

This resource was developed in response to an identified need for greater clarity about the wide range of supports and services that are available to those living with an acquired brain injury (ABI) in South Eastern Ontario.

This resource is designed to assist persons with lived experience, as well as caregivers, focusing on services that are fully or partially funded. Resources are divided into key categories that cover a wide spectrum of care considerations.

### Disclaimer

The material and information is for general information purposes, and is not medical advice or direct professional services. The curators of the resource library have no direct financial interest in any tools, services or interventions listed.

While we endeavor to keep the repository up to date and comprehensive, it is not an exhaustive list of all the resources available in your community. Resource Library makes no representations or warranties, express or implied, about the completeness, suitability, or availability with respect to the resources listed and any links leading you to services, products, or supports are assumed at user's risk.

Consumer Protection Ontario can help you ask the right questions before you choose a service. If you have a concern or serious complaint about a non-regulated service, visit [www.ontario.ca/page/consumer-protection-ontario/](http://www.ontario.ca/page/consumer-protection-ontario/) for further information.

This service is not intended for emergency situations. If this is a medical emergency, please call 911, or go to your local emergency department.

## Resources Websites South East

| Resource Name                | Description  | Fees | Website  | Contact Information  | Region Served  |
|------------------------------|--|------|--|--|--|
| Southeasthealthline.ca       | Resource website, providing information about health services across the south east region of Ontario.<br><br>Search local information, or the entire south east region. | N/A  | <a href="http://www.southeasthealthline.ca/">www.southeasthealthline.ca/</a>                                   | N/A  | Search local information, or the entire south east region. |
| Kingston Community Resources | Community Resources  |      | <a href="http://www.kingstonhomebase.ca/community-resources/">www.kingstonhomebase.ca/community-resources/</a> | 613-542-6672<br><br>info@kingstonhomebase.ca<br><br>Outreach Services<br>613-542-6672 ext. 130 | Kingston   |

## Resources Website Provincial

| Resource Name                         | Description  | Fees | Website  | Contact Information | Region Served |
|---------------------------------------|--|------|--|---------------------|---------------|
| The Central Link ABI Resource Library | While focused on Central Ontario Health Region, many resources can be of benefit to those living outside of these areas): <ul style="list-style-type: none"> <li>• ABI Supports and Services</li> <li>• Community Supports and Social Services</li> <li>• Specialized Supports and Services</li> <li>• Accessibility and Health Care</li> </ul> This resource is designed to assist persons with lived experience, as well as caregivers, and professionals both within and outside the field of brain injury. | N/A  | <a href="http://www.neurotraumapathways.ca/">www.neurotraumapathways.ca/</a> |                     |               |

# ABI Rehabilitation in South Eastern Ontario

| Resource Name   | Description  | Fees   | Website  | Contact Information  | Region Served   |
|---|--|--|--|--|---|
| Ontario Health atHome<br>(Previously LHIN and CCAC)                     | Case management of publicly funded community support services including: long term care, home support, and rehab services, (physiotherapy, occupational therapy and social work)   | Publicly funded  | <a href="http://www.ontariohealthathome.ca/region/south-east/">www.ontariohealthathome.ca/region/south-east/</a> | Information & Referral<br>310-2222<br>(No area code required)<br>Toll-free:<br>1-800-668-0901<br>TTY: 711<br>Email:<br>SEComments@ontariohealthathome.ca | All of Ontario  |
| Providence Care Hospital:<br>Acquired Brain Injury Clinic<br>(Kingston) | Provides an initial consultation with a Physiatrist to assess the severity and complications of an acquired brain injury, providing treatment and making referrals for appropriate assessments and treatment.<br><br>Physician referral required   | Services are covered by OHIP   |  | Referral through physician.  | Patients 16 years or older with an acquired brain injury                                  |
| Providence Care Hospital:<br>Stroke Rehabilitation Clinic<br>(Kingston) | Provides assessment and management of first stroke related impairment, disability and complications.<br><br>Physician referral required: Adult patients who have been diagnosed with a stroke.   | Services are covered by OHIP   |  | Referral through physician.  | Adult patients who have been diagnosed with a stroke.                                     |
| Perth Rehabilitation Day Hospital                                       | Outpatient program designed for adults requiring ongoing rehabilitation with a purpose to help clients reach their optimal functional level physically, socially and psychologically<br><br>All referrals are triaged to determine if patients are appropriate for the scope of service available. | Services are covered by OHIP; however, transportation and associated costs are the responsibility of the patient/family. | <a href="http://psfdh.on.ca/dayhospital">psfdh.on.ca/dayhospital</a>   | 33 Drummond St. W<br>Perth, ON<br>K7H 2K1<br><br>Tel: 613-267-1500   | The Rehabilitation Day Hospital program serves Perth, Smiths Falls and surrounding areas. |
| Perth / Smiths Falls District Hospital - Rehabilitation Services        | Intensive in-patient therapy services for stroke survivors<br>-includes nursing, physiotherapy, occupational therapy, speech-language pathology, clinical nutrition<br>-Consultant Physiatrist services  | Services are covered by OHIP   | <a href="http://psfdh.on.ca/intensivetherapy">psfdh.on.ca/intensivetherapy</a>                                   | 33 Drummond St. W<br>Perth, ON<br>K7H 2K1<br><br>Tel: 613-267-1500   |   |

# ABI Rehabilitation in South Eastern Ontario

| Resource Name                                   | Description  | Fees | Website  | Contact Information   | Region Served |
|---|--|------|--|---|---------------|
| Brockville<br>General Hospital -<br>Stroke Care | -Stroke Prevention Clinic<br>-Integrated Stroke Unit |      | <a href="http://www.brockvillegeneralhospital.ca/en/patient-care/stroke-care.aspx">www.brockvillegeneralhospital.ca/en/patient-care/stroke-care.aspx</a> | 75 Charles St.<br>Brockville, ON<br>K6V 1S8<br><br>613-345-5649 ext.<br>52200 |               |

## Adult (Moderate/Severe): Community Acquired Brain Injury Programs

| Resource Name  | Description  | Fees   | Website   | Contact Information  | Region Served  |
|--|--|--|---|--|--|
| Community Brain Injury Service<br>Providence Care Hospital | Provides outreach and groups   | Community Brain Injury Services is funded by the Ministry of Health and Long-Term Care.<br><br>Fee for service if participants have access to private rehabilitation funding | <a href="http://www.providencecare.ca/community-services/community-brain-injury-services/">Community Brain Injury Services - Providence Care</a><br><br>www.providencecare.ca/community-services/community-brain-injury-services/   | Main Office:<br><br>303 Bagot Street,<br>La Salle Mews,<br>Suite 401,<br>Kingston ON<br>K7K 5W7<br><br>Tel: (613) 547-6969 | Serves residents in the counties of Frontenac, Lennox and Addington, Hastings, Prince Edward, Lanark, Leeds and Grenville. |
| Pathways to Independence                                   | As a community based, not-for-profit agency, we provide assisted community living services and supports to adults with an acquired brain injury (ABI) based on their unique goals, abilities, and choices. We promote independent, active lifestyles so the people we support can live their best life in their community. | Funded by the Ministry of Health and Long-Term Care.<br><br>Fee for service if participants have access to private rehabilitation funding                                    | <a href="http://www.pathwaysind.com/acquired-brain-injury/">Acquired Brain Injury - Pathways to Independence (pathwaysind.com)</a><br><br>www.pathwaysind.com/acquired-brain-injury/  | Christine Brant<br>Senior Client Services<br>Manager<br>613-962-2541 Ext. 238  | Quinte Region  |
| March of Dimes Canada                                      | Ontario Brain Injury Outreach Rehabilitation Services  | Funded and Fee-for-Service care  | <a href="http://www.marchofdimes.ca/en-ca/programs/abi/ontario/Pages/ABI-Outreach-Rehabilitation.aspx">Ontario Brain Injury Outreach Rehabilitation Services   March of Dimes Canada</a><br><br>www.marchofdimes.ca/en-ca/programs/abi/ontario/Pages/ABI-Outreach-Rehabilitation.aspx | 1-888-252-9008 ext. 2  | Brockville and Ottawa Valley Regions.  |

# Adult Community Stroke Services Programs

| Resource Name                     | Description  | Fees | Website   | Contact Information  | Region Served                         |
|-----------------------------------|--|------|---|--|---------------------------------------|
| VON                               | <p>Focusing on practical advice, support, sharing, fun, maintaining a healthy lifestyle, emotional well-being and strengthening connections in the community.</p> <p>Support groups and peer support for stroke survivors, including those living with aphasia. Offer support groups for family members and caregivers.</p>  |      | <p><a href="#">Stroke Support   Help adjusting to life after a stroke   VON Canada</a></p> <p>www.von.ca/en/von-care/stroke-and-aphasia-support-services</p>        | <p>Program Coordinator – Stroke Services<br/>T: 613-634-0130 ext. 3469<br/>745 Progress Ave,<br/>Kingston ON K7M 6S4</p>   | Kingston, Lanark, Leeds and Grenville |
| Community Care for South Hastings | <p>Monthly support groups are available for Stroke Survivors, Caregivers and Couples.</p>  | Free | <p><a href="#">Stroke Support Services - Community Care for South Hastings (ccsh.ca)</a></p> <p>www.ccsh.ca/stroke-support-services/</p>                            | <p>613-969-0130 Extension: 5207 or by email using .</p> <p><a href="#">Contact CCSH - Community Care for South Hastings</a></p> <p>www.ccsh.ca/contact-ccsh/</p> | Belleville and Deseronto.             |
| Seniors Support Services (CPHC),  | <p>The Aphasia and support groups are open to stroke survivors and/or those caring for a loved one recovering from the effects of a stroke</p> <p>Sharing with other survivors and caregivers offers support to one another in dealing with the life changes arising from a stroke. Registration is required. Confidentiality is respected by all group members.</p> | Free | <p><a href="#">STROKE UNDERSTOOD SUPPORT GROUP - Senior Support Services (CPHC) (cphcare.ca)</a></p> <p>www.cphcare.ca/service/stroke-understood-support-group/</p> | <p>613-342-3693 or 1-800-465-7646 and speak to our Recreational Therapist, ext. 2043</p>   | Brockville and Perth                  |

## Adult Concussion (mild Traumatic Brain Injury (mTBI)): Community Acquired Brain Injury Programs

There are two models of care in Ontario for people living with brain injury, both providing the same level of care:

- **Funded Care:** Ontario Health covers your costs.
- **Fee-for-Service Care,** is available if you are not eligible for provincial funding (usually because your insurance covers you).

| Resource Name  | Description | Fees   | Website   | Contact Information   | Region Served  |
|--|-------------|--|---|---|--|
| Community Brain Injury Service<br>Providence Care Hospital | Education   | Community Brain Injury Services is funded by the Ministry of Health and Long-Term Care.<br><br>Fee for service if participants have access to private rehabilitation funding | <a href="http://www.providencecare.ca/community-services/community-brain-injury-services/">Community Brain Injury Services - Providence Care</a><br><br>www.providencecare.ca/community-services/community-brain-injury-services/ | 303 Bagot Street, La Salle Mews, Suite 401, Kingston ON, K7K 5W7<br>Tel:(613)547-6969 | Serves residents in the counties of Frontenac, Lennox and Addington, Hastings, Prince Edward, Lanark, Leeds and Grenville. |

