

St. Vincent de Paul Society, Loretta Hospitality Centre
613-544-9967 (kitchen)
85A Stephen St, Kingston
Sep - Jun: Mon - Fri 9am - 1pm
✓ Free hot meal served 11:30am-12:30pm

Seventh Day Adventist Church

613-548-7765
66 Wright Cres, Basement, Kingston
Sep - Dec, Feb - Jun: Tue 4 - 5pm
(doors open at 3:30pm)
✓ Free hot vegetarian meal

FOOD/GROCERIES

Chalmers United Church

613-546-3263
212 Barrie St
Tue 9:30 - 11:30am
✓ Food Vouchers
✓ Martha's Table tickets

Central Southern Frontenac Community Services Corporation

613-376-6477 or 1-800-763-9610
Rural VISIONS Centre, 4419 George St, Sydenham
Mon - Fri 8:30am - 4:30pm
✓ Offers monthly access to a box of non-perishable food and milk vouchers

Good Food Box

Amherstview: 613-389-4546
108 Amherst Dr Mon - Fri 10am – 3pm; Thu 6 – 8 pm

Sydenham: 613-376-6477

Kingston: 613-520-2239

Sharbot Lake: 613-279-2244

Napanee/Northbrook: 613-354-7633

Various locations, fresh produce at wholesale prices
✓ Place order second Thurs and pay at the beginning of the month
✓ Pick-up 3rd Thu Sep - Jun

North Frontenac Food Bank - Sharbot Lake

613-279-3151
1020 Elizabeth St
Mon - Fri 8:30am - 12noon, 1 - 4:30pm
✓ Referral needed Pick-up: Tue & Fri

Partners in Mission Food Bank

613-544-4534
140 Hickson Ave, Kingston
Mon - Fri 8:30am - 12noon, 1pm - 4:30pm
✓ Call before 2pm to order
✓ Appointment needed for new clients
✓ Pick-up: Mon-Fri 2 - 4pm

Partners in Mission Food Bank

612-389-0275
St. Joseph Regional House

16 Manitou Cres. E, Amherstview
Mon - Fri 9am - 12noon, 1pm - 3:30pm
✓ Appointment needed
✓ Pick-up: Mon, Wed, Fri 2pm - 3pm
✓ Serves areas west of Collins Bay Rd to Napanee town limit

St. Vincent de Paul Society

613-546-3333
85A Stephen St, Kingston
Sep - Jun Mon - Fri 9am - 1pm
Jul - Aug (emergency groceries only); Tue 9am - 1pm

Food pantry

Mon - Fri 9am - 12:30pm

Salvation Army – Rideau Heights

613-541-3947
183 Weller Ave, Kingston
Tues – Fri. 11:30am - 3:30pm
✓ ID, income and expense statements needed
✓ Emergency Food Bank
✓ by appointment only

Salvation Army

613-548-4411
342 Patrick St
Mon - Fri 9am - 12noon & 1 - 4pm
✓ Appointments needed
✓ ID, income and expense statements needed
✓ Christmas baskets
✓ Rental and Utility, rental deposit
✓ After school program grades 1 – 8

CLOTHING PROGRAMS

Birthright

613-546-5433
93 Queen St, Suite 2, Kingston
Mon - Fri 10am - 3pm (phone ahead)
✓ Maternity and baby clothes for pregnant or breastfeeding *moms*

Clothes for Kids

613-544-2340
170 Queen St, Kingston, K7K 1B2
Nov 3 - Dec 8
✓ Free winter clothing for children
✓ Referrals available from Kingston-area social agencies after Nov. 1

Community Caring Centre - Hartington

5595 Hwy 38, Hartington
Tue 9am -12noon, 1 - 4pm
✓ Provides recycled clothes for a small fee
✓ Small household items

(Community) Neighbourhood Sharing Centre - Kingston

613-389-4367
670 Front Rd (next to Centre 70), Kingston

Sep - Jun: Mon - Fri 10am - 3:30pm
July: Mon, Wed & Fri 10am - 2pm; Aug: closed
✓ Low-cost used clothing

