

# Community Supports- Amherst

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## 1. Food

### GROCERY

#### SOBEYS

- Reduced hours: Mon-Sat: 7AM-8PM / Sunday: 8AM-8PM
- First hour dedicated to Senior/Vulnerable individuals

#### SUPERSTORE

- Reduced hours: Mon-Sat: 8AM-8PM / Sunday: 8AM-7PM
- 7AM-8AM reserved for seniors/ Vulnerable individuals

#### HIGHLAND MARKET

- Altered hours
- Monday-Friday: 8:30AM-2PM & 3PM-7PM (1 hour break for sanitizing)
- Saturday-Sunday: 9:30-2PM & 3PM-7PM (1 hour break for sanitizing)

#### WALMART

- Reduced hours: Every day: 8AM-8PM
- 7AM-8AM reserved for seniors/vulnerable individuals

### FOOD BANK

- Requests taken by phone: 902-661-0677
- Call Mon/Wed/Fri 9:30-11:30AM

## 2. Housing

### COBEQUID HOUSING AUTHORITY

- Operating as usual
- Amherst Office: 144 Victoria Street East
- Phone: 902-667-8757
- Toll free: 1-800-934-2445

## 3. Legal Support

### DALHOUSIE LEGAL AID

- Can support low income clients for Income assistance, tenancy & housing rights, human right complaints, police & school board complaints, mental health, and debt problems
- Contact: 902-423-8105
- Website: <https://www.dal.ca/faculty/law/dlas.html>

### NOVA SCOTIA LEGAL AID

- Amherst office: 55 Church Street
- Supports family, criminal, and social justice (income benefits and housing security) legal issues
- Contact: 902-667-7544
- Toll free: 1-866-999-7544

## 4. Delivery/Pickup

### GEORGE'S FAMILY MOWING

- Will pick up prescriptions or groceries and deliver to your home
- For more information, please contact directly
- Phone: 902-694-9918

### NEIGHBOR 2 NEIGHBOR: CUMBERLAND COUNTY

- A group of community members have created a service to help those in need.
- This service pairs community volunteers with those in need.
- Volunteers will provide services, such as picking up essential products, and delivering them
- Visit [www.cumberland.nbr2nbr.ca](http://www.cumberland.nbr2nbr.ca) for more information

### OXNAZ DELIVERS

- Available in the OXFORD, NS area only
- Team of: Nazarene church, NS Public Health, Town of Oxford, Pharmachoice, and Scotts Independent Grocer
- Delivers prescriptions and groceries to those in need
- Contact: 902-447-2539 or [delivery@oxfordnazarenechurch.ca](mailto:delivery@oxfordnazarenechurch.ca)
- Call availability: Tuesday-Friday 10AM-2PM
- After hours prescription delivery: 902-686-3806

## 5. Other Community Resources

### NS POWER: HEAT FUND

- The HEAT Fund offers a maximum assistance in the amount of \$400 for individuals and families. If you are in an emergency home heating situation, and qualify, you may apply
- You may qualify if you live in the following low income thresholds:  
\*\$21,487 for single person household;   \*\$39,926 for 2-4 person households;   \*56,861 for 5+ person households
- For information, contact: 902-422-3435
- To apply: Visit [www.salvationarmy.ca/maritime](http://www.salvationarmy.ca/maritime)

### NEIGHBOR 2 NEIGHBOR: CUMBERLAND

- A group of community members have created a group to support those in need
- Supporting those who are self-isolating and have practical needs
- Supporting those who are lonely and need someone to talk to
- Supporting health care workers who are in need of child support
- Visit [www.cumberland.nbr2nbr.ca](http://www.cumberland.nbr2nbr.ca) for more information, or to request help

## 6. Mental Health & Wellbeing

### MENTAL HEALTH & ADDICTIONS

- All sessions will be conducted via phone
- Intake line: 1-855-922-1122
- Provincial Crisis line: 1-888-429-8167
- Text: HOME to 686868

### ICAN (CONQUER ANXIETY AND NERVOUSNESS)

- Adult anxiety program 18+
- Self-refer at: [www.strongestfamilies.com/ican](http://www.strongestfamilies.com/ican)

### ANXIETY CANADA

- Visit [anxietycanada.com](http://anxietycanada.com)

### MENTAL HEALTH COMMISSION OF CANADA

- [www.mentalhealthcommission.ca/English](http://www.mentalhealthcommission.ca/English)

### APPS:

- Headspace: meditation and deep breathing
- Mindshift: to help with anxiety; from anxiety Canada

