



**QUINTE WEST**

**MEAL PROGRAMS**

<b>Program</b>	<b>Location</b>	<b>Details</b>
Mealtime Made Easy	Quinte West	Call for more information (613)-779-0461
Ebenezer CRC	18 Fourth Ave, Trenton, ON, K8V 5N3	Email <a href="mailto:familydinnermealbox@gmail.com">familydinnermealbox@gmail.com</a> for more information.

**FOOD BANKS**

<b>Program</b>	<b>Location</b>	<b>Details</b>
Trenton Foodbank	Care & Share Food Bank 30 Pelham Street, Suite 2 Trenton, ON K8V 5A7	Open Mon, Tues, Thurs, Fri 10-12:30. Able to extend hours if needed. Allowing 3 clients into location at once. Phone: (613) 394-5551
Stirling Foodbank	Stirling and Area Christian Community Care - Community Cupboard 85 Station Street Stirling, ON	Open Thursdays 10-12pm (except for first Thursday of the month) and Thursdays 7-9pm (second and fourth Thursday of the month) Phone: (613) 395-6125

**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	613-392-8317 (Trenton 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	613-392-1387 x 2202	Rent/Heat/Hydro/Appliances, Groceries *(applicants can apply only once in a twelve month period)