

FOOD PROGRAMS

Operation Harvest Sharing

613-342-0605
2 Delhi St., Brockville
Tue-Fri, 12:30 pm-2:30pm
Summer hours July/Aug 9:30am-11:30am
*Food bank for those in need * pick up once a month

Salvation Army

613-342-5211
Brockville Community Church
175 First Ave, Brockville
Tue & Thur 9am-3pm
* Food bank * some baby formula, cereal and diapers * available once every 3 months

Athens Area Ministerial Food Bank

613-924-9048
58 Elgin St N, Athens
Mon 10am-12pm

Bastard and South Burgess Food Bank

613-272-3614
7 Queen St, Portland
Sep-Jun: 1st & 3rd Monday of the month 11am-12:30
* Offers food bank once a month

Loaves and fishes

613-345-6498
142 Perth St., Brockville
Mon–Fri 4pm-6:30pm
* Provides healthy low cost meals * meals are \$1, free for kids under 10

Bethel Tabernacle, Elgin Food Bank

613-272-3339
31 Water St W, Elgin
2nd & 4th Thursday of the month 10 am-12 noon

Good Food Box

613-354-7633
135 Mill St. W. Napanee
Mon Thur & Fri 9am- 12 noon & 1pm- 3:30pm
* 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
Mon Thur & Fri 9am-12 noon & 1pm-3:30pm
* 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

Brockville, Police Services

613-342-0127, 24/hrs
2269 Parkedale Ave, Brockville
* Can provide vouchers for hotels, meals and gas for homeless people

Country Roads Community Health Centre, Good Food Box

613-272-2799
4319 Cove Rd, Portland
* Good Food Box Program and What's Cooking (Community Kitchen)

Delta Food Bank

613-928-2321
Delta United Church
King St, Delta
Sep-Jun: 2nd & 4th Tue of the month 10am-12
Jul/Aug: open for emergencies only.
* Food bank available for those in need * non-perishable foods * available once a month or more depending on need * Not open to clients of other food banks * Christmas dinner available

Food for All, Food Bank, Cardinal

613-657-1967
Cardinal Public Library
618 County Road 2
Mon 12 noon-4 pm
* Food bank for those in need * non-perishable foods * Some seasonal perishables including bread available in summer/fall

Food for All Food Bank, Prescott

613-925-2444
136 Henry St W
Tue, Wed, Thu 10am- 2 pm; Wed 5pm- 7 pm

Gananoque Food Bank

613-382-4434
Gananoque Legion, Basement
55 King St E
Mon 9 am-11 am
Thu 1 pm-3 pm, hours extended until all that day have been served

Grace United Church, Gananoque

613-382-2161
120 Pine St
Mon-Fri 8:30 pm-12 noon
* United church * Sunday School and Nursery available * also offers Men's fellowship breakfast, potluck suppers, seniors potluck lunches, food bank

Merrickville District Community Health and Service Centre, Emergency Food Programs

613-269-3400
354 Read St
Tue & Thu 1 pm-3 pm
* Emergency Food Cupboard available to anyone in need within the catchment area * Non-perishable foods only * Donations welcome * Clients can access food once per month * Food vouchers may be available

Ontario. Ministry of Community and Social Services, Homelessness Prevention Programs

OPP Kemtville: 613-258-3441
OPP Prescott: 613-925-4221
* Can provide vouchers for hotels, meals and gas for homeless people

Portland Food Bank

613-272-3614
2306 Harlem Rd, Portland
1st & 3rd Monday of each month 11 am- 12:30 pm
* Provides food baskets for low income residents of Portland and area

Rear of Leeds and Lansdowne Aid Centre

116 Bay St, Seeleys Bay
Food Bank: 2nd Tue 11am- 1 pm; 2nd Thu 2pm-4 pm;
4th Tue 11am- 12 noon

* Food bank for those in need * some arrangements can be made for deliveries to families in emergency

St Ann Roman Catholic Church

613-269-4220
230 Main St W, Merrickville
Mon-Fri 9am- 12 noon
* \$20 food vouchers available from the rectory if needed (no application required) * Donations of non-perishable food and clothing are passed along to the Merrickville & District Community Health Centre

Seaway Christian Church

613-925-5840
349 Churchill Rd E, Prescott
* Pentecostal church. A free community supper for those in need is held on the 4th Wed of each month

Thousand Islands Baptist Church, Soup for Souls

613-342-9552
229 Park St, Brockville
4th Sunday of the month from 3:30 pm- 5:30 pm

Westport Food Bank

613-273-6121
Westport United Church (Basement)
27 Spring St
2nd & 4th Thursday of the month: 10am- 12 noon
* Food bank * clients can access once per month * offers non-perishable and frozen foods * fruit and vegetables sometimes available * vouchers for fresh fruit/vegetables offered on the last Thursday of the month * serves pregnant women, infants and children * snack-packs & formula available * donations welcome

Westport Free Methodist Church

613-273-2141
85 Bedford St, Westport
* Free Methodist Church * Community Kitchen

MATERIAL GOODS

Birthright, Brockville

613-342-1970
187 King St W, Suite 205, Brockville
Mon, Tue & Thu 9am- 11am

* A volunteer-run service which offers free and confidential pregnancy tests, referrals to community agencies and baby clothing to those planning full-term pregnancies * non-judgmental and empathetic counselling is provided by trained listeners * an Association of the Roman Catholic Archdiocese

Freecycle

* A website designed to allow individuals who want to "recycle" that special something rather than throw it away * work to find a home for things otherwise headed for the landfill * only items available for FREE may be posted * for more details, visit www.freecycle.org

Goodwill Industries, Brockville

613-498-1103
2400 Parkedale Ave, Brockville
Mon-Fri 9 am-9 pm, Sat 9 am-8 pm, Sun 10am-5 pm

Maycourt Club of Brockville, Thrift Shop

613-342-2251
40 St. Andrew St, Brockville
Mon-Sat 9:30 am-4:30 pm

DROP-IN CENTRES

Gananoque Youth Services

613-382-6792
66 King St E, Gananoque
Mon-Fri 3 pm-8 pm * PA days 11 am-5 pm *
Summer Mon-Fri 11 am-5 pm
* Drop-in centre * offers programs for youth 9-16
* recreational programs, life skills education and more * non-profit organization

Kemptville Youth Centre

www.kemptvilleyc.com
613-258-5212
221 Prescott St, Box 1124
Hours vary, check website

* Youth drop-in * provides recreational programming in a fun, safe and non-judgmental environment

Options for Change Community Addictions Treatment Services, Motherwise

613-498-2100 ext.334
438 Laurier Blvd, Brockville
Mon-Fri 8:30 am-4:30 pm
* Provides a drug and alcohol information service for women who are pregnant or have young children * services are free and confidential * offers individual counselling, confidential support, alternative resources, parenting information and a welcome kit

Leeds and Grenville Rehabilitation and Counseling Services, Brockville Head Office

613-342-6214
Front Avenue Resource Centre
25 Front Ave W
Mon-Fri 8:30 am-4:30 pm
* A community adult drop-in resource centre * provides support and a sense of belonging through member participation in social and recreational, educational and vocational programs * members are given the opportunity to take responsibility for and control of their lives and to develop a feeling of self-worth

Prescott Youth Centre, Youth Drop In Centre

613-925-2004/24h
136 Henry St W, Prescott
School year: Mon-Fri 6 pm-9 pm; Sat 12 noon-3 pm (except holidays);
Additional Hours in summer: Mon-Fri 1 pm-4 pm
* Provides meeting place for youth activities: computers, sports, homework, etc. * safe, friendly and healthy environment

Victim Crisis Assistance & Referral Service, Crisis Intervention Centres

613-341-7700 * 613-341-7704/24 hrs
Leeds County OPP
4109 County Rd 29, Brockville

Youth for Christ, Brockville

613-345-4810
37 Perth St, Brockville
Mon-Thu 9 am-5 pm; Wed 6 pm-8:30 pm; Fri & Sat 6 pm-10 pm

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

Brockville General Hospital, Emergency Department

613-345-5645/24h
* 24 hour emergency health care services

Country Roads Community Health Centre

613-272-3302
4319 Cove Rd, Portland
Mon, Wed, Fri 8am- 5 pm; Tue & Thu 8am- 7 pm

Kemptville District Hospital

613-258-3435/24hr
2675 Concession Rd, Kemptville
* Emergency department of an acute care hospital

Perth and Smiths Falls District Hospital

613-267-1500/24h
33 Drummond St W, Perth

HELPFUL NUMBERS

Alcoholics Anonymous
Brockville : 613-342-8452/24h
Kemptville: 613-258-3435/24hr
Assault Response & Care Centre
1-800-567-7415
Distress Centre: 1-800-465-4442 (5pm-12am)
Kids Help Phone: 1-800-668-6868/24h
Leeds & Grenville Interval House (24 hrs)
613-257-5960 or 1-800-267-7946
Drug and Alcohol Registry of Treatment
1-800-565-8603/24h
Mental Health Service Information Ontario
1-866-531-2600/24h
Ontario Problem Gambling Helpline
1-800-230-3505/24h
Lesbian Gay Bi Trans Youth Line
1-800-268-9688



**Where to Turn
For
Basic Needs
in
Leeds & Grenville**
June-December 2009 Edition

613-542-1001

info@volunteerkingston.ca
www.volunteerkingston.ca