

LIST OF HELPFUL RESOURCES FOR BASIC NEEDS IN THE KINGSTON COMMUNITY OFFERED BY



WHAT IS 211?

FREE • CONFIDENTIAL • MULTILINGUAL • 7 DAYS/WEEK

If you don't know where to go for the information you need, call 211.

211 connects you to a full range of non-emergency community, social, government and health services in over 150 languages.

FOR ONLINE SEARCHING, PLEASE VISIT



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DROP IN CENTRES

The Gathering Place

613-548-4411 ext 35
Salvation Army, 342 Patrick St. Kingston
Tue, Thu, Sat 2:30 pm-7:30 pm * Sun 2:30 pm-5:30 pm
* A place to stay when other resources are closed

Housing Help Centre

613-531-3779
426 Barrie St. Kingston
Summer: Mon-Fri 8:30 am-2 pm
Winter: Mon-Fri 8 am-2 pm * Sat & Sun 8 am-1 pm
* Housing resources, listings, voice mail, internet access, showers & laundry

Martha's Table Friendship Room

613-530-3771
629 Princess St. Kingston
Mon-Sat 10 am-3 pm
* Snacks and a place to stay

Rideau Heights Friendship Cafe

613-541-3947
Salvation Army, 183 Weller Ave., Kingston
Wed 11:30 am-2 pm
* Activities and event for adults * snacks & lunch \$2

DROP IN HEALTH SERVICES

Hotel Dieu Hospital, Urgent Care Centre

166 Brock St. Kingston
Mon-Sun 8 am-10 pm
* For urgent non-critical emergencies

Kingston General Hospital, Emergency Department

76 Stuart St. Kingston
24 hours/day
* Critical and Trauma care * Sexual Assault/Domestic Violence Program

Street Health Centre

613-549-1440 * Outreach Pager 613-548-9901
Clinic: Mon-Fri 9 am-12 noon, 1 pm-4 pm * Sat, Sun & Holidays 9:30 am-1 pm
* Community health centre * needle exchange * methadone treatment * counseling and outreach

SHELTERS

Dawn House Women's Shelter

613-545-1379
24 hours/day
302 Victoria St. Kingston
* 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
Summer: 8:30 pm-8:30 am * Winter: 8 pm-8 am
* Co-ed overflow overnight emergency shelter * access to other housing services and 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 4 pm-9 pm
* Emergency overnight shelter, counseling and food for youth ages 16-24

Ryandale Shelter for the Homeless

613-548-8466
23 Elm St. Kingston
Mon-Sun 4 pm-8 am * Sat, Sun & Holidays 4 pm-12 noon
* Emergency overnight shelter for men and women 18+ and their families * check out daily at 8 am

Salvation Army, Harbour Light Centre

613-546-2333
562 Princess St (at Frontenac), Kingston
Intake: Mon-Sun 4 pm-11 pm
* Emergency overnight shelter for men 18+ * stay up to 5 days * check in at 4 pm to see if there is a bed * must be clean and sober * check-out daily at 8 am

CLOTHING PROGRAMS

Birthright

613-546-5433
93 Queen St., Ste 2, Kingston
Mon-Thu 10 am-3 pm
* Maternity and baby clothes for those planning full-term pregnancies

Free Clothing

* Please Note: Temporarily closed until further notice
613-549-1348
QECVI, 145 Kirkpatrick St. (basement at rear), Kingston
Tue, Wed, Thu 9 am-2 pm, September-June
* Used clothing, housewares, some furniture * \$1/visit * no fees for emergency service

Hartington Community Caring Centre

5595 Hwy 38, Hartington
Tue 9 am-12 noon, 1 pm-4 pm, September-June
Tue 9 am-12 noon, July-August
* Provides recycled clothes for a small fee

Kingston Alliance Church, Storehouse of Hope

613-546-2143
540 Palace Rd. Kingston
Mon 12 noon-2 pm, September-June
* Free used clothing * soup & snacks

Kingston Pregnancy Care Centre

Crisis 613-545-0425 * Office 613-545-0214
St. Paul's Anglican Church, 137 Queen St. Kingston
Mon-Thu 11 am-3 pm * Wed 5 pm-9 pm

- Maternity, baby clothing and more (when available)

Neighbourhood Sharing Centre

613-389-4367
670 Front Rd. (next to Centre 70), Kingston
Mon-Fri 10 am-3:30 pm, September-June * Mon, Wed, Fri
10 am-2 pm, July * Closed, August
* Low cost used clothing and small household items

