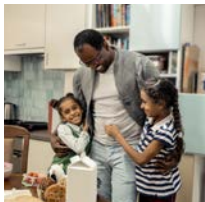


# Food and Housing Help



## Housing and shelter

Need help to stay housed?

Need emergency shelter? Call:

**Adults** (18+): 519-624-9133

**Youth** (12-18): 519-749-1450

**Families:**

Daytime: 519-749-2450

Monday–Friday: 8:30 a.m.–4:30 p.m.

Evenings: 226-748-3827

Monday–Friday: 4:30–10 p.m.

After-hours/holidays/weekends: 519-501-7947

## Region of Waterloo Welcome Spaces

Get in-person help from the Region with Ontario Works, Child Care Subsidy, Employment, and Housing Services.

Monday to Friday, 9 a.m.–4:30 p.m.

150 Main St., Cambridge

20 Weber St. E., Kitchener

99 Regina St. S., Waterloo

[regionofwaterloo.ca/WelcomeSpaces](http://regionofwaterloo.ca/WelcomeSpaces)

## Food Bank of Waterloo Region

To learn more about food assistance programs across the community, visit [thefoodbank.ca/find-food](http://thefoodbank.ca/find-food) or call 519-743-5575 ext. 340 or email [needfood@thefoodbank.ca](mailto:needfood@thefoodbank.ca).

## Street outreach

### **Community Healthcaring Primary Care Outreach Services**

Health care help for people experiencing homelessness. 519-745-4404 ext. 202

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### **HART Hub**

Coordinates support for substance use and mental health for people experiencing homelessness. 519-745-4404 ext. 213

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### **The Working Centre Kitchener/Waterloo**

519-577-2095 or 519-503-8926

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### **Thrive and Sanguen Cambridge**

519-778-2952 or 519-778-4677

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### **oneROOF Youth Services**

519-505-6623 or 519-496-8788

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### **Region of Waterloo Unsheltered Support**

Connects people to basic needs, housing help and referrals to other resources.

519-575-4400 or [outreach@regionofwaterloo.ca](mailto:outreach@regionofwaterloo.ca)

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### **Langs Community Health Centre**

Primary care outreach in Cambridge.

519-653-1470 ext 309

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**Traverse Independence** Acquired Brain Injury Outreach. 519-741-5845

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## Other supports

### **Warming, Cooling and Clean Air (WCCA) Spaces**

Get relief from heat, cold or poor air quality. For hours and map of locations, call 519-575-4400 or visit [regionofwaterloo.ca/WCCASpaces](http://regionofwaterloo.ca/WCCASpaces).

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### **Veteran's Experiencing Homelessness**

Rent supplements, wrap around support and system navigation for individuals who have served. 519-239-5902 or [generalinfo@evhi.net](mailto:generalinfo@evhi.net)

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### **Women's Crisis Services**

Women, transgender or gender-diverse people who feel they are in immediate danger, call 519-653-2422 or 519-742-5894, or use online chat option at [wcswr.org](http://wcswr.org).


## Services in Kitchener

### Kitchener City Hall

200 King St. W.

 **Meal** (takeout), Food Not Bombs

Saturday: 4:30–5:30 p.m.


 **Meal** (takeout), Salvation Army

Sunday: noon–1:30 p.m.


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### The Working Centre - St. John's Kitchen


97 Victoria St. N.

 **Drop-in centre**

Monday–Friday: 9:30 a.m.–4 p.m.

 **Meal** (takeout)

Monday–Friday: 9:30 a.m.–4 p.m.


 **Food hampers**

Monday–Friday: 10 a.m.–noon and 1:30–3 p.m.

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### Community Health Caring

44 Francis St. S.


 **Drop-in breakfast**

Friday 10:30–11:30 a.m.

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### House of Friendship

807 Guelph St.

 **Food hampers**


Monday–Friday: 9:30 a.m.–4 p.m.

Call 519-742-0662 ext. 0 to schedule an appointment.

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### Ray of Hope Community Centre

659 King St. E. (entrance off Stirling Lane)

 **Drop-in centre**

Monday–Friday: 11 a.m.–8 p.m.

Saturday: noon–1:30 p.m.


Sunday: 3:30–6 p.m.

 **Meal**

Monday–Friday: 11:30 a.m.–2 p.m., 7–8:30 p.m.

Saturday: noon–1:30 p.m.

Sunday: 4–6:30 p.m.


 **Food hampers**

Monday–Thursday: 11:30 a.m.–2 p.m.

## **Traverse Independence, ABI Drop-In Centre (the Opportunity Centre)**

50 Westheights Dr., Unit 18

Monday–Friday: 9 a.m.–3 p.m.

 **Food hampers** plus **free hot lunch** for clients with brain injuries.

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## **Healing of the Seven Generations**

300 Frederick St.

 **Food hampers** available for people who self-identify as First Nations, Métis or Inuit.  
Call 519-570-9118 to register.

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## **Anishnabeg Outreach**


 **Food hampers** (pick up)

Spirit Bundle Program Biweekly pick up of essential items available for people who self-identify as First Nations, Inuit, or Métis. 519-208-5333


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## **oneROOF Youth Services**

35 Sheldon Ave.

 **Daytime drop-in** (ages 12 to 25)


Monday–Friday: 9 a.m.–3 p.m. and 5–8:30 p.m.

 **Food hampers** Thursday: noon–4 p.m.

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## **Tiny Home Takeout**


56 Duke St. W.

 **Meal** (takeout)

Tuesday–Saturday: 5–6:30 p.m.

(Clothing and hygiene products available Thursdays)

505 Franklin St. N.


 **Meal** (takeout)

Wednesday and Friday: 6:30–7:30 p.m.

