

Durham Resources: Covid-19 Summer Guide

**Please note that the attached documents are currently up to date, but that in all likelihood some of the information might become outdated in the coming weeks. As such, please treat this as a guide and please connect directly with the agencies and services listed via phone, email or by visiting their websites for the most up to date information*



Table of Contents

COMMUNITY SERVICES AND OUTREACH Page 3

CRISIS RESPONSE Page 8

EMERGENCY CHILDCARE Page 8

FOOD BANKS Page 9
(including Grocery Delivery Services) Page 13

HOUSING SECURITY Page 14

INCOME SECURITY Page 15

NATIVE RESOURCESPage 16

MEDICAL SERVICES Page
17

SUPPORTS FOR VICTIMS OF VIOLENCE Page 18

RESOURCES FOR INDEPENDENT YOUTH Page 19

TRANSIT Page 21

COMMUNITY SERVICES AND OUTREACH:

Child & Youth Supports:

Canadian Mental Health Association - BounceBack Ontario:

Website: <https://bouncebackontario.ca> , **Ph:** 1-866-345-0224

BounceBack is a free, guided self-help program that's effective in helping people aged 15 and up who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry.

Central Intake:

Central Intake is the front door to services and supports for children and youth who need help with a mental health issue or who have a diagnosed autism spectrum disorder.

For service, please call Central Intake; 1-888-454-6275 or <https://www.kinark.on.ca/contact-us/>

Kinark Child and Family Services: (Free)- Age 11 and under

Kinark provides clinical assessment and intervention to some of Ontario's most complex and high risk children and youth aged 11 and under.

<https://www.kinark.on.ca/programs-and-services>

Frontenac Youth services: (Free)- Age 12+

Frontenac Youth Services provides services and programming for youth in Durham Region who experience mental health concerns

If you are not currently in counselling services and have already contacted Central Intake (1-888-454-6275) please contact the Walk-In Telephone Support Number at (905) 579-1551 ext. 245.

<https://frontenacyouthservices.org/>

Girls Inc - offering virtual hangouts for youth

<https://girlsinc-durham.org/>

CHIMO Youth and Family Services:

Should you have any questions regarding our service delivery changes, kindly contact our office and ask to speak to a member of the management team.

Phone: 1-877-661-2973 (toll free) 705-324-3300

<http://chimoyouth.ca>

Care Monger:

A volunteer organization providing support to get supplies to those in our communities who are quarantined or otherwise vulnerable in a safe and responsible way. Training and support will be provided. Call 1-888-573-0982 if you can help.

Resources for Exceptional Children and Youth Durham (RFECY):

Covid-19 Update: RFECY staff are still checking voicemail and email regularly. Staff are also initiating contact with families, and the Access Line (905.427.8862 x504) remains active and calls are being responded to by the Access Coordinator.

<https://www.rfecydurham.com/>

Durham Children's Aid Society:

Due to the Covid-19 pandemic, CAS is making some temporary changes to services. We are following best practices for social distancing due to the COVID-19 pandemic. We are currently operating with reduced staff; most working remotely for urgent protection matters.

Phone: (905)-433-1551 <https://durhamcas.ca/covid-19-family-visits/>

Carea Community Health-

Offering reduced services including non urgent medical appointments and virtual appointments. Check website for information about new programs running soon:

1-877-227-3217 <https://www.careachc.ca/>

Carea Breakfast of Champions:

Free Breakfast Program for school aged children. Register Weekly, and pick up on Thursdays.

To Register call Shantel at 905-723-0036 X1241

<https://www.careachc.ca/getattachment/Global-Assets/Programs/Breakfast-for-Champions/breakfast-for-champions.jpg.aspx?lang=en-US>

Welcome Centre Durham:

Clients and service users are assisted with gathering information and resources and are supported in a welcoming, culturally-sensitive way.

Call 1-877-761-1155 or email info@welcomecentre.ca for more information

Website: <http://www.welcomecentre.ca/>

Dnaagdawenmag Binnoojiiyag Child & Family Services:

The Agency is open and reachable by phone 24/7 toll free 1-844-523-2237. Call for non-urgent matters and for urgent after hours please contact your local mainstream children's aid society.

