

Agency Name	Basic needs supports offered	Hours of Operation	Contact
<b>Grocery Stores</b>			
<b>Lucan Biddulph</b>			
<b>Foodland</b> <a href="https://ontario.foodland.ca/stores/lucan/">https://ontario.foodland.ca/stores/lucan/</a>	* Curbside pick up service offered. * Seniors and those with health concerns given priority shopping hour.	* Monday-Friday 8am-8pm, Saturday to Sunday 8am-7pm * Monday-Friday 8-9am	184 Main Street, Lucan ON N0M 2J0 Phone: 519-227-4493
<b>Middlesex Centre</b>			
Foodland <a href="https://ontario.foodland.ca/stores/foodland-komoka/">https://ontario.foodland.ca/stores/foodland-komoka/</a>	* Curbside pick up available Monday, Wednesday, and Friday. \$4 fee. * Seniors and those with health concerns shopping hour.	* 8am-8pm daily  * 7am-8am daily	10166 Glendon Drive, Komoka Phone: 519-641-6453
<b>BJ's Country Market</b> <a href="http://www.Bjscountrymarket.com">www.Bjscountrymarket.com</a>	* Take out available.	Monday - Saturday 9-5, Sunday – 10-3	4 York Street, Delaware Phone: 519-652-3330
<b>Thames Centre</b>			
<b>Sassy's</b> <a href="http://www.sassyweb.com">www.sassyweb.com</a>	* Curbside pick up available Monday-Friday. * Must call in advance to place order.	* 5:30am – 8pm daily  * Monday - Friday 8am-4pm	225 King Street, Thorndale Phone: 519-461-1234
<b>Foodland</b> <a href="https://ontario.foodland.ca/stores/dorchester/">https://ontario.foodland.ca/stores/dorchester/</a>	* Delivery Monday, Thursday, and Friday to seniors and self-isolating families <b>only</b> . * Seniors and those with health concerns shopping hour.	* 8am-8pm daily  * 8am-9am daily	2095 Dorchester Rd, Dorchester Phone: 519-268-7317

Updated Tuesday May 5, 2020

<b>North Middlesex</b>			
<b>Foodland (Ailsa Craig)</b> <a href="https://ontario.foodland.ca/stores/ailsa-craig/">https://ontario.foodland.ca/stores/ailsa-craig/</a>		*Monday - Thursday 8am-7pm, Friday 8am-8pm, Saturday – 9am-6pm, Sunday - 11am-5pm	157 Main Street, Ailsa Craig Phone: 519-293-3241
<b>Foodland (Parkhill)</b> <a href="https://ontario.foodland.ca/stores/parkhill">https://ontario.foodland.ca/stores/parkhill</a>	* Curbside pick-up available.	Monday-Thursday 8am-7pm, Friday - 8am-8pm, Saturday – 8am-6pm, Sunday – 9am-6pm	269 Main Street, Parkhill Phone: 519-294-6215
<b>Southwest Middlesex</b>			
<b>Foodland</b> <a href="https://ontario.foodland.ca/stores/glencoe/">https://ontario.foodland.ca/stores/glencoe/</a>	* Curbside pick up available.  * Seniors and those with health concerns shopping hour.	* Monday - Friday 8am-8pm, Saturday - Sunday 8am-7pm * Monday-Saturday 7am-8am	195 Main Street, Glencoe Phone: 519-287-2776
<b>No Frills</b> <a href="https://www.nofrills.ca/store-locator/details/3120">https://www.nofrills.ca/store-locator/details/3120</a>	* Store open. * Seniors and those with health concerns shopping hour.	* Monday-Sunday 8am-6pm * Monday - Friday 7am-8am	275 Main Street, Glencoe Phone: 1-866-987-6453
<b>Strathroy-Caradoc</b>			
<b>Walmart</b> <a href="http://www.walmart.ca">www.walmart.ca</a>	*Online ordering and pick up available. *Seniors and those with health concerns shopping hour.	* 8am-9pm daily  * Monday - Saturday 8am-9am daily	150 Carroll Street, Strathroy Phone: 519-245-7200
<b>Real Canadian Superstore</b> <a href="http://www.Realcanadiansuperstore.ca">www.Realcanadiansuperstore.ca</a>	* Online ordering and pick up available.	* Monday-Sunday 8am-8pm  * 7am-8am daily	626 Victoria Street, Strathroy Phone: 519-245-5277

