

UNFC SERVICES DURING THE COVID-19 PANDEMIC

Homelessness Outreach Program

- Foodbank services- eligible during this time once every 2 weeks
- Hygiene products available
- Laundry Vouchers
- Emergency Discretionary Funding- rental/utility arrears, rental/utility deposits, start-up (basic necessities), short term emergency shelter
- Advocacy & Referral
- Emergency Transportation

Prenatal Nutrition Program

- Milk coupons
- Prenatal vitamin coupons
- Prenatal educational resources
- Pregnancy tests
- Emergency Food Bank and/or grocery shopping/nutritional supports
- Transportation supports
- Mental Health and Wellness check-ins via phone, video or text
- Nutrition resources
- Cultural Crafting opportunities
- Referrals

*All deliveries are contactless and are scheduled for Tuesdays whenever possible.

Apatisiwin Employment

- Employment Counselling
- Resume writing and updating
- Cover letter writing
- Job search
- Interview skills
- Helping you to achieve training or employment goals
- Client employability assessments
- Designing and implementing employment action plans
- Access to resource centre
- Application assistance
- Access to job board
- Resource materials available
- Access to current local, provincial and national labour market information
- Information about training opportunities
- Referral to training
- Information about small business and proposal development

Children's Mental Health Program

- Facebook page
- Tele-Mental Health appointments – appointments are done through video app program with Toronto Sick kids/ CMH Worker and family
- One to one counselling and support over the phone, Zoom and Facebook call
- Parental Support
- Help youth with school work
- Advocacy over the phone, help complete Disability forms, service navigation

Headstart

Due to the province-wide mandatory closures of all schools and childcare centres across Ontario, the Zaagi-idiwin Aboriginal Head Start Program is closed. If you have any inquiries please call 807-274-7244 and leave a message or call 807-275-5073, or email the Program Coordinator at cmcmahon@unfc.org.

Wasa-Nabin

- Individual & Peer Support
- Life Skills Guidance
- Street Wolf Leadership Skills
- A Personalized Plan of Action (for each youth)
- Confidence Building
- Addiction Prevention
- Referrals and one-on-one sessions
- Food bank supports
- Weekly check-ins
- Weekly motivators
- FaceTime with clients
- Daily content provided on Facebook
- Available Mon-Fri 830-430 for calls questions and supports

Mental Health and Wellness Program

- Telephone/text messages: check ins, one-on-one counseling, updates on service provisions (ex. Food bank hours,) referral to websites for trusted sources of information. Notably: UNFC website, other program Facebook pages.
- Email support: check-ins, send links to trusted sources, referral to the UNFC website for email addresses for other program workers. Provide information on relevant issues(ex. What business/services are open, what are their hours of operation?) Refer or provide the links to Fort Frances Times or Go Local website. Referrals to CRA website for CERB applications. First Nations phone support line
- Social media: check ins, internet calls on the Messenger Ap, links to trusted sources of information (ex. Health Canada Website), provide information on cancellations, Covid-19 Assessment Centres. Provide referral to Aps (ex. Headspace for meditation).

- Deliver Strong Women's Circle program to service users
- Mental Health and Wellness strategies/information/promotions
- Transportation support provided to those individuals who require Food Bank delivery. This is done to respect physical distancing and to reduce barriers to our service users.

Life Long Care

- **Security checks**

A support service which provides isolated clients with regular contact to check on the health and safety of client

- **Transportation**

Assistance is given to clients to attend medical appointments

- **Prepared Meals**

A support service for clients that provides a nutritious meal delivered to clients home

- **Food hamper delivery**

Food hampers are picked up from the UNFC's food bank and delivered to clients as needed

Alcohol and Drug Work Program

- assistance and support through service users individual needs through my Facebook Page, Messages, Phone, and Video
- A.A./N.A. one to one 12 Steps
- Substance Use Education
- One to One Support/Counseling
- Relapse Prevention and Aftercare
- Traditional Healing/Teachings
- Referrals to other UNFC Programs

Urban Aboriginal Healthy Living Program

The Urban Indigenous Healthy Living program is offering the following supports throughout the COVID-19 Pandemic:

- guided meditation
- mindfulness/breathing techniques
- yoga practices on video streaming/social media platforms
- referrals to no-contact UNFC food bank
- family/education supports and mental health services referrals
- referrals to federal, provincial, and local no-contact services
- advertising and referrals to indigenous emergency supports online
- planning nutritional and physical activity videos/streaming coming soon!

We are also actively working on the committee with the Northwestern Health Unit for the Community Garden and Kids Garden Club to secure the ability for our community to continue this important food supply link to garden members/community in a safe and secure manner.

CAP-C (Family Support)

- Community Kitchen Kits – Delivered
- Activity Kits (crafts, gardening, etc.) – Delivered
- Diaper Delivery
- Parental Support through Phone calls & Texts, Referrals, if necessary

Urban Aboriginal Healthy Living for Kids Program

- Facebook page - <https://www.facebook.com/Urban-Aboriginal-Healthy-Living-For-Kids-105591301103975>
- Providing challenges through Facebook requiring interactive photos and videos for me to see.
- One to one motivation, providing workouts for youth applicable to their wants/needs through email, text and FaceBook
- communication through messenger encouraging any type of movement
- Virtual Run Coaching, providing fun ways to go jogging/walking or performance running

Community Nutrition/Food Programs

Tuesdays and Thursdays at the Circle of Life Centre – Breakfast Buddies grab and go bagged breakfast - 9:00 – 11:00 a.m.

Wednesdays at the Circle of Life Centre – Prepared Meals to Go - 1:00 – 3:00 p.m.

COVID-19 Relief Fund

If you live in the Town of Fort Frances and have been affected financially by the COVID-19 pandemic, have lost your job or your employment status has changed as a result of the COVID-19 pandemic resulting in a decrease in income you may qualify for a one-time support through the United Native Friendship Centre's COVID-19 Emergency Assistance program.

To start the application and intake process, please contact our COVID-19 Relief Assistance Intake Workers Monday – Thursday, 10:00 a.m. – 2:00 p.m.:

Mondays and Tuesdays: 274-8256

Wednesdays and Thursdays: 274-8262

or email: covid19relief@unfc.org

A printable application form is available on our website, www.unfc.org