



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

# Where To Turn for Help

Food, Shelter, Clothing  
in the Kingston/Frontenac area



# FOOD – HOT MEALS

## **Bread of Life Club at Salvation Army**

613-541-3947

183 Weller Ave, Kingston

Last 7 days of the month 3:30pm-5pm

\* Free hot meal

## **Martha's Table**

613-546-0320

629 Princess St, Kingston

Mon- Fri 3:30pm-5:15pm dinner, lunch @ 12pm & snacks from 12-3pm

\* Restaurant style meal \$1 \* Kids under 10 free with adult

## **St Andrew's Presbyterian Church**

613-546-6316

130 Clergy St, Kingston

Church Hall, use Clergy St entrance

Sep-Jun: Sun 4:45pm (Doors open 4:30pm)

\* Free hot meal

## **St George's Cathedral, LUNCH by George**

613-548-4617 x 30.

129 Wellington St, Kingston.

Mon-Fri

\* Free hot lunch \* Coffee & munchies at 9am, soup at 10am, lunch at 11am

## **St Mary's Cathedral**

613-548-3869

94 Patrick St, Kingston

Sat 11:15am (doors open about 10:15am)

\* Free hot meal

## **St. Paul's Anglican Church**

613-542-5870

137 Queen st (entrance @ Montreal st) Tue & Thurs from 5-7pm,

"Good time Diner" held by Queen students. Free meal & sandwiches".

## **St Vincent de Paul Society, Loretta Hospitality Centre**

613-544-9967

85-A Stephen St, Kingston

Sept-June: Mon-Fri 9am-12:30pm

\* Free hot meal served at 11:30am

## **Seventh Day Adventist Church**

613 548 7765

66 Wright Cres, Kingston

Sept-Dec, Feb-June: Tue 4pm-5pm

\* Free hot vegetarian meal

# FOOD – GROCERIES

## **North Frontenac Food Bank**

613-532-8855

1095 Garrett St (REAR entrance) Sharbot Lake .

Provides emergency food baskets for those that qualify \* baskets are provided on Tues & Fri by arrangement ahead of time \* Referral needed \*

## **Partners in Mission Food Bank**

613-544-4534

140 Hickson Ave, Kingston

Mon-Fri 8:30am-12noon, 1pm-4:30pm

\* Call before 2pm to order \* Appointment needed \* Pick-up: Mon-Fri between 2-4pm

## **Southern Frontenac Community Services**

613-376-6477 or 1-800-763-9610

Rural VISIONS Centre, 4419 George St, Sydenham

Mon-Fri 8:30am-4:30pm

\* Offers monthly access to a box of non-perishable food and milk vouchers

## **St Vincent de Paul Society**

613-546-3333 85-A Stephen St, Kingston

Sept-June: Mon-Fri 9am-1pm

Jul-Aug (emergencies only): Tue 9am-12noon

## **Salvation Army – Downtown**

613-548-4411

342 Patrick St., Kingston

Tues, Thurs, Sat 2-6:00pm, Sun 12-4pm

\* ID, income and expense statements needed

- Appointment needed \* Christmas hampers

## **Salvation Army – Rideau Heights**

613-541-3947

183 Weller Ave, Kingston

Tues-Fri 10am–12pm

Emergency Food Bank: By appointment only

\* ID, income and expense statements needed

## **Good Food Box**

Amherstview: 613-389-4546

Sydenham: 613-376-6477

Kingston: 613-530-2239

Loyalist Township: 613-389-2820

Sharbot Lake: 613-279-2244

Napanee/Northbrook: 613-354-7633

Various locations

\* Fresh produce at wholesale prices \* Place order & pay at the beginning of the month

\* Pick-up: 3rd Thurs of the month

# SHELTERS

## **Elizabeth Fry Women's Shelter**

613-544-1744 ext. 30, 24 hrs  
123 Charles St, Kingston  
\* For at risk women 16+

## **In From the Cold**

613-531-3779  
540 Montreal St, Kingston  
**Housing Help Centre**

Mon-Fri 8:30 am-4:30 pm

\* Co-ed overflow overnight emergency shelter- **24 hrs** \* Access to other housing services & referrals

## **Kingston Interval House**

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

\* Safe shelter for abused women 16+ and their children

## **Kingston Youth Shelter**

613-766-3200 234 Brock St, Kingston

Mon-Sun 4pm-9:00am

\* Emergency overnight shelter, counselling and food for youth 16-24

## **Ryandale Shelter for the Homeless**

613-548-8466

23 Elm St., Kingston

Mon-Sun 4pm-10am

\* Emergency overnight shelter for men and women 18+ and their families

# DROP-IN CENTRES

## **The Gathering Place**

613-548-4411 ext. 21

Salvation Army, 342 Patrick St.

Tues, Thurs, Sat 1:30-6:00pm meal from 2:30-5pm, Sun 12-4pm meal from 1-3pm

\*Meal, drinks, social activities, & a place to stay

## **In From the Cold Drop-In**

613-531-3779 540 Montreal St, Kingston

24 hrs/ 7 days a week \*The shelter doubles as a drop-in centre from 8:30 a.m. to 5 p.m. for homeless individuals

## **Martha's Table**

613 546-0320

629 Princess St, Kingston

Mon-Fri 10am-3pm \*Snacks & a place to stay

## **Rideau Heights Friendship Cafe**

613-541-3947

183 Weller Ave, Kingston

Wed 11:30am-2pm \* Activities & event for adults \* snacks & lunch \$2"

## **St Vincent de Paul Society, Coffee Break**

613-546-3333

85A Stephen St, Kingston

Mon-Fri 9 am-1pm, Sept-June \* Free used clothing and housewares

## **HIV/AIDS Regional Services**

613-545-3698

844-A Princess St, Kingston

Mon-Fri light snacks 9:30am-12pm, 1-5pm

Wed. Chili 1-3 on a 'as need basis' call first

# CLOTHING PROGRAMS

## **Bibles for Missions Thrift Store**

613-531-7852

2455 Princess St, Kingston

Mon-Fri 10am-8pm; Sat 10am-4pm

\* Low-cost clothing, housewares, toys, furniture

## **Clothes for Kids**

613-544-2340

Nov 1- Mid-Dec

\* Free winter clothing for children

\* Referrals available from Kingston-area social agencies after Nov 1.

