

NUNAVUT

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. [Emergency Shelters](#)

Legal Resources

4. [Legal](#)

Well-Being Resources

5. [Social Isolation](#)
 6. [Interpersonal Violence](#)
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Resources

Food Resources

Grocery and Delivery

Cambridge Bay Community Wellness Centre Soup for the Soul Program

Description: Hot meals available to all low-income families and meal delivery services to Elders and those in isolation.

Hours: 3:30-4:30pm Mon-Fri

Location: 13A Omingmak St. Cambridge Bay, NU

Contact: Call 867-983-4670 to make arrangements

QIA's COVID-19 Emergency Grocery Vouchers for Elders

Description: Financial support to help Qikiqtani Inuit Elders (60+) access healthy food and necessary supplies. They can pick up a \$250 grocery card or receive a grocery hamper with that value.

Hours: Dates for pick up are April 14, April 28, May 12, May 26, June 9, and June 23

Location: Region, Nunavut

Contact: 1-867-975-8383 or COVID-19@qia.ca

Food Banks**Niqinik Nuatsivik Nunavut Food Bank**

Description: Hot meals available to all low-income families

Hours: 10am-12pm daily, visit Facebook page

(<https://www.facebook.com/NunavutFoodBank/>) for more updates.

Location: Same building as Iqaluit Thrift Store (next to St. Judes Anglican Cathedral)

Contact: nunavutfoodbank@gmail.com

Qajuqturvik Food Center

Description: Hot meals available to all low-income families

Hours: 12pm-12:45pm Sun-Thurs

Location: Qajuqturvik Food Centre, PO Box 119, Iqaluit NU

Contact: Email: info@qajuqturvik.ca or Telephone: (+1) 867-979-4863 or message the Qajuqturvik Food Centre on Facebook

Cambridge Bay Community Wellness Centre Food Bank

Description: Hot meals available to all low-income families

Hours: Wed 3-4pm

Location: 13A Omingmak St. Cambridge Bay,

Contact: (867) 983-4670

Teacher at Kiilnik and Kullik School

Description: Offering grab-and-go bagged lunches daily to students enrolled in Kiilnik or Kullik school.

Hours: 11:30-1:00pm every day

Location: 25 Omingmak St. #23, Cambridge Bay, NU

Contact: Updates posted on facebook group:

<https://www.facebook.com/groups/cambay1/>

Homelessness Resources

Emergency Shelters

Nunavut Family Violence Shelters

Description: Family violence shelters available for local residents who are victims of violence. There are five local shelters:

- Cambridge Bay
- Iqaluit
- Kugaaruk
- Kugluktuk
- Rankin Inlet

Contact:

- Cambridge Bay, St. Michael's Crisis Shelter: (867) 983-5232
- Iqaluit, Qimavvik Shelter: (867) 979-4500
- Kugaaruk Family Violence Centre: (867) 769-6100
- Kugluktuk Women's Crises Centre: (867) 982-3210
- Rankin Inlet, Kataujaq Society Shelter: (867) 645-2214

<https://www.gov.nu.ca/family-services/programs-services/family-violence>

Legal Resources

The Legal Services Board of Nunavut (LSB)

- To reach a civil lawyer about housing, employment, or other matters please call:
CIVIL: 1-833-913-1696
- To reach a family lawyer about an ongoing file or a Child and Family Services case: FAMILY: 1-833-913-1899
- To reach a Criminal lawyer, please call:
KITIKMEOT 1-833-913-2549
KIVALLIQ: 1-833-913-2551
QIKQTAALUK: 1-833-913-2459
- For other inquiries please email us at info@nulegalaid.com

Well-being Resources

Social Isolation

Kamatsiaqtut Nunavut Helpline

Description: Kamatsiaqtut is a telephone helpline for anyone in Nunavut and Nunavik communities. You can call to speak with their trained volunteers about anything, whether you're lonely, hurting, in distress or just need someone to talk to.

Contact: 1-800-265-3333 toll free, or 867-979-3333 locally from Iqaluit

Interpersonal Violence

Kids Help Phone

Description: Offers professional counselling, information and referrals and volunteer-led support to young people in both 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 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