
CHILD CARE

Assistance with the cost of child care may be available to families who are financially eligible.

City of Kingston, Child Care Programs

613-541-3947

362 Montreal St, 1st Floor, Kingston

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

* To apply, contact the childcare centre(s) directly from the list of Subsidized Childcare Centres. * Eligibility criteria apply.

Prince Edward-Lennox & Addington. Children's Services

613-354-0114

11 Market Sq, Napanee

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

* To apply, call for an appointment

DISABILITY BENEFITS/PENSIONS

Ministry of Community and Social Services, Ontario Disability Support Program (ODSP)

613-545-4553

1055 Princess St, Suite 103, Kingston

Mon-Fri 8:30am-5pm

* Income support program for eligible adults with disabilities

Ministry of Community and Social Services

613-545-0539

11 Beachgrove Lane, Kingston

Mon-Fri 8:30am-5pm

Assistance for Children with Severe Disabilities (ACSD) * Special Services at Home (SSAH) * Application forms available at the office or on the website

Service Canada, Canada Pension Plan, Disability Benefits

1-800-277-9914

299 Concession St, Kingston

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

* Disability benefits for eligible people who have made enough contributions to the CPP * Benefits also available to the children of a person who receives a CPP disability benefit * Contact the office for applications

EDUCATION

Ministry of Training, Colleges and Universities, Ontario Student Assistance Program (OSAP)

807-343-7260

www.osap.gov.on.ca

* Financial assistance for Ontario students who are or will be attending college or university * Apply online

Queen's University, Student Awards Office

613-533-2216

Gordon Hall, 74 Union St, Room 225, Kingston

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

* Student financial assistance and emergency assistance * Call for an application and appointment * Referrals also come from the Chaplain's office and Ban Rich Centre

St. Lawrence College, Student Services Office

613-544-5400 ext.1232

100 Portsmouth Ave, Kingston

Mon-Fri 8am-4 pm

* Student financial assistance and emergency assistance * Call for an appointment

EMPLOYMENT INSURANCE

Provides income support to most unemployed persons who have an interruption of earning due to shortage of work, illness, injury, pregnancy, adoption and compassionate care benefits * Apply online at www.servicecanada.ca or in-person at your local Service Canada office.

Service Canada

1-800-206-7218

299 Concession St, Kingston

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

2 Dairy Ave, Napanee

Mon-Fri 8:30am-4pm

EMERGENCY FINANCIAL ASSISTANCE

Emergency financial assistance for a variety of needs may be available from organizations, churches and services clubs. **Call 613-542-1001** for referrals to available options

FINANCIAL COUNSELLING

K3C Community Counselling Centres

613-549-7850 or 1-800-379-5556

417 Bagot St, Kingston

Mon & Thu 8:30 am-8 pm; Tue & Wed 8:30 am-5 pm; Fri 8:30 am-4 pm

* Provides free confidential financial counselling to individuals and families * Offers a debt repayment program which includes settlements to creditors and consumer education

Northern Frontenac Community Services Corporation

613-279-3151

1020 Elizabeth St, Sharbot Lake

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

* Kevin Raison provides credit and debt management counseling * Serves Frontenac County from Verona North * Call for an appointment

HOUSING/UTILITY ASSISTANCE

Central Frontenac Community Services Corporation, Consolidated Homelessness Prevention Program

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

Rural VISIONS Centre, 4419 George St, Sydenham

* Grants available as funding allows to help eligible people access housing or keep their existing housing & utilities when they are faced with eviction / disconnection notice due to mortgage, tax, rental or hydro arrears, equipment upgrades, or first & last months rent * Assessment required

Prince Edward-Lennox & Addington Social Services, Housing Assistance Program

613-354-0957 or 1-866-354-0957

95 Advance Ave, Napanee,

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

* Offers a one time assistance loan, to a maximum amount, and includes an agreement to repay * Each application is examined individually * Financial assessment required * Apply at the office or call 1-866-389-2820 ext. 714.

Salvation Army

613-548-4411

326 Alfred St, Kingston

* Rent and utility bank grants * Rent assistance * Share the Warmth referrals * income and expense statements needed * Call for an appointment

St Vincent de Paul Society

613-546-3333

85A Stephen St, Kingston

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

* If finances allow can provide rent/utility support, medical support and transportation, assistance with needs of children and infants

Share the Warmth

* A charity that purchases heat and energy on behalf of eligible low-income people * Contact the Salvation Army 613-548-4411 or North Kingston Community Health Centre 613-542-2949 for a referral

Winter Warmth

613-542-2949

North Kingston Community Health Centre, 400 Elliott Ave, Kingston

Mon, Wed & Fri 8 am-5 pm; Tue & Thu 8 am-8 pm

* A joint program with Union Gas and the United Way designed to provide assistance with heating bills for low income residents * Some restrictions may apply * Residents of Kingston and the Islands and residents of Lennox and Addington should contact Kingston Community Health Centres * Residents of Frontenac County should contact Central Frontenac Community Services * Application, forms and verifying documentation will be required

LEGAL SERVICES

Community Advocacy & Legal Centre

613-354-0144 or 1-877-966-8714

45 Dundas St E, Napanee

Phone advice: Mon-Fri 9am-5pm

Office open by appointment only.

Provides free legal information, advice, assistance and representation to eligible low-income people * Call 1-877-966-8686 to book an appointment.