## Paediatric Services: Community Acquired Brain Injury Programs:

Children and adolescents, and those in highschool

| Resource Name  | Description   | Fees | Website   | Contact Information  | Region Served |
|--|---|------|---|--|---------------|
| KidsInclusive, formerly known as the Child Development Centre, is located at Hotel Dieu Hospital site of Kingston Health Sciences Centre in Kingston<br><br>This service is recognized as the Southeastern Ontario Paediatric Brain Injury Program | The Acquired Brain Injury (ABI) Team at KidsInclusive provides multidisciplinary assessment, consultation and treatment/intervention for children and youth aged one month to 18 years (or leaving high school) who have experienced an acquired brain injury.<br><br>CONCUSSION SERVICES<br>For acute referrals, our team will attempt to do an initial triage within 2 weeks of the referral. |      | <a href="http://www.kidsinclusive.ca/services-and-programs/specialty-services/acquired-brain-injury-program-concussion-services/">Acquired Brain Injury Program &amp; Concussion Services - KidsInclusive</a><br><br>www.kidsinclusive.ca/services-and-programs/specialty-services/acquired-brain-injury-program-concussion-services/ | KidsInclusive<br>System Navigator<br>613-544-3400 ext. 2078<br>(Toll free at 1-855-544-3400 ext. 2078) |               |

# Regional Acquired Brain Injury (ABI) Associations

| Resource Name                                       | Description   | Fees                | Website  | Contact Information   | Region Served                                     |
|---|---|---------------------|--|---|---|
| HELPLINE: 1-800-263-5404                            | Calls are open Mon - Fri from 9:30 am to 4:00 pm EST  | Free                | <a href="http://www.obia.ca/support/helpline/">www.obia.ca/support/helpline/</a> | 1-800-263-5404  | All of Ontario                                    |
| Ontario Brain Injury Association (OBIA)             | <p>A provincial, registered, charitable organization with the mission of enhancing the lives of Ontarians living with the effects of acquired brain injury (ABI) through education, awareness and support.</p> <p>Whether you have sustained a Mild Traumatic Brain Injury (Concussion), moderate to severe brain injury, OBIA is here to help!</p> |                     | <a href="http://www.obia.ca/resources/">www.obia.ca/resources/</a>               | Call 1-800-263-5404   | All of Ontario                                    |
| Brain Injury Association of Quinte District (BIAQD) | <p>A not-for-profit organization dedicated to supporting individuals with Acquired Brain Injury, their families, and their communities by promoting awareness through education, information and outreach services</p> <p>Anyone living with the effects of Acquired Brain Injury can become a member of BIAQD.</p>                                 | A small annual fee. | <a href="http://www.biaqd.ca/">www.biaqd.ca/</a>                                 | Tel: 613-967-2756<br>Fax: 613-967-<br>Email: info@biaqd.ca              | Belleville, Trenton, Picton, Napanee and Bancroft |
| Brain Injury Association of the Ottawa Valley       | The Brain Injury Association of the Ottawa Valley is a non-profit organization that helps acquired brain injury survivors reconnect with their environment.   |                     | <a href="http://www.biaov.org">www.biaov.org</a>                                 | Administration:<br>Tel: 613-233-8303<br><br>Email:<br>contact@biaov.org | Ottawa Valley                                     |



# Adult Mental Health and Addictions

If this is a medical emergency, or if there is a concern you might hurt yourself or someone else, contact 9-1-1, or go to your nearest hospital emergency department. NEED HELP NOW? Visit [ConnexOntario.ca](http://ConnexOntario.ca) for free 24/7 access to mental health services or call 1-866-531-2600.

You can also [click here](#) for a list of crisis services and Resources [www.accessmha.ca/resource](http://www.accessmha.ca/resource)

| Resource Name        | Description  | Fees | Website   | Contact Information  | Region Served   |
|----------------------|--|------|---|--|-----------------|
| AccessMHA            | <p>Anyone aged 16 years or older residing within our service area can access AccessMHA for assistance in finding mental health, substance use health, and addictions support, services, and care.</p> <p>Refer you to the services you need, all while supporting you through the process. After reaching out to us, you will be paired with a trained mental health, substance use health and addictions intake specialist who will connect you to the services you need from a network of partner organizations.</p> | None | <p><a href="http://AccessMHA.ca">AccessMHA.ca</a> - free mental health and/or substance use/addiction support</p> <p>AccessMHA.ca - free mental health and/or substance use/addiction support</p> |  | EasternOntario  |
| 24 Hour Crisis Lines | 24/7 Crisis Lines staffed 24/7, 365 days a year by experienced professionals who can provide immediate support, advocacy and referrals to appropriate services as needed.  |      |   | <p>Kingston &amp; Frontenac<br/>24/7 Crisis Line<br/>613.544.4229<br/>Toll Free 1.866.616.6005</p> <p>Lennox &amp; Addington (L&amp;A) 24/7 Crisis Line<br/>613.354.7388<br/>Toll Free 1.800.267.7877</p> <p>Lanark, Leeds and Grenville Addictions and Mental Health Mental Health Crisis Line<br/>Toll Free<br/>1.866.281.2911</p> | Eastern Ontario |

# Adult Mental Health and Addictions

| Resource Name  | Description  | Fees   | Website  | Contact Information  | Region Served   |
|--|--|--|--|--|---|
| Addiction & Mental Health Services Kingston, Frontenac, Lennox & Addington | AMHS-KFLA's mission is to provide responsive, high-quality, community-based addiction and mental health services that empower the people it serves to be well and achieve their full potential. A non-profit organization that delivers community-based mental health, addiction and housing services. | No   | <a href="http://www.amhs-kfla.ca/programs-services/">www.amhs-kfla.ca/programs-services/</a> | Kingston Area:<br>613-544-1356<br>Napanee & Area:<br>613-354-7521<br><br>info@amhs-kfla.ca   | Kingston and the counties of Frontenac and Lennox and Addington |
| Lanark County Mental Health  | Lanark County Mental Health responds to the mental health needs of adults and transitional aged youth (17 years and over). <ul style="list-style-type: none"> <li>• Urgent Care</li> <li>• Individual &amp; Group Therapy</li> <li>• Practical &amp; Supportive Counselling</li> </ul>                 |  | <a href="http://www.lcmh.ca">www.lcmh.ca</a>   | 613-283-2170<br><br><a href="http://search.caredove.com/lcmh-intake/service/26246/book">search.caredove.com/lcmh-intake/service/26246/book</a>                               | Lanark County   |
| Lanark, Leeds and Grenville Addictions and Mental Health                   | Community Addictions Services<br>Residential Treatment Homes<br>Case Management<br>Counselling<br>Housing<br>Family and Caregiver Support<br>Psychiatry<br>Social Recreation<br>Youth Services<br>Vocational and Educational<br>Wellness Program<br>Transportation                                     |  | <a href="http://www.llgamh.ca">www.llgamh.ca</a>   | Self-Referral<br>To self-refer visit <a href="http://www.accessmha.ca">www.accessmha.ca</a> and follow the prompts.<br><br>If you need assistance, please call 613-342-2262. | Lanark, Leeds and Grenville                                     |
| Canadian Mental Health Association Hastings Prince Edward (CMHA HPE)       | A community-based agency providing a range of client-centred services and supports throughout Hastings and Prince Edward Counties to individuals 16 and older.<br><br>Services can be provided in the individual's home environment, office setting or in the community.                               | Funded by the Ministry of Health and Long Term Care and Ontario Health East (OHE).<br><br>Free | <a href="http://cmhahpe.ca/programs-and-services/">cmhahpe.ca/programs-and-services/</a>     | <a href="http://www.cmhahpe.ca/who-we-are/contact-us/">www.cmhahpe.ca/who-we-are/contact-us/</a>   | Hastings and Prince Edward Counties                             |

# Paediatric Services Addictions and Mental Health

Please contact one of the organizations below, depending on where you would like to access services

| Resource Name                                   | Description  | Fees | Website   | Contact Information  | Region Served   |
|---|--|------|---|--|---|
| 1Call1Click.ca                                  | <p>1Call1Click.ca is available to assist infants, children and youth from birth to 21 years of age.</p> <p>1Call1Click.ca is here to help children, youth and families/ caregivers connect with the right mental health, addictions, substance use health and neurodevelopmental health services and care when they need it.</p>                         |      | <p><a href="http://www.kidscomefirst.ca/en/index.aspx">Kids Come First</a><br/>www.kidscomefirst.ca/en/index.aspx</p> | <p>613-260-2360<br/>1-877-377-7775</p>   | <p>Parts of eastern Ontario including Ottawa, Pembroke, Cornwall, Hawkesbury, and surrounding areas including the counties of: Lanark, Leeds and Grenville; Stormont, Dundas and Glengarry; Prescott-Russell and Renfrew.</p> |
| One Stop Talk                                   | <p>One Stop Talk offers children and youth (aged 0-17 years) immediate access to free mental health support when and how they need them. The program provides single-session counselling support and ensures direct referral to additional services when needed.</p> <p>Parents and caregivers can access the service in the presence of their child</p> | Free | <p><a href="http://www.onestoptalk.ca">Homepage – One Stop Talk</a><br/>www.onestoptalk.ca</p>                        | <p>1-855-416-8255/TALK</p> <p>Monday to Friday from 12pm to 8pm and Saturdays 12pm to 4pm.</p>   |   |
| Children's Mental Health of Leeds and Grenville | <p>Free mental health services in-person, virtually or by phone for children 0-17 years of age living in Leeds and Grenville. A doctor's referral is <b>not</b> required.</p>  |      | <p><a href="http://www.cmhlg.ca/referrals/">Children's Mental Health of Leeds and Grenville</a></p>                   | <p>Call 1-800-809-2494 between 8:30 am and 4:30 pm to book an appointment.</p> <p>Or, you may complete a referral by filling out a referral form at <a href="http://www.cmhlg.ca/referrals/">www.cmhlg.ca/referrals/</a></p> |   |

Please contact one of the organizations below, depending on where you would like to access services

| Resource Name                            | Description   | Fees  | Website  | Contact Information  | Region Served   |
|--|---|---|--|--|---|
| Children's Mental Health Services        | <p>Lead Agency for Children's Mental Health Services, overseeing programs and services.</p> <p>A doctor's referral is <b>not</b> required.</p>  | Funded through the Ministry of Health   | <a href="#">Children's Mental Health Services Hastings-Prince Edward Counties</a>                        | 613-966-3100 or toll-free at 1-844-462-2647 (1-844-GO TO CMHS) or by filling out the online referral form <a href="http://www.cmhsonline.ca/request-help">www.cmhsonline.ca/request-help</a>   | Hastings, Northumberland and Prince Edward Counties.          |
| Open Doors for Lanark Children and Youth | <p>Anyone can make a referral for a child or youth under the age of 18 – self, parents or guardians, family doctors, schools or other service providers – who feel, in discussion with the youth or family, that the child, youth or family would benefit from services.</p> <p>A doctor's referral is <b>not</b> required.</p>   | <p>Funded by the Ontario Ministry of Health and the Ontario Ministry of Children, Community and Social Services</p> <p>Free</p> | <a href="#">Open Doors for Lanark Children and Youth</a>   | <p>1-877-232-8260 or email <a href="mailto:admin@opendoors.on.ca">admin@opendoors.on.ca</a></p> <p>Please select the appropriate referral form at <a href="http://www.opendoors.on.ca/get-appointment/">www.opendoors.on.ca/get-appointment/</a></p> | Lanark County   |
| Maltby Centre                            | <p>Maltby Centre provides mental health and autism services for youth.</p> <p>Meet with a therapist in person, by phone or by video.</p> <p>Program Assistants will help guide you to the right service and find a time available that works for you.</p> <p>The first appointment usually takes between an hour to an hour &amp; a half. Many find that a single meeting can create positive changes. Together with your therapist, a plan for next steps will be created.</p> | Free  | <p><a href="#">Maltby Centre</a></p> <p><a href="http://www.maltbycentre.ca">www.maltbycentre.ca</a></p> | <p>Please contact a Program Assistant<br/>1-844-855-8340<br/>1-613-546-8535</p> <p>To check when the next Walk-In is scheduled, please visit:<br/><a href="http://maltbycentre.ca/workshops-at-maltby/">maltbycentre.ca/workshops-at-maltby/</a></p> | Kingston, Napanee, Northbrook, Sharbot Lake and Sydenham, ON. |

