

2011-
2012

Directory of Community Services and Agencies
for Lower-Income Individuals and Families

Compiled by:
Information Cambridge and North Dumfries,
A service of



Social Planning Council
of Cambridge and North Dumfries



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Introduction

The Social Planning Council of Cambridge and North Dumfries has spent the past several months requesting and updating agency and organization information in order to bring you this directory of Community Services and Agencies for Lower-Income Families and Individuals. This publication is a comprehensive listing of all services that include or are geared towards the low-income population of Cambridge and North Dumfries. The purpose of this directory is to provide easier access for citizens to commonly needed services within Cambridge and North Dumfries.

This directory has been designed to be easy to navigate. Organizations are listed under specific categories with a complete index at the front. All organizations and agencies listed include a phone number, address, website, email address where applicable, and description of services provided.

Criteria for being listed in this directory is that the agency or organizations are either non-profit or provide a unique and important service that cannot be accessed in this region in the non-profit sector. Agencies and organizations must also provide a direct service to the low-income community.

It is the hope of the Social Planning Council of Cambridge and North Dumfries that you find this directory to be useful and informative. If you know of any organizations that meet the criteria that are not listed in this directory, feel free to give us a call at 519-623-1713 Ext. 225

Sincerely,

The Social Planning Council of Cambridge and North Dumfries

Important Numbers

Are you hurt or in danger?

Cambridge Memorial Hospital.....519-621-2330
700 Coronation Blvd, Cambridge

Community Care Access Centre.....310-2222

Telehealth Ontario1-866-797-0000

Victim Services of Waterloo Region.....519-585-2363

Waterloo Regional Police, Division 2, 176 Hespeler Rd, Cambridge

Waterloo Region Committee on Elder Abuse.....519-883-2280

Waterloo Regional Police..... **Crisis 911**

200 Maple Grove Rd, Cambridge 519-653-7700

Are you in need of shelter?

The Bridges Shelter.....519-624-9305

26 Simcoe St, Cambridge

Haven House.....Abused Women 519-653-2289

Cambridge..... Crisis 1-800-410-4482, 519-653-2422

Are you hungry?

The Bridges Shelter.....519-624-9305

26 Simcoe St, Cambridge

Cambridge Self-Help Food Bank.....519-622-6550

54 Ainslie St S, Cambridge

Cambridge Vineyard.....Tuesdays 519-623-4639

147 Elgin St N, Cambridge.....Other Days 519-740-8463

Family & Community Connections, Ayr.....519-632-9737

80 Stanley St, Ayr

The Salvation Army.....519-623-1221

16 Shade St, Cambridge

The Salvation Army Hespeler Community Church.....519-658-9850
18 Tannery St E, Cambridge

Waterloo Region Social Services Department.....519-883-2290
Community Outreach Program

Trinity Community Table.....519-621-8860
Trinity Anglican Church, 12 Blair Rd, Cambridge

Do you need someone to talk to?

Telecare Distress Centre.....519-658-6805
Box 32074 Preston Centre PO, Cambridge

Cambridge Active Self Help Organization..... 519-623-6024
13 Water St N, Cambridge

Canadian Mental Health Association, Grand River Branch, Centre for Mental Health
Cambridge.....519-740-7782
Ayr.....519-632-9737
Distress Line.....519-745-1166

COPING Bereavement Support Groups of Ontario Inc.....519-650-0852
1740 Blair Rd, Cambridge.....1-877-554-4498

John Howard Society of Waterloo-Wellington.....519-622-0815
Cambridge Place, 3-73 Water St N, Cambridge

Lutherwood, Mental Health Services, Lutherwood Family Counselling Services.....519-622-1670
35 Dickson St, Cambridge

Are you new to Canada and need support?

YMCA Immigrant Services.....519-621-1621
258 Hespeler Rd, Cambridge

Health Care Providers

Cambridge Memorial Hospital

519-621-2330

700 Coronation Blvd, Cambridge, ON N1R 3G2

Cambridge Memorial Hospital is a 240-bed community hospital serving Cambridge and North Dumfries Township. CHM provides acute care services including Cancer Care, Intensive Care, Medicine Unit, as well as Diagnostic, Emergency, Surgical, Mental Health, Outpatient, Rehabilitation and Restorative Services. Also offers health card replacement on designated days.

