

MAY 2024 – 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 online: https://aocan.org/spirit-bundle-donations/how-to-register/				
Bridgeport Café (Emmanuel United Church) 22 Bridgeport Rd., 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 St. S., Cambridge	Hampers 12:00 - 4:30pm		Hamper Pick-Up 9:00am - 4:30pm				
First United Church , 16 William St. W., Waterloo Meals available Nov. to mid-April					Drop-in: 2:00pm Meal: 6:00pm		
Food Not Bombs , Kitchener City Hall 200 King St W, Kitchener, ON N2G 4G7						Take-out meal 4:30 - 5:30pm	
Healing of Seven Generations 300 Frederick St Kitchener	Food Hampers available for people who self-identify as First Nations, Metis or Inuit, call 519-570-9118 to register.						
House of Friendship – Emergency Hampers 807 Guelph St., Kitchener	Hamper Pick-Up 9:30am - 4:00pm, call (519) 742-0662 Ext 0 to book an appointment.						
oneROOF (Youth 12-25) 35 Sheldon Ave. N, Kitchener				Hamper Pick-Up: 1:00 – 5:00pm			
Ray of Hope Community Centre 659 King St. E., Kitchener	DROP-IN: 11:00am - 8:00pm, Meals: 11:30am - 2:00pm and 7:00 - 8:30pm Marketplace: Monday to Thursday – 11:30am - 2:00pm Sunday meal is take out only.					Drop In & Meal 11:30 - 2:00pm	Take-out meal 4:00 - 6:00pm
Salvation Army , Kitchener City Hall 200 King St W, Kitchener, ON N2G 4G7	Food Hampers available at 75 Tillsley Drive, Kitchener. Call 519-745-4215 for appointment.						Take-out meal 12:00 - 1:30pm
St. John’s Kitchen 23 Water St. N., Kitchener	DROP-IN and Food-to-Go: 9:30am - 4:00pm Food Hamper Pick-Up: 10:00am - 12:00pm, 1:30 - 3:00pm						
SJK Drop-In Centre 87 Victoria St. N, Kitchener	DROP-IN 9:30am - 4:00pm						
Stanley Park Community Centre 505 Franklin St. N., Kitchener			Meal 11:00 - 12:00pm				
Trillium Lutheran Church 22 Willow St., Waterloo				Meal 5:00 - 6:30pm			
Tiny Home Takeout , 56 Duke St. W., Kitchener; 10 Chopin Dr. Kitchener; and 505 Franklin St. N., Kitchener			Duke meal: Tues. to Sat., 5:00 - 6:30pm (Thurs.: Clothing/Hygiene products available) Chopin meal: Tues. & Thurs., 6:30-7:30pm Franklin meal: Wed. & Fri., 6:30-7:30pm				
Wilmot Family Resource Centre 1-175 Waterloo St., New Hamburg	Food Hamper Pick-Up: 9:00am-4:30pm Call (519) 622-2731 to schedule an appointment.						
Woolwich Community Services 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 the Food Bank of Waterloo Region website: <https://www.thefoodbank.ca/network/map/>

MAY 2024 – 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: Noon and 5:30pm Drop-In: 8:00am-4:00pm	Take-out: 5:30pm Drop-In: 8:00am-4:00pm	Take-out: 12:00pm and 5:30pm	Take-out: 5:30pm
Forward Church 55 Franklin Blvd., Cambridge					Meal 5:00-8:00pm		
Cambridge Vineyard 147 Elgin St. N., Cambridge	DROP-IN & Meal 6:00pm – 8:30pm Showers, laundry	DROP-IN & Meal 11:00am – 2:00pm Showers, laundry	DROP-IN & Meal 6:00pm – 8:30pm Showers, laundry	DROP-IN & Meal 6:00pm – 8:30pm Showers, laundry		DROP-IN & Meal 6:00pm – 8:30pm Showers, laundry	DROP-IN & Meal 11:00am-2:00pm Showers, Laundry
MACS, 150 Main St., Cambridge	DROP-IN: 1:00 – 4:00pm						
Trinity Community Table 12 Blair Rd., Cambridge	Coffee/Snack:9:30am Meal & Take Out: 11:00am - 12:15pm		Coffee/Snack:9:30am Meal & Take Out: 11:00am - 12:15pm		Coffee/Snack:9:30am Meal & Take Out: 11:00am - 12:15pm		
519 Community Collective 26 Ainslie St. S., Cambridge	Food hampers also available https://forms.gle/WdU7q1se55YPFWwV9			Take out 5:00pm 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

For support to stay housed or to access an emergency shelter, call:

- **Adults (18+):** 519-624-9133
- **Youth (16-25):** 519-749-1450
- **Families:** 519-749-2450 (Mon.-Fri.: 8:30am-4:30pm) or 519-744-0120 (after-hours)

Warming and Cooling Centres

Buildings in Waterloo Region that provide space for temporary relief from heat/cold/poor air quality during regular business hours.

www.regionofwaterloo.ca/coolingandwarmingcentres

Emergency Shelters (Gender is self-identified)

Service Provider	Address	Who is Served?
King Street Shelter	1668 King St. E., Kitchener	Individuals 25+
SHIP Emergency Shelter	104 Stirling Ave. S., Kitchener	Adult men 25+
House of Friendship	190 Weber St. N., Waterloo	Adult men 25+

Service Provider	Address	Who is Served?
Cambridge Emergency Shelter	26 Simcoe St., Cambridge	Individuals 25+
Erbs Road Outdoor Shelter	1001 Erb's Rd., Waterloo	Individuals 25+
YW Emergency Shelter	84 Frederick St. , Kitchener	Women & LGBTQ2S+ 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: (519) 577-2095 or (519) 503-8926

Street Outreach in Cambridge: (519) 778-2952 or (519) 778-4677

Street Outreach for Youth: (519) 505-6623 or (519) 496-8788

KW Urban Native Wigwam Project Housing Support: (226) 505-5760

Housing Resource Centre: (519) 749-2450

(35 Dickson St., Cambridge and 41 Weber St. W., Kitchener)

Ontario Works: (519) 883-2100

ODSP: (519) 623-1230