

**During the pandemic
of COVID-19**

YOU ARE NOT ALONE

**If you, or someone
you know is being hurt,
you STILL have supports!**

Assaulted Women's Helpline 1-866-863-0511

Talk4Healing 1-855-554-HEAL

Fem'aide 1-877-336-2433

**Manitoulin Northshore Victim Services
1-866-392-7733**

or **705 370-3378**

**Manitoulin Family Resources/Haven House
Shelter and Crisis Line 1-800-465-6788**

or **705 377-5160**

or text **705 968-0499**

**MFR Food Bank 705 368-3400
ext. 242**

Police non-emergency line 1-888-310-1122

Police Emergency 9-1-1