



**Independent Living  
Centre Kingston**  
Disability Resources and Support

# Connections Kingston

## Community Resources for Kingston & Frontenac



**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 \* Fax: 613-542-4783**

**Website: [www.ilckington.com](http://www.ilckington.com) \* Email: [info@ilckington.com](mailto:info@ilckington.com)**



## ACKNOWLEDGEMENTS

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Independent Living Centre Kingston

would like to thank



**Community Foundation for Kingston & Area**

and



**Kingston Community Roundtable on Poverty Reduction**

for their support for

**CONNECTIONS KINGSTON:  
Community Resources for Kingston & Frontenac**



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## **Independent Living Centre Kingston**

# **Adult and Alternative Education**



Whether you are looking to earn your Ontario Secondary School Diploma (OSSD), study for your General Educational Development (GED), or upgrade academically in order to be accepted into a college or university program or to receive a promotion from your employer, there are many options for adult and alternative education.

### ***Literacy and Basic Skills***

#### **Kingston Literacy and Skills**

##### **Kingston Main Office**

16 Bath Road, Unit # 7  
Kingston, ON K7L 1C4

tel: 613.547.2012

fax: 613.547.2024

**[www.klandskills.ca](http://www.klandskills.ca)**

**[info@klandskills.ca](mailto:info@klandskills.ca)**

##### **KL&S Napanee**

55 Dundas Street East  
Napanee, ON K7R 1H7

tel: 613.354.0226

fax: 613.354.1021

##### Accessibility

This location is accessible.

##### Services

Kingston Literacy and Skills provides upgrading and workforce preparation programming to adults and families in Kingston and surrounding communities, free of charge. Additional adult learning site at Salvation Army North.

Programs include:

- Adult Upgrading
- Career Preparation & Skills Building
- Language Instruction for Newcomers to Canada (LINC)
- Family Literacy & Early Literacy programs
- Reading and Parenting Program (RRAP)

##### Fees

None.





## **Northern Connections Adult Learning Centres**

### **Sharbot Lake Main Office**

Box 413, 24719 Hwy 7  
Sharbot Lake, ON K0H 2P0

tel: 613-279-2499

fax: 613-279-2022

**[www.ncalc.ca](http://www.ncalc.ca)**

**[jbigelow@ncalc.ca](mailto:jbigelow@ncalc.ca)**

### **Northbrook Site**

Box 362, 12497A Hwy 41 Unit 3  
Northbrook, ON K0H 2G0

tel: 613-336-0691

tollfree: 866-402-8347

fax: 613-336-0394

### Accessibility

This location is accessible.

### Services

Free courses to help you with work, school and life. Northern Connections is a community-based agency providing a wide range of learning opportunities for adults. Client-centred and outcome-based.

### Fees

None.



## ***Adult and Alternative Education***

### **Limestone District School Board – Adult and Alternative Education**

#### **Amherstview Community Education Centre**

Loyalist Plaza  
101-4499 Bath Road  
Kingston, ON K7N 1A6

Tel.: 613-389-0099  
Fax: 613-389-8423

**amcec@limestone.on.ca**

#### Hours of Operation

Monday to Friday 9:00am – 2:30pm

#### Accessibility

This location is accessible.

#### Services

This program provides students with opportunities to earn credits towards the Ontario Secondary School Diploma (Grades 9-12) and to develop skills and confidence. PLAR (Prior Learning Assessment & Recognition) process for credits towards your diploma.

#### Fees

There may be a deposit fee for materials; contact for more information.

#### **Bayridge Community Education Resource Centre**

652 Progress Avenue  
Kingston, ON K7M 4W9

Tel.: 613-384-9449  
Fax: 613-384-8466

**bcerc@limestone.on.ca**

#### Hours of Operation

Monday to Friday 8:30am – 3:00pm

#### Accessibility

This location is accessible.

#### Services

This program provides students with opportunities to earn credits towards the OSSD and to develop skills and confidence. PLAR process for credits towards your diploma.

#### Fees

There may be a deposit fee for materials; contact for more information.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)**



### **Central Frontenac Community Education Centre**

Taylor Plaza  
2779 Rutledge Road  
Sydenham, ON K0H 2T0

Tel.: 613-376-6866

Fax: 613-376-3442

**cfcec@limestone.on.ca**

#### Hours of Operation

Monday to Friday 8:15am – 2:30pm

#### Accessibility

This location is accessible.

#### Services

This program provides students with opportunities to earn credits towards the Ontario Secondary School Diploma (Grades 9-12) and to develop skills and confidence. PLAR (Prior Learning Assessment & Recognition) process for credits towards your diploma.

#### Fees

There may be a deposit fee for materials; contact for more information.

### **Gateway Community Education Centre**

33 Advance Avenue  
Napanee, ON K7R 3Y5

Tel.: 613-354-1549

Fax: 613-354-4230

**gateway@limestone.on.ca**

#### Hours of Operation

Monday to Friday 8:30am – 3:30pm

#### Accessibility

This location is accessible.

#### Services

This program provides students with opportunities to earn credits towards the Ontario Secondary School Diploma (Grades 9-12) and to develop skills and confidence. PLAR process for credits towards your diploma.

#### Fees

There may be a deposit fee for materials; contact for more information.

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**Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)**



### **Granite Ridge Alternative Program**

General Delivery, 14432 Road 38  
Sharbot Lake, ON K0H 2P0

Tel.: 613-279-2131  
Fax: 613-279-3326

**gredc@limestone.on.ca**

#### Hours of Operation

Monday to Friday 8:00am – 3:30pm

#### Accessibility

This location is accessible.

#### Services

This program provides students with opportunities to earn credits towards the Ontario Secondary School Diploma (Grades 9-12) and to develop skills and confidence. PLAR (Prior Learning Assessment & Recognition) process for credits towards your diploma.

#### Fees

There may be a deposit fee for materials; contact for more information.

### **Katarokwi Aboriginal School**

66 Harvey Street  
Kingston, ON K7K 5B9

Tel.: 613-767-1266

**[www.limestone.on.ca/Programs/  
Aboriginal\\_Ed/K\\_Profile](http://www.limestone.on.ca/Programs/Aboriginal_Ed/K_Profile)**

#### Hours of Operation

Monday to Friday 9:00am – 2:15pm

#### Accessibility

This location is accessible.

#### Services

This program is intended to provide First Nation, Métis and Inuit students with a safe, inclusive and culturally rich learning environment. The focus is on respect for self, others, Aboriginal traditions, and community. It offers four credits per semester.

#### Fees

There may be a deposit fee for materials; contact for more information.

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**Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)**

### **Limestone Community Education Centre**

164 Van Order Drive  
Kingston, ON K7M 1C1

Tel.: 613-542-7369  
Fax: 613-546-9545

**[www.limestonecommunityed.ca](http://www.limestonecommunityed.ca)**  
**[lsce@limestone.on.ca](mailto:lsce@limestone.on.ca)**

#### Hours of Operation

Monday to Friday 8:00am – 3:30pm

#### Accessibility

This location is not accessible.

#### Services

Several programs are offered at this location, including Academic training, Immigrant services, workplace readiness, and certificate programs.

Services include:

- Academic Upgrading
- PLAR (Prior Learning Assessment & Recognition) process for credits towards high school diploma
- Computer Training for all levels
- English as a Second Language training
- ESL workplace training
- International language training for children
- Pre-Personal Support Worker Training Program
- Personal Support Worker Certificate

#### Fees

There are fees for some programs; contact the school for more information.



### **North Addington Community Education Centre**

14196 Highway 41  
Cloyne, ON K0H 1K0

Tel.: 613-336-8991  
Fax: 613-336-8209

**naec.limestone.on.ca**  
**noras@limestone.on.ca**

Hours of Operation  
Monday to Friday 8:00am – 3:30pm

#### Accessibility

This location is accessible.

#### Services

This program provides students with opportunities to earn credits towards the Ontario Secondary School Diploma (Grades 9-12) and to develop skills and confidence. PLAR (Prior Learning Assessment & Recognition) process for credits towards your diploma.

#### Fees

There may be a deposit fee for materials; contact for more information.

### **Revive (Napanee District Secondary School)**

91 Dundas Street East  
Napanee, ON K7R 1J1

Tel.: 613-354-0179  
**napdi@limestone.on.ca**

Hours of Operation  
Monday to Friday 8:00am – 3:30pm

#### Accessibility

This location is accessible.

#### Services

This program provides students with opportunities to earn credits towards the Ontario Secondary School Diploma (Grades 9-12) and to develop skills and confidence. PLAR process for credits towards your diploma.

#### Fees

There may be a deposit fee for materials; contact for more information.

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**Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)**



### **Second Chance Program**

66 Harvey Street  
Kingston, ON K7K 5B9

Tel.: 613-548-3462  
Fax: 613-548-3361

**qecec@limestone.on.ca**

#### Hours of Operation

September through June  
Monday to Friday 9:30am – 2:30pm

#### Accessibility

This location is accessible.

#### Services

This program provides students with opportunities to earn credits towards the Ontario Secondary School Diploma (Grades 9-12) and to develop skills and confidence. PLAR process for credits towards your diploma. On-site daycare and lunch program available.

#### Fees

There may be a deposit fee for materials; contact for more information.

### **Streetsmart (KCVI Youth Alternative Education Centre)**

130 Queen Street  
Kingston, ON K7K 1A7

Phone: 613-549-0498  
Fax: 613-548-1662

**streetsmart@limestone.on.ca**

#### Hours of Operation

September through June  
Monday to Friday 9:45am – 2:30pm

#### Accessibility

This location is accessible.

#### Services

This program provides students with opportunities to earn credits towards the Ontario Secondary School Diploma (Grades 9-12) and to develop skills and confidence. PLAR process for credits towards your diploma.

#### Fees

There may be a deposit fee for materials; contact for more information.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783

Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)

## Algonquin and Lakeshore Catholic District School Board – Adult and Alternative Education

### Loyola School of Adult and Continuing Education

1440 Princess Street  
Kingston, ON K7M 3E5

Tel.: 613-544-3361  
Fax: 613-547-0999

[www.learningatloyola.ca](http://www.learningatloyola.ca)

[loyolakingston@alcdsb.on.ca](mailto:loyolakingston@alcdsb.on.ca)

#### Hours of Operation

Monday to Friday 8:00am – 3:30pm

#### Accessibility

This location is accessible.

#### Services

Offers a variety of courses to meet students' needs, including completing specific prerequisites for college, earning Ontario Secondary School Diploma, or simply learning for the joy of learning. Both in-class and online courses available along with opportunities to earn credits while working.

- Secondary School Credit Programs
- Personal Support Worker Program
- Pre-Health and Science
- Jumpstart to Employment
- Return Earn and Learn (REAL)
- Co-operative Education
- Essential Training
- Cashier Training
- Academic Skills for further education and training
- English as a Second Language
- Prior Learning Assessment Services

#### Fees

There may be a deposit fee for materials; contact for more information.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)**





### Kingston – Open Book

158 Patrick Street  
Kingston, ON K7K 3P5

Tel.: 613-544-3361  
Fax: 613-547-0999

**[www.learningatloyola.ca/  
openbook/default.aspx](http://www.learningatloyola.ca/openbook/default.aspx)**

**[loyola@alcdsb.on.ca](mailto:loyola@alcdsb.on.ca)**

#### Hours of Operation

Monday to Friday 8:00am – 3:30pm

#### Accessibility

This location is accessible.

#### Services

Learn the English language, upgrade reading and writing skills for employment or complete Grade 12 diploma. Offers flexible hours, a variety of workshops and classes, up-to-date technology, and a very qualified and supportive staff.

Programs include:

- English as a Second Language
- Essential Skills Training
- Cashier Training

#### Fees

There may be a deposit fee for materials; contact for more information.

***Correspondence – Adult and Alternative Education*****Independent Learning Centre**

(mailing address)

PO Box 200, Station Q  
Toronto ON M4T 2T1

Tel.: 416-484-2704

Fax: 416-484-2754

Toll Free: 1-800-387-5512

**[www.ilc.org](http://www.ilc.org)****[ilc@tvo.org](mailto:ilc@tvo.org)**Learner Services Phone Hours

Monday to Friday 1:00 pm – 4:00pm

Walk-In Services Hours

Monday to Friday 10:00 am – 4:00pm

(walk-in address)

2180 Yonge Street, Ground Floor,  
Toronto ONAccessibility

This location is accessible.

Services

Ontario's designated distance education provider.

Features both print and online formats. Individual high school courses are offered for individuals who wish to complete their high school diploma, complete a missed prerequisite for a college or university program, or retake a course to improve a final mark. Out-of-province and international students welcome.

- Maturity Credits
- Prior Learning Assessment and Recognition (PLAR) Credits
- Homeschool materials
- GED testing also available.

Fees

\$40.00 per course for Ontario residents not attending high school; \$100.00 for GED testing. Additional fees apply for non-residents, contact for more details.



# **Independent Living Centre Kingston Childcare**



## ***Finding Child Care***

Finding child care in Kingston can seem to be an overwhelming task due to wait lists and the sheer number of child care centres in the city. There are a few options for parents and guardians who are trying to find care for their children.

One way to find child care in Kingston is through the **City of Kingston and County of Frontenac Centralized Childcare Registry and Information Service** website at <https://kingston.onehsn.com/> . From this site, parents and guardians are able to place their children on wait lists for child care centres and nursery schools, as well as indicate their interest in the City of Kingston Child Care Subsidy (see below for more information) program if needed.

Another option for finding child care would be to use a website such as [www.godaycare.com/ontario/kingston/1](http://www.godaycare.com/ontario/kingston/1) or to simply type a phrase like “Kingston Ontario Daycares” into your favorite search engine. You can also browse the “Childcare, Nanny” section on Kijiji at [www.kijiji.ca/b-childcare-nanny-service/kingston-on/c8411700183](http://www.kijiji.ca/b-childcare-nanny-service/kingston-on/c8411700183) .

You can also look up “Child Care Services” in the Kingston and Area Yellow Pages.

## ***Choices in Childcare***

Parents can choose from several licenced childcare options.

### **Home-Based Child Care:**

- child care agency provides assistance and support to home care providers;
- child care agency monitors home care provider programs through home visits;
- home caregivers meet certain standards of care;
- greater flexibility in days and hours of care provided;
- small group size.

### **Centre-Based Child Care:**

- children are with other children their age in group settings;
- staff members include professionals with training in early childhood education;
- centres are required to meet a certain standard of care;
- activities are designed for children at different stages of development.

### **School-Age Care:**

- programming differs for school-aged children than for pre-school children;
- activities are geared to older children;
- staff have experience working with school-aged children.



## ***City of Kingston Child Care Subsidy***

**[www.cityofkingston.ca/childcare](http://www.cityofkingston.ca/childcare)**

The Child Care Subsidy is a program offered by the City that helps with the cost of licenced childcare if you are the parent, foster parent or legal guardian of a child from birth to 12 years of age and are a resident of the City of Kingston or the County of Frontenac. Parents or Guardians must be employed or enrolled in an educational or retraining program during the hours when their child is in childcare.

The Childcare Subsidy may cover all, or part, of eligible families' childcare costs. The amount of subsidy provided is determined by an income test.

1. Register at **[www.kingstonchildcare.ca](http://www.kingstonchildcare.ca)** for a space in the licenced centre of your choice. To apply for subsidy, select "Fee Assistance is Required" or "Fee Assistance is Preferred."
2. When you have been offered and accepted a space, the centre will notify the City of Kingston's Community and Family Service, Childcare Programs Department. The City will then contact you to book an appointment for an income testing assessment application.
3. Bring documentation to your appointment at Housing and Social Services at 362 Montreal St.

For more information, you may call the Community and Family Services Child Care Programs Booking Clerk at **613-546-2695**.



## ***Special Needs***

For children with special needs there is a **Special Needs Resource Fund** which serves to support these children with their participation in licenced childcare and in approved recreation programs. The Ontario Day Nurseries Act defines a special needs child as “a child with special needs is a child with a physical, mental or developmental impairment that is likely to continue for a prolonged period of time as verified by objective psychological or medical findings.”

The **Special Needs Resource Fund** program also has resource teachers and consultants who can provide services including developmental screens, referrals to community agencies, and development of individual program plans. To find out more, contact **Community Living of Kingston and District's Child Care Resource Consultants** at **613 546 6613 ext. 226**.



## Child Care Centres

The following pages list childcare centres and nursery schools in Kingston that are affiliated with the City of Kingston Child Care Subsidy program. This information is current as of March 2016.

All of the following childcare centres are licenced by the Government of Ontario.

### Active World Children's Centre

76 Smithfield Crescent  
Kingston, ON K7M 3C4

Tel.: 613-531-8846

[awcc@bellnet.ca](mailto:awcc@bellnet.ca)

Hours of Operation  
Monday to Friday 7:30am – 5:30pm

#### Accessibility

This building is partially accessible, the bathrooms are not accessible.

#### Ages

Birth to 5 years.

#### Special Needs

This program can accommodate children with special needs.

### Bay Park Children's Centre

Bay Park Baptist Church  
775 Progress Avenue  
Kingston, ON K7M 6R8

Tel.: 613-389-8919

[baypark.ca/?page\\_id=270](http://baypark.ca/?page_id=270)

[bpcc@kingston.net](mailto:bpcc@kingston.net)

Hours of Operation  
Monday to Friday 7:30am – 5:30pm

#### Accessibility

This building is fully accessible.

#### Ages

12 months to 6 years.

#### Special Needs

This program can accommodate children with special needs.





### **Bayridge Childcare Centre**

1035 Bayridge Drive  
Kingston, ON K7P 3B8

Tel.: 613-634-0003

**[www.bayridgedrivechildcare.com](http://www.bayridgedrivechildcare.com)**

**[bayridge@kingston.net](mailto:bayridge@kingston.net)**

#### Hours of Operation

Monday to Friday 7:15am – 5:30pm

#### Accessibility

This building is not accessible.

#### Ages

Birth to 12 years.

#### Special Needs

This program can accommodate children with special needs.

### **Henderson Child Care Centre**

180 Henderson Boulevard  
Kingston, ON K7M 3W3

Tel.: 613-507-0003

Fax: 613-634-6286

**[www.bayridgedrivechildcare.com](http://www.bayridgedrivechildcare.com)**

**[hccc@kingston.net](mailto:hccc@kingston.net)**

#### Hours of Operation

Monday to Friday 7:30am – 5:30pm

#### Accessibility

This building is not accessible.

#### Ages

18 months to 12 years.

#### Special Needs

This program can accommodate children with special needs.



### **Circle of Friends Day Care**

Frontenac Public School  
38 Cowdy Street  
Kingston, ON K7K 3V9

Tel.: 613-546-1265

**circleoffriends@cogeco.net**

#### Hours of Operation

Monday to Friday 7:30am – 5:30pm

#### Accessibility

This building is not accessible.

#### Ages

1.5 years to 12 years.

#### Special Needs

This program can accommodate children with special needs.



### **Coppens Academy Child Care**

672 Golden Mile Road  
Kingston, ON K7M 6K6

Tel.: 613-331-3993  
Fax: 613-384-1938

**[www.coppensacademy.com](http://www.coppensacademy.com)**

**[info@coppensacademy.com](mailto:info@coppensacademy.com)**

#### Hours of Operation

Monday to Friday 7:00am – 6:00pm

#### Accessibility

This building is fully accessible.

#### Ages

12 months to 10 years.

#### Special Needs

This program can accommodate children with special needs.

### **Coppens Academy – Division**

817 Division Street  
Kingston, ON K7K 4C2

Tel.: 613-507-3993  
Fax: 613-507-1938

**[www.coppensacademy.com](http://www.coppensacademy.com)**

**[info@coppensacademy.com](mailto:info@coppensacademy.com)**

#### Hours of Operation

Monday to Friday 6:45am – 5:30pm

#### Accessibility

This building is fully accessible.

#### Ages

12 months to 10 years.

#### Special Needs

This program can accommodate children with special needs.



### **Corner Clubhouse Daycare Centre – Infant / Toddler House**

198 Mack Street  
Kingston, ON K7L 5G7

Tel.: 613-549-5667  
Fax: 613-541-1388

**[www.cornerclubhousedaycare.ca](http://www.cornerclubhousedaycare.ca)**

**[cornerclubhousedaycare@bellnet.ca](mailto:cornerclubhousedaycare@bellnet.ca)**

#### Hours of Operation

Monday to Friday 7:30am – 5:30pm

#### Accessibility

This building is not accessible.

#### Ages

Birth to 3 years.

#### Special Needs

This program can accommodate children with special needs.

### **Corner Clubhouse Daycare Centre – Preschool / Kinder House**

244 MacDonnell Street  
Kingston, ON K7L 4C3

Tel.: 613-541-1338  
Fax: 613-541-1388

**[www.cornerclubhousedaycare.ca](http://www.cornerclubhousedaycare.ca)**

**[cornerclubhousedaycare@bellnet.ca](mailto:cornerclubhousedaycare@bellnet.ca)**

#### Hours of Operation

Monday to Friday 7:30am – 5:30pm

#### Accessibility

This building is not accessible.

#### Ages

30 months and up.

#### Special Needs

This program can accommodate children with special needs.

**Frontenac County Child Care Centre – Lancaster Drive Childcare Centre**

FCCC – Lancaster  
Lancaster Drive Public School  
1020 Lancaster Drive  
Kingston, ON K7P 2R7

Tel.: 613-634-1318  
Fax: 613-542-9295

**[www.frontenacountychildcarecentre.ca](http://www.frontenacountychildcarecentre.ca)**

**[fccc@kos.net](mailto:fccc@kos.net)**

Hours of Operation

Monday to Friday 7:30am – 5:30pm

Accessibility

This building is fully accessible.

Ages

18 months to 12 years.

Special Needs

This program can accommodate children with special needs.

**Frontenac County Child Care Centre – LCVI Child Care Centre**

FCCC – LCVI  
153 Van Order Drive  
Kingston, ON K7M 1B9

Tel.: 613-547-0734  
Fax: 613-542-9295

**[www.frontenacountychildcarecentre.ca](http://www.frontenacountychildcarecentre.ca)**

**[fccc@kos.net](mailto:fccc@kos.net)**

Hours of Operation

Monday to Friday 7:30am – 5:30pm

Accessibility

This building is fully accessible.

Ages

Birth to 3.8 years.

Special Needs

This program can accommodate children with special needs.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)**



### **Frontenac County Child Care Centre – Loughborough Childcare Centre**

FCCC – Loughborough  
4330 Wheatley Street  
Sydenham, ON K0H 2T0

Tel.: 613- 376-3392

Fax: 613-542-9295

**[www.frontenacountychildcarecentre.ca](http://www.frontenacountychildcarecentre.ca)**

**[fccc@kos.net](mailto:fccc@kos.net)**

#### Hours of Operation

Monday to Friday 7:00am – 5:30pm

#### Accessibility

This building is fully accessible.

#### Ages

18 months to 12 years.

#### Special Needs

This program can accommodate children with special needs.

### **Frontenac County Child Care Centre – QECVI Child Care Centre**

FCCC – QECVI  
145 Kirkpatrick Street  
Kingston, ON K7K 2P4

Tel.: 613-545-0228

Fax: 613-542-9295

**[www.frontenacountychildcarecentre.ca](http://www.frontenacountychildcarecentre.ca)**

**[fccc@kos.net](mailto:fccc@kos.net)**

#### Hours of Operation

Monday to Friday 7:30am – 5:00pm

#### Accessibility

This building is fully accessible.

