

August 2022 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		Hamper Pick-Up 12:00 - 4:30pm		Hamper Pick-Up 9:00am - 4:00pm			
Food Not Bombs, Kitchener City Hall						Take-out meal 4:30 – 6:30 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 First Nations, Metis or Inuit community				
House of Friendship – Emergency Hampers 807 Guelph Street, Kitchener (519) 742-0662 Ext 0			Hamper Pick-Up 9:30am - 4:30pm				
oneROOF (Youth 16-25), 35 Sheldon Ave. N, Kitchener	DROP-IN: 8:30am - 9:15pm, Meal: 12:00 - 1:00 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 - 12:30, Monday, Tuesday, Wednesday, Thursdays					Drop In 11:30 – 2:00pm	Take out meal 4:30 – 6:00pm
Salvation Army Kitchener City Hall,							Take-out meal 12:00 - 1:30pm
St. John's Kitchen 97 Victoria St. N., Kitchener	DROP-IN 9:30am - 4:00pm Bagged Lunch Pick up 11:00am – 1:00pm						
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 (throughout summer)				Meal 5:30 - 7:00pm			
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/>

Street Outreach in Kitchener/Waterloo: Call 519-577-2095 or 519-502-0454

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

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-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 1:00 – 2:00pm Showers		DROP-IN & Meal 6:00 – 8:30pm Showers		DROP-IN & Meal 6:00 – 8:30pm Showers	DROP-IN & Meal 11:00am-2:00pm Showers
Multi-Agency Community Space 150 Main Street, Cambridge	DROP-IN 1 – 4pm						
Trinity Community Table 12 Blair Rd., Cambridge	Take out Meal 11:00am-12:30pm		Take out Meal 11:00am-12:30pm		Take out Meal 11:00am-12:30pm		
519 Community Collective 26 Ainslie Street South Food hampers also available https://forms.gle/WdU7q1se55YPFWwV9				Meal or take out 5:00pm			Meal or take out 5:00pm

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/>

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

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

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

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

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 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 – 18+ (Gender is self-identified)

Service Provider	Address	Who is Served?
Cambridge Shelter	26 Simcoe St., Cambridge	Individuals 18+
YW Emergency Shelter	84 Frederick St. , Kitchener	Females, LGBTQ2S+ age 25+
Edith MacIntosh Emergency Shelter	104 Stirling Ave. S., Kitchener	Individuals 18+