

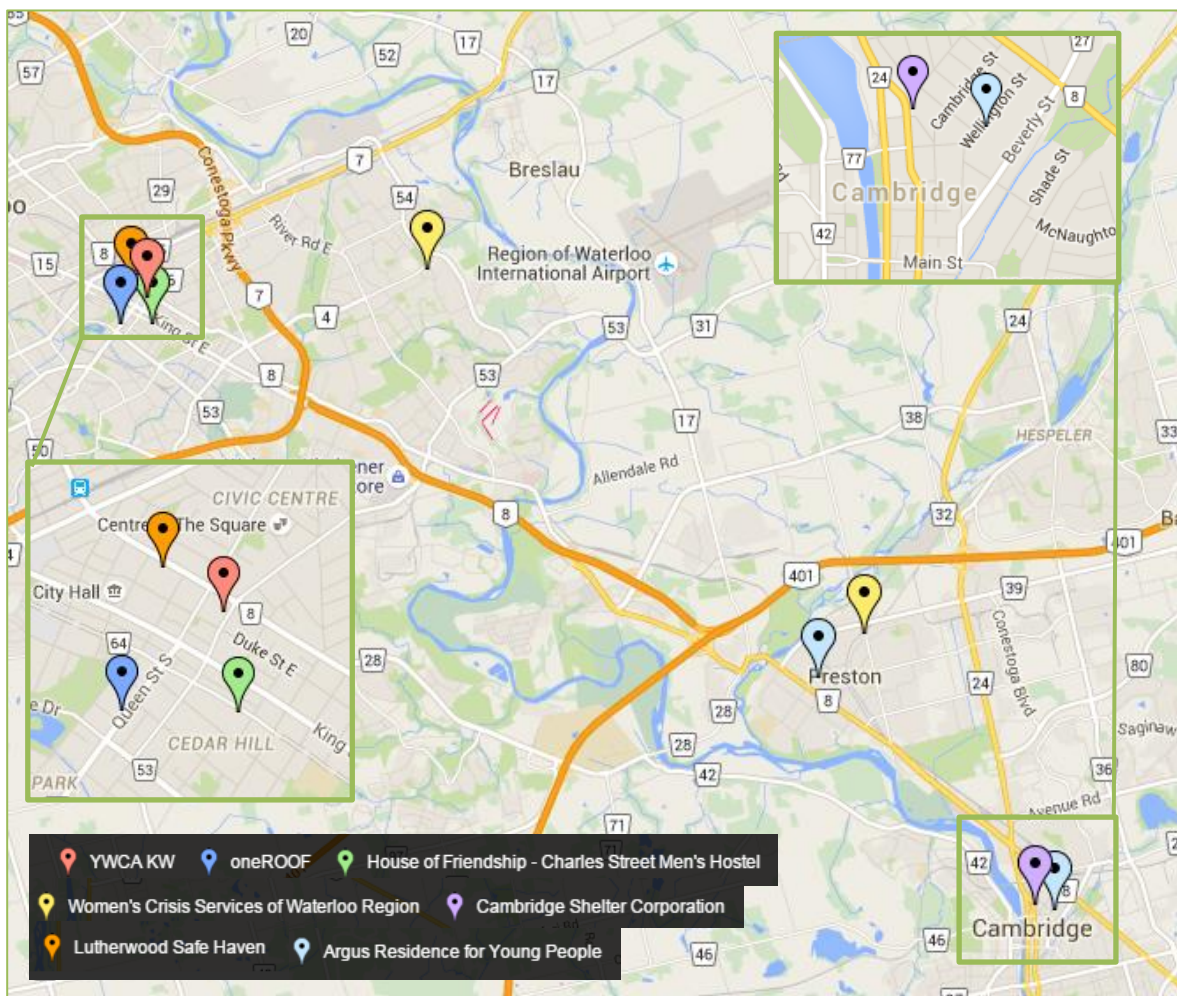
## Holiday Emergency Information 2015

Crisis Services	Contact Information
<b>Distress Line- 24/7 Supportive Listening</b>	<b>519-745-1166</b>
<b>Here 24/7 Mental Health Line- Mobile Crisis Team</b>	<b>1-844-437-3247</b>
<b>Telecare Cambridge – 24/7 telephone listening service</b>	<b>519-658-5455</b>
<b>Sexual Assault Support Centre – 24 Hour Support Line</b>	<b>519-741-8633</b>
<b>La Leche League - Breastfeeding Support</b>	Denise, Kitchener-Waterloo Leader <b>519-745-0589</b> Laura, Kitchener-Waterloo Leader <b>519-571-8948</b> Sarah, Cambridge Leader <b>226-533-3018</b>

