

**The Salvation Army
-Cambridge**
12 Shade St Cambridge
519-623-2520
Mon-Fri 9am-12pm

**The Salvation Army
- Kitchener-Waterloo**
1-300 Gage Ave, Kitchener
519-745-4215
Assistance available Mon-Thu 9am-4pm, Fri
9am-12pm

**Wilmot Family Resource Centre
Food Bank**
1-175 Waterloo St, New Hamburg
519-662-2731
Tue, Thu 12noon-4pm

**Woolwich Community Services
Food Basket Program**
73 Arthur St S, Elmira
519-669-5139
Mon-Fri 9am-5pm

Clothing

Birthright
15 Scott St, Kitchener
519-579-3990 or crisis line 1-800-550-4900
For girls and women facing unplanned
pregnancies
Free clothing for mother and baby is
available Mon-Fri 11am-2pm

Children's Needs Distribution Centre
Highland Baptist Church,
135 Highland Rd W, Kitchener
519-745-9461
Clothing and baby equipment to families in
need. Goods may be picked up Tue 9am-
11am and by appointment

Goodwill Industries Retail Store
1348 Weber St E, Kitchener
519-894-0628
clothing, furniture, appliances, toys
Mon-Fri 9am-7pm; Sat 9:30am-6pm; Sun 12-
5pm

Thrift and Gifts
59 Church St W, Elmira
519-669-8475
Mon, Wed, Fri 9:30am-6pm; Sun 12-5pm

New Hamburg Thrift Centre
41 Heritage Dr, New Hamburg
519-662-2867
Mon-Thu 9am-5pm; Fri 9am-8pm; Sat 9am-
4pm

Waterloo Generations
50 Bridgeport Rd E, Waterloo
519-886-6226
Mon-Wed, Fri 9:30am-5pm, Thu 9:30am-8pm,
Sat 9am-4pm

**The Salvation Army
- Cambridge**
12 Shade St Cambridge
519-623-1221
Emergency relief for clothing

- Kitchener Highland Rd. Store
563 Highland Rd W, Kitchener
519-584-0818
Mon-Fri 9am-9pm; Sat 9am-6pm

- Kitchener-Waterloo - Share the Warmth
1-300 Gage Ave, Kitchener
519-745-4215
Adult and children's winter clothing.
Early Nov Mon-Fri 10am-3pm

Basic Needs Guide

How to find the basic necessities for living in Waterloo Region



519-579-3800



Produced by:
**Community Information Centre of
Waterloo Region**
151 Frederick St, Suite 300
Kitchener, ON N2H 2M2

From outside Waterloo Region, call:
1-877-579-3859

www.waterlooregion.org/basic

Ask us Anything!

Shelter / Support

Argus Residence for Young People

Cambridge
519-650-0452 residence for women
519-623-7991 residence for men
Emergency and transitional shelters for youth and young adults 16-24 years

Betty Thompson Youth Centre - Safe Haven

41 Weber St W, Kitchener
519-749-1450 ext 240
Emergency shelter for youth 12-15 years

Cambridge Shelter Corporation

The Bridges

26 Simcoe St, Cambridge
519-624-9305
Emergency shelter ~ provides meals and overnight accommodation for adults 16 years and older who are homeless

House of Friendship - Charles Street Men's Hostel

63 Charles St E, Kitchener
519-742-8327
Short term sleeping accommodation and meals for males 16 years and over who are homeless.

ROOF

242 Queen St S, Kitchener
519-742-2788
Provides support, counselling, outreach ~ assists street kids meet basic needs for shelter, hygiene, food and clothing

YWCA of KW - Mary's Place

84 Frederick St, Kitchener
519-744-0120

Immediate Financial Need

Waterloo Region Social Services Department

may provide financial assistance through the **Ontario Works** program. You must apply by phone and it will take few days to process, so don't wait until you have exhausted all your funds to inquire.
519-883-2100

Out of the Cold - Kitchener-Waterloo

Runs from November to March
Adults 18 years and over who are homeless
Drop in Supper 6pm; breakfast 7am; doors close at 11pm.

Mondays - Trinity United Church, 74 Frederick St, Kitchener, 519-742-3578 ~ St Andrews Presbyterian Church, 54 Queen St N, Kitchener, 519-578-4430

Tuesdays - Ray of Hope Community Centre, 659 King St. E, Kitchener, 519-745-0823 ext 15

Wednesdays - St Matthew's Lutheran Church, 54 Benton St, Kitchener, 519-742-0462 ~ St Anne's Roman Catholic Church, 268 East St, Kitchener, 519-745-5302

Thursdays - St John's Evangelical Lutheran, 22 Willow St., Waterloo, 519-886-3664

Fridays - First United Church, 16 William St, Waterloo, 519-745-8487

Saturdays - Bethany Evangelical Missionary Church, 160 Lancaster St E, Kitchener, 519-745-0151

Sundays - St Louis Roman Catholic Church, 53 Allen St E, Waterloo, 519-743-4101

Free Meals

St John's Kitchen

97 Victoria St N, 2nd flr, Kitchener
519-745-8928
Mon-Fri: 9am-1pm:continental breakfast, noon meal served 11:30am-1pm (Closed statutory holidays)
Children up to 16 years must be accompanied by parent

Trinity Community Table

Trinity Anglican Church, 12 Blair Rd, Cambridge
519-621-8860
Hot noon meal Mon, Wed, Fri 9:30am-12:30pm

Community Showers

ROOF

242 Queen St S, Kitchener
519-742-2788
Office Mon-Fri 9am-5pm ~ night drop-in Mon-Fri 7-10pm ~ essential services Tue-Fri 1-5pm, Sat-Sun 2-5pm

Working Centre

St. John's Kitchen

97 Victoria St N, 2nd Flr, Kitchener
519-745-8928
Mon-Fri 9am-1pm

Lost Identification

ServiceOntario / Government Information Centre

30 Duke St W, 2nd flr, Kitchener
ask for their Lost Identification Package.
phone: 1-800-267-8097

The Working Centre, St John's Kitchen

97 Victoria St N, 2nd Flr, Kitchener
phone: 745-8928, 743-1151 (admin)

Kitchener Downtown Community Health Centre

Tannery Building, 44 Francis St S, Kitchener
phone: 745-4404

Food Hampers

Cambridge Self Help Food Bank

54 Ainslie St S, Cambridge
519-622-6550
Mon, Tue 12-4:30pm; Wed, Fri 9am-4:30pm;
Thu 9am-6:30pm

House of Friendship Emergency Food Hamper Program

807 Guelph St, Kitchener
519-742-0662
Mon-Fri 11am-4:15pm except 1st wed of month