Community supports

Kitchener/Waterloo

Washrooms:

Charles Street Bus Terminal, 7 a.m. to 11 p.m.
15 Charles St. W., Kitchener

Kitchener City Hall, 24 hours
200 King St. W., Kitchener

Adult Recreation Centre (ARC), 9 a.m. to 6 p.m.
185 King St. S., Waterloo

Warming spaces:

Adult Recreation Centre (ARC), 9 a.m. to 6 p.m.
185 King St. S., Waterloo

Charles Street Bus Terminal, 7 a.m. to 11 p.m.
15 Charles St. W., Kitchener

Emergency shelter:

Single adults, call 519-624-9133 between 8:00 a.m. and midnight, seven days a week.
Single adult women: If you are unable to call the phone number above, please go to the YW Kitchener-Waterloo Emergency Shelter at 84 Frederick St., Kitchener.

Youth, call 519-742-6547 between 8:30 a.m. and 11:00 p.m. Monday through Friday. If you are unable to call this phone number, please go to the oneROOF Emergency Shelter at 242 Queen St.

Families, call 519-749-2450 between 8:30 a.m. and 4:30 p.m. Monday through Friday.

Meals:

Ray of Hope Community Centre
659 King St. East, Suite 100, Kitchener (rear entrance off Stirling Lane), 519-578-8018
Monday to Friday: 7 p.m. – 8:30 p.m.
Saturday: 12 p.m. (noon) – 1:30 p.m.
Sunday: 4:30 p.m. – 6 p.m.

St. John's Kitchen
97 Victoria St. North, 519-745-8928
Mon. to Friday: 11:00 a.m. – 1 p.m.

Ontario Works:

If you need to pick up your Ontario Works cheque, please visit the Charles St. bus terminal at 15 Charles St. W. in Kitchener or 99 Regina St. S. in Waterloo. If you need to apply for Ontario Works, please call 519-883-2100 or connect with an emergency shelter, Ray of Hope, or an outreach worker with the Working Centre or oneROOF.

Services for mental health and addictions:

Safe consumption site: 150 Duke St. W., Kitchener, open 9 a.m. to 9 p.m.
Here 24/7: Call 1-844-437-3247/519-821-3582 for crisis services.

Animal care services:

If you need a place for your pet to stay while you are in shelter, please call or visit the KW Humane Society, please call (519) 745-5615.

Cambridge

Warming spaces:

Region of Waterloo building
150 Main Street in Cambridge, 8:30 a.m. to 4:30 p.m. (Monday to Friday)

Washrooms:

Cambridge Churchill Park, 9 a.m. to 2 p.m.
200 Christopher Drive, Cambridge

Cambridge Riverbluffs Park, 9 a.m. to 2 p.m.
211 George St. N., Cambridge

Region of Waterloo building
150 Main Street in Cambridge, 8:30 a.m. to 4:30 p.m. (Monday to Friday)

Emergency shelter:

Single adults, call 519-624-9133 between 8:00 a.m. and midnight, seven days a week.
Youth, call 519-998-7292 between 8:00 a.m. and midnight, seven days a week.
Families, call 519-749-2450 between 8:30 a.m. and 4:30 p.m. Monday through Friday.

Meals:

The Bridges (Cambridge Shelter – Galt)
26 Simcoe St., Cambridge, ON, 519.642.9305
Daily lunch: 12 p.m. (noon) – 12:45 p.m.
Daily dinner: 5:30 p.m. – 7 p.m.

Trinity Community Table (Galt)
12 Blair Rd., Cambridge, ON 519.621.8860
(Pre-Made Launches) on Monday, Wednesday, Friday: 11 a.m. – 12: p.m.

Ontario Works:

If you need to pick up your Ontario Works cheque, please visit 150 Main St. in Cambridge (access is through the doors by the main parking lot). If you need to apply for Ontario Works, please call 519-883-2100 or connect with an emergency shelter.

Services for mental health and addictions:

Safe consumption site: 150 Duke St. W., Kitchener, open 9 a.m. to 9 p.m.
Here 24/7: Call 1-844-437-3247/519-821-3582 for crisis services.

Animal care services:

If you need a place for your pet to stay while you are in shelter, please call or visit the KW Humane Society, please call (519) 745-5615.