

 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



#### • Meals 4 U

Weekly meal delivery service / [nackawicareawellness@gmail.com](mailto:nackawicareawellness@gmail.com)  
Contact Ruth Anderson (506) 575-9816 or call the town office at (506) 575-2241



#### • Valley Food Bank

(Serving Nackawic) 844 Main St., Unit 9, Woodstock / [vfsfood@nb.aibn.com](mailto:vfsfood@nb.aibn.com)  
(506) 328-4417



#### • Community Food Smart

A monthly bulk food buying club that purchases quality fruits and vegetables at affordable prices. Nackawic: Contact: Gail Farnsworth (506) 425-1200

#### • Grocery Stores and Delivery

Some grocery stores are providing delivery or curbside 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.



### Mental & Physical Health



#### • 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

- **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)



### Financial



### Other Services

- **Emergency Social Services**

Phone line to provide crisis counselling and/or arrange for financial assistance/ (Fredericton) 1 (866) 444-8838 (Mon-Fri) or after hours call 1-800-442-9799

