
FOOD – HOT MEALS

Bread of Life Club at Salvation Army

613-541-3947

183 Weller Ave, Kingston

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

* Free hot meal

Martha’s Table

613-546-0320

629 Princess St, Kingston

Mon- Fri 3:30pm-5:15pm

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

St Andrew’s Presbyterian Church

613-546-6316

130 Clergy St East (at Princess St), Kingston

Church Hall, use Clergy St entrance

Mon-Thurs 9am- 4pm

* Free hot meal

St George’s Cathedral, LUNCH by George

613-548-4617ext. 30

129 Wellington St (at Johnson), Kingston

Mon-Fri 9am -11:30am

Coffee at 9am; Soup at 10am; Nutritious meal served 11am

* Free hot lunch * Coffee and munchies available at 9am

Soup at 10am, lunch at 11am

St Mary’s Cathedral

613-548-3869

St John’s Parish Hall, 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 (at Montreal), Kingston

Thu 5pm-7pm

* Free soup & sandwiches

St Vincent de Paul Society, Loretta Hospitality Centre

613-544-9967

85A Stephen St, Kingston

Sep-Jun: Mon-Fri 9am-1pm

* Free hot meal served at 11:30am

Seventh Day Adventist Church

613-548-7765

66 Wright Cres, basement, Kingston

Sep-Dec, Feb-Jun: Tue 4pm-5pm (doors open at 3:30pm)

* Free hot vegetarian meal

FOOD – GROCERIES

Central Frontenac Community Services Corporation

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

North Frontenac Food Bank

613-279-3151

Sharbot Lake

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

* Referral needed * Pick-up: Tue & Fri

Partners in Mission Food Bank

613-544-4534

140 Hickson Ave, Kingston

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

* Call before 2pm to order * Appointment needed * Pick-

up: Mon-Fri 3pm-4pm

Partners in Mission Food Bank

613-389-0275

St Joseph Regional House, 16 Manitou Cres E,

Amherstview

Mon-Fri 9am-12noon, 1pm-3:30pm

* Appointment needed * Pick-up: Mon, Thur, Fri 2pm-3pm

* Serves West of Collins Bay Rd to Bath

Good Food Box

Amherstview: 613-389-4546

Sydenham: 613-376-6477

Kingston: 613-530-2239

Loyalist Township: 613-389-2820

Sharbot Lake: 613-279-2244

Napanee/Northbrook: 613-354-7633

Various locations

* Fresh produce at wholesale prices * Place order and pay at

the beginning of the month * Pick-up: 3rd Thursday of the

month

St Vincent de Paul Society

613-546-3333

85A Stephen St, Kingston

Sep-Jun: Mon-Fri 9am-1pm

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

Salvation Army – Downtown

613-548-4411

342 Patrick St, Kingston

Mon-Fri 9am-12noon, 1pm-4pm

* Appointment needed * ID, income and expense statements

needed * Christmas Baskets

Salvation Army – Rideau Heights

613-541-3947

183 Weller Ave, Kingston

Mon, Wed, Fri10am-5pm by appointment

* ID, income and expense statements needed

Emergency Food Bank: By appointment only

CLOTHING PROGRAMS

Birthright

613-546-5433

93 Queen St, Suite 2, Kingston

Mon-Fri 10am-3pm

* Maternity and baby clothes for pregnant or breastfeeding

moms

Community Sharing Centre

613-386-7125

Emmanuel United Church, 63 Factory St, **Odessa**

Tue & Wed 10am-3pm; Thu 6pm-8pm

* Low-cost clothing, toys and small household items

Era Modern Vintage

613-544-0808

110 Princess St, Kingston

Mon-Wed, Sat 10am-5pm * Thu, Fri 10am-6pm

Thrift store * sells donated clothing and other goods

Free Clothing Drop-In

613-549-1348

QECVI, 145 Kirkpatrick St (basement at rear), Kingston

Sep-Jun: Tue,-Thu 9am-2pm

* Used clothing, house wares, some furniture * \$1/family *

No fees for emergency service

Hartington Community Caring Centre

5595 Hwy 38, Hartington

Sep-Jun: Tue 9am-12noon, 1pm-4pm

Jul & Aug: Tue 9am-12noon

* Provides recycled clothes for a small fee

Hotel Dieu Hospital, Winter Clothing

Sydenham St (Lower Entrance), Kingston

Nov 2-Jan 29: Mon-Fri 1pm-3pm

* Free winter clothing for kids and adults

Kingston Alliance Church, Storehouse of Hope

613-546-2143

540 Palace Rd, Kingston

Sep-Jun: Mon & Thu 12noon-2pm

* Free used clothing * Soup & snacks

Kingston Pregnancy Care Centre

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

Toll free 1-800-917-5272

St Paul’s Anglican Church, 137 Queen St, Kingston

Mon-Thu 11am-3pm * Wed 5pm-9pm

* Maternity and baby clothing (and more), when available

Loyalist Community Sharing Centre

613-389-4546

108 Amherst Dr (beside the Fire Hall), **Amherstview**

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

* Low-cost clothing, toys and house wares

MOD Shop (Ontario March of Dimes)

