

Additional Social Support Resources

Peel Region Supports

Peel Region has posted a list of social services. There's even a separate section devoted to resources for seniors.

<https://www.peelregion.ca/coronavirus/social-support/> .

The Mississauga Food Bank (TMFB)

The Mississauga Food Bank and its agencies are here to help community members who are struggling financially and need food. Six of the nine neighbourhood food banks are fully operational. TMFB is offering a home delivery program on a temporary or ongoing basis. TMFB is also providing hampers of food to other community groups who are conducting deliveries.

<https://www.themississaugafoodbank.org/how-we-help/homedelivery/>

Contact: 905-270-5589

Eden Food For Change

Eden Food for Change remains operational. They can arrange for delivery of fresh food or provide ready-made meals.

<https://edenffc.org/>

Contact: lori@edenffc.org or peter@edenffc.org

Angels for COVID-19 Relief

This group delivers new clothing, blankets, hygiene products and food across the GTA, including Peel.

Contact: Alizeh Jaffrey at ajaff14@gmail.com

Sai Dham Canada

Volunteers from Sai Dham Canada are providing cooked food and hampers for seniors.

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

Contact: Call or Text 437-988-4422

Ahmadiyya Muslim Youth Association

Through the "Neighbourhood Helper" campaign, Muslim youth will be offering their services to help Canadians who need assistance with picking up groceries, filling prescriptions and providing overall moral support. Canadians who require assistance are encouraged to call their helpline or sign up online.

www.helpingneighbours.com

Contact: 1-855-HELP811

UNITED SIKHS

UNITED SIKHS is a global humanitarian non-profit organization that has devoted a Help Hotline to serve those in need during the COVID-19 pandemic. The UNITED SIKHS HELP HOTLINE will provide needs based assistance including supplies and free delivery of items such as hot meals, dry goods, medicines, pre-ordered prescription and over-the-counter meds. This service is available for anyone who needs it.

www.UNITEDSIKHS.org

Contact: 905-672-2245 or by email: contact@unitedsikhs.org

HELPING HANDS

Helping Hands is a volunteer initiative started by Ontario's Young Adults to assist seniors, persons with disabilities, and/or people under self-isolation due to travel who need essentials (groceries /medication /supplies) during this COVID-19 pandemic. Volunteers donate their time and travel to pick up the necessities. Clients would pay for their supplies via e-transfer or cash after delivery.

Contact: 647-546-5096 or by email: contact.helpinghands2020@gmail.com

Shubh Helping Hands

Any senior needing help with groceries or medicine can call. There are a few volunteers who are ready to help.

Contact: Neena Verma at 647-296-4387

Heartland Neighbourhood Network

It is a group of neighbours wanting to help each other. There are a number of volunteers willing to help our neighbours with their needs - groceries, cooked food, while practicing physical distancing.

<https://www.facebook.com/groups/2889976834409211/?ref=share>

Contact: farrahzrahim@gmail.com or by phone: 647-299-4795

ISNA Canada

ISNA Canada has established COVID Relief programs for the vulnerable population with food and hygiene kits and a “meals on wheels” food distribution

<https://www.facebook.com/isna.canada/posts/3068865416481298>

<https://www.facebook.com/isna.canada/posts/3064698993564607>

Tamil Memorial Foundation and Vishnu Homes Realtor

Tamil Memorial Foundation and Vishnu Homes Realtor have joined to help the vulnerable during this time. They offer the following services to the vulnerable members: grocery shopping, food pick-up and delivery, essential hygiene delivery, pharmaceutical drug pick-up and delivery.

Contact: 416-805-3085.

Assaulted Women's Helpline - Senior Safety Line

During this time of crisis and uncertainty, the Assaulted Women's Helpline (AWHL) and the Senior Safety Line (SSL) remain open and committed to delivering our 24/7 crisis counselling for women and seniors in the province of Ontario.

<http://www.awhl.org/>

Contact: 1-866-299-1011

ETHNIC COMMUNITY GROUPS PROVIDING ASSISTANCE:**Vietnamese United Together**

UnitedTogether is a grassroots group of volunteers that aims to educate and support the Vietnamese community during the COVID-19 pandemic. They have launched a Vietnamese Senior Assistance program to help Vietnamese Seniors by delivering a kit of essentials such as food and hygiene products.

https://www.youtube.com/watch?v=uyxfhOyFP7U&feature=youtu.be&fbclid=IwAR37VRVW8-ezWzavs0xRdmv-XGYxMplw4EdRyliCOQJ7Ob9_DkKvYpe3nQc

Contact: 905-605-6886

Palestine House Toronto

Volunteers are offering to help with any tasks required.

Contact: palestinehousetoronto@gmail.com

Muslim Food Bank

Volunteers and supporters are encouraged to log in details of their family and friends over the age of 65+. The form is available at: <https://forms.gle/yXs1zxQ4pvqPC2X5A> . Volunteers will then be in contact with Muslim seniors to see what their needs are, including support for groceries. When reaching out please include your full name, phone number, age, address and a list of up to 10 needed items.

<https://www.muslimfoodbank.com/covid19-assistance/>

Contact: aspirecanada@muslimfoodbank.com