# Specialized Transportation

| Resource Name  | Description   | Fees                             | Website  | Contact Information   | Region Served   |
|--|---|----------------------------------|--|---|---|
| Bancroft Community Transit (BCT)                             | BCT operates a transportation service for people in need of medical services and necessities of life. Providing a door-to-door transportation service by volunteer drivers  | Yes                              | <a href="http://www.bancroftcommunitytransit.com">www.bancroftcommunitytransit.com</a>   | 613- 332-2732.  | Bancroft, North Hastings County, Belleville and South Hastings, and North Hastings County                 |
| Brockville - Para-transit                                    | Paratransit service operates as a door to door, shared ride, ride booking service for registered and approved paratransit customers Local transportation within the city limits for people registered with the service and long distance charters depending on vehicle availability | Set fee                          | <a href="http://www.brockville.com/transit">www.brockville.com/transit</a>   | 613-341-2279 or <a href="mailto:transit@brockville.com">transit@brockville.com</a>                          | Brockville city limits and long distance charters depending on vehicle availability.                      |
| Care NorthHastings   | CARE North Hastings offers affordable and reliable transportation to seniors (55+), and adults with physical disabilities (not covered by ODSP), living in North Hastings.  |                                  | <a href="http://www.carenorthhastings.org/escorted-volunteer-transportation">www.carenorthhastings.org/escorted-volunteer-transportation</a> | contact form <a href="http://www.carenorthhastings.org/contact-us">www.carenorthhastings.org/contact-us</a> | Serving Bancroft and surrounding area   |
| Seniors Support Services (CPHC)                              | Transportation to local medical appointments and out of town specialists.   | Varies based on travel distance, | <a href="http://cphcare.ca/service/transportation/">cphcare.ca/service/transportation/</a>   | 613-342-3693 or 1-800-465-7646 and speak with Service Assistants: ext. 2034 or ext. 2032                    | Brockville and Perth  |
| Assisted Transportation Community Home Support Lanark County | Assisted Transportation - Non-emergency transportation to medical appointments<br><br>*Please note that volunteers are not permitted to transport clients who require wheelchairs, or persons under the age of 18.  | Yes                              | <a href="http://www.chslc.ca/assisted-transportation">www.chslc.ca/assisted-transportation</a>   | Lanark County and area<br>613-267-6400<br><br>Smith Falls<br>613-283-6745                                   | Lanark County and area<br><br>Smith Falls   |
| Community Care Northumberland                                | Local and long distance destinations escorted transportation to medical appointments, shopping and social activities and programs   | Yes                              | <a href="http://www.commcare.ca/">www.commcare.ca/</a>   |   | Northumberland County<br>Call for clarification on what portion of Quinte West is served as it may vary . |

# Specialized Transportation

| Resource Name   | Description  | Fees  | Website  | Contact Information   | Region Served  |
|---|--|---|--|---|--|
| Frontenac Transportation Services by Rural Frontenac Community Services | Frontenac Transportation Services provides rides for adults, seniors and children living in North, Central and South Frontenac and Frontenac Islands. Rides are dispatched from the Frontenac Transportation Office in Sharbot Lake. | Yes distance based  | <a href="http://www.rfcs.ca/programs/frontenac-transportation-services-overview/">www.rfcs.ca/programs/frontenac-transportation-services-overview/</a> | 613-279-3151 ext. 303<br>1-877-279-2044<br>transportation@rfcs.ca         | Frontenac County   |
| Gananoque Wheels Of Care  | Local and out of town transportation for Gananoque and Leeds and the Thousand Islands residents. Accessible and non-accessible door to door service  | Yes   | <a href="http://www.gananoquewheelsofcare.ca">www.gananoquewheelsofcare.ca</a>   | 613-382-4831 or gananoquewheelsofcare@gmail.com                           | Gananoque and Leeds and the Thousand Islands, as far as Kingston and Brockville. |
| Hulpr Wheelchair Transfers and Accompaniments                           | Accessible transportation that goes way beyond your average taxi or patient transfer. Our professional team offers high-quality rides and accompaniments to support a wide range of needs.   | Set fees * subsidies may be available   | <a href="http://www.hulpr.ca">www.hulpr.ca</a>   | 613-329-0484<br>careteam@hulpr.ca   | Serving Trenton, Belleville, Napanee, Kingston, Smiths Falls, Brockville         |
| Kingston Access Bus   | Providing Specialized, Non-Emergency, Community Transportation in Kingston.<br><br><b>Passengers must be registered in advance before using the service.</b>   | \$3.25 each way<br><br>Regular Monthly Pass, Affordable Transit, and Affordable Transit Monthly Pass (Senior) | <a href="http://www.kingstonaccessbus.net">www.kingstonaccessbus.net</a>   | 1-613-542-2512<br>Fax: (613) 549-6318<br>info@kingstonaccessbus.com       | City of Kingston, Ontario  |
| Lanark Transportation Association                                       | Transportation to families, seniors, children, youth and others living in Lanark County and the Town of Smiths Falls . Including accessible vehicles to accommodate wheelchairs and other mobility devices.                          | Yes<br><br>There may be subsidy support available for qualified individual.                                   | <a href="http://www.lanarktransportation.com">www.lanarktransportation.com</a>   | 613-264-8256<br>Toll-Free: 877-445-5777                                   | Lanark County and the Town of Smiths Falls                                       |
| Land O'Lakes Community Services   | Non-emergency transportation to medical appointments. Wheelchair-accessible bus and contracted taxi services when appropriate.   |   | <a href="http://www.lolcs.com/community-support-services/">www.lolcs.com/community-support-services/</a>   | 613-336-8934 ext 233<br>Toll Free:<br>1-877-679-6636<br>Fax: 613-336-2044 | Kaladar, Flinton, Northbrook, Cloyne and Denbigh.                                |

# Specialized Transportation

| Resource Name   | Description  | Fees   | Website  | Contact Information  | Region Served  |
|---|--|--|--|--|--|
| Transportation Leen On Me Home Care Services  | Wheelchair-accessible, non-emergency transportation to local and long-distance medical appointments, and regular activities such as grocery shopping and banking   | Set fee  | <a href="http://www.leenonme.ca">www.leenonme.ca</a>   | 613-888-6874   | Toronto, Durham, Cobourg, Kingston, Ottawa, and Cornwall.                |
| Medical Transportation and Home Support Transportation<br><br>Mohawks of the Bay of Quinte - Community Wellbeing Centre | Medical transportation benefits may be provided for status members of Mohawks of the Bay of Quinte living on-reserve or off-reserve members with prior approval from the Health Canada NIHB Program.<br><br>The program has a fleet of volunteer drivers to assist in getting you to and from appointments when you, a family member or friend cannot manage. In order to access this part of the program, you must call the medical transportation clerk to register at 613-967-3603 ext. 127, giving at least 48 hours notice. |  | <a href="http://www.mbgq-tmt.org/health/medical-transportation/">www.mbgq-tmt.org/health/medical-transportation/</a>   | Recipients who live within the Tyendinaga Mohawk Territory Community Wellbeing Centre, 613-967-3603 ext. 127<br>613-967-3603 ext. 171<br><br>Recipients who do not live on reserve or are not a member of the Mohawks of the Bay of Quinte should contact the Non-Insured Health Benefits Analyst, at the CWC, ext. 120 or their own First Nation's Administration Office to request transportation. | Members of Mohawks of the Bay of Quinte living on-reserve or off-reserve |
| Quinte Transit: Specialized Services  | Specialized transportation is available for persons with disabilities and seniors in the City of Quinte West and the Municipality of Brighton.   | Yes  | <a href="http://www.quintetransit.ca/registration">www.quintetransit.ca/registration</a>   | info@quintetransit.ca<br>(613)-392-9640<br>1-855-283-9640<br>Fax (613)- 392-3872   | City of Quinte West and the Municipality of Brighton.                    |
| Prince Edward County Community Care for Seniors Association (The)   | Escorted transportation program for seniors 60 plus. Whether you need to travel locally or out of town, this service gets you where you need to go. The volunteer waits while you're in the appointment  | Varies per program, subsidy available if necessary | <a href="http://www.communitycarefor seniors.org">www.communitycarefor seniors.org</a>   | 613-476-7493   | Prince Edward County   |
| County Transit Prince Edward County Specialized Transit Service   | Any adult aged 55+ and persons with a disability can register for this door to door service to locations within Prince Edward County and beyond, four days per week (Tuesday through Friday).  | Yes  | <a href="http://www.thecounty.ca/residents/services/public-specialized-transit-2023/">www.thecounty.ca/residents/services/public-specialized-transit-2023/</a> | options@pecounty.on.ca<br>613.476.2148 x 1023  | Prince Edward County and beyond.   |

# Specialized Transportation

| Resource Name                               | Description   | Fees    | Website  | Contact Information  | Region Served  |
|---|---|---------|--|--|--|
| Victorian Order of Nurses (VON)             | Non-emergency transportation to medical appointments, grocery shopping, and other outings by volunteer drivers. Wheelchair-accessible vans are also available through Greater Kingston VON. | Set fee | <a href="http://www.von.ca/en">www.von.ca/en</a>   | Greater Napanee<br>613-34-6668 ext 109<br>Toll Free: 1-833-355-6668 ext 109<br><br>Kingston: 613-634-0130<br><br>Hastings Northumberland Prince Edward Services 613-392-4181 x5331 | Kingston Leeds Lanark Grenville, Greater Napanee, Hastings Northumberland Prince Edward    |
| Medical Mobility Van Service Westport Lions | Westport and North Crosby residents. Van with a wheelchair lift provided by volunteers. Transportation to doctor appointments and other health related activities.                          | Free    | <a href="http://westportlions.ca/2020/09/28/mobility-van-service/">westportlions.ca/2020/09/28/mobility-van-service/</a> | 613-273-5789   | Westport and North Crosby residents<br><br>Westport, Newboro through to Portland and Elgin |



# Community Support Services & Recreation: Help to remain in own homes longer. Page 1 of 6

| Resource Name   | Description  | Fees                                       | Website  | Contact Information  | Region Served  |
|---|--|--|--|--|--|
| Adult Protective Services Walk-In Clinic<br>Resolve Counselling Services Canada | <p>Advocacy, case management, supportive and instructional counselling, completing forms</p> <p>In order to access the APSW program through Resolve Counselling Services Canada, individual eligibility for services must be confirmed by the local Developmental Service Organization (DSO) office in Napanee.</p>  | Free                                       | <a href="http://www.resolvecounselling.org/counselling-services/adult-protective-services-aps/">www.resolvecounselling.org/counselling-services/adult-protective-services-aps/</a>   | 613-549-7850<br>Toll-Free:<br>1-800-379-5556<br>Crisis: 1-800-409-4499   | South East Ontario   |
| Independent Living Resource Centre  | <p>Independent Living Centre Kingston, a disability resource and support hub for everything disability,</p> <p>A regional, non-profit organization, run by and for people with disabilities, promoting Independent Living. Providing leadership, support, and skills development for people with disabilities and communities. Activities include a diner's club and social activities.</p>  | Fees for some events, such as dinning out. | <p><a href="http://IndependentLivingCentreKingston SupportforPeoplewithAllAbilities(ilckington.com)">Independent Living Centre Kingston   Support for People with All Abilities (ilckington.com)</a></p> <p>www.ilckington.com</p> <p>Face-book: <a href="https://www.facebook.com/ILCKingston/">www.https://facebook.com/ILCKingston/</a></p> | 613-542-8353<br><br>Email:<br>info@ilckington.com  | Drop In Centre located in Kingston   |
| Care NorthHastings  | <p>Provide services that help keep people healthy and independent at home.</p> <ul style="list-style-type: none"> <li>• Meals and Food Security</li> <li>• Volunteer Transportation</li> <li>• Foot Care at Foot Fix</li> <li>• Congregate Dining</li> <li>• Homemaking &amp; Home Help</li> <li>• Friendly Visiting &amp; RUOK Calls</li> <li>• Walking Club</li> <li>• Form Assistance &amp; Tax Prep</li> <li>• Drop-In &amp; Outreach</li> </ul> | Yes  | <a href="http://www.carenorthhastings.org">www.carenorthhastings.org</a>   | contact form<br><a href="http://www.carenorthhastings.org/contact-us">www.carenorthhastings.org/contact-us</a> | Northern Townships of Hastings County, the municipalities of Highlands East and the District of Nipissing. |

