



The Corporation of the Township of Huron-Kinloss

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INFORMATION BULLETIN

For Immediate Release

January 26, 2021 4:00 p.m

The Hub Wellness Series and Mental Health Support Resources

February, 2021 The Hub will be delivering a virtual Wellness Series focusing on mental health. The series has been developed to respond to the current needs of the business community and residents as we cope with stress brought on by the uncertainties of COVID-19.

There is no cost and everyone is welcome to attend.

- Tuesday, February 16, 2021 at 7 pm - Mental Health with Canadian Mental Health Association.
[Register Here.](#)
- Tuesday, February 23, 2021 at 12 pm - Sleep Talk with Sleepers Bed Gallery.
[Register Here](#)
- Saturday, February 27, 2021 at 10 am - Yoga with Adrienne Pollock.
[Register Here](#)

For more information on these Wellness Sessions, please contact Huron-Kinloss Business Development Coordinator Lauren Eby, at leby@huronkinloss.com.

It is normal to feel anxious and afraid when dealing with the effects of the COVID-19 pandemic. This situation is difficult for everyone and for some, it may be more difficult to cope with the stressors associated with COVID-19. If you or someone you know is struggling, these below resources are here to support you. Please remember you are not alone and help is available.

| Organization | Website | Contact Information |
|------------------------------------|--|---|
| Canadian Mental Health Association | www.greybruce.cmha.ca | Kincardine Office: (519) 396-4523 or 1-877-888-5855 Crisis Line: 1-877-470-5200 |
| Women's Shelter of Bruce County | http://whsbg.on.ca | Support Line: 519-396-9655 Toll Free: 1-800-265-3026 24hr Sexual Assault Services: 1-866-578-5566 |
| Grey-Bruce Public Health | www.publichealthgreybruce.on.ca/Your-Health | Phone: 519-376-9420 Toll Free: 1-800-263-3456 Email: publichealth@publichealthgreybruce.on.ca |

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| Mental Health & Addictions Services – Grey-Bruce Health Services – Owen Sound Hospital | Mental Health and Addiction Services Directory | Owen Sound Regional Hospital: 519-376-2121 www.gbhs.on.ca/mental-health-addiction-services/ |
| Southwest Health Line | www.southwesthealthline.ca | Community Mental Health Programs - Grey and Bruce |
| Penetangore Wellness - Kincardine | www.penetangorewellness.info | Phone: 1-833-273-6031 Email: penetangorewellness@gmail.com |
| Keystone Child, Youth and Family Services | www.keystonebrucegrey.org | Phone: 519-371-4773 |
| Ontario 211 | Ontario 211 helps families find the appropriate services they need including government programs, food access, mental health, housing support and financial relief | 211 |
| Telehealth Ontario | www.health.gov.on.ca/en | 1-866-797-0000 |
| Province of Ontario – Mental Health Support | www.ontario.ca/page/find-mental-health-support | |
| ConnexOntario – Mental Health, Addiction and Gambling Support | www.connexontario.ca/en-ca/ | 1-866-531-2600 |
| Kids Help Phone | | Toll-free: 1-800-668-6868 |
| Kincardine Food Bank | Thursdays from 10am-1pm at Anglican Church of the Messiah - 415 Russell St., East - Kincardine | Phone: 519-396-2185 Email: circlef@bmts.com |

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For more information:
Emergency Information Officer
Township of Huron-Kinloss
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