

# COVID-19 COMMUNITY RESOURCES

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## COVID-19 Online Screening - Stop the Spread

The symptoms of COVID-19 are fever, dry cough or other cold or influenza-like symptoms. Use the online screening tool to determine whether you need to call Health Link 811 to get tested.

[AHS COVID-19 Online Screening \(link here\)](#)

NOTE: If you are awaiting COVID-19 test results, do not call Health Link. You will be called directly. It can take up to four days.

## Government of Canada Supports

COVID-19 – Benefits and Services

### Canada Emergency Response Benefit (CERB)

<https://www.canada.ca/en/employment-social-development/services/my-account.html>

Government of Canada will provide a taxable benefit of \$2,000 a month for up to 4 months to:

- workers who must stop working due to COVID-19 and do not have access to paid leave or other income support.
- workers who are sick, quarantined, or taking care of someone who is sick with COVID-19.
- working parents who must stay home without pay to care for children that are sick or need additional care because of school and daycare closures.
- workers who still have their employment but are not being paid because there is currently not sufficient work and their employer has asked them not to come to work.
- wage earners and self-employed individuals, including contract workers, who would not otherwise be eligible for Employment Insurance.

**Application details will be available through My CRA and My Service Canada, beginning the first week of April.**

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### Enhanced Canada Child Benefit

1-800-387-1193

Eligible recipients will receive \$300 more per child with their regular May CCB payment.

If you have previously applied for the CCB, you do not need to re-apply.

For more information on the [Canada Child Benefit](#) such as how to apply and eligibility requirements, go to Canada Child Benefit or call 1-800-387-1193

\*If you have previously applied for the CCB, you do not need to re-apply.

# Government of Alberta Supports

## Income Support Program

Income Support Program: Policy and contact info: <https://www.alberta.ca/income-support.aspx> (Note: your local office may be assessing via telephone, not in person at this time); Income Support can help you and your family with basic living costs and other necessities. Depending on your needs and situation you may be eligible

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## Mental Health

### Wellness Together Canada: Mental Health and Substance Use Support

Wellness Together Canada provides tools and resources to help get Canadians back on track. These include modules for addressing low mood, worry, substance use, social isolation and relationship issues.

<https://ca.portal.gs/>

### Alberta Mental Health Line 1-877-303-2642

Provides toll-free, 24/7 telephone service, which offers help for mental health concerns for Albertans. Provides 24/7: confidential, anonymous service; crisis intervention; information about mental health programs and services; referrals to other agencies if needed. [Link here](#)

### Native Healing Centre 780-482-5522 <http://e-nhc.org/>

#101, 11813-123 Street, The ENHC is still open during this time, however, they have limited programs. General Drop-in Monday to Thursday from 9 – 2 pm - using COVID-19 Protocol for Social Distancing. Food Bank Intake- Monday & Wednesdays. One-on-one Counselling still available-appointments for in person or on the phone.

### Momentum Walk-in Counselling 780-757-0900

#706, 5241 Calgary Trail. Online and Telephone appointments only

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

[info@walkinedmonton.org](mailto:info@walkinedmonton.org)

### The Family Centre 780-423-2831

#20, 9912-106 Street, Counselling available via telephone or live chat  
Email therapy-leads@familycentre.org 780-900-6096

<https://www.familycentre.org/#>

### ACCESS 24/7 780-424-2424

Support with mental health and/or addiction. Walk in available at The Royal Alexandra Hospital campus in Anderson Hall 10959 – 102 Street.

### Canadian Mental Health Association Edmonton

<https://edmonton.cmha.ca/>

Distress Line: 780- 482- 4357

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## Financial

### Money Mentors 1-888-294-0076

<https://moneymentors.ca/contact-us/edmonton/>

All appointments are only available by phone at this time.

# Food

## **Edmonton's Food Bank** 780-425-4190

If you are in need of food during this time, please call 780-425-4190. All clients must call in for food services.