Community Sharing Centre - Loyalist

613-389-4546
108 Amherst Dr (beside the Fire Hall), Amherstview
Mon - Fri 10am - 3pm; Thu 6 - 8pm
✓ Low-cost clothing, toys and house wares

Community Sharing Centre - Odessa

613-386-7125
Emmanuel United Church, 63 Factory S., Odessa
Tue & Wed 10am - 3pm, Thu 6 - 8pm
✓ Low-cost clothing, toys & small household items

Rustle Church Sharing Centre

613-767-1397
65 Russell St.
Mon, Wed & Fri 11am – 3pm

Free Clothing Drop-In

613-549-1348
QECVI, 145 Kirkpatrick St, Kingston (basemt at rear)
Sep - Jun: Tue - Thu 10am - 2pm
✓ Used clothing, house wares, some furniture
✓ \$1/family/visit
✓ No fees for emergency service

Hotel Dieu Hospital, Winter Clothing

613-544-3400 x2231
Sydenham St (Lower Entrance), Kingston
Nov 1 - Feb 15: Mon - Fri 1 - 3pm
✓ Free winter outerwear for kids and adults

Kingston Alliance Church, Storehouse of Hope

613-546-2143
540 Palace Rd, Kingston
Sep - Jun: Mon 12noon - 2pm
✓ Free used clothing
✓ Soup & snacks

Kingston Pregnancy Care Centre

Crisis Line 613-545-0425
Toll free 1-800-917-5272
120 Clarence St., Suite 231 (upstairs in Post Office Bldg)
Mon - Thu 11am - 3pm; Wed 5 - 9pm
✓ Maternity & baby clothes, baby furniture when available
✓ “Moms” Group, pre-natal classes

St Vincent de Paul Society

613-546-3333
85A Stephen St, Kingston
Sep - Jun: Mon - Fri 9am - 1pm
✓ Free used clothing and house wares

Salvation Army Thrift Store

613-544-4396
277 Bath Rd, Kingston

Mon, Tue & Sat 9:30am - 6pm
Wed, Thu, Fri 9:30am - 8pm
✓ Low-cost clothing, housewares, furniture
Emergency food and vouchers

Salvation Army Thrift Store

613-531-5002
472 Division St, Kingston
Mon - Tue 9:30am - 6pm; Wed - Fri 9:30am - 8pm
and Sat 9:30am - 6pm
✓ Low-cost clothing, housewares, furniture & new beds
✓ Emergency food and vouchers

Seventh Day Adventist Church

613-536-5798
66 Wright Cres (Basement), Kingston
Sep - Dec, Feb - Jun: Tue 3:30pm - 5pm
✓ Free clothing

Treasure Trunk

613-279-2113
Canon Rd, Sharbot Lake
Mon-Sat 9am - 3pm
✓ Low-cost used clothing and furniture

Value Village

613-536-5051
1300 Bath Rd (at Centennial), Kingston
Mon - Sat 9am - 9pm; Sun 10 - 6
✓ Low-cost clothing, housewares and furniture

Westbrook United Church Clothing Depot

613-389-3883
3526 Princess St (Hwy 2), Westbrook
Phone Tue 9am - 12 noon for appointment
Aug - Jun: Thu 9am - 12noon or by appt.
✓ Low-cost clothing

SHELTERS

Dawn House Women's Shelter

613-545-9640
302 Victoria St, Kingston
✓ 24 hours/day
✓ For homeless women 16+ and their children who are seeking housing in Kingston

In From the Cold

613-531-3779
Housing Help Centre, 426 Barrie St, Kingston
Mon-Sun 8pm - 8am
✓ Co-ed overnight emergency shelter
✓ Access to other housing services & referrals