# Community Support Services & Recreation: Help to remain in own homes longer. Page 2 of 6

| Resource Name                            | Description  | Fees               | Website  | Contact Information  | Region Served  |
|--|--|--------------------|--|--|--|
| Seniors Support Services (CPHC)          | <ul style="list-style-type: none"> <li>• Frozen Meals on Wheels</li> <li>• Hot Meals on Wheels</li> <li>• Transportation</li> <li>• Lifeline</li> <li>• Adult Day Services</li> <li>• In-Home Respite</li> <li>• Diners' Club</li> <li>• Home Help/Home Maintenance</li> <li>• Foot Care</li> <li>• Seniors' Exercise &amp; Fall Prevention</li> <li>• Stroke Understood Support Group</li> </ul> <p>** Not all services are in all areas.</p> | Varies per program | <a href="http://cphcare.ca/services/">cphcare.ca/services/</a> | 613-342-3693<br>info@cphcare.ca                                  | <p>** Not all services are in all areas.</p> <p>Athens<br/>Elizabethtown-Kitley<br/>City of Brockville<br/>Village of Maitland<br/>Carleton Place<br/>Lanark County<br/>Town of Gananoque<br/>Leeds &amp; The Thousand Islands<br/>Front of Yonge<br/>North Leeds<br/>Westport<br/>Rideau Lakes<br/>Town of Prescott<br/>Augusta<br/>Edwardsburgh/Cardinal<br/>North Grenville<br/>Merrickville-Wolford</p> <p>** Not all services are in all areas.</p> |
| Community Care for South Hastings (CCSH) | <p>Services and Programs:</p> <ul style="list-style-type: none"> <li>• 55 Alive Driving Refresher Course for Mature Drivers</li> <li>• Aphasia Supportive Conversation Groups</li> <li>• Congregate Dining</li> <li>• Escorted Transportation Program</li> <li>• Meals Delivery</li> <li>• Stroke Survivor and Caregiver Support Groups</li> </ul>   | Varies per program | <a href="http://www.ccsa.ca">www.ccsa.ca</a>                   | 613-969-0130<br>TollFree 1-844-654-3283<br><br>Fax: 613-969-1719 | <p>South Hastings</p> <ul style="list-style-type: none"> <li>• Belleville</li> <li>• Thurlow</li> <li>• Deseronto</li> <li>• Tyendinaga Township and area</li> </ul>   |

# Community Support Services & Recreation: Help to remain in own homes longer. Page 3 of 6

| Resource Name                        | Description   | Fees               | Website  | Contact Information  | Region Served  |
|--------------------------------------|---|--------------------|--|--|--|
| Community Home Support Lanark County | <p>Supports for older adults, and adults with disabilities to remain independent in their own homes for as long as possible. Referral to other community services</p> <ul style="list-style-type: none"> <li>• Assisted Transportation - Non-emergency transportation to medical appointments</li> <li>• Diner's Clubs</li> <li>• Foot Care Clinic</li> <li>• Frozen Meals</li> <li>• Home Help Brokerage</li> <li>• In-Home Respite</li> <li>• Meals on Wheels</li> <li>• Parkinson's Support Group</li> <li>• Volunteer Hospice Visiting Service</li> </ul> | Varies per program | <a href="http://www.chslc.ca/">www.chslc.ca/</a>       | <p>Lanark County and area<br/>613-267-6400</p> <p>Smith Falls<br/>613-283-6745</p> | <p>Lanark County and area</p> <p>Smith Falls</p>   |
| Community Care Northumberland        | <p>Nutrition, transportation, in-home and wellness services to support the health and well-being of people in Northumberland County</p> <ul style="list-style-type: none"> <li>• Hospice Services</li> <li>• Transportation</li> <li>• Meals on Wheels and community diners programs</li> <li>• Wellness Services</li> <li>• In-Home Services</li> </ul>  | Yes                | <a href="http://www.commcare.ca/">www.commcare.ca/</a> | <p>1-866-514-5774<br/>Fax: 613-475-3990</p>  | <p>Northumberland County</p> <p>Call for clarification on what portion of Quinte West is served as it may vary .</p> |

# Community Support Services & Recreation: Help to remain in own homes longer. Page 4 of 6

| Resource Name                                  | Description   | Fees                           | Website  | Contact Information   | Region Served  |
|--|---|--------------------------------|--|---|--|
| Land O'Lakes Community Services                | <p>Support services to individuals and families living in the township of Addington Highlands and Ward 1 North Frontenac.</p> <ul style="list-style-type: none"> <li>• Meals on Wheels</li> <li>• Social and Congregate Dining</li> <li>• Homemaking/Home Maintenance</li> <li>• Foot Care</li> <li>• Diner's Club (Denbigh)</li> <li>• Adult Drop In</li> <li>• Transportation</li> <li>• Women's Program</li> </ul> | Contact about program          | <a href="http://www.lolcs.com/programs/">www.lolcs.com/programs/</a>     | 613-336-8934 ext. 233 or ext. 229<br>Toll Free: 1-877-679-6636  | <p>Kaladar, Flinton, Northbrook, Cloyne and Denbigh.</p> <p>Our Land O'Lakes Women's Program also services all of the Township of North Frontenac.</p> |
| Leen on Me Home Care Services                  | Provide personal care services, respite services, palliative care services, and more. Committed to providing affordable, reliable, compassionate, and personalized care to enrich the quality of one's life.  | Yes                            | <a href="http://www.leenonme.ca/services/">www.leenonme.ca/services/</a> | 613-888-6874<br>Info@leenonme.ca<br><br>Mailing:<br>P.O. Box 26002<br>Kingston, On. K7M 4Y0               | Toronto, Durham, Cobourg, Kingston, Ottawa, and Cornwall.  |
| Lennox and Addington Seniors Outreach Services | Adults 55 years of age and older and adults with disabilities, who need physical, social, or emotional supports . Financial Assistance - Interest free loans for hearing aids, dentures, and glasses  | Fixed fees, varies per program | <a href="http://www.lasos.ca">www.lasos.ca</a>                           | 613-354-6668<br><br>Complete The Form<br><a href="http://lasos.ca/contact-sos/">lasos.ca/contact-sos/</a> | Lennox and Addington   |

# Community Support Services & Recreation: Help to remain in own homes longer. Page 5 of 6

| Resource Name   | Description   | Fees   | Website  | Contact Information  | Region Served        |
|---|---|--|--|--|----------------------|
| Prince Edward County Community Care for Seniors Association (The) | <p>Supports for adults to help remain independent in their own homes for as long as possible, with information and referrals.</p> <ul style="list-style-type: none"> <li>• 55 Alive Mature Driver Classroom Refresher Course</li> <li>• Active Living Programs</li> <li>• Caregiver Support and Family Support</li> <li>• Community Support Services</li> <li>• Transportation,</li> <li>• Dinners for Seniors</li> <li>• Escorted Transportation</li> <li>• Foot Care Clinic</li> <li>• Friendly Visiting</li> <li>• Help With Forms</li> <li>• Home Maintenance and Home-making</li> <li>• Meals on Wheels - Hot and Frozen</li> <li>• Reassurance Programs</li> <li>• Respite</li> </ul> | Varies per program, subsidy available if necessary | <a href="http://www.communitycareforseniors.org">www.communitycareforseniors.org</a> | 613-476-7493   | Prince Edward County |
| Rural Frontenac Community Services                                | <p>A community hub delivering a wide range of social services to both adults and children throughout the county.</p> <ul style="list-style-type: none"> <li>• Support Services</li> <li>• Respite</li> <li>• Foot Care Clinic</li> <li>• Caregiver Counselling and Support Group</li> <li>• Home Help</li> <li>• Day Programs</li> <li>• Children's Services</li> <li>• Community Cafe</li> <li>• Frontenac Transportation Service</li> <li>• Meals on Wheels</li> <li>• Volunteer Tax Clinic</li> </ul>  | Yes based on program                               | <a href="http://www.rfcs.ca">www.rfcs.ca</a>   | 613-279-3151<br>1-855-279-2052<br>info@rfcs.ca<br><a href="http://www.rfcs.ca/contact/">www.rfcs.ca/contact/</a> | Frontenac County     |

## Community Support Services & Recreation: Help to remain in own homes longer. Page 6 of 6

| Resource Name                   | Description  | Fees    | Website  | Contact Information  | Region Served  |
|---------------------------------|--|---------|--|--|--|
| Victorian Order of Nurses (VON) | <p>Services and programs depending on area</p> <ul style="list-style-type: none"> <li>• Health in the Community</li> <li>• Health at Home</li> <li>• Respite and Caregiver Support</li> <li>• End-of-Life Care</li> <li>• Social Connection</li> </ul>   | Set fee | <a href="http://www.von.ca/en">www.von.ca/en</a><br>Search for area    | <p>Greater Napanee<br/>           Phone: 613-354-6668</p> <p>Kingston, Lanark, Leeds and Grenville: 613-634-0130</p> <p>Hastings Northumberland Prince Edward Services<br/>           Phone: 613-392-4181<br/>           Toll free: 1-888-279-4866</p> | Kingston Leeds Lanark Grenville, Greater Napanee, Hastings Northumberland Prince Edward            |
| Epilepsy South Eastern Ontario  | <p>Anyone affected by Epilepsy and/or seizure disorders. Free education programs, group support meetings, systems navigation and transportation</p> <p>One on one or group counselling for people living with epilepsy/seizure disorder, and advocacy for individuals experiencing barriers to employment, income support, residence and health care</p> | Free    | <a href="http://www.epilepsyresource.org">www.epilepsyresource.org</a> | <p>613-542-6222<br/>           Toll-Free: 1-866-374-5377</p> <p>993 Princess St.<br/>           Unit 1430<br/>           Kingston, ON<br/>           K7L 1H3</p>   | Kingston, Frontenac, Lennox and Addington, Leeds and Grenville, Hastings, and Prince Edward County |

# Social Housing Programs: lower cost units to households with low income

| Resource Name   | Description  | Fees | Website  | Contact Information  | Region Served                          |
|---|--|------|--|--|--|
| Social Housing Programs<br>United Counties of Leeds and Grenville Housing Department - Community and Social Services Division | Services and programs depending on area: <ul style="list-style-type: none"> <li>• Social Housing Registry</li> <li>• Rent Subsidy Programs</li> <li>• Homelessness Prevention Programs</li> </ul>  | Free | <a href="http://www.leedsgrenville.com/en/services/social-housing.aspx?">www.leedsgrenville.com/en/services/social-housing.aspx?</a>                       | 25 Central Avenue West, Suite 200<br>Brockville, ON K6V 4N6<br><br>Tel: 613-342-3840<br>Fax: 613-342-8908  | United Counties of Leeds and Grenville |
| Lanark County Housing Services  | <ul style="list-style-type: none"> <li>• Social Housing Registry</li> <li>• Rent Subsidy Programs</li> </ul>   | Free | <a href="http://www.lanarkcounty.ca/en/family-and-social-services/housing.aspx">www.lanarkcounty.ca/en/family-and-social-services/housing.aspx</a>         | Lanark County Administration Building<br>99 Christie Lake Road<br>Perth, ON K7H 3C6<br><br>Tel: 613-267-4200 ext. 2402                                 | Lanark County                          |
| City of Kingston Housing and Social Services Department   | People needing financial assistance for housing <ul style="list-style-type: none"> <li>• Program and subsidy administration to a variety of housing providers under public, non-profit, co-operative, federal and rent supplement programs</li> <li>• Special needs housing</li> <li>• Housing Registry Program /rent-gearred-to-income housing</li> </ul> | Free | <a href="http://www.cityofkingston.ca/community-supports/housing-and-homelessness/">www.cityofkingston.ca/community-supports/housing-and-homelessness/</a> | Housing and Social Services<br>362 Montreal St.<br>Kingston, ON K7K 3H5<br><br>613-546-2695 ext. 4895<br><br>Monday - Friday:<br>8:30 a.m. - 4:30 p.m. | Kingston and the County of Frontenac   |