#### Ages

Birth to 18 months.

#### Special Needs

This program can accommodate children with special needs.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)**



### **Frontline Day Care Centre**

Third Day Worship Centre  
999 Sydenham Road  
Kingston, ON K7M 3L8

Tel.: 613-542-0525 ext. 239

**[frontlinedaycare.com/](http://frontlinedaycare.com/)**

**[frontlinedaycare@gmail.com](mailto:frontlinedaycare@gmail.com)**

#### Hours of Operation

Monday to Friday 6:30am – 5:15pm

#### Accessibility

This building is fully accessible.

#### Ages

Birth to 6 years.

#### Special Needs

This program can accommodate children with special needs.

### **Frontenac Club Day Care**

442 Albert Street  
Kingston, ON K7L 3W3

Tel.: 613-542-4018

**[fcde@kos.net](mailto:fcde@kos.net)**

#### Hours of Operation

Monday to Friday 7:30am – 5:30pm

#### Accessibility

This building is not accessible.

#### Ages

Birth to 6 years.

#### Special Needs

This program can accommodate children with special needs.



### **Gently Rocking Horse Day Care**

259 Albert Street  
Kingston, ON K7L 2J5

Tel.: 613-531-7957

**rockinghorse@kos.net**

Hours of Operation  
Monday to Friday 7:45am – 5:30pm

#### Accessibility

This building is not accessible.

#### Ages

Birth to 5 years.

#### Special Needs

This program can accommodate children with special needs.

### **Healthy Horizons Daycare**

880 Victoria St  
Kingston, ON K7K 4T8

Tel.: 613-548-7352  
Fax: 613-344-0125

Hours of Operation  
Monday to Friday 7:30am – 5:30pm

#### Accessibility

This building is fully accessible.

#### Ages

6 months to 5 years.

#### Special Needs

This program can accommodate children with special needs.





### High Hopes Day Care

674 Victoria Street  
Kingston, ON K7K 4S5

Tel.: 613-549-6642

Hours of Operation  
Monday to Friday 7:30am – 5:00pm

#### Accessibility

This building is not accessible.

#### Ages

1.5 years to 5 years

#### Special Needs

This program can accommodate children with special needs.

### Kids and Company

126 Wellington Street  
Kingston, ON K7L 3C8

Tel.: 613-542-2555

**kingston.kidsandcompany.com/**

**kingston@kidsandcompany.com**

Hours of Operation  
Monday to Friday 6:30am – 6:30pm

#### Accessibility

This building is not accessible.

#### Ages

Birth to 12 years

#### Special Needs

This program can accommodate children with special needs.



### **Kingston Day Care – Collins Bay Child Care Centre**

Collins Bay Public School  
4075 Bath Road  
Kingston, ON K7M 4Y9

Tel.: 613-634-6694

**[www.kingstondaycare.org](http://www.kingstondaycare.org)**

**[info@kingstondaycare.org](mailto:info@kingstondaycare.org)**

#### Hours of Operation

Monday to Friday 7:00am – 5:30pm

#### Accessibility

This building is fully accessible.

#### Ages

Birth to 12 years.

#### Special Needs

This program can accommodate children with special needs.

### **Kingston Day Care – St Martha Child Care Centre**

St Martha Catholic School  
455 St Martha Street  
Kingston, ON K7K 7C2

Tel.: 613-549-2151

**[www.kingstondaycare.org](http://www.kingstondaycare.org)**

**[info@kingstondaycare.org](mailto:info@kingstondaycare.org)**

#### Hours of Operation

Monday to Friday 7:00am – 5:30pm

#### Accessibility

This building is fully accessible.

#### Ages

Birth to 12 years.

#### Special Needs

This program can accommodate children with special needs.



### **Kingston Day Care – Trillium Child Care Centre**

Court Building  
790 Edgar Street  
Kingston, ON K7M 8S4

Tel.: 613-547-7210 ext. 190

Tel.: 613-548-3223

**[www.kingstondaycare.org](http://www.kingstondaycare.org)**

**[info@kingstondaycare.org](mailto:info@kingstondaycare.org)**

#### Hours of Operation

Monday to Friday 7:00am – 5:30pm

#### Accessibility

This building is fully accessible.

#### Ages

Birth to 4 years.

#### Special Needs

This program can accommodate children with special needs.



### **La Garderie Croque Soleil**

La maison des Petits  
École secondaire catholique Marie-Rivier  
711 Dalton Avenue  
Kingston, ON N8N 6N6

Tel.: 613-548-4484

**[www.lagarderiecroque-soleil.com](http://www.lagarderiecroque-soleil.com)**

**[csoleil@bellnet.ca](mailto:csoleil@bellnet.ca)**

#### Hours of Operation

Monday to Friday 7h00 – 17h30

#### Accessibility

This building is fully accessible.

#### Ages

6 months to 30 months.

#### Special Needs

This program can accommodate children with special needs.

### **La Garderie Croque Soleil – Les Explorateurs**

La maison des Grands  
École élémentaire catholique  
Mgr-Rémi-Gaulin  
51 Virginia Street  
Kingston, ON K7K 5Y3

Tel.: 613-548-4484

**[www.lagarderiecroque-soleil.com](http://www.lagarderiecroque-soleil.com)**

**[melaniecuerrier@hotmail.ca](mailto:melaniecuerrier@hotmail.ca)**

#### Hours of Operation

Monday to Friday 7h00 – 17h30

#### Accessibility

This building is fully accessible.

#### Ages

30 to 12 years.

#### Special Needs

This program can accommodate children with special needs.



### **La Garderie Éducative de Kingston**

École Madeleine-de-Roybon  
72 Gilmour Avenue  
Kingston, ON K7M 9G6

Tel.: 613-549-7109

[www.lagarderie.ca/wordpress/](http://www.lagarderie.ca/wordpress/)

[directrice@lagarderie.ca](mailto:directrice@lagarderie.ca)

#### Hours of Operation

Monday to Friday 7h00 – 17h30

#### Accessibility

This building is not accessible.

#### Ages

Birth to 12 years.

#### Special Needs

This program can accommodate children with special needs.

### **Limestone Advisory for Child Care Programs – The Kids' Place Early Childhood Centre**

Mother Theresa  
Catholic Elementary School  
1044 Lancaster Drive  
Kingston, ON K7P 2L6

Tel.: 613-384-7677

[www.laccp.ca](http://www.laccp.ca)

[kidsplace@laccp.ca](mailto:kidsplace@laccp.ca)

#### Hours of Operation

Monday to Friday 7:30am – 5:45pm

#### Accessibility

This building is fully accessible.

#### Ages

1.5 years to 12 years

#### Special Needs

This program can accommodate children with special needs.



### **Little Angels Child Care Centre**

1206 Johnson Street  
Kingston, ON K7M 2N8

Tel.: 613-536-0358

Hours of Operation  
Monday to Friday 7:30am – 5:30pm

#### Accessibility

This building is fully accessible.

#### Ages

Birth to 4 years

#### Special Needs

This program can accommodate children with special needs.

### **Little Bits Daycare**

360 Kingston Mills Road  
Kingston, ON K7L 4V3

Tel.: 613-547-0020

Hours of Operation  
Monday to Friday 7:30am – 5:30pm

#### Accessibility

This building is fully accessible.

#### Ages

Birth to 4 years

#### Special Needs

This program can accommodate children with special needs.

**Old Macdonald's Day Care (Kingston) Inc.**

Central Public School  
237 Sydenham Street  
Kingston, ON K7K 3M3

Tel.: 613-542-5300  
Fax: 613-542-5311

**oldmacdonaldsdaycare.ca**

**oldmacdonaldsdaycare11@bellnet.ca**

Hours of Operation  
Monday to Friday 7:30am – 5:30pm

Accessibility

This building is not accessible.

Ages

18 months to 12 years.

Special Needs

This program can accommodate children with special needs.

**Pladec Mack Day Care Centre**

349 Mack Street  
Kingston, ON K7L 1R4

Tel.: 613-546-1234  
Fax: 613-546-6152

**www.pladecdaycare.ca**

**mack@pladecdaycare.ca**

Hours of Operation  
Monday to Friday 6:00am – 6:30pm

Accessibility

This building is not accessible.

Ages

Birth to 12 years.

Special Needs

This program can accommodate children with special needs.



### **Pladec East Day Care Centre**

671 Innovation Drive  
Kingston, ON K7K 7E7

Tel.: 613-507-4321  
Fax: 613-507.4321

**[www.pladecdaycare.ca](http://www.pladecdaycare.ca)**

**[east@pladecdaycare.ca](mailto:east@pladecdaycare.ca)**

#### Hours of Operation

Monday to Friday 6:00am – 6:30pm

#### Accessibility

This building is accessible.

#### Ages

Birth to 12 years.

#### Special Needs

This program can accommodate children with special needs.

### **Programs After Learning**

St. Joseph / St. Mary Catholic School  
671 Brock Street  
Kingston, ON K7L 1V7

Tel.: 613-544-4267

#### Hours of Operation

Monday to Friday 7:00am – 6:00pm

#### Accessibility

This building is fully accessible.

#### Ages

3 years to 12 years.

#### Special Needs

This program can accommodate children with special needs.





### **Queen's Day Care Centre - Pre-Schoolers**

169 Union Street  
Kingston, ON K7L 2P5

Tel.: 613-533-3008  
Fax: 613-533-3010

**[www.queensu.ca/daycare/home](http://www.queensu.ca/daycare/home)  
[daycare@queensu.ca](mailto:daycare@queensu.ca)**

#### Hours of Operation

September through June  
Monday to Friday 7:30am – 5:45pm  
July through August  
Monday to Friday 7:30am – 5:15pm

#### Accessibility

This building is partially accessible.

#### Ages

2 years to 6 years.

#### Special Needs

This program can accommodate children with special needs.

### **Queen's Day Care – Infants & Toddlers**

184 Union Street  
Kingston, ON K7L 2P5

Tel.: 613-533-3008  
Fax: 613-533-3010

**[www.queensu.ca/daycare/home](http://www.queensu.ca/daycare/home)  
[daycare@queensu.ca](mailto:daycare@queensu.ca)**

#### Hours of Operation

September through June  
Monday to Friday 7:30am – 5:45pm  
July through August  
Monday to Friday 7:30am – 5:15pm

#### Accessibility

This building is fully accessible.

#### Ages

Birth to 2.5 years.

#### Special Needs

This program can accommodate children with special needs.



### **Something Special Children's Centre**

10 Chapman Street  
Kingston, ON K7K 6B8

Tel.: 613-544-8367  
Fax: 613-544-5369

**[somethingspecialchildrenscentre.com](http://somethingspecialchildrenscentre.com)**

**[ssdaycare@cogeco.net](mailto:ssdaycare@cogeco.net)**

#### Hours of Operation

Monday to Friday 6:30am – 5:30pm

#### Accessibility

This building is partially accessible;  
only the first floor is fully accessible.

#### Ages

Birth to 12 years.

#### Special Needs

This program can accommodate  
children with special needs.

### **The Child Centre Licenced Child Care**

1004 Art Duffy Road  
Sharbot Lake, ON K0H 2P0

Tel.: 613-279-3366  
Fax: 613-279-3355

**<http://nfcs.ca/?p=87>**

**[daycare@nfcs.ca](mailto:daycare@nfcs.ca)**

#### Hours of Operation

Monday to Friday 7:00am – 6:00pm

#### Accessibility

This building is fully accessible.

#### Ages

Infant to 12 years.

#### Special Needs

This program can accommodate  
children with special needs.



### **West End Children's Centre**

Polson Park Free Methodist Church  
5 Miles Avenue  
Kingston, ON K7M 7G7

Tel.: 613-546-2911

Fax: 613-546-0166

**[www.westendchildrenscentre.ca](http://www.westendchildrenscentre.ca)**

**[westend\\_daycare@hotmail.com](mailto:westend_daycare@hotmail.com)**

#### Hours of Operation

Monday to Friday 7:30am – 5:30pm

#### Accessibility

This building is not accessible.

#### Ages

12 months to 12 years.

#### Special Needs

This program can accommodate children with special needs.



### **YMCA of Kingston – Wright Crescent Child Care Centre**

YMCA  
100 Wright Crescent  
Kingston, ON K7L 4T9

Tel.: 613-546-2647 ext. 230  
Fax: 613-549-0654

**[www.kingston.ymca.ca/index.cfm?  
page=programs&s=childcare](http://www.kingston.ymca.ca/index.cfm?page=programs&s=childcare)**

**[susan\\_morton@kingston.ymca.ca](mailto:susan_morton@kingston.ymca.ca)**

Hours of Operation  
Monday to Friday 7:30am – 5:30pm

#### Accessibility

This building is not accessible.

#### Ages

Infant to 6 years.  
School-age care at various locations  
across Kingston.

#### Special Needs

This program can accommodate  
children with special needs.

### **YMCA of Kingston – Arbour Heights Child Care Centre**

YMCA  
564 Tanner Drive  
Kingston, ON K7M 0C3

Tel.: 613-546-2647 ext. 230  
Fax: 613-549-0654

**[www.kingston.ymca.ca/index.cfm?  
page=programs&s=childcare](http://www.kingston.ymca.ca/index.cfm?page=programs&s=childcare)**

**[susan\\_morton@kingston.ymca.ca](mailto:susan_morton@kingston.ymca.ca)**

Hours of Operation  
Monday to Friday 6:30am – 5:30pm

#### Accessibility

This building is not accessible.

#### Ages

Infant to 6 years.

#### Special Needs

This program can accommodate  
children with special needs.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)**



## ***Licensed Home Care***

### **Limestone Advisory for Child Care Programs – Kids' Care Network**

930 Woodbine Road  
Kingston, ON K7P 2X4

Tel.: 613-384-2011  
Fax: 613-384-9827

**[www.limestoneadvisoryforchildcare.ca/](http://www.limestoneadvisoryforchildcare.ca/)  
[#!about1/c20br](https://twitter.com/about1/c20br)**

**[kidscare@laccp.ca](mailto:kidscare@laccp.ca)**

#### Administrative Hours

Monday to Thursday 9:00am – 4:00pm

#### Hours of Operation

Varies based on location. Days, weekends, and evenings available at some locations.

#### General Information

Kids' Care Network provides a private family home child care service. Oversees 25 private homes that provide licensed home child care for children 0 to 12 years old, including part time care. Conducts regular monitoring of each home. Equipment, toy and book lending is offered to providers working for this agency. Locations throughout the Kingston area.

#### Accessibility

Varies based on location, some homes are accessible while others are not.

#### Ages

Varies based on location, overall the system can accommodate children from birth to 12 years.

#### Special Needs

Varies based on location, some homes can accommodate children with special needs.



### **Wee Watch Enriched Home Child Care**

c/o Denise Farrell, Area Supervisor  
241 Alexander Rd, RR 7  
Brighton, ON K0K 1H0

Tel.: 613-634-3785

Fax: 613-475-2573

**[www.weewatch.com/location/kingston/](http://www.weewatch.com/location/kingston/)**

**[kingston@weewatch.com](mailto:kingston@weewatch.com)**

#### Administrative Hours

Monday to Friday 8:30am – 4:30pm

#### Hours of Operation

Varies based on location. Days, weekends, and evenings available at some locations.

#### General Information

Wee Watch provides a network of trained caregivers offering child care in their homes. Registry matching parents with providers. Monthly and unscheduled inspections of registered homes. Ongoing training and support from qualified ECE staff. Wee Watch oversees up to 25 homes in Kingston and area.

#### Accessibility

Varies based on location, some homes are accessible while others are not.

#### Ages

Varies based on location, overall the system can accommodate children from birth to 12 years.

#### Special Needs

Varies based on location, some homes can accommodate children with special needs.



## ***Nursery Schools***

### **Allen Detweiler Nursery School**

St. James Church  
10 Union Street West  
Kingston, ON K7L 2N7

***New Address in 2016:***

175 Rideau Street

Tel.: 613-549-8427

**[www.adnschool.com](http://www.adnschool.com)**

Hours of Operation

Monday to Friday 8:30am – 12:30pm

Accessibility

This building is fully accessible.

Ages

18 months to 5 years.

Special Needs

This program can accommodate children with special needs.

### **Building Blocks Nursery School**

130 Lakeview Avenue  
Kingston, ON K7M 3T5

Tel.: 613-389-8733

**[www.buildingblocksnurseryschool.net](http://www.buildingblocksnurseryschool.net)**

**[building-blocks@hotmail.com](mailto:building-blocks@hotmail.com)**

Hours of Operation

September through June  
Monday to Friday 8:30am – 12:30pm  
Summer Camps available.

Accessibility

This building is fully accessible.

Ages

2 years to 5 years.

Special Needs

This program can accommodate children with special needs.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)**



### Harrowsmith Preschool

3876 Harrowsmith Road  
Harrowsmith, ON K0H 1V0

Tel.: 613-483-8511

Hours of Operation  
Contact for details.

#### Accessibility

This building is accessible.

#### Ages

Contact for details

#### Special Needs

This program can accommodate children with special needs.

### Helen Tufts Nursery School

211 Johnson Street  
Kingston, ON K7L 1Y2

Tel.: 613-546-9576  
Fax: 613-542-6048

[www.helentuftsnurseryschool.com](http://www.helentuftsnurseryschool.com)

[htns@kingston.net](mailto:htns@kingston.net)

Hours of Operation  
September through June  
Monday to Friday 9:00am – 1:00pm

#### Accessibility

This building is not accessible.

#### Ages

18 months to 4 years.

#### Special Needs

This program can accommodate children with special needs.





**Limestone Advisory for Child Care Programs  
– Limestone Nursery School**

930 Woodbine Road  
Kingston, ON K7P 2X4

Tel.: 613-384-5051  
Fax: 613-384-9827

**www.laccp.ca**

**limestonenursery@laccp.ca**

Hours of Operation

September through June  
Mondays,  
Tuesdays, and 9:00am – 11:30am  
Thursdays  
Summer hours available.

Accessibility

This building is fully accessible.

Ages

2.5 years to 5 years.

Special Needs

This program can accommodate  
children with special needs.

**YMCA of Kingston Nursery School**

100 Wright Crescent  
Kingston, ON K7L 4T9

Tel.: 613-546-2647 ext. 234  
Fax: 613-549-0654

**www.kingston.ymca.ca/index.cfm?  
page=programs&s=childcare**

**bev\_blakely@kingston.ymca.ca**

Hours of Operation

September through June  
Monday to Friday 9:30am – 12:00pm

Accessibility

This building is fully accessible.

Ages

2.5 years to 5 years.

Special Needs

This program can accommodate  
children with special needs.



## ***Early Years Programs***

### **Better Beginnings For Kingston Children**

Kingston Community Health Centres  
263 Weller Avenue  
Kingston, ON K7K 2V4

Tel.: 613-542-2835  
Fax: 613-542-3861

**[www.kchc.ca/index.cfm/better-beginnings/](http://www.kchc.ca/index.cfm/better-beginnings/)**

**[info@bbkc.kchc.ca](mailto:info@bbkc.kchc.ca)**

#### Hours of Service

Monday to Friday 8:30am – 4:30pm

#### Accessibility

This building is fully accessible.

#### Eligibility

Adults with children newborn to 6 years,  
and pregnant women.

#### Programs and Services

Better Beginnings Kingston is a group of programs for young children, pregnant women, and parents run by Kingston Community Health Centres.

- Breast pump loans in special circumstances
- Home support
- Infant and toddler groups
- Parenting programs
- Playgroups
- Prenatal education and nutrition
- School readiness programs

#### Fees

None.

**Limestone Advisory for Child Care Programs  
– Ontario Early Years Centre for Kingston and the Islands**

1066 Hudson Drive  
Kingston ON K7M 5K8

Tel.: 613.384.1231

**[www.laccp.ca](http://www.laccp.ca)**

**[oeyc@laccp.ca](mailto:oeyc@laccp.ca)**

Hours of Operation

September through June  
Mondays,  
Tuesdays, and 9:00am – 11:30am  
Thursdays

Accessibility

This building is fully accessible.

Ages

Adults with children newborn to 6 years,  
and pregnant women.

Programs and Services

Supports and empowers parents and caregivers with children birth to 6 years of age. In collaboration with volunteers and community partners, early childhood educators foster healthy child development and positive parenting skills. All programs are free.

- Infant and toddler groups
- Parenting support
- Playgroups, sibling groups
- Resource lending library
- School readiness
- Services en français

Special Needs

This program can accommodate children with special needs.

## **The Child Centre – Ontario Early Years Centre**

1004 Art Duffy Road  
Sharbot Lake, ON K0H 2P0

Tel.: 613-279-2244  
Fax: 613-279-3355

[http://nfcs.ca/?page\\_id=27](http://nfcs.ca/?page_id=27)

[kids@nfcs.ca](mailto:kids@nfcs.ca)

### Hours of Operation

September through June  
Monday to Friday 9:30am – 11:30am

### Accessibility

This building is fully accessible.

### Ages

Adults with children newborn to 6 years,  
and pregnant women.

### Programs and Services

All programs are free. Locations include Harrowsmith, Sharbot Lake, Storrington, Sydenham, Verona.

- Early learning playgroups
- Healthy beginnings
- Parenting support
- Resource lending library
- School readiness & backpack programs

### Special Needs

This program can accommodate children with special needs.



# **Independent Living Centre Kingston**

## **Attendant Services**



## ***A Note about Attendant Services in Ontario & Fees***

Many community-based attendant services in Ontario are funded directly by the **Ministry of Health and Long Term Care**. These publicly funded programs are administered by various regional organisations to eligible individuals. They are available in three levels:

### Home Care Services

- Co-ordinated through local Community Care Access Centres (CCAC)
- CCACs arrange with non-profit and private agencies to provide personal and nursing supports to eligible patients in their homes

### Attendant Care Outreach Program

- Administered by Providence Care for Kingston, Frontenac and Lennox & Addington
- Provides assistance of daily living to individuals with long-term physical disabilities in their homes

### Direct Funding Self-Managed Attendant Services

- Administered by the Centre for Independent Living in Toronto, with support from Independent Living Centre Kingston
- An innovative program enabling adults with physical disabilities to become employers of their own attendants

Attendant services may also be covered by other **government insurance** such as the Veterans Independence Program (VIP) or Workplace Safety & Insurance Board (WSIB).

Coverage from **private insurance** companies may be available through a health plan at an individual's place of employment, or property or motor vehicle policies.



## Independent Living Centre Kingston

540 Montreal Street  
Kingston, ON K7K 3J2

Tel.: 613-542-8353  
Fax: 613-542-4783  
TTY: 613-542-8371

**[www.ilckingson.com](http://www.ilckingson.com)**

**[www.dfontario.ca](http://www.dfontario.ca)**

### Hours

Monday to Friday 9:30am – 4:00pm

### Fees

None, all services are free of charge.  
Fees are covered by the Ministry of Health & Long Term Care through the Centre for Independent Living Toronto.

### Wait List

There is currently a three to four year wait from time of application until an interview.

