

PRINCE EDWARD ISLAND COVID Social Resource Connector

This listing of resources complements the "COVID-19 Social Care Guidance" (available at upstreamlab.org/covid19) developed in partnership with the Centre for Effective Practice and the Department of Family and Community Medicine at the University of Toronto. These resources have been compiled and maintained by a team of volunteers and we are grateful for their time and effort. This list of resources is intended to support Canadians during the COVID-19 pandemic. Listing here does not mean the Upstream Lab, or other entities endorse the resources listed or their services. Use at your own risk. Please contact us immediately (upstreamlab@smh.ca) if you are aware of new resources or have concerns about any specific resource.

Resource Table of Contents

Food Resources

1. [Grocery and Delivery](#)
2. [Food Banks](#)

Homelessness Resources

3. [Drop-in Centres](#)
4. [Emergency Shelters](#)

Legal Resources

5. [Legal](#)

Well-Being Resources

6. [Social Isolation](#)
 7. [Interpersonal Violence](#)
-

Resources

Food Resources

Grocery and Delivery

Please see the 211 links below for food delivery in your area during COVID-19:

- <https://pe.211.ca/result/covid-19-cooked-meals-67542666>
- <https://pe.211.ca/result/covid-19-delivery-of-goods-67744068>
- <https://pe.211.ca/result/covid-19-islanders-helping-islanders-volunteer-services-directory-67728282>

Pure Kitchen Catering

Description: They are currently offering 100 free school lunches per week (pick up only). They are also preparing meals (at a cost) for pick up or delivery.

Contact: John Pritchard, 902-393-2468, 902-892-2190

<https://www.purekitchenpei.com>

4 Love 4 Care

Description: 4 Love 4 Care is a non-profit organization that assists vulnerable members of the community. In light of current circumstances, we have assisted people with food hampers and continue to make and deliver meals to over 30 people a day. Assistance with Grocery vouchers too.

Contact: Sandra Sunil, 4love4care@gmail.com, 902-393-1993

<https://www.facebook.com/4Love4Care/>

Food Banks

The Soup Kitchen

Description: Continues to offer take-out meals from soup kitchen 2 times per day.

Hours: 11AM - 12PM for lunch, 4-5PM for supper - take out only

Contact: (eg. telephone, email): 1-902-892-1995; info.urhm@gmail.com

<https://www.urhm.org>

Montague Food Bank - Southern Kings and Queens Food Bank

Description: Drive-thru style available

Hours: Monday: 9am-11:30am and Thursday: 9am-11:30am

Location: 33 Belmont St, Charlottetown PE C1A 5G9

Contact: (902) 838-3191; montaguefoodbank@gmail.com

<https://southern-kings-and-queens-food-bank.business.site>

West Prince Caring Cupboard

Description: Weekly food supply

Contact: Cheryl Horne, wpcaringcupboard@gmail.com, 902-853-2304

<https://www.canadahelps.org/en/charities/west-prince-caring-cupboard-inc/>

Tyne Valley Caring Cupboard

Description: You can visit every 30 days for a food hamper.

Hours: Drop-in Thursday 10AM-12PM, only 1 person at a time. Can call in advance to arrange to have someone else pick food if self-isolated.

Location: 46°34'49.2"N 63°55'44.3"W

Contact: (902) 853-2304

Homelessness Resources

Drop-In Centres

Please see the 211 link below to find a drop-in centre in your area:

<https://pe.211.ca/result/community-outreach-centre-67305386>

Emergency Shelters

Please call the **PEI Shelter Support Line** below to find an emergency shelter in your area: **Call 1-833-220-4722**

Chief Mary Bernard Memorial Women's Shelter

Description: Priority is given to Indigenous women and children facing family violence, but non-indigenous women and children accepted. 24/7, every day.

Contact: 1-855-297-2332

<http://cmbmws.ca>

Anderson House Outreach Service

Description: Emergency shelter, safety planning, advocacy, childcare services, drop-in and follow-up support, referrals to outreach services and second stage housing, and information on resources such as lawyers, housing, stay away orders, transportation, child care and pet care. Also operates a 24-hour toll free crisis and support line.

