

Seasonal and Other

During the Christmas season call us at **519-579-3800** for the times and locations of dinners, and how to get a Christmas hamper.

House of Friendship of Kitchener Appliance Repair Project

phone: 519-742-8327

For individuals and families with low income

The Salvation Army of Kitchener-Waterloo Share the Warmth

1-300 Gage Ave, Kitchener

phone: 519-745-4215

Distributes donated adult and children's winter clothing to families with low incomes.

Child Care Services

Social Services Department Child Care Subsidy Program

99 Regina St S, 5th Flr, Waterloo

phone: 519-883-2200

For families of children birth-10 years

kidsLINK

Child Care Connection

1770 King St E, Ste 5, Kitchener

Phone: 519-741-1811

Provides advice, information, and referral to child care services

Subsidized Housing

Waterloo Region Housing Community Housing Access Centre

235 King St E, 6th Flr, Kitchener

phone: 519-575-4833

Health

Poison Information

1-800-268-9017

Region of Waterloo Public Health

99 Regina St S, Waterloo

Phone: 519-883-2000

Offers immunization clinics and dental health clinics, call for more information

Recreation and Leisure

Call to find out about **fee assistance**, and programs that are available.

Cambridge Community Services Department

50 Dickson St, Cambridge

phone: 519-740-4681

Kitchener Community Services Department

200 King St W, 7th Flr, Kitchener

phone: 519-741-2382

North Dumfries Recreation Services

Ayr Community Centre, 7 Church St, Ayr

phone: 519-632-7442

Waterloo Department of Recreation and Leisure Services

100 Regina St S, Waterloo

phone: 519-747-8733

Wellesley Recreation Department

4639 Lobsinger Line, RR 1, St Clements

phone: 519-699-9369

Wilmot Facilities and Recreation Department

60 Snyder's Rd W, Baden

phone: 519-634-8444

Woolwich Recreation and Facilities Services

24 Church St W, Elmira

phone: 519-669-1647

Lost Identification

ServiceOntario at Kitchener City Hall,

200 King St W

ask for their Lost Identification Package.

Phone: 519-576-6517

St. John's Kitchen

97 Victoria St N, 2nd Flr, Kitchener

Phone: 519-745-8928

Free Internet Access Sites in Waterloo Region

All **Public Libraries** in Waterloo Region and **City of Kitchener Community Centres and Senior's Centres** have free internet access available. For a more complete listing, call:

Community Information Centre of Waterloo Region

151 Frederick St, Kitchener

phone: 519-579-3800

Ask us Anything!

January 2010

Family Needs Resources



Produced by:
**Social Planning Council of
Kitchener-Waterloo/
Community Information Centre of
Waterloo Region**

151 Frederick St, Suite 300
Kitchener, ON N2H 2M2

519-579-3800

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

www.waterlooregion.org

Financial Assistance

Waterloo Region Social Services Department Ontario Works/Emergency Assistance

mail: Box 1660, Waterloo N2J 4V6
phone: to apply 519-883-2100

Lutherwood The Housing Action Centre Rent Bank

165 King St E, Kitchener
phone: 519-743-2460
Provides housing search education and assistance as well as a housing registry.
Rent Bank issues interest free loans to prevent eviction.

Multi-Service Programs

Wilmot Family Resource Centre

175 Waterloo St, Unit 1, New Hamburg
phone: 519-662-2731

Woolwich Community Services

73 Arthur St S, Elmira
phone: 519-669-5139 ~ 1-800-661-7918

Waterloo Region Social Services Department Community Outreach Program Cambridge, Kitchener, Waterloo

phone: 519-883-2290
Families with low income with children up to 18 years;
offers food hampers, support to find the resources you need

Rural Communities:

Community Support Services of Ayr and North Dumfries,

phone: 519-632-9737

Wellesley Township

phone: 519-656 2187

Wilmot Family Resource Centre,

phone: 519-662-2731

Woolwich Township

phone: 519-664-3010 or 1-866-894-0783

For a more information, call us at **519-579-3800**

Emergency Shelter

Mary's Place – YWCA

84 Frederick St, Kitchener
phone: 519-744-0120
For single women and families

The Bridges

26 Simcoe St, Cambridge
Phone: 519-624-9305
Three family apartments available

Shelter for Pregnant Women

Marillac Place

109 Young St, Kitchener
phone: 519-571-0722
Pre and post natal women 16-25 years whose child/
children are under 2 years

Monica-Ainslie Place

150 Ainslie St N, Cambridge
phone: 519-624-0481
Single adolescent mothers with preschool children

Saint Monica House

231 Herbert St, Waterloo
phone: 519-743-0291
Single adolescent women who are pregnant

Emergency Food

For more information about emergency food programs,
call **519-579-3800**

Cambridge Self-Help Food Bank Emergency Food Assistance Program

54 Ainslie St S, Cambridge
phone: 519-622-6550

House of Friendship of Kitchener Emergency Food Hamper Program

807 Guelph St, Kitchener
phone: 519-742-0662

The Salvation Army Community and Family Services

1-300 Gage Ave, Kitchener
Phone: 519-745-4215

Wilmot Family Resource Centre Food Bank

175 Waterloo St, Unit 1, New Hamburg
Phone: 519-662-2731

Woolwich Community Services Food Basket Program

73 Arthur St S, Elmira
Phone: 519-669-5139

Community Meal Programs

St John's Kitchen

97 Victoria St N, 2nd floor, Kitchener
phone: 519-745-8928
Hours: Mon-Fri 9am-1pm ~ noon meal served 11:30am-
1pm

Trinity Community Table

Trinity Anglican Church, 12 Blair Rd, Cambridge
phone: 519-621-8860
Drop in hours: Mon, Wed, Fri 9:30am-12:30pm

School Breakfast Programs

Nutrition for Learning

St. Joseph's School, 160 Courtland Ave E, Kitchener
phone: 519-579-5745

Clothing and Thrift Stores

Goodwill Industries Retail Store

1348 Weber St E, Kitchener
Phone: 519-894-0628

The Society of St Vincent De Paul

328 King St W, Kitchener
phone: 519-742-8622

Valu-Centre

742 King St E, Cambridge
phone: 519-653-4162

Woolwich Information Thrift Shop

48 Arthur St S, Elmira
phone: 519-669-1129

MCC Thrift Stores

41 Heritage Dr, New Hamburg: 519-662-2867
50 Bridgeport Rd E, Waterloo: 519-886-6226
335 Lancaster St. W, Kitchener: 519-743-5021
59 Church St, Elmira: 519-669-8475

The Salvation Army Thrift Stores

563 Highland Rd W, Kitchener: 519-584-0818

Worth a Second Look Furniture and Housewares

97 Victoria St N, Kitchener
Phone: 519-569-7566