Langs Farm Community Health Centre

519-653-1470

887 Langs Dr. Unit 1 Cambridge ON N3H 5K4

Offers medical counselling for people in Preston within the catchment area.

North Dumfries Community Health Centre Satellite

519-632-1229

53 Hilltop Dr. Ayr, ON N0B 1E0

Community health centre that provides: Primary Health Care, Programs for Children and Youth, Social Work Counselling and Nutrition Counselling

Region of Waterloo Public Health

519-883-2000

150 Main St, Cambridge, ON N1R 6P9

Health education, disease prevention, promotional activities, counselling, and referral services in these areas: violence prevention, dental, environmental, infection control, food safety, cancer prevention, heart health, AIDS/STDs, sexual health

Dental Care

CINOT (Children in Need of Treatment)

150 Main St, 1st floor (rear of building), Cambridge ON N1R 8H6

519-883-2222

Monday and Tuesday 9 am - 4 pm

<http://www.mhp.gov.on.ca/en/healthy-communities/dental/default.asp>

The Children In Need of Treatment (CINOT) program provides emergency dental care and out-of-hospital anesthetic coverage for low-income children age 17 and under. Program is screened through Public Health. Eligible children are then free to have the dental work completed at any dental office that is accepting CINOT patients.

Healthy Smiles Ontario

Service Ontario Infoline: 1-866-532-3161 (To enquire about eligibility)

150 Main St, 1st floor (rear of building), Cambridge ON N1R 8H6

519-883-2222

Monday and Tuesday 9 am - 4 pm

<http://www.health.gov.on.ca/en/public/programs/dental/>

Healthy Smiles Ontario is a new program for kids 17 and under who do not have access to any form of dental coverage. If eligible, your kids will get regular dental services at no cost to you. Kids 17 and under may be eligible if they are residents of Ontario, they are members of a household with an Adjusted Family Net Income of \$20,000 per year or below, and they do not have access to any form of dental coverage (including other government-funded programs, like Ontario Works).

Ontario Disability Support Program

1-888-214-0738 (Toll Free)

73 Water St N, Suite 605, Cambridge, ON N1R 7L6

519-623-1230

www.mcass.gov.on.ca/mcass/english/pillars/social/programs/odsp.htm

Ontario Disability Support Program recipients, their spouses and dependent children (under 18 years of age) are eligible for basic and emergency dental care.

Ontario Works

519-883-2225 (For information about dental care)

150 Main St. Cambridge, ON N1R 8H6

519 740-5700 8:30 am to 4:30 pm

<http://region.waterloo.on.ca/web/social.nsf/DocID/A80C9836BCADFD8D852570280065E32B?OpenDocument>

Individuals and families receiving Ontario Works are eligible for basic dental care for children and emergency dental care for adults every month that they are receiving Ontario Works.

Public Health Dental Clinic

150 Main St, 1st floor (rear of building), Cambridge ON N1R 8H6
519-883-2222

Monday and Tuesday 9 am - 4 pm

<http://chd.region.waterloo.on.ca/web/health.nsf/DocID/E5F0CFA31B0DAEEA85256B2600658C5E?OpenDocument>

These clinics are staffed by dentists, dental hygienists and dental assistants.

Eligible children receive free basic dental care such as cleaning, check-ups and fillings. Eligible adults receive limited emergency dental care such as extractions and root canals to eliminate pain. There is a \$10 assessment fee for adults and some procedures require additional fees.

Vision Care

Blind-Low Vision Early Intervention Program (KidsAbility)

1-877-ERINOAK (1-877-374-6625) then press '1'

250 Hespeler Rd. Cambridge, ON N1R 3H3

519-621-7580

1-888-372-2259

<http://www.kidsability.ca/en/BlindLowVision>

Vision loss affects every aspect of child development, putting a child who is blind or has low vision at significant risk for developmental delays. [ErinoakKids](#) is the lead agency for the BLV Program In Central West Ontario and partners with KidsAbility to provide services within this program.