Contact: 1-800-240-9894 (PEI), 902-892-0960 (local)

<https://www.fvps.ca/anderson-house/>

Salvation Army Bedford Macdonald House

Description: Men only, adults (over 18); 24/7, every day.

Contact: (902) 892-9242

<https://www.facebook.com/pages/category/Community-Service/Salvation-Army-Bedford-MacDonald-House-111117690430155/>

Blooming House Shelter

Description: Women only; low-barrier, no ID needed

Contact: 8am-8pm at 1-833-220-4722 (phone or text the number - 24/7 line),

<https://bloominghouse.ca>

Legal Resources

Government of PEI - Prince Edward Island Legal Aid

Description: Prince Edward Island Legal Aid is an access to justice program, providing legal representation and assistance to low income individuals who have serious legal needs in the areas of criminal law, youth criminal justice, or family and civil law. Call ahead for direction on how to access these services.

Contact:

- Phone: 902-368-6043 (Charlottetown)
Phone: 902-888-8219 (Summerside)
Family and civil legal aid applications and inquiries:
Phone: 902-368-6656 (Charlottetown)
Phone: 902-888-8066 (Summerside)

Government of PEI Victim Services

Description: Victim Services assists victims of crime throughout their involvement in the criminal justice system. Assistance is available to victims of crime anywhere on Prince Edward Island.

Contact: Queens and Kings County - Telephone: (902) 368-4582; Victim Services: Prince County Telephone: (902) 888-8218

Well-being Resources**Social Isolation****No Islander Alone Support for Seniors**

Description: Specially trained volunteers of Hospice PEI are available to provide wellness checks and support by phone to seniors across Prince Edward Island.

Contact: 1-844-954-7433, Nancymarie Arsenault, director@hospicepei.ca

COVID-19 Isolation Assistance PEI

Contact: Scott Doyle, sjdoylemusic@gmail.com, 902-892-9149

<https://www.princeedwardisland.ca/en/information/health-and-wellness/east-region-volunteer-services-directory>

Western Hospital Foundation

Description: seniors check-ins

Contact: Christina Pottier, kdarebythesea@gmail.com, 902-853-4810

Hospice PEI

Description: Telephone grief support, telephone client and family check-ins, and community resource. Hospice PEI provides service for all Islanders.

Contact: queens@hospicepei.ca, 1-844-954-7433

www.hospicepei.com

Seniors Check-In by Georgetown Fire Department

Contact: Mark Gotel, fire@georgetown.ca, 902-969-9190

Klown Helping Seniors

Description: A service matching seniors with a volunteer to help as needed

Contact: Skip Beairsto, 902-888-9454, 902-836-3447

<https://www.princeedwardisland.ca/en/information/health-and-wellness/central-region-volunteer-services-directory>

Interpersonal Violence**Kids Help Phone**

Description: Offers professional counselling, information and referrals and volunteer-led support to young people in English and French. Available by phone, text or live-chat.

Contact: 1-800-668 6868

<https://kidshelpphone.ca/>

ShelterSafe

Description: Website that can help women and children fleeing violence find shelter in their area. Call a shelter for support, information, referrals or just to talk. Most shelters on this site have staff available 24 hours, 7 days per week to answer your call.

<https://www.sheltersafe.ca/>

First Nations and Inuit Hope for Wellness Help Line

Description: Offers immediate, culturally competent telephone-based crisis intervention counselling and support for Indigenous people. Available 24/ 7 in English and French. Cree, Ojibway and Inuktitut may also be available. Call or online chat.

Contact: 1-855-242-3310

<http://hopeforwellness.ca>

PEI Sexual Assault Centre

Description: Supports survivors of sexual assault and abuse in their healing and to ensure that all people living in PE I are safe from sexual violence. Accepting new clients during pandemic; remote support via videoconference or phone is offered.

Contact: 902-368-8055 or 1-888-368-8055 (toll free)

<http://peirsac.org/>

Chief Mary Bernard Memorial Women's Shelter

Description: 24 - Hour Crisis Line & shelter for women in distress, women without housing, or for young mothers who need extra support.

Contact: 1-855-297-2332

<http://cmbmws.ca/>