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## **Sanguen**

130 Victoria St. S.

 **Drop-in centre**


Monday, Tuesday, Friday: 10:30 a.m.–5:30 p.m.

Saturday and Sunday: 1–4 p.m.

Basic needs, drug checking program, harm reduction supplies, peer support.

## Salvation Army

75 Tillsley Dr.

 **Food hampers**

Monday–Friday: 9:30 a.m.–3:30 p.m.

Call 519-745-3351 ext. 2 to schedule an appointment.

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## Stanley Park Community Centre

505 Franklin St. N.


 **Meal**

Wednesday: 11 a.m.–noon

## Services in Waterloo

### Wayside Waterloo, Bridgeport Café

22 Bridgeport Rd. W.

 **Meal** (dine in or takeout) plus clothing, shoes/boots and hygiene products available.

Tuesday–Friday: 1–3 p.m.

 **Food hampers**

Thursdays: 1–3 p.m. (neighbourhood area residents)

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### Trillium Lutheran Church

22 Willow St.

 **Meal**

Thursday: supper served at 5 p.m.

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### Supportive Housing of Waterloo (SHOW)


362 Erb St., W.

Harm reduction supplies available 24/7.

## Services in townships

### Wilmot and Wellesley Resource Centre

1-175 Waterloo St., New Hamburg

 **Food hampers** plus pantry items, seasonal produce, and hygiene products. Housing and income supports.

Monday–Thursday: 9 a.m.–4:30 p.m.

Friday: 9 a.m.–4 p.m.

Call 519-662-2731 to schedule an appointment.

## **Woolwich Community Services and Info Centre**

5 Memorial Ave., Elmira

### **Food hampers**

Monday–Friday 9 a.m.–5 p.m.

Call 519-669-5139 for appointment.

### **Drop-in Bread Program**

Mondays 11 a.m.–4 p.m.

### **Drop-in Fresh Food**

Thursdays 11 a.m.–4 p.m.

## **Housing and income support**

### **Starling Housing Resource Centre**

519-749-2450

41 Weber St. W., Kitchener

35 Dickson St., Cambridge

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### **Social Development Centre**

Eviction Prevention Supports - 519-579-3800 ext. 6

Drop-in - Waterloo Public Library Main Branch,

Wednesday 6–8 p.m. or Kitchener Public Library

Central Branch, Wednesday 2:30–4:40 p.m.

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### **KW Urban Native Wigwam Project**

#### **Housing Support**

519-743-5868 Monday–Friday: 9 a.m.–3 p.m.

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### **Ontario Works**

Apply online [ontario.ca/ontarioworks](https://ontario.ca/ontarioworks) or call

1-888-999-1142. If already receiving income

support call 519-883-2100.

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### **Ontario Disability Support Program**

519-623-1230

Updated June 2026



Meals



Hampers




Drop-in centres

## Services in Cambridge

### Cambridge Vineyard/Urban Hope

147 Elgin St. N.

 **Drop-in centre** (includes showers and laundry)

 **Meal**


Wednesday, Thursday, Saturday: 6–8:30 p.m.

Tuesday 11 a.m.–2 p.m.

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### Cambridge Shelter Corporation, The Bridges

26 Simcoe St.

 **Meal** (takeout)

Monday–Wednesday, Friday, Sunday: 5:30 p.m.

Thursday, Saturday, Sunday: noon and 5:30 p.m.

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### 519 Community Collective


26 Ainslie St. S.

 **Meal** (takeout) Thursday and Sunday: 5–6 p.m.

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### Freedom Centre

1332 Hamilton St.

 **Sandwiches and refreshments**

Cenotaph Park - 615 King St. E.

Monday: 5–6:30 p.m.


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### Trinity Community Table

12 Blair Rd.

**Coffee and snack**

Monday, Wednesday, Friday: 9:30 a.m.

 **Meal** (dine-in/takeout)

Monday, Wednesday, Friday: 11 a.m.–12:15 p.m.

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### Salvation Army

12 Shade St.

**Snacks, water and clothing**

Monday–Thursday: 9 a.m.–4 p.m.

Closed noon–1 p.m.

 **Food hampers**

Call 519-623-1221 for appointment.

**Street Outreach**

150 Main St. in parking lot

Thursdays: noon

## Cambridge Food Bank

54 Ainslie St. S.

### Food hampers

Mondays: noon–6:30 p.m.

Tuesday–Friday: 9 a.m.–4:30 p.m.

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## MACS (Multi-Agency Community Space)

150 Main St.

### Drop-in centre Monday–Friday: 1–4 p.m.

Harm reduction supplies, counselling, ID support, income support and system navigation. Medical care appointments available for people experiencing homelessness.

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## Cambridge Neighbourhood Table

### Meal

Kinbridge - 200 Christopher Dr.

Friday: 5–6:30 p.m.

Langs - 1145 Concession Rd.

2nd and 4th Monday: 5–6:30 p.m.

Freedom Centre - 1332 Hamilton St.

1st and 3rd Tuesday: 5:30–6:30 p.m.

St. Paul's Lutheran Church - 63 Grand Ave. N.

4th Wednesday: 5–6:30 p.m.

St. Andrew's Presbyterian Church - 73 Queen St. E.

1st and 3rd Thursday: 5–6:30 p.m. May to Aug.

(every Thursday, Sept.–Dec.)



To request an alternative format, please call 519-575-4400 or email [regionalinquiries@regionofwaterloo.ca](mailto:regionalinquiries@regionofwaterloo.ca).



Meals



Hampers



Drop-in centres