

## KITCHENER-WATERLOO

### Drop-in and Meal Programs in K-W

Location	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
<b>Emmanuel Church</b> 22 Bridgeport Rd. W., Waterloo		<b>DROP-IN:</b> 2pm-4:30pm <b>MEAL:</b> 2-4:30pm					
<b>First United Church*</b> 16 William St. W., Waterloo					<b>DROP-IN:</b> 4:30pm-10pm <b>MEAL:</b> 6pm-7:00pm		
<b>oneROOF (Youth 12-25)</b> 242 Queen St., S., Kitchener	<b>DROP-IN:</b> 6:30pm to 8pm <b>MEALS:</b> 1pm to 3pm, 6:30pm to 8pm				Please call 519-742-2788 for other hours and services		
<b>Ray of Hope Community Centre</b> 659 King St E, Kitchener	<b>DROP-IN:</b> 3-9:30pm <b>MEAL:</b> 7pm					<b>DROP-IN:</b> 12pm-2:30pm <b>MEAL:</b> Noon	<b>DROP-IN:</b> 4:30-6pm <b>MEAL:</b> 4:30pm
<b>Stirling Ave. Mennonite Church*</b> 57 Stirling St. N., Kitchener						<b>DROP-IN</b> 5-8pm <b>MEAL:</b> 5:30-7:30pm	
<b>St. John's Kitchen</b> 97 Victoria St N, Kitchener	<b>DROP-IN:</b> 8am to 3pm <b>MEAL:</b> 11:30am to 1pm						
<b>St. Louis Community Supper*</b> 53 Allen St. E., Waterloo							<b>DROP-IN:</b> 5-8pm <b>MEAL:</b> 5:30-6:30pm
<b>St. Mark's Lutheran Church Community Ministry</b> 825 King St. W., Kitchener			<b>DROP-IN:</b> 3:30-7pm <b>MEAL:</b> 5:30pm				
<b>St. Matthews Lutheran Church*</b> 54 Benton St., Kitchener			<b>DROP-IN:</b> 3-9:30pm <b>MEAL:</b> 5:30pm	<b>MEAL:</b> 7:30am-9am			

\* Offered from November to April

**K-W Street Outreach:** 519-575-0457 or 226-751-2417

**Lutherwood Housing Resource Centre:**  
Monday-Friday from 8:30am to 4:30pm  
41 Weber Street West, Kitchener  
519-749-2450

### Emergency Shelters in Kitchener-Waterloo – Available 24 hours a day, 7 days a week

Service Provider	Address	Phone Number	Who is Served?
<b>Charles Street Men's Shelter</b>	63 Charles St. E., Kitchener	519-742-8327	Males 16+
<b>YWCA Shelter</b>	84 Frederick St. E., Kitchener	519-744-0120	Females 16+ & Families (including male-led)
<b>Safe Haven</b>	41 Weber St. W., Kitchener	519-749-1450 x 2240	Youth 12-17
<b>oneROOF</b>	242 Queen St. S., Kitchener	519-742-2788 x 207	Youth 16-25

\* Note: Gender is self-identified – all are welcome.

## CAMBRIDGE

### Drop-in and Meal Programs in Cambridge

Location	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
<b>Bridges</b> 26 Simcoe St., Cambridge	<b>DROP-IN:</b> 8am-9pm <b>MEAL:</b> 5:30pm	<b>DROP-IN:</b> 8am-9pm <b>MEAL:</b> 5:30pm	<b>DROP-IN:</b> 8am-9pm <b>MEAL:</b> 5:30pm	<b>DROP-IN:</b> 8am to 9pm <b>MEALS:</b> 8:30am, 12pm-1pm, 5:30pm	<b>DROP-IN:</b> 8am-9pm <b>MEAL:</b> 5:30pm	<b>DROP-IN:</b> 8am-9pm <b>MEALS:</b> 12- 1pm, 5:30pm	<b>DROP-IN:</b> 8am-9pm <b>MEAL:</b> 5:30pm
<b>Cambridge Self-Help Food Bank</b> 54 Ainslie St. S., Cambridge (2 <sup>nd</sup> , 4 <sup>th</sup> and 5 <sup>th</sup> Sat each month)						<b>MEAL:</b> 11am-1pm	
<b>Cambridge Vineyard</b> 147 Elgin St. N., Cambridge		<b>MEAL AND DROP-IN:</b> 10am- 2pm					<b>MEAL AND DROP- IN:</b> 10am- 2pm
<b>Cambridge Vineyard at Ainslie St Terminal</b> 35 Ainslie St. S., Cambridge (outside bus terminal) (1 <sup>st</sup> and 3 <sup>rd</sup> Wed each month)			<b>MEAL:</b> 4:40pm- 6:15pm				
<b>St. Andrew's Hespeler Presbyterian Church</b> 73 Queen St. E., Cambridge (Oct-Apr)				<b>MEAL:</b> 5pm-6:30pm			
<b>The Salvation Army, Hespeler</b> 18 Tannery St. East, Cambridge (Sept-June)				<b>MEAL:</b> 11:45am- 12:15pm			
<b>Trinity Community Table</b> 12 Blair Rd., Cambridge	<b>DROP-IN:</b> 9:30am- 12:30pm <b>MEAL:</b> 11:30am- 12:30pm		<b>DROP-IN:</b> 9:30am- 12:30pm <b>MEAL:</b> 11:30am- 12:30pm		<b>DROP-IN:</b> 9:30am- 12:30pm <b>MEAL:</b> 11:30am- 12:30pm		

#### Cambridge Street Outreach:

519-242-7360 or 519-242-6310

#### Lutherwood Housing Resource Centre:

Monday-Friday from 8:30am to 4:30pm

35 Dickson St., Cambridge 519-623-9380

### Emergency Shelters in Cambridge – Available 24 hours a day, 7 days a week

Service Provider	Address	Phone Number	Who is Served?
<b>Cambridge Shelter</b>	26 Simcoe St., Cambridge	519-624-9305	Individuals 16+ & Families
<b>Argus Residence for Young People</b>	<b>Female Residence:</b> 740 William St., Cambridge <b>Male Residence:</b> 115 Wellington St., Cambridge	<b>Female Residence:</b> 519-650-0452 <b>Male Residence</b> 519-623-7991	Youth 16-24

\* Note: Gender is self-identified – all are welcome.