

CENTRE HASTINGS

MEAL PROGRAMS

| Program | Location | Details |
|----------------------------------|--|---|
| Meals on Wheels Central Hastings | Community Care for Central Hastings 310 Victoria St. N., P.O. Box 849, Tweed, ON K0K 3J0 | Call 613-478-2224 extension 5002 for more information Hot/Frozen meals available |

FOOD BANKS

| Program | Location | Details |
|---|---|---|
| Helping Hands Food Bank Central Hastings Support Network | 151 St. Lawrence St, Madoc, ON K0K 2K0 (613) 473-5255 | Food Bank Hours are the regular hours: Mon 10 – 1 Tues 6-8 Weds 10 – 2 Thurs 1-4 If you have someone who needs an emergency hamper outside of these hours let them know as we have someone at the office most days – as well as people willing to help out with deliveries. |
| Salvation Army Food Bank | 224 Metcalf Street, Tweed ON, K0K 3J0 | Food Bank hours are the regular hours: Monday 1-3pm Wednesday 10-12pm and 1-3pm |

HOT LINES

| Provider | Phone Number | Details |
|--|---------------------|--|
| Addictions and Mental Health Services Hastings Prince Edward Pandemic Helpline | 613-967-4737 | If you're experiencing difficulties coping with mental health or substance use as a result of the effects of the COVID-19 Pandemic, call the AMHS-HPE Pandemic Helpline. |
| KIDS HELP PHONE | 1-800-668-6868 | https://kidshelpphone.ca/ |

OTHER RESOURCES

| Program | Phone Number | Services available |
|-----------------|---|---|
| Youthab | 613-473-5255 (Madoc Office) | Counselling, housing |
| Hastings County | 613-771-9630 / 1-866-414-0300 After 4:30 & weekends: 613-968-6834 / 1-866-414-0300 | Clothing, Eye Glasses, Food, Job/Work Connection, Medical Assistance, Prescriptions, or in case of a fire |
| Community Trust | Centre Hastings: 613-473-5258 | Rent/Heat/Hydro/Appliances, Groceries *(applicants can apply only once in a twelve month period) |