

## **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 to 3:00 pm

**Thursday** – Fresh Fruit and Vegetable Hampers 1:00 to 3:00 pm

**oneROOF (Youth 16 – 25)** – 35 Sheldon Ave. North, Kitchener

**Monday to Sunday** – Drop-In: 9 am to 10:00 pm

Meals: 12 pm to 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 to 9:00 pm

**Meals** - 9:15 am, 12:30 pm and 7:00 pm

**Marketplace – Monday to Thursday** 9:00 am to 12:30 pm

**Saturday and Sunday** Drop In: 9:30am to 6pm

**St. John’s Kitchen** – 97 Victoria St N, Kitchener

**Monday to Friday** Winter Drop-In Hours: 8:00 am to 5:00 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

**Community Ministry** - Trillium Lutheran Church -22 Willow St., Waterloo

Take out meals-Thursdays – 5:30 to 7:00

**Stanley Park Community Centre** - 505 Franklin St N, Kitchener

Take out meals – Wednesdays: 11am to noon and 4pm to 5pm

First United Church – 16 William Street West, Waterloo

Take out meal – Fridays 5:30pm to 6:30pm

**Salvation Army** – Kitchener City Hall

Sunday Take out meal – Sunday noon to 1:30pm

**Food Not Bombs** – Kitchener City Hall

**Saturday** - Meal 4:30 to 6:30 pm

**Tiny Home Takeout** – 56 Duke Street Kitchener

Meal – Tuesday to Saturday to 5:00 pm to 6:30 pm

To request food hampers or additional food services call 519-743-5573 ext. 340 or visit the Food Bank of Waterloo Region website:

<https://www.thefoodbank.ca/network/map/>

**Street Outreach** - Call 519-577-2095 or 519-502-0454

**Youth Outreach** – 519-742-2788

**Housing Resource Centre:** - Mon to Fri from 8:30am to 4:30pm

41 Weber St. W., Kitchener or Call 519-749-2450

**Ontario Works:** Call 519-883-2100

**ODSP:** Call 519-886-4700

**Support to Stay Housed or Avoid a Shelter Stay**

**Single Adults across Waterloo Region, FirstConnect** available all hours call 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+,

84 Frederick St. E., Kitchener

## **DROP-IN and MEALS PROGRAMS**

### **CAMBRIDGE, NORTH DUMPFRIES**

**Bridges** – 26 Simcoe Street

**Take away dinner everyday** - 5:30 pm to 7 pm

**Take away lunch Thursday and Saturday** – noon

**Drop-In** Monday to Friday 8am to 4pm

**Cambridge Self-Help Food Bank** – 54 Ainslie Street South

**Saturday** – Meals: 11 am to noon

**Cambridge Vineyard Elgin Street** – 147 Elgin Street North

**Tuesday, and Sunday** – **Take Out Meals:** 11:30 am to 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

To request food hampers or additional food services call 519-743-5573 ext. 340 or visit the Food Bank of Waterloo Region website:

<https://www.thefoodbank.ca/network/map/>

**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

**Support to Stay Housed or Avoid a Shelter Stay**

**Single Adults across Waterloo Region** all hours – FirstConnect 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