Updated Tuesday May 5, 2020

	* Seniors and those with health concerns shopping hour.		
<b>Food Basics</b> <a href="https://www.foodbasics.ca/index.en.html">https://www.foodbasics.ca/index.en.html</a>	* Store open. * Seniors and those with health concerns shopping hour.	* Monday - Sunday 8am-8pm * Monday - Sunday 7am-8am	51 Front Street, Strathroy Phone: 519-245-3261
<b>Food Banks and Meals</b>			
<b>Ailsa Craig and Area Food Bank</b> <a href="https://ailsacraigareafoodbank.webs.com/">https://ailsacraigareafoodbank.webs.com/</a>	* Serves Lucan Biddulph, Middlesex Centre, North Middlesex, and some of Lambton Shores. *Monthly food hamper to people and families facing hardship. *Additional support may be available as needed and able to provide. * Thrift store is closed, no donations accepted.	By appointment only: Tuesday to Friday 10:30-12pm & 1-4pm. Ring side bell door.	161 Ailsa Craig Main Street Phone: 519-293-3637
<b>Salvation Army Food Bank (Strathroy)</b> <a href="https://salvationarmy.ca/">https://salvationarmy.ca/</a>	* Serves Strathroy, Adelaide, Alvinston, Appin, Newbury, Chippewa, Cold Spring, Delaware, Glencoe, Kerwood, Melbourne, Mt Brydges, Wardsville, Watford, Muncney, Nairn, and Poplar Hill. * Thrift store closed. Clothing donations not accepted at this time.	By appointment requested. Monday, Wednesday, Thursday 10am-12pm; 1pm-3pm.	71 Maitland Terrace Phone: 519-245-5398

Updated Tuesday May 5, 2020

	* Food and gift card donations accepted.		
<b>St. John's Anglican Church (Glencoe)</b>	*Caring cupboard supplies food and toiletries for those who have already visited Food Bank and require additional assistance.	By appointment only.	Bonnie Phone: 226-377-5017
<b>St. Vincent De Paul Food Bank (Glencoe)</b>	* Pick up available and must call to arrange.	Saturdays 9:30-12	209 Main St, Glencoe Phone: 519-287-3500
<b>Dorchester Food Bank</b>	* Serves Thames Centre. * Gift card donations accepted.	By appointment only with porch pick up.	Jean Davis Phone: 519-268-7872 Email: bobdavis@rogers.com
<b>Mt Brydges Caring Cupboard</b>	* Caring Cupboard is open on designated Fridays. * Appointment required.	Designated Friday 10am-1pm	Phone: 226-377-5017 Email: bltrayner4@gmail.com
<b>St. John's Anglican Church &amp; Regeneration Centre Meals</b>	* Provides warm take-out meals with pick up at the church.	Tuesday and Friday at 12pm	186 Main St., Glencoe Phone: 226-377-5017
<b>Faith Pentecostal Assembly Breakfast Club</b>	* Pick up or delivery of 1 week's supply of breakfast items. * Available for children enrolled in Ekcoe, St. Charles, Mosa, and Glencoe District High School.	Parents email or call to confirm and arrange day of pick up or delivery.	259 Main St., Glencoe Phone: 519-871-5510 Email: <a href="mailto:faithpentecostalassembly@gmail.com">faithpentecostalassembly@gmail.com</a>
<b>St. Vincent De Paul All Saints Parish (Strathroy)</b>	*Serving brown bag lunches at All Saints	Thursdays (beginning May 7) at 11:30-12:30pm	Gwen Phone: 519-871-6987 24 Front St E, Strathroy