Phone: 1-844-523-2237

<https://www.binnoojiiyag.ca/news-events/coronavirus-information/>

Enaahdig Healing Lodge and Learning Centre:

The Enaahdig Healing Lodge and Learning Centre is established to provide opportunities for holistic healing and learning based on the principals of Aboriginal culture, to individuals and families in a safe environment in order to foster healthy, balanced communities and nations

Phone: 705 532-3724 local- 905 723 0036 ext 1240

<http://www.enaahdig.ca/>

Autism Supports:

Kerry's Place:

Kerry's Place is Canada's largest service provider to families with children, adolescents, and adults, with Autism Spectrum Disorder

Phone: Toll Free: 1-888-292-5512 or 905-579-2720

<https://www.kerrysplace.org/about-us/>

Counselling Supports:

Lakeridge Health:

The new Lakeridge Health COVID-19 Mental Health & Addictions (MH&A) Clinic is a phone-based support and counselling service. To access the Clinic, individuals may call 905-440-7534, Toll-Free 1-833-392-7363, internally, extension 37534. The Clinic is staffed Monday to Friday 9:00 a.m. to 4:00 p.m.

Rapid Access Addiction Medicine (RAAM) is re-opening for in-person new client assessments at the 300 Centre Street location. Appointments only. Please call 905-721-4747 ext 37226 to leave a message and calls to be returned same day. Follow up remains virtual.

Addiction Mental Health and Gambling Services:

[Addiction, Mental Health, and Problem Gambling Services](#)(ConnexOntario)

Ph: 1-866-531-2600

Catholic Family Services (Fee For Service):

Catholic Family Services offers individual, family, couple and child/youth counselling to residents of the Durham Region

Covid-19 Update: The walk-in intake will be closed until Thursday April 9, 2020 for precautionary reasons.

As able, phone sessions will be offered instead. Please call reception for more information at 905-725-3513 or Toll Free: 1-877-282-8932. http://www.cfsdurham.com/english/Index_1.html

Integrate Health Services (Fee For Service):

Integrate Health Services supports children, youth and adolescents who may have social, emotional or behavioural difficulties. Covid-19 Update: Virtual Care has been introduced during this time. New clients of all ages are being accepted via virtual care! Call 905-683-7228 or email support@integrate-health.ca for more information

<http://www.integrate-health.ca/counselling-services>

Silver Cloud Virtual Stress Management

Shoppers Drug Mart has teamed up with Silver Cloud Health to provide a FREE online program designed to offer an online stress management program through their digital mental health platform. This in addition to their telemedical partnership with MAPLE.

<https://shoppers.silvercloudhealth.com/onboard/shoppers/stress/>

Women's Multicultural Resource and Counselling Centre:

Provides one to one trauma based counseling for youth 12-25 who identify as Black. Please contact Angelique Benois at 647-523-5376 or Angelique.Benois@wmrccdurham.org. <https://wmrcc.org/>

CRISIS RESPONSE:

Kids Help Phone (Free):

Kids Help Phone is Canada's only 24/7, national support service offering professional counselling, and volunteer-led, text-based support to young people in both English and French.

Call 1-800-668-6868 or text "CONNECT" to 686868

<https://kidshelpphone.ca/>

Durham Mental Health Services- Crisis Response (Free):

Durham Mental Health Services offers a range of crisis supports to assist individuals who are experiencing a personal or situational crisis. For Crisis Services call: 905-666-0483 Local or 1-800-742-1890 Toll Free

<https://dmhs.ca/cause/crisis-response/>

Distress Centre of Durham (Free):

Distress Centre of Durham helps people in distress to cope, by providing emotional support, crisis/suicide management and community education. 24 Hour Helpline: 905-430-2522

<https://distresscentredurham.com/gethelp/24hourhelpline/>

EMERGENCY CHILDCARE:

Emergency Child Care Centres for Essential Workers:

Following the directive of the Government of Ontario, The Regional Municipality of Durham is offering emergency child care to eligible workers, at no cost. Emergency child care services are reserved exclusively for children of eligible workers who have no other alternatives. The safest option for your family is to have children remain at home if possible.

If you require assistance completing this form, please contact 905-668-7711 extension 2786.

<https://forms.durham.ca/Emergency-Child-Care-Eligibility-and-Application>

FOODBANKS:

*Please note you do not need to identify or be a member of the church's faith group to access the food bank.

