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

First United Church – 16 William St. W., Waterloo
Friday – Take out meal 5:30 to 6:00 pm

oneROOF (Youth 16 – 25) – 35 Sheldon Ave. North, Kitchener
Monday to Sunday – Drop-In: 9am – 8:45 pm
Meal: 12noon – 1:30pm 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: 8am – 4:00 pm
Saturday – Meal and Drop In: noon to 2:30 pm
Sunday – Meal and Drop In: 4:30 – 6:00 pm
Monday to Thursday – Hamper Program: 6:30pm – 9 pm

St. John’s Kitchen – 97 Victoria St N, Kitchener
Monday to Friday – Drop-In: 10:00 am – 3:30 pm
Meal Pick up: 1:30pm and 6:00 - 7:00 pm

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

Street Outreach: Call 519-577-2095

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 or 519-502-2685

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

Youth ages 12-17
Call Safe Haven at 519-749-1450

Youth ages 16-25
Call oneROOF at 519-742-2788

Families
Mon to Fri, 8:30 am to 4:30 pm – Call Families in Transition at 519-749-2450
Single Adults across Waterloo Region
Everyday, 8:00 am to midnight – Call Argus at 519-624-9133
After-hours: St. Mark’s Temporary Emergency Shelter 226-750-9916

Emergency Shelters – Youth
Emergency Shelter – 16+
Safe Haven – Youth 12-17
41 Weber St. W., Kitchener

oneRoof – Youth 16-25
35 Sheldon Ave., Kitchener

House of Friendship Men’s Shelter - Males 16+

YW Shelter – Females 16+, LGBTQ2S+, Couples
84 Frederick St. E., Kitchener
DROP-IN and MEALS PROGRAMS
CAMBRIDGE, NORTH DUMPFRIES

Bridges – 26 Simcoe Street
Monday – Wednesday, Friday, Sunday
Drop-In: 8:00am – 11:00 am and 1 – 7 pm
Meals: 5:30 – 7 pm

Thursday and Saturday – Drop-In: 8 am – 1 pm and 2 – 7 pm
Meals: 8:30 am (Thursdays only) and 12 – 1 pm and 5:30 – 7 pm

Cambridge Self-Help Food Bank – 54 Ainslie Street South
Saturday – Meals: 11 am – 1 pm

Cambridge Vineyard Elgin Street – 147 Elgin Street North
Tuesday, Wednesday, and Friday – Take Out Meals: 11:30 am – 12:30 pm

Cambridge Vineyard Ainslie Street – 35 Ainslie Street South
Tuesday, Sunday Take out Meals: 11:30 am – 12:30 pm

Street Outreach:
Call 519-242-7360 or 519-242-6310

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

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

Single Adults ages 18+
Everyday, 8:00 am to midnight – Call Argus at 519-624-9133
Emergency Shelters – Youth
Emergency Shelter – 16+
Safe Haven – Youth 12-17
41 Weber St. W., Kitchener
oneRoof – Youth 16-25
35 Sheldon Ave., Kitchener

Cambridge Shelter –
Individuals 16+ and Families
26 Simcoe Street

Note: Gender is self-identified – all are welcome