

[Emergency Shelters](#)

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 aged 16-24 years ~ Open 24/7

Betty Thompson Youth Centre -Safe Haven

41 Weber St W, Kitchener

519-749-1450

Emergency shelter for youth 12-18 years ~Open 24/7- Ring bell if door is locked

Cambridge Shelter Corporation, The Bridges

26 Simcoe St, Cambridge ~ 519-624-9305

Emergency shelter ~ provides meals and overnight accommodation for adults 16 years + and families 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.

Lutherwood, Families in Transition

For families experiencing homelessness

Mon-Fri 8:30am-4:30pm-phone/walk-in:

- 41 Weber St W, Kitchener ~519-749-2450
- 35 Dickson St, Cambridge~519-623-9380

oneROOF

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

Homeless shelter for Youth aged 12-25 years

YWCA Kitchener-Waterloo, YWCA Emergency Shelter Services

84 Frederick St, Kitchener ~ 519-744-0120

Temporary emergency shelter for females, transgendered individuals and families with children (male or female-led)

Women's Crisis Services of Waterloo Region

Haven House: 562 Concession Rd, Cambridge ~ 519-741-9184

Anselma House: 700 Heritage Dr, Kitchener ~ 519-741-9184 ~ Crisis ~ 519-742-5894

Emergency shelter for women experiencing abuse in intimate or familial relationship

[Immediate Financial Need](#)

Waterloo Region Community Services

Department may provide financial assistance through the **Ontario Works** program. Application is by phone or online application and it will take few days to process, so don't wait until you have exhausted all your funds to inquire.
Phone: 519-883-2100

Rent Bank

Lutherwood, Lutherwood Housing Services

41 Weber St W, Kitchener ~ 519-749-2450

35 Dickson St, Cambridge ~ 519-623-9383

Region of Waterloo, Community Services

Department, Housing Services, Waterloo Region Energy Assistance Program

99 Regina St S, 5th Flr, Waterloo

Phone: 519-883-2100 ext. 1 or 519-575-4757

(admin)

Waterloo Region Public Health and Emergency Services, Dental Health Program

150 Main St, 1st Floor, Cambridge

Phone: 519-575-4400 Ext 3088

Individuals without dental insurance and in financial need

[Drop in Programs / Free Meals](#)

[Kitchener](#)

Community Ministry Kitchener-Waterloo

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

Dinner: Wednesdays, 5:45-6:45pm

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

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

Drop in Hours: Monday-Friday 3:00 – 9:00pm

Meals: Monday to Friday, 7:00-8:30pm, Saturday 12:00pm-2:30pm, Sunday 4:30-6:00pm

OneROOF

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

Drop in: Mon-Fri 7-10pm

Essential services Tue-Fri 1-5pm, Sat-Sun 12:30-5pm~ outreach Mon-Fri: 9am-4pm

The Working Centre

St John's Community Kitchen

97 Victoria St N, 2nd floor, Kitchener ~519-745-8928

Drop in/meals: Mon-Fri: 8am-3pm: continental breakfast, noon meal served 11:30am-1pm (Closed statutory holidays) Children up to 16 years must be accompanied by parent

[Cambridge](#)

Cambridge Vineyard

147 Elgin St N, Cambridge ~ 519-716-0653

Drop in Hours: Tuesdays 9am-1pm, Sundays

11:30am-1pm

Hot lunch: Tuesdays and Sundays, 12:00-12:30pm

Cambridge Shelter Corporation

The Bridges

26 Simcoe St, Cambridge ~ 519-624-9305

Dinner: Monday to Sunday, 5:30pm-7:00pm, Cost

\$1 for individuals not staying at the shelter

Cambridge Shelter Corporation, Welcome Aboard Drop in Centre

26 Simcoe St, Cambridge ~519-624-9305

Drop in Hours: Monday-Friday, 7am-8pm

Breakfast: Thursdays, 8:30am

The Salvation Army, Hespeler Community Church

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

Lunch: Thursdays, 12:00-1:00pm

Trinity Community Table

Trinity Anglican Church, 12 Blair Rd, Cambridge ~

519-621-8860

Hot Lunch: Mon, Wed, Fri 11:30am

[Community Showers/Laundry Services](#)

