

Food and Housing Help

Housing and shelter

Need help to stay housed?

Need emergency shelter? Call:



Adults (18+):

519-624-9133

Families:

519-749-2450

Monday - Friday:

8:30 a.m. - 4:30 p.m.

Youth (12-18):

519-749-1450

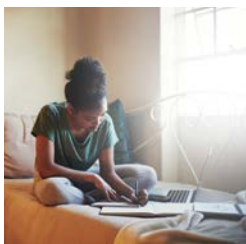
519-744-0120

after-hours

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, 9:00 a.m. -

4:30 p.m. regionofwaterloo.ca/WelcomeSpaces




Services in Kitchener

Kitchener City Hall 200 King St. W.

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


Saturdays: 4:30 p.m. - 5:30 p.m.

 **Meal** (takeout), **Salvation Army**


Sunday: 12:00 p.m. - 1:30 p.m.

The Working Centre - St. John's Kitchen


97 Victoria St. N.

 **Drop-in centre**

Monday - Friday: 9:30 a.m. - 4:00 p.m.

 **Meal** (takeout)

Monday - Friday: 9:30 a.m. - 4:00 p.m.


 **Food hampers**

Monday - Friday: 10:00 a.m. - 12:00 p.m.

and 1:30 p.m. - 3:00 p.m.

**Community Health
Caring**

44 Francis St. S.


 **Drop-in breakfast**

Fridays 10:30 a.m. -

11:30 a.m.


**Stanley Park Community
Centre**

505 Franklin St. N.

 **Meal** Wednesday:

11:00 a.m. - 12:00 p.m.


Ray of Hope Community Centre 659 King St. E.
(entrance off Stirling Lane)

 **Drop-in centre**

Monday - Friday: 11:00 a.m. - 8:00 p.m.

Saturday: 11:30 a.m. - 2:00 p.m.

Sunday: 3:30 p.m. - 6 p.m.

 **Meal** Monday - Friday: 11:30 a.m. - 2:00 p.m.

7:00 p.m. - 8:30 p.m. Saturday: 12:00 p.m. - 2:00 p.m.


Sunday: 4:00 p.m. - 6:30 p.m.

 **Food hampers**

Monday - Thursday: 11:30 a.m. - 2:00 p.m.

St. Matthew's Lutheran Church 54 Benton St.


(Church Street entrance)

 **Meal** Wednesday: 3:30 p.m. - 6:30 p.m.

(November to April)


**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

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.

Anishnabeg Outreach

 **Food hampers** (pick up),
Spirit Bundle Program Biweekly delivery or pick up of essential items available for people who self-identify as First Nations, Inuit, or Métis. Call 519-208-5333.

OneROOF Youth

 **Daytime drop-in** (ages 12 to 25),
35 Sheldon Ave.
Monday - Friday,
9:00 a.m. - 3:00 p.m. and
5:00 p.m. - 8:30 p.m.


 **Food hampers**
Thursdays: 12 p.m. - 4 p.m.


House of Friendship

807 Guelph St.


 **Food hampers**
Monday - Friday:
9:30 a.m. - 4:00 p.m.
Call 519-742-0662
ext. 0 to schedule an
appointment.

Tiny Home Takeout


 **Meal** (takeout) 56 Duke St. W.
Tuesday - Saturday: 5:00 p.m. - 6:30 p.m.
(Clothing and hygiene products available
Thursdays)

 **Meal** (takeout) 505 Franklin St. N.
Wednesdays and Fridays: 6:30 p.m. - 7:30 p.m.

Salvation Army 75 Tillsley Dr.

 **Food hampers** Call 519-745-3351 ext. 2 to schedule an appointment.
Monday - Friday, 9:30 a.m. - 3:30 p.m.

Sanguen 130 Victoria St. S.

 **Drop-in centre**
Monday, Tuesday, Friday: 1 p.m. - 8 p.m.
Saturday and Sunday: 1 p.m. - 4 p.m.
Basic needs, drug checking program, harm
reduction supplies, peer support



Meals



Hampers




Drop-in centres

Services in Waterloo

Bridgeport Café, Emmanuel United Church

22 Bridgeport Rd. W.


 **Meal** (dine in or takeout)

Tuesday - Friday: 1:00 p.m. - 3:00 p.m.

Food hamper Thursdays: 1:00 p.m. - 3:00 p.m.

Trillium Lutheran Church

22 Willow St.

 **Meal** Thursday, 5:00 p.m. - 6:30 p.m.


First United Church

16 William St. W.

 **Meal** Fridays: 2:00 p.m.

St. Louis Church

53 Allen St. E.

 **Meal** Sundays: 5:30 p.m. - 6:30 p.m. (November to April)

Supportive Housing of Waterloo (SHOW)


362 Erb St., W.

Harm reduction supplies available 24/7

Services in the 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: 9:00 a.m. - 4:30 p.m.

