



KIDS Help Line: Phone: 1-800-668-6868 Text: 686868

Parent Support - Early ON Child and Family Health Centre - leave your phone # at 705-368-3400 x 225 or email earlyon@mfresources.net

Children's Mental Health Services 705-368-2002

Good2Talk: Mental health & addictions support for post secondary students

Call 1-866-925-5454 Text GOOD2TALKON to 686868

Adults & youth 15+, reclaim your mental health & well-being. Contact BounceBack at: 1-866-345-0224

ConnexOntario for mental health, addictions & gambling support 1-866-531-2600



The municipality applauds the commitment of the community in its efforts to keep everyone safe and healthy!

Your continued kindness and hard work is not going unnoticed. It is recognized that these are trying times for you/your family and please know that we are right there with you applauding what you are doing and asking that you keep it up for a while longer.

RESTRICTED FIRE BAN in place by MNRF

CLOSED: All parks, playgrounds, boat ramps, trails, public buildings, marinas, and beaches in Assiginack.

As things continue to evolve daily, please check our website at Assiginack.ca and/or our social media accounts facebook /Instagram.

We have **volunteers willing to run errands if you are self isolating. Call 705 859 3196 or email info@Assiginack.ca**