

May 2023 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
Anishnabeg Outreach Food hampers available for people who self-identify as First Nations, Metis or Inuit			Register through e-mail: spiritbundleoffering@gmail.com OR website: https://aocan.org/spirit-bundle-donations/how-to-register/				
Bridgeport Café (Emmanuel United Church) 22 Bridgeport Road, Waterloo			Dine in or Take out meal 1:00 - 3:00pm Fresh Fruit and Vegetable Hampers Thurs 1:00 - 3:00pm				
Cambridge Food Bank 54 Ainslie Street South Cambridge	Hampers 12:00 to 4:30		Hamper Pick-Up 9:00am - 4:30pm				
First United Church 16 William St. W. Waterloo (Friday meal to return in fall)							
Food Not Bombs, Kitchener City Hall						Take-out meal 4:30 – 5:30 pm	
Healing of Seven Generations, 300 Fredrick St Kitchener Food hampers available for people who self-identify as First Nations, Metis or Inuit call 519-570-9118 to register			Meal 12:00 - 1:00pm All welcome				
House of Friendship – Emergency Hampers 807 Guelph Street, Kitchener (519) 742-0662 Ext 0			Hamper Pick-Up 9:30am - 4:00pm				
oneROOF (Youth 16-25), 35 Sheldon Ave. N, Kitchener	DROP-IN: 8:30am - 8:30pm, Meal: 12:00 - 1:30 and 6:00 - 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: 9:30am - 12:30, Monday, Tuesday, Wednesday, Thursdays					Drop In & Meal 11:30 – 2:00pm	Drop In & Meal 4:30 – 6:00pm
Salvation Army Kitchener City Hall, Kitchener		Food Hampers available at 75 Tillsley Drive call 519-745-4215 for appointment					Take-out meal 12:00 - 1:30pm
St. John's Kitchen 97 Victoria St. N., Kitchener	DROP-IN 9:30am - 4:00pm (Note: 3pm closing on Tuesdays) Outdoor bagged lunch pick up for those unable to come inside 11:00am – 1:00pm						
St. Louis Church 53 Allen St. E, Waterloo							Meal 5:00pm
Stanley Park Community Centre, 505 Franklin St N, Kitchener			Meal 11:00am – 12:00, 4:00 – 5:00pm				
Trillium Lutheran Church 22 Willow St., Waterloo				Meal 5:30 - 6:30pm			
Tiny Home Takeout 56 Duke St, Kitchener		Meal: 5:00pm - 6:30pm					
Wilmot Family Resource Centre (519) 622-2731 Unit 1-175 Waterloo St, New Hamburg		Please call for food assistance					
Woolwich Community Services 519-669-5139 5 Memorial Ave, Elmira	Food Bank programs contact 519-669-5139						

To request food hampers or additional food services call (519) 743-5576 ext. 340 or visit Food Bank of Waterloo Region website: <https://www.thefoodbank.ca/network/map/>

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-out dinner 5:30pm Drop-In 8:00am – 4:00pm			Take-out lunch Noon Take-out dinner 5:30pm Drop-In 8:00am- 4:00pm	Take-out dinner 5:30pm Drop-In 8:00am-4:00pm	Take-out lunch 12:00 Take-out dinner 5:30pm	Take-out dinner 5:30pm
Cambridge Vineyard – Elgin St. 147 Elgin St. N., Cambridge	DROP-IN & Meal 6:00 – 8:30pm Showers, laundry	DROP-IN & Meal 11:00 – 2:00pm Showers, laundry		DROP-IN & Meal 6:00 – 8:30pm Showers, laundry		DROP-IN & Meal 6:00 – 8:30pm Showers' laundry	DROP-IN & Meal 11:00am-2:00pm Showers, Laundry
Multi-Agency Community Space 150 Main Street, Cambridge	DROP-IN 1 – 4pm						
Trinity Community Table 12 Blair Rd., Cambridge	Meal & Take Out 10:30am-12:30pm		Meal & Take Out 10:30am-12:30pm		Meal & Take Out 10:30am-12:30pm		
519 Community Collective 26 Ainslie Street South Food hampers also available https://forms.gle/WdU7q1se55YPFWwV9				Take out 5:00 to 6:00pm			Take out 5:00pm to 6:00pm

To request food hampers or additional food services call (519) 743-5576 ext. 340 or visit the Food Bank of Waterloo Region website: <https://www.thefoodbank.ca/network/map/>

EMERGENCY SHELTERS ACROSS WATERLOO REGION

Support to Stay Housed or access a Shelter Stay if needed

Adults call 519-624-9133 available 24 hours each day – FirstConnect **Youth call 519-749-1450** available 24 hours each day – Safe Haven

Families call 519-749-2450 available 8:30 am to 4:30 pm Monday to Friday – Lutherwood Families in Transition

Emergency Shelter – 18+ (Gender is self-identified)

Service Provider	Address	Who is Served?
King Street Emergency Shelter	1668 King Street E, Kitchener	Individuals 18+
SHIP Emergency Shelter	Community Space, 84 Frederick	Adult men 25+
House of Friendship	190 Weber Street N., Waterloo	Adult men 25+

Service Provider	Address	Who is Served?
Cambridge Emergency Shelter	26 Simcoe St., Cambridge	Individuals 18+
Erbs Road Outdoor Shelter	1001 Erb's Road, Waterloo	Individuals 18+
YW Emergency Shelter	84 Frederick St., Kitchener	Women, LGBTQ2S+ age 25+

Youth Emergency Shelters

oneROOF	35 Sheldon Ave N, Kitchener	Youth 16-25
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Safe Haven	41 Weber St. W., Kitchener	Youth 12-17
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Street Outreach in Kitchener/Waterloo: Call 519-577-2095 or 519-502-0454

Street Outreach in Cambridge: TBD

Youth Outreach: 519-505-6623 or 519-742-2788 (office)

KW Urban Native Wigwam Project Housing Support: Call 226-505-5760 (Monday to Friday 9am to 3pm)

Housing Resource Centre: 519- 623–9380 35 Dickson St., Cambridge and 41 Weber St. W., Kitchener

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