### Direct Funding Program

Independent Living Centre Kingston is one of the 11 Independent Living Resource Centres (ILRC) in Ontario that provide assistance with the Centre for Independent Living Toronto's (CILT) Direct Funding Program.

The DF program enables individuals with disabilities aged 16 or older to act as self-managers and employ attendants to aid them with such things as home support and personal support.

Individuals who are able to self-direct and able to train and direct their attendants are potential candidates for the program.

### Application Process

No referral is required. Visit **[www.dfontario.ca](http://www.dfontario.ca)** and use the forms provided on the website. If you need help, contact Independent Living Centre Kingston.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)**



## **South East Community Care Access Centre (SE-CCAC)**

200-1471 John Counter Boulevard  
Kingston, ON K7M 8S8

Tel.: 613-544-7090  
Fax: 613-544-1494  
Toll Free: 1-800-869-8828

**[www.se.ccac-ont.ca](http://www.se.ccac-ont.ca)**

### Administrative Hours

Monday to Friday 8:30am – 4:30pm

### Fees

There are no direct costs to individuals as fees are covered by OHIP through the Community Care Access Centre (CCAC) program.

### Wait List

Generally less than two weeks from phone contact to in-home visit from a care coordinator. Time to begin services after home visit varies depending on individual needs.

### CCAC Program

The CCAC Program assists individuals in determining their needs, answering questions, and developing a customized care plan in relation to home and personal support. CCAC also investigates an individual's eligibility for government funded services and financial subsidies to pay for attendant services.

If an individual is eligible for services through CCAC, they will be connected with appropriate service providers to meet their needs.

### Application Process

No referral is required. Contact SE-CCAC via telephone to have a phone interview. From there, if you are eligible for the program, you will have a home visit from a care coordinator.





## **Providence Care – Attendant Care Outreach Program**

### ACOP Services

275 Sydenham Street  
Kingston, ON K7K 1G7

Tel.: 613-548-7222 ext. 3183  
Fax: 613-549-1925

**[www.providencecare.ca](http://www.providencecare.ca)**

**[acop\\_hc\\_intake@providencecare.ca](mailto:acop_hc_intake@providencecare.ca)**

### Administrative Hours

Monday to Friday 8:00am – 4:00pm

### Hours of Service

Sunday to 6:00am – 12:00am  
Saturday

Up to 21 hours of service weekly.

### Fees

The program is funded by the South  
East Local Health Integration Network.  
There are no costs to clients for service.

### Wait List

At this point, there is a lengthy, indefinite  
wait list.

The Attendant Care Outreach Program  
is for individuals with disabilities age 16  
or older who wish to direct their own  
attendant services.

In order to be eligible, individuals must  
fully understand the nature of their  
disability and be able to direct their own  
care and communicate effectively with  
staff at all times.

Services available include home  
support and personal support, and can  
be tailored to meet individual needs.

### Application Process

No referral is required. Interested  
individuals can phone, fax or email the  
coordinator with the provided contact  
information.



***Further Reading about Attendant Services in Ontario:***

Direct Funding Self-Managed Attendant Services in Ontario  
**[www.dfontario.ca](http://www.dfontario.ca)**

Direct Funding General Information  
**[www.dfontario.ca/df\\_public/general\\_information\\_oct2015\\_en.pdf](http://www.dfontario.ca/df_public/general_information_oct2015_en.pdf)**

Independent Living Centre Kingston  
**[www.ilckingson.com](http://www.ilckingson.com)**

Providence Care – Attendant Care Outreach Program  
**[www.providencecare.ca/CareServices/community-care-services/Pages/Attendant-Care-and-Endymion-.aspx](http://www.providencecare.ca/CareServices/community-care-services/Pages/Attendant-Care-and-Endymion-.aspx)**

South East Community Care Access Centre  
**<http://healthcareathome.ca/southeast/en>**

Ontario's Community Care Access Centres – Public Information  
**[www.health.gov.on.ca/en/public/contact/ccac/](http://www.health.gov.on.ca/en/public/contact/ccac/)**



## ***Attendant Services Providers***

### **Bayshore Home Health – Kingston Branch**

102-1471 John Counter Blvd.  
Kingston, ON K7M 8S8

Tel.: 613-542-4242  
Toll Free: 1-855-244-7952  
Fax: 613-542-3526

**[www.bayshore.ca](http://www.bayshore.ca)**

#### Administrative Hours

Monday to Friday 8:30am – 4:30pm

#### Hours of Service

24 hours a day, 7 days a week

#### Services Available

- Companionship
- Funding Investigation
- Home Support
- Nursing
- Personal Care
- Serious Injury Home Care

#### Fees

Contact the office for current fee schedule. Government or private insurance plans may cover these fees.

#### Application Process

Individuals can be self-referred, or be referred by a family member or caregiver. Contact Bayshore Home Health by telephone to begin the application process.



### **CBI Health Group**

102-785 Midpark Drive  
Kingston, ON K7M 7G3

Tel.: 613-384-7891  
Toll Free: 1-800-463-2225  
Fax: 613-384-7153

**[www.cbi.ca/web/homehealth](http://www.cbi.ca/web/homehealth)**

#### Administrative Hours

Monday to Friday 8:30am – 4:30 pm

#### Hours of Service

24 hours a day, 7 days a week

#### Services Available

- Companionship
- Funding Investigation
- Home Support
- Nursing
- Personal Support
- Social Workers
- Therapy Services

#### Fees

Fees are available following a needs assessment.

#### Application Process

No referral is required. Contact CBI via phone or the email form on their website to begin the application process.



## Comfort Keepers

86 Bath Road, Suite 12  
Kingston, ON K7M 4Y2

Tel.: 613-634-2273  
Toll Free: 1-855-221-3221  
Fax: 613-384-2273

**[comfortkeepers.ca/office-3030/profile/kingston.html](http://comfortkeepers.ca/office-3030/profile/kingston.html)**

**[kingston@comfortkeepers.ca](mailto:kingston@comfortkeepers.ca)**

### Administrative Hours

24 hours a day, 7 days a week

### Hours of Service

24 hours a day, 7 days a week

### Services Available

- Companionship
- Funding Investigation
- Home Support
- Personal Support
- Vision Loss Services

### Fees

Fees are available following a needs assessment. Generally these fees range from \$20.00 to \$23.00 per hour.

### Application Process

No referral is needed. Telephone the office to make an appointment.



### **ParaMed Home Health Care – Kingston**

786 Blackburn Mews  
Kingston, ON K7P 2N7

Tel.: 613-549-0112  
Toll Free: 1-800-267-7853

**[www.paramed.com/homecare](http://www.paramed.com/homecare)**

#### Administrative Hours

Monday to Friday 8:30am – 4:30pm

#### Hours of Service

24 hours a day, 7 days a week

#### Services Available

- Acquired Brain Injury Care
- Companionship
- Home Support
- Nursing
- Personal Support

#### Fees

Fees to be determined after a complimentary in-home assessment.

#### Application Process

No referral is required. Contact by phone to make an appointment.



### **Premier Homecare Services – Kingston / Brockville**

109-993 Princess Street  
Kingston, ON K7L 1H3

Tel.: 613-531-0931  
Fax: 613-531-1872

[www.premierkingston.com/index.php](http://www.premierkingston.com/index.php)

[infokingston@homecarephs.com](mailto:infokingston@homecarephs.com)

#### Administrative Hours

Monday to Friday 8:30am – 5:00pm

#### Hours of Service

24 hours a day, 7 days a week

#### Services Available

- Companionship
- Home Support
- In-Home Hairdressing
- Personal Support

#### Fees

Generally \$23.75 per hour plus HST.  
Additional fees may apply.

#### Application Process

No referral is required. Telephone for an assessment.



### **Quality Care Health Services – Visiting Nursing**

1096 Crossfield Avenue  
Kingston, ON K7P 0G7

Tel.: 613-531-0265  
Fax: 613-531-0264

**[www.qualitycarehealthservices.com](http://www.qualitycarehealthservices.com)**

**[qualitycare@inbox.com](mailto:qualitycare@inbox.com)**

#### Administrative Hours

Monday to Friday 9:00am – 4:00pm

#### Hours of Service

24 hours a day, 7 days a week

#### Services Available

- Companionship
- Home Support
- Nursing
- Personal Support

#### Fees

To be determined based on care needed.

#### Application Process

No referral is required. Telephone for an assessment.





### **Red Cross Care Partners**

2790 Princess Street  
Kingston, ON K7P 1W9

Tel.: 613-548-4929 ext. 30

Fax: 613-531-6065

Toll Free: 1-888-222-0789

**[www.redcrosscarepartners.ca](http://www.redcrosscarepartners.ca)**

**[melissa.dion@redcrosscarepartners.ca](mailto:melissa.dion@redcrosscarepartners.ca)**

#### Administrative Hours

Monday to Friday 8:30am – 4:30pm

#### Hours of Service

24 hours a day, 7 days a week

#### Services Available

- Home Support
- Nursing
- Personal Support
- Rehabilitation Therapy

#### Fees

Fees are determined based on services required.

#### Application Process

No referral is required. Telephone for an assessment.



### **Saint Elizabeth Health Care – Kingston Site**

410-1471 John Counter Boulevard  
Kingston, ON K7M 8S0

Tel.: 416-398-1035  
Fax: 1-877-397-1035

**[www.saintelizabeth.com](http://www.saintelizabeth.com)**

**[normajohnston@saintelizabeth.com](mailto:normajohnston@saintelizabeth.com)**

#### Administrative Hours

Monday to Friday 8:00am – 5:00pm

#### Hours of Service

24 hours a day, 7 days a week

#### Services Available

- Companionship
- Home Support
- Nursing
- Personal Support
- Transportation

#### Fees

Fees to be determined based on services required. No HST. May be funded through government or private insurance, or privately paid.

#### Application Process

No referral is required. Telephone to initiate service.



### **Victorian Order of Nurses – Greater Kingston Site**

737 Arlington Park Place, lower level  
Kingston, ON K7M 8M8

Tel.: 613-634-0130

Fax: 613-634-0125

[www.von.ca/en/locations/branch.aspx?BranchId=21](http://www.von.ca/en/locations/branch.aspx?BranchId=21)

#### Administrative Hours

Monday to Friday 8:30am – 4:30pm

#### Hours of Service

Sunday to 9:00am – 4:30pm

Saturday

24 hours a day, 7 days a week when  
staff are available.

#### Services Available

- Home Support
- Home Maintenance
- Insurance Assessments
- Nursing
- Personal Care
- Volunteer Transportation

#### Fees

Fees are dependent upon services  
requested. Fee reductions do exist for  
eligible individuals.

#### Application Process

No referral is required. Phone the office  
to begin the application process. A one  
to two week wait period is typical.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)**





# **Independent Living Centre Kingston**

## **Emergency and Low-Cost Food**

### Partners In Mission Food Bank

140 Hickson Avenue  
Kingston, ON K7K 2N6

Tel.: 613-544-4534

**[www.kingstonfoodbank.net](http://www.kingstonfoodbank.net)**

**[foodbank@kingston.net](mailto:foodbank@kingston.net)**

#### Hours of Operation

Monday to Friday 8:30am – 4:30pm

#### Available Items

Non-perishable items such as canned vegetables and meats, cereals, baking supplies, etc. Milk, eggs, fresh produce, bread, and desserts. Baby supplies including formula and food are available if an individual indicates a need at the intake interview.

Pet food is often available, and can be requested at the time of a grocery pick up.

#### Accessibility

This building is wheelchair accessible.

#### Process

No referrals are necessary to make an intake appointment at the food bank. The intake appointment lasts approximately half an hour, and serves to determine how the individual will use the food bank, and educate them on how the system works.

At the end of the intake interview, individuals will be sent home with a hamper of food that contains three to five days' worth of non-perishable food. In addition, they will provide some perishable items.

The food bank may request updated information from time to time to keep their files up to date. Food support is re-evaluated based on changes in income and expenses, as well as changes in family size, such as the birth of a new baby.

Partners In Mission requires that clients be low income, have place of residence and cooking facilities to be eligible for food bank services.



### **North Frontenac Food Bank**

1020 Elizabeth Street  
Sharbot Lake, ON K0H 2P0

Tel.: 613-279-3151  
Fax: 613-279-2565

**[www.nfcs.ca](http://www.nfcs.ca)**

**[b\\_piat@hotmail.com](mailto:b_piat@hotmail.com)**

#### Hours of Operation

Tuesdays and                      By appointment  
Fridays                                      only

#### Available Items

Assorted canned and dry goods,  
sometimes perishables are available.

#### Accessibility

This building is wheelchair accessible.

#### Process

The North Frontenac Food Bank prefers a referral from a community agency in order to add an individual into the program.

Baskets are prepared twice a week and one basket is available per month for a qualifying individual. The baskets are meant on an emergency basis and not as a regular monthly supplement.

The food bank itself does not have a location that is available to the public; arrangements will be made with the client to ensure that they receive their food basket.

Clients must be able to provide financial information for entry into the program.



### **Salvation Army Client Choice Pantry**

342 Patrick Street  
Kingston, ON K7K 6R6

Tel.: 613-548-4411 ext. 30  
Fax: 613-548-8562

#### Hours of Operation

Monday to Friday 9:00am – 4:00pm

#### Available Items

A client choice pantry is set up in a way that is similar to a grocery store in that clients can “shop” from shelves stocked with items and choose what they will receive. Various non-perishable and perishable items are available.

#### Accessibility

This building is not wheelchair accessible.

#### Process

Individuals looking to receive food through the Salvation Army Client Choice Pantry should call the office to set up an appointment. Clients must bring identification, income and expense statements, and any other documentation that is requested by the organization in order to determine eligibility for the program.





### **St Vincent de Paul Society of Kingston – Emergency Groceries**

85 Stephen Street  
Kingston, ON K7K 2C5

Tel.: 613-546-3333

**[www.svdkingston.com](http://www.svdkingston.com)**

**[natasha@svdpkingston.com](mailto:natasha@svdpkingston.com)**

#### Hours of Operation

Monday to Friday 9:00am – 12:30pm

#### Available Items

Staple items such as canned meats and vegetables, pasta and pasta sauces, cereal, peanut butter, soups, canned beans and other non-perishable items. Diapers and formula are occasionally available.

#### Accessibility

This building is wheelchair accessible.

#### Process

No referral or appointment is necessary. Clients must ensure that they bring identification for all of their family members to get the correct amount of food.

Clients are able to pick up food once per month from the food pantry.



### **South Frontenac Community Services Food Bank**

4419 George Street  
Sydenham, ON K0H 2T0

Tel.: 613-376-6477 ext. 203

Fax: 613-376-6734

Toll Free: 1-800-763-9610

**[www.sfcsc.ca/FamilyServices.html](http://www.sfcsc.ca/FamilyServices.html)**

**[elizabeth.peterson@sfcsc.ca](mailto:elizabeth.peterson@sfcsc.ca)**

#### Hours of Operation

Monday to Friday 8:30am – 4:30pm

#### Available Items

Non-perishable food items, milk, and bread are provided in the food box.

Basic baby supplies and formula, or food tailored to special dietary needs may be requested by a client upon ordering their box for the month.

#### Accessibility

This building is wheelchair accessible.

#### Process

No referral is required. Phone the office to make an intake appointment. Eligible clients may use the food bank once per month.

Generally services are restricted to individuals with an income under \$26,500 or families with a combined income of under \$43,000. Upon completing an intake appointment, it is asked that clients keep your information current with South Frontenac Community Services to ensure that service is maintained.

Home delivery is available for \$5.00.

Clients in Inverary or Battersea can only receive a home delivery on the last Friday of the month. Other serviced areas can receive their deliveries on the other scheduled days.

Clients are asked to call the office before 2:00pm on Mondays for Tuesday pickups and deliveries or before 2:00pm Thursdays for Friday deliveries and pickups. Food boxes are available for pickup at the Rural Visions Centre, Sydenham, Tuesdays from 1:00pm to 3:00pm and Fridays from 9:00am to 11:00am. Lakeview Gospel Assembly, Verona, has pickups available on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month from 2:30pm to 4:30pm.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckington.com](http://www.ilckington.com) Email: [info@ilckington.com](mailto:info@ilckington.com)**



### **Good Food Box – Kingston Area**

263 Weller Avenue  
Kingston, ON K7K 2V4

Tel.: 613-530-2239  
Fax: 613-542-5486

**[www.kchc.ca/index.cfm/community-health/food-programs/](http://www.kchc.ca/index.cfm/community-health/food-programs/)**

**[goodfoodbox@kchc.ca](mailto:goodfoodbox@kchc.ca)**

#### Administrative Hours

Monday to Friday 9:00am – 4:30pm

#### Order and Pick Up Times

Orders and payment are due by the second Thursday of each month. Pick up is on the third Thursday of each month, with pick up time varying depending on location. Please contact the office to determine which location you should pick up your basket at.

#### Program Details

The Good Food Box program provides fresh fruits and vegetables for less than you would pay at the grocery store. This program was created with individuals with limited income in mind to ensure that everyone has access to affordable, healthy food.

#### Cost

Large Mixed Basket - \$15.00 includes a large assortment (15+) of fruits and vegetables and a 10lb bag of new potatoes.

Small Mixed Basket - \$10.00 includes a smaller (10+), but still generous assortment of fruits and vegetables and a 5lb bag of new potatoes.

Fruit Basket - \$5.00 includes a small (5+) assortment of fruits.

Veggie Basket - \$5.00 includes a small (5+) assortment of vegetables.





## **Independent Living Centre Kingston**

# **Free and Low-Cost Clothing**



### **Bibles for Missions Thrift Store**

2455 Princess Street  
Kingston, ON K7M 3G1

Tel.: 613-531-7852

[www.bfmthriftstores.ca/kingston-bfm-thrift-store/](http://www.bfmthriftstores.ca/kingston-bfm-thrift-store/)

[bfmkingston@gmail.com](mailto:bfmkingston@gmail.com)

#### Hours of Operation

Monday to Friday 10:00am – 8:00pm  
Saturday 10:00am – 4pm

#### Program Details

Low-cost and gently used clothing, furniture, housewares, toys and more.

#### Fees

Each object for sale has a small fee.

#### Accessibility

This building is wheelchair accessible.

### **Community Sharing Centre – Odessa**

Emmanuel United Church  
63 Factory Street  
Odessa, ON K0H 2H0

Tel.: 613-386-7125

[www.odessapc.com](http://www.odessapc.com)

[office@odessapc.com](mailto:office@odessapc.com)

#### Hours of Operation

Tuesdays 10:00am – 3:00pm  
Wednesdays 10:00am – 3:00pm  
Thursdays 6:00pm – 8:00pm

#### Store Details

The Community Sharing Centre is open to everyone, providing low-cost clothing, household goods and toys.

#### Fees

Each object for sale has a small fee.

#### Accessibility

This building is wheelchair accessible.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783

Website: [www.ilckington.com](http://www.ilckington.com) Email: [info@ilckington.com](mailto:info@ilckington.com)



### **Free Clothing Drop-In**

Queen Elizabeth Collegiate and  
Vocational Institute  
145 Kirkpatrick Street  
Kingston, ON K7K 2P4

Tel.: 613-549-1348

#### Hours of Operation

Tuesdays,  
Wednesdays, and 10:00am – 2:00pm  
Thursdays  
September to June  
Closed during school breaks

#### Program Details

The Free Clothing Drop-In offers clothing, house wares, and accessories for free in an emergency or as a once in a lifetime use of the service.

#### Fees

No fees, but a minimum \$1 donation is requested if a client can afford it.

#### Accessibility

This building is not wheelchair accessible.

### **Hartington Community Caring Centre**

5597 Highway 38  
Hartington, ON K0H 1W0

#### Hours of Operation

Monday to Friday 9:00am – 12:00pm  
Tuesdays 9:00am – 4:00pm

#### Store Details

The program is open to individuals in need that provides clothing for a small fee.

#### Fees

There is a small fee to obtain items.

#### Accessibility

This building is not wheelchair accessible.



### **Hotel Dieu Hospital Winter Coat Drive**

Hotel Dieu Hospital  
166 Brock Street  
Kingston, ON K7L 5G2

Tel.: 613-544-3400 ext 4204

Fax: 613-544-2208

**[www.hoteldieu.com](http://www.hoteldieu.com)**

#### Hours of Operation

Monday to Friday 12:00pm – 2:00pm

#### Program Details

The Winter Coat Drive is open from the first Monday in November until mid-January. The program exists to provide winter clothing to men, women, and children in need, especially those that spend significant amounts of time on the street.

#### Fees

None, the winter clothing is provided for free.

#### Accessibility

This building is wheelchair accessible.

### **Storehouse of Hope**

Kingston Alliance Church  
540 Palace Road  
Kingston, ON K7L 4T7

Tel.: 613-546-2143

Fax: 613-546-6591

**[www.kingstonalliance.org](http://www.kingstonalliance.org)**

**[kac@kingston.net](mailto:kac@kingston.net)**

#### Hours of Operation

Mondays 12:00pm – 2:00pm

#### Program Details

The Storehouse of Hope provides clothing and food to those in need.

#### Fees

None, clothing is provided for free.

#### Accessibility

This building is wheelchair accessible.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)**





### **Kingston Birthright**

93 Queen Street  
Kingston, ON K7K 1A5

Tel.: 613-546-5433  
Toll Free: 1-800-550-4900

[www.kingstonbirthright.ca/](http://www.kingstonbirthright.ca/)

[info@kingstonbirthright.ca](mailto:info@kingstonbirthright.ca)

#### Hours of Operation

Monday to Friday 10:00am – 3:00pm

#### Program Details

Birthright provides maternity and baby clothing to women who cannot afford to purchase these items. Priority is given to ongoing Birthright clients.

#### Fees

There is no fee for clothing or other items.

#### Accessibility

This building is wheelchair accessible.

### **Kingston Crisis Pregnancy Centre**

231-120 Clarence Street  
Kingston, ON K7L 1X4

Tel.: 613-545-0214  
Fax: 613-545-9407  
Toll Free: 1-800-917-5272

[www.kingstoncpc.org](http://www.kingstoncpc.org)

[info@kingstoncpc.org](mailto:info@kingstoncpc.org)

#### Hours of Operation

Mondays 10:00am – 6:00pm  
Tuesday to Friday 10:00am – 4:00pm

#### Program Details

Kingston Pregnancy Care Centre provides baby clothing and maternity clothing to women in need.

#### Fees

Maternity and baby clothing is free through this program.

#### Accessibility

This building is wheelchair accessible.



### **Loyalist Community Sharing Centre**

108 Amherst Drive  
Amherstview, ON K7N 1T3

Tel.: 613-389-4546

**[www.loyalisttownship.ca/discover-sharingcentres](http://www.loyalisttownship.ca/discover-sharingcentres)**

#### Hours of Operation

Monday to Friday 10:00am – 3:00pm  
Thursdays 6:00pm – 8:00pm

#### Store Details

The Loyalist Community Sharing Centre sells donated clothing, books, toys, and small household items.

#### Fees

There is a small fee for each item purchased.

#### Accessibility

While the building itself is accessible, the washrooms are not.

### **Neighbourhood Sharing Centre**

670 Front Road  
Kingston, ON K7M 6T5

Tel.: 613-389-4367

#### Hours of Operation

September to June  
Monday to Friday 10:00am – 3:30pm  
July  
Monday to Friday 10:00am – 2:00pm

#### Store Details

The Neighbourhood Sharing Centre sells donated clothing, household items, and book and provides local charities with donations from the proceeds of these sales.

