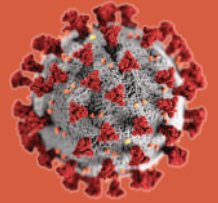




Do you reside in the **North Dundas** region?



Do you need help coping with the effects of the pandemic?

The Access to Resources in the Community (ARC) project
can help you!

Are you stressed? Do you feel alone? Have you lost income?

You are not alone.

Several programs are available to help Ontarians through
this difficult period.

Let us assist you find the one that's right for you.

We offer **free navigation support** to help people in the **North Dundas** region find and use resources that could help address the difficulty people have experienced because of the pandemic.



FINANCIAL SERVICES



Programs to help students, seniors & those with income loss.

MENTAL HEALTH SERVICES



Online, virtual, self-directed & free services for anxiety and depression.

AND MORE!



Social support, physical activity, personal safety, food security, parenting and lots more.

The service is part of a study funded by **The Ontario Ministry of Health.**

WOULD YOU LIKE MORE INFORMATION? CONTACT US!

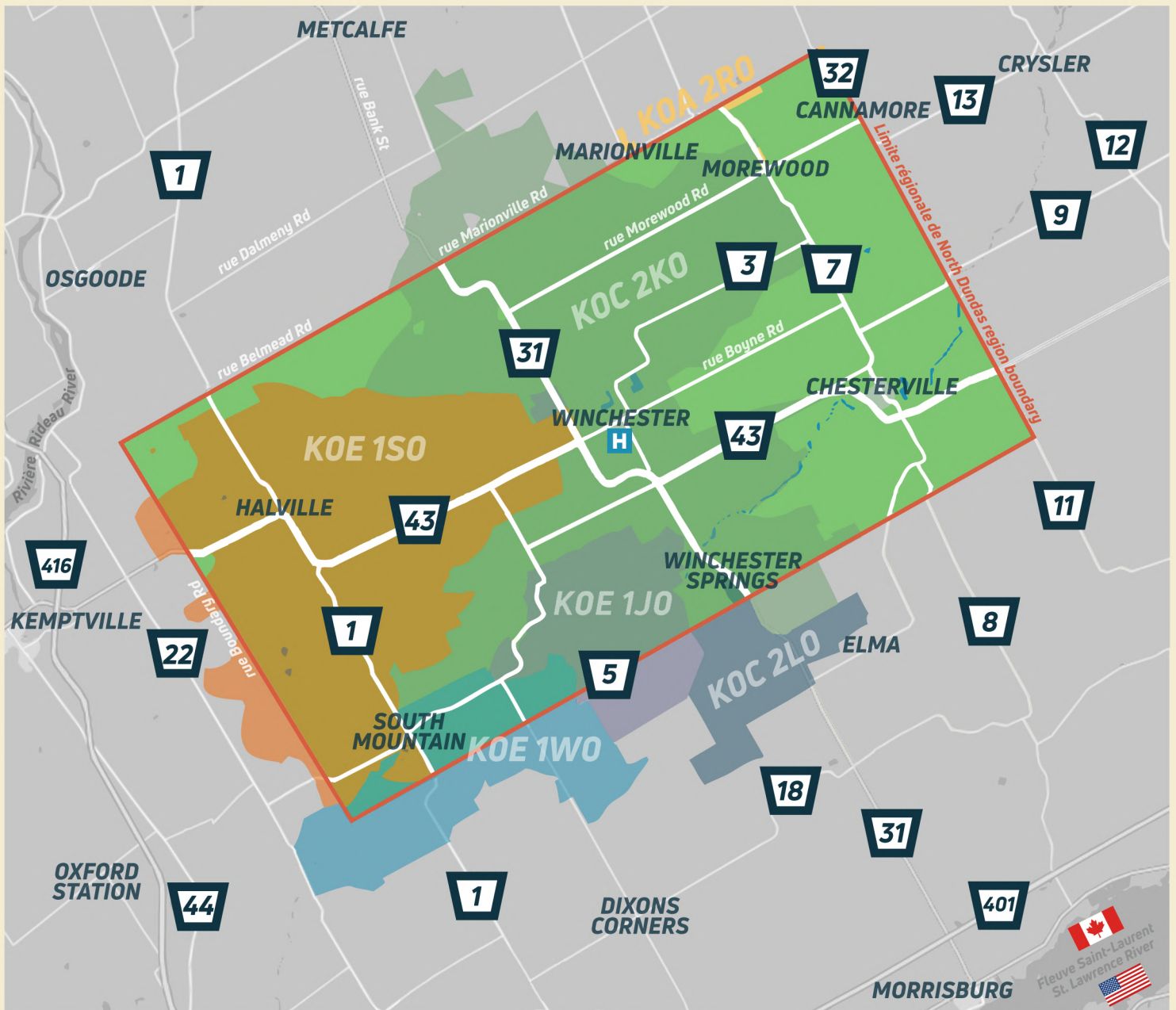
@ ARC@BRUYERE.ORG

613-562-6262 EXT. 2940

613-782-2777

Who is eligible to participate?

Residents of the North Dundas region **OR** those with postal codes **KOA 2R0, KOC 2L0, KOC 2K0, KOE 1J0, KOE 1S0** or **KOE 1W0** are eligible to participate in the ARC Project. **Contact us today!**



NOT SURE IF YOU ARE ELIGIBLE? CONTACT US!

@ ARC@BRUYERE.ORG

☎ 613-562-6262 EXT. 2940

📠 613-782-2777