St. Vincent de Paul Society

613-546-3333
85A Stephen St. Kingston
Mon-Fri 9 am-1 pm, September-June
* Free used clothing and housewares

Salvation Army Thrift Store

613-544-4396
277 Bath Rd. Kingston
Mon, Tue, Sat 9:30 am-6 pm * Wed, Thu, Fri 9:30 am-8 pm
* Low cost used clothing, housewares and furniture

Salvation Army Thrift Store

613-531-5002
472 Division St. Kingston
Mon-Sat 10 am-5:30 pm
* Low cost used clothing, housewares and furniture

Seventh Day Adventist Church

613-548-7765
66 Wright Cres. (Basement), Kingston
Tue 4 pm-5 pm, September-December & February-June
* Free clothing

Westbrook United Church – Clothing Depot

613-389-3883
3526 Princess St. (Hwy 2), Westbrook
Thu 9 am-12 noon or by appointment, August-June
* Low cost clothing

FOOD – GROCERIES**North Frontenac Food Bank**

613-279-3151
Sharbot Lake
Mon-Fri 8:30 am-12 noon, 1 pm-4:30 pm
* Referral needed * Pick-up Tuesday & Friday

Partners in Mission Food Bank

613-544-4534
140 Hickson Ave. Kingston
Mon-Fri 8:30 am-12 noon, 1 pm-4:30 pm
* Call before 2 pm to order
* Appointment needed * Pickup: Mon-Fri 3 pm-4 pm

613-389-0275

St. Joseph Regional House, 16 Manitou Cres E,
Amherstview
Mon-Fri 9 am-12 noon, 1 pm-3:30 pm
* Appointment needed * Pickup: Mon-Wed, Fri 2 pm-3
pm * serves West of Collins Bay Rd to Bath Rd

Good Food Box

Amherstview: 613-389-4546
Sydenham: 613-376-6477
Kingston: 613-530-2239
Sharbot Lake: 613-279-2113
Napanee/Northbrook: 613-354-7633
Various Locations
* Fresh produce at wholesale prices * place order and
pay at the beginning of the month * Pick-up: 3rd
Thursday of the month.

St. Vincent de Paul Society

613-546-3333
84A Stephen St. Kingston
Mon-Fri 9 am-1 pm, September-June
Tue 9 am-12 noon, July-August (emergency only)

Salvation Army - Downtown

613-548-4411
342 Patrick St. Kingston
Mon-Fri 9am-12 noon, 1 pm-4 pm
* Appointment needed * ID, income and expense
statements needed * Christmas baskets

Salvation Army – Rideau Heights

613-541-3947
183 Weller Ave, Kingston
Tue, Wed, Thu 9 am-12 pm
* ID, income and expense statements needed *
Emergency Food Bank: by appointment only

FOOD – HOT MEALS**Bread of Life Club at Salvation Army**

613-541-3947
183 Weller Ave. Kingston
Last 7 days of the month 3:30 pm-5pm, January-
November
* Free hot meal

Martha's Table

613-546-0320 * Friendship Room 613-530-3771
629 Princess St. Kingston
Mon-Fri 3:30 pm-5:15 pm
* Friendship Room: Mon-Sat 10 am-3 pm
* Restaurant style meal \$1 * free for kids under 10 with
adult

St. Andrew's Presbyterian Church – Special Meals

613-546-6316
130 Clergy St. East (at Princess), Kingston
Sun 4:45 pm (doors open at 4:30 pm), September-June
* Free hot meal

St. George's Cathedral, Lunch by George

613-548-4617 ext 30
129 Wellington St. (at Johnson), Kingston
Mon-Fri 9 am-11:30 am
Coffee: 9 am * Soup: 10 am * Lunch: 11 am
* Free hot meal * Drop in centre and clothing exchange

St. Mary's Cathedral

613-548-3869
St John's Parish Hall, 94 Patrick St. Kingston
Sat 11:15 am (doors open about 10:15 am)
* Free hot meal

St. Paul's Anglican Church

613-542-5870
137 Queen St. (at Montreal), Kingston
Thu 5 pm-7 pm
* Free soup and sandwiches

St. Vincent de Paul Society, Loretta Hospitality Centre

613-544-9967
85A Stephen St. Kingston
Mon-Fri 9 am-1 pm * lunch served at 11:30 am,
September-June
* Drop in Centre * free hot meal * clothing

Seventh Day Adventist Church

613-548-7768
66 Wright Cres. (Basement), Kingston
Tue 4 pm-5 pm (doors open at 3:30 pm), September-
December & February-June
* Free hot meal