Ajax:

The Salvation Army Hope Church and Community Services

122 Hunt St, Ajax, Ph: 905-427-7123 Food Assistance: Monday – Thursday 10:00 am – 3:00 pm by Appointment Only – Please Call: 905-427-7123. Tuesdays & Thursdays 12:00 pm – 1:00 pm – Bagged lunches are replacing our regular meal program

Southside Worship Centre:

55 Emperor Street, Ajax, Ph: 905-428-1985. Food Assistance: Thursday 6:30 pm – 8:30 pm – Please call or email 905-428-1985 or lbogner@southsidewc.com

Bowmanville:

St. Joseph's St. Vincent de Paul Bowmanville:

127 Liberty Street South, Bowmanville, Ph: 905-623-6371 – Please call & leave a detailed message and a number for call back. Food Bank Hours: Wednesdays 10 a.m. – 12 p.m.; Thursdays 4:30 p.m. – 6:30 p.m.

The Salvation Army (Bowmanville) Food Bank:

75 Liberty Street South, Bowmanville, Ph: 905-623-2185. Current hours are: Tuesday, Wednesday & Thursday by appointment.

Seventh Day Adventist, Bowmanville

2850 Highway #2 East, Bowmanville, Ph: 905-623-6031. Offering delivery service on the last Thursday of every month. Call to arrange.

North Durham

Brock Community Food Bank

Food bank for individuals and families struggling to make ends meet and need food assistance. Ph: 705-426-1771. brockcommunityfoodbank1@gmail.com

Beaverton Site - in a portable behind St. Andrew's United Church - 523 Simcoe St., Beaverton, ON
Sunderland Site - behind the United Church - 10 Church St., Sunderland, ON

Currently open Fridays 10 a.m. – 1 p.m,

Nourish Community Hub

16 York St., Cannington, ON L0E 1E0. Phone:705-432-2444 | 1-855-445-8633. info@tndf.ca

Operation Scugog:

Victory Christian Centre: 593 Alma St., Port Perry, ON. Phone: 905-985-3087. Currently Open Wednesdays 12 noon - 4 p.m. They are serving people outside.

Uxbridge Loaves and Fishes Food Bank:

St. Andrew's-Chalmers Presbyterian Church: 40B Toronto St. S., Uxbridge, ON L9P 1G9. Phone: 905-852-6262. uxbridgeloavesandfishes@hotmail.com. Remains open on Wednesdays from 1 p.m. to 4 p.m. They are pre-packing food for clients so choice is more limited, but they continue to operate.

Oshawa:

Simcoe Hall Settlement House:

387 Simcoe Street South, Oshawa, Ph: 905-728-7525. Food Bank Hours: Tuesday: 9:00 am – 11:30 am & 1 pm – 3pm. Thursday: 9:00 am – 11:30 am & 1 pm – 3 pm; Friday: 9:00 am – 11:30 am & 1 pm– 3 pm

St. Gertrude's Catholic Church:

690 King Street East, Oshawa, Ph: 905-431-1796. Clients Please Call: 905-431-1796 and leave a message. Food and a voucher will be DELIVERED. Please do not come to the church – no one will be there.

Gate 3:16:

64 Albany Street, Oshawa, Ph: 905-432-5316. Hours of Operation: Monday – Wednesday for Breakfast – 8:00 am – 10:00 am. Monday – Wednesday for Lunch – 11:30 am – 12:30 pm *Please Note: Groups of no more than 30 at a time. Clients are asked to eat & leave to provide for rotation of groups.

The Salvation Army Oshawa – Community & Family Services:

45 King Street East, Oshawa, Ph: 905-723-7422. Open: Monday – Friday – 9:30 am – 12:00 pm. *Every Tuesday Evening — 6:00 pm – 7:00 pm – Serving a Hot Meal at Memorial Park, Oshawa

The Back Door Mission:

66 Simcoe Street South, Oshawa, Ph: 905-728-4664. Open: Thursday & Friday – 10:00 am – 1:00 pm (20 minute sittings).

The Refuge:

200 Court Street, Oshawa. 905-404-2420. Food being provided for take-out only. Maximum of 5 guests in the building at any one time. **Please Note: Washroom & Shower will be made available to guests – only one Shower Stall available.*

