

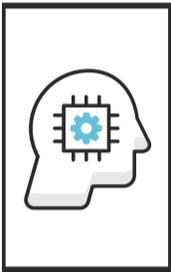


Access to Resources in the Community  
Accès aux Ressources Communautaires

# TOP 15 COMMUNITY RESOURCES

\*All of the descriptions below are taken directly from the resource website. Please click the title of the resource to access their website.

## MENTAL HEALTH



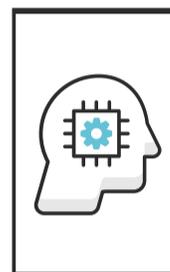
### ABILITICBT

AbilitiCBT is an internet-based cognitive behavioral therapy (iCBT) program that you can access from any device, any time. It works by helping you understand and change the thoughts, feelings and behaviors that are causing you problems.



### COUNSELLING CONNECT

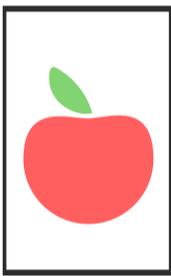
Counselling Connect provides quick access to a free phone or video counselling session, available in English and French. You choose a convenient date and time.



### MINDBEACON

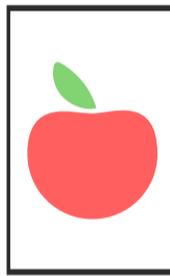
Mind Beacon offers Canadians the full spectrum of digital mental health supports, from face-to-face live therapy, therapist-guided programs, instant crisis support and free resources from the Stronger Minds community.

## FOOD SECURITY



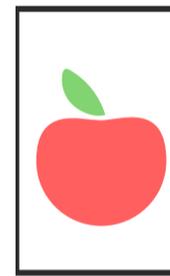
### COMMUNITY FOOD SHARE - WINCHSTER

Community Food Share distributes emergency food aid to the residents of the Dundas and Stormont Counties.



### FOOD CUPBOARD- MERRICKVILLE

Non-perishable food items small voucher for the local grocery store to purchase perishable items small good food box and bread monthly.



### SMITH FALLS FOOD BANK

Smiths Falls Community Food Bank operates on the premise that in a world where we have so much, no one should go hungry.

## SOCIAL SUPPORT



### DEMENTIA613

Dementia613 allows the user to search for, and locate online and bricks-and-mortar businesses and organizations that offer products and services that meet the needs of people living with dementia and their caregivers.



### A FRIENDLY VOICE

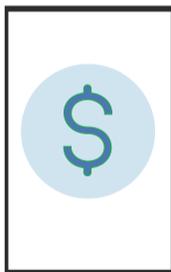
A Friendly Voice is a free, confidential "warm line" for older Ontarians, 55+ who just want to chat with a friendly person who cares, without expectations or judgment.



### THE CAREGIVER CAFE

"The Caregiver Café" is a support group for caregivers. It's run monthly at senior support centres across the region and is open to all caregivers. These support groups offer a safe place to share, gain support and take a much-needed break.

## FINANCIAL ASSISTANCE



### TRILLIUM DRUG PLAN

The Trillium Drug Program (TDP) is intended for Ontario residents who have high prescription drug costs in relation to their net household income. The TDP provides coverage for prescription drug products.



### HEALTHY SMILES ONTARIO

Government-funded dental program that provides free preventive, routine, and emergency dental services for children and youth 17 years old and under from low-income households.



### CANADA RECOVERY BENEFIT

The Canada Recovery Benefit (CRB) gives income support to employed and self-employed individuals who are directly affected by COVID-19 and are not entitled to Employment Insurance (EI) benefits.

## RESOURCE CENTER



### HOUSE OF LAZARUS

The House of Lazarus is a community outreach mission that offers food, clothing, and household goods to those in need, serving not only HOL food bank clients, but those of neighbouring food banks as well.



### NAOMI'S FAMILY RESOURCE CENTRE

Naomi's Family Resource Centre, located in Winchester, Ontario in the county of Dundas providing emergency shelter, safety and support to abused women with or without children.



### LGBT YOUTH LINE

LGBT YouthLine is a Queer, Trans, Two-Spirit\* youth-led organization that affirms and supports the experiences of youth (29 and under) across Ontario.