Kingston Interval House

Crisis Line: 613-546-1777 or 1-800-267-9445
✓ Safe shelter for abused women 16+ and their children

Kingston Youth Shelter

613-544-3400 ext 2246

234 Brock St, Kingston

Mon - Sun 4pm - 9am

- ✓ Emergency overnight shelter, counseling and food for youth 16 - 24

Lennox & Addington Interval House (Napanee)

Crisis Line: 613-354-1010 or 1-800-667-1010

- ✓ Support for abused women and their children

Ryandale Shelter for the Homeless

613-548-8466

23 Elm St, Kingston

Mon-Sun 4pm - 8am, check out daily at 8am

- ✓ Emergency overnight shelter for men and women 18+ and their families
- ✓ Day time services available for families

Salvation Army, Harbour Light Centre

613-546-2333

562 Princess St (at Frontenac)

Intake: Mon - Sun 4pm - 11pm

- ✓ Emergency overnight shelter for men 18+
- ✓ Check in at 4pm to see if there is a bed
- ✓ Free supper, evening snack and breakfast for those staying at the shelter
- ✓ Must be clean and sober
- ✓ max 10 day stay, check-out daily at 8am

DROP-IN-CENTRES**The Gathering Place**

613-548-4411 ext 35

Salvation Army, 342 Patrick St

Tue, Thu & Sat 2:30 -7:30pm & Sun 2:30 - 5:30pm

- ✓ A day shelter serving the homeless and those in need

Housing Help Centre

613-531-3779

426 Barrie St., Kingston

Summer: Mon - Fri 8:00am - 2pm

Winter: Nov 1 - Apr 30

Mon - Fri 8am - 2pm; Sat & Sun 8am - 1pm

- ✓ Housing resources, listings, voice mail

Martha's Table Friendship Room

613-546-0320

629 Princess St

Mon - Fri 10am - 3pm, Sat Nov to Mar 10am - 3pm

- ✓ Free Sandwiches and Snacks at 11:30am

Rideau Heights Friendship Cafe

613-541-3947

Salvation Army, 183 Weller Ave

Mon - Fri 12noon - 3pm

- ✓ Activities and events for adults 40+
- ✓ Wed - Lunch 11:30am - 2pm

DROP-IN HEALTH SERVICES**Canadian Mental Health Association**

613-549-7027

6 Ordnance St

Hours 9am - 4pm Drop-in visits welcomed

- ✓ Various support programs and services for bereavement, suicide and personal growth

Greater Kingston After Hours Medical Clinic

775 Strand Blvd (at Taylor Kidd Blvd)

Mon - Fri 6 - 9:30pm Sat, Sun & Holidays 9:30am - 4:30pm

Hotel Dieu Hospital, Urgent Care Centre

166 Brock St & Bagot St

613-544-3310

Daily 8am to 10pm All patients registered before 10pm will be assessed and treated.

- ✓ For ambulatory patients with non-life threatening illness or injury such as fever, ear aches, coughs, colds, eye injuries, abdominal pain, cuts, burns, sprains, broken bones or any injury that should not wait for a visit to your family physician. If a medical emergency arises during a visit health providers are trained and equipped to stabilize patients and arrange for their transport to the ER at KGH.

Pediatric Urgent Care Clinic

613-544-3310

Mon - Fri 9am - 4pm No appointment necessary

Kingston Community Health Centres, Dental Health Program

400 Elliott Ave

613-507-6064

3rd Wed of month 1pm to 4pm

- ✓ No cost dental program for kids 17 & under
- ✓ To register bring the following with you:
 - Annual Canada Child Tax Benefit and Ontario child Tax Benefit notice from the current year
 - Or annual goods & Services Tax Credit
 - Your ID (health card, driver's license, passport, etc)
 - Your Child's ID (health card)

Kingston General Hospital, Emergency Depart.

