

# Do You Need Help Dealing with COVID-19?

**Call 211** to speak to a person about issues you are facing regarding food, housing, transportation, mental health, or other concerns.

If you have a computer, you can access 211 online at <https://brucegrey.cioc.ca/>.

## Services

### Walkerton Food Bank

Open Thursdays. Delivery available if you are self-isolating  
Call 519-881-0168 or email [walkertonfoodbank@gmail.com](mailto:walkertonfoodbank@gmail.com)

### Home and Community Support Services Grey Bruce:

This agency offers the Meals on Wheels program.  
Call 519-372-2091 or email [mow@hcssgreybruce.com](mailto:mow@hcssgreybruce.com)

### Wes for Youth:

Counselling for youth  
Call 519-507-3737 or email [office@wesforyouthonline.ca](mailto:office@wesforyouthonline.ca).

### CMHA Grey Bruce:

Mental Health and Addiction Services.  
Call 1-877-470-5200.

### Bruce County Human Services

Call 519-881-0431 or email [info@brucecounty.on.ca](mailto:info@brucecounty.on.ca)

## Health Questions

### Telehealth Ontario

Call 1-866-797-0000

### Grey Bruce Health Unit

Call 519-376-9420 and press 3000 if you're experiencing symptoms of COVID- 19, which include:

- Difficulty Breathing
- Fever
- Persistent Cough

There are COVID-19 assessment centers at the Hanover Hospital and Kincardine Hospital, but please DO NOT visit the centres unless you have been referred by a health care professional.

DO NOT call 911 unless it is an emergency.

### Ontario Government Information

[www.ontario.ca/page/2019-novel-coronavirus](http://www.ontario.ca/page/2019-novel-coronavirus)

## Seniors and People with Compromised Immune Systems

All persons over 70 years of age and individuals who are immunocompromised are advised to self-isolate until further notice.

Where possible, you should seek services over the phone or Internet or ask for help from friends, family or neighbours with essential errands.

Volunteers are also able to help. See reverse for Local volunteers. Sign up on the United Way website [www.thedo.com](http://www.thedo.com) if you are needing one-on-one assistance.

Walkerton grocery stores, pharmacies and many restaurants are offering take out or delivery services during this time.

See reverse for details. 

## Travellers

If you have travelled outside Canada, including the United States, you MUST isolate yourself from others for 14 days.

# Home Delivery Services in the Brockton Area

During the COVID-19 crisis, the following grocery stores, pharmacies and restaurants are offering home delivery services or take-out to help maintain social distancing. Please note that this list may change as conditions evolve.

## Pharmacies

Pellow's Pharmasave: 519-881-0151

Brown's Guardian Pharmacy: 519-881-2420

## Grocery Stores and Fresh Produce:

Valu-Mart: 519-881-2280 or visit [www.valumart.ca](http://www.valumart.ca)

Walkerton Foodland: 519-881-1021 or email [jeff.golding@sobeys.com](mailto:jeff.golding@sobeys.com)

Ralph Pitt Produce: 519-881-2944 or email [ralphpitt@bellnet.ca](mailto:ralphpitt@bellnet.ca)

The Produce Club: <https://www.facebook.com/produceclub/>

## Restaurants

|                                                           |                                                                                                                                         |
|-----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| The Old Garage Wood Fired Pizza                           | 519-881-0111 or visit <a href="http://www.theoldgaragewfp.com">www.theoldgaragewfp.com</a>                                              |
| Walkerton Sushi                                           | 519-507-6789                                                                                                                            |
| TK's Deli & Pizzeria                                      | 519-881-1055                                                                                                                            |
| Pizza Delight                                             | 519-507-0707 or visit <a href="http://www.pizzadelight.ca">www.pizzadelight.ca</a>                                                      |
| Godfathers Pizza                                          | 519-881-3093 or visit <a href="http://www.godfatherspizza.ca">www.godfatherspizza.ca</a>                                                |
| Dairy Queen Grill & Chill                                 | 519-507-3742 or <a href="mailto:walkertondq@wightman.ca">walkertondq@wightman.ca</a>                                                    |
| Tim Hortons                                               | 519-881-2749                                                                                                                            |
| Subway Walkerton                                          | 519-881-2537 or <a href="http://www.subway.com">www.subway.com</a>                                                                      |
| White Rose Coffeehouse,<br>Health Food Store & Peace Cafe | 519-889-0181 or visit <a href="https://www.facebook.com/whiterosecoffee/">https://www.facebook.com/whiterosecoffee/</a>                 |
| Loung Sing Chinese Restaurant                             | 519-881-1888                                                                                                                            |
| Sunnyside Grill Walkerton                                 | 519-507-1171 or visit <a href="https://www.facebook.com/sunnysidegrillwalkerton/">https://www.facebook.com/sunnysidegrillwalkerton/</a> |

**Community Support Volunteers.** The following groups have volunteers able to assist with certain activities, such as deliveries from local grocery stores, pharmacies and the Food Bank. No cash will change hands, and following social distancing protocol, volunteers cannot be in direct contact with those they are helping. Priority will be given to seniors, the disabled, and people who are self-isolating. Please call the numbers below, or send an email, to reach a representative.

Kinsmen Club of Walkerton: 519-507-6655 or email [kinsmenofwalkerton@gmail.com](mailto:kinsmenofwalkerton@gmail.com)

Walkerton and District Optimist Club: 519-881-3538 [wpoechman@gmail.com](mailto:wpoechman@gmail.com)

Walkerton Legion: 519-881-7304

Rotary Club of Walkerton: 519-881-7564 or email [walkertonrotary@gmail.com](mailto:walkertonrotary@gmail.com)

## For More Information:

Call the Municipality of Brockton at 519-881-2223 or visit the municipality's COVID-19 web page at [www.brockton.ca/COVID19](http://www.brockton.ca/COVID19).

Follow us on social media as well for regular updates:



[Mun Brockton](https://twitter.com/Mun_Brockton)



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