<b>Community Agencies</b>			
<p><b>Addiction Services of Thames Valley</b>  <a href="http://adstv.on.ca/">http://adstv.on.ca/</a></p>	<p>Support provided by phone and online services until further notice.</p>	<p>Intake services will be available by phone from 10:00 a.m. – 3:00 p.m. Monday-Friday.</p>	<p>21 Richmond St., Strathroy            Phone:            519-673-3242 ext. 222            Email: <a href="mailto:intake@adstv.on.ca">intake@adstv.on.ca</a></p>
<p><b>Alzheimer Society</b>            Alzheimer Society London and Middlesex  <a href="https://alzheimersocietylondon.ca/">https://alzheimersocietylondon.ca/</a></p>	<p>* Office is closed to the public until further notice.            * Support services, where possible, will be provided to clients. In person services are temporarily halted.            * Client support workers are connecting with clients via phone and email.</p>	<p>Staff working remotely during regular office hours Monday to Friday 8:30-4:30.</p>	<p>435 Windermere Road,            London, ON            Phone: 519-680-2424            Email:  <a href="mailto:info@alzheimersocietylondon.ca">info@alzheimersocietylondon.ca</a></p>
<p><b>Canadian Mental Health Association</b>  <a href="https://cmhamiddlesex.ca/">https://cmhamiddlesex.ca/</a></p>	<p>* Strathroy, Exeter, and Queens Avenue locations closed until further notice.            * Crisis Centre at Huron street open for crisis clients.            * Supporting clients through online and phone sessions.</p>	<p>Monday-Friday 8:30am-4:30pm</p>	<p>21 Richmond Street, Strathroy            Phone:            519-245-0120            Toll-free: 1-888-216-6716             Crisis Line: Reach Out at 519-433-2023 or 1-866-933-2023</p>
<p><b>Children's Aid Society London and Middlesex</b>  <a href="https://www.caslondon.on.ca/">https://www.caslondon.on.ca/</a></p>	<p>Office is closed to the public until further notice.            Safe, in person contact is occurring for high-risk families.            Phone, Skype, and social media will be used for low to moderate risk families</p>		<p>Phone: 519-455-9000            Email: <a href="mailto:info@caslondon.on.ca">info@caslondon.on.ca</a>            After Hours Service for urgent concerns: 519-858-5998</p>

Updated Tuesday May 5, 2020

<p><b>Community Legal Education Ontario</b>  <a href="https://cleoconnect.ca/">https://cleoconnect.ca/</a></p>	<p>Practical legal answers to COVID-19 laws, government programs, and court services</p>		<p><a href="https://stepstojustice.ca/covid-19">https://stepstojustice.ca/covid-19</a></p>
<p><b>Community Employment Choices</b>  <a href="http://communityemploymentchoices.ca/">http://communityemploymentchoices.ca/</a></p>	<p>* Office is closed to the public until further notice. Staff meeting with clients online or by phone.          * Working with employers who are currently hiring, assisting clients with pre-employment work and applications.          * Employers are still hiring during this period.</p>		<p>16B Second Street, Strathroy          Phone: 519-245-4500, ext. 200 or toll-free 1-888-478-2111 ext. 200          Email: <a href="mailto:reception@communityemploymentchoices.ca">reception@communityemploymentchoices.ca</a></p>
<p><b>Contact North Elgin-Middlesex</b>  <a href="https://contactnorth.ca/">https://contactnorth.ca/</a></p>	<p>* Learning centres are closed to the public until further notice.          * Staff are supporting clients via phone, Zoom, and messaging.          * Support includes registration for classes, financial support, and referrals.</p>		<p>Robert DiBartolomeo          Online Learning Recruitment Officer.          Phone: 1-855-635-5151          Email: <a href="mailto:robertdi@contactnorth.ca">robertdi@contactnorth.ca</a></p>
<p><b>Craigwood Youth Services</b>  <a href="https://www.craigwood.ca/">https://www.craigwood.ca/</a></p>	<p>* Talk-in Clinic and respite care closed until further notice.          * Counselling offered by phone or online to clients.          * New clients should call the Crisis Intake Team for further assistance.</p>		<p>520 Hamilton Road London          Crisis Intake Team: 519-433-0334</p>

Updated Tuesday May 5, 2020

<p><b>Family Services Thames Valley</b>  <a href="https://www.familyservicethamesvalley.com/">https://www.familyservicethamesvalley.com/</a></p>	<p>*Individuals - counselling by phone is available.          *Families &amp; Children - counselling is restricted. Please contact for more information.          * Walk in clinics, group counselling, and Coming Out Over Coffee programs are suspended until further notice.          *Adult Protective Service Supports available as needed.</p>	<p>Phones answered between 10am and 3pm Monday to Friday. Where possible calls are returned within 24 hours</p>	<p>Phone: 519-433-0183          Contact support worker or call 519-433-0183</p>
<p><b>LEADS</b>  <a href="https://leadsservices.com/">https://leadsservices.com/</a></p>	<p>* Providing services to job seekers and employers virtually and by phone.          * Employers are still hiring during this period.</p>		<p>Phone: 1-866-955-3237          Email:  <a href="mailto:info2@leadsservices.com">info2@leadsservices.com</a></p>
<p><b>Merrymount Family Support and Crisis Centre</b>  <a href="https://www.merrymount.on.ca/">https://www.merrymount.on.ca/</a></p>	<p>*Crisis Residential/Respite program, Family Child Support Program, Family Resource Program, and offices are closed until further notice          *Crisis telephone line is available and staff are supporting through email and phone.</p>		<p>Phone: 519-434-6848          Crisis Line: 519-870-2797</p>
<p><b>Vanier Children's Mental Wellness</b>  <a href="https://www.vanier.com/">https://www.vanier.com/</a></p>	<p>*Office is closed to visitors with no in person sessions at this time.</p>		<p>Crisis and Intake Team: 519-433-0334</p>