Ontario Disability Support Program

1-888-214-0738 (Toll Free)

73 Water St N, Suite 605, Cambridge, ON N1R 7L6

519-623-1230

www.mcass.gov.on.ca/mcass/english/pillars/social/programs/odsp.htm

Ontario Disability Support Program recipients, their spouses and dependent children (under 18 years of age) may be eligible for help with the costs of eye exams and prescription glasses.

Ontario Works

150 Main St. Cambridge, ON N1R 8H6

519 740-5700 8:30 am to 4:30 pm

http://www.accesson.ca/en/mcass/programs/social/ow/help/benefits/other_benefits.aspx

Ontario Works can help pay for glasses or help with the finances required of a guide dog.

Prescription Help

Exceptional Access Program

3rd Floor, 5700 Yonge St. North York, ON M2M 4K5

416-327-8109 or 1-866-811-9893

Email: EAPFeedback.MOH@ontario.ca

Website: http://www.health.gov.on.ca/english/providers/program/drugs/eap_mn.html

The Exceptional Access Program (EAP) facilitates patient access in exceptional circumstances to drugs not funded on the Ontario Drug Benefit (ODB) Formulary, or where no listed alternative was available.

Ontario Disability Support Program

1-888-214-0738 (Toll Free)

73 Water St N, Suite 605, Cambridge, ON N1R 7L6

519-623-1230

www.mcass.gov.on.ca/mcass/english/pillars/social/programs/odsp.htm

ODSP will cover prescriptions for eligible recipients, their spouses and their dependent children.

Ontario Drug Benefit

1-866-532-3161 (Infoline)

<http://www.health.gov.on.ca/english/public/pub/drugs/odb.html>

Through the Ontario Drug Benefit (ODB) Program, the Ministry of Health and Long-Term Care covers most of the cost of prescription drug products listed in the Ontario Drug Benefit (ODB) Formulary, as well as some exceptional cases. If you belong to one of the following groups of Ontario residents and you have a valid Ontario health card, you are eligible for drug coverage under the ODB Program; people 65 years of age and older; residents of long-term care homes; residents of Homes for Special Care; people receiving professional services under the Home Care program; Trillium Drug Program registrants. Certain individuals and couples may have to pay a small deductible.

Ontario Ministry of Health and Long-Term Care

1-866-532-3161 (Infoline)

http://www.health.gov.on.ca/en/public/programs/drugs/funded_drug/

Many different drug programs may be funded under the Ontario Ministry of Health and Long-Term Care to help pay for treatment and prescriptions associated with certain illnesses and diseases.

Ontario Works

150 Main St. Cambridge, ON N1R 8H6

519 740-5700 8:30 am to 4:30

Ontario Works covers prescriptions for recipients, their spouses, and their dependants as long as they are receiving Ontario Works.

Special Drug Programs

1-866-532-3161 (Infoline)

http://www.health.gov.on.ca/en/public/programs/drugs/funded_drug/fund_special.aspx

Through the Special Drugs Program, the Ministry of Health and Long-Term Care covers the full cost of certain outpatient drugs used in the treatment of specific conditions. The program covers specific drugs for the treatment of cystic fibrosis and thalassaemia, specific drugs used to treat people who are HIV positive, Erythropoietin (EPO) for people with end stage renal disease, Cyclosporine for people who have had a solid organ or bone marrow transplant, human growth hormone for children with growth failure, Clozapine for treatment of schizophrenia, and Alglucerase for people with Gaucher's Disease

The Special Drugs Program will cover costs for the above drugs if you are an Ontario resident with valid Ontario Health Insurance (OHIP), are a patient with one of the diseases or conditions covered, meet the established clinical criteria and/or are under the care of an approved physician/designated care centre.

Speak with your doctor about the program to find out if you may be covered, and the locations where the treatments are available.

