

## Seasonal and Other

During the Christmas season call us at **CIC 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**

300 Gage Ave, Unit 1, 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 floor, Waterloo

Phone: 519-883-2200

For families of children birth-10 years

### **kidsLINK**

#### **Child Care Connection**

1770 King St E, Suite 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 floor, Kitchener

Phone: 519-575-4608 ~ 519-575-4833

(applications)

## Health

### **Ontario Poison Centre**

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 floor, Kitchener

Phone: 519-741-2382

### **North Dumfries Recreation Services**

Ayr Community Centre, 7 Church St, Ayr

phone: 519-632-7442

### **Waterloo Community, Culture, and Recreation 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 / Government Information Centre,**

30 Duke St W, 2nd floor, Kitchener

Ask for their Lost Identification Package

Phone: 1-888-376-5197

### **St. John's Kitchen**

97 Victoria St N, 2nd floor, Kitchener

Phone: 519-745-8928

### **Kitchener Downtown Community Health Centre**

Tannery Building, 44 Francis St S, Kitchener

Phone: 519-745-4404

Serves the Kitchener downtown area only

# Family Needs Resources



Produced by:



### **Community Information Centre of Waterloo Region**

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

**Phone/TTY: 519-579-3800**

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

[www.waterlooregion.org](http://www.waterlooregion.org)

## Financial Assistance

### **Waterloo Region Social Services Department Ontario Works/Emergency Assistance**

99 Regina St S, 4th floor, Waterloo  
Phone: to apply 519-883-2100

### **Lutherwood The Housing Action Centre Rent Bank**

41 Weber St W, 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: 519-656-9028 ext 227

#### **Wilmot Family Resource Centre**

Phone: 519-662-2731

#### **Woolwich Township**

Phone: 519-699-7638 ~ 1-866-894-0783

## Emergency Shelter

### **Mary's Place – YWCA**

84 Frederick St, Kitchener  
Phone: 519-744-0120

For single women and families

### **Cambridge Shelter Corporation The Bridges**

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

Provides meals and overnight accommodation

## 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

### **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**

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

### **The Salvation Army Community and Family Services**

12 Shade St, Cambridge  
Phone: 519-623-1221

### **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 Community Kitchen**

97 Victoria St N, 2<sup>nd</sup> floor, Kitchener  
Phone: 519-745-8928 ~ 519-743-1151 (admin)  
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**

495 Waydom Dr, Unit 2, Ayr  
Phone: 519-579-5745

## 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

### **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

### **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