Monday	Breakfast & Lunch – 9 am – 2 pm	Shower – 9 am – 2 pm	Washroom 9 am – 3:30 pm
Tuesday	Breakfast & Lunch – 9 am – 2 pm	Shower – 9 am – 2 pm	Washroom 9 am – 3:30 pm
Wednesday	Breakfast & Lunch – 9 am – 2 pm	Shower – 9 am – 2 pm	Washroom 9 am – 3:30 pm
Thursday	Breakfast & Lunch – 9 am – 2 pm	Shower – 9 am – 2 pm	Washroom 9 am – 3:30 pm
Friday	Breakfast & Lunch – 9 am – 2 pm	Shower – 9 am – 2 pm	Washroom 9 am – 3:30 pm
Saturday	Lunch 12 pm – 2 pm (Open for coffee between lunch & dinner)	Dinner – 4 pm – 6 pm	Shower & Washroom – 12 pm – 6 pm

Sunday	Lunch 12 pm – 2 pm (Open for coffee between lunch & dinner)	Dinner – 4 pm – 6 pm	Shower & Washroom – 12 pm – 6 pm
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Cornerstone Community Association of Durham:

133 Simcoe Street South, Oshawa, Ph: 905-433-0254. Remains Open for Clients.

Carea Community Health:

115 Grassmere Avenue, Oshawa, Ph: 905-723-0036. Please call ahead to schedule pick up – 905-723-0036. No drop-ins at this time. Monday – 10:00 am – 2:00 pm; Tuesday – 1:00 pm – 4:00 pm; Wednesday – 3:00 pm – 7:00 pm; Thursday – 1:00 pm – 4:00 pm. Friday – 10:00 am – 2:00 pm

Knox Presbyterian Church Food Cupboard:

147 Simcoe Street North, Oshawa, Ph: 905-728-8673. Open: 2nd and 4th Thursdays from 9:00 am – 11:00 am. Distribution will be modified and restricted to Fresh Produce and Canned Goods. **Please Note: Clients will be served outside near the back door. A poster on the tower door will describe the procedure. For everyone’s health and safety, strict attention will be paid to Social Distancing of 2 meters.*

Seventh Day Adventist Community Services Centre:

1170 King Street East, Oshawa, Ph: 905-433-8800. *Providing limited service to our clients who are in immediate & desperate need. Open: Wednesday – 12:30 pm – 3:00 pm & Thursday – 9:00 am – 3:00 pm

St. Peter’s Anglican Church – St. Peter’s Food Bank:

175 Cedar Street, Oshawa, Ph: 905-728-8080. Open: The first four Tuesday’s of every month – 6:30 pm – 7:30 pm. Services South Oshawa Community Only – Must Live South of Bloor Street.

Pickering:

St. Paul’s Community Food Bank:

1537 Pickering Parkway, Pickering, Ph: 905-839-9537. Open: Tuesday & Friday – 10:00 am – 12:00 pm

Whitby:

Kendalwood Seventh Day Adventist:

300 Kendalwood Road, Whitby, Ph: 905-434-8300. By Appointment Only. Please call 905-434-8300 to arrange pick-up Wednesday's 3:00 pm – 5:00 pm.

St. Andrew's Presbyterian Church:

209 Cochrane Street, Whitby, Ph: 905-668-4022. Drop-in By Appointment Only. Please call 905-668-4022.

Grocery Delivery Services:

Community Food Box:

\$30: "Community to Table" Food Box provided by Community Care Durham. In response to the public health crisis, Community Care Durham is partnering with local businesses to offer a weekly food box containing kitchen essentials, much which are locally made or grown.

- Order on Monday with free delivery to your door on Friday. (Credit card or pre-authorized payments only.)
- To order call 1-888-255-6680.

***Walmart, Metro, Grocery Gateway and Loblaws offer online ordering and delivery.**

HOUSING SECURITY:

Utilities:

Hydro and Water Disconnects:

Hydro and water disconnects are suspended until further notice. For further information please go to:
<https://gapcommittee.ca/2020/03/19/housing-security/>

Housing Stability Program:

The Housing Stability Program (HSP) application has been updated to be fillable online. This will allow applications to be submitted electronically to promote social distancing. Find Application
<https://gapcommittee.ca/2020/03/19/housing-security/>

Union/Enbridge Gas:

Eligible customers having trouble paying their bill may qualify for EMERGENCY RELIEF to avoid having their service disconnected. Emergency financial assistance is available year-round as funding allows. Call 1-888-774-3111
<https://www.uniongas.com/about-us/community/energy-assistance-program>

Ontario Energy Board:

If you're behind on your electricity or natural gas bill and face having your service disconnected, you may qualify for emergency financial help through the Low-income Energy Assistance Program