613-546-9979

140 Railyway St, Kingston

Mon-Sat 9am-5pm; Sun 12noon-5pm

* Low-cost clothing and goods

Neighbourhood Sharing Centre

613-389-4367

670 Front Rd (next to Centre 70), Kingston

Sep-Jun: Mon-Fri 10am-3:30pm; July: Mon, Wed & Fri

10am-2pm; Aug: closed

* Low-cost used clothing

St Vincent de Paul Society

613-546-3333

85A Stephen St., Kingston

Sep-Jun: Mon-Fri 9am-1pm

* Free used clothing and house wares

Salvation Army Thrift Store

613-544-4396

277 Bath Rd, Kingston

Mon, Tue & Sat 9:30am-6pm; Wed, Thu, Fri 9:30am-8pm

* Low-cost clothing, house wares and furniture

Salvation Army Thrift Store

613-531-5002

472 Division St, Kingston

Mon-Sat 10am-5:30pm

* Low-cost clothing, house wares and furniture

Seventh Day Adventist Church

613-536-5798

66 Wright Cres (Basement), Kingston

Sep-Dec, Feb-Jun: Tue 3:30pm-5pm

* Free clothing

Treasure Trunk

613-279-2113

1092 Garrett St, **Sharbot Lake**

Mon-Fri 9am-3pm

* Low-cost used clothing

Value Village

613-536-5051
 1300 Bath Rd (at Centennial), Kingston
 Mon-Sat 9am-9pm; Sun 10-6
 * Low-cost clothing, house wares and furniture

Westbrook United Church Clothing Depot

613-389-3883
 3526 Princess St (HWY 2), Westbrook
 Aug-Jun: Thu 9am-12noon or by appt.
 * Low-cost clothing

SHELTERS

Dawn House Women's Shelter

613-545-9640
 24 hours/day
 302 Victoria St, Kingston
 * For homeless women 16+ and their children who are seeking housing in Kingston

In From the Cold

613-531-3779
 Housing Help Centre, 426 Barrie St, Kingston
 Mon-Sun 8pm-8am
 * Co-ed overflow overnight emergency shelter * Access to other housing services and referrals

Kingston Interval House

Crisis Line: 613-546-1777 or 1-800-267-9445
 * Safe shelter for abused women 16+ and their children

Kingston Youth Shelter

613-544-3400 ext.2246
 234 Brock St, Kingston
 Mon-Sun 4pm-9:00am
 * Emergency overnight shelter, counselling and food for youth 16-24

Ryandale Shelter for the Homeless

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

Salvation Army, Harbour Light Centre

613-546-2333
 562 Princess St (at Alfred)
 Intake: Mon-Sun 4pm-11pm
 * Emergency overnight shelter for men 18+ * Stay up to 5 days * Check in at 4pm to see if there is a bed * Must be clean and sober * Check-out daily at 8am

DROP-IN CENTRES

The Gathering Place

613-548-4411 ext 21
 Salvation Army, 326 Alfred St (at Princess)
 Summer: Tue, Thu, Sat & Sun 12 noon-6pm
 Winter: Tue, Thur, Sat 2:30pm-7:30pm: Sun 2:30pm-5:30pm
 * A place to stay when other resources are closed

Housing Help Centre

613-531-3779
 Summer: Mon-Fri 8:30am-2pm
 Winter: Mon-Fri 8am-2pm; Sat & Sun 8am-1pm
 * Housing resources, listings, voice mail, internet access

Martha's Table Friendship Room

613-530-3771
 629 Princess St
 Mon-Fri 10am-3pm
 * Snacks and a place to stay

Peers of the Round Table Support Centre

613-549-4964
 LaSalle Mews, 303 Bagot St, Unit 16B
 Mon-Fri 10am-3pm
 Peer-run mental health support centre * lunch program * daily schedule of events

Self Help to Recovery Inc

613-344-0171
 262 Sydenham St
 Mon-Fri 11am-2pm; Coffee House: Thu 10am-6:30pm
 * Mental health drop-in centre for adults
 *Support Groups: Mon 1:30pm-3pm

DROP-IN HEALTH SERVICES

Greater Kingston After Hours Medical Clinic

775 Strand Blvd (at Taylor-Kidd Blvd)
 Mon-Fri 6pm-9:30pm; Sat, Sun & Holidays 9:30am-4:30pm

Hotel Dieu Hospital, Urgent Care Centre

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

Kingston General Hospital, Emergency Department

76 Stuart St.
 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
 * Community health centre * Needle exchange * Methadone treatment * Counselling and outreach

Urgent Care & Family Medicine Centre

Cataraqui Town Centre (Beside the Food Court)
 Mon, Thur, Fri 10am-8pm; Tue, Wed 9:30am-8pm;
 Sat 10am-3pm; Sun 12noon-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.1555
 Crisis Line (24 hrs)
 613-544-4229
 Drug and Alcohol Registry of Treatment (24hrs)
 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 Pregnancy Care Centre
 (Mon-Thu 11am-3pm * Wed 5pm-9pm)
 613-545-0425
 Kingston Interval House (24 hrs)
 1-800-267-9445
 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
 Telephone Aid Line Kingston (Mon-Sun 7pm-3am)
 613-544-1771



Where to Turn for Basic Needs

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613-542-1001

120 Clarence St, Suite 274A,
 Kingston ON K7L 1X4
 Fax: 613-542-8216
 info@volunteerkingston.ca
 www.volunteerkingston.ca

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