

[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
Emergency shelter, 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 age 12-25 meet basic needs for shelter, hygiene, food and clothing

Young Women's Christian Association of Kitchener-Waterloo, Women's Services, Mary's Place

84 Frederick St, Kitchener
phone: 519-744-0120 ~ crisis: 519-744-0120
Temporary shelter for single women and families

[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

Rent Bank Lutherwood, Lutherwood Housing Services

41 Weber St W, Kitchener ~ phone: 519-749-8305
Ext 7368

Waterloo Region. Social Services Department, Social Planning, Policy and Program Administration, Waterloo Region Energy Assistance Program

99 Regina St S, 5th Flr, Waterloo
Phone: 519-883-2100 ext. 1, 519-575-4757 (admin)

[Free Meals](#)

The Working Centre St John's Community Kitchen

97 Victoria St N, 2nd floor, Kitchener
519-745-8928
Mon-Fri: 8am-2pm: 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 11:30am

Cambridge Vineyard

147 Elgin St N, Cambridge ~ phone: 519-740-8463

Community Ministry Kitchener-Waterloo

St Mark's Lutheran Church, 825 King St W, Kitchener ~ phone: 519-743-6309

The Salvation Army, Hespeler Community Church

18 Tannery St E, Cambridge ~ phone: 519-658-9850

Reaching Our Outdoor Friends

242 Queen St S, Kitchener ~ phone: 519-742-2788

Ray of Hope, Community Support Services, Ray of Hope Community Centre

659 King St E, Kitchener ~ phone: 519-578-8018 ext. 217

[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 ~ outreach Mon-Fri: 11am-2pm

Working Centre St. John's Kitchen

97 Victoria St N, 2nd floor, Kitchener ~ 519-745-8928
Mon-Fri 8am-2pm

Ray of Hope, Community Support Services, Ray of Hope Community Centre

659 King St E, Kitchener ~ phone: 519-578-8018 ext. 217

Cambridge Vineyard

147 Elgin St N, Cambridge ~ phone: 519-740-8463

[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, 519-578-8018

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, 519-886-1880

Fridays - First United Church, 16 William St W, 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

[Lost Identification](#)

ServiceOntario Kitchener Office

30 Duke St W, 2nd floor, Kitchener
Toll-free Phone: 1-888-376-5197
Ask for their Lost Identification Package

St John's Community Kitchen

97 Victoria St N, 2nd floor, Kitchener
519-745-8928 ~ 519-743-1151 (admin)

Kitchener Downtown Community Health Centre

Tannery Building, 44 Francis St S, Kitchener
Phone: 519-745-4404

[Food Hampers](#)

Cambridge Self Help Food Bank

54 Ainslie St S, Cambridge
Phone: 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
Phone: 519-742-0662
Mon-Fri 11am-4:15pm except 1st Wed of month

The Salvation Army

12 Shade St Cambridge
Phone: 519-623-2520
Mon-Fri 9am-12pm

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

Assistance available Mon-Thu 9:30am-12,1pm-4pm

Wilmot Family Resource Centre Food Bank

175 Waterloo St, Unit 1, New Hamburg
Phone: 519-662-2731
Tue, Thu 12noon-4pm

Woolwich Community Services Food Basket Program

73 Arthur St S, Elmira
Phone: 519-669-5139
Mon-Fri 9am-5pm

Cambridge Vineyard

147 Elgin St N, Cambridge
Phone: 519-740-8463

Cambridge Shelter Corporation, The Bridges

26 Simcoe St, Cambridge
Phone: 519-624-9305

Historic St Paul's Lutheran Church, Community Cupboard

137 Queen St S, Kitchener
Phone: 519-745-4891

House of Friendship of Kitchener, Family Services, Kingsdale Community Program

Kingsdale Community Centre, 72 Wilson Ave, Kitchener
Phone: 519-748-6463

Kitchener Church of God, Tri-City Multicultural Centre for Development

533 Weber St E, Kitchener
Phone: 519-745-8561

Ray of Hope, Community Support Services, Ray of Hope Community Centre

659 King St E, Kitchener
Phone: 519-578-8018 ext. 217

ROOF

242 Queen St S, Kitchener
Phone: 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 ~ outreach Mon-Fri: 11am-2pm

St Vincent De Paul, Sites:

Blessed Sacrament Church

305 Laurentian Dr., Kitchener ~ phone: 519-742-5061
To apply: must call first to receive food hamper
Hours: Hampers distributed Tuesday and Thursday

