

COMMUNITY RESOURCES

Used Clothing / Furniture

www.foundlocally.com/Kitchener/Personal/GoodsThrift.htm

GOODWILL RETAIL STORE
1348 Weber St. E. Kitchener 894-0620
www.goodwillindustries.ca

TALIZE
1144 Courtland Ave. E. Kit. 744-4300
www.talize.com

TWICE IS NICE & TWICE THE MAN
33 Erb Street W. Waterloo 747-1199
www.twiceisnicewaterloo.com

HAND ME DOWNS(Children's clothes/toys)
324 Highland Rd. W. Kit. 742-5437

THE CHILDREN'S NEEDS DISTRIBUTION CENTRE
135 Highland Rd. W. Kit. 745-9461

MCC THRIFT SHOP
335 Lancaster St. W, Kit. 743-5021

WATERLOO GENERATIONS
50 Bridgeport Rd. E. Waterloo. 886-6226

MAYCOURT NEARLY NEW SHOP
714 Belmont Ave W. Kit. 745-4412

BLESSING CENTRE (clothes, house ware)
659 King St. E. Kit. 742-8622

VALUE VILLAGE
120 Ottawa St. N., Kit. 576-4403
www.valuevillage.com

ST. VINCENT DE PAUL
97 Victoria St. N. (furniture) Kit. 742-8622

Temporary Shelter

ST. MONICA HOUSE (Pregnant youth -19rs)
231 Herbert St. Waterloo 743-0291
www.saintmonicahouse.org

HOUSE OF FRIENDSHIP (Man's Shelter)
63 Charles St. E. Kit 742-8327

ANSELMA HOUSE (Women's Shelter/Services)
www.wcswr.org 742-5894

YWCA: MARY'S PLACE (Women's Shelter)
84 Frederick St Kitchener 744-0120
www.ywcakw.on.ca

BETTY THOMPSON Youth Center
41 Weber St. W. Kit. 749-1450

MARILLIC PLACE (youth/mom)
109 Young St. Kit. 571-0722
www.marillacplace.ca/index.shtml

R.O.O.F. (Youth 12-25 food hampers)
242 Queen St. S. Kitchener 742-2788
<http://roof-agency.net/roofpress>

Food Hampers, Vouchers, Meals

www.thefoodbank.ca

HOUSE OF FRIENDSHIP
(Hamper/Intake Vouchers, Meal)
11:00-4:15 Mon – Fri
807 Guelph St. Kitchener 742-0662
www.houseoffriendship.org

SALVATION ARMY SERVICES
9:30-11 & 1-3 Mon-Fri-By appointment only
1-300 Gage Ave. Kit. 745-4215

ST. JOHN'S KITCHN
97 Victoria St. N. Kitchener 745-8928
Mon.-Fri. 8:00-1:00
Tuesday at 10:00 -AM Nurse available

GLENCAIRN CHURCH - FOOD BANK
725 Erinbrook Dr. Kitchener 579-8741
www.glencairn.ca/bridgescentre/index.html

KITCHENER CHURCH OF GOD
(Meals & food hampers)
533 Weber St. E. Kitchener 745-8561

ST. VINCENT DE PAUL (Emergency food)
328 King St. W. Kit. 742-8622

WELCOME HOUSE 568-8696
<http://welcomehome.iteams.ca>
Morning Glory Café (food-Job training)
256 King St E Kitchener 741-1995
Oasis Drop-in Center Youth
37 Market Line Kitchener 744-2794
www.ravofhope.net

Extend-A-Family 741-0190
91 Moore Ave. Kit. www.eafwr.on.ca

K-W Habilitation Services
108 Sydney St. S. Kit. 744-6307
www.kwhab.ca

Affordable Housing

COMMUNITY HOUSING ACCESS CEN.
235 King St. E., 6th Floor
Kitchener 575-4833
www.region.waterloo.on.ca/housing

KITCHENER HOUSING INC.
11 Weber St. W. Kit. 744-6655
www.kitchener.ca/khi/home.html

ROOF (Rental Opportunity for Ontario Families)
www.Ontario.ca/Roof

RENT CONTROL PROGRAM
30 Duke St. W., Kitchener
www.orht.gov.on.ca 1-888-332-3234

<http://kitchener.kijiji.ca> (Free Local Classifieds)
www.ontariotenants.ca (On. Tenants Rights)

Community Centers

***BREITHAAPT CENTER**
350 Margaret Ave. Kit. 741-2502

***CAMERON HEIGHTS POOL**
301 Charles St. Kit. 741-2482

CHANDLER-MOWAT (Community Cent.)
222 Chandler Dr Kitchener 741-2733

COURTLAND-SHELLY (Community Cent.)
1064G Courtland Ave Kitchener 571-7953

***CENTREVILLE-CHICOPEE** (Com. Cent.)
141 Morgan Ave. Kitchener 741-2490

***COUNTRY HILLS** (Com. Cent.)
100 Rittenhouse Rd. Kitchener 741-2596

***DOWNTOWN** (Community Cent.)
35 Weber St. W. Kitchener 741-2501

***DOON PIONEER** (Community Cent.)
150 Pioneer Park Dr. Kitchener 741-2641

***FOREST HEIGHTS POOL**
255 Fisher-Hallman Rd. Kitchener 741-2493

***FOREST HEIGHTS** (Com. Cent.)
1700 Queen's Blvd Kitchener 741-2621
www.fhcakitchener.ca

***GRAND RIVER REC. COM,**
600 Heritage Dr. Kitchener 741-2670

GRAND RIVER ARENA
55 Heritage Dr. Kitchener 741-2900

KINGSDALE COMMUNITY CEN.
80 Wilson Ave. Kitchener 748-6463
www.kingsdalecc.com

***MILL-COURTLAND** (Com. Cent.)
216 Mill St. Kitchener 741-2491

***ROCKWAY CENTER**
1405 King St. E. Kitchener 741-2507

STANLEY PARK (Community Cent.)
505 Franklin St. N. Kitchener 741-2504
www.waterlooregion.org/connectkw/sites

SUNNYDALE COMMUNITY CENTRE
514C Sunnysdale Pl. Waterloo 883-0410

***VICTORIA HILLS** (Com. Cent.)
10 Chopin Dr. Kitchener 741-2717

***LEISURE ACCESS CARD**
200 King St. W. Kitchener 741-2224
www.kitchener.ca/leisure/leisure_online.html

***Location Leisure Access Service**

ROGERS CABLE
www.rogers.com 1-888-764-3771

BELL CANADA–Telephone Service
www.canada411.ca 310-2355