

Food and Housing Resources

Housing & Shelter Options

For support to stay housed or to access an emergency shelter, call one of the following prevention and diversion lines:

Adults (18+):

519-624-9133

Youth (16-25):

519-749-1450

Families:

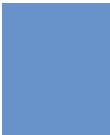
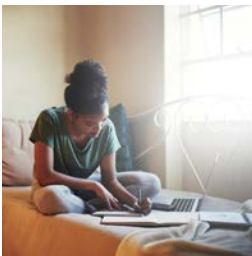
519-749-2450

Monday - Friday:

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

519-744-0120

after-hours



Services in Kitchener

Kitchener City Hall

200 King St. W., Kitchener

 **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.

St. John's Kitchen

23 Water St. N., Kitchener

 **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.

SJK Drop-In Centre

87 Victoria St. N,
Kitchener

 **Drop-in Centre**

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

Stanley Park Community Centre

505 Franklin St. N.,
Kitchener

 **Meal** Wednesday:
11:00- a.m. - 12:00 p.m.

Ray of Hope Community Centre

659 King St. E., Kitchener

 **Drop-in Centre**

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

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

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

7:00 p.m. - 8:30 p.m. Saturday: 11:30 a.m. - 2:00 p.m.

Sunday: 4:00 p.m. - 6:00 p.m. (takeout)

 **Food Hampers**

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

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



Meals



Hampers



Drop-in Centres

Healing of the Seven Generations

300 Frederick St. Kitchener



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

Anishnabeg Outreach



Food Hampers (delivery & 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 12-25)

35 Sheldon Ave. N,
Kitchener



Food Hampers

Thursdays:

12:00 p.m. - 4:00 p.m.

House of Friendship

807 Guelph St., Kitchener



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., Kitchener

Tuesday - Saturday: 5:00 p.m. - 6:30 p.m.

Clothing and hygiene products available

Thursdays 5:00pm to 6:30pm.



Meal (takeout) 10 Chopin Dr., Kitchener

Tuesdays and Thursdays: 6:30 p.m. - 7:30 p.m.



Meal (takeout) 505 Franklin St. N., Kitchener

Wednesdays and Fridays: 6:30 p.m. - 7:30 p.m.

Salvation Army

75 Tillsley Dr., Kitchener



Food Hampers

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

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



Meals



Hampers



Drop-in Centres

Services in Waterloo

Bridgeport Café, Emmanuel United Church

22 Bridgeport Rd. W., Waterloo

 **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., Waterloo

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

First United Church

16 William St. W.,
Waterloo

 **Drop-in Centre**
Fridays: 2:00 p.m.

Services in the Townships

Wilmot Family Resource Centre

1-175 Waterloo St., New Hamburg

 **Food Hampers**

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

Call 519-662-2731 to schedule an appointment.

Woolwich Community Services

5 Memorial Ave., Elmira

 **Food Hampers** call 519-669-5139 for appointment

Monday to Friday 9:00 a.m. to 4:30 p.m. **Drop in Bread**

program Mondays 11:00 am to 4:00 p.m. **Drop in Fresh**

Food Thursdays 1:00 p.m. to 4:00 p.m.

Food and Drop in Options

To request food hampers or additional food services call 519-743-5576 ext. 340 or visit the Food Bank of Waterloo Region website: thefoodbank.ca.

Warming, Cooling and Clean Air Spaces provide space for temporary relief from heat, cold, and poor air quality during regular business hours.

Find a centre here: regionofwaterloo.ca/en/health-and-wellness/cooling-and-warming-centres.aspx



Meals



Hampers



Drop-in Centres

Services in Cambridge

Cambridge Vineyard

147 Elgin St. N., Cambridge



Drop-in Centre (includes showers and laundry)

Monday, Wednesday, Thursday, Saturday:

6:00 p.m. - 8:30 p.m.

Tuesday and Sunday: 11:00 a.m. - 2:00 p.m.



Meal Monday, Wednesday, Thursday,
Saturday: 6:00 p.m. - 8:30 p.m.

Tuesday and Sunday: 11:00 a.m. - 2:00 p.m.

Cambridge Shelter Corporation, The Bridges

26 Simcoe St., Cambridge



Meal (takeout)

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

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

MACS

150 Main St., Cambridge



Drop-in Centre

Monday - Friday:

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

Forward Church

55 Franklin Blvd.,

Cambridge



Meal Friday:

5:00 p.m. - 8:00 p.m.

Freedom Centre 1332 Hamilton St., Cambridge



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., Cambridge

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

Trinity Community Table 12 Blair Rd., Cambridge

Coffee & 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.,

Cambridge



Food Hampers

Mondays:

12:00 p.m. - 7:30 p.m.

Tuesday - Friday:

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

519 Community Collective

26 Ainslie St. S.,

Cambridge



Meal (takeout)

Thursdays and Sundays:

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

Housing and Income Support

Housing Resource Centre

41 Weber St. W.,
Kitchener
35 Dickson St.,
Cambridge
519-749-2450

KW Urban Native Wigwam Project

Housing Support
Monday - Friday:
9:00 a.m. - 3:00 p.m.
226-505-5760

Ontario Works

519-883-2100

Ontario Disability Support Program

519-623-1230

Street Outreach workers connect with individuals to provide support needs, assist with housing plans, and refer to other resources.

Kitchener/Waterloo Street Outreach (The Working Centre)

519-577-2095 or
519-503-8926

Cambridge Street Outreach (ACCKWA)

519-778-2952 or
519-778-4677

Youth Street Outreach (oneROOF)

519-505-6623 or 519-496-8788

Region of Waterloo Welcome Spaces offer in-person support to access Community Service programs, including Ontario Works, Child Care Subsidy, Employment Support, and Housing Services from Monday to Friday, 8:30 a.m. - 4:30 p.m.

20 Weber St. E., Kitchener 150 Main St., Cambridge
99 Regina St. S., Waterloo

Emergency Shelter Locations

Cambridge Shelter: 26 Simcoe St., Cambridge

Erbs Road Shelter: 1003 Erbs Rd., Waterloo

House of Friendship/ ShelterCare: 190 Weber St. N., Waterloo

OneRoof Youth Shelter: 39 Sheldon Ave N., Kitchener

Safe Haven Youth Shelter: 41 Weber St. W., Kitchener

King Street Shelter: 1668 King St. E., Kitchener

Stirling Ave Emergency Shelter: 104 Stirling Ave S., Kitchener



Meals



Hampers



Drop-in Centres