76 Stuart St

24 hours/7days

- ✓ Critical and Trauma care
- ✓ Sexual Assault/Domestic Violence program
- ✓ Cares for patients with serious illnesses, major traumas and other medical emergencies that will result in admission to the hospital.

Street Health Centre

Office: 613-549-1440; Pager: 613-548-9901

235 Wellington St

- ✓ Community health centre
- ✓ Needle exchange
- ✓ Methadone treatment
- ✓ Counseling and outreach
- ✓ Hepatitis treatment

Urgent Care and Family Medicine Centre

Catarqui Town Centre (Beside the Food Court)

613-389-3348

Mon, Thu & Fri 10am - 8pm; Tue & Wed 9:30am - 8pm;

Sat 10am - 3pm; Sun 12noon - 3pm

- ✓ For urgent, minor, non-life threatening medical problems

HELPFUL NUMBERS

Al-Anon 613-384-2134

Al-Ateen 613-389-5465; www.al-anon.alateen.on.ca

- ✓ New Jan 14, 2011 at 8pm, upstairs in Sydenham Street United Church, 82 Sydenham St.

Alcoholics Anonymous (24hrs) 613-549-9380

Assaulted Women's Helpline (24hrs)

1-866-863-0511

Child and Baby Talk Line (Mon to Fri 8am - 4:30pm)

1-800-267-7875

Drug and Alcohol Registry of Treatment (24hrs)

1-800-865-8603

Kids Help Phone (24hrs)

1-800-668-6868

Kingston Community Chaplaincy (24hrs)

613-549-8899

Kingston Interval House (24hrs)

1-800-267-9445

Kingston Pregnancy Care Centre

613-545-0425 (Mon - Thu 9am - 3pm)

Mental Health Service Information Ontario (24hrs)

1-866-531-2600

Ontario Problem Gambling Helpline (24hrs)

1-888-230-3505

Sexual Assault Centre Kingston (24hrs)

1-877-544-6424 or 613-544-6424

Talk Line Kingston (Previously Tel Aid Line)

613-544-1771 (Mon - Sun 7pm - 3am)

Victims Services of Kingston - Frontenac

613-548-4834

WHERE TO TURN FOR ASSISTANCE**IN KINGSTON & SURROUNDING AREA
JANUARY 9, 2012****CHALMERS UNITED CHURCH**

212 Barrie St, Kingston, ON, K7L 5E3

www.chalmersunitedchurch.com

email: office@chalmersunitedchurch.com

tel: 613-546-3263 ext. 221

**FOOD/HOT MEALS****DAILY MEALS IN THE COMMUNITY**

(for meals during the Christmas Season, see back panel)

Bread of Life Club at Salvation Army

613-541-3947

183 Weller Ave, Kingston

Jan - Nov: Last 7 days of the month 3:30 - 5pm

- ✓ Free hot meal

Martha's Table

613-546-0320

629 Princess St, Kingston

www.marthastable.ca

Mon - Fri 3:30 - 5:15pm

- ✓ Restaurant style meal \$1
- ✓ Kids under 10 free with adult

St. Andrew's Presbyterian Church

613-546-6316

130 Clergy St East (at Princess St), Kingston

Church Hall, use Clergy St entrance

Sundays mid Sep - mid June Doors open 4:30pm

- ✓ Free hot meal

St. George's Cathedral, Lunch by George

613-548-4617 ext. 30

129 Wellington St (at Johnson), Kingston

Mon - Fri 9 - 11:30am

- ✓ Free hot lunch at 11am
- ✓ Coffee & munchies at 9am; soup at 10am

St. Mary's Cathedral

613-548-3869

St John's Parish Hall, 94 Patrick St, Kingston

Sat 11:15am (doors open 11am)

- ✓ Free hot meal

St. Paul's Anglican Church

613-542-5870

137 Queen St (at Montreal St) Kingston

Tue & Thu 5 - 7pm

- ✓ Free meal & sandwiches