



INTERNATIONAL STUDENTS RESOURCE LIST
Contacts, Information, and Living Necessities During 14-Day Quarantine

This resource list is for you to easily access life necessities such as food, medical needs, and other life necessities while on 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 so as to not jeopardize your ability to be in Canada or the program.

Contacts

Registrar - Meghan Henesey, mhenesey@ccnm.edu or via [Microsoft Teams](#)
CNMO - Dr. Jonathan Prousky, jprousky@ccnm.edu or Dr Karrin Fairman Young, kfairman@ccnm.edu
Student Services – info@ccnm.edu; 416-498-1255 ext. 245

COVID-19 Resources and Training

- [COVID-19 government resources](#)
- [COVID Awareness Resources](#)
- [COVID-19 Stigma Guide](#)
- [BC Covid Test Centres](#)
- [COVID-19 contract tracing app](#)

<p><u>Grocery Delivery</u></p> <ul style="list-style-type: none"> • Real Canadian Superstore • Save On Foods • Spud.ca • T&T Supermarket • Walmart • Whole Foods • Instacart Grocery Delivery 	<p><u>Other Food Services for No-Contact Delivery</u></p> <ul style="list-style-type: none"> • Uber Eats • SkipTheDishes • DoorDash <p><u>Ready-to-Cook Food Delivery</u></p> <ul style="list-style-type: none"> • Hello Fresh
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<p><u>Pharmacies</u></p> <ul style="list-style-type: none"> • Shoppers Drug Mart • London Drugs 	<p><u>Other Personal Items</u></p> <ul style="list-style-type: none"> • Amazon
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Mental and Physical Well-Being Resources

- **Makita Wiggins**, *Boucher Campus Student Counselor*

Email mwiggins@ccnm.edu or counselling@binm.org
or go to [CCNM-Boucher Campus Counselling Services \(wellnessbinm.org\)](http://wellnessbinm.org).

- **Empower Me**

(*Empower Me* 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 **1-833-628-5589** or check out
http://www.studentcare.ca/rte/en/CanadianCollegeofNaturopathicMedicineNSA_EmpowerMe_EmpowerMe.

- In case of an EMERGENCY (for ambulance, police, or fire), call **911**.