

## Immediate Needs Resources

### Shelters

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**YWCA:** 84 Frederick St., Kitchener, 519-744-0120 **(16 and up, Women, Trans women & men, and families)**  
**House of Friendship- Men Shelter:** 63 Charles St. E, Kitchener, 519-742-8327 \* 1**(Men 16+)**  
**Argus:** 742 King St Cambridge, Men's: 519-623-7991 Women's: 519-650-0452 **(up to 18)**  
**Safe Haven:** 41 Weber St. W, Kitchener, 519-749-1450 X2240 **(under 16)**  
**One Roof Youth Services:** 242 Queen St. S, Kitchener, 519-742-2788 **(16-25)**  
**The Bridges:** 26 Simcoe St., Cambridge, 519-624-9305 **(Adults 16+)**  
**Women's Crisis Services (Anselma House & Haven House):** Kitchener, 519-741-9184, Cambridge, 519-653-2289

### Meals/Showers/Laundry

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**St. John's Kitchen:** 97 Victoria St N, Kitchener, 519- 745-8928 **(showers/laundry available)**  
**One Roof Youth Services:** 242 Queen St. S, Kitchener, 519-742-2788 **(showers/laundry available)**  
**Ray of Hope:** 659 King Street East, Kitchener, 519-578-8018 X225 **(showers/laundry available)**  
**Sterling Avenue Mennonite Church:** 57 Stirling Ave N, Kitchener, ON. 519-745-4769 **(Nov1-Apr 30)**  
**House of Friendship:** 51 Charles St. E, Kitchener, 519-742-8327  
**Cambridge Vineyard:** 147 Elgin St. North, Cambridge, 519-624-9305 **(showers/laundry available)**  
**Trinity Community Table:** 12 Blair Rd., Cambridge, 519-621-8860 **(Every; Monday, Wednesday and Friday)**

### Hamper Programs

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**House of Friendship:** 807 Guelph St, Kitchener, 519-742-0662 ext. 2  
**One Roof Youth Services:** 242 Queen St. S, Kitchener, 519-742-2788\*1  
**Food Bank Waterloo Region:** 50 Alpine CRT. Kitchener, 519-743-5576  
**Cambridge Self Help Food Bank:** 54 Ainslie St. S, Cambridge, 519-622-6550  
**Salvation Army Community Church:** 300 Gage Ave, Kitchener, 519-745-4215 **(free clothing available)**  
**Emergency Food Hamper Program:** 807 Guelph St, Kitchener, 519-742-8327 \* 2

### Identification

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**KDCHC ID Clinic:** 44 Francis St S. Kitchener, 519-745-4404 **(By appointment)**  
**St. John's Kitchen:** 97 Victoria St N, 2nd FLR., Kitchener, 519- 745-8928. Drop In, **Tue (10-1)**  
**The Bridges Shelter:** 26 Simcoe Street, Cambridge, 519-624-9305

### Walk in Clinics

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**KW Urgent Care:** 751 Victoria St S, Kitchener, 519- 745-2273  
**Waterloo Walk in Clinic:** 170 University Ave. W #13, Waterloo, 519- 725-151  
**Weber Medical Centre & Walk In:** 1400 Weber St E, Kitchener, 519-748-6933  
**Benton Medical Clinic-Walk-In Clinic:** Benton St Kitchener, 226-240-3014  
**Fairway KW Urgent Care Clinic:** 385 Fairway Rd S, Kitchener, (519) 748-2327  
**Victoria Street South Urgent Care Clinic:** 751 Victoria St S, Kitchener, (519) 745-2273  
**Sanctuary Refugee Health Centre:** 310 King St E, Kitchener, (226) 336-1321

# Community Resources

## EMERGENCY SERVICES

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### Police, Fire, Ambulance 911

Waterloo Regional Police (non-emergency) .....	(519) 570-9777
Kitchener Fire Department .....	(519) 741-2496