#### Fees

There is a small fee for each item purchased.

#### Accessibility

The building is not wheelchair accessible.



### **St Vincent de Paul Society WEARhouse**

85 Stephen Street  
Kingston, ON K7K 2C5

Tel.: 613-546-3333

**[www.svdppingston.com/wearhouse](http://www.svdppingston.com/wearhouse)**

**[judy@svdppingston.com](mailto:judy@svdppingston.com)**

#### Hours of Operation

Labor Day to Canada Day

Monday to Friday 9:00am – 1:00pm

July and August

Tuesdays 9:00am – 1:00pm

#### Program Details

The St Vincent de Paul Society WEARhouse provides clothing, books, and small household items to individuals and families in need.

#### Fees

Items are free to individuals in need.

#### Accessibility

This building is wheelchair accessible.



### **Salvation Army Thrift Store – Bath Road**

277 Bath Road  
Kingston, ON K7M 2X6

Tel.: 613-544-4396  
Fax: 613-544-0445

#### Hours of Operation

Mondays,	
Tuesdays, and	9:30am – 6:00pm
Saturdays	
Wednesdays,	
Thursdays, and	9:30am – 8:00pm
Fridays	

#### Store Details

The Salvation Army Thrift Store provides used clothing, toys, house wares, books and furniture at low costs. Proceeds help those in need through their Community and Family service ministry.

#### Fees

There is a small fee for each item purchased.

#### Accessibility

While the building itself is wheelchair accessible, the bathrooms are not.

### **Salvation Army Thrift Store – Division Street**

472 Division Street  
Kingston, ON K7K 4B1

Tel.: 613-531-5002

#### Hours of Operation

Monday to	
Saturday	10:00am – 5:30pm

#### Store Details

The Salvation Army Thrift Store provides used clothing, toys, house wares, books and furniture at low costs. Proceeds help those in need through their Community and Family service ministry.

#### Fees

There is a small fee for each item purchased.

#### Accessibility

While the building itself is wheelchair accessible, the bathrooms are not.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783

Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)

### Calvin Park Seventh Day Adventist Church

66 Wright Crescent  
Kingston, ON K7L 4T9

Tel.: 613-548-7765

[www.kingstonsda.org](http://www.kingstonsda.org)

[wswillis@kos.net](mailto:wswillis@kos.net)

Hours of Operation  
Tuesdays 3:30pm – 5:00pm

#### Program Details

Provides free clothing to people in need during the same time frame as their weekly free hot meals.

#### Fees

All clothing is free of charge to people in need.

#### Accessibility

This building is wheelchair accessible.

### The Goodway Thrift Store

844 Division Street  
Kingston, ON K7K 4C3

Tel.: 613-817-1213

[www.thegoodway.ca](http://www.thegoodway.ca)

[info@thegoodway.ca](mailto:info@thegoodway.ca)

Hours of Operation  
Monday to 10:00 am – 5:00 pm  
Saturday

#### Store Details

The Goodway is a thrift store that features used clothing, housewares and furniture. On-the-job training for volunteers and employees. Proceeds support various local charities.

#### Fees

There is a small fee for each item purchased. In summer there are sometimes \$5.00 bags of items.

#### Accessibility

This building is wheelchair accessible.



### **The Treasure Trunk**

1171 Cannon Road  
Sharbot Lake, ON K0H 2P0

Tel.: 613-279-2113

#### Hours of Operation

Monday – Friday, 9am – 3pm  
Winter: Last Saturday of the month

Summer (June, July, August)  
Monday – Saturday, 9am-3pm

#### Store Details

Treasure Trunk is a thrift store that features used clothing, housewares and furniture. Proceeds support Community Living North Frontenac.

#### Fees

There is a small fee for each item purchased. In summer there are sometimes \$5.00 bags of items.

#### Accessibility

This building is not wheelchair accessible.

### **Value Village**

1300 Bath Road  
Kingston, ON K7M 2E9

Tel.: 613-536-5051  
Fax: 613-536-5200

[www.valuevillage.ca](http://www.valuevillage.ca)

#### Hours of Operation

Monday to Saturday 9:00am – 9:00pm

Sundays 10:00am – 7:00pm

#### Store Details

Value Village carries a wide assortment of used clothing, furniture, toys, house wares, and books. Value Village is partnered with the Ontario Federation for Cerebral Palsy. OFCP receives a portion of the proceeds from sales at Value Village.

#### Fees

There is a small to moderate fee for each item purchased.

#### Accessibility

This building is wheelchair accessible.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783

Website: [www.ilckington.com](http://www.ilckington.com) Email: [info@ilckington.com](mailto:info@ilckington.com)



### **Westbrook United Church Clothing Depot**

3526 Princess St  
Westbrook, ON K7P 3A8

Tel.: 613-389-3883

**westuc@kingston.net**

#### Hours of Operation

Thursdays 9:00am – 12pm  
Appointments available.

#### Store Details

Offers low-cost clothing and household items for children and adults

#### Fees

There is a small to moderate fee for each item purchased.

#### Accessibility

This building is partially wheelchair accessible.







## **Independent Living Centre Kingston**

# **Emergency Shelters**



### **Ryandale Shelter for the Homeless**

23 Elm Street  
Kingston, ON K7K 1M8

Tel.: 613-548-8466  
Fax: 613-548-1745

**[www.ryandale.org](http://www.ryandale.org)**

**[ryandaleshelter@cogeco.net](mailto:ryandaleshelter@cogeco.net)**

#### Administrative Hours

Monday to Sunday 4:00pm – 8:00am

#### Shelter Hours – Intake

Monday to Sunday 4:00pm

#### Shelter Hours – Check-Out

Monday to Sunday By 8:00am

#### Eligibility

As Ryandale Shelter for the Homeless offers shelter to all people, there are no special eligibility requirements.

#### Facilities and Services

Ryandale Shelter for the Homeless is an eleven bed emergency shelter for men, women, and children. It is the only facility in Kingston offering emergency shelter for all three of these demographics under one roof.

This shelter provides overnight accommodations, a care package with a towel, toiletries and clothing if needed, hot meals, shower and laundry facilities, and a living room where individuals can socialize, read, or watch television.

Once an individual's basic needs are met, they are then able to look into counseling, education, employment, and permanent housing with assistance from Ryandale staff.



## **Kingston Interval House**

P.O. Box 21042  
Kingston, ON K7L 5P5

Tel.: 613-546-1833 / 613-546-4136

TTY: 613-546-4461

Fax: 613-546- 6300

Crisis Line:  
1-800-267-9445 or, 613-546-1777

**[www.kingstonintervalhouse.com](http://www.kingstonintervalhouse.com)**

**[info@kingstonintervalhouse.com](mailto:info@kingstonintervalhouse.com)**

### Administrative Hours

24 hours a day

### Shelter Hours – Intake

24 hours a day

### Shelter Hours – Check-Out

24 hours a day

### Eligibility

Women 16 years and older and their children. Priority is given to women who have been abused or who are at risk of being assaulted.

Women under the influence of drugs or alcohol will not be admitted, and will be referred to a detox program.

### Facilities and Services

Kingston Interval House is a twenty-five bed facility for women, either with or without children, who have experienced or who are at risk of violence or abuse.

The shelter is a large, home-like setting with all basic needs and services provided for free.

Kingston Interval House also provides supportive counseling to women who have been abused and to their children who have witnessed abuse or have been abused themselves, safety planning tools, parental support and information, advocacy, and community referrals.

The location of the shelter is disclosed to women after they have spoken to a worker at the shelter. If they are unable to get themselves to the shelter, they will be provided with a taxi chit for transportation.

The shelter itself makes use of an extensive security system for the protection of both residents and staff.

### Length of Stay

There is no maximum length of stay, however, three to four months is the average goal for a woman to be in safe, affordable housing.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353    TTY: 613-542-8371    Fax: 613-542-4783**

**Website: [www.ilckingson.com](http://www.ilckingson.com)    Email: [info@ilckingson.com](mailto:info@ilckingson.com)**



## Kingston Youth Shelter

234 Brock Street  
Kingston, ON K7L 1S4

Tel.: 613-766-3200  
Fax: 613-544-7396

**[www.kingstonyouthshelter.com](http://www.kingstonyouthshelter.com)**

**[staff@kingstonyouthshelter.com](mailto:staff@kingstonyouthshelter.com)**

Administrative Hours  
24 hours a day

Shelter Hours – Intake  
24 hours a day

Shelter Hours – Check-Out  
24 hours a day

Eligibility  
Youth aged 16 to 24.

### Facilities and Services

Kingston Youth Shelter is a fifteen bed, co-ed emergency shelter with shared living, dining, and cooking areas and gender-separated sleeping and washroom facilities.

Kingston Youth Shelter provides food, personal care items, laundry, phone access (including long distance calling), housing and employment information, and counseling services.



### **In From The Cold Emergency Shelter**

540 Montreal Street  
Kingston, ON K7K 3J2

Tel.: 613-531-3779  
Fax: 613-544-3629

**[www.kingstonhomebase.ca/in-from-the-cold-emergency-shelter/](http://www.kingstonhomebase.ca/in-from-the-cold-emergency-shelter/)**

**[housinghelpinfo@kingstonhomebase.ca](mailto:housinghelpinfo@kingstonhomebase.ca)**

#### Administrative Hours

Monday to Sunday 8:30am – 4:00pm

#### Shelter Hours – Intake

Monday to Sunday 8:00 pm

#### Shelter Hours – Check-Out

Monday to Sunday 8:00am

#### Eligibility

Open to all.

#### Services and Facilities

In From The Cold Emergency Shelter originally began as a temporary overflow shelter for other shelters in the area, but has been permanently open since July 2004.

In From The Cold provides individuals spending the night with a meal upon arrival and breakfast before leaving in the morning.

Laundry and shower facilities are available.



### **Lily's Place Emergency Shelter for Families**

333 Kingscourt Avenue  
Kingston ON K7K 4R4

Tel.: 613-767-6180  
Fax: 613-544-3629

**[kingstonhomebase.ca/lilys-place-shelter/](http://kingstonhomebase.ca/lilys-place-shelter/)**

**[awatson@kingstonhomebase.ca](mailto:awatson@kingstonhomebase.ca)**

#### Administrative Hours

24 hours a day                      24 hours a day

#### Shelter Hours – Intake

24 hours a day                      24 hours a day

#### Shelter Hours – Check-Out

24 hours a day                      24 hours a day

#### Eligibility

Open to families.

#### Services and Facilities

Lily's Place is a 19 bed shelter specifically for families.

Lily's Place provides shelter to families experiencing homelessness while providing support in finding permanent housing.

Programming will be offered to those who are staying at Lily's Place to enhance awareness of resources in the community. Hostel Support Workers provide on-going support and information to assist with continued connections with related agencies. In addition, Hostel Support Workers provide intensive support to enable clients to obtain permanent housing.



# **Independent Living Centre Kingston**

## **Drop-In Centres**



## Housing Help Centre

540 Montreal Street  
Kingston, ON K7K 3J2

Tel.: 613-531-3779  
Fax: 613-544-3629

**[www.kingstonhomebase.ca](http://www.kingstonhomebase.ca)**

**[jnowak@kingstonghomebase.ca](mailto:jnowak@kingstonghomebase.ca)**

### Administrative Hours

Monday to Friday 8:30am – 4:00pm

### Drop-In Hours

#### Summer

Monday to Friday 8:00am – 2:00pm

#### Winter

Monday to Friday 8:00am – 2:00pm

Saturdays and  
Sundays 8:00am – 1:00pm

### Eligibility

Homeless individuals only.

### Program Details

The Housing Help Centre drop-in allows for homeless individuals to use the internet, public phones, a community voice mail program, and features day time programming. Showers and laundry are also available. In addition to the above, affordable housing postings are available.

### Accessibility

This building is fully accessible.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)**





### **The Gathering Place**

The Salvation Army  
342 Patrick Street  
Kingston, ON K7K 6R6

Tel.: 613-548-4411 ext. 36  
Fax: 613-548-8562

[thegatheringplace@kingstonsa.ca](mailto:thegatheringplace@kingstonsa.ca)

#### Drop-In Hours

Tuesdays,	
Thursdays, and	2:30pm – 7:30pm
Saturdays	
Sundays	2:30pm – 5:30pm

#### Eligibility

Any individual who is homeless or in need of support.

#### Program Details

Provides a safe, comfortable place for individuals during the day when shelters are closed. Food and beverages are provided.

#### Accessible

This building is fully accessible.



### Martha's Table

154 – 427 Princess Street  
Kingston, ON K7L 5S9

Tel.: 613-546-3333

**www.marthastable.ca**

#### Hours of Operation

Monday to Friday 9:00am – 6:30pm

#### Meal Service

Monday to Friday

#### Drop In

(Including Lunch)

Monday to Friday

#### Accessibility

This building is wheelchair accessible.

#### Services

Martha's Table offers a nutritional meal for a low cost (typically \$2.00) for those in need in a restaurant style dining room that is a safe and welcoming space.

Martha's Table also offers a drop-in program in their "friendship room". The Friendship Room provides clients with access to computers and internet, art, activities, coffee/refreshments, snacks, and sandwiches (served at noon).

### Rideau Heights Friendship Cafe

Rideau Heights Community Church  
183 Weller Avenue  
Kingston, ON K7L 4Y5

Tel.: 613-541-3947

Fax: 613-541-0764

#### Drop-In Hours

Monday to Friday 12:00pm – 3:00pm

Wednesday Lunch 11:30am – 2:00pm

#### Eligibility

Adults 40 years of age and older.

#### Program Details

Activities and events for older adults. Lunch and snacks are available for a fee of \$2.00.

#### Accessibility

This building is fully accessible.



## Nightlight

666 Princess Street  
Kingston, ON K7L 1E5

Mailing Address:  
825 Gardiners Road  
Kingston, ON K7M 7E6

Tel.: 343-363-0508

**[www.nightlightkingston.com](http://www.nightlightkingston.com)**

**[nightlightkingston@gmail.com](mailto:nightlightkingston@gmail.com)**

### Drop-In Hours

Mondays,  
Wednesdays, and      6:00pm – 9:00pm  
Thursdays

### Eligibility

Adults 18 years of age and older.

### Program Details

Nightlight is a Christian-based drop in centre for marginalized adults to build meaningful relationships in a safe environment. People coming into the drop-in can play cards or board games or have a coffee and chat.

### Accessibility

This building is fully accessible.



### **Kingston Street Mission**

Drop-In Address:  
Clergy Street at Princess Street  
Kingston, ON

Eligibility  
Open to all.

Mailing Address  
St. Andrews Presbyterian Church  
130 Clergy Street East  
Kingston, ON K7K 3S3

Program Details  
Provides a safe warm environment for street youth and the homeless. Hot drinks are provided for free. Emergency blankets, clothing, sleeping bags, and tarps are sometimes available, depending on donations.

Tel.: 613-449-0916

**kingston.street.mission@gmail.com**

Drop-In Hours  
Mid-October through April  
Daily 8:00pm – 12:00am

Accessibility  
This building is not accessible.



# **Independent Living Centre Kingston**

# **Employment Resources**

## ***Employment Ontario Services***

Employment Ontario (EO) is Ontario's employment and training network, and is operated by the Ministry of Training, Colleges and Universities.

EO helps people build careers, and keep learning, throughout their working life. EO connects people looking for work with employers looking for workers. It's the one-stop source of information about jobs, job search skills, training, education, and other services for employees and employers.

EO funds several community-based organizations to deliver employment services and programs in locations across the province. Services typically include:

### Resource Centre

- available to everyone in the community
- Internet access, faxing, photocopying, job search assistance and information on community services

### Program Eligibility

- help with applications for EO programs such as Second Career, Apprenticeship programs, training incentives, youth programs, and other employment-related programs

### Employment Counselling

- exploring career, employment and training goals, and finding the services that are the most appropriate to achieve successful outcomes
- referrals to other community programs and co-ordination of services

### Job Placement Services

- supports for finding, getting and keeping a job

### Employer Support Services

- connecting employers with qualified workers, and providing on-going assistance and information

There are several employment centres in the Kingston region. More sites can be found at: **[www.employmentontario.ca](http://www.employmentontario.ca)**



**ACFOMI Employment Services**  
**(Association Canadienne-Française de l'Ontario – Région des Mille-Îles)**

Barriefield Centre  
11-750 Highway 15 East  
Kingston, ON K7L 5H6

Tel.: 613-546-7863  
Fax: 613-546-7918  
Toll Free: 1-800-561-4695

**[www.acfomi.org](http://www.acfomi.org)**

**[info@acfomi.org](mailto:info@acfomi.org)**

Hours

Monday	8:30am to 6:00pm
Tuesday,	
Wednesday,	8:30am to 4:30pm
Thursday	
Friday	8:30am to 3:00pm

Fees

All ACFOMI programs are available free of charge.

Accessibility

This building is fully accessible.

Program Description

ACFOMI provides an array of services for the Francophone community in the Thousand Islands region. ACFOMI provides the following employment services and tools:

- Job search assistance
- Employment retention
- Employment counsellors
- Job posting board
- Job fair organization
- Information and handouts about various employment related opportunities
- Referrals to Employment Ontario and other employment programs and services

Eligibility

ACFOMI Employment Services are open to everyone.



## KEYS Job Centre

182 Sydenham Street  
Kingston, ON K7K 3M2

Tel.: 613-546-5559  
Fax: 613-546-9592  
Toll Free: 1-866-252-9517  
TTY: 613-546-0511

[www.keys.ca](http://www.keys.ca)

[info@keys.ca](mailto:info@keys.ca)

### Hours

Monday	8:30am – 4:30pm
Tuesday	8:30am – 6:00pm
Wednesday to Friday	8:30am – 4:30pm
Saturday	9:30am – 12:30pm

### Fees

All KEYS programs and services are free of charge.

### Accessibility

This building is fully accessible.

### Program Details

KEYS provides many different programs and services to individuals seeking employment or training to improve their employability. Some of the services and programs provided are as follows:

- A fully staffed Employment Resource Centre featuring a computer lab with internet access and trained employment counsellors
- Youth Employment Fund
- Summer Jobs Service
- Second Career
- Skills Link Projects
- Wage subsidies for partnered employers
- Mentoring programs
- Opportunities Fund (Persons with Disabilities)
- Employment seeking and retention training

### Eligibility

KEYS has a wide array of programs, some with eligibility restrictions and others that are completely open to any interested individual.



## ReStart

900 Montreal Street  
Kingston, ON K7K 3J9

Tel.: 613-542-7373 (press 2)  
Fax: 613-766-6846

**[www.restartnow.ca](http://www.restartnow.ca)**

**[reception@restartnow.ca](mailto:reception@restartnow.ca)**

### Hours

Monday to	
Wednesday	9:00am – 4:30pm
Thursday	9:00am – 6:00pm
Friday	9:00am – 4:30pm

### Fees

All of CERCs programs are available  
free of charge.

### Accessibility

This building is fully accessible.

### Program Description

ReStart assists individuals with finding and retaining employment as well as connecting employers with prospective employees.

ReStart provides the following services and programs:

- Workshops
- Employment counsellors
- A computer lab with internet access
- Photocopying, printing, and faxing services
- Information and handouts about various employment related opportunities
- Job posting board
- Youth Employment Fund
- Assisted Services are for any individuals who are unemployed and not currently enrolled in school
- Referrals to government programs, including Second Career and Ontario Self-Employment Benefit Program

### Eligibility

ReStart's basic information and self-service program is available to any interested individual.

ReStart also has several other programs that are tailored to more specific demographics and as such eligibility is more restricted.



## **SLC Community Employment Services – Midpark Drive**

The Park Centre  
200-785 Midpark Drive  
Kingston, ON K7M 7G3

Tel.: (613) 544-5400 Ext. 1603

Fax: (613) 634-9562

**[www.employmentservice.sl.on.ca](http://www.employmentservice.sl.on.ca)**

**[ESK@sl.on.ca](mailto:ESK@sl.on.ca)**

### Hours

Monday, Tuesday	8:30am – 4:30pm
Wednesday	8:30am – 6:00pm
Thursday	8:30am – 4:30pm
Friday	8:30am – 4:00pm

### Sydenham Itinerate Service:

Tuesday, 9:00am – 4:30pm  
2779 Rutledge Road  
Sydenham, ON K0H 2T0  
T: (613) 376-1053 Ext. 105

### Fees

SLC Community Employment Services  
are available free of charge.

### Accessibility

These buildings are fully accessible.

### Program Details

SLC Community Employment Services offers several programs tailored to different demographics. Some of the programs and services offered include the following:

- Youth Employment Fund provides specific services for youth aged 15 to 29 who are unemployed and not currently enrolled in full-time education
- Summer Jobs Service
- Assisted Services for individuals both unemployed and out of school
- Self-service information and resources
- A computer lab with internet access
- Faxing, photocopying, and printing services
- Workshops
- Information on various income and employment programs

### Eligibility

Most services are available to anyone, some services have specific requirements.



## **SLC Community Employment Services – Kingston Campus**

St Lawrence College, Kingston Campus  
100 Portsmouth Avenue Room 11180  
Kingston, ON K7L 5A6

Tel.: (613) 544-5400 Ext. 1603

Fax: (613) 634-9562

**[www.employmentservice.sl.on.ca](http://www.employmentservice.sl.on.ca)**

**[ESK@sl.on.ca](mailto:ESK@sl.on.ca)**

### Hours

Monday, Tuesday	8:30am – 4:30pm
Wednesday	8:30am – 6:00pm
Thursday	8:30am – 4:30pm
Friday	8:30am – 4:00pm

### Fees

SLC Community Employment Services  
are available free of charge.

### Accessibility

This building is fully accessible.

### Program Details

SLC Community Employment Services offers several programs tailored to different demographics. Some of the programs and services offered include the following:

- Youth Employment Fund provides specific services for youth aged 15 to 29 who are unemployed and not currently enrolled in full-time education
- Summer Jobs Service
- Assisted Services for individuals both unemployed and out of school
- Self-service information and resources
- A computer lab with internet access
- Faxing, photocopying, and printing services
- Workshops
- Information on various income and employment programs

### Eligibility

Most services are available to anyone, some services have specific requirements.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)**



## **SLC Community Employment Services – Sharbot Lake**

1099 Garrett Street  
Sharbot Lake, ON K0H 2P0

Tel.: 613-545-3949 ext. 1603  
Fax: 613-545-3903

**[www.employmentservice.sl.on.ca](http://www.employmentservice.sl.on.ca)**

**[ESSL@sl.on.ca](mailto:ESSL@sl.on.ca)**

### Hours

Monday to Thursday 8:30am – 4:30pm  
Friday 8:30am – 4:00pm

### Verona Itinerate Service:

Contact the Sharbot Lake office to make an appointment.

### Fees

SLC Community Employment Services are available free of charge.

### Accessibility

These buildings are fully accessible.

