

June 2021 KITCHENER, WATERLOO, WELLESLEY, WILMOT, WOOLWICH – FOOD AND HOUSING HELP

Meal and Drop-In Options (Subject to change)

Location	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Emmanuel Church 22 Bridgeport Rd. W., Waterloo		Meal (take-out lunches): 1-3pm Fresh Fruit and Vegetable Hampers Thurs 1-3pm					
oneROOF (Youth 12-25) 35 Sheldon Ave. N, Kitchener	DROP-IN: 9am-8:30pm Meal: 12 – 1:00 and 6:00 to 7:00pm						
Ray of Hope Community Centre 659 King St. E., Kitchener	DROP-IN: 9:00am-9:00pm Meals: 9:15 am, 12:30pm and 7:00 pm Marketplace: 9 to 12:30, Monday, Tuesday, Wednesday, Thursdays					Meal AND DROP-IN: Noon-1:30pm	Meal AND DROP-IN: 4:30-6pm
St. John's Kitchen 97 Victoria St. N., Kitchener	DROP-IN: 10am-3:30pm Meal Pick up: 11:00am-1pm						
Bridgeport Café Emmanuel United Church 22 Bridgeport Road, Waterloo		Take out meal 1:00pm to 3:00pm					
Community Ministry Trillium Lutheran Church 22 Willow St., Waterloo				Take-out meal: 5:30 -7:00pm			
Salvation Army Kitchener City Hall							Take-out meal: Noon to 1:30pm
Food Not Bombs Kitchener City Hall						Meal: 1:30 – 3:00 pm	
Tiny Home Takeout 56 Duke St, Kitchener		Meal: 5pm to 7pm					

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/>

Support to Stay Housed or access a Shelter Stay if needed: 519-624-9133 (Housing Helpline - Argus)
Families support across Waterloo Region: 519-749-2450 (8:30 am to 4:30 pm Mon to Fri) (Families in Transition – Lutherwood)

Emergency Shelters – Youth

Service Provider	Address	Who is Served?
Safe Haven	41 Weber St. W., Kitchener	Youth 12-17
oneROOF	35 Sheldon Ave N., Kitchener	Youth 16-25

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

Service Provider	Address	Who is Served?
House of Friendship Emergency Shelter	TBD	Males 18+
YW Emergency Shelter	84 Frederick St. E., Kitchener	Females, LGBTQ2S+ age 25+

Street Outreach in Kitchener/Waterloo: Call 519-577-2095 or 519-502-2685 **Discovery Team in Kitchener: 519-577-1160**

Youth Outreach: 519-742-2788

Housing Resource Centre: 519-749-2450 (41 Weber St. W., Kitchener) **Ontario Works:** 519-883-2100 **ODSP:** 519-886-4700

CAMBRIDGE, NORTH DUMFRIES – FOOD AND HOUSING HELP

Meal and Drop-In Options (Subject to change)

Location	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Bridges 26 Simcoe St., Cambridge	Take-away dinner 5:30pm	Take-away dinner 5:30pm	Take-away dinner 5:30pm	Take-away lunch Noon Take-away dinner 5:30pm	Take-away dinner 5:30pm	Take-away lunch Noon Take-away dinner 5:30pm	Take-away dinner 5:30pm
Cambridge Self-Help Food Bank 54 Ainslie St. S., Cambridge						Meal and Drop in: 11am-noon	
Cambridge Vineyard – Elgin St. 147 Elgin St. N., Cambridge		DROP-IN: 11am-2pm Meals: 11:30 and 12:30 (+ take-out)					DROP-IN: 11am-2pm Meals: 11:30 and 12:30 (+ take-out)
Trinity Community Table 12 Blair Rd., Cambridge	Take out Meal: 11:30am-12:30pm		Take out Meal: 11:30am-12:30pm		Take out Meal: 11:30am-12:30pm		
150 Main Street, Cambridge	DROP-IN 1 – 4pm	DROP-IN 1 – 4pm	DROP-IN 1 – 4pm	DROP-IN 1 – 4pm	DROP-IN 1 – 4pm		

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Families support across Waterloo Region: 519-749-2450 (8:30 am to 4:30 pm Mon to Fri) (Families in Transition – Lutherwood)

Emergency Shelters – Youth

Service Provider	Address	Who is Served?
Safe Haven	41 Weber St. W., Kitchener	Youth 12-17
oneROOF	35 Sheldon Ave N, Kitchener	Youth 16-25

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

Service Provider	Address	Who is Served?
Cambridge Shelter	26 Simcoe St., Cambridge	Individuals 18+

Street Outreach in Cambridge: Call 519-240-7561 or 519-242-7360

Youth Outreach: 519-742-2788

Housing Resource Centre: 519- 623–9380 (35 Dickson St., Cambridge)

Ontario Works: 519-883-2100 **ODSP:** 519-623-1230