Emergency Shelter	Address	Contact Information	Who is served?
<b>YWCA Kitchener-Waterloo</b>	84 Frederick St. Kitchener	519-744-0120	Women (16 and older), transgendered people, and families (includes male-led) experiencing homelessness
<b>oneROOF - Youth Hostel</b>	242 Queen St. S. Kitchener	519-742-2788	Youth aged 16-25
<b>House of Friendship- Charles Street Men's Hostel</b>	63 Charles St. E. Kitchener	519-742-8327	Men age 16+ experiencing homelessness
<b>Women's Crisis Services of Waterloo Region – Kitchener (Anselma House)</b>	700 Heritage Dr. Kitchener	1-800-410-4482 519-742-5894	Women and children experiencing abuse
<b>Women's Crisis Services of Waterloo Region – Cambridge (Haven House)</b>	562 Concession Rd. Cambridge	1-800-410-4482 519-653-2422	Women and children experiencing abuse
<b>The Bridges - Cambridge Shelter Corporation</b>	26 Simcoe St. Cambridge	519-624-9305	People aged 16+ and families experiencing homelessness
<b>Argus Residence for</b>	Female Residence:	519-650-0452	Youth age 16-24

<b>Young People</b>	740 William St., Cambridge		experiencing homelessness
	Male Residence: 115 Wellington, Cambridge	519-623-7991	
<b>Lutherwood Safe Haven</b>	41 Weber St. W., Kitchener	519-749-1450 ext. 2240	Youth age 12-18 at risk of being homeless

### Map of Emergency Shelter Locations

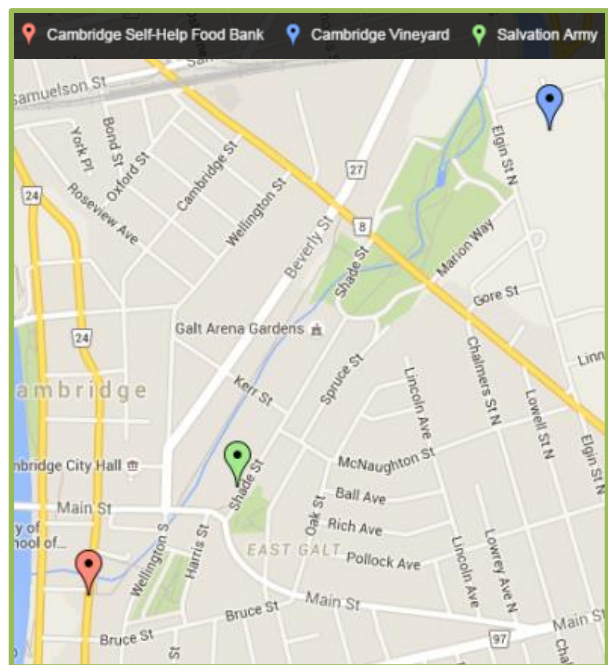
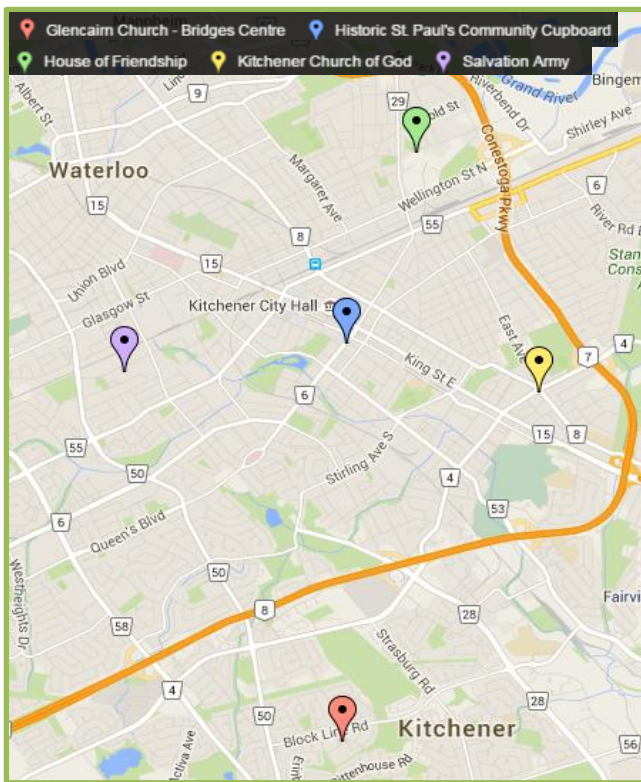


