

COVID-19 Oxford County: Programs and Resources

Basic Needs:

RESOURCE	ABOUT	HOURS OF OPERATION	CONTACT
211	211 Community Navigators can help you find a wide variety of programs that exist to help people during COVID-19. From food banks, mental health services, crisis help, legal supports, etc.	24/7	Dial 2-1-1 www.211ontario.ca
Good Human Project	Provides free delivery of groceries and other essentials to anyone in Woodstock who is disabled, a senior, or self-isolating.		Call or text 647-546-2013 to request service or volunteer.
The Refuge	Offering take out breakfast & lunch services	Breakfast: Mon to Fri at 9:30 am Lunch: Mon and Fri at 12:30 pm	425 Dundas St. Woodstock 519-537-6755
Bullwinkles Eatery	Takeout food services available for \$1	Tues/Wed/Thurs 11:45 am - 1:30 pm	22 Wilson St. Woodstock College Ave Church
Salvation Army Woodstock	Provides food support for individuals and families in need	Mon/Wed/Fri by appointment	190 Huron St. Woodstock 519-539-6166
Community Volunteer Income Tax Clinic - Salvation Army Woodstock	Assistance with completing and filing personal taxes for low income individuals and families.	Mon/Wed 9:30 am – 12:00 pm by appointment only. Running until the end of June	190 Huron St. Woodstock 519-539-6166
Salvation Army Ingersoll	Provides food support for individuals and families in need	Tues/Thurs 12:00 pm – 4:00 pm	48 Charles St. W. 519-485-4961
Salvation Army – Community and Family Services Tillsonburg	Provides food support for individuals and families in need	By appointment only	155 Broadwat St. upstairs 519-842-4447 Suzen_nagy@can.salvationarmy.org
Helping Hands Food Bank Tillsonburg	Provides food support for individuals and families in need by appointment	Wednesdays 12:30 pm – 4:00 pm	519-688-3434 55A Broadway St. Tillsonburg
Operation Sharing Woodstock	Provides food support for individuals and families in need	Mon/Wed/Fri 9:00 am – 12:00 pm	22 Wilson St. Woodstock College Ave Church 519-539-3361
Operation Sharing Ingersoll	Provides food support for individuals and families in need	Tues/Thurs 9:00 am – 12:00 pm	118 Church St. Trinity United Church
Ingersoll & District Inter-Church	Lunch Bunch and STICH Supper Club prepare hot meals for take-out and delivery. Providing delivery of food and other items, and financial	Wednesdays 4:00 pm – 6:00 pm	519-933-7730 to register St. Paul's Presbyterian Church 56 Thames St. S. Ingersoll



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	assistance for rent, utilities, medical and other needs.		
Women's Employment Resource Centre	Provide nonperishable food, personal care items, cleaning items, clothing and other essentials to those in need in Woodstock and Ingersoll. Also provide clients with community resources and referrals.		Call 519-421-2077 to speak to someone about the intake process. heather@werc.ca
Cycles of Life - Community Outreach Table	A community table is set up to provide people with sustainable food items, snacks, personal care items and clothing.	Woodstock: Women's Employment Resource Centre (426 Dundas St.) Mon./Thurs./Sun. 1:00 pm – 3:00 pm Ingersoll: Heritage Court (downtown gazebo) Tues. 1:00 pm – 3:00 pm	No appointment is required for this service and is available to everyone. Cyclesoflife.fstl@gmail.com 226-777-4008
River of Life	Providing take-out food support to families in need.	Tues 5:00 pm – 6:30 pm	415 Dundas St. Woodstock
Help Your Community	A community outreach program providing families in need with weekly foodboxes. Currently serving Woodstock, Norwich, Ingersoll and surrounding areas		www.helpyourcommunity.ca to register.
St. Vincent De Paul's (Tillsonburg)	Provides emergency food when needed.	By appointment only	St. Mary's Roman Catholic Church 519-842-3224
Open Doors of Faith (Tillsonburg)	Providing take-out food to support those in need.	Fridays only	Faith Presbyterian Church 226-883-0585
Oxford County Community Health Centre - Housing and Outreach team	OCCHC Housing and Outreach is helping to address transportation issues and food security in Woodstock, Ingersoll and Tillsonburg.	Drop in Times Woodstock at OCCHC: Tues/Thurs 9:00 am – 11:00 am Ingersoll at 37 Alma St: Tues 10:00 am – 12:00 pm Tillsonburg at The Livingston Centre: Thurs 9:00 am – 11:00 am	Woodstock: 519-539-1111 x238 kst.pierre@oxchc.ca Ingersoll: 519-539-1111 x248 acook@oxchc.ca Tillsonburg: 519-842-9008 x323 aboesterd@oxchc.ca
Oxford County Human Services	Help people in our community, with resources such as: <ul style="list-style-type: none"> ▪ financial aid, like Ontario Works or emergency assistance ▪ shelter and housing assistance ▪ employment assistance, like help finding a job ▪ health and medical benefits 		1-800-755-0394 www.oxfordcounty.ca/humanservices email: humanservices@oxfordcounty.ca



