



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
1 (506) 453-2001



Food



• Making a Difference Food Bank (Perth-Andover)

Providing delivery service for seniors in need of resources / Hours Monday & Wednesday 1pm-3pm / 1345 Aroostook Rd Perth-Andover / (506) 273-6201

• Grand Falls Regional Food Bank

Providing food and other resources to those in need / Hours Monday to Thursday 8:30am-4:30pm, Friday 8:30am-4pm / 363 Rue Portage St, Grand Falls / (506) 473-2001

• Keeper of the Light Food Bank (Plaster Rock)

St. Thomas Aquinas Church (rear entrance) 181 Main, Plaster Rock / (506) 356-2967



• Community Food Smart & Food Box Programs

Monthly bulk food buying clubs that purchases quality fruits and vegetables at affordable prices.

• Fresh For Less Perth-Andover

Pick up at Elks Club 549 E Riverside Dr. Contact carol.brooks.nb@gmail.com janet.gee@nb.sympatico.ca (506) 273-4885 or (506) 273-6229

• Food Box Program in Plaster Rock

Contact Danny Braun
Danny.braun@horizonnb.ca

• Grocery Stores and Delivery

Some grocery stores are providing delivery or curb-side pick up. Some are opening their doors early for seniors. Hours may have changed. Contact your local store.



• 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 (GNB)

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) 441-4245

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

https://www2.gnb.ca/content/gnb/en/services/services_renderer.8875.New_Brunswick_Drug_Plans_for_Seniors.html



Other Services

- **Emergency Social Services**

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

1 (866) 441-4249 (Mon-Fri) or after hours call toll-free 1-800-442-9799