Trillium Drug Plan

1-800-575-5386 (To apply)

P.O. Box 337, Station D, Etobicoke, ON M9A 4X3

Website: <http://www.health.gov.on.ca/english/public/pub/drugs/trillium.html>

E-mail : trillium@resolve.com

You can register in the Trillium Drug Program if you have a valid Ontario health card and are a resident of Ontario, you are not eligible for drug coverage as another category of recipient under the Ontario Drug Benefit (ODB) Program (i.e., you are not a senior over 65 years of age, you are not a social assistance recipient, you are not receiving professional Home Care services, or if you are not a resident of a Long-Term Care home or Homes for Special Care), and you don't have private insurance coverage or if your private insurance does not cover 100% of your prescription drug costs.

The program runs from August 1 to July 31 of the following year. Before you will receive coverage for eligible prescription drug products through the TDP, your household must pay for a set amount of your prescriptions.

Recreation

Cambridge Early Years Centre

519-740-8353

Website: www.cfeyc.ca

Provides services for parents and caregivers of children under six years of age such as outreach services, library resources, toy lending library, speech and language support, peer health support, a clothing room, Internet access, and course and programs for parents and children.

Canadian Tire Jump Start

Website: www.canadiantire.ca/jumpstart

A community-based charitable program that helps kids in financial need participate in organized sports and recreation such as hockey, dance, soccer and swimming.

The Corporation of the City of Cambridge: Community Services Department

P.O. Box 669 50 Dickson St E, Cambridge, ON N1R 5W8

519-740-4681

Email: volunteer@cambridge.ca

Website: www.cambridge.ca

The Community Services Department provides recreation facilities, programs and consultation services for Cambridge residents. These services ensure that all residents, regardless of their recreational interests, capabilities, or financial status are able to participate.

Kids Can Play

PO Box 23012, Westgate Mall, Cambridge, ON N1S 4Z6

519-651-2847

Email: kcpcambridge@yahoo.com

Non-profit, volunteer organization designed to assist families living at the poverty line. Provides financial assistance with the enrollment fee to children age 0-16 to participate in sport, art and music lessons. Families must demonstrate financial need and children must be enrolled in Cambridge-area schools. KCP offers support once every 6 months so a child can attend up to 2 activities a year or one all year.

YMCA Strong Kids Campaign

250 Hespeler Road

Cambridge, ON. N1R 3H3

Phone: 519-623-YMCA (9622)

<http://chaplinfamilyy.ca/en/index.asp>

The YMCA Strong Kids Campaign is focused on raising much needed financial support for children, teens and families who are unable to afford the full cost of participation in a YMCA program or activity. That might mean providing the funds to help a child attend day camp for the first time, help a struggling teen find employment, enable a child to participate in a recreation or fitness activity, enable a struggling family to use a child care facility, or help youth gain the confidence and skills to avoid addiction, violence, and isolation.

The YMCA also offers free 2 week trials. Go to <http://chaplinfamilyy.ca/en/index.asp> for more information.

Daycare

Home Child Care (Waterloo Region)

519-883-2200 (Intake)

150 Main Street

Cambridge, Ontario N1R 8H6

519-740-5760

E-mail: hkathy@region.waterloo.on.ca

Website: <http://www.region.waterloo.on.ca/web/social.nsf/DocID/3EB877846880433F85257013004CCF9B?OpenDocument>

Home Child Care is licensed under the Day Nurseries Act, in the same way as childcare centres. The caregivers are independent contractors, who work from their homes to help children realize their full potential. They enjoy providing childcare in a family atmosphere and offer a program which includes crafts, toys games and field trips, making each day a stimulating one of varied activities.

Christopher House Nursery School- 519-621-6525

Christopher House Day Care- 519-621-6525

Kinsmen Day Care- 519-653-9933

KidsLINK Child Care Connections

1770 King St E, Suite 5, Kitchener, ON N2G 2P1

519-741-1811

Email: info@cccnds.on.ca

Website: www.childcareconnection.ca

Child Care Connection is an information and advisory service for families with children ages 0-12 and their caregivers to access an extensive database of licensed child care programs (day cares, preschools, nursery schools, in-home licensed child care programs), as well as receive information and referrals.