By phone

1-877-632-2727

(toll-free within Ontario)

By TTY

1-844-621-9977

(toll-free within Ontario)

(LEAP) <https://www.oeb.ca/rates-and-your-bill/help-low-income-consumers/low-income-energy-assistance-program>

Hydro One:

Offering financial assistance as well as increased payment flexibility to customers experiencing hardship:

Customer Service

1-888-664-9376

Monday to Friday: 7:30am - 8:00pm

Saturdays: 9:00am - 3:00pm

<https://www.hydroone.com/savingmoneyandenergy/financialassistanceforresidents/Pages/Relief-Fund.aspx>

INCOME SECURITY

Personal Financial Support:

Emergency Care Benefit:

Provides those who qualify \$900 bi-weekly for up to 15 weeks. It's designed to help workers who are quarantined or sick, including those who are self employed and don't qualify for EI.

https://www.canada.ca/en/departement-finance/news/2020/03/canadas-covid-19-economic-response-plan-support-for-canadians-and-businesses.html#Income_Support_for

Emergency Assistance via Ontario Works:

Emergency Assistance may be available via Ontario Works. Call the application centre 1 877 678 6333

Service Canada:

There is now a dedicated number for Employment Insurance claims exclusively related to COVID-19. The number is: 1-833-381-2725

Canadian Student Loans:

Government of Canada has announced its plan to pause the repayment of Canada Student Loans and Canada Apprentices Loans until September 30, 2020:<https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html>

Employment Insurance:

Employment Insurance (EI) sickness benefits provide up to 15 weeks of income replacement and is available to eligible claimants who are unable to work because of illness, injury or quarantine, to allow them time to restore their health and return to work. Canadians quarantined can apply for Employment Insurance (EI) sickness benefits. Apply Here:<https://www.canada.ca/en/services/benefits/ei/ei-sickness/apply.html>

Family Financial Support:

The Canada Child Benefit (CBB):

Boost of \$300 per child for the 2019-2020 year

Support for Families:

While schools and child care centres are closed, parents can apply for direct funding to offset the cost of buying materials to support their children's learning, while they practice self-isolation and physical distancing.

<https://www.ontario.ca/page/get-support-families>

Call us at:

Toll-free: 1-888-444-3770

Toll-free TTY: 1-800-268-7095

Email us at supportforfamilies@ontario.ca

NATIVE RESOURCES:

Metis Nation of Ontario:

List of community resources and support.

<http://www.metisnation.org/news-media/news/covid-19-updates/>

MEDICAL RESOURCES:

Cover Health:

Virtual Walk-in Clinic <https://cover.health/>

Durham Doctor:

House Call Service 905-619-6641

OHIP Coverage/Uninsured:

“To ensure that anyone in need of care can receive it, Ontario is waiving the three-month waiting period for Ontario Health Insurance Plan (OHIP) coverage. Additionally, the province will cover the cost of COVID-19 services for uninsured people who do not meet the criteria for OHIP coverage.”

Shoppers Drug Mart (Ontario):

Offering free home delivery of medications. Call your local Shoppers Drug Mart to speak with the pharmacy team to arrange. Seniors 20% discount is available to seniors every day in the first opening hour, in addition to regular Seniors Day each Thursday (hours vary by store).

<https://mypharmacy.shoppersdrugmart.ca/en/>

Shoppers Drug Mart Virtual Clinic (Partnership with Maple):

Safely access doctors online, 7 am - 7pm, covered by Shoppers Drug Mart, March 16 - April 3.

<https://www.getmaple.ca/shopperscanada-fghaeignifaoeif/?prov=on>

COVID 19- Screening:

OHIP Covered Online Covid 19 Screening: Connect with an Ontario-doctor through your phone, tablet, or computer from the safety of home to talk about possible COVID-19 infection and your next steps. Available 8am to 8pm ET, seven days a week.

<https://www.getmaple.ca/covid-19-screening/>

MCI -The Doctor's Office:

MCI-The Doctor's Office is a large medical office spanning 20 clinics in the GTA, and provides virtual services with over 200 doctors available. MCI can offer medical assistance where patients connect with doctors from their own home and well as traditional walk in service. This service is free of charge:

<https://mcithedoctorsoffice.ca/>

SUPPORTS FOR VICTIMS OF VIOLENCE:

*A full list of violence against women resources available during the COVID-19 crisis is available at [Violence Prevention Coordinating Council of Durham](#).

