



Region of Waterloo
PUBLIC HEALTH AND
PARAMEDIC SERVICES

Needle Syringe Program

519-575-4400, TTY: 519-575-4608

Waterloo, 99 Regina St. S. 2nd Floor

Supplies available for pick up Tuesday, Wednesday and Thursday 8:30am – 4:30pm

Cambridge, 150 Main St., 1st Floor

Supplies available for pick up Monday to Friday 8:30am – 4:30pm

Kitchener, 20 Weber St.

Supplies available Monday, Tuesday, Wednesday, Friday 8:30am – 4:30pm

Safe Sharps Disposal

Bring your sharps container or loose sharps to any of the needle syringe program locations during operating hours.

There are 24-hour outdoor sharps disposal bins located at:

Waterloo

- Public Health Building (99 Regina St. S.)
- Laurel and Pepler St. (7 Pepler St.)
- University Ave (139 University Ave. E.)

Cambridge

- Public Health Building (150 Main St.)
- Simcoe House (159 Ainslie St.)

Kitchener

- A Better Tent City (49 Ardelt Ave.)
- Charles Street Terminal (15 Charles St. W.)
- Ray of Hope: Community Centre (42 Stirling Ln.)
- The Working Centre (87 Victoria St. N.)
- Public Health Building (20 Weber St. E.)

Visit our website for more information about sharps disposal:
Regionofwaterloo.ca/safesharpsdisposal



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Visit our website for more information about sharps disposal:
Regionofwaterloo.ca/safesharpsdisposal

You can also get a supplies at the following locations:

Kitchener

Thrive HIV Prevention & Support (ACCKWA) – 5-1770 King St. E. | 519-570-3687 | Mon–Fri, 9am–6pm (closed 12-1pm for lunch) | For deliveries call 519-221-1402

Sanguen Van – 519-591-4826 | Wed, 11:30am–3pm | Thurs, 1–8pm | Call/text for location or visit

Sanguen Drop-In – 130 Victoria S. | 548-889-2153 | Mon, Tues, Fri, 1pm – 8 pm | Sat-Sun 1pm-4pm | Enter through Bramm St.

The Working Centre – St. John’s Kitchen – 23 Water St. N. & 87 Victoria St. N. | 519-743-1151 | Mon–Fri, 9:30am–4pm

OATC Kitchener Park – 509 Park St. | 519-746-1919 | Open daily – hours vary. Call or check [website](#) for hours

OATC Kitchener East – 1145 King St. E. | 519-579-0589 | Open daily – hours vary. Call or check [website](#) for hours

oneROOF Youth Services – 35 Sheldon Ave. N. | 519-742-2788 ext. 207 | Available daily, 9am–9pm | Ages 12–25

SHIP Out of the Cold Shelter – 84 Frederick St. | Available daily, 7:30pm–9:30am | Women & gender-diverse adults

SHIP Edith Mac Shelter – 104 Stirling Ave. S. | 548-288-4206 | Available 24/7

Indwell Weber St. Apartments – 140 Weber St. E. | 519-489-6765 ext. 395 | Mon–Fri, 9am–7pm | Sat–Sun, 10am–6pm

Indwell St. Mark’s Place – 825 King St. W. | 519-584-0786 | Daily, 8am–9pm

YW KW Block Line Supp. Housing – 1470 Block Line Rd. | 226-753-3826 | Available 24/7 | Women

Cambridge

Thrive HIV (ACCKWA) Drop-In – 150 Main St. | 519-570-3687 | Mon–Fri, 1–4pm

Sanguen Van – 519-591-4826 | Tues 2:30–4:30pm | Call/text for location or visit

The Bridges – 26 Simcoe St. | 519-624-9305 | Available 24/7

Indwell Robert Kerr Manor – 143 Concession St. | 519-489-6765 ext. 402 | Mon–Fri, 9am–7pm | Sat–Sun, 10am–6pm

Waterloo

Supportive Housing Waterloo – 362 Erb St. W. | 519-886-8200 | Available 24/7

SHIP University Ave – 139 University Ave. E. | 905-795-8742 | Available 24/7

House of Friendship Shelter - 190 Weber St. N. | 519-742-8327 | Available 24/7

YW KW Lincoln Rd. Supp. Housing – 155 Lincoln Rd. | 226-753-3826 | Hours vary

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