

NON-FOOD COMMUNITY RESOURCES

CAMBRIDGE AND NORTH DUMFRIES

This resource is a guide to accessing various non-food community resources in Cambridge. 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) 73 Water Street North, Cambridge 519.623.1230 odsp.cambridge@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/	An online tool that lists which financial benefits you may qualify for.
Employment Services		
Starling (Lutherwood) Employment Services 35 Dickson Street, Cambridge 519.623.9380	https://www.lutherwood.ca/employment	Free service to connect people with employers, funding, and jobs.
The John Howard Society – Cambridge Career Connections 40 Ainslie Street, Cambridge 519.622.0815 mailto:genmail@theworkingcentre.org	https://cambridgecareerconnections.com/	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.
Starling (Lutherwood) Housing Services 35 Dickson Street, Cambridge 519.623.9380	https://www.lutherwood.ca/housing	Assistance for individuals, couples and families to access safe,



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		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.
9-8-8 Suicide Prevention Hotline 9.8.8 (Phone or text)	https://988.ca/	Suicide Crisis Hotline
Porchlight Counselling + Addiction Services 18 Walnut Street, Cambridge 519.621-5090	https://fccnd.com/	Virtual, phone and in-person counselling.
Clothing Supports		
Langs 1145 Concession Road, Cambridge 519.653.1470	https://www.langs.org/programs-services/all-programs-and-workshops/chart-filterable-by-type-location-age/programs-and-services/~779-Clothing-Giveaways#	Distribution of clothing in the spring and fall.
Urban Hope 147 Elgin Street North, Cambridge 519.623.4639	https://thevineyardchurch.ca/urban-hope/	Free clothing distribution.
Cambridge Family Early Years Centre 73 Water Street North, Cambridge 519.740.8353	http://cfeyc.ca/wordpress/index.php/in-house-services/clothing-closet-2/	Free gently used and sometimes new clothing for expectant moms and newborns up to 6x children size.
Family Supports		
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		
Emergency Pet Food Bank 1650 Dunbar Road, Cambridge 519.623.7722	https://cambridgehumanesociety.org/programs-in-the-community/emergency-pet-food-bank/	Provides emergency food for households in Cambridge.



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