

KITCHENER, WATERLOO, WELLESLEY, WILMOT, WOOLWICH – FOOD AND HOUSING HELP

Meal and Drop-In Options

Location	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Emmanuel Church 22 Bridgeport Rd. W., Waterloo			MEAL AND DROP-IN: 2-4:30pm				
First United Church* 16 William St. W., Waterloo					DROP-IN: 2:00-9pm MEAL: 6-7pm		
oneROOF (Youth 16-25) 242 Queen St., S., Kitchener			DROP-IN: 6:30-8pm MEAL: 1-3pm, 7pm	Call 519-742-2788 for hours and services		MEAL: 4pm	
Ray of Hope Community Centre 659 King St. E., Kitchener	DROP-IN: 5-9:30pm MEAL: 7-8:30pm					MEAL AND DROP-IN: Noon-2:30pm	MEAL AND DROP-IN: 4:30-6pm
	Hamper Program 6:30-9pm						
Stirling Ave. Mennonite Church* 57 Stirling St. N., Kitchener						MEAL AND DROP-IN: 5-8pm	
St. John's Kitchen 97 Victoria St. N., Kitchener			DROP-IN: 8am-2pm MEAL: 11:30am-1pm				
St. Louis Community Supper* 53 Allen St. E., Waterloo							DROP-IN: 5-8pm MEAL: 5:30-6:30pm
St. Matthews Lutheran Church* 54 Benton St., Kitchener			DROP-IN: 3-9pm MEAL: 5:30-7:30pm	DROP-IN: 7:30-9:30pm MEAL: 8:30-9:30am			
Trillium Lutheran Church 22 Willow St., Waterloo				DROP-IN: 3:30-7pm MEAL: 5:30pm			

* Offered from November to April

Street Outreach: Call 519-505-6623 or
519-502-2685 or 519-503-6131

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

Ontario Works: 519-883-2100
ODSP: 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

24/7 – Call Safe Haven at 519-749-1450

Youth ages 16-25 Mon to Fri, 8:30am to 11pm

Call oneROOF at 519-742-6547

After-hours: 519-742-2788

Families Mon to Fri, 8:30 am to 4:30 pm – Call Families in Transition at 519-749-2450

After-hours: 519-744-0120

Single Adults ages 26+ Everyday, 8:00 am to midnight – Call Argus at 519-624-9133

After-hours: Males 519-742-8327 or Females 519-744-0120

Emergency Shelters – Youth

Service Provider	Address	Who is Served?
Safe Haven	41 Weber St. W., Kitchener	Youth 12-17
oneROOF	242 Queen St. S., Kitchener	Youth 16-25

Emergency Shelter – 16+ (Gender is self-identified – all are welcome)

Service Provider	Address	Who is Served?
Charles Street Men's Shelter	63 Charles St. E., Kitchener	Males 16+
YW Shelter	84 Frederick St. E., Kitchener	Females 16+ and Families (including male-led)

CAMBRIDGE, NORTH DUMFRIES – FOOD AND HOUSING HELP

Meal and Drop-In Options

Location	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Bridges 26 Simcoe St., Cambridge	DROP-IN: 8-11am, 1-7pm			DROP-IN: 8am-1pm, 2-7pm MEAL: 8:30am, Noon-1pm	DROP-IN: 8-11am, 1-7pm	DROP-IN: 8am-1pm, 2-7pm MEAL: Noon-1pm	DROP-IN: 8-11am 1-7pm
				MEAL: 5:30-7pm			
Cambridge Self-Help Food Bank 54 Ainslie St. S., Cambridge						MEAL: 11am-1pm	
Cambridge Vineyard – Elgin St. 147 Elgin St. N., Cambridge		DROP-IN: 10am-2pm MEAL: Noon					DROP-IN and MEAL: Noon
Cambridge Vineyard – Ainslie St. 35 Ainslie St. S., Cambridge Monthly 1 st and 3 rd Wed			MEAL: 4:30- 6pm				
St. Andrew’s Hespeler Presbyterian Church 73 Queen St. E., Cambridge Every 2 nd Thurs (Oct 11-Mar 28)				MEAL: 5-6:30pm			
The Salvation Army, Hespeler 18 Tannery St. E., Cambridge (Sept-June)				MEAL: 11:45am-12:15pm			
Trinity Community Table 12 Blair Rd., Cambridge	DROP-IN: 9:30am-12:30pm MEAL: 11:30am-12:30pm		DROP-IN: 9:30am-12:30pm MEAL: 11:30am- 12:30pm		DROP-IN: 9:30am-12:30pm MEAL: 11:30am- 12:30pm		

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

Housing Resource Centre: Mon to Fri, 8:30am to 4:30pm
35 Dickson St., Cambridge or call 519-623-9380

Call Ontario Works: 519-883-2100
ODSP: 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 16-29

Every day, 8:00 am to midnight – Call Argus at 519-998-7292

After-hours: 519-623-7991

Families

Mon to Fri, 8:30 am to 4:30 pm – Call Families in Transition at 519-749-2450

After-hours: 519-624-9305

Single Adults ages 26+

Everyday, 8:00 am to midnight – Call Argus at 519-624-9133

After-hours: 519-624-9305

Emergency Shelters – Youth

Service Provider	Address	Who is Served?
Argus	Female: 740 William St., Cambridge Male: 115 Wellington St., Cambridge	Youth 16-24

Emergency Shelter – 16+ (Gender is self-identified – all are welcome)

Service Provider	Address	Who is Served?
Cambridge Shelter	26 Simcoe St., Cambridge	Individuals 16+ and Families