## **Edmonton Grocery Delivery/Pickup Services**

- **Fresh Routes:** If you are in isolation and are unable to get food, Fresh Routes delivers food baskets at no to low cost depending on eligibility. For help, call Steve 403-249-8350
- **Good Food:** Meal ingredients and recipes delivered weekly.
- **Instacart:** Grocery delivery service, their shoppers will buy food and deliver to your door.
- **Save on Foods Online:** Pick up & Delivery options
- **Superstore PC Express:** Order online, grab and go at store or pick up locations
- **The Organic Box:** Order online, focus on local, organic, and health food, including local farm fresh and organic produce boxes. Delivery.

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## **Grande Prairie Food Bank & Salvation Army Soup Kitchen** 780-532-3720

9615 - 102 St, Grande Prairie, AB  
Call to book an appointment for a food hamper, Mon-Fri 8:30 am-4:30 pm

## **Grande Prairie Meals On Wheels** 780-539-3901

Meals on Wheels is a non-profit community service that delivers hot, nutritious meals to the client's door. We help Grande Prairie seniors, disabled, convalescent (due to surgery or illness), or those who lack the strength or motivation to prepare adequate meals for themselves.

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## **Fort McMurray Food Bank** 780-743-1125

Wood Buffalo Food Bank provides programs and services that provide the resources and education necessary to ensure food security for all citizens in the Regional Municipality of Wood Buffalo of Fort McMurray, Alberta.

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## **Red Deer Food Bank Society** 403-346-1505

Food Bank  
<https://reddeerfoodbank.com/>

## **Red Deer Meals on Wheels** 403-340-2511

Red Deer Meals on Wheels is a non-profit organization that delivers meals to those unable to prepare food themselves due to age, illness or disability.

# Shelter

**Edmonton: WIN House**  
**24/7 Helpline**  
**780-479-0058**

WIN House provides a safe place and emergency services for women and children fleeing domestic abuse. If you are in danger or in need of immediate assistance, contact the helpline at 780-479-0058.

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**Grande Prairie**  
**Rotary House**  
**780-539-6777**

Homeless Shelter

**Grande Prairie**  
**Sunrise House (Youth**  
**Emergency Shelter)**  
**780-539-3287**

Shelter that provides emergency shelter to youth ages 12-17 who have become or are at risk of becoming homeless.

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**Red Deer: Safe**  
**Harbour Society**  
**403-347-0181**

Emergency crisis-driven services for vulnerable citizens.

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**Fort McMurray:**  
**Unity House**  
**Emergency Shelter**  
**780-743-1190**

The Region's only emergency women and children's shelter, and human trafficking shelter.

Designed to provide shelter for up to 21 days, Unity House has 45 bedrooms.

## Additional Supports & Information

**Canada Student Loans and Canada Apprentice Loans** - has announced its plan to pause the repayment until September 30, 2020, with no accrual of interest. Effective March 30, 2020.

**Extra time to file income taxes** - Canada Revenue Agency will defer the filing due date for the 2019 tax returns of individuals, including certain trusts.

**Mortgage support** – This include payment deferral, loan re-amortization, capitalization of outstanding interest arrears and other eligible expenses, and special payment arrangements.

**Increased goods and services tax credit this year** - provide a one-time special payment by early May 2020 through the Goods and Services Tax credit (GSTC).

**Eased the rules for Registered Retirement Income Funds** - The Government of Canada is reducing required minimum withdrawals from Registered Retirement Income Funds (RRIFs) by 25% for 2020, in recognition of volatile market conditions and their impact on many seniors' retirement savings.

**A moratorium on the repayment of Canada Student Loans** - The Government of Canada is placing a six-month interest-free moratorium on the repayment of Canada Student Loans for all individuals currently in the process of repaying these loans.

**For up-to-date information:** [www.canada.ca/en/department-finance/economic-response-plan.html](http://www.canada.ca/en/department-finance/economic-response-plan.html)