Kingston Community Legal Clinic

613-541-0777

345 Bagot St, Kingston

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

Provides legal services in matters relating to poverty including housing, income support, human rights, health, employment and education * Financial eligibility criteria apply

Ontario Legal Aid

613-546-1179

507 Princess St, Kingston

Mon-Fri 8:30am-4pm

613-354-4773

116 John St, 3rd Floor, Napanee

Mon-Fri 9am-4:30pm

* Provides eligible clients with a certificate which covers the cost of hiring a lawyer to deal with serious types of civil or criminal cases, (such as indictable offences), help with separation, child custody, etc., but not divorce * Lawyers may or may not accept Legal Aid certificates.

Queen's Legal Aid

613-533-2102

Macdonald Hall, Queen's University, 128 Union St, Room 406, Kingston

Telephone Service: Mon-Thu 9 am-4:30 pm; Fri 1 pm-4:30 pm * Reduced service to accommodate file transfers and exams (Sep, Dec, Apr)

* Supervised by two lawyers, law students provide free, confidential legal services * Satellite clinics once a week in Napanee and North Kingston * Notary Public and Commissioner of Oaths available * Clients pay own court and tribunal costs

MEDICAL/DENTAL

Brenda Cupido Memorial Breast Cancer Services

613-542-9857 (H)

Limited financial assistance for cancer patients and their families in dire need * Funds cover costs for personal care, hair pieces, breast prosthesis, home making services, transportation to the local Regional Cancer Clinic, and accommodation for out of town for treatments * Referrals required

Easter Seals, Kingston

613-547-4126

863 Princess St, Suite 304, Kingston

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

Children and youth 0-19 with physical disabilities *

Financial assistance provided to parents for cost of braces, wheelchairs and special equipment not covered under a medical insurance or government plan * Based on financial need * Some equipment available for short-term loan

Kingston. Community and Family Services. Ontario Works

613-546-2695

362 Montreal St, Kingston

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

Health-related benefits may be available to OW recipients * Eligibility criteria apply

KFL&A Public Health CINOT

613-549-1232 ext.218

221 Portsmouth Ave, Kingston

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

Administers the Children In Need of Treatment (CINOT)

Program and provides preventive clinics for eligible children * Open to children who meet dental and financial eligibility guidelines * Call for an appointment

Ministry of Health and Long-Term Care. Trillium Drug Program

1-800-575-5386

Mon-Fri 8:30 am-5 pm

Drug plan for those and who have high drug costs in relation to their income who do not qualify for the Ontario Drug Benefits (ODB) program * Pay an annual deductible based on household net income and number of household members * Deductible paid quarterly * Other eligibility criteria

Prince Edward - Lennox and Addington Social Services Ontario Works

613-354-3364

97 Thomas St E, Napanee

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

Health-related benefits may be available to OW recipients * Eligibility criteria apply

St. Vincent de Paul Society

613-546-3333

85A Stephen St, Kingston

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

If finances allow can provide medical support and transportation

SENIOR'S PENSION AND CANADA PENSION PLAN

Ontario Ministry of Revenue

1-800-263-7965

Guaranteed Annual Income System

Service Canada

1-800-277-9914

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

Canada Pension--Retirement Pension * Survivor's Benefits

Old Age Security--Allowance & allowance for survivor *

Guaranteed Income Supplement * Pension

SOCIAL ASSISTANCE

Also known as Welfare, Student Welfare, Mother's Allowance or Ontario Works – Provides financial assistance and employment supports to eligible participants for items of basic and special needs.

Kingston. Community and Family Services. Ontario Works

613-546-2695

362 Montreal St, Kingston

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

Prince Edward-Lennox & Addington Social Services, Ontario Works

613-354-3364 or 1-866-354-3364

97 Thomas St E, Napanee

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

TAX CREDITS AND BENEFITS

Canada Revenue Agency

1-800-959-8281

Hours: Mon-Fri 8:15am-5pm

Goods and Services Tax Credit * Universal Child Care

Benefit * Child Tax Benefit 1-800-387-1193

Ministry of Revenue, Guaranteed Annual Income System

1-800-263-7965

Mon-Fri 8:15 am-5 pm

Guaranteed minimum income for eligible Ontario senior citizens

Ministry of Revenue - Ontario Child Care Supplement for Working Families

1-877-533-2188

Mon-Fri 8:15 am-5 pm

A tax-free monthly payment to help with the costs of raising children under the age of seven. * Eligibility criteria.

Ministry of Revenue, Ontario Tax Credits

1-800-263-7965

Mon-Fri 8:15 am-5 pm

Eligible Ontario residents can claim Tax credits on their personal income tax returns.

VETERAN'S PENSION

Veterans Affairs Canada

449 Princess St, Ste 101, Kingston

1-866-522-2122

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

Provides services and benefits to veterans and their dependents

WORKER'S COMPENSATION

Provides compensation, medical aid, rehabilitation services and pensions for Ontario employees injured in work-related accidents only.

Workplace Safety and Insurance Board

1-800-267-9461

234 Concession St, Suite 304, Kingston

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

No-fault workplace insurance for employers and their workers * Provides loss of earnings benefits * Pays for healthcare * Helps in early and safe return to work and labour market re-entry



Where to Turn for Financial Assistance in KFL&A

June 2008 Edition

613-542-1001

120 Clarence St, Suite 273, Kingston ON K7L 1X4

Fax: 613-542-8216

info@volunteerkingston.ca

www.volunteerkingston.ca

Financial assistance for this brochure was provided by:

