
FOOD PROGRAMS

KFL&A Public Health, Food for You, Food for Two
613.549.1232 or 1.800.267.7875
20 Manitou Cres W, Amherstview
Every Tuesday, 12:30 pm-3 pm

Trinity United Church, 25 Bridge St, Napanee
Every Thursday 12:30 pm-3 pm
* Free drop-in for expectant women and their partners
* learn about pregnancy, healthy eating and more *
prepare a meal together * groceries, child care and
transportation provided

Land O' Lakes Community Services

613.336.8934
13 Airport Rd Northbrook
Mon-Fri 8:30 am-4 pm
* A referral point for food assistance * also offers
Meals on Wheels, Diners Club and more

MorningStar Relief Mission

613.354.6355
59 Water St. W, Napanee
Sat 4:30 pm-6 pm
Wed 12 noon-1 pm
* Free hot meal

Partners in Mission Food Bank

613.389.0275
St. Joseph Regional House
16 Manitou Crescent. E, Amherstview
Office: Mon-Fri 9 am-12 noon, 1 pm-3:30 pm
* Offers grocery hampers for all people who need
food, but assistance will only be provided once each
month * serves West of Collins Bay to Napanee town
limits including Amherstview and Bath and Odessa

Salvation Army

613.354.7633
135 Mill St. W, Napanee
By appointment: Mon, Thu & Fri 9 am-12 noon &
1 pm-3:30 pm
* Provides emergency food, clothing and some
household items to those in need * Christmas basket
applications taken from October to the end of
November, 9am-12noon & 1pm-2:30 pm
Identification, income and expense statements
required

Good Food Box

613.354.7633
135 Mill St. W. Napanee
* Buy a basket of fresh fruits & vegetables at
wholesale prices * orders and payments made
at start of month * baskets can be picked up on
the third Thursday of that month

Healthy Lunch Box

613.354.7633
135 Mill St. W. Napanee
* Nutritious breakfast, lunch and snacks at
discounted prices * orders and payments made
at start of month * food can be picked up on the
second Thursday of that month

MATERIAL GOODS

Emmanuel United Church, Community Sharing Centre

613.386.7125
63 Factory St, Odessa
Tue & Wed 10 am-3 pm; Thu 6 pm-8 pm
* Volunteers offer clothing, toys and small
household items * group is also active in many
outreach programs * no charge for fire victims

Loyalist Community Sharing Centre

613.389.4546
108 Amherst Dr (beside the fire hall),
Amherstview
Mon-Fri 10 am-3 pm, Thu 6 pm-8 pm
* Sells donated clothing, books, toys, and small
household items

Salvation Army, Thrift Store

613.354.2550
12 Mill St E, Napanee
Mon-Thu 10 am-4 pm; Fri 9 am-3 pm
* Low cost clothing, and household items

SHELTERS

L&A Interval House

Crisis: 613.354.1010
613.354.0808, Toll Free: 1.800.667.1010
24 hours
* Shelter for abused women and their children * Also
offers second stage housing for abused women and
outreach services

DROP-IN CENTRES

Peer 17 Support Centre

613-354-1690
Mon-Fri 10 am-3 pm
Mental Health Drop-In Centre * Offers Peer Support

MorningStar Relief Mission

613-354-6355
59 Water St. W, Napanee
Mon & Wed 7 pm-9 pm
* Drop in for coffee and conversation, cards or board
games.

Land O' Lakes Community Services

613.336.8934
13 Airport Rd Northbrook
Mon-Fri 8:30 am-4:00 pm
* Adult drop-in * Meals on Wheels (Northbrook &
Denbigh) * Diners Club * Medical Driving *
Community Bus * Volunteer Hospice * Caregiver
support * Friendly Visiting * Safety Checks

Lennox and Addington Seniors Outreach Services

613.354.6668 or 1.800.991.0141
310 Bridge St. W, Suite D-01, Napanee
Mon-Fri 8:30 am-4:30 pm
* Adult Day Service * In-Home Caregiver Relief *
Library Delivery Service * Bus Service and
Transportation * Foot Care Clinics * Friendly Visiting *
Income Tax and Form Assistance * Lifeline * Meals
on Wheels * Social Diners * Social Activities * Grocery
Delivery Program

HEALTH SERVICES

Telehealth Ontario

1-866-797-0000/24h

* Free, confidential telephone service you can call to get health advice or general health information from a Registered Nurse * 24 hours

Lennox & Addington County General Hospital Emergency Department

613-354-3301

8 Richmond Park Dr, Napanee

* Provides 24 hour emergency medical services * No Psychiatrists on staff * Sexual Assault/Domestic Violence Program available

HELPFUL NUMBERS

AI-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

Community Crisis Assistance Referral & Emergency Support

613-354-0894

Crisis Line (24 hrs)

613-354-7388 or 1-800-267-7877

Crisis Pregnancy Centre (Mon-Thu 9am-3pm)

613-545-0425

Drug and Alcohol Registry of Treatment (24hrs)

1-800-565-8603

Kids Help Phone (24 hrs)

1-800-668-6868

Lennox & Addington Interval House (24 hrs)

613-354-1010 or 1-800-667-1010

Mental Health Service Information Ontario (24 hrs)

1-866-531-2600

Ontario Problem Gambling Helpline (24 hrs)

1-888-230-3505

Sexual Assault Centre Kingston (24 hrs)

1-877-544-6424



For information about other services for people living in Lennox & Addington, including:

Temporary financial assistance
Community services
Social services
Health services
Government services
Volunteer Opportunities

Call us
Mon-Fri 8:30am-4:30pm
613-542-1001

or search our online database of information at:
www.volunteerkingston.ca

Where to Turn For Basic Needs In Lennox & Addington

June-December 2009 Edition

613-542-1001

info@volunteerkingston.ca
www.volunteerkingston.ca

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