# Social Housing Programs: lower cost units to households with low income

| Resource Name  | Description   | Fees | Website  | Contact Information   | Region Served  |
|--|---|------|--|---|--|
| Prince Edward - Lennox and Addington Social Services | Administration of social services for Prince Edward and Lennox and Addington Counties, including financial support and geared-to-income housing<br>Criteria is program specific   | Free | <a href="http://lennox-addington.on.ca/resident-services/social-services/housing/">lennox-addington.on.ca/resident-services/social-services/housing/</a> | 95 Advance Avenue<br>Napanee, Ontario,<br>K7R 3Y5<br><br>229 Main Street Picton, Ontario, K0K 2T0<br><br>20 Manitou Crescent<br>West Amherstview,<br>Ontario, K7N 1B4<br><br>12497A Hwy 41<br>Northbrook, Ontario,<br>K0H 2G0<br><br>613-354-0957 (press 2)<br>Toll-Free:<br>1-866-354-0957 (press 2)<br>Fax:<br>613-354-1224 | Lennox and Addington ; Prince Edward County  |
| Hastings County Housing Programs and Service         | The goal of Hastings County Housing Services is to provide safe, and affordable housing for low-income households in Hastings County. Hastings County Housing Services is a division of the Community and Human Services department.<br><br>You must have a valid Social Insurance Number to apply. |      | <a href="http://hastingscounty.com/communities/services">hastingscounty.com/communities/services</a>   | Contact the Intake Access Centre (613) 771-9630 or Toll Free 1-(866)-414-0300<br><br>Office Hours:<br>Monday-Friday<br>8:30am-4:30pm<br><br>Belleville<br>228 Church Street<br>(Head Office)<br>Belleville, ON<br>K8N 5E2<br><br>Quinte West<br>91 Creswell Drive<br>Trenton, ON<br>K8V 3G5                                   | Hastings County Bancroft, Belleville, Coe Hill, Deseronto, Madoc, Marmora, Stirling, Quinte West (Trenton and Frankford Wards), and Tweed. |



## Online Listings for Help for Getting Food:

Identification for each family member and proof of income and/or residency may be required to access some programs.

| Resource Name                   | Description  | Fees | Website   | Contact Information | Region Served |
|---------------------------------|--|------|---|---------------------|---------------|
| Food Is Available In Belleville | Listing of Resources   | None | <a href="#">Where to find food – We All Deserve To Eat</a>  |                     | Belleville    |
| Find a Food Bank in Canada      | Listing of Resources   | None | <a href="http://foodbankscanada.ca/find-a-food-bank/">foodbankscanada.ca/<br/>find-a-food-bank/</a> |                     | Canada wide   |
| Feed Ontario                    | Food banks in Ontario<br>Visit website<br>no referral required | None | <a href="http://feedontario.ca">feedontario.ca</a>  | 416-656-4100        | All Ontario   |

Scroll to next page for list of Food Programs in Southeastern Ontario.

# Help for Getting Food:

Services may include food banks, community gardens, Good Food Boxes, youth nutrition programs, and nutrition education programs. **Subject to change by individual agencies.** Identification for each family member and proof of income and/or residency may be required to access some programs.

| Resource Name  | Description   | Fees | Website  | Contact Information   | Region Served                        |
|--|---|------|--|---|--------------------------------------|
| Athens Food Bank and Crisis Fund   | <p>Two references are required after the initial visit. A voucher system is used as well as a good selection of non perishable items.</p> <p>Crisis Fund Information: A crisis fund has been established to assist needy families in emergency situations.</p>  | Free | <a href="http://athenstownship.ca/community/115-food/110-athens-food-bank">athenstownship.ca/community/115-food/110-athens-food-bank</a> | <p>613-246-0402</p> <p>34 Mill St., Athens</p> <p>Hours:<br/>Monday from 10:00 a.m. until Noon except for holidays</p>  | Athens, Ontario                      |
| <p>Belleville and Quinte West Community Health Centre</p> <p>Community Programs and Services</p> | <p>Community nutrition programs are scheduled throughout the year. Free meal programs, basic cooking skills, understanding nutrition, weight management, and programs for purchasing low cost fresh fruits and vegetables</p> <p>No referral required<br/>Possible waiting period until start of next scheduled program</p>   |      | <a href="http://www.bqwchc.com">www.bqwchc.com</a>   | <p>161 Bridge St W<br/>Belleville, ON<br/>K8P 1K2<br/>613-962-0000<br/>Toll-Free:<br/>1-855-252-2747</p> <p>69 Catherine St,<br/>Trenton, ON<br/>K8V 5K9<br/>613-965-0698</p> | Belleville<br>Quinte West<br>Trenton |
| Bridge Street United Church - Food Ministry  | <p>Free three course hot meals. Held on two days in the last week monthly. Check exact dates when attending TGIF. Doors open at 4:30pm for serving at 5pm. No pre-registration or ID required</p> <p>Frozen meal pickup. No preordering required. Pick-up at the 60 Bridge St E entrance Frozen Meal Pick Up: Friday 11:30 am-1pm. Excluding Good Friday where distribution will be the Thursday before</p> | Free | <a href="http://www.bridgestreetchurch.com">www.bridgestreetchurch.com</a>   | <p>60 Bridge St E<br/>Belleville, ON<br/>K8N 1L7</p> <p>613-962-9178</p>  | Belleville and area                  |

# Help for Getting Food:

Services may include food banks, community gardens, Good Food Boxes, youth nutrition programs, and nutrition education programs. **Subject to change by individual agencies.** Identification for each family member and proof of income and/or residency may be required to access

| Resource Name   | Description  | Fees   | Website   | Contact Information  | Region Served   |
|---|--|--|---|--|---|
| Country Roads Community Health Centre                       | CRCHC runs a wide variety of free, low-cost or subsidized community programming, in keeping with our model of health that includes <a href="#">social determinants of health</a> and <a href="#">social prescribing</a> .  | Low-cost or subsidized                                     | <a href="http://www.crchc.on.ca/community-programs">www.crchc.on.ca/<br/>community-programs</a> | 4319 Cove Rd<br>Portland, ON<br>K0G 1V0<br><br>613-272-3302<br>1-888-998-9927  | Delta, Elgin:<br>Lombardy, Morton,<br>Newboro, Portland,<br>Seeley's Bay, Westport,<br>View Manor, Athens                       |
| CDC Quinte Community Development Council of Quinte          | To promote food security for all members within Hastings & Prince Edward Counties through community development, service provision and social planning <ul style="list-style-type: none"> <li>• Good Food Box &amp; Good Baby Box</li> <li>• Community Gardens</li> <li>• Community Food Programs</li> </ul> | There may be fees, dependent on service                    | <a href="http://www.cdcquinte.com">www.cdcquinte.com</a>  | 65 Station St<br>Belleville, ON<br>K8N 2S6<br><br>Monday - Thursday<br>9am - 5pm<br>Phone: 613-968-2466<br>Fax: 613-968-2251                       | Hastings & Prince Edward Counties   |
| Brighton Fare Share Food Bank                               | Food for people in need.<br><br>First, second, fourth and fifth Mon monthly 9 am-12 noon   | None   |   | 39A Elizabeth St<br>Brighton. Ontario<br><br>613-475-4190  | Proof of residency (Municipality of Brighton) required for all occupants of the household.                                      |
| Helping Hands Food Bank<br>Central Hastings Support Network | Provides much-needed food to families and individuals in Centre Hastings and Madoc Township. We do our best to provide food for registered clients for three to four days per month.   | To book an appointment, please contact the Madoc Food Bank | <a href="http://www.chsn.support/">www.chsn.support/</a>  | Mon 10 am to 1 pm<br>Tue 6 pm to 8 pm<br>Wed 10 am to 2 pm<br>Thurs 1 pm to 4 pm<br><br>613-473-5255<br><br>151 St Lawrence St E<br>Madoc, Ontario | Centre Hastings and Madoc Township.<br><br>Out of town requests are forwarded to sister food banks in neighbouring communities. |
| Delta Food Bank   | Non-perishable food for those in need. Refrigerator and freezer on site.<br><br>Individuals in need who are not receiving assistance from other food banks * additional criteria apply   | Free   | <a href="http://www.spacc.ca/community-services">www.spacc.ca/<br/>community-services</a>       | Second Tue 9am-10am<br><br>St. Paul's Anglican 7<br>King St. (County Rd 42)<br>Delta, ON<br><br>613-928-2217<br>613-213-4828                       |   |

# Help for Getting Food:

Services may include food banks, community gardens, Good Food Boxes, youth nutrition programs, and nutrition education programs. **Subject to change by individual agencies.** Identification for each family member and proof of income and/or residency may be required to access some programs.

| Resource Name                             | Description   | Fees | Website  | Contact Information  | Region Served   |
|---|---|------|--|--|---|
| Elgin Food Bank                           | <p>Elgin Food Bank is a community based organization helping the people of our community by members of the community.</p> <p>In need and not receiving assistance from other food banks * additional criteria apply</p>   | Free | <a href="http://elginfood-bank.wixsite.com/elgin-food-bank">elginfood-bank.wixsite.com/elgin-food-bank</a>                           | <p>Bethel Tabernacle Church<br/>PO Box 213<br/>Elgin, ON<br/>K0E 1G0</p> <p>613-359-6118</p>   | Elgin Ontario   |
| Food Programs Brockville & Area Food-bank | <p>To provide emergency food support for persons in Brockville and surrounding area in a non-judgmental and accessible environment.</p> <p>If it's your first time visiting the food bank, you need to make an appointment to chat with the intake team.</p>                              |      | <a href="http://www.brockvilleandareafoodbank.ca/community-resources-2/">www.brockvilleandareafoodbank.ca/community-resources-2/</a> | <p>PO Box 522<br/>58 Buell Street<br/>Brockville, ON<br/>K6V 5V7</p> <p>Tel: 613-342-0605<br/>Fax: 613-342-1713</p>  | Brockville, Augusta, Front of Yonge and Elizabethtown-Kitley. |
| Gananoque and District Food Bank          | <p>No referral required * clients are screened for eligibility</p> <p>Identification for client who is registering and for every family member who will be receiving assistance at the address provided</p> <p>Proof of current address (currently dated mail, utility invoice, etc.)</p> | None | <a href="http://www.gananoquefoodbank.ca">www.gananoquefoodbank.ca</a>   | <p>613-382-4434</p> <p>497 King St, E.,<br/>Gananoque, ON<br/>K7G 1G9<br/>613-382-4434<br/>Hours<br/>Mon, Wed and Fri:<br/>12:00 noon 3:00pm</p> <p>3rd Thursday of the month 5 pm -7 pm</p> | Gananoque and District Food Bank                              |
| HomeBase Housing Resource Listings        | Food & Grocery Services   |      | <a href="http://www.kingstonhomebase.ca/community-resources/#food">www.kingstonhomebase.ca/community-resources/#food</a>             |  | Kingston Area   |