### Program Details

SLC Community Employment Services offers several programs tailored to different demographics. Some of the programs and services offered include the following:

- Youth Employment Fund provides specific services for youth aged 15 to 29 who are unemployed and not currently enrolled in full-time education
- Summer Jobs Service
- Assisted Services for individuals both unemployed and out of school
- Self-service information and resources
- A computer lab with internet access
- Faxing, photocopying, and printing services
- Workshops
- Information on various income and employment programs

### Eligibility

Most services are available to anyone, some services have specific requirements.



## ***Aboriginal Training & Employment Services***

### **Kagita Mikam – Kingston Area**

182 Sydenham Street  
Kingston, ON K7K 3M2

Tel.: 613-536-7054

Fax: 613-536-7145

**[www.kagitamikam.org](http://www.kagitamikam.org)**

**[natasha@kagitamikam.org](mailto:natasha@kagitamikam.org)**

#### Hours

Monday to Friday 8:30am – 4:30pm

#### Fees

All Kagita Mikam programs are free of charge.

#### Accessibility

This building is fully accessible

#### Program Details

Kagita Mikam provides assistance to individuals with Aboriginal ancestry in finding and maintaining employment.

Kagita Mikam offers the following programs and services:

- A computer lab with internet access
- Employment Counsellors
- Resume and cover letter assistance
- Funding for training programs
- Self-employment assistance
- Referrals to other employment assistance programs and services

#### Eligibility

Kagita Mikam programs are open to individuals age 15 and up who are of Aboriginal ancestry.



### **Métis Nation of Ontario – Kingston Area**

629 Division St.  
Kingston, ON K7K 4B7

Tel.: 613-549-1674 ext 306  
Fax: 613-549-3735

**[www.metisnation.org/programs/  
education-training/](http://www.metisnation.org/programs/education-training/)**

**[elainej@metisnation.org](mailto:elainej@metisnation.org)**

#### Hours

Monday to Friday 8:30am – 4:30pm

#### Fees

All Métis Nation of Ontario programs are free of charge.

#### Accessibility

This building is fully accessible.

#### Program Details

Métis Nation of Ontario (MNO) provides assistance to individuals with Aboriginal ancestry in finding and maintaining employment. MNO provides comprehensive services, including:

- career counselling
- employment readiness training
- wage subsidies
- apprenticeship support
- mobility assistance
- self-employment
- youth initiatives and services for clients with disabilities

#### Eligibility

Métis Nation of Ontario programs are open to all ages depending on the requirements of each program.



## ***Vocational Programs***

To access in these customized vocational services, participants need to be eligible for the host agency's main programs.

### **Addiction Services & Mental Health Services (AMHS - KFLA) – Vocational Services**

552 Princess Street  
Kingston, ON K7L 1C7

Tel.: 613-544-1356  
Fax: 613-544-5804

**[www.amhs-kfla.ca](http://www.amhs-kfla.ca)**

#### Administrative Hours

Monday to Friday 8:30am – 4:30pm

#### Fees

All AMHS-KFLA vocational programs  
are free of charge.

#### Accessibility

This building is fully accessible.

#### Program Description

For individuals with addiction and/or mental health issues who have had difficulty finding or keeping a job, or would like to upgrade their skills.

- Skills assessments and educational support
- Resource Centre & Job Development services including job placement, ongoing employer/employee support & retention tools
- Individual & group vocational counselling
- Employment rehabilitation program
- An ODSP Employment Supports Service Provider

#### Eligibility

AMHS-KFLA programs are open to AMHS-KFLA clients age 16 or older.



## **Voices, Opportunities, and Choices Employment Club (VOCEC)**

Providence Care-VOCEC

525 Montreal Street  
Kingston, ON K7K 3H9

Tel.: 613-540-6165 ext. 4101

**[goochb@providencecare.ca](mailto:goochb@providencecare.ca)**

### Administrative Hours

Monday to Friday 8:00am – 4:30pm

### Fees

VOCEC is available free of charge.

### Accessibility

This building is fully accessible.

### Program Details

VOCEC is a not-for-profit corporation that operates affirmative businesses in Kingston employing over 70 consumers of mental health services. The corporation is run by a volunteer board of directors, at least half of whom are consumers. Providence Care Mental Health Services provides space for a number of businesses, as well as staff support. VOCEC businesses operate in a supportive environment that promotes self-esteem, independence, personal growth, and skill development. People work in a variety of jobs with flexible hours and levels of involvement, in an atmosphere of peer support and camaraderie.

### Eligibility

VOCEC is available to consumers of mental health services 17 years old and over.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)**



## ***Post-Secondary Career Services***

### **Queen's University at Kingston – Career Services**

Gordon Hall  
74 Union Street 3<sup>rd</sup> Floor  
Kingston, ON K7L 3N6

Tel.: 613-533-2992  
Fax: 613-533-2535

**[careers.queensu.ca/about.html](http://careers.queensu.ca/about.html)**

**[mycareer@queensu.ca](mailto:mycareer@queensu.ca)**

#### Administrative Hours

Monday to Friday 8:30am – 4:30pm

#### Fees

The Queen's University at Kingston's Career Services are available free of charge.

#### Accessibility

This building is fully accessible.

#### Program Details

Queen's University at Kingston's Career Services program serves Queen's students and recent Queen's graduates. Some of the programs and services provided include the following:

- Career and job finding workshops
- Kingston and Canada-wide job listings for part-time, summer, and permanent employment
- Career counseling
- Job search skills

#### Eligibility

Counseling services and workshops are open to registered Queen's students only.





# **Independent Living Centre Kingston**

## **Legal Clinics**

## ***What Is a Community Legal Clinic***

A community legal clinic is law practice that provides free or low cost legal services. Kingston and the surrounding area are home to several legal clinics with varying areas of expertise.

## ***Who Is Eligible To Use A Community Legal Clinic***

Eligibility requirements vary from clinic to clinic. In order to find out if you are eligible for free or low-cost assistance, contact one of the following clinics to discuss your legal situation.

### **Kingston Community Legal Clinic (KCLC)**

345 Bagot Street  
Kingston, ON K7K 6T8

Tel.: 613- 541-0777  
Fax: 613-547-4978

**[www.kclc.ca](http://www.kclc.ca)**

#### Administrative Hours

Monday to 8:30am – 4:30pm  
Thursday  
Friday 1:00pm – 4:30pm

#### Satellite Office

South Frontenac Community Services  
4419 George Street  
Sydenham, ON K0H 2T0  
Tel.: 613-541-0777  
Monday to Friday 9:00am – 12:00pm

#### Areas of Expertise

- Consumer Law
- Education Law
- Employment
- Income Maintenance and Security – Ontario Disability Support Program (ODSP), Ontario Works (OW), Employment Insurance (EI), Canada Pension Plan Disability (CPP-D)
- Housing
- Human Rights

Free legal services for people living in low income in Kingston area.



### **Rural Legal Services**

PO Box 359  
1020 Elizabeth Street  
Sharbot Lake, ON K0H 2P0

Tel.: 613-279-3252  
Fax: 613-279-3228  
Toll Free: 1-800-597-4529

**[www.legalclinic.ca](http://www.legalclinic.ca)**

#### Administrative Hours

Monday to Friday 9:00am – 5:00pm

#### Satellite Office

Land O' Lakes Community Services  
12497A Highway 41  
Northbrook, ON K0H 2G0  
Tel.: 613-336-8934

Wednesdays 10:30am – 4:00pm

#### Areas of Expertise

- Consumer / Contract Law
- Criminal Injuries Compensation
- Disability Insurance Claims
- Education Law
- Employment
- Housing
- Human Rights
- Income Maintenance and Security – Ontario Disability Support Program (ODSP), Ontario Works (OW), Employment Insurance (EI), Canada Pension Plan Disability (CPP-D)

Free legal services for people living in low income in northern and central Frontenac County and northern Lennox & Addington County.



## ***Specialty Legal Clinics***

While outside of Kingston, the two following clinics will sometimes take on exceptional cases that could set legal precedent or that are otherwise legally important on a larger scale than the individual case.

Additional specialty legal clinics can be found here:

**[www.yourlegalrights.on.ca/find-services/service-type/legal-clinics-specialty](http://www.yourlegalrights.on.ca/find-services/service-type/legal-clinics-specialty)**

### **ACE Advocacy Centre for the Elderly**

701-2 Carlton Street  
Toronto, ON M5B 1J3

Tel.: 416-598-2656  
Toll Free Tel.: 1-855-598-2656  
Fax: 416-598-7924

**[www.acelaw.ca](http://www.acelaw.ca)**

#### Administrative Hours

Monday to Friday 9:00am – 5:00pm  
Thursdays 1:00pm – 5:00pm

#### Areas of Expertise

- Conservatorship disputes
- Elder abuse and neglect
- Medical care issues
- Misuse of Powers of Attorney
- Pressure to relinquish independence
- Theft of money or property

Free legal services, advice, and information for seniors over the age of 60 living in and around the Toronto area. Prospective clients must meet ACE's financial eligibility requirements and have a legal problem that is within ACE's mandate.



### **ARCH Disability Law Centre**

110-425 Bloor Street East  
Toronto, ON M4W 3R4

Tel. Toll Free: 1-866-482-2724  
TTY Toll Free: 1-866-482-2728  
Fax Toll Free: 1-866-881-2723

**[www.archdisabilitylaw.ca](http://www.archdisabilitylaw.ca)**

**[archlib@lao.on.ca](mailto:archlib@lao.on.ca)**

#### Administrative Hours

Monday to Friday 9:00am – 5:00pm

#### Areas of Expertise

- Abuse
- Accessibility laws
- Attendant Services
- Discrimination / Human Rights
- Disability services and funding
- Education law
- Employment
- Home care
- Legal capacity – the right to make your own decisions
- Powers of Attorney

Free legal services, advice, and information for individuals with disabilities who meet the eligibility requirements of ARCH's Board of Directors and Legal Aid Ontario's financial guidelines.



### Queen's Legal Aid

303 Bagot St., Suite 500  
Kingston, ON K7K 5W7

Tel.: 613-533-2102  
Fax: 613-533-6890

**[www.law.queensu.ca/students/legal  
Aid.html](http://www.law.queensu.ca/students/legalAid.html)**

**[queens.legal.aid@queensu.ca](mailto:queens.legal.aid@queensu.ca)**

#### Administrative Hours

Monday to	9:00am – 4:30pm
Thursday	
Fridays	1:00pm – 4:30pm

#### Areas of Expertise

- Criminal Injuries Compensation
- Employment
- Housing
- Income Maintenance and Security – Ontario Disability Support Program (ODSP), Ontario Works (OW), Employment Insurance (EI), Canada Pension Plan Disability (CPP-D)

Free legal services for people living in low income in Frontenac and Lennox & Addington Counties

Queen's Legal Aid also offers several Specialty Law Clinics:

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**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353    TTY: 613-542-8371    Fax: 613-542-4783**

**Website: [www.ilckington.com](http://www.ilckington.com)    Email: [info@ilckington.com](mailto:info@ilckington.com)**





### **Queen's Family Law Clinic**

#### Areas of Expertise

- Custody
- Access
- Child Support
- Extraordinary Expenses

Phone: 613-533-2102

**[queenslawclinics.ca/family/contact-2/](http://queenslawclinics.ca/family/contact-2/)**

**[QFLC@queensu.ca](mailto:QFLC@queensu.ca)**

### **Queen's Elder Law Clinic**

#### Areas of Expertise

- Access to long-term care
- Elder abuse and neglect
- Financial exploitation
- Hospital discharge issues
- Incapacity planning
- Misuse of Powers of Attorney
- Pension entitlement matters

Phone: 613-533-2102

**[queenslawclinics.ca/elder/contact/](http://queenslawclinics.ca/elder/contact/)**

**[QELC@queensu.ca](mailto:QELC@queensu.ca)**

### **Queen's Prison Law Clinic**

#### Areas of Expertise

Provides legal advice, assistance and representation in all aspects of prison law to prisoners in Kingston-area penitentiaries:

- Represent clients at Disciplinary Court hearings
- Represent clients at hearings before the Parole Board of Canada
- Draft grievances
- Provide legal opinions
- Conduct meetings with inmate groups
- Conduct test case litigation

Phone: 613-533-2102

**[queenslawclinics.ca/prison/](http://queenslawclinics.ca/prison/)**

**[QPLC@queensu.ca](mailto:QPLC@queensu.ca)**

### **Queen's Business Law Clinic**

#### Areas of Expertise

- Business Organization
- Incorporations
- Business Name Registrations
- Charitable Applications
- Shareholder Agreements
- Partnership Agreements
- Corporate Governance
- Drafting and Review of Legal Documents
- Intellectual Property
- Public Legal Education

Phone: 613-533-2102

**[queenslawclinics.ca/business/](http://queenslawclinics.ca/business/)**

**[QBLC@queensu.ca](mailto:QBLC@queensu.ca)**

### ***What is Ontario Legal Aid?***

Ontario Legal Aid provides assistance for people living on a low income who are looking for legal services. The Legal Aid phone line provides services such as:

- get free help from a lawyer—also known as summary advice—to help you deal with your legal problem
- get information about legal aid services
- learn the legal aid services for which you qualify
- ask about your legal aid application

Ontario Legal Aid can provide assistance with issues such as criminal charges, immigration and refugee laws, and family law.

Ontario Legal Aid gives financial help to eligible persons by providing “certificates” to pay for the services of a lawyer.

**1-800-668-8258**

**[www.ontariolegalaid.on.ca](http://www.ontariolegalaid.on.ca)**



## **Independent Living Centre Kingston**

# **Medical, Dental, and Optical Health**

**[www.health.gov.on.ca/en/ministry/hc\\_system/](http://www.health.gov.on.ca/en/ministry/hc_system/)**

### ***How to Find a Family Doctor***

Finding a family doctor can be a difficult, but there is a program available to Ontarians that can make this process much simpler.

**Health Care Connect** works by pairing individuals with community nurses who help people find a health care provider.

In order to be eligible for the Health Care Connect program, an individual must have a valid Ontario Health Insurance Plan (OHIP) card, and must not be currently enrolled with a family doctor.

Individuals can apply to the Health Care Connect program in the following ways:

Online, by visiting this website and filling out the relevant information:

**<https://hcc3.hcc.moh.gov.on.ca/HCCWeb/faces/layoutHCCSplash.jsp>**

**OR**, via telephone, by calling **1-800-445-1822**.

### ***Applying For an Ontario Health Insurance Plan (OHIP) Card***

If you do not have an OHIP card, you will need to visit a Service Ontario branch and apply in person. For more information, visit

**<http://www.health.gov.on.ca/en/public/programs/ohip/default.aspx>**

### ***Changing Your Doctor***

Sometimes individuals are not happy with their doctor and wish to find a new one. There can be many reasons for this, but no matter the reason, you can choose to end enrollment with your current doctor. This can be done either by calling your doctor and requesting to be "de-rostered," or by making this same request by calling Service Ontario at 1-866-532-3161 or TTY 1-800-387-5559.



## ***Telehealth Ontario***

Telehealth Ontario is a free service that provides information and advice from a registered nurse. This service can be reached 24 hours a day, 365 days a year by calling:

**1-866-797-0000**

## ***When Should You Go To A Doctor?***

How frequently a person should visit their doctor will depend on their medical needs. Some people may only need to schedule a regular check-up; others may have ongoing medical needs that require much more frequent visits.

In general, you should contact Telehealth Ontario or your doctor whenever you have a medical concern. From there, the Telehealth nurse or your doctor will be able to help you decide if a trip to your doctor, after-hours clinic, urgent care centre, or hospital would best suit your situation.

If you feel that you are experiencing a medical emergency, immediately call **911**.



## ***Walk-In and After-Hours Clinics***

The following clinics **do not** need an appointment:

### **CDK Family Medicine and Walk-In Clinic**

**Downtown:** 175 Princess Street  
Kingston, ON K7L 1A9

**Sutherland:** 105 Sutherland Drive  
(Greenridge Plaza)  
Kingston, ON K7K 5V6

Tel.: **613-766-0318**  
Fax: 613-766-0339

#### Accessibility

This clinic is wheelchair accessible.

#### Eligibility

This clinic is open to all patients.

#### Hours of Service Downtown:

Monday to Friday 9:00am – 7:00pm  
Saturdays 10:00am – 2:00pm

#### Hours of Service Sutherland:

Monday to Friday 9:00am – 7:00pm  
Saturdays 10:00am – 2:00pm

### **Greater Kingston After Hours Medical Clinic**

775 Strand Boulevard  
Kingston, ON K7P 2S7

Tel.: **613-546-5506**

#### Accessibility

This clinic is wheelchair accessible.

#### Eligibility

This clinic is open to all patients.

#### Hours of Service

Monday to Friday 6:00pm – 9:30pm  
Weekends 9:30am – 4:30pm

**540 Montreal Street, Kingston, Ontario K7K 3J2**

Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783

Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)



### **Kingston Family Health Team**

2437 Princess Street  
Kingston, ON K7L 1G1

Tel.: **613-531-4234**

#### Hours of Service

Monday to Friday 5:00pm – 8:00pm

Please arrive early.

Registration begins at 4:30pm.

Patients arriving after 7:45pm may not  
be seen depending on patient volume.

#### Accessibility

This clinic is wheelchair accessible.

#### Eligibility

This clinic is for patients of the Kingston  
Family Health Team only.

### **KFL&A Public Health Sexual Health Clinic**

221 Portsmouth Avenue  
Kingston, ON K7M 1V5

Tel.: **613-549-1232 ext. 1275**

#### Hours of Service

Mondays,  
Tuesdays, and 4:00pm – 6:00pm  
Thursdays

#### Accessibility

This clinic is wheelchair accessible.

#### Eligibility

This clinic is open to all patients.



### Maple Family Health Team

1036 Princess Street  
Kingston, ON K7L 1H2

#### Accessibility

This clinic is wheelchair accessible.

Tel.: **613-531-5888**

However, no calls taken past 5:00pm

#### Eligibility

This clinic is for patients of the Maple Family Health Team only.

#### Hours of Service

Monday to Friday 5:00pm – 8:00pm  
Weekends 9:30am – 2:00pm

### Queen's Family Health Team

220 Bagot Street  
Kingston, ON K7L 3G2

#### Accessibility

This clinic is wheelchair accessible.

Tel.: **613-533-9303**

Monday to Thursday 5:00pm – 8:00pm  
Saturdays 1:00pm – 4:00pm

#### Eligibility

This clinic is for patients of the Queen's Family Health Team only.





The following clinics **do** need an appointment:

### **Frontenac Medical Associates**

791 Princess Street  
Kingston, ON K7L 1E9

Tel.: **613-544-2727**  
Fax: (613) 544-7247

#### Hours of Service

Monday to Friday 8:10am – 8:00pm

#### Accessibility

This clinic is wheelchair accessible.

#### Eligibility

This clinic is for patients of Frontenac Medical Associates only.

#### To Make An Appointment

Call the phone number provided to make an appointment during business hours.

After business hours and on weekends, call 613-541-3378.

### **Greenwood Medical Centre**

10 – 496 Discovery Avenue  
Kingston, ON K7K 7E9

Tel.: **613-507-7003**

#### Hours of Service

After hours service is based on prior demand.

#### Accessibility

This clinic is wheelchair accessible.

#### Eligibility

This clinic is for patients of Greenwood Medical Centre or the practice at 273 King Street only.

#### To Make An Appointment

Call the phone number provided between 9:00am and 5:00pm Monday through Friday.

## ***What Is An Urgent Care Centre?***

An urgent care centre exists to help people with injuries or illnesses that should be dealt with as soon as possible, but that are not life-threatening. Urgent care centres are generally used at night, on weekends, or whenever your doctor is unable to see you on the same day about your urgent medical situation.

### **Hotel Dieu Hospital**

166 Brock Street  
Kingston, ON K7L 5G2

Tel.: 613-544-3310  
TTY: 613-544-4881  
Toll Free: 1-855-544-3400

**[www.hoteldieu.com](http://www.hoteldieu.com)**

**Urgent Care Hours**  
Daily 8:00am – 10:00pm

#### **Accessibility**

This hospital is fully accessible.

#### **Administrative Hours**

Monday to Friday  
8:30am – 5:00pm

The emergency department is open 365 days a year to individuals in need of urgent care that is not a life-threatening emergency.

### **Chadha Urgent Care Centre**

Cataraqui Town Centre: 945 Gardiners Road  
Kingston, ON K7M 7H4

Tel.: **613-389-3348**  
Fax: 613-389-6615

#### **Hours of Service**

Monday to Friday	9:00am – 8:00pm
Saturdays	10:00am – 3:00pm
Sundays	12:00pm – 3:00pm

#### **Accessibility**

This clinic is wheelchair accessible.

#### **Eligibility**

This clinic is open to all patients.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)**



## ***What Is An Emergency Care Centre?***

An emergency care centre exists to treat people with more severe medical emergencies, such as serious injuries or illnesses. Emergency care centres will accept patients with less severe medical concerns, but with a triage system in place, these individuals may have a much longer wait here than at an urgent care centre.

### **Kingston General Hospital**

76 Stuart Street  
Kingston, ON K7L 2V7

Tel.: 613-548-3232  
Fax: 613-548-6042

**[www.kgh.on.ca/](http://www.kgh.on.ca/)**

Emergency Department  
Entrance at rear, off of King St. W.  
Daily 24 hours

#### Accessibility

This hospital is fully accessible.

The emergency department is open 24 hours a day, 365 days a year to individuals in need of urgent care. A triage system is in place to ensure individuals with life-threatening injuries and illnesses are seen first.

#### Administrative Hours

Monday to Sunday 24 hours

### ***How to Find a Dentist***

Finding a dentist accepting patients is often a much simpler task than finding a doctor, and is made even easier by using the Ontario Dental Association's online **Find A Dentist Tool**. Visit: [www.youroralhealth.ca/find-a-dentist24](http://www.youroralhealth.ca/find-a-dentist24) to begin your search.

Another option is to use a copy of your local Yellow Pages and begin calling dental offices listed under "Dentists."

### ***Emergency Dental Care***

A dental emergency is any event that threatens the health of your teeth, such as a tooth being chipped, cracked, broken, or knocked out. Contrary to popular belief, a tooth that is knocked out can often be repaired and saved if you get to the dentist quickly enough. If you have a dentist already, you can often receive emergency care by calling the office directly. Also, the Dental Urgent Care Help Line has listings of Kingston area dentists who are available for emergency appointments; call: **613-650-2026**

### ***Low Income Dental Care***

Many people do not have dental coverage and cannot afford regular trips to the dentist. As a result, people can suffer from dental problems like abscessed teeth, infected gums, and tooth loss. These conditions cause more than just physical discomfort; people with dental issues are often embarrassed and ashamed, causing stress and anxiety and impacting many areas of their lives.

Emergency dental care funds are available for people living in low income, however these funds are in very high demand.

### **Kingston Dental Coalition**

c/o Kingston Community Health Centres

Attn: Heather Vuyk  
263 Weller Avenue  
Kingston, ON K7K 6M9

Tel.: 613-767-8591 ext 2114

Fax: 613-767-6452

**heatherv@nkchc.kchc.ca**

#### Hours

Hours are irregular; call for details

#### Fees

None, based on income eligibility.

#### Accessibility

This building is fully accessible.

#### Eligibility

Individuals aged 18 and older in need of dental care. Call the Kingston Dental Coalition for further eligibility criteria.

#### Services Provided

Kingston Dental Coalition is a community-based group that seeks to provide universal access to dental care, especially for individuals living in low income.

