

This is a list of resources for people in Region of Queens during the COVID-19 pandemic and current lock down. This list will be updated as more information is learned. If you know of an organization that helps provide relief to residents and businesses in Region of Queens, please contact Eric Levy, Diversity and Inclusion Coordinator at [elevy@regionofqueens.com](mailto:elevy@regionofqueens.com) to be added to the list.

- 211 Nova Scotia
  - Connection to the programs and services in your community.
    - Call 211
    - <https://ns.211.ca/>
- Community Food Resource Network
  - Mission to increase food security in North Queens through food distribution, community collaboration, and education
    - <https://www.facebook.com/groups/674966622998735/about>
- COVID-19 Assistance for Nova Scotia Businesses
  - Provincial Assistance: <https://novascotia.ca/coronavirus/support/#support-for-business>
  - Federal Assistance: <https://www.canada.ca/en/department-finance/economic-response-plan.html#businesses>
  - Assistance for Aboriginal Businesses: <http://www.ulnooweg.ca/covid-19-update/>
- Credit Union Atlantic Resource Listings
  - CUA has created a list of financial resources and programs
    - <https://www.cua.com/Home/AboutCUA/AboutUs/MediaCentre/COVID-19/Resources-for-Nova-Scotians/>
- Feed Nova Scotia
  - “Feed Nova Scotia’s COVID-19 Food Box program is a short-term initiative to provide home delivery of food to Nova Scotians who need food support and can’t access a food bank or other support programs.
    - Call 211 for more information

- Government of Canada COVID-19 Benefits and Services
  - List of currently available benefits through Government of Canada
- <https://www.canada.ca/en/services/benefits/covid19-emergency-benefits.html>
- The Home Energy Assistance Top-up (HEAT)
  - Supports for Nova Scotians in heating costs during the winter months.
    - Call 902-422-3435
    - <https://salvationarmy.ca/maritime/home/programs/heat/>
- Inclusion NS COVID-19 Relief Referral
  - Relief for a number of household/life expenses.
    - Call 902-469-1174 ext. 4 or visit <https://theclubinclusion.com/wp-content/uploads/2021/03/Health-and-Wellness-Fund-Request-Form-2021-fillable.pdf>
- Income Assistance (IA)– Department of Community Services
  - Call 902-424-1600 or visit [https://novascotia.ca/coms/employment/income\\_assistance/index.html](https://novascotia.ca/coms/employment/income_assistance/index.html)
- Queens County Food Bank
  - Open Tuesdays from 10:00 am to 3:00 pm.
    - Check <https://www.facebook.com/Queens-County-Food-Bank-1819209515072448/> for updates and changes due to COVID-19 restrictions.
- Queens County Transit
  - Local transit. Offering discounted or free COVID-19 related services.
    - <https://www.facebook.com/queenscountytransit/>
    - [https://qct.ruralrides.ca/?fbclid=IwAR1Zod6r4PCgbqJlQW-1r38iyzV\\_H5-DIymOTwriaqMbFGdRyYv\\_P98ntUw](https://qct.ruralrides.ca/?fbclid=IwAR1Zod6r4PCgbqJlQW-1r38iyzV_H5-DIymOTwriaqMbFGdRyYv_P98ntUw)
    - Or Call 902-256-2670 for information
- Red Cross Friendly Calls Program

- If you or a loved one is feeling isolated or lonely during COVID-19, Red Cross volunteers will call to help relieve some of those feelings.
  - <https://www.redcross.ca/in-your-community/nova-scotia> ,or call 1-833-729-0144
  
- The Salvation Army Nova Scotia COVID Relief Fund
  - Established by the Government of Nova Scotia, this fund helps with the cost of home heating and electricity as a result of income loss due to COVID-19
  - If you received assistance from the HEAT Fund, you are still eligible to receive assistance.
    - <https://salvationarmy.ca/maritime/home/programs/covidrelief/>
  
- VON Nova Scotia Meals Program
  - VON is working to adapt to changing needs during COVID-19. One aspect of this is food security for Nova Scotians. VON meal programs can be accessed in Queens County.
    - Visit <https://www.von.ca/en/meals> , or call 902-354-3297 for more information.