

 Funded in part by United Way Central NB



## General

### Canadian Red Cross

Providing general information to those affected by COVID-19  
1 (800) 863-6582

### Seniors Info Line

Information about provincial programs and services  
1 (855) 550-0552

### Social Development

Social Assistance  
Email [sd-ds@gnb.ca](mailto:sd-ds@gnb.ca)  
1 (506) 453-2001



## Food

### • Chipman Community Care

Emergency food boxes available 2nd Thursday of the month.  
(506) 339-5565

### • Minto Services to Seniors

Provides Home Support Service for Seniors and Meals on Wheels in Minto and surrounding areas,  
(506)-327-6198



### • Care 'N' Share

Chipman Family Resource Centre.  
Ongoing support for families.  
[chipman@frc-crf.com](mailto:chipman@frc-crf.com)  
(506) 339-6726



### • Oromocto & Surrounding Area Foodbank

Emergency food provisions serving Gagetown, Jemseg, Cambridge-Narrows, & Cole's Island. Delivery may be available / (506) 357-3461



### • Community Food Smart

A monthly bulk food buying club that purchases quality fruits and vegetables at affordable prices. Delivery may be available.

### • Grocery Stores and Delivery

Some grocery stores are providing delivery or curb-side pick up. Some are opening their doors early for seniors and those with other health concerns to give them an opportunity to shop with fewer customers around. Hours may have changed. Contact your local store.

- Minto: Contact Emily (506) 327-7906
- Chipman: Contact Valerie (506) 339-6726
- Cambridge-Narrows/ Gagetown/ Jemseg/ Cole's Island: Contact Oromocto Food Bank (506) 357-3461



### • Chimo Help Line (NB)

Feeling lonely? Looking for help? CHIMO offers a 24/7 confidential and caring crisis phone line. They are ready to listen and help. 1 (800) 667-5005

### • Friendly Calls (run by the Red Cross)

Feeling isolated or lonely due to COVID-19? Register to receive a friendly weekly phone call. Monday to Friday 8:30 a.m. to 4:30 p.m. / Contact 1-833-729-0144



### • Ability NB

Support for individuals with a mobility disability / 1 (866) 462-9555



### • Canadian National Institute for the Blind (CNIB)

Assistance for those with visual impairments / 1 (800) 563-2642

### • Addictions & Mental Health Services

A general phone line for mental health concerns / (506) 453-2132



## Mental & Physical Health



## Financial

- **Government of Canada Information on Benefits**

Information on benefits/pensions during COVID-19/

Online at <https://www.canada.ca/en/services/benefits/publicpensions/notice-covid-19.html> / 1 (800) 277-9914

- **Service Canada Outreach Support Centre**

If you are facing any barriers to accessing benefits and services, the Service Canada Outreach Support Centre can help. Outreach workers are available

Monday to Friday from 8:30 a.m. to 4:00 p.m. at 1-(877)-464-2657.

- **Low-income Seniors' Benefit NB**

Offering a one-time \$400 benefit to low-income seniors/ Online at

<https://www2.gnb.ca/content/gnb/en/departments/finance/promo/seniors.html>  
1-(800)-669-7070

- **Home Energy Assistance Program**

Offering a one-time payment of \$100 to help cope with high energy costs/

<https://www2.gnb.ca/content/gnb/en/departments/finance/promo/heap.html> /  
1 (800) 669-7070

- **Emergency Fuel Benefit**

Designed to provide assistance to eligible households to assist with the costs of winter heating / 1 (866) 444-8838

[https://www2.gnb.ca/content/gnb/en/services/services\\_renderer.200993.Emergency\\_Fuel\\_Benefit.html](https://www2.gnb.ca/content/gnb/en/services/services_renderer.200993.Emergency_Fuel_Benefit.html)

- **NB Drug Plans for Seniors**

Plans to cover prescription drugs for seniors/ 1 (800) 332-3692

[www.gnb.ca/drugplan](http://www.gnb.ca/drugplan)



## Other Services

- **Emergency Social Services**

Phone line to provide crisis counselling and/or arrange for financial assistance/

1-866-444-8838 (Mon-Fri) or after hours call 1-(800) 442-9799