Individuals are asked to call the coalition to fill in an application in order to be considered for funding.

As the coalition relies on fundraisers and donations, some individuals may be turned away due to a lack of funding.

**KFL&A Public Health – Dental & Oral Health**

221 Portsmouth Avenue  
Kingston, ON K7M 1V5

Tel.: 613-549-1232 ext. 1218  
Fax: 613-549-0946  
Toll Free: 1-800-267-7875

**[www.kflapublichealth.ca/  
Content.aspx?Id=172](http://www.kflapublichealth.ca/Content.aspx?Id=172)**

Hours of Service

By appointment only  
Monday to Friday 8:30am – 4:30pm

Fees

None, based on income eligibility.

Accessibility

This building is fully accessible.

Eligibility

Eligibility varies based on the program; there are several dental programs at KFL&A Public Health Dental Services that help different age groups.

Services Provided

Contact KFL&A Public Health – Dental & Oral Health to determine eligibility for any of these programs.

- **Community Dental Hygiene Clinics** (for children 17 & under at various locations: Kingston, Napanee, Sharbot Lake, Cloyne)
- **Dental Treatment Assistance Fund** (adult emergency dental treatment)
- **Dental Screening Program** (dental hygienist school visits)
- **Healthy Smiles Ontario** (children 17 & under regular dental services) See the Healthy Smiles Ontario entry for more information
- **Sports Mouthguard Program** (low-cost custom mouthguards)



### **KFL&A Public Health Dental Services – Healthy Smiles Ontario**

221 Portsmouth Avenue  
Kingston, ON K7M 1V5

Tel.: 613-549-1232 ext. 1218  
Fax: 613-549-0946  
Toll Free: 1-800-267-7875

**[www.kflapublichealth.ca/  
Content.aspx?Id=172](http://www.kflapublichealth.ca/Content.aspx?Id=172)**

Healthy Smiles Ontario  
1-877-258-3392  
**[www.health.gov.on.ca/en/pro/  
programs/dental/default.aspx](http://www.health.gov.on.ca/en/pro/programs/dental/default.aspx)**

Hours of Service  
By appointment only  
Monday to Friday 8:30am – 4:30pm

Fees  
None, based on income eligibility.

#### Accessibility

This building is fully accessible.

#### Eligibility

Children from birth to 17 years of age that are residents of Ontario, do not have access to dental insurance, and live in household with an adjusted net income of \$20,000 per year or less. An application is required.

#### Services Provided

Children who are eligible for the **Healthy Smiles Ontario** program are able to access regular dental services such as check-ups, cleanings, fillings, and x-rays at no cost to the child's parent or guardian. Orthodontics and cosmetic dental dentistry such as whitening are not covered by this program.



### ***Social Assistance and Dental Care***

Individuals receiving income through the **Ontario Disability Support Program** (ODSP) receive a monthly dental card. This dental card can be used throughout the following month to receive basic dental care at a participating dental practice. The individual and eligible family members may receive dental treatment this way.

For individuals whose disability, medication, or medical treatments effect their dental health, a program called **The Dental Special Care Plan** exists. This program allows for additional dental services to be covered, provided they are required as a direct result of disability or treatment.

Individuals receiving **Ontario Works** (OW) can receive dental coverage though a discretionary fund. Children of an OW recipient can receive dental coverage until their eighteenth birthday.





### ***How to Find An Optometrist***

Finding an optometrist can be done most easily on one of two ways. The first option is to visit the Ontario Association of Optometrists Find A Doctor of Optometry website at:

**[www.optom.on.ca/OAO/Patients/Find\\_a\\_Doctor/OAO/Find\\_a\\_Doctor.aspx](http://www.optom.on.ca/OAO/Patients/Find_a_Doctor/OAO/Find_a_Doctor.aspx)**

The second option is to use a copy of the Yellow Pages and look up "Optometrists."

### ***OHIP and Eye Care Coverage***

The Ontario Health Insurance Plan (OHIP) covers annual eye exams for individuals under 20 years of age, and over 65 years of age.

Individuals between 20 and 64 years of age can continue to receive free annual eye exams if they have one of the following conditions: amblyopia, cataract, corneal disease, diabetes mellitus, glaucoma, optic pathway disease, recurrent uveitis, retinal disease, or visual field defects.

Individuals between 20 and 64 years who have medical conditions not listed above, but that can still affect their vision may be eligible for free annual eye exams. This can be discussed with a family doctor.

### ***Social Assistance and Eye Care Coverage***

The **Ontario Disability Support Program (ODSP)** Vision Care Benefit covers routine eye examinations once every two years for the individual receiving ODSP and any eligible family members if OHIP coverage is not available.

ODSP Vision Care Benefit will also assist with the cost of prescription eyeglasses or prescription eyeglasses repair for the individual, their spouse, and any children under 18 years of age.

**Under Ontario Works (OW)**, prescription eyeglasses and prescription eyeglasses repairs are covered for individuals and any eligible direct family members through a discretionary fund.



### **Hotel Dieu Eye Clinic**

166 Brock Street  
Kingston, ON K7L 5G2

Tel.: 613-533-2559  
Toll-Free: 1-855-851-3490

**[www.ophtalmology.queensu.ca/](http://www.ophtalmology.queensu.ca/)**

**[blackm@queensu.ca](mailto:blackm@queensu.ca)**

#### Hours of Service

Non-Emergency Eye Clinic  
Monday to Friday 8:00am – 4:00pm

Emergency Eye Services  
Daily 24 hours a day

#### Fees

Dependent upon services required.

#### Accessibility

This building is fully accessible.

#### Eligibility

By referral only. Non-emergency eye concerns require a referral from a family physician or optometrist. Emergency eye concerns can be referred from the regular emergency room.

#### Services

Diagnosis and treatment of various eye diseases and injuries.

## ***Ontario Drug Benefit***

The Ontario Drug Benefit exists to most of the cost of many prescription drugs, some nutrition products and some diabetic products. People eligible for the Ontario Drug Benefit are individuals aged 65 or older, individuals living in a Long-Term Care or a Home for Special Care, individuals enrolled in the Home Care program, and individuals receiving assistance through ODSP or OW. An individual must also be a resident of Ontario and have a valid Ontario health card.

The amount a person using the Ontario Drug Benefit will pay for their prescriptions depends on their yearly income and what demographic they fall under.

For single seniors with a yearly net income of \$16,018 or more, or for a senior couple with a combined yearly net income of \$24,175 or more, the individual is responsible for paying the first \$100 of prescription drug costs (this is called your "deductible"), and, up to \$6.11 each time you fill a prescription covered under ODB (this is called your "co-payment").

For single seniors with a yearly net income of less than \$16,018, senior couples with a combined yearly net income of less than \$24,175, individuals living in a Long-Term Care Home or Home for Special Care, individuals receiving assistance through ODSP or OW, or individuals receiving home care services, the individual is responsible for paying up to \$2.00 each time they fill a prescription.

## ***Trillium Drug Program***

The Trillium Drug program exists to help individuals who have high prescription drugs costs relative to their household income. In order to be eligible for the Trillium Drug Program, an individual must not be covered under the Ontario Drug Benefit, and must either not have private health insurance or must have private health insurance that does not cover 100% of the prescription drug costs. An individual must also be a resident of Ontario and have a valid Ontario health card.

Individuals will pay a set amount of their prescription drug costs, usually equaling about 4% of their household's combined net income. This number may vary based on various factors. In addition to the percentage of the prescription drug costs, pharmacists may require a \$2.00 co-payment for each prescription that is covered through the program.



### ***Medical Transportation Assistance***

Individuals who are receiving **ODSP** income support and whose household spends \$15 or more a month on medical transportation may be eligible to have these transportation costs covered by the Mandatory Special Necessities benefit.

Medical transportation costs are what an individual would pay to travel to and from medical appointments with an approved healthcare professional, such as a family physician, optometrist, or physiotherapists. Individuals who are receiving mental health services or attending drug or alcohol recovery may also be able to have assistance with these transportation costs.

If an individual needs emergency medical care and has to pay to get there, they may be able to have these costs reimbursed. It is advisable to keep any receipts for emergency medical transportation so that they can be submitted when requesting help to cover these costs.

In order to have transportation costs covered through the Mandatory Special Necessities benefit, an individual must get the Mandatory Special Necessities benefit request form from their local ODSP and bring it to their physician to have it filled out. Once the form is filled out, it can be mailed or returned in person to the ODSP office for review.

Individuals on **Ontario Works** may be eligible for transportation costs for going to medical, rehabilitation, or counselling appointments. Contact your OW worker to find out more.

## ***Medical Supply Cupboards***

A medical supply cupboard is a program that allows people to rent or borrow medical equipment so that they may use it without having to purchase the needed equipment outright.

### **Gananoque Loan Cupboard – Medical Equipment**

153 North Street  
Gananoque, ON K7G 1L7

Tel.: 613-382-7601

#### Hours of Service

By appointment only; please phone to  
set up a time.

#### Fees

None.

#### Accessibility

This building is not accessible.

#### Eligibility

Eligibility is determined on a case-by-  
case basis.

#### Equipment Available

- Bathtub seats
- Canes
- Commodes
- Electric beds
- Grab bars
- Raised toilet seats
- Scooters
- Walkers
- Wheelchairs



### **Hospice Kingston – Equipment Lending Service**

36 Barrie Street  
Kingston, ON K7L 3J7

Tel.: 613-542-5013  
Fax: 613-542-6309

**[www.hospicekingston.ca](http://www.hospicekingston.ca)**

#### Hours of Service

Monday to Friday 8:30am – 4:30pm

#### Fees

None.

#### Accessibility

This building is fully accessible.

#### Eligibility

The individual must have a life threatening illness to be eligible.

#### Equipment Available

- Walkers
- Wheelchairs

### **Lions Club of Kingston**

824 John Counter Boulevard  
Kingston, ON K7K 2R1

Tel.: 613-544-1413  
Fax: 613-544-8779

#### Hours of Service

Irregular; call for details.

#### Fees

Donations are accepted when borrowing used medical equipment.

#### Accessibility

This building is fully accessible.

#### Eligibility

Need to be invited to join by a member of the Lions Club.

#### Equipment Available

- Bath seats
- Canes
- Walkers
- Wheelchairs



# **Independent Living Centre Kingston**

## **Sexual Health**



### **KFL&A Public Health – Sexual Health Clinic**

221 Portsmouth Avenue  
Kingston, ON K7M 1V5

#### Accessibility

This building is fully accessible.

#### Sexual Health Info Line

613-549-1232 or  
1-800-267-7875, ext. 1275

#### Service Details

Confidential and non-judgemental  
sexual health information and services  
including birth control, pregnancy  
testing, sexually transmitted infections  
testing and HIV counselling.

**[www.kflapublichealth.ca/  
Content.aspx?Id=182](http://www.kflapublichealth.ca/Content.aspx?Id=182)**

#### Hours of Service

Walk-In Clinics

#### Fees

None.

Mondays,  
Tuesdays, and      4:00pm – 6:00pm  
Thursdays

#### Eligibility

Open to all.

#### Teen Clinic (Outreach)

Confidential services offered at  
Ernestown Secondary School and  
Sydenham High School. Check with  
Guidance Department for clinic times  
and locations.





### **Queen's University – Sexual Health Resource Centre**

John Deutsch University Centre  
87 Union Street, Room 223  
Kingston, ON K7L 3N6

Tel.: 613-533-2959

**shrc.office@gmail.com**

#### Hours of Service

##### School Year

Monday to Friday    9:30am – 9:30pm  
Saturdays            10:00am – 6:00pm

Summer and Exam Periods  
Hours Irregular; call for details.

#### Accessibility

This building is fully accessible.

#### Service Details

The Sexual Health Resource Centre is a sex-positive space that offers an array of services and products. Volunteers are available to accompany individuals to, abortion appointments, medical evidence kit appointments, and sexual assault / domestic violence units. Safer sex products and sex toys are available at cost. Staff offer information and referral services for a variety of sexual topics.

#### Eligibility

Open to all.

#### Fees

None.



### **SWAG – Sex Workers Action Group**

**[www.swagkingston.com](http://www.swagkingston.com)**

**[swagkingston@gmail.com](mailto:swagkingston@gmail.com)**

#### Drop-In

c/o HIV/AIDS Regional Services  
844A Princess Street, Kingston, ON  
Thursdays 1:30pm – 3:30pm  
SWAG's drop-in provides personal hygiene supplies, clothing, safer sex supplies, legal and advocacy information and personal support in a CAS- and police-free space.

#### Accessibility

Drop-in location is fully accessible.

#### Eligibility

All current and former sex workers, community agencies and supporters.

#### Service Details

SWAG is an advocacy group promoting the decriminalization of sex work, and seeks to fight discrimination against sex workers while educating the public and local service agencies about sex work.

SWAG also provides emotional, community, and legal support to sex workers.

#### Fees

None.

**Kingston General Hospital  
– Sexual Assault and Family Violence Program**

Kingston General Hospital  
76 Stuart Street  
Kingston, ON K7L 2V7

Tel.: 613-549-6666 ext. 4880  
Fax: 613-548-1350

**[www.kgh.on.ca/emergency-care/  
emergency-care-and-treatment/  
sexual-assault-and-family-violence](http://www.kgh.on.ca/emergency-care/emergency-care-and-treatment/sexual-assault-and-family-violence)**

Hours of Service

24 hours a day, 7 days a week

**If you are a victim of sexual assault or domestic violence, go to your nearest Emergency department and ask to see the Sexual Assault/Family Violence (SA/FV) nurse. The SA/FV team is available 24 hours-a-day, seven days-a-week.**

KGH Emergency Department  
Entrance at rear, off of King St. W.

Accessibility

This building is fully accessible.

Do you need our help?

You should seek treatment from a SA/FV nurse if:

- You're 16 or older and a sexual assault took place in the last 12 days;
- You're 16 or older and a domestic assault took place in the last 12 days or your injuries are still present;
- You're under 16 and you experienced sexual assault or sexual abuse at any time in the past (no time frame limitations)

Service Details

- Emergency medical and nursing care
- Testing and treatment for sexually transmitted infections, HIV and pregnancy
- Crisis counselling
- Forensic evidence collection (including the Sexual Assault Evidence Kit), documentation and photography
- Medical and social work follow up
- Safety planning

Fees

None.



### **HIV/AIDS Regional Services**

844A Princess Street  
Kingston, ON K7L 1G5

Tel.: 613-545-3698  
Fax: 613-545-9809  
Toll Free: 1-800-565-2209

**[www.hars.ca](http://www.hars.ca)**

**[hars@kingston.net](mailto:hars@kingston.net)**

#### Hours of Service

Monday to Friday 9:00am – 5:00pm

#### Accessibility

This building is fully accessible.

#### Eligibility

Open to all.

#### Service Details

Confidential services for those living or affected by HIV/AIDS as well as limited Hepatitis C services. Services include community outreach, counselling, education, support groups, and testing.

#### Fees

None.

### **Centre For Abuse And Trauma Therapy**

200-234 Concession Street  
Kingston, ON K7K 6W6

Tel.: 613-507-2288  
Fax: 613-507-2289

**[www.centrefortherapy.ca](http://www.centrefortherapy.ca)**

**[info@centrefortherapy.ca](mailto:info@centrefortherapy.ca)**

#### Hours of Service

By appointment only; please call to make an appointment

#### Accessibility

This building is fully accessible.

#### Eligibility

Age 14 years and older.

#### Service Details

Long and short-term counselling available for survivors of trauma and abuse. Specialized services and resources are available for victims of child pornography and for sex workers.

#### Fees

Fees for service, sliding scale fee assistance is available for eligible clients.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)**



## **Independent Living Centre Kingston**

# **Mental Health and Addictions**



## ***Mental Health Emergencies***

If you are experiencing thoughts of suicide, feel like you are going to hurt yourself or others, or generally do not feel mentally right and feel that you cannot safely wait to speak to a psychologist or psychiatrist by waiting for an appointment, go to the hospital.

If you are unable to get to a hospital, you can contact the Addiction & Mental Health Services - Kingston, Frontenac, Lennox & Addington 24 hour crisis line at:

### **Crisis Lines**

Kingston

**613-544-4229**

Toll free 1-866-616-6005

Napanee

**613-354-7388**

Toll free 1-800-267-7877

Telephone Aid Line Kingston (TALK) is a confidential, anonymous, and non-judgmental volunteer-based listening service. TALK operates between 7:00pm and 3:00am, seven days a week.

**613-544-1771**

## ***The Differences between a Psychiatrist and a Psychologist***

While a psychologist and a psychiatrist both deal with mental health, there are several major differences between the two.

A psychologist has a doctoral degree in psychology, while a psychiatrist has a medical degree and then completes a residency in psychiatry. A psychologist looks at both normal and abnormal emotions and behaviours, taking into consideration a person's personality and influences such as environment and relationships. In general a psychiatrist is more likely to look at a person's emotional or mental health difficulties through a medical perspective, focusing on abnormalities in physiology. Psychiatrists are legally allowed to prescribe medication for mental health issues, while psychologists cannot. Finally, visits to a psychiatrist are covered by OHIP, while visits to a psychologist are not.

## ***Finding a Psychiatrist or a Psychologist***

There are a few different methods to finding a psychologist or a psychiatrist.

It would be advisable to talk to your family doctor about which one you should meet with. Oftentimes they will be able to give you a referral. Generally you will require a referral to meet with a psychiatrist, due to the specific nature of how they treat.

To find a psychiatrist or psychologist, you can visit a webpage such as: **[www.opencare.com](http://www.opencare.com)**, or look up "Physicians and Surgeons" in the Yellow Pages and look for a doctor listed as practicing psychiatry.

To find a psychologist, you can search on the Ontario Psychological Association:

**[www.psych.on.ca/Utilities/Find-a-psychologist](http://www.psych.on.ca/Utilities/Find-a-psychologist)**

Or, look up "Psychologists and Psychological Associates" in the Yellow Pages.



## Community Mental Health Services

### Addiction and Mental Health Services – KFLA

**Crisis: 613-544-4229**  
**Toll Free Crisis: 1-866-616-6005**

**[www.amhs-kfla.ca](http://www.amhs-kfla.ca)**

**[info@amhs-kfla.ca](mailto:info@amhs-kfla.ca)**

#### Kingston Office

385 Princess Street  
Kingston, ON K7L 1B9

Tel.: 613-544-1356

Fax: 613-544-2346

#### Napanee Office

70 Dundas Street East  
Napanee, ON K7R 1H9

Tel.: 613-354-7521

Fax: 613-354-7524

#### Administrative Hours

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

#### Mobile Crisis Team

Monday to Friday 8:30am - 12:00am

Weekends 12:00pm - 12:00am

#### Walk-In Services

Kingston 8:30am - 4:00pm

Monday to Friday

Napanee 9:00am – 4:00pm

Monday to Friday

#### Accessibility

These buildings are fully accessible.

#### Eligibility

People 16 years and older who have mental health, substance use or gambling concerns.

#### Services

AMHS-KFLA head office is located in Kingston, with client service sites located in Napanee and by appointment in Amherstview, Northbrook, Sharbot Lake, Tamworth and Verona.

- Addiction Services
- Assertive Community Treatment Teams
- Supported Independent Living
- Family Resource Centre
- Addiction/Youth Addiction Services
- Housing/Residential Services
- Vocational Program
- Counselling & Treatment
- Problem Gambling Program
- CBT Lite
- Concurrent Disorders
- Case Management Services
- Criminal Justice/Court Support Services

#### Fees

Some programs have fees associated, contact for details.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)**





### **Canadian Mental Health Association, Kingston**

400 Elliot Avenue  
Kingston, Ontario, K7K 6M9

Tel.: 613-549-7027  
Fax: 613-549-7098

**[www.cmhakingston.com](http://www.cmhakingston.com)**

**[cmhstaff@kingston.net](mailto:cmhstaff@kingston.net)**

#### Hours

Monday to Friday 8:30am - 4:00pm

#### Eligibility

Open to all.

#### Services

CMHA Kingston provides a wide variety of mental health support services and programs for children, youth and adults. Information available on mental health services in the Kingston area as well as a lending library of materials dealing with mental health, illness and issues.

Programs include:

Advocacy, Information and referral, Partners for parents network, Workshops, Employment support, Art program, Public education, Personal growth support groups including anger management, Suicide intervention training, Seniors mental health programs, Children and youth prevention programs, Suicide survivors support group, Community speakers.

#### Fees

Some workshops have fees; otherwise all services are free.

#### Accessibility

This building is fully accessible.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckington.com](http://www.ilckington.com) Email: [info@ilckington.com](mailto:info@ilckington.com)**



### **Mood Disorders Peer Support Group of Kingston**

#### Meeting Location

Ongwanada  
191 Portsmouth Avenue, Room 410  
Kingston, ON K7M 8A6

Tel.: 613-544-2886

**frc@amhs-kfla.ca**

#### Meeting Times

Every Tuesday 7:00pm - 9:00pm

#### Eligibility

Individuals 20 years of age and older  
living with a mood disorder such as  
depression or bipolar disorder.

#### Program Details

The Mood Disorders Support Group of Kingston meets every Tuesday. These meetings provide education, and encourage self-help within a peer support model.

Individuals are encouraged to seek or continue receiving treatment.

#### Fees

There are no fees for these meetings.

#### Accessibility

This building is fully accessible.



## ***Youth Mental Health Services***

### **Hotel Dieu - Child and Adolescent Psychiatry**

Hotel Dieu – Brock 5  
166 Brock Street  
Kingston, ON K7L 5G2

Tel.: 613-544-3400

ext. 2508 – Eating Disorders Clinic  
ext. 2518 – Family Court Clinic  
ext. 2508 – Mood and Anxiety Clinic  
ext. 2554 – Neuro-Developmental Clinic  
ext. 2518 – Urgent Consult Clinic

Fax: 613-544-7623

**[www.hoteldieu.com/  
programs-and-departments/  
child-and-adolescent-psychiatry](http://www.hoteldieu.com/programs-and-departments/child-and-adolescent-psychiatry)**

#### Hours

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

#### Eligibility

Children aged 5 to 17 with psychiatric problems and a referral from a family physician.

#### Services Available

- Comprehensive psychiatric services to children and adolescents suffering from psychiatric disorders up to 18 years of age
- Outpatient services are primarily located at Hotel Dieu Hospital
- Short-term inpatient services at Kingston General Hospital

#### Fees

None; usually covered by OHIP.

#### Accessibility

This building is fully accessible.



### **Pathways for Children and Youth**

#### Main Office, Kingston

Kingslake Plaza  
1201 Division Street, Suite 215  
Kingston, Ontario K7K 6X4

Intake Phone: 613-546-1422 ext 1

Tel.: 613-546-8535

Fax: 613-548-3881

**[www.pathwayschildrenyouth.org](http://www.pathwayschildrenyouth.org)**

**[nseale@pathwayschildrenyouth.org](mailto:nseale@pathwayschildrenyouth.org)**

#### Hours

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

#### Walk-in Clinics

Kingston: 993 Princess Street, Unit 14  
(behind Dollarama)

Tuesdays 12:00pm – 8:00pm

Napanee: 99 Advance Avenue

Thursdays 12:00pm – 4:00pm

#### Eligibility

Children and youth under 18 and their families/caregivers.

