



Economic Development & Tourism

COVID 19 – Local Service Providers

Resource Overview

March 27, 2020

LOCALLY AVAILABLE SUPPORTS: We are collecting a list of local service providers that can assist businesses and employees during the COVID 19 crisis. This list will be frequently updated as more supports are announced:

FINANCIAL BUSINESS SUPPORTS:

- Sun Country Community Futures: Phone – 800-567-9911 Website - <https://www.cfsun.ca/>
- Sto:lo Community Futures: Phone – 604-858-0009 Website – <https://www.stolocf.ca/>

VOLUNTEER SERVICES TO OFFER OR RECEIVE HELP:

- Call 211 for a BC Government Hotline: Live operators providing seniors with volunteer matches that can help with groceries, medications, or other isolation issues. Looking for volunteers is available to help so call to sign up.
- Check out [Purposely.ca](https://www.purposely.ca/) website: Growing database of people looking to offer or receive help during the COVID 19 crisis.
- Read Right Society: <http://www.readrightsociety.com/hopeareavolunteerprogram.html>
- Care Transit Society <http://www.caretransit.ca/>

COVID 19 MENTAL HEALTH SUPPORTS:

- COVID 19 information and self assessment tool: <https://bc.thrive.health/>
- If you or your clients have COVID-19 questions and don't have a computer they can phone: Dial 811 for medical advice
- Non-medical information about COVID-19 is available 7:30am-8pm, 7 days a week at 1-888-COVID19 (1-888-268-4319). You can also text 604-630-0300. Information is available in more than 110 languages.
- Smiling Mind: <https://www.smilingmind.com.au/>
- MindShift: <https://www.anxietycanada.com/resources/mindshift-cbt/>
- Headspace: <https://www.headspace.com/>
- Insight Timer: <https://insighttimer.com/>
- CALM: <https://www.calm.com/>
- Buddhify: <https://buddhify.com/the-app/>

EMPLOYMENT SERVICE CENTRES:

- Work BC Employment Centre: <https://www.workbc.ca/WorkBC-Centres/Mainland-Southwest/Hope.aspx>
- Free Rein Employment Services: <http://freereinassociates.ca/>