

Neighbourhood Sharing Centre

613-389-4367 670 Front Rd, Kingston
 Sept-June: Mon-Fri 10am-3:30pm;
 July: Mon, Wed & Fri 10am-2pm; Aug: closed
 * Low-cost used clothing

Odessa Community Sharing Centre

613-386-7125
 Emmanuel United Church, 63 Factory St
 Tues & Wed 10am-3pm; Thurs 6pm-8pm
 * Low-cost clothing, toys, household items

**St Vincent de Paul Society
- Vinnie's WEARhouse**

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

Salvation Army Thrift Store

277 Bath Rd, Kingston 613-544-4396

Mon, Tues & Sat 9:30am-6pm;
 Wed, Thurs, Fri 9:30am-8pm

472 Division St, Kingston 613-531-5002

Mon-Tues 9:30am-6pm; Wed-Fri 9:30-8pm;
 Sat 9:30am-6pm

* Low-cost clothing, housewares and furniture

Seventh Day Adventist Church

613-536-5798 66 Wright Cres, Kingston

Sept-Dec, Feb-June: Tues 3:30pm-5pm

* Free clothing

Treasure Trunk

613-279-2113 1092 Garrett St, Sharbot Lake

Mon-Fri 9am-3pm; Sat 9am-12noon

* Low-cost used clothing

Value Village

613-536-5051 1300 Bath Rd (Frontenac Mall)

Mon-Sat 9am-9pm; Sun 10-6

* Low-cost clothing, housewares and furniture

Westbrook United Church Clothing Depot

613-389-3883 3526 Princess St, Westbrook

Aug-June: Thu 9am-12noon or by appt.

* Low-cost clothing

DROP-IN HEALTH SERVICES**Addiction & Mental Health Services - KFLA**

613-544-1356 385 Princess St, Kingston
 Mon-Fri 8:30am-4:30pm

CDK Family Medicine and Walk-in Clinic

613-766-0318 175 Princess St, Kingston
 Mon-Fri 9am-7pm, Sat-Sun 10am-2pm

Greater Kingston After Hours Medical Clinic

800 Princess St, Suite 101A
 775 Strand Blvd (at Taylor-Kidd Blvd), Kingston
 Mon-Fri 6pm-9:30pm; Sat, Sun & Holidays
 9:30am-4:30pm

Hotel Dieu Hospital, Urgent Care Centre

Brock St & Bagot St Mon-Sun 8am-10pm
 * For urgent non-critical emergencies

Kingston General Hospital, Emergency Dept

King St (between George & Lower University)
 24 hours/7 days
 * Critical and Trauma care * Sexual Assault/
 Domestic Violence program

Street Health Centre

Office: 613-549-1440; Pager: 613-548-9901
 235 Wellington St. Mon-Fri: 9am-12pm, 1-4 pm;
 Sat-Sun: 9:30am-1pm
 * Community health centre * Needle exchange
 * Methadone treatment * Counselling, outreach

Urgent Care & Family Medicine Centre

Cataraqui Town Centre, Kingston
 Mon-Fri 9am-7pm Sat 10am-3pm Sun 12-3pm
 * For urgent, minor, non-life threatening
 medical problems

"Where To Turn for Help" is a service of



Independent Living Centre Kingston
 Disability Resources and Support

540 Montreal St., Kingston, ON K7K 3J2
 Ph: 613-542-8353 * Fax: 613-542-4783
 info@ilckingston.com * www.ilckingston.com
 www.facebook.com/ILCKingston

HELPFUL NUMBERS**Al-Anon/Alateen**

613-384-2134

Alcoholics Anonymous (24 hrs.)

613-549-9380

Assaulted Women's Helpline (24 hrs.)

1-866-863-0511

Child and Baby Talk Line

(Mon-Fri 8:30am-4:30pm)
 1-800-267-7875 ext.555

Crisis Line (24 hrs)

Addictions & Mental Health Services - KFLA
 613-544-4229

Drug & Alcohol Registry of Treatment

(24 hrs)
 1-800-565-8603

Frontenac Victim Crisis Assistance & Referral Service

613-548-4834

Kids Help Phone (24 hrs.)

1-800-668-6868

Kingston Community Chaplaincy (24 hrs.)

613-549-8899

Kingston Interval House (24 hrs.)

1-800-267-9445

Mental Health Service Information Ontario

(24 hrs.)
 1-866-531-2600

Ontario Problem Gambling Helpline (24hrs)

1-888-230-3505

Sexual Assault Centre Kingston (24 hrs)

1-877-544-6424

Telephone Aid Line Kingston (Mon-Sun

7pm-3am)
 613-544-1771

2016



Where To Turn for Help

Food, Shelter, Clothing
 in the Kingston/Frontenac area

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

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

Martha's Table

613-546-0320 629 Princess St, Kingston
 Mon- Fri 3:30pm-5:15pm
 * Restaurant style meal \$1 * Kids under 10
 free with adult

St Andrew's Presbyterian Church

613-546-6316 130 Clergy St, Kingston
 Church Hall, use Clergy St entrance
 Sep-Jun: Sun 4:45pm (Doors open 4:30pm)
 * Free hot meal

St George's Cathedral, LUNCH by George

613-548-4617 129 Wellington St, Kingston
 Mon-Fri * Free hot lunch * Coffee & munchies
 at 9am, soup at 10am, lunch at 11am

St Mary's Cathedral

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

St Paul's Anglican Church

St. Paul's Anglican Church

613-542-5870 137 Queen St, Kingston
 Thurs 4:30pm-6:30pm
 * Free meal & sandwiches

