

URGENT COMMUNITY RESOURCES

Updated: March 25, 2020

Program Resources in the Wake of COVID-19. This document lists several resources and programs that are available during the COVID-19 pandemic. This information is changing rapidly and we recommend that you check back to our website for updated information.

Food - 1

Business Name: [Instacart](#)
Service Type: Delivery App
Cost: Free delivery for 14 days with trial
Contact Info: Download in App Store
Notes: Offers a variety of grocery stores (Loblaws, Superstore, Valumart) and Shoppers Drug Mart

Business Name: [Berries Market](#)
Service Type: Delivery and pick-up
Cost: \$10 anywhere in London
 Minimum \$50 order
Contact Info: 519-204-3222
Notes: Flyer available on website:
<http://www.berriesmarket.ca>
 Arabic service available

Business Name: [On the Move Organics](#)
Service Type: Delivery and pick-up
Cost: Free Delivery W, T, F (4-9pm)
Contact Info: <https://www.onthemoveorganics.ca>
Notes:

Business Name: [London Volunteer Task Force](#)
Service Type: Volunteer Delivery
Cost: No Delivery Fees
Contact Info: <https://www.londonvtf.ca/london.html>
Notes: Student-run volunteer task force.
 Availability based on demand

Business Name: [Walmart](#)
Service Type: Delivery or Pickup
Cost: \$9.97
Contact Info: <https://www.walmart.ca/en/grocery/N-117>
Notes:

CONTENT

[Food - 1](#)

[Economic Relief - 2](#)

[Entertainment - 3](#)

[Resources for Kids - 4](#)

[Mortgage Payment Relief- 5](#)

[Stress, Anxiety and Mental Health- 6](#)

Business Name: Meals on Wheels
Service Type: Provides delivery of paid prepared meals to adults with disabilities and seniors (55+)
Contact Info: <https://www.mealsonwheelslondon.ca/meals-wheels>

Economic Relief - 2

Business Name: London Transit Commission
Relief Available: Reduced routes and fare free until April 5
Notes: <http://www.londontransit.ca/plan-a-trip/real-time-...>

Business Name: Telecom companies (Rogers, Bell, TekSavvy).
Relief Available: Suspending internet overage charges

Business Name: Expanded EI
Notes: Covid dedicated phone line: 1-833-381-2725

Business Name: Emergency Support Benefit
Notes: Application for the Benefit will be available in April via My Service Canada

Business Name: Emergency Care Benefit
Relief Available: Up to \$900 every two weeks for up to 15 weeks, to those affected by COVID-19. It's intended for those who don't qualify for EI, can't go to work and don't have paid sick leave.
Notes: Toll Free Line TBA , individuals can now apply via their secure CRA my account Workers – including the self-employed – who are quarantined or sick with COVID-19 can apply, as can those staying home to take care of a family member with COVID-19 who doesn't qualify. Parents staying home to care for children because of school closures are also covered, and can apply whether or not they qualify for EI.

Business Name: Student Loans
Relief Available: Moratorium on payments and interest for 6 months if you are currently paying on loans

Business Name: Personal Tax Returns
Relief Available: 2019 tax returns extended due date
Notes: Personal returns – The deadline for filing T1 returns that were due on April 30, 2020 has been extended to June 1, 2020. Individuals expecting a refund or benefits should file sooner if possible, as the Canada Revenue Agency (CRA) will process refunds.

Business Name: Wage Subsidy
Relief Available: A three-month measure that will allow eligible employers to reduce the amount of payroll deductions required to be remitted
Notes: <https://www.canada.ca/en/revenue-agency/campaigns/covid-19-update/frequently-asked-questions-wage-subsidy-small-businesses.html>

Business Name: El Sick Benefits (Covid-19)
Relief Available: Provides up to 15 weeks of income replacement -Waiting period is waived
Notes: <https://www.canada.ca/en/services/benefits/ei/ei-sickness/apply.html>

Business Name: GST Supplement
Relief Available: A one-time special payment by early May 2020 through GST

Business Name: Child Tax Benefit
Notes: An extra \$300 per child as part of their May payment

Business Name: City of London
Relief Available: Council approved a waiver of all penalties and interest on unpaid March 30 taxes for 60 days. *this is not a tax waiver but only on penalties and interest. Reviewing further June tax payment.

Business Name: City of London
Relief Available: Council approved a waiver of all penalties and interest on unpaid March 30 water bills for 60 days.

Entertainment - 3

Name: London Public Library
Service: Digital library resources available from home
Price: Library Card Required
Where to find it: Learn more at: <http://www.londonpubliclibrary.ca/story/2020/03/12/digital-library-resources-available-home>

Name: Met Opera
Service: Streaming of Past Performances
Price: Free
Where to find it: <https://www.metopera.org>
Notes: See schedule at: <https://www.metopera.org/about/press-releases/met-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure/>

Name: Google Arts and Culture
Service: Virtual tours of 2,500 museums and galleries around the world
Price: Free
Where to find it: <https://artsandculture.google.com/partner?hl=en>
Notes: Arts, History, Science, & Culture.