# Help for Getting Food:

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| Resource Name                     | Description  | Fees                                     | Website  | Contact Information   | Region Served      |
|-----------------------------------|--|--|--|---|--------------------|
| Gleaners Food Bank                | <p>Gleaners is more than a Food Bank. Delivery available for persons with disabilities</p> <p>Register online * bring identification, bills and income information</p> <p>Require EVERY visit:<br/>A photo Identification or driver's license of every member in the household including children</p> <p>Michaelangelo's Café a hot or cold beverage and something to eat. The café is open to the public during client operating hours.</p> | Free                                     | <a href="http://www.gleanersfoodbank.ca">www.gleanersfoodbank.ca</a>         | <p>FOOD BANK HOURS<br/>Monday to Friday<br/>9:00 AM - 12:00 PM<br/>must arrive-<br/>by <b>11:30am</b> for processing.</p> <p>Wednesday, extra evening hours<br/>6:00 PM - 8:00 PM<br/>must arrive<br/>by <b>7:45pm</b> for processing.</p> <p>25 Wallbridge Cres<br/>Belleville, ON<br/>K8P 1Z3</p> | Belleville         |
| Helping Hands Food Bank Deseronto | <p>Food provided in emergencies.</p> <p>Proof of residence and current income statement required on each visit</p>   | Free                                     | <a href="http://www.foodbankscanada.ca">www.foodbankscanada.ca</a>           | <p>Third Thursday of the month 10 am -12 noon</p> <p>613-847-5658</p> <p>316 Edmon St,<br/>Entrance east side of Deseronto fire hall<br/>Deseronto, ON<br/>K0K 1X0</p>  | Deseronto, Ontario |
| GoodFood Box Kingston             | <p>A community-driven initiative that allows anyone to purchase an assorted basket of fruits and vegetables for less than the cost at the grocery store. Pay for a food box at the beginning of the month, online and have it delivered. Delivery is the third Thursday of the month.</p> <p>Please visit one of the <a href="#">locations</a> to place your order and pay with cash.</p>  | Various sizes between \$6 and \$17 each) | <a href="http://www.goodfoodboxkingston.com">www.goodfoodboxkingston.com</a> | <p>Multiple sites see website</p> <p><a href="#">Host Sites   GFB Kingston (goodfoodboxkingston.com)</a></p>  | Kingston and Area  |

# Help for Getting Food:

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| Resource Name                          | Description  | Fees                                     | Website   | Contact Information   | Region Served    |
|--|--|--|---|---|------------------|
| Land O' Lakes Emergency Food Bank      | Call by Thursday to pick up on Friday * no referral required   | Free                                     | None  | 613-336-8934<br><br>Friday 10 am-11:30 am<br><br>Health Unit<br>PO Box 67<br>Cloyne, ON<br>K0H 1K0                      | Cloyne and area  |
| Loving Spoonful, Food Security Program | <ul style="list-style-type: none"> <li>• Fresh Food Access</li> <li>• Community Kitchens</li> <li>• Urban Agriculture</li> <li>• The GROW Project</li> </ul> | Free                                     | <a href="http://www.lovingspoonful.org/">www.lovingspoonful.org/</a>  | 613-507-8848 exit 263<br><br>Monday to Friday<br>9 am—5 pm<br><br>Weller Ave Unit 4<br>Kingston, ON<br>K7K 2V4          | Kingston         |
| Mamora Helping Hands Food Bank         | Food provided in emergencies up to six times a year<br><br>Proof of residence and current income statement   | Free                                     | <a href="http://www.foodbankscanada.ca">www.foodbankscanada.ca</a>  | Tuesday 1 pm—3pm<br><br>613-472-3594<br><br>37 Forsyth St,<br>Basement of the Library<br>Marmora, ON<br>K0K 2M0         | Marmora and Area |
| Loves and Fishes                       | Economical nourishing meals  | \$2 per person<br>children under 10 free | <a href="https://www.facebook.com/loavesandfishesbrockville/">www.facebook.com/loavesandfishesbrockville/</a> | 613-345-6498<br>Monday to Friday<br>11:30 am to 1:00 pm<br><br>25 Front Ave W,<br>Suite 1A<br>Brockville, ON<br>K6V 4J2 | Brockville       |

# Help for Getting Food:

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| Resource Name  | Description   | Fees         | Website  | Contact Information  | Region Served   |
|--|---|--------------|--|--|---|
| Morningstar Relief Mission                                 | <ul style="list-style-type: none"> <li>Community food programs including mobile and take out meal program and emergency food bags</li> <li>volunteer income tax preparation clinic</li> <li>overnight warming center Nov 2023-April 2024</li> <li>Evening drop-in program with showers facilities</li> </ul>              | Free Drop-in | <a href="http://www.morningstarmission.ca">www.morningstarmission.ca</a> | 613-354-6355<br><br>58 Water St W<br>Napane, ON<br>K7R 1V5   | Napane and area   |
| North Frontenac Food Bank                                  | <p>Provide food and resources for the benefit of those in need.</p> <p>Individuals and families in need of assistance can receive orders of food once per month. Orders are distributed twice per week on Tuesdays and Fridays by appointment</p>   | None         | <a href="http://www.northfrontenacfb.org">www.northfrontenacfb.org</a>   | 613 279 8855<br><br>14152 Rd. 38,<br>Sharbot Lake,<br>ON K0H 2P0   | Municipal Townships of Central Frontenac and North Frontenac and include the communities and surrounding area |
| North Hastings Children's Services Family Supports Program | <p>Call * no referral required</p> <ul style="list-style-type: none"> <li>Kitchen Connections</li> <li>Collective Kitchens program at our outreach groups in</li> <li>Emergency Food Bank, available to all families in need.</li> <li><a href="https://www.nhcs.ca/calendar">https://www.nhcs.ca/calendar</a></li> </ul> | Free         | <a href="http://www.nhcs.ca/food-programs">www.nhcs.ca/food-programs</a> | 613-332-0179<br>20 Hastings Heritage Way<br>Bancroft, ON<br>K0L 1C0  | Parents of children and youth in Hastings (North)   |
| Partners in Mission Food Bank                              | <p>Approximately seven days' worth of food for those in need.</p> <p>An intake appointment is set up for first time recipients * no referral required</p>   | None         | <a href="http://www.kingstonfoodbank.ca">www.kingstonfoodbank.ca</a>     | 613-544-4100<br><br>140 Hickson Ave<br>Kingston, ON<br>K7K 2N6<br><br>Service<br>Monday to Friday<br>2 pm-4 pm | Southern Lennox and Addington from Amherstview to Bath * not including Napane                                 |

# Help for Getting Food:

Services may include food banks, community gardens, Good Food Boxes, youth nutrition programs, and nutrition education programs. **Subject to change by individual agencies.** Identification for each family member and proof of income and/or residency may be required to access

| Resource Name                    | Description   | Fees  | Website  | Contact Information  | Region Served                           |
|----------------------------------|---|---|--|--|---|
| Picton United Church Food Bank   | <p>Three to five day supply of food. Delivery available if necessary.</p> <p>Interview is conducted. ID for everyone in the home is required for the initial registration<br/>Bring photo ID and proof of address</p>   | Free  | <a href="http://pictonunitedchurch.ca">pictonunitedchurch.ca</a>                       | <p>613-476-8516</p> <p>Friday 9 am -11 am<br/>12 Chapel St<br/>Picton, ON<br/>K0K 2T0</p>  | Prince Edward County east of Highway 62 |
| Portland Food Bank               | <p>Call for an appointment</p> <ul style="list-style-type: none"> <li>• First and third Tuesdays of each month.</li> <li>• Non-perishable food each visit and a food voucher for fresh food to be purchased at the local Food Market.</li> <li>• A Good Food Box of fresh vegetables is available on the third Tuesday.</li> <li>• Gently used clothing is also available. Christmas hampers</li> </ul> | Free  | <a href="http://eppc-ucc.com/portland-food-bank/">eppc-ucc.com/portland-food-bank/</a> | <p>613-272-8977<br/>613-272-2002</p> <p>1st Tuesday - 9 a.m. to 1 p.m.<br/>3rd Tuesday - 10 a.m. to 3 p.m.<br/>Country Roads Community Health Centre<br/>4319 Cove Rd<br/>Portland</p>   | Portland Area                           |
| Rideau Community Health Services | <ul style="list-style-type: none"> <li>• Food Cupboard Program. Non-perishable food items and small voucher for the local grocery store to purchase perishable items. <b>Tuesday from 10:00 am-2:00 pm.</b></li> <li>• Good Food Box</li> <li>• Group Workshops and Classes</li> <li>• Nutrition counselling</li> <li>• Registered Dietitian Services</li> </ul>  | <p>Free</p> <p>Appointments required for some programs<br/>No referral required</p> | <a href="http://www.rideauchs.ca">www.rideauchs.ca</a>                                 | <p>613 269-3400 ext. 247</p> <p>The Good Food Box Program: To access the program or for more information, please contact Lion's Club at 613-285-6561.</p> <p>354 Read St,<br/>Merrickville, ON<br/>K0G 1N0</p> <p>2 Gould St<br/>Unit 118<br/>Smiths Falls, ON<br/>K7A 2S5</p> | Lanark, Leeds and Grenville Ontario     |



# Help for Getting Food:

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| Resource Name                                       | Description   | Fees                | Website  | Contact Information  | Region Served                |
|---|---|---------------------|--|--|------------------------------|
| Family and Community Services - Salvation Army      | <p>Emergency assistance for low income families. This includes emergency food, shelter, clothing and other needs as deemed necessary</p> <p>Client interview with proof of income and expenses are required</p> | Free or by donation | <a href="http://www.salvationarmy.ca">www.salvationarmy.ca</a>   | <p>Perth<br/>613-267-6260</p> <p>Brockville<br/>613-283-3563</p> <p>Cardinal<br/>613-342-5211</p> <p>Kingston<br/>613-548-4411 ext 0</p> <p>Gananoque<br/>613-463-9694</p> <p>Napanee<br/>613-354-7633</p> <p>Belleville<br/>613-968-6834 ext 201</p> <p>Tweed<br/>613-478-5544</p> <p>Picton<br/>613-476-3159</p> | Across South Eastern Ontario |
| Seeley's Bay Legion - R.O.L.L. Aid Centre Food Bank | <p>Emergency food with some infant products available.</p> <p>New clients call ahead if possible for pick up on Tue</p>   | Free                | <a href="http://www.leeds1000islands.ca/en/living/Food-Banks.aspx#">www.leeds1000islands.ca/en/living/Food-Banks.aspx#</a> | <p>613-770-2935<br/>Tuesday 10 am—noon</p> <p>Seeley's Bay Legion<br/>116 Bay St<br/>Seeley's Bay, ON<br/>K0H 2N0</p>  | Seeley's Bay                 |
| Smiths Falls Community Food Bank                    | <p>Emergency food for seven days, based on clients' needs. Provides information on other community resources.</p> <p>Drop in with ID for everyone in the home, mail with a current address.</p>                 | Free                | <a href="http://www.smithsfallscmmunityfoodbank.org">www.smithsfallscmmunityfoodbank.org</a>                               | <p>613-283-6695<br/>93 Russell St E<br/>Smiths Falls, ON<br/>K7A 1G8</p>   | Lanark County                |