Bethesda House:

Bethesda House remains open for existing clients, but is at capacity and will not be offering space to new clients until further notice.

- 24-hour support line remains open, with counsellors available to provide support, information and safety planning as needed. Call 1-800-338-3397.
- Community Outreach Counsellor will continue to provide support to existing and new community clients via telephone sessions.
- Administration line remains open during business hours. Call 905-623-6045.

Herizon House:

Herizon House remains open for existing clients but is at capacity and won't be offering space to new clients until further notice. Outreach workers are providing counselling by phone.

- Please call 905-426-1064 or 1-866-437-4066.

RESOURCES FOR INDEPENDENT YOUTH

Financial:

Ontario Works:

Ontario Works helps people who are in financial need. It offers Financial assistance, and Employment assistance.

Process for applying for ages 16 & 17:

- 1) Call 905-428-8982 and speak to an intake clerk who will gather basic information
- 2) Trustee Youth Caseworker will reach out to the individual to arrange a time to complete the Ontario Works application by phone.

*Please have the following information readily available (if possible): birth certificate, OHIP health card, SIN card, banking information for open accounts, and verification of current address/whereabouts.

Process for applying for ages 18+:

- 1) Call 905-428-8982 and speak to an intake clerk, or initiate their application online at https://www.mcass.gov.on.ca/en/mcass/programs/social/apply_online.aspx.
- 2) Application will be completed by an Ontario Worker Case Worker over the phone..

<https://www.mcass.gov.on.ca/en/mcass/programs/social/ow/>

Canadian Emergency Student Benefit- *New:

The Canada Emergency Student Benefit (CESB) provides financial support to post-secondary students, and recent post-secondary and high school graduates who are unable to find work due to COVID-19.

This benefit is for students who do not qualify for the Canada Emergency Response Benefit (CERB) or Employment Insurance (EI).

<https://www.canada.ca/en/revenue-agency/services/benefits/emergency-student-benefit.html>

Youth Workers:

Youth Outreach Worker:

Carea Community Health Centre- youth outreach workers servicing Youth 12-21 (with potential up to 24 years) in the Ajax or Pickering area. Sharon YOW Carea: 905-903-3512/Sajee YOW Carea: 905-903-3612

Boys and Girls Club- Youth Outreach Worker:

Whitby- Natalie 289-404-3034. Oshawa- Le-Roy 905-442-7722/Julie 905-435-3100

Women's Multicultural Resource and Counselling Centre of Durham:

Enhanced Youth outreach worker- services black youth ages 12-25 to address address mental health, addictions, trauma, unhealthy relationships, family violence and/ or human and sex trafficking. Youth can self-refer.

Tel: Cornelius YOW WMRCC: 647-523-6138/Amy YOW WMRCC: 647-523-5847

Youth Shelters/Supports

Durham Youth Services - Joanne's House:

Currently the shelter is at capacity, but youth are encouraged to contact the shelter for other options and support if they are struggling. Please reach out and call 905-239-9477.

Cell Phone Charging Locations:

Cell phones can be charged at these locations depending on availability. Please let staff know that you would like to charge before plugging in.

- First Light Foundation of Hope - 253 Simcoe Street South, Oshawa.

- The Refuge - 300 Court Street, Oshawa.
- Gate 3:16 - 64 Albany Street, Oshawa (please speak to manager first)

TRANSIT

Durham Region Transit:

Durham Region Transit (DRT) is offering free rides effective immediately. All able-bodied passengers will enter through the rear door. Customers with mobility aides or otherwise requiring the ramp will continue to use the front doors. 1.866.247.0055

*The number of passengers on a bus will be limited to support social distancing

<https://www.durhamregiontransit.com/en/news-and-updates/covid-19.aspx>

Go Transit/Metrolinx- (416) 874-5900

Covid-19 Update: Go Transit no longer accepts cash on buses and at ticket counters. Go Transit is asking that you buy your fare or load your PRESTO card using self-serve options:

TTC: TTC FAQ -COVID Updates

http://www.ttc.ca/News/2020/March/23_03_20NR_TTC_changes.jsp

Wheel Trans: Wheel-Trans to provide solo taxi rides for customers during COVID-19 outbreak

<https://mywheel-trans.ttc.ca/SelfBooking2018/Login?ReturnUrl=%2fSelfBooking2018>

<https://gapcommittee.ca/2020/03/19/transit-updates-2/>