



**CENTRE HASTINGS**

**MEAL PROGRAMS**

<b>Program</b>	<b>Location</b>	<b>Details</b>
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**

<b>Program</b>	<b>Location</b>	<b>Details</b>
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**

<b>Provider</b>	<b>Phone Number</b>	<b>Details</b>
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	<a href="https://kidshelpphone.ca/">https://kidshelpphone.ca/</a>

**OTHER RESOURCES**

<b>Program</b>	<b>Phone Number</b>	<b>Services available</b>
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)