Region of Waterloo Child Care Subsidy

519-883-2200 (Intake)

150 Main Street

Cambridge, Ontario N1R 8H6

519-740-5760

Email: sphillips@regionofwaterloo.ca

Website: www.region.waterloo.on.ca/socialservices

Financial assistance with child care costs in licensed child care programs for parents/guardians who are working, attending school or a training program, or are medically unable to care for their child.

YMCA of Cambridge, Chaplin Family Childcare Centre

250 Hespeler Rd

Cambridge, ON N1R 3H3

519-623-9622

Website: www.ymcacambridgekw.ca

Child care, day care programs, summer camps and pre-school programs. Subsidised child care is available.

Housing Help

Cambridge Non-Profit Housing Corporation

123 Water St N Cambridge, ON N1R 3B7

519-622-5535

After Hours 519-622-5858

Email: info@housingcambridge.com

Website: www.housingcambridge.com

Operates seven affordable rental housing sites in the City of Cambridge for families and seniors. 70 percent of the 387 units are subsidized. Applications for subsidized units can be made through the Region of Waterloo Co-ordinated Access System 519-575-4833.

Grandview Co-Op Homes

58 Stirling MacGregor Dr. Cambridge, ON N1S 4X3

519-622-4485

Email: grandviewcoop@gmail.com

This non-profit co-op housing has 42 units (2 & 3 Bedrooms, townhouses & apartments) reserved for people with lower incomes.

John Howard Society- Housing Help Centre

40 Ainslie St S Cambridge, ON N1R 3K1

519-622-0815

Email: ccc@waterloo.johnhoward.on.ca

Website: www.waterloo.johnhoward.on.ca

This non-profit organization provides housing counselling to find affordable housing in the region and information on subsidized housing.

Lutherwood Housing Services, Families in Transition Program

35 Dickson St Cambridge, ON N1R 7A6

519-623-9380

Website: www.lutherwood.ca

The Families in Transition program provides housing help to families in need families with children that have multiple issues regarding housing and other areas such as employment, child care, transportation, income support, counselling, etc. Clients can also access the independent resource centre to perform a self-directed housing search. The resource center offers newspapers, telephones, fax, email, internet, and photocopying capabilities. Three transitional homes provide short term accommodations for eligible families. This program services families with children only.

Lutherwood Housing Services, Housing Counselling Program

35 Dickson St Cambridge, ON N1R 7A6

519-623-9380

Website: www.lutherwood.ca

The Housing Coordinator provides assistance with accessing or maintaining rental housing. Clients can access housing information, referrals, assistance with applying for subsidized housing, individual housing counselling, etc. Clients can also access the independent resource centre allowing them free use of computers, internet, telephones, newspapers, photocopiers and fax machines. Clients need to be able to perform a self-directed housing search with limited support.

Lutherwood Housing Services, Rent Bank and Eviction Prevention Program

35 Dickson St Cambridge, ON N1R 7A6

519-623-9380

Website: www.lutherwood.ca

The Rent Bank and Eviction Prevention Program can assist in preventing homelessness through eviction prevention. Services include information on landlord and tenant relations, eviction process and tenant rights and responsibilities. One tool that the coordinator can use to prevent eviction is the Rent Bank Program which provides financial assistance in the form of interest-free loans to individuals, couples and families with children who are experiencing financial difficulties that are leading to eviction or difficulty in securing housing. Eligibility criteria must be met before a loan can be issued.

Region of Waterloo Coordinated Access System: Community Housing Access Centre

150 Main St Cambridge, ON N1R 6P9

519-575-4833 Tue, Wed, Thu 8:30 am - 4:30 pm

Access Site office locations are your point of access to the centralized waiting list for Community Housing. Access Site staff can help you with your Application, provide you with forms that you need, and answer questions that you may have.

Waterloo Regional Housing

150 Main St Cambridge, ON N1R 8H6

519-575-4800

Website: www.region.waterloo.on.ca/housing

Rental geared to income housing extended to all permanent residents and refugee claimants needing a dwelling. Vacant housing units allocated as per need. Priority status will be given to applicants that are victims of domestic violence.