# Help for Getting Food:

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| Resource Name                                     | Description  | Fees | Website  | Contact Information   | Region Served                              |
|---|--|------|--|---|--|
| South Grenville Food Bank                         | <ul style="list-style-type: none"> <li>Once monthly emergency food for seven days, based on clients' needs, and provides information on other community resources.</li> <li>Baby bottle formula and baby items</li> <li>Food hampers</li> <li>Delivery for people with disabilities and seniors</li> </ul> <p>Drop in with ID for everyone in the family and a piece of mail with a current address and bags</p> | Free | <a href="http://www.sgfoodbank.ca/">www.sgfoodbank.ca/</a>   | <p>Prescott Site<br/>613-925-2444<br/>136 Henry St W<br/>Prescott, ON<br/>K0E 1T0</p> <p>Cardinal Site<br/>613-657-1967<br/>Back of library,<br/>618 County Rd 2,<br/>Cardinal, ON<br/>K0E 1T0</p> <p>Spencerville Site<br/>613-925-2444<br/>United Church,<br/>16 Centre St<br/>Spencerville, ON<br/>K0E 1T0</p> | South Grenville                            |
| Food Bank Southern Frontenac Community Services   | <p>Supply of non-perishable food, bread and milk, vegetables and protein.<br/>Referrals are made to other community groups when demand exceeds supply</p> <p>Call at least one day ahead if possible</p>   | Free | <a href="http://www.sfcsc.ca">www.sfcsc.ca</a>               | <p>Monday to Friday<br/>8:30 am—4:30 am</p> <p>613-376-6477 ext 203<br/>1-800-763-9610</p> <p>4295 Stagecoach Rd<br/>Sydenham</p>   | South Frontenac Township<br>Rural Kingston |
| Emergency Food Pantry St. Vincent de Paul Society | <p>Once a month access to a few days' worth of food in emergency situations</p> <p>Drop-by or call to arrange to pick up. No delivery service</p>  |      | <a href="http://www.svdpkinston.com">www.svdpkinston.com</a> | <p>Monday to Friday<br/>9 am—1 pm</p> <p>613-766-8432</p> <p>85 Stephen St<br/>Kingston, ON<br/>K7K 2C5</p>   | Kingston and South Frontenac and Area      |

# Help for Getting Food:

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| Resource Name   | Description  | Fees               | Website  | Contact Information   | Region Served  |
|---|--|--------------------|--|---|--|
| Brown Bag Lunch to Go<br>St. Lukes Anglican Church - Elgin/Westport | Drop by, first come first serve  | Voluntary donation | <a href="http://www.stlukeslyndhurst.weebly.com">www.stlukeslyndhurst.weebly.com</a> | 613-507-3311<br>Thursday to Saturday<br>10 am—2 pm<br><br>18 Main St<br>Elgin, ON<br>K0G 1E0  | Elgin and area   |
| Stirling and Area Christian Community Care - Community Cupboard     | Food bank visits once monthly.<br><br>Call or drop-in.<br><br>An interview is conducted to determine need. Bring rent and income receipts, identification and expenses   | Free               | None   | Except the first Thursday monthly<br>10am-12 noon<br><br>Second and fourth Thursday 7pm-9pm<br><br>613-395-3952<br>or<br>613-395-2105<br><br>85 Station St<br>Stirling, ON<br>K0K 3E0 | Stirling - Rawdon  |
| StoreHouse Wellington and District Food Bank                        | <ul style="list-style-type: none"> <li>• Food bank</li> <li>• Easter, Thanksgiving and Christmas hampers</li> <li>• Back to school backpacks, snowsuit fund and clothing</li> <li>• Household items</li> </ul> | Free               | <a href="http://www.wellingtonfoodbank.org/">www.wellingtonfoodbank.org/</a>         | 613-849-7403<br><br>Wednesday<br>10 am-12 noon and<br>1 pm-3 pm<br><br>Appointments can be arranged outside this time<br><br>304 Niles St<br>Wellington, ON<br>K0K 3L0                | Wellington, Bloomfield, Ameliasburgh, Consecun, and Carrying Place |

# Help for Getting Food:

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| Resource Name                                 | Description   | Fees  | Website  | Contact Information   | Region Served   |
|---|---|---|--|---|---|
| Good Food Bank<br>Table Community Food Centre | Once monthly emergency three to five day supply of fresh fruits, vegetables and pantry staples. Tuesdays are deliveries, call by 5pm on Monday to schedule a delivery<br>Scheduled after school sessions teach children 8—11 to grow, prepare and enjoy healthy food, and to better understand our food system. Sessions run for 13 weeks; Sep–Dec and from Feb–May | Free<br><br>Photo identification for applicant and all adults in the home and a piece of mail with applicants name and address on it. | <a href="http://www.thetablecfc.org">www.thetablecfc.org</a>                                   | 613-267-6428<br><br>190 Gore St E<br>Perth, ON<br>K7H 1K3   | Perth and area  |
| Trenton Care and Share Food Bank              | Food assistance to families in an emergency situation or a financial crisis.<br><br>18 years of age and over that provide a rent receipt and income and identification verification   | Free  | <a href="http://www.trentonfoodbank.ca">www.trentonfoodbank.ca</a>                             | 613-394-5551<br><br>Monday, Tuesday, Thursday and Friday<br><br>Service:<br>10 am—12 :30 pm<br><br>Delivery:<br>8 am— 12 noon<br><br>30 Pelham St Suite 2<br>Trenton, ON<br>K8V 5A7 | City of Quinte West   |
| Smiths Falls Foodbank                         | The Smiths Falls Community Food Bank helps families and individuals in need by providing safe and nutritious emergency food as our supplies allow.  | None  | <a href="http://www.smithsfallscmmunityfoodbank.org/">www.smithsfallscmmunityfoodbank.org/</a> | 93 Russell St., E<br>Smiths Falls, ON<br><br>Tel: 613-283-6695  | Smiths Falls, Jasper, Lombardy, Montague Township, Merrickville, Toledo, and surrounding areas. |
| The Table Community Food Centre               | Offer integrated programs that provide access to healthy and delicious food. Community Food Centres work to bring people together to grow, cook, share, and advocate for good food.   |   | <a href="http://www.thetablecfc.org/">www.thetablecfc.org/</a>                                 | 190 Gore Street East<br>Perth, Ontario K7H 1K3<br>Tel: 613-267-6428   | Perth   |

# Help for Getting Food:

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| Resource Name  | Description  | Fees                                   | Website  | Contact Information  | Region Served             |
|--|--|--|--|--|---------------------------|
| Westbrook United Church - Community meals and clothing depot | <p>Community meals and low cost clothing and small household items</p> <ul style="list-style-type: none"> <li>• Clothing Depot Tuesday-Saturday 9am-2pm</li> <li>• Breakfasts 1st Saturday monthly 9 am-12 noon</li> <li>• Lunches 2nd Thursday 11am-1pm</li> </ul>  | Meals are free<br>Clothing is low cost | None   | 613-389-3883<br><br>Westbrook United Church<br>3526 Princess St<br>Kingston, ON<br>K7P 3A8             | Kingston and area         |
| Westdale Park Free Methodist Church - Community Food Program | <ul style="list-style-type: none"> <li>• Prepared Meals for pick-up</li> <li>• Community Closet and Pantry - Gently used clothing and non-perishable food items</li> </ul>   | Free                                   | <a href="http://www.westdaleparkchurch.ca">www.westdaleparkchurch.ca</a> | 613-354-2669<br><br>Tuesday and Thursday<br>2pm-3pm<br><br>7 Richmond Park Dr<br>Napane, ON<br>K7R 2Z3 | Greater Napane and area   |
| Westport Food Bank   | <ul style="list-style-type: none"> <li>• Call for application</li> <li>• Food bags to those in need once monthly or more often in exceptional circumstances</li> <li>• Fruit, vegetable and dairy vouchers, school snack packs</li> <li>• People can be served without entering the church</li> <li>• Transportation and delivery can be provided</li> </ul> | Free<br><br>Proof of income required   | None   | Second and fourth Thursday monthly<br><br>613-273-3031<br><br>27 Church St<br>Westport                 | Westport and Newboro area |

# Income Support: Help for those in financial need pay for living expenses, like food and housing Page 1 of 2

| Resource Name   | Description  | Fees | Website  | Contact Information  | Region Served  |
|---|--|------|--|--|----------------|
| benefitswayfinder.org                                       | <p>Your guide to government benefits that can help put more money in your pocket. Created by Prosper Canada, a national charity that works with partners in all sectors to develop and promote financial policies, programs and resources that transform lives and help Canadians to prosper.</p> <p>You can get 1-on-1 help with benefits applications, tax filing, and more.</p> |      | <a href="http://www.benefitswayfinder.org">www.benefitswayfinder.org</a>   | <a href="http://www.benefitswayfinder.org">www.benefitswayfinder.org</a>   | Canada Wide    |
| Canada Pension Plan Disability Benefits<br>(CPP Disability) | Income support for persons who have permanent disabilities that prevents them from regularly working. Individuals must be under age 65 and previously contributed to CPP.  | No   | <a href="http://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html">Canada Pension Plan disability benefits; Overview - Canada.ca</a><br><br><a href="http://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html">www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html</a> | 1-800-277-9914   | Canada Wide    |
| Ontario Disability Support Program (ODSP)                   | Provides financial assistance and support with various social, employment and medical/dental needs to eligible individuals with a disability. All residents of Ontario are eligible to apply.  | No   | <a href="http://www.ontario.ca/page/ontario-disability-support-program">Ontario Disability Support Program   ontario.ca</a><br><br><a href="http://www.ontario.ca/page/ontario-disability-support-program">www.ontario.ca/page/ontario-disability-support-program</a>  | 1-888-789-4199   | All of Ontario |
| Ontario Works (OW)  | If you need financial assistance for food and housing, and are in financial need, you can apply for financial and employment assistance through Ontario Works.   | No   | <a href="http://www.ontario.ca/page/ontario-works">Ontario Works   ontario.ca</a><br><br><a href="http://www.ontario.ca/page/ontario-works">www.ontario.ca/page/ontario-works</a>  | 1-888-999-1142<br><br>TTY: 1-800-387-5559.<br><br>Find your local Ontario Works office<br><a href="http://www.ontario.ca/page/social-assistance-office-locations#section-1">www.ontario.ca/page/social-assistance-office-locations#section-1</a> | All of Ontario |

