

YWCA Cambridge Community Resource List

Last updated April 6, 2020

If you are feeling unwell

Please visit the Region of Waterloo Public Health website for the most recent medical advice for individuals with medical concerns related to COVID-19 [HERE](#)

Food supports in our Region

The Food Bank of Waterloo Region

While the Food Bank does not serve individual families directly from its warehouse, it is a great resource for food supports in the Region. The Food Bank is available to help individuals find resources for food close to home (in the Region) and in situations where the need for food is an emergency. Please call their office if you need assistance finding a resource 519.743.5576. You can also view the Food Assistance Map on their website [HERE](#)

Cambridge Self-Help Food Bank

For the most up-to-date details regarding the Hamper program, call 519-622-6550 or visit <https://cambridgefoodbank.org/>

Nutrition For Learning

Pop up snack locations have been added throughout the Region. For locations and times, please visit: <https://www.nutritionforlearning.ca/>

Government resources, including benefits and assistance

Government of Canada Employment and Social Development

For resources related to employment benefits, including Employment Insurance (EI).

Contact the new dedicated toll-free phone number if you are in quarantine and seeking to waive the one-week EI sickness benefits waiting period so you can be paid for the first week of your claim:

Telephone: 1-833-381-2725 (toll-free)

Teletypewriter (TTY): 1-800-529-3742

To apply for Employment Insurance, visit <https://www.canada.ca/en/services/benefits/ei/ei-sickness.html>

For assistance in accessing Federal benefits and services, contact the office of MP Bryan May. Call (519) 624-7440 or visit <https://bmay.liberal.ca/>

Government of Ontario Benefits and Financial Supports

To learn more about the available benefits and to apply, please visit

<https://www.ontario.ca/page/taxes-and-benefits>

For assistance in accessing Provincial benefits and services, contact the office of MPP Belinda C. Karahalios. Call (519) 650-2770 or visit <https://www.ola.org/en/members/all/belinda-c-karahalios>

For the latest information about COVID-19 in Ontario, visit Public Health Ontario [HERE](#)

Other Resources

If you are in immediate danger, please call 911

Sexual Assault Support Centre of Waterloo Region

24HR support hotline remains available. For support services, please call (519) 741-8633 or visit <http://www.sascwr.org/>

Women's Crisis Services of Waterloo Region

For support services, please call (519) 653-2422 (Cambridge) or (519) 742-5894 (Kitchener-Waterloo) or visit <https://wswr.org/>

Haven House Emergency Shelter in Cambridge

Call (519) 653-2289 or visit <https://wswr.org/about-us/our-services/residential/haven-house/>

Anselma House Emergency Shelter in Cambridge

Call (519) 741-9184 or visit <https://wswr.org/about-us/our-services/residential/anselma-house/>

Family and Children's Services of Waterloo Region

Call (519) 623-6970 or visit <https://www.facswaterloo.org/>

Free Mental Health Resources provided by Green Shield Canada (GSC). Stronger Minds is a free digital program from MindBeacon that provides crucial mental health support for **all** Canadians. Stronger Minds is available [via mindbeacon.com/strongerminds](https://mindbeacon.com/strongerminds), with guidance in the form of short videos, quick reads and activities.

CAMH

Resources designed to help people with concerns and questions about the impact of the COVID-19 pandemic on their lives and mental well-being.

Visit <http://www.camh.ca/en/health-info/mental-health-and-covid-19>