Our Lady of Lourdes Church

173 Lourdes St, Waterloo ~ phone: 519-886-0342
Hours: Hampers distributed Wednesday evenings

Sacred Heart Church

66 Shanley St, Kitchener ~ phone: 519-744-7015
To apply: clients must show social assistance card and with a current address ~ 1 week waiting list

St Agnes Church

75 Bluevale St N, Waterloo ~ phone: 519-885-4480
To apply: 1-2 days after contact

St Anne's Church

268 East Ave, Kitchener ~ phone: 519-745-5302

St Anthony Daniel Church

29 Midland Dr., Kitchener ~ phone: 519-893-6960
Hours: Hampers distributed Mondays and Thursdays 6:30-7:00pm

Francis of Assisi Church

49 Blueridge Ave, Kitchener ~ phone: 226-750-2627
Hours: Hampers pick-up Thursdays 4-7pm

St Johns Church

85 Strange St, Kitchener ~ phone: 519-570-1111
Hours: Hampers distributed Monday – Thursday evenings

St Joseph's Church

148 Madison Ave S, Kitchener ~ phone: 519-741-9944
Hours: Hampers distributed Wednesday evenings

St Mark's Church

55 Driftwood Dr., Kitchener ~ phone: 519-571-9200, 519-571-8485
To apply: 519-571-8485 ~ documents needed: driver's license or bill with name and address
Hours: Hampers distributed Monday and Thursdays 6:30 7:00pm

St Mary's Church

56 Duke St W, Kitchener ~ phone: 519-576-3860
Hours: Hamper distribution 11am

St Michael's Church

240 Hemlock St, Waterloo ~ phone: 519-747-1090

St Teresa's Church

44 Leonard St, Kitchener ~ phone: 519-749-1501
Hours: Hampers distributed Mon, Wed, and Fridays

Clothing and Thrift Stores

Goodwill Industries Retail Store

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

Valu-Centre

75 Dundas St N, Unit 6B, Cambridge ~ Phone: 519-629-0103

Woolwich Community Services Thrift Shop

48 Arthur St S, Elmira ~ Phone: 519-669-1129

The Salvation Army Thrift Stores

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

Worth a Second Look Furniture and Housewares

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

Saint Andrew's Presbyterian Church, Thrift Shop

Iona Hall, 54 Queen St N, Kitchener ~ phone: 519-578-4430

Talize

1144 Courtland Ave E, Kitchener ~ phone: 519-744-4300

Value Village

480 Hespeler Rd, Cambridge ~ 519-624-1812
120 Ottawa St N, Kitchener ~ 519-576-4403
50 Gateway Park Dr., Kitchener ~ 519-653-3900

Bibles for Missions, Thrift Store

27 Scott St, Kitchener ~ phone: 519-578-3860

Out of the Past

10 King St E, Kitchener ~ phone: 519-742-5078

Quality Discounts

26 Arthur St S, Elmira ~ phone: 519-669-4032

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 W, Elmira: 519-669-8475

Clothing exchanges

Cambridge Family Early Years Centre

149 Ainslie St N, Cambridge
Phone: 519-740-8353

Highland-Stirling Community Group

Mill-Courtland Community Centre, 216 Mill St, Kitchener
Phone: 519-745-9408

Mill-Courtland Neighbourhood Association

Mill-Courtland Community Centre, 216 Mill St, Kitchener
Phone: 519-741-2491

House of Friendship of Kitchener, Family Services, Chandler Mowat Community Program

Chandler Mowat Community Centre, 222 Chandler Dr., Kitchener
Phone: 519-570-3610

House of Friendship of Kitchener, Family Services, Kingsdale Community Program

Kingsdale Community Centre, 72 Wilson Ave, Kitchener
Phone: 519-748-6463

Maternity/ Baby Clothes

KW Pregnancy Resource Centre

38 Francis St S, Kitchener
Phone: 519-886-4001
Toll-free crisis: 1-800-665-0570

House of Friendship of Kitchener, Community Services, Emergency Food Hamper Program

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

Cambridge Self-Help Food Bank

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

Cambridge Pregnancy Resource Centre

119 Water St N, Cambridge
Phone: 519-620-0204

July 2013

Basic Needs Guide

How to find the basic necessities for living in Waterloo Region



- Shelter/Support
- Immediate Financial Need
- Out of The Cold locations
- Free meals
- Community showers
- Lost identification
- Food Hampers
- Clothing and thrift stores
- Clothing exchanges
- Maternity/ baby clothes

For more information, call, visit or email:



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

Phone/TTY: 519-579-3800
Toll Free: 1-877-579-3859
Email: info@waterlooregion.org
www.waterlooregion.org