

*We know that COVID-19 can create stressors for community. With many agencies closing or limiting services, rest assured that there are still many resources and supports available by phone or online for LGBTQ2S people to access. The following are a list of resources available online or by phone.*

**If you are in immediate crisis, please dial 9-1-1**

**Gerstein Crisis Centre (24/7):** 416-929-5200

**Toronto Distress Centre (24/7):** 416-408-4357 or text 741741 (2am-2pm daily)

**Toronto Seniors Helpline:** 416-217-2077 Monday- Friday (9am-8pm); Saturday, Sundays & Holidays (9am-6pm)

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**Building Roots- Moss Park Market**

*Services available:* Free food baskets for pick-up or delivery for those living in the Moss Park neighbourhood.

260 Queen Street East | 11:00am-4:00pm on Saturdays for pick-up or contact [hannah@buildingroots.ca](mailto:hannah@buildingroots.ca) to arrange for a delivery.

**Circle of Care Sinai Health**

*Services available:* Phone pals program for people who are 55 and older and live alone in their homes in the following service area: Major Mackenzie Rd W to St Clair Ave, and from Jane St to the Don Valley Parkway. Call: 416-635-2860 for more information

**Cyber-Seniors**

*Services available:* Creating generational connections to help bridge gaps in technological literacy. Although they normally offer a tiered membership, all memberships are currently free.

<https://cyberseniors.org/>

**Ontario Community Support Association**

*Services available:* Online search service for resources and support.

<https://www.caredove.com/ocsa?searchurl=true&menutop=Meals%20on%20Wheels>

**Toronto Seniors Helpline** Monday- Friday (9am-8pm); Saturday, Sundays & Holidays (9am-6pm)

*Services available:* Point of access for seniors and caregivers to receive information as well as access to community, home, and crisis services.

416-217-2077 | Web Chat at <https://torontoseniorshelpline.ca/web-chat/>

**Seniors Safety Line (Elder Abuse Ontario)** 1-866-299-1011

**The Friendly Neighbour Hotline (initiative of University Health Network's OpenLab)**

*Services available:* Seniors who live in low-income housing can call the hotline for delivery of up to 8 items (groceries or other essential household items).

1-855-581-9580 (available in 180 languages) | <http://uhnopenlab.ca/project/hotline/>

**The 519 Community Centre**

*Services available:* Take-away meals during COVID-19: Monday-Friday meals served at 1pm and 4pm; Saturday and Sunday meal served at 12:30pm. Friendly phone check-in program:

[https://the519.formstack.com/forms/friendly\\_phone\\_program](https://the519.formstack.com/forms/friendly_phone_program)

519 Church Street | [www.The519.org](http://www.The519.org) | 416-355-6782

## Stores Offering Special Hours for Seniors (65+) and Other Vulnerable Populations

**Eataly-** 8:00am-9:00am

**Food Basics-** First hour of opening (7:00am-8:00am, may vary by some locations)

**FreshCo-** First hour of opening (Hours vary by location)

**Loblaws-** First hour of opening (Hours vary by location)

**Longo's-** Community well-being hour 8:00am-9:00am

**No Frills Franchises** – Check with individual stores to confirm hours

- Anthony's in Parkdale: 8:00am-9:00am on Tuesdays and Thursdays
- Joe's on Dufferin: 7:00am-8:00am on Tuesdays and Thursdays
- Sam & Nancy's in North York: 7:00am-8:00am on Tuesdays and Thursdays
- Joseph's on Kingston Road: 7:00am-8:00am on Tuesdays and Thursdays
- Ashley's in Mississauga: 7:00am-8:00am on Thursdays and Fridays
- Mike's in Woodbridge: 8:00am-9:00am on Thursdays and Fridays
- Vince's in Vaughan: 7:00am-8:00am on Tuesdays and Fridays
- John's in Nobleton: 7:00am-8:00am on Thursdays and Fridays

**Pusateri's-** 7:00am-8:00am

**Rexall Drugstore:** **\*\*for those over 55\*\*** First hour of opening + 20% off Advantage 55 Discount until 10:00am daily.

**Shoppers Drug Mart-** First hour of opening (Hours vary by location)

**Sobeys-** First hour of opening (Hours vary by location) + 20% off Seniors Discount During these times.