[Too access the interactive map, click here](#)

Emergency Food Hampers	Address	Contact Information	Hours and Other Info
<b>Cambridge Self-Help Food Bank</b>	54 Ainslie St S, Cambridge	519-622-6550 ext. 100	Monday & Tuesday (12:00pm to 4:30pm), Wednesday (9:00am to 4:30pm), Thursday (9:00am-6:30pm), Friday (9:00am-4:30pm)  Provides up to 8 hampers per year to individuals who live in Cambridge and North Dumfries. Will need proof of income, proof of address, and proof of family size.
<b>Cambridge Vineyard</b>	147 Elgin St. N., Cambridge	519-623-4639	Sunday (11:30am-1:30pm), Tuesday (9:00am-3:00pm)  Emergency hampers are available to individuals age 18+ once per month. No application required.
<b>Glencairn Church – Bridges Centre</b>	725 Erinbrook Dr., Kitchener	519-579-8741	Every 2 <sup>nd</sup> and 4 <sup>th</sup> Saturday (9:00am- 11:00am)  Up to twelve visits per year
<b>Historic St. Paul's Community Cupboard</b>	137 Queen St. S., Kitchener	519-745-4891	Monday (10:00 am-12:00pm), November to April, except statutory holidays  Photo ID and proof of address required.
<b>House of Friendship</b>	807 Guelph St., Kitchener	519-742-0062	Monday-Friday (11:00am – 4:15 pm), except 1 <sup>st</sup> Wednesday of the month and statutory holidays  Piece of identification for each family member required on first visit.
<b>Kitchener Church of God</b>	533 Weber St. E., Kitchener	519-745-8561	Monday and Friday (12:00pm – 4:00pm)
<b>Salvation Army</b>	16 Shade St., Cambridge  1-300 Gage Ave, Kitchener	519-623-1221  519-745-9631	Monday-Thursday (9:30am-12:00pm, 1:00pm-3:30pm), Friday (9:30am- 12:00pm)  Monday-Thursday (10:00am-12:00pm, 1:00pm-4:00pm, by appointment)
<b>St. Vincent de Paul Kitchener-Waterloo</b>	Several Catholic church throughout Kitchener- Waterloo	519-743-5576	Contact St. Vincent de Paul KW to locate the church nearest you providing a food hamper service
<b>Wilmot Family</b>	1-175 Waterloo	519-662-2731	Monday (12:30pm-4:00pm), Tuesday

<b>Resource Centre – Food Bank</b>	St., New Hamburg	(11:00am-4:00pm), Thursday (11:00am-4:00pm, open until 6:00pm on the 1 <sup>st</sup> Thursday of the month)	One hamper per month for individuals and families living in Wilmot and Wellesley Townships.
<b>Woolwich Community Services - Food Bank</b>	5 Memorial Ave, Elmira	519- 669-5139 (please call ahead of your visit)	Monday-Friday (9:00am-5:00pm) Hampers available for low-income individuals living in Woolwich Township or the north part of Wellesley Township.

Map of Emergency Food Hamper Locations in Kitchener-Waterloo (left) and Cambridge (right)



[To view all the food hamper locations listed, click here](#)

\*\*\*For other information not listed above go to [www.waterlooregion.org](http://www.waterlooregion.org) or call 211

**\*\*\*Life threatening Situations Call 911**