## **The Goodway**

844 Division St, Kingston

Mon-Sat 10am-5pm

\*Low-cost clothing, housewares and furniture

## **Hartington Community Caring Centre**

5595 Hwy 38, Hartington

Tue 9am-12 noon, 1pm-4pm, Sept-June Tue 9am-12pm, July-Aug

\* Provides recycled clothes for a small fee

## **Hotel Dieu Hospital, Winter Clothing**

613-544-3400 x 4204

St.Mary's Parish Centre, Brock St, Kingston

Nov 1-Feb 15: Mon-Fri 1-3pm

\* Free winter coats for kids and adults

## **Kingston Alliance Church Storehouse of Hope**

613-546-2143

540 Palace Rd, Kingston

Sept-June: Mon 12-2pm

\* Free used clothing \* Soup & snacks

## **Kingston Birthright**

613-546-5433

93 Queen St, Kingston

Mon-Thurs 10am-3pm

\*Maternity and baby clothes for pregnant or breastfeeding moms

## **Kingston Crisis Pregnancy Centre**

Crisis: 613-545-0425 Office: 613-545-0214

120 Clarence St, Ste 231, Kingston

Mon 10am-6 pm Tue-Thu 10am-4 pm

Women who are pregnant & in need of support, post-abortion support, or women who think they may be pregnant.

## **Loyalist Community Sharing Centre**

613-389-4546

108 Amherst Dr, Amherstview

Mon-Fri 10am-3pm; Thu 6pm-8pm

\* Low-cost clothing, toys and housewares

# CLOTHING PROGRAMS, Cont.

## **Neighbourhood Sharing Centre**

613-389-4367

670 Front Rd, Kingston

Sept-June: Mon-Fri 10am-3:30pm;

July: Mon, Wed & Fri 10am-2pm; Aug: closed

\* Low-cost used clothing

## **Odessa Community Sharing Centre**

613-386-7125

Emmanuel United Church, 63 Factory St

Tues & Wed 10am-3pm; Thurs 6pm-8pm

\* Low-cost clothing, toys, household items

## **St Vincent de Paul Society**

### **Vinnie's WEARhouse**

613-546-3333

85-A Stephen St, Kingston

Sept-June: Mon-Fri 9am-1pm

\* Free used clothing and housewares

## **Salvation Army Thrift Store**

613-544-4396

**277 Bath Rd**, Kingston

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

613-531-5002

**472 Division St**, Kingston

Mon-Sat 10am-5:30pm

\* Low-cost clothing, housewares and furniture

## **Seventh Day Adventist Church**

613-548-7765

66 Wright Cres, Kingston

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

\* Free clothing

## **Treasure Trunk**

613-279-2113

1092 Garrett St, Sharbot Lake

Mon- Sat 9am-3pm, with donations during store hours or after hours at drop off box. Ongoing will be \$3 bag days on Mon & Wed.

## **Value Village**

613-536-5051

1300 Bath Rd (Frontenac Mall)

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

\* Low-cost clothing, housewares and furniture

## **Westbrook United Church Clothing Depot**

613-389-3883

3526 Princess St, Westbrook

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

\* Low-cost clothing

# DROP-IN HEALTH SERVICES

## **Addiction & Mental Health Services - KFLA**

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

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

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

## **Greater Kingston After Hours Medical Clinic**

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

## **Hotel Dieu Hospital, Urgent Care Centre**

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

## **Kingston General Hospital, Emergency Dept**

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

## **Street Health Centre**

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

## **Urgent Care & Family Medicine Centre**

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



# HELPFUL NUMBERS

**Al-Anon/Alateen**

613-384-2134

**Alcoholics Anonymous** (24 hrs.)

613-549-9380

**Assaulted Women's Helpline** (24 hrs.)

1-866-863-0511

**Child and Baby Talk Line**

(Mon-Fri 8:30am-4:30pm)

1-800-267-7875 ext.555

**Crisis Line** (24 hrs)

Addictions & Mental Health Services - KFLA

613-544-4229

**Drug & Alcohol Registry of Treatment**

(24 hrs)

1-800-565-8603

**Frontenac Victim Crisis Assistance & Referral Service**

613-548-4834

**Kids Help Phone** (24 hrs.)

1-800-668-6868

**Kingston Community Chaplaincy** (24 hrs.)

613-549-8899

**Kingston Interval House** (24 hrs.)

1-800-267-9445

**Mental Health Service Information Ontario** (24 hrs.)

1-866-531-2600

**Ontario Problem Gambling Helpline** (24hrs)

1-888-230-3505

**Sexual Assault Centre Kingston** (24 hrs)

1-877-544-6424

**Telephone Aid Line Kingston** (Mon-Sun 7pm-3am)

613-544-1771

**“Where To Turn for Help” is a service of  
Independent Living Centre Kingston**

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