondary students

In addition to the measures above, Indigenous peoples can also access benefits listed under [Support for individuals and Support for businesses.](#)

#### **People who need it most**

- Improving access to essential food support
- Supporting people experiencing homelessness
- Supporting women and children fleeing violence
- Delivering essential services to those in need

#### **Seniors**

- Reduced minimum withdrawals for Registered Retirement Income Funds
- Supporting the delivery of items and personal outreach

- Providing immediate and essential services to seniors

### **Youth, Post-Secondary Students, and Recent Graduates**

- Canada Emergency Student Benefit (CESB)
- Creating new jobs and opportunities
- Offering training opportunities to help students find employment and develop valuable skills this summer and over the coming months
- Canada Student Service Grant (CSSG)
- Changes to the Canada Student Loans Program (CSLP) to allow more students to qualify for support and be eligible for greater amounts.
- **Support for student researchers and post-doctoral fellows**
- Supporting international students working in an essential service
- Suspending repayment and interest on student and apprentice loans

### **Providing Youth with Mental Health Support**

- Providing funding to Kids Help Phone to provide young people with the mental health support they need during this difficult time.

## **SUPPORT FOR BUSINESSES**

### **Avoiding Layoffs and Rehiring Employees**

- Canada Emergency Wage Subsidy (CEWS)
- Temporary 10% Wage Subsidy
- Extending the Work-Sharing program

### **Access to Credit**

- Business Credit Availability Program (BCAP)
- Canada Emergency Business Account (CEBA)
- Canada Emergency Commercial Rent Assistance (CECRA)
- Rural businesses and communities
- Assisting innovative and early-stage businesses
- Young entrepreneurs
- Businesses in the territories
- Small and medium-sized businesses unable to access other support measures

### **Creating New Jobs and Opportunities for Youth**

- Youth Employment and Skills Strategy
- Student Work Placement Program
- Mitacs and The Business/Higher Education Roundtable
- Temporary changes to Canada Summer Jobs program

### **Deferred Payments**

- More time to pay income taxes

- Deferral of Sales Tax Remittance and Customs Duty Payments until June

#### **SUPPORT FOR SELF-EMPLOYED INDIVIDUALS**

- Canada Emergency Response Benefit (CERB)
- Deferral of Sales Tax Remittance and Customs Duty Payments until June
- More time to pay income taxes

#### **Indigenous Businesses**

- Funding for small and medium-sized Indigenous businesses, and Aboriginal Financial Institutions

#### **SUPPORTING FINANCIAL STABILITY**

- Relief for federally regulated pension plan sponsors
- Launching an Insured Mortgage Purchase Program
- Bank of Canada's actions
- Office of the Superintendent of Financial Institutions actions

#### **SUPPORT FOR SECTORS**

##### **Agriculture, Agri-food, Aquaculture, Fisheries**

- Keeping workers in the food supply chain safe
- Increasing credit availability

##### **Cultural, Heritage and Sports**

- Addressing the financial needs of cultural, heritage and sport organizations
- Waiving payments for Part I licence fees

##### **Air Transportation**

- Continuing the supply of essential goods and services to remote and fly-in communities
- Waiving ground lease rents

##### **Tourism**

- Deferring payments on commercial leases and licenses of occupation

##### **Non-Profit and Charitable**

- Delivering essential services to those in need

<https://www.canada.ca/en/department-finance/economic-response-plan>

## **15. MINDFULNESS, MEDITATION AND STAYING ACTIVE**

<https://www.covidwithkids.org/>

<https://bodybrave.ca/>

<https://www.cosmickids.com/learn/>



<https://awakeandmindful.com/best-kids-yoga-videos-on-youtube/>

<https://nedic.ca/covid-19-ed-faqs/>

<https://positivepsychology.com/mindfulness-for-kids/>

[www.headspace.com](http://www.headspace.com)

Ideas.ted.com/teds-summer-culture-list 114 podcasts, books, tv shows, movies to nourish you

Kidshealth.org

“Just Breathe” youtube video by Julie Bayer Salzman and Josh Salzman. Great tool for young children to learn how to calm by deep breathing.

[Extreme Bush Race / Rough & Tumble](#) Rough & Tumble: 1km, 2km kid's races. Register here: [www.extremebushrace.wixsite.com/Sundridge](http://www.extremebushrace.wixsite.com/Sundridge) Sunday, 09 August 2020.

<https://www.ymcaneo.ca> new outdoor classes YMCA North Bay. must register

Yoga with Adrienne free yoga classes on youtube

Planet Fitness Facebook page free daily workouts

YMCA-360 on-demand free classes.

[www.getapp.com/workout/view-list](http://www.getapp.com/workout/view-list) Top 10 free workout apps

North Bay, Callander, West Nipissing and Gravenhurst Splash Pads are now open (weather permitting) Please note that Due to the COVID-19 pandemic, play structures remain closed until further notice. Splash pads are unsupervised and are not sanitized.

Parry Sound has many fantastic parks, and fun for the whole family. You can find the perfect picnic spot, playground, sports field, or passive park to get out and enjoy! <https://www.parrysound.ca/en/visit-us/Parks-and-Playgrounds.asp>

## 16. SUMMER DAY CAMPS AND VIRTUAL CAMPS

<https://www.nneec.ca/adventure> Sundridge day camp running this summer

<https://www.winningtechniques.com/covid-19/> winning techniques Burks Falls

<https://www.ourkids.net/camp/virtual-programs> list of virtual day camps with cost included

<https://www.covidwithkids.org/> amazing website with ideas for kids and parents.

<https://www.parents.com/fun/activities/outdoor/free-virtual-summer-camps-2020/> free virtual camps

<https://www.mayfairclubs.com/> cool website with free virtual activities for adults and kids.

<https://www.toronto4kids.com/Virtual-Classes-Camps/> great links to websites offering activities.

<https://www.weareteachers.com/best-virtual-field-trips/>

<https://www.goodhousekeeping.com/life/parenting/a32403098/virtual-field-trips-for-kids/>

<https://thecanadianhomeschooler.com/5-canadian-virtual-field-trips/>

<https://www.goodtoknow.co.uk/family/best-virtual-tours-for-kids-536089>

<https://www.canadianecology.ca/camps/day-camps/> The Canadian Ecology Centre & the North-Bay Mattawa Conservation Authority for children ages 6 – 14 UPDATE: We are currently accepting registrations for our day camps but not taking payment at this time until we can confirm our camps will be permitted to run. At this time, we are developing procedures and protocols to make our day camps safe for your children and our staff. We hope to have more details soon!

<https://www.ktpracquetclub.com/>

<https://www.ourkids.net/summer-camps-huntsville-bracebridge.php> This website offers over 100 virtual camps for kids of various ages and interests.

<https://ymcaofsimcoemuskoka.ca/summer-day-camps/>

<https://www.ymcahome.ca/ycamp>

[reptilestorecamp@yahoo.ca](mailto:reptilestorecamp@yahoo.ca) or 705-493-5367 or 905-531-5367

## 17. COVID-19 SUPPORT AND OTHER RESOURCES

There is a lot of information out there right now and it can be quite overwhelming at times. HANDS The Family Help Network.ca has gathered, filtered and organized this information on our website in the “COVID-19 Support and Resources” section to make it easy for you.

Our Resources section offers links to informative pages (General Information, COVIDI and Coping, Social Stories & Visual Supports, Social Distancing Activities). At this time, all services are being provided by phone and tele-communication across all Ontario locations.

<https://thefamilyhelpnetwork.ca/covid-19-support-and-resources/>