## DISTRESS NUMBERS

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Here 24/7 (Hub).....	1-844-437-3247
Mobile Crisis .....	(519) 749-8740 x3248
Community and Social Services Information.....	211
Grand River Hospital Crisis Clinic.....	(519) 742-3611 x 2353
Grand River Hospital Crisis Line.....	(519) 744-1813
Distress Centre .....	(519) 745-1166
Youth Line (<18 years).....	(519) 745-9909
KW Sexual Assault Support Centre.....	(519) 571-0121
Kids Help Phone.....	1-800-668-6868
Parents Help Phone .....	1-855-775-7005
Support Services Network for Male Survivors in Ontario .....	1-866-887-0015 (Referral)
Assaulted Women’s Helpline.....	1-866-863-0511
Cambridge Urgent Care Centre .....	(519) 624-2273

## GENERAL HEALTH

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Grand River Hospital- Rehabilitation Center .....	(519) 742-3611
Grand River Hospital – General Hospital.....	(519) 749-4300
St. Mary’s General Hospital.....	(519) 744-3311
Cambridge Memorial Hospital .....	(519) 621-2330
Region of Waterloo Public Health & Emergency service .....	(519) 575-4400
Kitchener Downtown Community Health Centre (KDCHC).....	(519) 745-4404
Sexual Assault Treatment Centre .....	(519) 744-3311
99 Regina (Pregnancy+ STI Testing).....	(519) 883-2267
The Pregnancy Center .....	(519) 886-4001
ACCKWA (Support for people living with HIV, STD’s, Hep C).....	(519) 570-3687
Health Care Connect (New Doctor) .....	1-800-445-1822
Ontario Telehealth.....	1-866-797-0000

## HOUSING SERVICES

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Lutherwood Housing Services (41 Weber St. W, Kitchener) .....	(519) 749-2450
Waterloo Region Community Housing .....	(519) 575-4833
Waterloo Region Energy Assistant Program .....	(519) 745-4771
Landlord and Tenant Board.....	1-888-332-3234

## LEGAL SERVICES

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Legal Services - Legal Aid (450 Frederick St, Kitchener) .....	(519) 743-0254
John Howard Society.....	(519) 743-6071 ext. 213
Waterloo Region Crime Stoppers.....	1-800-222-8477
Employment Standards Information Centre .....	1-800-531-5551
Ontario Human Rights Tribunal.....	1-866-598-0322

## FINANCIAL SUPPORT

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Ontario Works Office .....	(519) 883-2100
ODSP .....	(519) 886-4700
Service Canada- EI .....	1-800-206-7218
General Inquiries.....	1-800-622-6232
Canada Revenue Agency.....	1-800-959-8281
Healthy Smiles Ontario .....	1-844-296-6306
Trillium Dental Centre .....	(519) 746-4000

## MENTAL HEALTH SERVICES

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KW Counselling (480 Charles St. E, Kitchener) .....	(519) 884-0000
Walk-In – Thursday 12-6pm	
CARIZON Counselling Services (400 Queen St. S, Kitchener) .....	(519) 743-6333
Walk-In – Tuesdays 12-6pm	
Front Door – Child/Youth (1770 King St.E, Kitchener).....	(519) 749-2932
Wednesdays 12-6:30pm	
Saturdays 9am – 3:30pm	
CMHA (67 King St. E, Kitchener).....	1-844-2642993
Self Help Alliance (67 King St. E, Kitchener).....	(519) 570-4595

## OTHER NUMBERS

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The Working Centre (56 King St. S, Kitchener) .....	(519) 743-1151
KW Multicultural Centre (102 King St. W, Kitchener) .....	(519) 745-2531
YMCA Immigrant Services (800 King St. W, Kitchener).....	(519) 579-9622
St. Louis Adult Learning Centre (80 Young St. Kitchener).....	(519) 745-1201
Volunteer Action Centre (151 Frederick St. Kitchener).....	(519) 742-8610
The Literacy Group (151 Frederick St. Kitchener).....	(519) 743-6090
March of Dimes (236 Victoria St. N, Kitchener).....	(519) 579-5530
Canadian Council on Rehabilitation and Work CCRW.....	(519) 571-6788
Bridging Employment Supports.....	(519) 749-3700 x. 4087
Waterloo Region Family & Children Services .....	(519) 576-0540
Waterloo Region Child Care Subsidy.....	(519) 575-4400
Community Outreach Program for Families.....	(519) 883-2290
Grand River Transit GRT (250 Strasbourg Rd., Kitchener) .....	(519) 585-7555
Service Ontario .....	1-800-267-8097