### HOPE FOR WELLNESS HELPLINE

- 24/7 service.
- Connection for IMMEDIATE mental health counselling and crisis support to ALL indigenous people across Canada
- Available in English and French
- By request, counseling also available in Cree, Ojibway, and Inuktitut
- Call toll free: 1-855-242-3310
- OR use the chat option at [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

### MINDWELLU

- Offers free mindfulness training to the people of Nova Scotia
- Shown to lower stress, increase resilience and improve well-being, performance and optimism
- Teaches mindfulness in action, so busy people can be more present
- Starts every Tuesday.
- Available in French and English
- Visit: [www.app.mindwellu.com/novascotia](http://www.app.mindwellu.com/novascotia)

# 7. Resources for Kids

## SCHOLASTIC CANADA

### ONLINE LEARNING RESOURCES

- <https://classroommagazines.scholastic.com/support/learnathome.html>

### TALK TO YOUR KIDS ABOUT COVID

- <https://classroommagazines.scholastic.com/support/coronavirus.html>

### FREE ACTIVITIES FOR KIDS

- <http://scholastic.ca/kids/thingstodo/>

## KIDS HELP PHONE

- Available 24/7
- Call 1-800-668-6868



## TALKING TO YOUR KIDS ABOUT COVID-19

- <https://www.anxietycanada.com/articles/talking-to-kids-about-covid-19/>
- [https://www.camh.ca/-/media/files/camh\\_covid19\\_infosheet-talking\\_to\\_kids-pdf.pdf](https://www.camh.ca/-/media/files/camh_covid19_infosheet-talking_to_kids-pdf.pdf)

# 8. Government Supports

## FEDERAL GOVERNMENT

### EMPLOYMENT INSURANCE SICKNESS BENEFITS

- Available to those who become sick, quarantined, or forced to stay home (to care for children)
- They are waiving their usual waiting period
- They are waiving medical certificates required to access EI

### NEW- EMERGENCY CARE BENEFIT

- Up to \$ 900 biweekly
- Administered through CRA and provides income support to: workers, including self-employed (who would not qualify for EI sick benefits), workers, self-employed who need to care for sick relatives, parents with children who require care due to school/daycare closure who do not qualify for EI.

### VULNERABLE FAMILIES

- One-time payment in May – Above and beyond our GST cheques
- Called the goods and services tax credit
- Average boost to income- Single: \$400 ; Couple: \$600
- Families with children only 2019-2020 increase in child benefit \$300 per child and families approximately \$550
- These financial benefits will be on May payments

**Note:** It is important to submit income tax ASAP, so your CTB (Child tax benefit) and upgrades will not be missed. Even though the deadline is now June 1st, CTB and GST are still needing to be assessed for next year's payments

# 8. Government Supports Cont..

## NOVA SCOTIA CO-OPERATIVE COUNCIL

- NS Co-operative council to pay for program for prescription drugs
- They will be accepting the first 1,000 memberships, on a first come first serve basis
- Interested Nova Scotia residents can complete the form at [www.co-pharm.ca](http://www.co-pharm.ca) using the prom code COVID19

## NOVA SCOTIA PROVINCIAL GOVERNMENT

- Pharmacists can renew prescriptions for most medications, and the government will cover the assessment fee
- Income assistance (IA)- Each individual, and family member, on IA will receive an additional \$50. This is automatic

## 211

- For those who need NON-EMERGENCY, NON-MEDICAL, help
- Available 24/7, in over 140 languages
- Call 211 from your phone
- OR visit [www.ns.211.ca](http://www.ns.211.ca)
- This is a toll free helpline that connects you to community and social services in your area

## 811

- Provides access to non-emergency health information and services.
- A registered nurse will give you advice and information, and provide reassurance concerning all kinds of general health issues and questions
- Advice may include a recommendation to visit your physician, or to visit the local emergency department
- They can also provide information about health issues and services available in your community
- Can provide service in French, and many other languages (including Arabic, Farsi, and Cantonese)
- For those are hearing impaired, call 7-1-1 (TTY)



## THE NEED A FAMILY PRACTICE REGISTRY

- A provincial list for people without a family doctor or nurse practitioner
- Once you have registered, you will be added to the list
- When a primary care provider in your area is accepting new patients, Nova Scotia Health Authority will contact you by phone and/ or e-mail
- If you are registering for a family member (child, spouse), please have their information ready, to complete the registration on their behalf
- **NOTE:** They are receiving a higher than normal call volume. It will take longer than usual for them to respond to your call