#### Services

Provides comprehensive mental health services for children and youth.

- assessment and consultations
- individual, family and group counselling
- parenting education
- intensive early intervention and applied behaviour analysis (ABA)
- Autism services
- Early Years services

Program locations include Kingston, Amherstview, Napanee, Sydenham, Sharbot Lake, Northbrook.

#### Fees

There are no fees for these programs.

#### Accessibility

This building is fully accessible.



**Mood Disorders Association  
for Young Adults in Kingston**

Meeting Location

Ongwanada  
191 Portsmouth Avenue, Room 410  
Kingston, ON K7M 8A6

**mda\_yak@hotmail.com**

Meeting Times

Every Tuesday      5:30pm - 7:00pm

Eligibility

Young adults between the ages of 16  
and 29 living with a mood disorder such  
as depression or bipolar disorder.

Program Details

The Mood Disorders Association for  
Young Adults in Kingston meets every  
Tuesday. These meetings provide  
resources on daily coping skills,  
disability services, education options,  
employment centres, internet support,  
nutritional tips, and relaxation tips in a  
peer support setting.

Fees

None.

Accessibility

This building is fully accessible.



### **Youth Diversion Program - Kairos**

559 Bagot Street  
Kingston, ON K7K 3E1

Tel.: 613-548-4535 ext 223  
Fax: 613-548-1747

**[www.youthdiversion.org](http://www.youthdiversion.org)**

**[info@youthdiversion.org](mailto:info@youthdiversion.org)**

#### Hours

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

#### Eligibility

Youth aged 9 to 24 and their families.

#### Programs and Services

The Youth Diversion Program works in partnership with the youth, families and the community to deliver evidenced based quality programs to assist youth to make positive changes and choices in their lives.

- Youth Justice Committee
- Kairos Substance Abuse and Addictions
- Student in Need Attendance Program (SNAP)
- REBOUND, a ten week youth life skills program
- Mentoring Program
- MEND alternate dispute resolution process

#### Fees

There are no fees for these programs.

#### Accessibility

This building is fully accessible.



## ***Clinical Mental Health Services***

### **Providence Care - Mental Health Services**

Westwood Building  
752 King Street West  
Kingston, ON K7L 4X3

Tel.: 613-546-1101

Fax: 613-548-5588

#### Administrative Hours

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

#### Visitor Hours

Daily 10:00am - 9:00pm

#### Eligibility

Individuals age 17 and older in need of inpatient or outpatient psychiatric care.

#### Services Available

- Inpatient Adult Mental Health
- Inpatient Forensic Mental Health
- Inpatient Seniors Mental Health
- Outpatient Mental Health
- Community Mental Health

#### Fees

There are no fees for these services.

#### Accessibility

This building is fully accessible.



### **Hotel Dieu - Adult Eating Disorder Clinic**

Hotel Dieu - Centenary 5  
166 Brock Street  
Kingston, ON K7L 5G2

Tel.: 613-544-3400 ext. 2506  
Toll-free: 1-855-544-3400  
Referrals Fax: 613-548-6095

**[www.hoteldieu.com/  
programs-and-departments/  
adult-eating-disorders-program](http://www.hoteldieu.com/programs-and-departments/adult-eating-disorders-program)**

#### Hours of Service

Mondays,  
Tuesdays, and      8:30am - 4:30pm  
Thursdays

#### Eligibility

Individuals 18 years and older referred  
by a family physician.

#### Services Available

- Cognitive behaviour group therapy
- Goal setting
- Nutritional counseling
- Occasional individual therapy
- Psychoeducation

#### Fees

None; services usually covered by  
OHIP.

#### Accessibility

This building is fully accessible.





### **Hotel Dieu - Adult Mental Health Outpatient Program**

Hotel Dieu - Johnson 5  
166 Brock Street  
Kingston, ON K7L 5G2

Tel.: 613-544-3400 ext. 2551  
Fax: 613-548-6095

**[www.hoteldieu.com/  
programs-and-departments/  
adult-mental-health-program](http://www.hoteldieu.com/programs-and-departments/adult-mental-health-program)**

#### Hours of Service

Monday to Friday 8:00am - 4:00pm

#### Eligibility

Area residents aged 18 and older with a referral from a family physician.

#### Services Available

- Urgent and non-urgent assessment
- Mental health treatment
- Consultations
- Education

#### Fees

None; covered by OHIP

#### Accessibility

This building is fully accessible.



## **Addictions Support**

### **Overeaters Anonymous**

#### **Mailing Address**

Ottawa District Intergroup  
Westgate Postal Outlet  
P.O. Box 35036  
1309 Carling Avenue  
Ottawa, ON K1Z 1A2

Tel.: 613-634-2159

#### **Meeting Times and Locations**

212 Barrie Street Kingston, ON  
Tuesdays 7:00pm - 8:00pm

99 York Street Kingston, ON  
Wednesdays 12:00pm - 1:00pm

Crossroads United Church  
690 Sir John A. Macdonald Boulevard  
Kingston, ON  
Saturdays 10:30am - 11:30am

#### **Eligibility**

There are no restrictions; new members will be met by a greeter outside the meeting.

#### **Program Details**

Uses the 12-Step program to assist individuals in recovering from compulsive eating.

This program is for individuals who go on eating binge, obsess about food, and/or have difficulties with their body image or with maintaining a healthy weight.

#### **Fees**

There is no fee to attend these meetings.

#### **Accessibility**

Accessibility is unknown.



### **Alcoholics Anonymous - District 31, Loyalist**

#### **Mailing Address**

c/o AA District 36, Area 83  
P.O. Box 1726  
Kingston, ON K7L 5J6

Talk to an AA member:  
613-549-9380

**[www.kingstonaa.org](http://www.kingstonaa.org)**

#### Meeting Times and Locations

Due to the sheer number of meeting days and locations, please visit the website and select the "Meetings" link.

#### Eligibility

Open to all individuals who are dealing with an alcohol addiction or who wish to stop drinking.

#### Program Details

Using the 12-Step program, Alcoholics Anonymous seeks to provide a supportive peer environment for individuals who wish to stop drinking alcohol.

This program is for anyone who has an alcohol addiction or who wish to stop drinking. All people are welcome to open meetings.

#### Fees

There is no fee to attend these meetings.

#### Accessibility

Some locations are fully accessible, other locations are not accessible. Accessible meetings are noted on the website.



### **Al-Anon - District 31, Loyalist**

Tel.: 613-384-2134  
North America: 1-888-4-AL-ANON

**[wso@al-anon.org](mailto:wso@al-anon.org)**

**[www.al-anon.alateen.on.ca/  
meetings/index.html](http://www.al-anon.alateen.on.ca/meetings/index.html)**

#### Meeting Times and Locations

Due to the sheer number of meeting days and locations, please visit the website and select the "Meetings" link.

#### Eligibility

Open to all individuals who are living with a family member with an alcohol addiction or who wish to stop drinking.

#### Program Details

Al-Anon provides a safe space for family members to discuss their emotions and behaviour in relation to a family member living with alcoholism.

#### Fees

There is no fee to attend these meetings.

#### Accessibility

Some locations are fully accessible, other locations are not accessible. Accessible meetings are noted on the website.



### **Limestone Area of Narcotics Anonymous**

#### **Mailing Address**

136 Princess St.  
PO Box 28007 BAGOT  
Kingston, ON K7L 1A0

Tel.: 1-888-811-3887

**[www.limestonena.com](http://www.limestonena.com)**

#### Meeting Times and Locations

Due to the sheer number of meeting days and locations, please visit the website and select the "Meetings" link.

#### Eligibility

Open to all individuals who are dealing with a drug addiction and wish to stop using drugs.

#### Program Details

Uses the 12-Step program to provide a supportive peer environment for individuals who wish to stop using drugs.

This program is for anyone who has a drug addiction and wishes to stop using drugs.

#### Fees

There is no fee to attend these meetings.

#### Accessibility

Some locations are fully accessible, other locations are not accessible. Accessible meetings are noted on the website.



## **Salvation Army - Harbour Light Centre Residential Treatment Program**

562 Princess Street  
Kingston, ON K7L 1C7

Tel.: 613-546-2333  
Fax: 613-546-4699

**[www.kingstonharbourlight.org](http://www.kingstonharbourlight.org)**

**[kingharb@kingstonharbourlight.org](mailto:kingharb@kingstonharbourlight.org)**

### Administrative Hours

Monday to Friday 8:00am - 4:00pm

### Eligibility

Men 18 years and older who have a substance dependency. Applicants must submit a completed Provincial Addiction Admission Discharge and Assessment Tools (ADAT). Applicants must also complete 72 hours at a detox centre immediately before going to Harbour Light.

### Program Details

The Salvation Army Harbour Light Centre Residential Treatment Program is an 18-bed facility that treats men with substance dependencies who wish to become sober.

Harbour Light is a Christian-influenced 12-Step based treatment program. Individuals are assisted in their rehabilitation through individual and group counseling, medical referrals and medication monitoring, treatment plan development, case management and discharge planning.

### Fees

There are no fees for this treatment program.

### Accessibility

This building is partially accessible.



### **Sex Addicts Anonymous**

#### Mailing Address

ISO of SAA  
PO Box 70949  
Houston, TX 77270 USA

Tel.: 713-869-4902  
Fax: 713-692-0105  
Toll Free: 1-800-477-8191

**[www.saa-recovery.org](http://www.saa-recovery.org)**

**[kingstonsaa@gmail.com](mailto:kingstonsaa@gmail.com)**

#### Meeting Times and Locations

Kingston Community House  
99 York Street  
Mondays 8:00pm

St Andrews By The Lake United Church  
1 Redden Street  
Saturdays 9:00am

#### Eligibility

Open to individuals seeking help with a sex addiction.

#### Program Details

Uses the 12-Step program to provide a supportive peer environment for individuals who wish to stop engaging in detrimental sexual behaviours.

This program is for anyone who has a sex addiction and wishes to overcome it.

#### Fees

There is no fee to attend these meetings.

#### Accessibility

St Andrews By The Lake United Church is accessible, Kingston Community House is not.



### Addiction Services, AMHS-KFLA

**Crisis: 613-544-4229**  
**Toll Free Crisis: 1-866-616-6005**

**[www.amhs-kfla.ca](http://www.amhs-kfla.ca)**

**[info@amhs-kfla.ca](mailto:info@amhs-kfla.ca)**

#### Kingston Office

552 Princess St  
Kingston, ON K7L 1C7

Tel.: 613-544-1356

Fax: 613-544-2804

#### Napanee Office

70 Dundas Street East  
Napanee, ON K7R 1H9

Tel.: 613-354-7521

Fax: 613-354-7524

#### Administrative Hours

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

#### Mobile Crisis Team

Monday to Friday 8:30am - 12:00am

Weekends 12:00pm - 12:00am

#### Walk-In Services

Kingston 8:30am - 4:00pm

Monday to Friday

Napanee 9:00am – 4:00pm

Monday to Friday

#### Accessibility

These buildings are fully accessible.

#### Eligibility

People 16 years and older who have mental health, substance use or gambling concerns.

#### Services

AMHS-KFLA head office is located in Kingston, with client service sites located in Napanee and by appointment in Amherstview, Northbrook, Sharbot Lake, Tamworth and Verona. A full range of rehabilitation and treatment options are offered to individuals requiring addiction services.

- Individual counselling and psycho-educational groups
- Family Support Program for friends and family of a person with an addiction concern
- Specialized problem gambling services
- Motherwise Program for mothers with addiction concerns
- Provider of Back on Track, the Ministry of Transportation remedial driving program
- Rural outreach services

#### Fees

Some programs have fees associated, contact for details.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)**





# **Independent Living Centre Kingston**

# **Accessible Transportation**



## ***Local Transportation***

### **Kingston Access Services**

751 Dalton Avenue  
Kingston, ON K7M 8N6

Tel.: 613-542-2512  
Fax: 613-549-6318

**[kab@kingston.net](mailto:kab@kingston.net)**

**[www.kingston.org/kas/kab.html](http://www.kingston.org/kas/kab.html)**

#### Administrative Hours

Monday to Friday	7:30am – 5:00pm
Weekends	9:00am – 12:00pm

#### Hours of Service

Monday to Friday	7:30am – 11:00pm
Weekends	9:00am – 11:00pm

#### Price

\$2.50 each way

#### Bus Accessibility

##### Wheelchairs and Electric Scooters

The buses used by Kingston Access Bus can accommodate wheelchairs and scooters measuring up to 127cm (50 in.) long, 78.74cm (31 in.) wide and weighing up to 362.87kg (800 lbs.) Wheelchairs are anchored using the Q'Straint system. Passengers using scooters are required to transfer to a regular seat upon boarding the bus. All passengers must wear seatbelts.

#### Service Animals

Service animals are welcome and will be boarded according to their owner's wishes.

#### Reservation Information

Requests for service may be made from 14 days in advance up until one hour before requested time. Bookings are on a first come, first served basis, meaning that if you do not reserve your service well in advance, your request may not be met.

Permanent bookings are available for individuals who travel to a location on a pre-determined basis.

All those wishing to use the bus must be registered with Kingston Access Bus and meet their eligibility criteria.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353    TTY: 613-542-8371    Fax: 613-542-4783**

**Website: [www.ilckingson.com](http://www.ilckingson.com)    Email: [info@ilckingson.com](mailto:info@ilckingson.com)**



## Kingston Transit

1181 John Counter Boulevard  
Kingston, ON K7K 6C7

Tel.: 613-546-0000  
TTY: 613-546-4889

**contactus@cityofkingston.ca**

**www.cityofkingston.ca/residents  
/transit**

### Administrative Hours

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

### Service Hours

Monday to Saturday 6:00am - 11:30pm

Sundays 8:30am – 8:30pm

No service on Christmas Day, New  
Years Day, Family Day or Good Friday,  
modified service on other public holidays.

### Price

#### Single Trip

\$2.25 for ages 6 – 18 and 65+

\$2.50 for ages 19 – 64

#### Monthly Pass

\$50.50 for ages 6-18

\$68.25 for ages 19 - 64

\$46.25 for ages 65+

### Bus Accessibility

#### Wheelchair and Electric Scooters

A combination of low-floor and kneeling buses are found throughout the fleet and are used on all routes. All buses are equipped with either a ramp or a lift, ensuring that people with mobility issues will be able to access the bus. Each bus has two accessible spaces for wheelchairs or scooters.

#### Travel Companion

A free support person pass is available for support staff for individuals who require assistance while on the bus. Eligibility is determined on a case-by-case basis.

#### Visual Impairments

All buses are equipped with high-contrast signs indicating the location of the next stop. In addition, there is a voice announcement of the next available stop.

#### Miscellaneous

For people who are unable to reach the traditional pull line to indicate that they need a stop, there are stop request controls that are operable with one hand located at every row of seats.

#### Service Animals

Service animals are welcome on all city buses. A letter from a physician or nurse may be required in some cases.



## City Taxi

439 Montreal St.  
Kingston, ON K7K 3H4

Tel: 613-542-3333

[www.citytaxikingston.ca/](http://www.citytaxikingston.ca/)

[info@citytaxikingston.ca](mailto:info@citytaxikingston.ca)

### Hours

24 hours a day, 365 days a year

### Price

#### Rates:

For the first 77 metres or part \$2.85

For each additional 77 metres or part thereof  
10¢

Additional passengers 50¢

Waiting time while under engagement for  
each thirteen (13) seconds 10¢

#### Baggage:

Use of trunk or storage area 50¢

NO CHARGE for: Brief cases and parcels of  
comparable size – if loaded or unloaded by  
passenger; Service dogs; Walkers and  
Manual wheelchairs, including loading and  
unloading by driver

#### Long Distance:

Flat rate for trips which will end more than 5  
kms beyond Area limits may be arranged with  
the driver prior to commencement of the trip.

### Booking

The accessible taxis work in  
almost exactly the same way as a  
regular taxi for booking. The only  
difference is that you need to  
request one of the accessible  
taxis.

### Vehicle Accessibility

#### Wheelchairs and Walkers

Accessible mini-vans have rear-  
loading ramp with 1 or 2 tie downs  
per vehicle, as well as bench  
seating.

#### Service Animals

Service animals are welcome;  
however please ensure that you  
mention that you are bringing an  
animal.



## Long-Distance Transportation

### Via Rail – Kingston Train Station

1800 John Counter Boulevard  
Kingston, ON K7M 7H3

Tel.: 1-888-842-7245  
TTY: 1-800-268-9503

**[www.viarail.ca/en/explore-our-destinations/stations/ontario/kingston](http://www.viarail.ca/en/explore-our-destinations/stations/ontario/kingston)**

#### Ticket Counter Hours

Monday to Friday	7:00am – 9:30pm
Saturdays	8:00am – 9:30pm
Sundays	9:30am – 9:30pm

#### Price

Train ticket prices vary depending on date, time of departure and destination.

#### Station Accessibility

The Kingston Train Station is fully accessible. This station has a wheelchair lift, meaning wheelchairs and scooters weighing up for 114kg (250 lbs) can be accommodated.

Pre-boarding is available to all those with a disability.

Visually impaired travelers can identify themselves as such to VIA rail staff, who can escort them to the train and aid them with their bagged.

#### Train Accessibility

##### Wheelchairs and Electric Scooters

Wheelchairs may be limited to 68kg (150 lbs) if the destination does not have a wheelchair lift.

Most trains can accommodate a wheelchair of with a width of 74cm (29in.) when open; some a maximum width of 65cm (25.5in.)

Wheelchairs will be placed into a designated area on the train and secured with tie downs.

If you are able to ride in a regular seat, your wheelchair will be accepted as checked baggage for free, provided that you ride on the same train.

Washrooms on the train are accessible.

Three-wheeled electric scooters must be no wider than 74cm (29in.) or longer or taller than 182cm (72in.)

They must weigh 68kg (150 lbs) or less, unless there is a lift at the destination. If a lift is present at both locations, scooters weighing up to 114 kg (250 lbs) can be accommodated.

##### Travel Companions

If you are unable to travel on your own for medical reasons, a single travel companion may ride with you for free, as long as you provide up-to-date documentation from a medical professional.

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**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckington.com](http://www.ilckington.com) Email: [info@ilckington.com](mailto:info@ilckington.com)**



**(continued) Via Rail – Kingston Train Station**

Other Information

It is recommended that you speak directly to a representative, either on the phone or at the ticket counter at the rail station while booking tickets to ensure that your needs can be met.

Service Animals

Licensed service animals ride for free, and a second seat will be provided to you for free for your animal's comfort. Animals must be leashed or harnessed.



### **Kingston (Norman Rogers) Airport**

1114 Len Birchall Way  
Kingston, ON K7M 9A1

Airport Tel.: 613-389-6404  
Airport Fax: Fax: 613-384-4399

Air Canada Reservations:  
1-888-247-2262  
Air Canada TTY: 1-800-361-8071  
Air Canada Medical Assistance Desk:  
1-800-667-4732

Kingston Airport:  
**[www.kingstonairport.ca/](http://www.kingstonairport.ca/)**

Air Canada:  
**[www.aircanada.com](http://www.aircanada.com)**

#### Terminal Hours

Sunday to Saturday      4:30am – after last  
plane departure of  
the night; varies

#### Price

Plane ticket prices begin at \$260 for a flight to Toronto at the lowest tier of economy class (Air Canada Tango class)

#### Plane Accessibility

##### Wheelchairs and Electric Scooters

Individuals using wheelchairs and electric scooters may not remain in these while in an aircraft for safety reasons.

The aircraft used for Kingston to Toronto flights is very small, and as such, it may be difficult for an individual with limited mobility to get to their seat without considerable assistance, if at all.

#### Travel Companions

If you are unable to travel on your own for medical reasons, a single travel companion may fly with you for free. They will still need to pay any applicable fees and taxes, but the flight itself will be free.

In order to get a ticket for a travel companion, you will need to call the Air Canada Medical Assistance Desk immediately after booking your flight so that a booking can be made for your companion.

Your companion must be 16 years of age or older and able to fully assist you while on the flight.

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**(continued) Kingston (Norman Rogers) Airport**

Airport Accessibility

Amenities at Kingston (Norman Rogers) Airport are fully accessible. Signage is placed at a comfortable height, with good contrast and a typeface chosen to accommodate those with low vision. Also of note, the Braille signs located throughout the airport are bilingual.

Other Information

It is recommended that you speak directly to a representative of Air Canada when booking a flight to ensure that your needs can be met.

Fitness for Air Travel

You will need to print out the Fitness for Travel form from:

**[www.aircanada.com/en/travelinfo/before/documents/fft.pdf](http://www.aircanada.com/en/travelinfo/before/documents/fft.pdf)**

and have your physician fill it out in order to be allowed to fly.





### **Kingston Bus Terminal**

1175 John Counter Boulevard  
Kingston, ON K7K 6C7

Terminal Tel.: 613-547-4916

#### Ticket Counter Hours

Sunday to Saturday 6:30am – 5:00pm

#### For Reservations

##### **Coach Canada**

Tel.: 1-800-461-7661

[www.coachcanada.com](http://www.coachcanada.com)

##### **Greyhound**

Tel.: 1-800-661-8747

TTY: 1-800-397-7870

Greyhound Travel Assist:

1-800-752-4841

[www.greyhound.ca](http://www.greyhound.ca)

##### **Megabus**

Tel.: 1-866-488-4452

<http://ca.megabus.com/>

#### Price

Prices vary depending on bus company, destination, date of travel, and how far in advance that the tickets are purchased.

#### Bus Accessibility

##### Wheelchairs and Electric Scooters

If you are unable to climb the stairs on the bus and must remain in your wheelchair, you must purchase your tickets by calling the bus line directly and request a wheelchair accessible bus in order to travel. These buses are equipped with wheelchair lifts, and your chair will be secured inside the bus. Only wheelchairs may be used inside the bus, scooters are not allowed.

For individuals who can climb the stairs, you can request help from the driver to get to your seat. Wheelchairs and scooters will be placed in the cargo area, provided they weigh less than 272kg (600lbs), and measure less than 142.2cm (56in.) wide, 91.4 cm (36in.) tall and 243.8 cm (96in.) long when collapsed for travel.

##### Travel Companion

If you are unable to travel on your own for medical reasons, a single travel companion may ride with you for free on all bus lines, as long as you provide up-to-date documentation from a medical professional.

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**(continued) Kingston Bus Terminal**

Terminal Accessibility

The terminal is fully accessible. Pre-boarding is available.

Service Animal

Licensed service animals ride for free, and may ride at your feet. They must be securely leashed or harnessed.

Other Information

It is recommended that you speak directly to a representative while booking tickets to ensure that your needs can be met.



## **Independent Living Centre Kingston**

# **Affordable Housing**



### ***What Is Social Housing?***

Social housing is housing that is either owned by a government agency or private organization that exists to provide affordable housing to individuals and families in need. In Kingston and Frontenac County, all social housing is handled through a centralized registry.

### ***How to Apply For Social Housing***

To apply for social housing, you can either download or print the application forms at:

**[www.cityofkingston.ca/residents/community-services/housing/social/forms](http://www.cityofkingston.ca/residents/community-services/housing/social/forms)**

Or, you can visit one of the four access points in Kingston and Frontenac County.



