

NON-FOOD COMMUNITY RESOURCES

This resource is a guide to accessing various non-food community resources in Waterloo region. Please call programs in advance to confirm their operating hours. For information about food assistance programs in your neighbourhood, visit thefoodbank.ca/network/map, call the Centralized Food Assistance Outreach line at 519.743.5576 extension 340, or email needfood@thefoodbank.ca.

Income Supports		
Ontario Works Various locations 519.883.2100	https://www.ontario.ca/page/ontario-works	Financial assistance for basic needs.
Ontario Disability Support Program (ODSP) 715 Fischer-Hallman Road, Kitchener 519.886.4700 ODSP.Kitchener@ontario.ca	https://www.ontario.ca/page/ontario-disability-support-program	Financial assistance for people living with a disability.
Free Income Tax Clinics Various locations	https://www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program.html	Support with completing simple income tax returns for low-income people.
Service Canada (Employment Insurance) Market Square, 25 Frederick Street, Suite 200, Kitchener 866.668.8297	https://www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html	Obtain a Social Insurance number and/or apply for financial support after a job loss.
Prosper Canada – Benefits wayfinder	https://benefitswayfinder.org/	Online tool available to determine additional financial benefits for which you may qualify.
Employment Services		
Lutherwood Employment Services 165 King Street East, Kitchener 519.743.2460	https://www.lutherwood.ca/employment	Free service to connect people with employers, funding, and jobs.
The Working Centre Job Search Resource Centre 58 Queen Street South, Kitchener 519.743.1151 genmail@theworkingcentre.org	https://www.theworkingcentre.org/job-search-resource-centre/84	Free assistance with resumes and job searching.
Housing Services		
First Connect 519.624.9133	https://argusresidence.ca/about/firstconnect/	Support with finding emergency shelter. Available 24/7 for all youth and adults 18 and over.
Lutherwood Housing Services 41 Weber Street West, Kitchener 519.749.2450	https://www.lutherwood.ca/housing	Assistance for individuals, couples and families to access



50 Alpine Court, Kitchener, ON N2E 2M7
 Tel: 519.743.5576
 Email: info@thefoodbank.ca

@FoodBankWatReg
 @FoodBankWaterlooRegion
thefoodbank.ca

		safe, sustainable housing in Waterloo region.
Mental Health Services		
Here 24/7 844.437.3247	https://here247.ca/	Connection to addictions, mental health and crisis services in Waterloo Wellington.
Camino Wellbeing + Mental Health 519.743.6333	https://www.caminowellbeing.ca/	Tools, resources and services that help people reach their full potential as they walk the path to achieving their best well-being and mental health.
Clothing Supports		
The Salvation Army – Share the Warmth 75 Tillsley, Kitchener, ON N2E 3T1 519.745.4215 Kitchenercc.admin@salvationarmy.ca	https://www.sakw.ca/community-and-family-services#program-page-for-community-and-family-services	Distribution of coats, hats and mitts in November. By appointment only.
Mill-Courtland Community Centre 216 Mill Street, Kitchener 519.741.2491	https://www.mcna-hscg.com/services.html	Free clothing room during business hours.
Highland Baptist Church 135 Highland Road West, Kitchener 519.745.9461 cndc@highlandbaptist.ca	www.highlandbaptist.ca	Free distribution of children’s donated items. By appointment only.
Family Supports		
The Pregnancy Centre 40 Francis Street South, Kitchener 519.886.4001 info@pregnancycentre.ca	www.pregnancycentre.ca	Practical resources and emotional support to anyone who is pregnant or parenting in crisis.
House of Friendship Family Outreach Workers Various locations 519.742.8327 extension 240 info@familyoutreach.ca	https://houseoffriendship.org/how-we-help/family-neighbourhood-supports/family-outreach-program/	Families with children 17 years of age and under who live in Waterloo region and are experiencing low income.
Pet Supports		
The Humane Society of Kitchener-Waterloo – Pet Pantry 250 Riverbend Drive, Kitchener 519.745.5615	www.kwsphumane.ca/pet-pantry-program	Support for pet owners who are in need of pet food and basic supplies due to a personal crisis or financial limitations.
East Village Animal Hospital 1500 Weber Street East, Kitchener 519.894.2323	www.evah.ca	Veterinary services to low-income individuals and families, and those on social assistance.



50 Alpine Court, Kitchener, ON N2E 2M7
Tel: 519.743.5576
Email: info@thefoodbank.ca

@FoodBankWatReg
 @FoodBankWaterlooRegion
thefoodbank.ca