Updated Tuesday May 5, 2020

	<ul style="list-style-type: none"> <li>* Drop in clinics (Talk-Ins, PAIRs, and Insite) are cancelled until further notice.</li> <li>* Virtual sessions are available through phone and video conferencing. Please call crisis and intake phone number</li> </ul>		
<b>Victim Services of Middlesex-London</b>	<ul style="list-style-type: none"> <li>* In person sessions closed until further notice.</li> <li>* Phone support and all VQRP+ services are available.</li> </ul>	Phones answered 8:30am-4pm	Phone: 226-678-4631
<b>VON</b> <a href="https://www.von.ca/en/site/middlesex-elgin">https://www.von.ca/en/site/middlesex-elgin</a>	<ul style="list-style-type: none"> <li>* Congregate Dining, Exercise, Clinics, Hospice Volunteering, SMART classes, and support group programming cancelled.</li> <li>* Adult day programs, volunteer transportation programs, volunteer visiting, and support programs reduced.</li> <li>* In-home nursing, assisted living, family supports program, in-home respite care, and transportation via bus and van programs will continue.</li> </ul>	Monday-Friday 8am-4:30pm	1151 Florence St., London Phone: 519-659-2273
<b>Women's Rural Resource Centre</b> <a href="https://wrrcsa.org/">https://wrrcsa.org/</a>	*Community Service appointments with women (including counselling) will be held virtually or phone.		245 Beech Street, Strathroy Phone: 519-246-1526 Crisis line: 1-800-265-5390

	* Crisis Services (24/7 shelter & phone line) are still available.		
<b>Government Support</b>			
<b>Service Canada</b> <a href="https://www.canada.ca/en.html">https://www.canada.ca/en.html</a>	<ul style="list-style-type: none"> <li>* All Service Canada Centres are closed until further notice.</li> <li>* Canada Pension Plan/Old Age Security/EI payments continue to be made as scheduled.</li> <li>* Online applications for Canada Pension Plan/Old Age Security/Employment Insurance.</li> <li>* One week waiting period for EI Sickness benefits relating to COVID-19 will be waived.</li> <li>* Canadian Emergency Response Benefit. Provides temporary income support (\$500/week for up to 16 weeks).</li> </ul>	<p>Online access recommended due to higher than normal call volumes.</p>	<ul style="list-style-type: none"> <li>*Employment Insurance 1-800-206-7218</li> <li>*Canada Pension Plan/Old Age Security 1-800-277-9914</li> <li>* <a href="https://www.canada.ca/en/services/benefits/ei/ei-sickness.html">https://www.canada.ca/en/services/benefits/ei/ei-sickness.html</a></li> <li>* <a href="https://www.canada.ca/en/services/benefits/publicpensions/cpp.html">https://www.canada.ca/en/services/benefits/publicpensions/cpp.html</a></li> <li>* <a href="https://www.canada.ca/en/services/benefits/ei/cerb-application.html">https://www.canada.ca/en/services/benefits/ei/cerb-application.html</a></li> <li>* OR by phone 1-800-959-2019 or 1-800-959-2041</li> </ul>
<b>Service Ontario</b> <a href="https://www.ontario.ca/page/serviceontario">https://www.ontario.ca/page/serviceontario</a>	<ul style="list-style-type: none"> <li>* The government has extended the validation period for expired or expiring driver's licenses, plate stickers, health cards, Ontario photo cards, birth certificates, accessible parking permits, and more.</li> <li>*Closed offices - Dorchester, Lucan, Newbury, Parkhill, and Strathroy until further notice.</li> </ul>		<a href="https://www.ontario.ca/page/serviceontario-centre-closures">https://www.ontario.ca/page/serviceontario-centre-closures</a>

Updated Tuesday May 5, 2020

	One location remains open in London (100 Dundas Street, Main Floor)		
--	---	--	--