Friday: 9:00 a.m. - 4:00 p.m.

Call 519-662-2731 to schedule an appointment.

Woolwich Community Services and Info Centre

5 Memorial Ave., Elmira

 **Food hampers** call 519-669-5139 for appointment
Monday - Friday 9:00 a.m. to 5:00 p.m.

Drop-in Bread Program Mondays 11:00 am to 4:00 p.m.

Drop-in Fresh Food Thursdays 11:00 a.m. to 4:00 p.m.

Food Bank of Waterloo Region

Call 519-743-5575 ext. 340, email needfood@thefoodbank.ca or visit

thefoodbank.ca/find-food to learn about food assistance programs.


To request an alternative format, please call 519-575-4400, deaf and hard of hearing (TTY): 519-575-4608.




Services in Cambridge

Cambridge Vineyard/Urban Hope


147 Elgin St. N.

 **Drop-in centre** (includes showers and laundry)
Wednesday, Thursday, Saturday: 6:00 p.m. - 8:30 p.m.
Tuesday 11:00 a.m. - 2:00 p.m.

 **Meal** Wednesday, Thursday, Saturday:
6:00 p.m. - 8:30 p.m. Tuesday: 11:00 a.m. - 2:00 p.m.

Cambridge Shelter Corporation, The Bridges

26 Simcoe St.


 **Meal** (takeout)

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

Thursday, Saturday, Sunday: 12:00 p.m. and 5:30 p.m.

MACS (Multi-Agency Community Space)

150 Main St.


 **Drop-in centre**

Monday - Friday:

1:00 p.m. - 4:00 p.m.

519 Community Collective


26 Ainslie St. S.

 **Meal** (takeout)

Thursdays and Sundays:

5:00 p.m. - 6:00 p.m.

Freedom Centre 1332 Hamilton St.

 **Meal** First and third Tuesday of the month:
5:30 p.m. - 6:30 p.m.


Sandwiches and refreshments at Cenotaph Park
615 King St. E.

Monday: 5:00 p.m. - 6:00 p.m.

Trinity Community Table 12 Blair Rd.


Coffee and snack

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

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

Monday, Wednesday, Friday: 11:00 a.m. - 12:15 p.m.

Cambridge Food Bank 54 Ainslie St. S.

 **Food hampers** Mondays: 12:00 p.m. - 6:30 p.m.

Tuesday - Friday: 9:00 a.m. - 4:30 p.m.

Cambridge Neighbourhood Table

 **Meals at:** Kinbridge – 200 Christopher Dr.

Friday: 5:00 p.m. - 7:00 p.m.

Langs – 1145 Concession Rd., 2nd and 4th Monday
5:00 p.m. - 6:30 p.m.

Freedom Centre – 1332 Hamilton St., 1st and 3rd

Tuesday of the month: 5:30 p.m. - 6:30 p.m.

Housing and income support

Starling Housing Resource Centre

519-749-2450

41 Weber St. W., Kitchener
35 Dickson St., Cambridge

KW Urban Native Wigwam Project

Housing Support

519-743-5868

Monday - Friday:
9:00 a.m. - 3:00 p.m.

Ontario Works Apply online ontario.ca/ontarioworks or call 1-888-999-1142. If already receiving income support call 519-883-2100.

Ontario Disability Support Program 519-623-1230

Street Outreach helps people with basic needs, housing plans and referrals to other resources.

HART Hub Coordinate support for substance use and mental health for people experiencing homelessness in Waterloo Region. Call 519-745-4404 ext. 213

The Working Centre - Kitchener/Waterloo

519-577-2095 or

519-503-8926

Thrive and Sanguen - Cambridge

519-778-2952 or

519-778-4677

OneROOF - Youth 519-505-6623 or 519-496-8788

Region of Waterloo Unsheltered Support

outreach@regionofwaterloo.ca or 519-575-4400

Community Healthcaring Primary Care Outreach Services

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

Langs Community Health Centre

Primary care outreach in Cambridge. Call 519-653-1470 ext 309.

Traverse Independence

Acquired Brain Injury Outreach 519-741-5845

Warming, Cooling and Clean Air (WCCA) Spaces

Get relief from heat, cold or poor air quality during regular business hours. Visit regionofwaterloo.ca/WCCASpaces for hours, a map, and a printable list.

Overnight Warming Centres (November to March)

Porchlight – Cambridge

6 Cambridge Street
8:30 p.m. to 8:00 a.m.

Thresholds – Kitchener

298 Lawrence Avenue
7:00 p.m. to 7:00 a.m.