St Vincent de Paul Society, Loretta Hospitality Centre

613-544-9967 85-A Stephen St, Kingston
 Sept-June: Mon-Fri 9am-12:30pm
 * Free hot meal served at 11:30am

Seventh Day Adventist Church

613-536-5798 66 Wright Cres, Kingston
 Sept-Dec, Feb-June: Tue 4pm-5pm
 * Free hot vegetarian meal

FOOD – GROCERIES**North Frontenac Food Bank**

613-279-3151 1020 Elizabeth St, Sharbot Lake
 Mon-Fri 8:30am-12noon, 1pm-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 * Pick-up: Mon-Fri between 3pm-4pm

Southern Frontenac Community Services

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

St Vincent de Paul Society

613-546-3333 85-A Stephen St, Kingston
 Sept-June: Mon-Fri 9am-1pm
 Jul-Aug (emergencies only): Tue 9am-12noon

Salvation Army – Downtown

613-548-4411 342 Patrick St., Kingston
 Tues, Thurs, Sat 2-6:30pm, Sun 12-4pm
 * ID, income and expense statements needed
 • Appointment needed * Christmas hampers

Salvation Army – Rideau Heights

613-541-3947 183 Weller Ave, Kingston
 Tues-Fri 11am-12pm
 Emergency Food Bank: By appointment only
 * ID, income and expense statements needed

Good Food Box

Amherstview: 613-389-4546
 Sydenham: 613-376-6477
 Kingston: 613-530-2239
 Loyalist Township: 613-389-2820
 Sharbot Lake: 613-279-2244
 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 Thurs of the month

SHELTERS**Elizabeth Fry Women's Shelter**

613-544-1744 ext. 30, 24 hrs
 123 Charles St, Kingston
 * For homeless women 25+

In From the Cold

613-531-3779 540 Montreal St, Kingston
 Mon-Sun 5pm-8:30am
 * Co-ed overflow 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-9:00am
 * Emergency overnight shelter, counselling and food for youth 16-24

Ryandale Shelter for the Homeless

613-548-8466 23 Elm St., Kingston
 Mon-Sun 4pm-8am
 * Emergency overnight shelter for men and women 18+ and their families

DROP-IN CENTRES**The Gathering Place**

613-548-4411 ext. 21 Salvation Army, 342 Patrick St
 Tues, Thurs, Sat 2-6:30pm, Sun 12-4pm
 * Snacks and a place to stay

In From the Cold Drop-In

613-531-3779 540 Montreal St, Kingston
 Mon-Fri 2pm-5pm; Sat-Sun 4pm-5pm
 * Housing resources, listings, voice mail, internet access

Martha's Table Friendship Room

613-530-3771 629 Princess St, Kingston
 Mon-Fri 10am-2pm
 * Snacks and a place to stay

Rideau Heights Friendship Room

613-541-3947 Salvation Army, 183 Weller
 Mon-Fri 12noon-3pm
 * Activities and events for adults 40+

St Vincent de Paul Society, Coffee Break

613-544-9967 85-A Stephen St, Kingston
 Sept-June: Mon-Fri 9am-11:30am
 * Free hot meal served at 11:30am

HIV/AIDS Regional Services

613-545-3698 844-A Princess St, Kingston
 Mon-Fri light snacks 9:30am-12pm, 1-5pm
 Wed. Chili 1-3 on a 'as need basis' call first

CLOTHING PROGRAMS**Bibles for Missions Thrift Store**

613-531-7852 2455 Princess St, Kingston
 Mon-Fri 10am-8pm; Sat 10am-4pm
 * Low-cost clothing, housewares, toys, furniture

Clothes for Kids

613-544-2340 Nov 1- Mid-Dec
 * Free winter clothing for children
 * Referrals available from Kingston-area social agencies after Nov 1.

Free Clothing Drop-In

613-549-1348 QECVI, Kingston
 145 Kirkpatrick St (basement at rear)
 Sep-June: Tue, Wed, Thurs 10am-2pm
 * Used clothing, housewares, some furniture
 * \$1/family * No fees for emergency service

The Goodway

844 Division St, Kingston
 Mon-Sat 10am-5pm
 * Low-cost clothing, housewares and furniture

Hartington Community Caring Centre

5595 Hwy 38, Hartington
 Mon & Fri 9am-12pm, Tues 9am-4pm
 * Provides recycled clothes for a small fee

Hotel Dieu Hospital, Winter Clothing

St. Mary's Parish Centre, Brock St, Kingston
 Nov 1-Feb 15: Mon-Fri 1pm-3pm
 * Free winter clothing for kids and adults

Kingston Alliance Church Storehouse of Hope

613-546-2143 540 Palace Rd, Kingston
 Sept-June: Mon & Thu 12noon-2pm
 * Free used clothing * Soup & snacks

Kingston Birthright

613-546-5433 93 Queen St, Kingston
 Mon-Thurs 10am-3pm
 * Maternity and baby clothes for pregnant or breastfeeding moms

Kingston Crisis Pregnancy Centre

Crisis: 613-545-0425 Office: 613-545-0214
 120 Clarence St, Ste 231, Kingston
 Mon 10am-6pm, Tues-Thurs 10am-4pm
 * Maternity and baby clothing (and more)

Loyalist Community Sharing Centre

613-389-4546 108 Amherst Dr, Amherstview
 Mon-Fri 10am-3pm; Thu 6pm-8pm
 * Low-cost clothing, toys and housewares