oneROOF

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

Homeless youth age 12-25 ~ Essential services

hours: Mon-Sun 9am-10pm

Working Centre, St. John's Kitchen

97 Victoria St N, 2nd floor, Kitchener ~ 519-745-

8928 ~ Drop In Hours: Mon-Fri 8am-3pm

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

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

Drop in Hours: Monday-Friday 3:00 – 9:00pm

Cambridge Vineyard

147 Elgin St N, Cambridge ~ 519-716-0653

Drop in Hours: Tuesdays 9am-3pm, Sundays

11:30am-1:00pm

[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

Kitchener Downtown Community Health Centre, ID Clinic Program

Tannery Building, 44 Francis St S, Kitchener

~519-745-4404

Clinics available for clients of YWCA Emergency Shelter Services (84 Frederick St, Kitchener) and Charles Street Men's Hostel (63 Charles St E, Kitchener) or by appointment at the KDCHC

Kitchener Downtown Community Health Centre, ID Clinic Program, Working Centre, St John's Kitchen – Drop in ID Clinic

97 Victoria St N, 2nd floor, Kitchener~519-745-8928

Tuesdays, 10am-1pm

Cambridge Shelter Corporation, Welcome Aboard Drop-In Centre

26 Simcoe St, Cambridge ~ 519-624-9305

Identification Clinic: Nov-Apr: Mon-Sun 7am-8pm ~

May-Oct: Mon-Fri 7am-8pm; Sat-Sun 7-11:30am,

5:30-8:30pm

[Food Hampers](#)

Cambridge Self Help Food Bank

54 Ainslie St S, Cambridge ~ 519-622-6550

Hours: 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~ Call in Advance: 519-742-0662 ~Mon-Fri 11am-4:15pm except 1st Wed of month

The Salvation Army

12 Shade St Cambridge ~ 519-623-2520

Hours: Mon-Thu 9:30am-12pm, 1-3pm; Fri 9:30am-12pm

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

Hours: Mon, Wed-Fri 9am-2pm

300 Gage Ave, Unit 1, Kitchener ~ 519-745-4215

Hours: emergency assistance available by appointment Mon-Thu 10am-12pm, 1-4pm

Wilmot Family Resource Centre

Food Bank

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

Hours: Mon 12:30-4pm, Tue, Thu 11am-4pm

Woolwich Community Services

Food Basket Program

73 Arthur St S, Elmira ~ 519-669-5139

Hours: Mon-Fri 9am-5pm

Basic Needs Guide

How to find the basic necessities for living in Waterloo Region



- Shelter/Support
- Immediate Financial Need
- Free meals
- Community showers
- Lost identification
- Food Hampers
- Clothing and thrift stores
- Clothing exchanges

For more information, call, visit or email:

Phone/TTY: 519-579-3800

From outside Waterloo Region: 1-877-579-3859
74 Frederick St Kitchener, N2H 2L7

Email: info@waterlooregion.org

Website: www.waterlooregion.org



Social Development Centre
— WATERLOO REGION —

Cambridge Vineyard

147 Elgin St N, Cambridge ~ 519-716-0653
Hours: Mon-Fri: 7:30pm – 5:30pm

Glencairn Mennonite Brethren Church, Bridges Centre

725 Erinbrook Dr, Kitchener ~ 519-579-8742 ext. 105
Hours: 2nd and 4th Sat of month, 9-11am

Historic St Paul's Lutheran Church, Community Cupboard

137 Queen St S, Kitchener ~ 519-745-4891
Hours: Mon 10am-2pm Nov-Apr

House of Friendship of Kitchener, Family Services, Kingsdale Community Program
Kingsdale Community Centre, 72 Wilson Ave, Kitchener ~ 519-748-6463