## In Kingston:

### **Social Housing Registry Program**

362 Montreal Street  
Kingston, ON K7K 3H5

#### Accessibility

This location is fully accessible.

Tel.: 613-546-2695 ext. 4764  
Fax: 613-546-2623

#### Hours of Service

Monday to Friday    8:30am – 4:30pm  
Tuesdays            8:30am – 5:30pm

### **Home Base – Housing Help Centre**

540 Montreal Street  
Kingston, ON K7K 3J2

#### Accessibility

This building is fully accessible.

Tel.: 613-542-6672  
Fax: 613-542-6317

**housinghelpcentre@kingstonhomebase.ca**

**info@kingstonhomebase.ca**

#### Hours of Service

Monday to Friday    8:30am – 4:00pm

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353    TTY: 613-542-8371    Fax: 613-542-4783**

**Website: [www.ilckingson.com](http://www.ilckingson.com)    Email: [info@ilckingson.com](mailto:info@ilckingson.com)**



## In South Frontenac:

### **Loughborough Housing Corporation**

PO Box 400  
4377 William Street  
Sydenham, ON K0H 2T0

Tel.: 613-376-3686  
Fax: 613-376-6918

**loborohsg@persona.ca**

#### Hours of Service

Monday to Thursday 9:00am – 4:00pm

#### Accessibility

This building is fully accessible.

## In Central and North Frontenac:

### **North Frontenac Non-Profit Housing**

PO Box 275  
1096-B Clement Road  
Sharbot Lake, ON K0H 2P0

Tel.: 613-279-3322  
Fax: 613-279-2716

**nfnphc@gmail.com**

#### Hours of Service

Tuesday, 8:30am – 12pm,  
Wednesdays, and 1pm – 4:30pm  
Thursdays

#### Accessibility

This building is fully accessible.



## ***Social Housing and Disability***

Of the 17 housing providers in Kingston that are affiliated with the Social Housing Registry, twelve provide special needs housing. Special needs housing is defined by the Social Housing Registry as “a unit that is occupied by or is made available for occupancy by a household having one or more individuals who require accessibility modifications.”

If you or a family member requires special needs housing through the Social Housing Registry, you can apply either through the Social Housing Registry or directly to the housing provider that is in charge of the housing project you would like to live in.

The following are the housing providers that are able to provide special needs housing.

### **Kingston & Frontenac Housing Corporation**

119 Van Order Drive  
Kingston, ON K7M 1B9

#### Accessibility

This building is fully accessible.

Tel.: 613-546-5591  
Fax: 613-546-9375

**[www.kfhc.ca](http://www.kfhc.ca)**

**[kfhc@kfhc.ca](mailto:kfhc@kfhc.ca)**

#### Hours of Service

Monday to Friday 8:15am – 4:15pm



**Kingston Co-operative Homes Inc.**

14-1338 Princess Street  
Kingston, ON K7M 7N9

Accessibility

This building is fully accessible.

Tel.: 613-544-3873

Fax: 613-531-8175

**[www.kingstonco-ophomes.ca](http://www.kingstonco-ophomes.ca)**

**[svccorob@ca.inter.net](mailto:svccorob@ca.inter.net)**

Hours of Service

Monday to Friday 9:30am – 5:30pm

Open to the Public

Monday to Thursday 1:00pm – 5:30pm

**Kingston Home Base Non-Profit Housing Inc.**

540 Montreal Street  
Kingston, ON K7K 3J2

Accessibility

This building is fully accessible.

Tel.: 613-542-6672

Fax: 613-544-3629

**[www.kingstonhomebase.ca](http://www.kingstonhomebase.ca)**

**[info@kingstonhomebase.ca](mailto:info@kingstonhomebase.ca)**

Hours of Service

Monday to Friday 9:00am – 4:30pm

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)**





**Kingston Municipal Non-Profit Housing Corporation  
– Town Homes Kingston**

610 Montreal St.  
Kingston, ON

Accessibility

This building is fully accessible.

Tel.: 613-542-0043  
Fax: 613-542-6305

Notes

The Country Pines housing project has no public transportation due to being in a rural area.

**[www.townhomeskingston.ca](http://www.townhomeskingston.ca)**

**[mail@thk.ca](mailto:mail@thk.ca)**

Hours of Service

Monday to Wednesday 8:00am – 4:00pm  
Thursdays 10:00am – 4:00pm

**Lois Miller Co-operative Homes**

202-234 Guthrie Drive  
Kingston, ON K7K 6K8

Accessibility

This building is fully accessible.

Tel.: 613-545-1375  
Fax: (613) 541-1371

**[www.loismiller.ca](http://www.loismiller.ca)**

**[val@comsvc.on.ca](mailto:val@comsvc.on.ca)**

Hours of Service

Monday and Wednesday 10:00am – 4:00pm  
Tuesdays and Thursdays 10:00am – 5:00pm

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckington.com](http://www.ilckington.com) Email: [info@ilckington.com](mailto:info@ilckington.com)**



### **Loughborough Housing Corporation**

PO Box 400  
4377 William Street  
Sydenham, ON K0H 2T0

Tel.: 613-376-3686  
Fax: 613-376-6918

**loborohsg@persona.ca**

#### Hours of Service

Monday to Thursday 9:00am – 4:00pm

#### Accessibility

This building is fully accessible.

#### Notes

Neither of the housing projects have public transportation due to being in a rural setting.

### **North Frontenac Non-Profit Housing**

PO Box 275  
1096-B Clement Road  
Sharbot Lake, ON K0H 2P0

Tel.: 613-279- 3322  
Fax: 613-279-2716

**nfnphc@gmail.com**

#### Hours of Service

Tuesday, 8:30am – 12pm,  
Wednesdays, and 1pm – 4:30pm  
Thursdays

#### Accessibility

This building is fully accessible.

#### Notes

None of the housing projects have public transportation due to being in a rural setting.



**Porto Village Non-Profit Homes Inc.**

1-700 Division Street  
Kingston, ON K7K 6N8

Accessibility

This building is fully accessible.

Tel.: 613-544-8362

Hours of Service

By appointment only; please call to  
book an appointment.

**Royal Canadian Legion – Villa Kingston**

671 Princess Street  
Kingston, ON K7L 1E6

Accessibility

This building is fully accessible.

Tel.: 613-544-2008  
Fax: 613-544-2008 (please call first)

Hours of Service

Mondays and Wednesdays	8:00am – 4:00pm
Tuesdays and Fridays	8:00am – 12:00pm
Thursdays	12:00pm – 4:00pm

**St. Andrew – Thomas Senior Citizen Residences Inc.**

760 Front Road  
Kingston, ON K7M 4L7

Accessibility

Accessibility unknown.

Tel.: 613-384-8966

Hours of Service

Call to make an appointment.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783

Website: [www.ilckingson.com](http://www.ilckingson.com) Email: [info@ilckingson.com](mailto:info@ilckingson.com)



### ***Low-Income Energy Assistance Program (LEAP)***

LEAP exists to help gas and electricity consumers who are at risk of disconnection of services due to payment arrears. LEAP was introduced by the Ontario Energy Board and is administered through Kingston Community Health Centres. Eligible customers can receive up to \$500 in assistance through leap.

#### **Low-Income Energy Assistance Program (LEAP)**

263 Weller Avenue  
Kingston, ON K7K 2V4

#### Accessibility

This building is fully accessible.

Tel.: 613-542-2949  
Toll Free Tel.: 1-855-487-5327  
Fax: 613-542-5486

**[www.kchc.ca](http://www.kchc.ca)**

**[info@nkchc.kchc.ca](mailto:info@nkchc.kchc.ca)**

#### Hours of Service

Mondays and Thursdays	8:00am – 5:00pm
Tuesdays and	
Wednesdays	8:00am – 8:00pm
Fridays	8:00am – 4:30pm

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckington.com](http://www.ilckington.com) Email: [info@ilckington.com](mailto:info@ilckington.com)**



### ***Low Income Assistance Bank***

The Low Income Assistance Bank exists to help individuals or families who are at risk of eviction or having their utilities turned off due to being behind on payments. This assistance comes in the form of a grant that is paid directly to the owed third-party, such as a landlord or utility company.

The Low Income Assistance Bank can be used by any one individual or family once every thirty-six months. A total of up to \$500 for a single individual or a couple without children, or up to \$1000 for a family with children can be granted to cover utilities arrears. One month's rent, not exceeding the Canadian Mortgage and Housing Corporation's (CMHC) average market rent, can be granted

The Low Income Assistance Bank is facilitated by two agencies for Kingston and Frontenac County.

#### **For Kingston:**

##### **Salvation Army – Community and Family Services**

342 Patrick Street  
Kingston, ON K7K 6R6

##### Accessibility

This building is fully accessible.

Tel.: 613-548-4411  
Fax: 613-548-8562

**[cfsdirector@kingstonsa.ca](mailto:cfsdirector@kingstonsa.ca)**

##### Hours of Service

Monday to Friday	9:00am – 4:00pm
Wednesdays	1:00pm – 4:00pm



## For Frontenac County:

### **Southern Frontenac Community Services Corporation**

4419 George Street  
Sydenham, ON K0H 2T0

#### Accessibility

This building is fully accessible.

Tel.: 613-376-6477  
Fax: 613-376-9734  
Toll Free: 1-800-763-9610

**[www.sfcsc.ca](http://www.sfcsc.ca)**

**[reception@sfcsc.ca](mailto:reception@sfcsc.ca)**

#### Hours of Service

Monday to Friday 8:30am – 4:30pm

For a full list of eligibility requirements, please visit the following website:

**[www.cityofkingston.ca/residents/community-services/housing/programs/low-income-assistance](http://www.cityofkingston.ca/residents/community-services/housing/programs/low-income-assistance)**

Individuals receiving ODSP or OW are not eligible for this program and instead should contact their case manager to determine if they are eligible to receive funds through the Discretionary Residency Benefit program.

### ***Discretionary Residency Benefit Program***

For individuals receiving ODSP or OW, a separate program exists. The Discretionary Residency Benefit Program can be used to receive funding to pay off rent and utility arrears. It can also be used for last month's rent deposits, emergency heating fuel purchases or moving expenses. To determine eligibility, contact your case worker directly.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckington.com](http://www.ilckington.com) Email: [info@ilckington.com](mailto:info@ilckington.com)**



# **Independent Living Centre Kingston**

## **Recreation**



### ***What Is Municipal Fee Assistance?***

In Kingston, Municipal Fee Assistance exists to help residents living in low-income to live healthier, more active lives.

Municipal Fee Assistance eligibility sessions begin each November for the following year and funding is available on a first-come, first-served basis until all the funding is gone. Applications can be obtained at any of the following locations:

- Any branch of the Kingston Frontenac Public Library
- Beechgrove Complex Recreation Centre 51 Heakes Lane Kingston, ON
- City Hall 216 Ontario Street Kingston, ON
- Community and Family Services 362 Montreal Street Kingston, ON
- INVISTA Centre 1350 Gardiners Road Kingston, ON

To determine your eligibility for Municipal Fee Assistance, bring your completed application and any required identification to the following location:

#### **Community Services, City of Kingston**

362 Montreal Street  
Kingston, ON K7K 3H5

Tel.: 613-546-2695

#### Hours of Service

Monday to Friday	8:30am – 4:30pm
Tuesdays	8:30am – 5:30pm

#### Accessibility

This building is fully accessible.

Your eligibility and the level of assistance that you are able to receive will be determined immediately upon the review of your application.

Municipal Fee Assistance can be used in three different ways. Firstly, there is the Affordable Transit Pass program, which provides a 35% discount off of the normal price of a Kingston Transit monthly pass. This drops the price of an adult pass to \$46.75, and a youth or senior pass to \$34.75. This pass price reduction is available for the entire calendar year after approval by community services.

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353    TTY: 613-542-8371    Fax: 613-542-4783**

**Website: [www.ilckingson.com](http://www.ilckingson.com)    Email: [info@ilckingson.com](mailto:info@ilckingson.com)**





Secondly, there is the Subsidy Program for Affordable Recreation in Kingston (SPARK). SPARK provides financial assistance for recreation camps, classes, and programs run by the city.

Thirdly, there is the Positive Recreational Opportunities for Kids (PROkids). This particular program helps to reduce the costs of arts, cultural, recreational, and sports programs in the community for children and youth from birth to 18 years.

For more information about specific activities and programs that are a part of SPARK and PROkids, please visit <http://www.cityofkingston.ca/residents/recreation>.





# **Independent Living Centre Kingston**

## **Income Supports**



## Ontario Disability Support Program (ODSP)

Ontario Ministry of Community and  
Social Services  
103-1055 Princess Street  
Kingston, ON K7L 5T3

Tel.: 613-545-4553  
Fax: 613-545-4550  
TTY: 613-545-4532  
Toll Free: 1-800-267-0236

**[www.mcass.gov.on.ca](http://www.mcass.gov.on.ca)**

### Program Details

The Ontario Disability Support Program (ODSP) assists individuals with disabilities in paying for living expenses, such as food and housing. ODSP can assist people in two ways: through financial assistance for those in need, and through employment assistance for those who are able and willing to seek employment. ODSP is generally aimed at individuals on a 1+ year basis.

### Hours of Service

Monday to Friday 8:30am – 5:00pm

### Accessibility

This building is fully accessible.

### Application Process

Financial eligibility can be determined online at:

**<https://saapply.mcass.gov.on.ca/CitizenPortal/cw/PlayerPage.do?>**

### Getting Help with the Application

Many community service organisations offer FREE help with applying for ODSP.

Contact ILC Kingston to find out more:  
613-542-8353  
[info@ilckington.com](mailto:info@ilckington.com)

However, beyond that an individual will need to have a face-to-face meeting with a case worker.

Medical eligibility is determined through a physician, psychologist and / or a psychiatrist evaluation.



### Ontario Works (OW)

Community and Family Services  
Department  
362 Montreal Street, 2<sup>nd</sup> Floor  
Kingston, ON K7K 3H5

Tel.: 613-546-2695  
Fax: 613-546-9658

**[www.cityofkingston.ca/  
residents/community-services/  
ontario-works](http://www.cityofkingston.ca/residents/community-services/ontario-works)**

#### Hours of Service

Monday to Friday      8:30am – 4:30pm  
Tuesdays              8:30am – 5:30pm

#### Accessibility

This building is fully accessible.

#### Getting Help with the Application

Many community service organisations offer FREE help with applying for OW. Contact ILC Kingston to find out more: 613-542-8353  
[info@ilckington.com](mailto:info@ilckington.com)

#### Program Details

Ontario Works (OW) assists any eligible individual who is in need of financial assistance and assistance in finding employment. OW is meant as a temporary means of assistance for those who need money immediately for food and shelter and who are willing to search for employment or participate in activities that will assist in obtaining employment.

#### Application Process

Financial eligibility can be determined online at:

**[https://saapply.mcass.gov.on.ca/  
CitizenPortal/cw/PlayerPage.do?](https://saapply.mcass.gov.on.ca/CitizenPortal/cw/PlayerPage.do?)**

However, beyond that an individual will need to have a face-to-face meeting with a case worker.



## Canada Pension Plan – Disability Benefits (CPP-D)

Kingston Service Canada  
Centre  
Frontenac Mall  
1300 Bath Road  
Kingston, ON K7M 9H1

Tel.: 1-800-622-6232  
Fax: 613-941-1827  
TTY: 1-800-926-9105

**[www.esdc.gc.ca/en/  
cpp/disability/index.page](http://www.esdc.gc.ca/en/cpp/disability/index.page)**

### Hours of Service

Monday to 8:30am –  
Friday 4:00pm

### Getting Help with the Application

Many community service  
organisations offer FREE  
help with applying for  
CPP-D.

Contact ILC Kingston to find  
out more:

613-542-8353  
[info@ilckington.com](mailto:info@ilckington.com)

### Program Details

Canada Pension Plan (CPP) provides disability  
benefits to people who have made enough  
contributions to the CPP and who are disabled and  
cannot work at any job on a regular basis.

Benefits may also be available to their dependent  
children.

To be eligible for CPP-D, a disability must be both  
"severe" and "prolonged", and it must prevent you  
from being able to work at any job on a regular  
basis.

### Application Process

You must apply in writing. Print out the main  
application form (ISP 1151), the consent forms,  
include certified true copies of the required  
documentation, and any other necessary forms  
from the application kit for CPP disability benefits,  
and mail them to us.

To get the Application kit for Canada Pension Plan  
Disability Benefits, visit the Service Canada Centre  
near you, or download it here:

**[http://www.servicecanada.gc.ca/  
cgi-bin/search/eforms/  
index.cgi?app=profile&form=isp1151&lang=eng](http://www.servicecanada.gc.ca/cgi-bin/search/eforms/index.cgi?app=profile&form=isp1151&lang=eng)**



## Old Age Security Pension – Government of Canada

Kingston Service Canada Centre  
Frontenac Mall  
1300 Bath Road  
Kingston, ON K7M 9H1

Tel.: 1-800-622-6232  
Fax: 613-941-1827  
TTY: 1-800-926-9105

[www.esdc.gc.ca/en/cpp/oas/index.page?\\_ga=1.223664024.209448293.1461782504](http://www.esdc.gc.ca/en/cpp/oas/index.page?_ga=1.223664024.209448293.1461782504)

### Hours of Service

Monday to Friday 8:30am – 4:00pm

### Accessibility

This building is fully accessible.

### Getting Help with the Application

Many community service organisations offer FREE help with applying for OAS programs.

Contact ILC Kingston to find out more:

613-542-8353

[info@ilckington.com](mailto:info@ilckington.com)

### Program Details

The Old Age Security (OAS) program is the Government of Canada's largest statutory pension program. It includes the **Old Age Security pension**, the **Guaranteed Income Supplement**, the **Allowance** for people aged 60-64, and the **Allowance for the Survivor**.

### Application Process

The Government of Canada will send you a notification letter the month after you turn 64. If you do not receive this letter, you must apply by filling out the application form and mailing it or submitting it in person to the nearest Service Canada Office.

The application form and information sheet can be downloaded here:

[www.servicecanada.gc.ca/cgi-bin/search/eforms/index.cgi?app=profile&form=isp3000](http://www.servicecanada.gc.ca/cgi-bin/search/eforms/index.cgi?app=profile&form=isp3000)



## Canada Pension Plan – Retirement Pension (CPP-R)

Kingston Service Canada  
Centre  
Frontenac Mall  
1300 Bath Road  
Kingston, ON K7M 9H1

Tel.: 1-800-622-6232  
Fax: 613-941-1827  
TTY: 1-800-926-9105

**[www.esdc.gc.ca/en/cpp/index.page?\\_ga=1.60207278.209448293.1461782504](http://www.esdc.gc.ca/en/cpp/index.page?_ga=1.60207278.209448293.1461782504)**

### Hours of Service

Monday to 8:30am –  
Friday 4:00pm

### Getting Help with the Application

Many community service organisations offer FREE help with applying for CPP-R. Contact ILC Kingston to find out more:

613-542-8353  
[info@ilckington.com](mailto:info@ilckington.com)

### Program Details

Canada Pension Plan (CPP-R) is a monthly pension available to Canadians. The standard age to begin receiving CPP-R is at age 65. An individual can also choose to begin receiving the pension as early as age 60, which will result in a permanently decreased pension, or wait until age 70 or later for a permanently increased pension. CPP-R is funded by deductions from an individual's pay, which works in a similar way as Employment Insurance or Income Tax payroll deductions. Your CPP retirement pension does not start automatically. You must apply for it.

### Application Process

In order to apply for CPP-R, you must be at least one month past your 59<sup>th</sup> birthday, have made at least one valid contribution to CPP-R, and want your retirement pension to begin within 12 months.

CPP-R can be applied for online at:  
**[www.esdc.gc.ca/en/cpp/apply.page](http://www.esdc.gc.ca/en/cpp/apply.page)**

Application kits are available at the Service Canada Centre near you. The forms can also be downloaded here:

**[www.esdc.gc.ca/en/cpp/apply.page](http://www.esdc.gc.ca/en/cpp/apply.page)**

You may mail your completed form as indicated, or, submit it at a Service Canada Centre.





# **Independent Living Centre Kingston**

# **Immigration**



## **Local Settlement Agencies**

Kingston has two Local Settlement Agencies that assist newcomers to Canada with settling into their new homes and communities. Through the Kingston Immigration Partnership (KIP), both local settlement agencies provide newcomers to Canada with a welcome package that includes a variety of information plus a welcome gift from the City of Kingston.

### **Association canadienne-français de l'Ontario – Conseil régional des Mille-Îles (ACFOMI)**

Barriefield Centre  
760 Highway 15 East, Unit 11  
Kingston, ON K7L 5H6

Tel.: 613-546-7863  
Fax: 613-546-791  
Toll Free: 1-800-561-4695

**[www.acfomi.org](http://www.acfomi.org)**

**[info@acfomi.org](mailto:info@acfomi.org)**

#### Hours of Service

Monday to Friday 9:00am – 4:30pm

#### Accessibility

This building is fully accessible.

#### Fees

None.

#### Note

Services are offered in Canada's two official languages and ACFOMI can also serve clients in Portuguese and Spanish.

#### Services Available

Staff at ACFOMI Immigrant Services will:

- Show you the types of accommodation available in Kingston and help you negotiate a purchase or rental agreement
- Assist you in opening a bank account and sign contracts with a utilities company, telephone company and home-heating provider
- Find schools for your children and help you register them with the appropriate school officials
- Help you register for the Ontario Health Insurance Plan (OHIP) and apply for a Social Insurance Number (SIN)
- Help you understand the health-care system and find a family doctor
- Introduce you to community agencies that provide language training programs
- Help you understand and complete any documentation associated with your immigration to Canada

**540 Montreal Street, Kingston, Ontario K7K 3J2**

**Phone: 613-542-8353 TTY: 613-542-8371 Fax: 613-542-4783**

**Website: [www.ilckington.com](http://www.ilckington.com) Email: [info@ilckington.com](mailto:info@ilckington.com)**



### **Immigration Services Kingston and Area (ISKA)**

263 Weller Ave.  
Kingston, Ontario

Tel.: 613-544-4661  
Fax: 613-542-7657

**[www.kchc.ca/index.cfm/  
immigrant-services](http://www.kchc.ca/index.cfm/immigrant-services)**

**[info@kchc.ca](mailto:info@kchc.ca)**

#### Hours of Service

Monday to Friday 8:30am – 4:30pm

#### Accessibility

This building is fully accessible.

#### Fees

None.

#### Note

ISKA provides settlement services in the following languages: French, Mandarin, Urdu, Hindi, Spanish, Portuguese, and English.

#### Services Available

ISKA Settlement Workers can help you adjust to your new life in Canada and get settled here in Kingston. We understand that moving somewhere new can be challenging and no matter how much you prepare, you will have many questions when you arrive, such as:

- How do I get a Health Card, Driver's Licence, or Bank Account?
- Where can I learn English?
- Where should my children go to school? How can I apply for college or university?
- Where can I find food from my country?
- How do I find a place to live?
- Who can I talk to about my worries and fears?
- How do I apply for Canadian Citizenship? Can I sponsor my family?
- Can my family join me in Canada?

ISKA also offers help with immigration documents, specialized newcomer youth services, community referrals, solutions-focused counselling, and access to translation services.

