**COVID-19 RESOURCE LIST**

This is the current information we have as of March 31st, 2020. Services and programs are subject to change given the fluidity and rapidly evolving nature of this situation. Please only share agency info with other agencies, and MH Apps and Hotlines can be shared widely.

Please read **ALL** descriptions carefully as some Mental Health resources are designed for frontline workers **ONLY.**

**ATTENTION**: On March 19, the province suspended the enforcement of all residential evictions. If anyone is still facing evictions, please call: 416.585.7214. If residents are being intimidated, make recommendations to keep notes on those interactions and contact local legal clinic.

Ministry of Municipal Affairs and Housing - Rental Housing Enforcement Unit. Phone Numbers: **416-585-7214**. Toll-Free: 1-888-772-9277

|  |  |
| --- | --- |
|  | **Parents and Caregivers** |
|  | **Mental Health Resources** |
|  | **Employment and Training** |
|  | **Financial Resources** |
|  | **Food** |
|  | **Housing and Shelter** |
|  | **Refugee and Newcomers** |
|  | **General Info/Donations** |
|  | **Medical Resources** |

**Legend**

|  |  |  |
| --- | --- | --- |
| PARENTS AND CAREGIVERS | | |
| RESOURCE/AGENCY | **DESCRIPTION** | **HYPERLINK** |
| The 519-Place For Change | Resources for parents and caregivers during COVID-19 pandemic |  |
| The Metis Healthy Babies Healthy Children Program | Is still running remotely. Keep in mind, they not only support Métis folx but anyone that is expecting all the way to families with children aged 0-6. |  |

|  |  |  |
| --- | --- | --- |
| MENTAL HEALTH | | |
| RESOURCE/AGENCY | **DESCRIPTION** | **HYPERLINK** |
| COVID-19 Mental Health Service Deliverable Impacts | A 5 tab document filled with available resources for mental health assistance during pandemic. |  |
| The 519-Space For Change | List of available resources for Mental Health, Housing, and Newcomers. |  |
| Free Therapy for Frontline Service Providers | Licensed psychotherapists, psychologists and social workers offering free service to front line workers |  |
| Community PEERS | A collective of youth  and young adults who are invested in supporting  the well-being of youth ages 13 - 29 |  |
| Online Addiction and Mental Health Resources | Meetings in various formats, including email, chat room, audio/video, discussion forums, and telephone |  |
| Toronto Crisis Support | List of various available hotlines for mental health and youth support |  |
| Wood Green | Walk-in counsellors available via phone |  |

|  |  |  |
| --- | --- | --- |
| EMPLOYMENT AND TRAINING | | |
| RESOURCE/AGENCY | **DESCRIPTION** | **HYPERLINK** |
| Employers Currently Hiring | A list of Canadian companies currently hiring during the COVID-19 pandemic |  |
| Ontario Association of Youth Employment | Online webinars for youth employment |  |
| Culture Link | Online course promoting creative resume building and self-marketing. |  |
| Acces Employment | Through online services ACCES offers a variety of opportunities to learn, connect and achieve job search success |  |
| Remote-Only Job Boards | List of remote job opportunities |  |
| Webinars & LGBTQ2S/Employment Resources | Pride at Work Canada is offering free online webinars through April.....  Please find the link attached to register and attend the online webinars |  |
| *Youth Employment Services (YES)* | Free employment training, counselling and job placement is available |  |

|  |  |  |
| --- | --- | --- |
| FINANCIAL | | |
| RESOURCE/AGENCY | **DESCRIPTION** | **HYPERLINK** |
| Compiled by Jennifer Robson | A list of compiled questions and answers for benefits and resources for financial assistance |  |
| Canada Emergency Response Benefit (CERB) | The benefit would cover Canadians who have lost their job, are sick, quarantine, or taking care of someone who is sick with COVID-19 etc |  |
| United Way-Greater Toronto  East Scarborough-Storefront | General information on financial support and how one can obtains it |  |
| Funds for Artist | A compiled list of resources for arts, work, mental health and more |  |
| The Small Business Centre | General information for employees seeking financial support during COVID-19 pandemic |  |
| Ontario Works | Application process for OW during COVID-19 pandemic. |  |

|  |  |  |
| --- | --- | --- |
| FOOD | | |
| RESOURCE/AGENCY | **DESCRIPTION** | **HYPERLINK** |
| The 519-Space for Change | List of food resources available during COVID-19 pandemic |  |
| Food Banks around Throncliffe Park and Flemingdon Park | Complied list of food banks open with contact information |  |

|  |  |  |
| --- | --- | --- |
| HOUSING AND SHELTER | | |
| RESOURCE/AGENCY | **DESCRIPTION** | **HYPERLINK** |
| Accessing Shelter Resources | General inquires or contact information for shelter availability |  |
| The 519-Space For Change | Housing and financial resources during COVID-19 pandemic |  |

|  |  |  |
| --- | --- | --- |
| REFUGEES AND NEWCOMERS | | |
| RESOURCE/AGENCY | **DESCRIPTION** | **HYPERLINK** |
| Refugee Sponsorship Training Program (RSTP) | Links to multi-language resources and factsheets on COVID-19 |  |
| Rainbow Refugee | Rainbow Refugee is concerned about and monitoring the impacts of Canada’s COVID-19 response on people seeking refugee protection in Canada. |  |
| IRB | Refugee measures related to COVID-19 |  |

|  |  |  |
| --- | --- | --- |
| GENERAL INFORMATION/DONATIONS | | |
| RESOURCE/AGENCY | **DESCRIPTION** | **HYPERLINK** |
| Donate to DS | Charities supporting people 24-7 who have developmental disabilities are appealing to businesses to donate protective gear |  |
| StepStones for Youth (Donation) | StepStones for Youth is responding to the urgent needs of youth from the foster care system and youth who do not have support people in their lives. |  |
| Library and Zoo online learning resources | Check out their website to learn more about how you can continue to use the Library, including activities for kids of all ages, plus books, newspapers, online learning, music and more |  |
| York Region-COVID-19 | Information on how one should conduct themselves during COVID-19 pandemic |  |
| Community Partners Still Working Remotely | Community partners that are still maintaining services remotely |  |

|  |  |  |
| --- | --- | --- |
| MEDICAL RESOURCES | | |
| RESOURCE/AGENCY | **DESCRIPTION** | **HYPERLINK** |
| The 519-Place For Change | List of health resources for those needing medical attention during COVID-19 |  |
| The Ministry of Health (OHIP) | Funding for hospital and medical services for patients who do not have provincial  health insurance during COVID-19 |  |
| Ontario Expands OHIP Coverage | Ontario is waiving the three-month waiting period for Ontario Health Insurance Plan (OHIP) |  |