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

533 Weber St E, Kitchener ~ 519-745-8561
Hours: Mon- Fri 10am-4pm

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

659 King St E, Kitchener ~ 519-578-8018 ext. 217
Hours: Tues-Wed 9am-3pm, Thu 3-9:30pm

oneROOF

242 Queen St S, Kitchener ~ 519-742-2788
Youth 12-25 ~ food hampers Wed 1-5pm

St Vincent De Paul, Sites:

Blessed Sacrament Church

305 Laurentian Dr., Kitchener ~ Call in Advance: 519-742-5061 ~Hampers distributed Tuesday and Thursday

Our Lady of Lourdes Church

173 Lourdes St, Waterloo ~ Call in Advance: 519-886-0342 ~Hampers distributed Wednesday evenings (7pm)

Sacred Heart Church

66 Shanley St, Kitchener ~ Call in Advance: 519-742-5831 ~Clients must show social assistance card with a current address ~ 1 week waiting list

St Agnes Church

75 Bluevale St N, Waterloo ~ Call in Advance: 519-504-8399 ~Waiting List: 2-4 days after contact

St Anne's Church

268 East Ave, Kitchener ~ Call in Advance: 519-745-5302 ~ Hampers available Monday- Friday
Hampers delivered afternoons/evenings

St Anthony Daniel Church

29 Midland Dr., Kitchener ~ Call in Advance: 519-893-6960 ~Hampers distributed Mondays & Thurs 6:30-7pm

St Francis of Assisi Church

49 Blueridge Ave, Kitchener ~ Call in Advance: 226-750-2627 ~Hampers distributed Thurs 4:30-6pm, except last Thurs of month

St John's Church

85 Strange St, Kitchener ~ Call in Advance: 519-570-1111 ~Hampers distributed Monday – Thursday afternoons

St Joseph's Church

148 Madison Ave S, Kitchener ~ Call in Advance: 519-741-9944 and leave a message by Tuesday evening. Hampers available for pickup Wed 6pm

St Louis Roman Catholic Church

56 Allen St E, Waterloo ~ 519-743-4101
Food hampers available Mon-Thu afternoons

St Mark's Church

55 Driftwood Dr., Kitchener ~ Call in Advance: 519-571-8485 ~Documents needed: driver's license or bill with name and address. Hampers distributed Monday and Thursdays 6:30- 7:30pm ~ July/August Thursdays 6:30-7:30

St Mary's Church

56 Duke St W, Kitchener ~ Call in advance: 519-576-9338 between 8:45-10am on Tues, Wed, Fri
Hampers distributed at 11am

St Michael's Church

240 Hemlock St, Waterloo ~ Call in advance: 519-747-1090 ~Hampers distributed Mon Wed Fri

St Teresa's Church

44 Leonard St, Kitchener ~ Call in advance: 519-743-4525 ~Hampers distributed Mon, Wed, Fri

[Clothing and Thrift Stores](#)

Uptown Thrift

742 King St E, Cambridge ~519-650-0452

Bibles for Missions, Thrift Store

27 Scott St, Kitchener ~ 519-578-3860

Goodwill Industries Retail Store

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

The Green Door

37 Market Lane, Kitchener ~ 519-804-2466

MCC Thrift Stores

41 Heritage Dr., New Hamburg: 519-662-2867
50 Kent Avenue, Kitchener: 519-886-6226
59 Church St W, Elmira: 519-669-8475

Out of the Past

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

Quality Discounts

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

Saint Andrew's Presbyterian Church, Thrift Shop Iona Hall, 54 Queen St N, Kitchener ~ 519-578-4430

The Salvation Army Thrift Stores

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

Talize

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

Valu-Centre

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

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

Woolwich Community Services Thrift Shop

5 Memorial Ave, Elmira ~ 519-669-1129

Worth a Second Look Furniture and Housewares

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

Link to:



Community Services



Settlement Services