# Income Support: Help for those in financial need pay for living expenses, like food and housing Page 2 of 2

| Resource Name                          | Description   | Fees | Website | Contact Information   | Region Served |
|--|---|------|---------|---|---------------|
| Service Canada Outreach Support Centre | <p>Provide support to individuals requiring assistance and / or information with Service Canada services who are unable to use the online system or access in-person supports.</p> <ul style="list-style-type: none"> <li>• Employment Insurance</li> <li>• Canada Pension Plan / Old Age Security</li> <li>• Social Insurance Number information</li> <li>• Veterans Affairs Canada programs and services information</li> <li>• Information and referral for other federal programs and services</li> </ul> | No   | None    | <p>1-877-631-2657</p> <p>Outreach Support Centre Monday to Friday 8:30 a.m. to 4:00 p.m.<br/>1-877-631-2657<br/>TTY: 1-833-719-2657</p> <p>Interpretation services may be provided.</p> | All of Canada |

| Resource Name                                       | Description  | Fees  | Website  | Contact Information   | Region Served   |
|---|--|---|--|---|---|
| Queens Law Clinics                                  | <p>Queen’s Law Clinics contains five individual pro bono clinics; business law, family law, elder law, poverty law, and prison law, and Public Legal Education</p> <ul style="list-style-type: none"> <li>• Assistance With Future Planning</li> <li>• Assistance With Court Applications</li> <li>• Legal Information Regarding Issues Affecting Seniors</li> </ul>   | pro bono clinics  | <a href="http://www.queenslawclinics.ca">www.queenslawclinics.ca</a>                                     | 613-533-2102  | <p>Low-income residents of Kingston, Napanee and surrounding areas, and to Queen’s University students.</p> <p>The Queen’s Prison Law Clinic to clients in Kingston-area prisons, including Warkworth Institution.</p>          |
| The Legal Clinic (Perth, Sharbot Lake, Brockville). | <p>We also give legal information sessions for members of the public and other community agencies.</p> <p>The clinic provides no-fee legal services for low-income residents.</p> <ul style="list-style-type: none"> <li>• Legal advice</li> <li>• Help fill out forms</li> <li>• Represent at some tribunals and courts</li> <li>• Refer to other agencies</li> </ul> | pro bono clinics  | <a href="http://www.legalclinic.ca">www.legalclinic.ca</a>   | 613-264-8888<br>Phone Toll Free: 1-888-777-8916 (613 area code only)  | <p>Lanark County and the United Counties of Leeds &amp; Grenville,</p> <p>Townships of North and Central Frontenac in Frontenac County, and</p> <p>Township of Addington Highlands in the County of Lennox &amp; Addington.</p> |
| Community Advocacy & Legal Centre CALC              | <p>People living on a low income.</p> <ul style="list-style-type: none"> <li>• help over the phone or in-person with legal problem. Help depends on the type of problem.</li> <li>• Commission and notarize documents (within areas of practice)</li> <li>• Help present case to a court or tribunal</li> <li>• Workshops about the law</li> </ul>                     | All legal services are free. You may be asked to pay for expenses such as court filing fees and medical reports | <a href="http://www.communitylegalcentre.ca/our-services/">www.communitylegalcentre.ca/our-services/</a> | 613-966-8686<br><br>1-877-966-8686<br><br>Form online<br><a href="http://www.communitylegalcentre.ca/our-services/requesting-legal-information-or-advice/">www.communitylegalcentre.ca/our-services/requesting-legal-information-or-advice/</a> | Hastings, Prince Edward and Lennox & Addington counties, and Tyendinaga Mohawk Territory.   |



## Law clinics: provides a range of free legal services to qualified clients

| Resource Name     | Description   | Fees   | Website  | Contact Information   | Region Served |
|-------------------|---|--|--|---|---------------|
| Legal Aid Ontario | <p>Legal Aid Ontario (LAO) provides legal help in English and French for financially eligible low-income Ontarians</p> <ul style="list-style-type: none"> <li>• Family law</li> <li>• Refugee and immigration law</li> <li>• Mental health law</li> <li>• Criminal law</li> </ul>   | If you have an income or own property, you may qualify for a certificate with a contribution agreement. This means you will be required to repay LAO some or all of your legal fees, based on your income level. | <a href="http://www.legalaid.on.ca">www.legalaid.on.ca</a> | 1-800-668-8258  | Ontario       |
| ABI Justice       | <p>ABI Justice resource in Ontario that aims to decrease common barriers that become present for persons with brain injury when faced with legal matters.</p> <p>ABI Justice is a porthole for legal information as it pertains to those who have sustained or those who assist clients who live with a brain injury.</p> | Free   | <a href="http://www.abijustice.org">www.abijustice.org</a> | Online form<br><a href="http://www.abijustice.org/brain-injury-community/contact-2/">www.abijustice.org/brain-injury-community/contact-2/</a> |               |

# Unattached Patient Clinic, Walk in Clinics and Primary Care

This service is not intended for emergency situations. If this is a medical emergency, please call

| Resource Name   | Description   | Fees   | Website  | Contact Information   | Region Served  |
|---|---|--|--|---|--|
| Mallorytown Unattached Patient Clinic   | -Upper Canada Family Health Team (UCFHT) Unattached Patient Clinic is for <b>Leeds &amp; Grenville</b> residents who are not attached to a family doctor.<br>- <b>This is not a walk-in clinic. All patients are required to make an appointment.</b><br>-An OHIP card is required for an appointment.  | Covered by OHIP.   | <a href="http://www.ucfht.com/mallorytown">www.ucfht.com/mallorytown</a>               | 1489 County Road 2<br>P.O. Box 56<br>Mallorytown, On K0E 1R0<br><br>Tel: 613-923-1175<br>Fax: 613-923-1552  | Leeds & Grenville residents who are not attached to a family doctor. |
| CDK Family Medicine and Walk In Clinic  | A traditional family medicine practice with a parallel walk-in clinic.<br><br>The walk-in clinic is open to everyone without a family doctor and individuals with same-day urgent issues  | Services may be covered by OHIP.<br><br>Non-Insured Services have fee. | <a href="http://www.cdkmd.com">www.cdkmd.com</a>                                       | 613-766-0318<br>Phones answered from Monday-Friday:<br>9am- noon & 1pm-3pm<br><br>175 Princess St<br>Kingston, ON K7L 1A9   | Clinic in Kingston   |
| Good Doctors <ul style="list-style-type: none"> <li>Kingston</li> <li>Belleville</li> </ul> | All visits require an appointment. A telemedicine clinic offering services to help manage chronic conditions, order tests and refer you to a medical specialist if needed.<br><br>Clinics have a nurse or clinical assistant on-site to perform physical assessments, and connect patients through secured video conference, to a licensed Ontario physician. Physicians are not physically onsite for assessments. | Patient visits are covered with a valid OHIP card                      | <a href="http://www.gooddoctors.ca">www.gooddoctors.ca</a>                             | Kingston – Milford<br>728 Milford Drive<br>Kingston, K7P 1C6<br>Phone: (613) 777-0951<br><br>Belleville<br>144 North Front Street<br>Belleville, K8P 3B6<br>Phone: (613) 902-0668 | Clinics in Kingston and Belleville                                   |
| PharmaChoice - Trenton (WellMed Pharmacy)   | Telemedicine Walk-in Clinic - Connect to the doctor virtually through OTN for various issues including but not limited to prescription renewals, specialist referrals, lab requisitions, etc<br>Contact the Pharmacy to schedule your appointment.  | Services may be covered by OHIP.<br><br>Non-Insured Services have fee. | <a href="http://www.bookmyshot.com/(613)955-9585">www.bookmyshot.com/(613)955-9585</a> | 613-955-9585<br><br>284 Front St<br>Trenton, ON<br>K8V 4P3  | Clinic in Trenton, ON  |

# Urgent Care

This service is not intended for emergency situations. If this is a medical emer-

| Resource Name               | Description  | Fees                             | Website  | Contact Information  | Region Served      |
|-----------------------------|--|----------------------------------|--|--|--------------------|
| Urgent Care Centre Kingston | <p>When a same-day appointment isn't available with your family doctor or a walk-in clinic and your health concern needs to be addressed within 24 hours, the Urgent Care Centre is where to go for non-life-threatening illness or injury.</p> <p>Patient registration may close earlier than 8 p.m during the week and 4 p.m. on weekends.</p> | Services may be covered by OHIP. | <a href="http://www.kingstonhsc.ca/programs-and-departments/urgent-care-centre">www.kingstonhsc.ca/programs-and-departments/urgent-care-centre</a> | <p><b>Please call 613-546-1240 and listen to the message to find out if the centre has closed early, due to high patient volumes and staffing currently available.</b></p> <p>613-546-1240</p> <p>144 Brock Street, near the corner of Bagot and Brock streets</p> | Clinic in Kingston |

# Online Doctors Visits

This service is not intended for emergency situations. If this is a medical emergency, please call 9-1-1, or go to your local emergency department.

| Resource Name                 | Description   | Fees   | Website  | Contact Information  | Region Served  |
|-------------------------------|---|--|--|--|--|
| Apple Tree Medical Group      | <p>Online Doctor Consultations Healthcare is now at your fingertips. With just a few clicks, you'll be connected to an Appletree doctor via video from the comfort of your home or office.</p> <p>Not all conditions are eligible for this form of care</p>   | <p>Virtual Care services are covered under the OHIP program for all Ontarians with an OHIP health card.</p> <p>Patients without OHIP coverage must pay for Virtual Care services.</p>                  | <a href="http://www.appletreemedicalgroup.com/medical-services/virtual-care/">www.appletreemedicalgroup.com/medical-services/virtual-care/</a> | <p>Online only</p> <p><a href="http://www.appletree.vertoengage.com/engage/generic-open-clinic?key=booking">www.appletree.vertoengage.com/engage/generic-open-clinic?key=booking</a></p> | Patients must be in the province of Ontario at the time of their visit.  |
| Tia Health                    | <p>Access an online walk-in clinic, fast. Book an Appointment. Speak directly with doctors in Canada by phone, video, or secure messaging, on any device. Receive referrals, requisitions and any other documents you need, all online. You can have your prescription delivered for free or sent to a pharmacy of your choice for pick-up.</p> | <p>Free to All Canadians have valid Ontario OHIP , BC MSP, or Alberta AHCIIP card.</p>   | <a href="http://www.TiaHealth.com">www.TiaHealth.com</a>   | <p>book online</p> <p><a href="http://www.book.tiahealth.com">www.book.tiahealth.com</a></p>   | Free in Ontario, Alberta and British Columbia with a valid Health Card.  |
| Gotodoctor Virtual Healthcare | <p>You can speak with your doctor through a secure video consultation or over the phone.</p> <p>Gotodoctor.ca platform supports mobile/tablet/desktop devices</p>   | <p>Free with OHIP.</p> <p>Patients located in Ontario even without a valid health number can access Gotodoctor.ca free of charge.</p>  | <a href="http://www.gotodoctor.ca">www.gotodoctor.ca</a>   | 1-833-820-8800 for help  | <p>Ontario and other provinces.</p> <p>Gotodoctor is a preferred virtual care provider for the and Rexall.</p> |
| TELUS Health MyCare           | <p>Using the free the TELUS Health MyCare app, video chat with a doctor, psychologist, counsellor or dietitian from your phone, at your convenience.</p> <p>– even on evenings or weekends.</p>   | <p>Doctors' visits are covered by provincial health plan.</p> <p>Counsellors, dietitians, Clinical psychologists with a fee. Get reimbursed. if you have a participating extended healthcare plan.</p> | <a href="http://www.telus.com/en/health/my-care">www.telus.com/en/health/my-care</a>   | <p>Download the Telus Health MyCare today on <a href="#">Google Play</a> or the <a href="#">Apple AppStore</a></p>   | Canada Wide  |

# Online Primary Care Resources

This service is not intended for emergency situations. If this is a medical emergency, please call 9-1-1, or go to your local emergency department.

| Resource Name                        | Description   | Fees               | Website  | Contact Information  | Region Served |
|--------------------------------------|---|--------------------|--|--|---------------|
| RightPlaceRightCare.ca.              | If your concern is NOT urgent, please explore other health-care options available in our community. Provides lists and recommendations on going to the right place for the right care.  | N/A                | RightPlaceRight-Care.ca.   | N/A  | Kingston      |
| Health Care Connect program.         | Have a nurse find you a doctor or nurse practitioner.   | Requires OHIP card | <a href="http://www.hcc3.hcc.moh.gov.on.ca/">www.hcc3.hcc.moh.gov.on.ca/</a> | 1-866-532-3161<br>Tel TTY: 416-327-4282<br>Toll-free TTY: 1-800-387-5559   | Ontario Wide  |
| Health811<br>Health advice made easy | A free, secure and confidential service through a telephone or access online 24 hours a day, seven days a week.<br><br>Connect with a registered nurse day or night for free, secure and confidential health advice on questions that are not urgent and health-related<br><br><b>In an emergency, call <a href="tel:911">911</a> or visit the closest hospital emergency department. For poisonings, contact Ontario Poison Centre at <a href="tel:1-800-268-9017">1-800-268-9017</a>.</b> | Free               | www.health811.ontario.ca   | calling 811.<br><br>Online chatting with a Health Care Navigator or Registered Nurse<br><br><a href="http://www.health811.ontario.ca/static/guest/chat-online#overview">www.health811.ontario.ca/static/guest/chat-online#overview</a> | Ontario Wide  |