

Community Resources

Telehealth Ontario: 1-866-766-0000

Canadian Mental Health Association 24.7 Crisis Support

Peel/Dufferin: 905-278-9036 Halton: 1-877-825-9011

Distress Centre Halton: Oakville: 905-849-4541

Burlington: 905-681-1488 North Halton: 905-877-1211

Telephone Reassurance Program: Seniors living alone in Mississauga

Email: info@aacmiss.ca or call: 905-615-3207

Spectra Helpline: Multilingual distress and crisis line in Peel

Languages include: Cantonese, Hindi, Mandarin, Portuguese, Punjabi, Spanish, Urdu, English.

Monday to Friday from 10:00 am – 10:00 pm Contact: 905-459-7777

Meals on Wheels: Brampton: 905-453-4140

Mississauga: 905-820-4026 Milton: 905-878-6699;

Oakville: 905-842-1411 Burlington: 905-637-5664

Dar Nabati (Middle Eastern restaurant): Free meals and delivery to seniors. Menu: www.darnabati.com Contact: 416-732-3501

Metro Online Grocery: Order groceries online have them delivered to your home for \$11.99. <https://www.metro.ca/en/online-grocery>

Designated shopping hours for seniors and people with disabilities:

Please check your local store for exact time, typically the first hour of opening. Currently offered at: Shoppers Drug Mart, Loblaws, Superstore, No Frills, Longo's, Freshco, and Sobeys.