Name: On-line Education
Service: Free courses online
Price: Free
Notes: <http://www.openculture.com/freeonlinecourses>

Name: Audio Books
Service: Free courses online
Price: Free
Notes: <http://www.openculture.com/freeaudiobooks>

Name: [Khan Academy and Disney](#)
Service: Imagineering in a Box
Price: Free
Where to find it: <https://www.khanacademy.org/humanities/hass-storytelling/imagineering-in-a-box>
Notes: Imagineering in a Box is designed to pull back the curtain to show you how artists, designers and engineers work together to create theme parks. Go behind the scenes with Disney Imagineers and complete project-based exercises to design a theme park of your very own.

Name: [National Film Board of Canada](#)
Service: Canadian documentary animation and fiction films
Price: Free
Where to find it: <https://www.nfb.ca/>

Name: [JSTOR](#)
Service: Open access ebooks and publications
Price: Free
Where to find it: <https://www.jstor.org/open/>

Resources for Children - 4

Name: Camp Wonderopolis
Service: Online learning destination full of fun, interactive STEM and literacy-building topics
Price: Free
Where to find it: <https://camp.wonderopolis.org>
Notes: Registration required

Name: [Zoo cams](#)
Service: Live streams of some of our favourite friends
Price: Free
Where to find it: Panda cam: <https://nationalzoo.si.edu/webcams/panda-cam> Otter cam: <https://www.vanaqua.org/visit/live-cams-sea-otter-cam> Jelly cam: <https://www.vanaqua.org/visit/live-cams-jelly-cam>

Name: [Stop, Breathe and Think Kids](#)
Service: App
Price: Free
Where to find it: Available in App Store
Notes: Child and young adult friendly mindfulness and meditation app

Name: Online Music classes with Hamilton band Arkells
Service: Instagram live series
Price: Free
Where to find it: Learn more at: <https://www.cbc.ca/news/canada/hamilton/arkells-music-classes-1.5500324>

Name: Online Reading
Service: Various
Price: Free
Where to find it: <http://tvdsb.libguides.com/elementary/read>
Notes: Scroll to bottom of page for variety of links

Name: Makerspace Ideas
Service: Physical & Digital options
Price: Free
Where to find it: <http://tvdsb.libguides.com/elementary/make>

Name: Media Literacy
Service: Games for variety of ages
Price: Free
Where to find it: <https://mediasmarts.ca/digital-media-literacy/educational-games>

Name: Digital Citizenship
Service: Videos and activities for all ages
Price: Free
Where to find it: http://tvdsb.libguides.com/digitalcitizenship--teachers_students_parents/intermediate

Name: Drawing lessons with Mo Willems
Service: Youtube
Price: Free
Where to find it: <https://www.youtube.com/user/TheKennedyCenter>
Notes: Live streaming a "Lunch Doodle" video every weekday at 1 p.m. EST

Name: Marine Biology Camp
Service: Live on facebook
Price: Free
Where to find it: <https://www.facebook.com/OceansInitiative/>
Notes: Monday & |Thursday @11:00 a.m.

Name: Canadian Children's Writers Read on-line
Service: Writers read on-line
Price: Free
Where to find it: <https://www.cbc.ca/books/canadian-children-s-writers-illustrators-are-sharing-readings-of-their-books-online-1.5500364>

Mortgage Payment Relief -5

Scotia Bank	1-800-472-8842
TD Bank	1-866-222-3456
Bank of Montreal	1-877-895-3278
CIBC	1-800-465-2422
Royal Bank	1-800-769-2511
First National	1-888-488-0794
Manulife	1-877-765-2265
MCAP	1-800-265-2624
RMG	1-866-809-5800
Equitable Bank	1-888-334-3313
CMLS	1-888-995-2657
B2B	1-800-263-8349
Home Trust	1-855-270-3630
Street Capital (RFA)	1-866-683-8090

Stress, Anxiety and Mental Health -6

Name: Daya Counselling
Service: Telephone therapy
Price: Free
Where to find it: (519) 434-0077

Name: ReachOut
Service: 24/7 Mental health support line
Price: Free
Where to find it: 519-433-2023

Name: Headspace
Service: Mindfulness and meditation app
Price: Free
Where to find it: iOS and Android stores
Notes: Headspace has free specific sessions for moments of panic, anxiety and stress. There are also quick 2-3 minute meditation sessions and special animations that teach skills and answer questions about mindfulness.

March 25, 2020

Name: Stop Breathe and Think
Service: Mindfulness and meditation app
Price: Free
Where to find it: iOS and Android stores