

# INTERNATIONAL STUDENTS RESOURCES LIST



## Contacts, Living Necessities and Information During 14-Day Quarantine

This resource list is for you to be able to easily access life necessities such as food, medical needs, and other life necessities while in your 14-day quarantine. You are not restricted to this list, however please keep in mind you must follow the guidelines for quarantine as set out by the Canadian Government and the College to not jeopardize your ability to be in Canada or the program.

### Contacts

**RSSCM:** Meghan Henesey, [mhenesey@ccnm.edu](mailto:mhenesey@ccnm.edu) or via [Microsoft Teams](#)

**CNMO:** Dr. Jonathan Prousky, [jprousky@ccnm.edu](mailto:jprousky@ccnm.edu)

**Residence:** - [residence@ccnm.edu](mailto:residence@ccnm.edu)

**Student Services:** [info@ccnm.edu](mailto:info@ccnm.edu); 416-498-1255 ext. 245

### COVID-19 Resources and Training

- [COVID-19 government resources](#)
- [COVID Awareness Resources](#)
- [COVID-19 Stigma Guide](#)
- [COVID-19 Test Centres](#)
- Government of Ontario's plan for reopening the province in stages:  
<https://www.ontario.ca/page/reopening-ontario-stages>
- [COVID-19 contract tracing app](#)

<u>Grocery Delivery:</u> <ul style="list-style-type: none"><li>• SOBEYS – <a href="#">Voila</a></li><li>• Longos – <a href="#">Grocery Gateway</a></li><li>• <a href="#">Whole Foods</a></li><li>• <a href="#">Instacart Grocery Delivery</a></li></ul>	<u>Other Food Services for No-Contact Delivery:</u> <ul style="list-style-type: none"><li>• <a href="#">Uber Eats</a></li><li>• <a href="#">SkipTheDishes</a></li><li>• <a href="#">DoorDash</a></li><li>• <a href="#">Hearty Catering</a></li></ul>
---	--

<u>Medical Services and Pharmaceutical Delivery:</u> <ul style="list-style-type: none"><li>• For COVID-19 test site location and contact (see below)</li><li>• <a href="#">Pace Pharmacy</a></li><li>• <a href="#">York Downs Pharmacy</a></li><li>• <a href="#">Pocket Pills</a></li></ul>	<u>For All Other Personal Items:</u> <ul style="list-style-type: none"><li>• <a href="#">Amazon</a></li><li>• <a href="#">Well.ca</a></li><li>• <a href="#">iHerb</a></li></ul>
---	---

### Mental and Physical Well-being Resources

- **good2talk:** <https://good2talk.ca/> or **1-866-925-5454**  
Good2Talk is a free, confidential service for post-secondary students in Ontario, available 24/7/365 to post-secondary students in Ontario can receive professional counselling and information and referrals for mental health, addictions and well-being.
- **Appletree Medical Group:** <https://appletreemedicalgroup.com/>  
Appletree is a medical group that offers telemedicine, virtual care and has medical centres. Students can book appointments while in quarantine or not, by registering on the patient portal login, then call them directly to schedule a virtual appointment. They only book in-clinic

appointments via phone **647 722 2370** or Patient Portal

<https://appletreemedicalgroup.com/patient-portal/>

- **Maple** :<https://www.getmaple.ca/for-you-family/how-it-works/> - Instantly connect online with doctors and other medical professionals.
- **Empower Me**:  
[http://www.studentcare.ca/rte/en/CanadianCollegeofNaturopathicMedicineNSA\\_EmpowerMe\\_EmpowerMe](http://www.studentcare.ca/rte/en/CanadianCollegeofNaturopathicMedicineNSA_EmpowerMe_EmpowerMe) or **1-833-628-5589** is a confidential support service available 24/7, 365 days a year. No issue is too big or too small—regardless of what you’re experiencing, you’re not alone.
- **Call 911** In Case of an Emergency

App for sending COVID-19 documentation or PDF documents

[Genius Scan](#) (download thru appropriate mobile app store)

COVID-19 test site locations and contact info near designated quarantine location:  
Holiday Inn Toronto Airport East (see below)

The image shows a screenshot of a mobile application interface displaying COVID-19 test site information. It features two main sections, each with a light blue border. The top section is for the William Osler Health System - Etobicoke Drive-thru (1.27 km away). It includes location details (2 Janda Court, Etobicoke, ON M9W 0A4), hours (Monday - Sunday: 8 a.m. to 6 p.m.), phone number (905-487-1249), website (www.williamoslerhs.ca/patients-and-families/preparing-for-your-visit-or-stay/coronavirus-information-for-patients-families/assessment-centre-for-covid-19), and public health unit (Toronto Public Health). It also lists who can get a test (anyone over 2 years old), appointment details (appointment only, drive-through available, free parking, near public transit), and accessibility (wheelchairs and mobility devices). The bottom section is for 123 Rexdale Blvd - Shoppers Drug Mart (2.08 km away). It includes location details (123 Rexdale Blvd, Etobicoke, ON M9W 1P1), hours (Monday - Sunday: 8 a.m. to 12 a.m. (midnight)), phone number (416-743-1645), website (stores.shoppersdrugmart.ca/en/store/857/), and public health unit (Toronto Public Health). It also lists who can get a test (check if they test newborns and young children) and appointment details (appointment only). A yellow banner at the top of the bottom section states 'Only tests eligible people without symptoms'.

**William Osler Health System - Etobicoke Drive-thru (1.27 km away)**  
William Osler Health System  
2 Janda Court  
Etobicoke, ON  
M9W 0A4  
[Map it \(opens Google Maps\)](#)

Call this number for booking 905-487-1249

**Hours**  
Monday - Sunday: 8 a.m. to 6 p.m.

**Phone number**  
905-487-1249

**Website**  
[www.williamoslerhs.ca/patients-and-families/preparing-for-your-visit-or-stay/coronavirus-information-for-patients-families/assessment-centre-for-covid-19](http://www.williamoslerhs.ca/patients-and-families/preparing-for-your-visit-or-stay/coronavirus-information-for-patients-families/assessment-centre-for-covid-19)

**Public Health Unit**  
Toronto Public Health

**Who can get a test**

- Can test anyone over 2 years old

**Appointment and location details**

- Appointment only. Call or visit their website to make an appointment
- Drive-through available
- Free parking available
- Near public transit

**Accessibility**

- Accommodates wheelchairs and mobility devices

**Only tests eligible people without symptoms**

**123 Rexdale Blvd - Shoppers Drug Mart (2.08 km away)**  
Shoppers  
123 Rexdale Blvd  
Etobicoke, ON  
M9W 1P1  
[Map it \(opens Google Maps\)](#)

Call this location to make an appointment.

**Hours**  
Monday - Sunday: 8 a.m. to 12 a.m. (midnight)

**Phone number**  
416-743-1645

**Website**  
[stores.shoppersdrugmart.ca/en/store/857/](http://stores.shoppersdrugmart.ca/en/store/857/)

**Public Health Unit**  
Toronto Public Health

**Who can get a test**

- Call to check if they test newborns and young children.

**Appointment and location details**

- Appointment only. Call or visit their website to make an appointment