

EAST

MEAL PROGRAMS

Program	Location	Details	Hot/Frozen
Community Care For South Hastings	470 Dundas Street East Belleville, ON 613-969-0130	HOT MEAL Delivery Monday, Wednesday, Friday between hours of 11:30-12:30pm *FROZEN MEAL Delivery upon request	Hot or Frozen
Tyendinaga Mohawk Food Resource Centre	50 Meadow Drive Tyendinaga, ON (613) 967-3603	Located in the Community Wellbeing Centre. Food Bank hours: Monday and Friday 9-4pm *Each individual/family can access this foodbank once every 14 days. They must be a resident on the Territory and confirm their address upon arrival.	

FOOD BANKS

Program	Location	Details	
Helping Hands Food Bank Deseronto	320 Edmon Street Deseronto, ON 613-962-1544	Food bank is open 10-12pm on the 2nd and 4th Thursday of each month.	

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	613-969-0830 (Belleville 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	613-962-3070	Rent/Heat/Hydro/Appliances, Groceries *(applicants can apply only once in a twelve month period)	