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	<ul style="list-style-type: none"> educational referral and support other temporary care programs to help those who are eligible 		
Tele-Health Ontario	Telehealth Ontario is a free, confidential service you can call to get health advice or information. A Registered Nurse will take your call 24 hours a day, seven days a week.	24/7	1-866-797-0000
Support for Families Through the Ministry of Education	Support for families with school aged children, to help provide them with the essentials they need to learn from home. Each child (up to age 12) qualifies for a one time amount of \$200 through direct deposit only	24/7	https://www.iaccess.gov.on.ca/FamilyAppWeb/public/index.xhtml

Help for Seniors:

RESOURCE	ABOUT	HOURS OF OPERATION	CONTACT
Big Brothers Big Sisters 'Pan Pals'	Brings smiles through letters written to residents in long-term care and retirement homes.		https://oxford.bigbrothersbigsisters.ca/project-penpals/ 519-537-6404
A Friendly Voice	Phone line for seniors struggling with loneliness and social isolation.		1-855-892-9992
Ingersoll Services for Seniors: Grocery Buddy Program	Will pick up and deliver groceries to your home. No fee for service.		(519) 485-2269
Regional Shoppers Drugmart Stores	First hour of operation devoted to Seniors shopping. Hours vary by store.		
Zehr's Woodstock	Early shopping available to seniors	daily 7:00 am – 8:00 am	969 Dundas St. Woodstock
Tremblett's Independent Grocer	Early shopping available to seniors	daily 6:00 am – 8:00 am	273 King St. W. Ingersoll
Woodstock Sobeys	Early shopping available to seniors	daily 7:00 am – 8:00 am	379 Springbank N. Woodstock
Tillsonburg Sobeys	Early shopping available to seniors	daily 7:00 am – 8:00 am	678 Broadway St. Tillsonburg
Scott's No Frills	Early shopping available to seniors	Tues/Wed 8:00 am – 9:00 am	391 Norwich Ave. Woodstock



Mental Health Support:

RESOURCE	ABOUT	HOURS OF OPERATION	CONTACT
Reach Out	A confidential 24/7 information, support and crisis service for people living with mental health or addictions concerns in Elgin, Oxford, Middlesex and London	24/7	519-433-2023 or 1-866-933-2023 www.Reachout247.ca
Canadian Mental Health Association	Oxford County walk-in counselling services available through pre-booked phone sessions. Woodstock & Area- Sat. 11am-4pm Tillsonburg & Area- Mon. 12pm-8pm Ingersoll & Area- Tues. 3pm-8pm		1-800-859-7248 x 210 and leaving a voicemail with your name and phone number.
Woodstock Hospital	Walk-In Counselling program available by pre-booked telephone Walk-In Counselling Sessions.	Thursday 12:00 pm - 6:00 pm	519-421-4233 call between 8:30am-4:30pm Mon-Fri
Wellkin Child & Youth Mental Wellness	Tele-support services 5 days a week for children and youth in need of mental health support by appointment.	Mon. – Thurs. 8:30 am – 4:30 pm Fri. 8:30 am – 4:00 pm	519-539-0463
Kids Help Phone	Free, confidential professional online and telephone counselling to youth across Canada. Kids Help Phone also provides information on how to access community support services for youth	24/7	1-800-668-6868
Crisis Text Line	Crisis Text Line, powered by Kids Help Phone is a free, 24/7 support for those in crisis, connecting people in crisis to trained Crisis Responders. It is a free nationwide texting service.	24/7	https://www.crisistextline.ca/



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			Text HOME to 686868 anytime, about any type of crisis.
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