

## Drop-in and Meal Programs in Kitchener-Waterloo

Locations	Days and Times
<b>Emmanuel Church</b> 22 Bridgeport Road West, Waterloo	<b>Monday, Tuesday and Wednesday</b> Drop in from 2 pm to 4:30 pm Meals are served from 2 pm to 4:30pm
<b>First United Church*</b> 16 William Street West, Waterloo	<b>Fridays</b> , from November to April Drop-in from 4:30 pm to 10pm Meal time is 6 pm to 7:00pm
<b>oneROOF (Youth 12-25)</b> 242 Queen Street South, Kitchener	<b>Monday through Friday</b> Drop in from 9 am to 10 pm Meal times are 1 pm and 7 pm <b>Saturday and Sunday</b> Drop in from 11 am to 10 pm Meal times are 11 am and 7pm
<b>Ray of Hope Community Centre</b> 659 King Street East, Kitchener	<b>Monday through Friday</b> Drop-in from 3 pm to 9:30 pm Meals are at 7 pm <b>Saturday</b> Drop-in from 12 noon to 2:30 pm Meals are served at 12 noon <b>Sunday</b> Drop-in from 4:30 to 6pm Meals are served at 4:30pm
<b>Stirling Ave. Mennonite Church*</b> 57 Stirling Street North, Kitchener	<b>Saturdays</b> , from November to April Drop-in from 5 pm to 8 pm Meals are served from 5:30 pm to 7:30pm
<b>Saint John's Kitchen</b> 97 Victoria Street North, Kitchener	<b>Monday through Friday</b> Drop-in from 8am to 3pm Meals are served from 11:30am to 1 pm
<b>Saint Louis Community Supper*</b> 53 Allen Street East, Waterloo	<b>Sundays</b> , from November to April Drop- in from 5 pm to 8pm Meals are served from 5:30pm to 6:30pm
<b>Saint Mark's Lutheran Church Community Ministry</b> 825 King Street West, Kitchener	<b>Wednesday</b> Drop-in from 3:30 to 7pm Meals are served at 5:30pm
<b>Saint Matthews Lutheran Church*</b> 54 Benton Street, Kitchener	<b>Wednesday</b> , from November to April Drop-in from 3 pm to 9:30 pm Meals are served at 5:30 pm <b>Thursdays</b> , from November to April Meals are served from 7:30 am to 9 am

Important Numbers
K-W Street Outreach: 519-575-0457 or 226-751-2417
Lutherwood Housing Resource Centre: Monday-Friday from 8:30 am to 4:30 pm Address is: 41 Weber Street West, Kitchener Phone: 519-749-2450

\*Published October 2016 by Region of Waterloo, Housing Services (519-575-4400 x 4679)

## Emergency Shelters Cambridge

### Emergency Shelters in Kitchener-Waterloo – Available 24 hours a day, 7 days a week

#### Service Provider Information

Name: Charles Street Men’s Shelter  
 Address: 63 Charles Street East, Kitchener  
 Phone: 519-742-8327  
 Serves: Males 16+

Name: YWCA Shelter  
 Address: 84 Frederick Street East, Kitchener  
 Phone: 519-744-0120  
 Serves: Females 16+ & Families, including male-led

Name: Safe Haven  
 Address: 41 Weber Street West, Kitchener  
 Phone: 519-749-1450 x 2240  
 Serves: Youth 12-17

Name: oneROOF  
 Address: 242 Queen Street South, Kitchener  
 Phone: 519-742-2788 x 207  
 Serves: Youth 16-25

## Drop-in and Meal Programs in Cambridge

Locations	Days and Times
<b>Bridges</b> 26 Simcoe Street, Cambridge	Mondays, Tuesdays, Wednesday, Fridays and Sundays, drop-in from 8 am-9 pm Meals are served at 5:30 pm Thursdays and Saturdays, drop-in from 8 am to 9 pm Meals are served from 12 noon to 1 pm and 5:30pm
<b>Cambridge Self-Help Food Bank</b> 54 Ainslie Street South, Cambridge	Saturdays, meals are served from 11 am to 1 pm, on the 2 <sup>nd</sup> , 4 <sup>th</sup> and 5 <sup>th</sup> Saturday of each month
<b>Cambridge Vineyard</b> 147 Elgin Street North, Cambridge	Tuesdays, drop-in and meals are served between 10 am and 2 pm Sundays, drop-in and meals are served between 10 am and 2 pm
<b>Cambridge Vineyard at Ainslie St Terminal</b> 35 Ainslie Street South, Cambridge	1 <sup>st</sup> and 3 <sup>rd</sup> Wednesdays each month, meals are served from 4:40 pm to 6:15 pm, outside bus terminal
<b>Saint Andrew’s Hespeler Presbyterian Church</b> 73 Queen Street East, Cambridge	Thursdays, meals are served from 5 pm to 6:30 pm, from October to April
<b>The Salvation Army, Hespeler</b> 18 Tannery Street East, Cambridge	Thursdays, meals are served from 11:45 am to 12:15 pm, from September to June
<b>Trinity Community Table</b> 12 Blair Road, Cambridge	Mondays, Wednesdays and Fridays, drop-in from 9:30 am to 12:30 pm Meals are served from 11:30 am to 12:30 pm

## Emergency Shelters Cambridge

<b>Important Numbers</b>
<b>Cambridge Street Outreach:</b> 519-242-7360 or 519-242-6310
<b>Lutherwood Housing Resource Centre:</b> Monday-Friday from 8:30am to 4:30pm Address: 35 Dickson Street, Cambridge 519-623-9380

<b>Emergency Shelters in Cambridge – Available 24 hours a day, 7 days a week</b>
<b>Service Provider</b>
<b>Name:</b> Cambridge Shelter <b>Address:</b> 26 Simcoe Street, Cambridge <b>Phone:</b> 519-624-9305 <b>Serves:</b> Individuals 16+ & Families
<b>Name:</b> Argus Residence for Young People: Female Residence <b>Address:</b> 740 William Street, Cambridge <b>Phone:</b> 519-650-0452 <b>Serves:</b> Youth 16-24
<b>Name:</b> Argus Residence for Young People: Male Residence: <b>Address:</b> 115 Wellington Street, Cambridge <b>Phone:</b> 519-623-7991 <b>Serves:</b> Youth 16-24

\* Note: Gender is self-identified – all are welcome.

### Street Outreach

#### **Kitchener-Waterloo:**

Street Outreach Adults: 519-575-0457 or 226-751-2417

Street Outreach Youth: 519-505-6623 or 519-496-4450

#### **Cambridge:**

Street Outreach Adults: 519-242-7360

Street Outreach Youth: 519-496-4450

### Lutherwood Housing Support Services

8:30am-4:30pm Monday-Friday

#### **Kitchener/Waterloo:**

41 Weber Street West, Kitchener

519-749-2450

#### **Cambridge:**

35 Dickson St, Cambridge

519-623-9380