DROP-IN and MEALS PROGRAMS
KITCHENER, WATERLOO, WELLESLEY, WOOLWICH, WILMOT

Emmanuel Church – 22 Bridgeport Rd. W., Waterloo
**Tuesday to Thursday** – Take out lunches 1:00 – 3:00 pm
**Thursday** – Fresh Fruit and Vegetable Hampers 1:00 – 3:00 pm

oneROOF (Youth 16 – 25) – 35 Sheldon Ave. North, Kitchener
**Monday to Sunday** – Drop-In: 9 am – 8:30 pm
Meals: 12noon – 1:00 pm and 6:00 to 7:00 pm
Please call (519) 742-2788 for other hours and services

Ray of Hope Community Centre - 659 King St E, Kitchener
**Monday to Friday** – Drop-In: 9 am – 9:00 pm
**Meals** - 9:15 am, 12:30 pm and 7:00 pm
**Saturday** – Meal and Drop In: noon to 1:30 pm
**Sunday** – Meal and Drop In: 4:30 – 6:00 pm
**Marketplace** – **Monday to Thursday** 9:00 am to 12:30 pm

St. John’s Kitchen – 97 Victoria St N, Kitchener
**Monday to Friday** – Drop-In: 10:00 am – 3:30 pm
**Meal Pick up:** 11:00 am to 1 pm

Bridgeport Café – 22 Bridgeport Road, Waterloo – Emmanuel United Church
**Take out meals** – 1:00 pm to 3:00 pm

Food Not Bombs – Kitchener City Hall
**Saturday** - Meal 1:30 – 3:00 pm

Tiny Home Takeout – 56 Duke Street Kitchener
Meal – Tuesday to Saturday to 5:00 pm to 7:00 pm

Street Outreach - Call 519-577-2095 or 519-502-2685

Discovery Team in Kitchener – 519-577-1160

Housing Resource Centre: - Mon to Fri from 8:30am-4:30pm
41 Weber St. W., Kitchener or Call 519-749-2450

Ontario Works: Call 519-883-2100

ODSP: Call 519-886-4700

Housing Helplines – Support to Stay Housed or Avoid a Shelter Stay
Call numbers below or call 211 anytime to be directed appropriately
Single Adults across Waterloo Region, available all hours – 519-624-9133
Youth ages 12-17 Call Safe Haven at 519-749-1450
Families Mon to Fri, 8:30 am to 4:30 pm – Call Families in Transition at 519-749-2450
Emergency Shelters – Youth
Emergency Shelter – 16+
Safe Haven – Youth 12-17
41 Weber St. W., Kitchener
oneRoof – Youth 16-25
35 Sheldon Ave., Kitchener
YW Shelter – Females 16+, LGBTQ2S+, Couples
84 Frederick St. E., Kitchener
DROP-IN and MEALS PROGRAMS
CAMBRIDGE, NORTH DUMPFRIES

Bridges – 26 Simcoe Street
Take away dinner everyday - 5:30 pm – 7 pm
Take away lunch Thursday and Saturday - noon

Cambridge Self-Help Food Bank – 54 Ainslie Street South
Saturday – Meals: 11 am – noon pm

Cambridge Vineyard Elgin Street – 147 Elgin Street North
Tuesday, and Sunday – Take Out Meals: 11:30 am – 12:30 pm
Drop in 11am to 2 pm

Trinity Community Table – 12 Blair Road, Cambridge
Take out meal – Monday, Wednesday and Thursday 11:30 am to 12:30 pm

519 Community Collective – 35 Ainslie Street South, Cambridge
Take out meal – Thursday and Sunday 6:00 pm
Street Outreach: Call 519-240-7561 or 519-242-7360
Youth Outreach: 519-742-2788

Housing Resource Centre: Mon to Fri from 8:30am-4:30pm, call 519–623–9380
Ontario Works: 519-883-2100
ODSP: 519-623-1230

Housing Helplines – Support to Stay Housed or Avoid a Shelter Stay
Call numbers below or call 211 anytime to be directed appropriately

Single Adults across Waterloo Region all hours – Argus 519-624-9133
Youth ages 12-17 - Safe Haven 519-749-1450
Families Monday to Friday, 8:30 am to 4:30 pm, Families in Transition 519-749-2450

Emergency Shelters – Youth
Emergency Shelter – 16+ Safe Haven – Youth 12-17 41 Weber St. W., Kitchener
oneRoof – Youth 16-25 35 Sheldon Ave. North, Kitchener
Cambridge Shelter – Individuals 16+ and Families, 26 Simcoe Street

Note: Gender is self-identified – all are welcome