

NEW BRUNSWICK 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.

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Resources

Food Resources

Meals on Wheels of Fredericton Inc.

Location: 880 Hanwell Rd. Unit 301 B, Fredericton, NB

Contact: 506-458-9482; info@frederictonmealsonwheels.ca

Food Banks

Please use this link to find a food bank in your area:

<https://fooddepot.ca/need-help/>

Homelessness Resources

Emergency Shelters

St. John House (Men)

Location: 65 Brunswick St Fredericton, NB

Contact: 506-450-1102; info@theshelters.ca

Grace House (Women)

Location: 275 Brunswick St Fredericton, NB

Contact: 506-450-3001; info@theshelters.ca

Legal Resources

New Brunswick Legal Aid and Services Commission

Description: All Legal Aid appointments will be rescheduled at a later date, unless your matter is urgent. Be aware that Courts are also dealing with urgent matters only.

If you require urgent assistance, please contact your regional office.

Contact: 1-855-266-0266.

<http://www.legalaid-aidejuridique-nb.ca/home/>

Well-being Resources

Social Isolation

The Chimo Helpline

Description: A provincial crisis phone line for all NB residents, any time, any day.

Contact: 1-800-667-5005 or messaging a staff member at <http://www.chimohelpline.ca/>.

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/>

Crossroads for Women

Description: Crisis intervention, counseling, and support services to victims of violence 24/7. The Crisis Centre offers one on one counseling to women who may not be able to communicate safely by phone or are more comfortable speaking to someone in person.

Contact: 1-844-853-0811; email outreach: outreach@crossroadsforwomen.ca
<https://www.crossroadsforwomen.ca/en/>

Beausejour Family Crisis Resource Centre

Description: We are a counselling and support centre open to all individuals experiencing a crisis, mental health issue, or difficult life circumstance, as well as for victims of family violence and their children.

Contact: 506-533-9100
<http://healingstartshere.ca/>

Support Line Sexual Violence New Brunswick

Description: SVN B offers a 24-hour confidential sexual assault support line for anyone affected by sexual violence, or anyone supporting someone affected by sexual violence. The support line is available 24 hours a day, 7 days a week, and 365 days a year.

Contact: 506-454-0437
<http://svnb.ca/en/services>

New Brunswick Community Services Database

Description: List of local 22 family violence services in New Brunswick
<https://saintjohn.cioc.ca/bresults.asp?SubjID=768&UseCICVw=43>

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 hours per day, 7 days per week in English and French. Cree, Ojibway and Inuktitut may also be available. Call or online chat.

Contact: 1-855-242-3310
hopeforwellness.ca