Emergency Shelters

Emergency Shelter

519-883-2100

If you no longer have shelter, you can contact the Waterloo Region Social Services Department to apply for Discretionary Benefits. This service, for both families and individuals, provides assistance to cover all or part of the cost of a hotel or motel room in emergency situations. To apply, call the Ontario Works application number 519-883-2100.

Anselma House

Kitchener

519-741-9184

Crisis line: 742-5894, 1-877-419-1517

A shelter for abused women and their children.

Argus Residence for Young People

Women's 519-650-0452

Men's 519- 519-623-7991

Website: www.argusresidence.com

Email: argusyw@execulink.com

Provides a female and a male shelter with a unique life skills program for youth ages 16-24.

Betty Thompson Youth Centre, Safe Haven Shelter

519-749-1450 Ext 240

41 Weber St W, Kitchener, ON N2H 3Z1

www.lutherwood.ca

Safe Haven shelter offers youth a safe alternative to the street. Serving the unique needs of troubled and vulnerable youth aged 12-15 years, the program offers immediate admission and services for youth on a 24 hour a day, 7 day a week basis.

(The) Bridges Shelter

519-624-9305

Toll free 1-877-624-9305

26 Simcoe St, Cambridge ON N1R 8P2

Website: www.cambridgesheltercorp.ca

Emergency shelter for individuals and families. Offers a wide variety of programs and services including addiction support and referrals. Drop-in Centre offers a variety of services including medical clinic, identification clinic, clean needle exchange program, literacy programs, social and recreational programming, trustee program, and various groups and meetings. Individuals should ideally be over the age of 18, but if not, the shelter will assist them in finding an alternate shelter and may accommodate them until alternate arrangements are made.

Haven House

519-653-2289

1-800-410-4482

Website: www.wcswr.org

Email: info@wcswr.org

Shelter for abused women and their children.

House of Friendship

63 Charles St E, Kitchener ON

519-742-8327

General shelter for men.

Marillac Place

109 Young St, Kitchener ON

519-571-0722

A shelter for pregnant women.

Mary's Place

84 Frederick St, Kitchener ON

519-744-0120

Crisis line: 519-744-0120

General Shelter for women.

Monica-Ainslie Place, Monica-Ainslie Resource Centre

519-624-0481

After Hours 519-743-0291

150 Ainslie St N Cambridge, ON N1R 3P5

Website: www.saintmonicahouse.org

Email: stmonica@golden.net

Monica-Ainslie Place is a subsidized, supportive transitional housing complex for single mothers and their children. Programs for tenants and residents of Cambridge include: Individual and group counselling, recreational opportunities, peer support, parenting groups, child development assessments, toy lending library, referrals to other community services, workshops focusing on topics such as self-awareness, independent living, budgeting, personal health, conflict resolution, and relationships.

Reaching Our Outdoor Friends (ROOF)

519-742-2788

242 Queen St S Kitchener, ON N2G 1W3

Website: www.roof-agency.net

Email: info@roof-agency.net

ROOF is committed to providing for the safety, support, and overall well-being of homeless youth and youth-at-risk, age 12-25, in the Waterloo Region. ROOF aims to maintain the health/safety of street youth, by providing services that will allow them to make positive choices to end the cycle of homelessness. ROOF offers resources and linkages that will enable youth to develop the self-care skills needed to survive. ROOF also offers a 10 bed emergency shelter for youth 16-24 years of age.

Saint Monica House

231 Herbert St, Waterloo ON

519-743-0291

A subsidized, supportive transitional housing complex for single mothers and their children.

YWCA- Women's Services and Supportive Housing

Lincoln Road Housing, 155 Lincoln Rd. Waterloo, ON N2J 4S7

519-747-2200

Emergency Housing - 60 bed emergency shelter for homeless women, transgendered or families

Supportive Housing- apartments that offers permanent, supportive housing

Emergency Food and Clothing

Cambridge Early Years Centre

149 Ainslie St. N Cambridge, ON N1R 3P4

519-740-8353

Website: www.cfeyc.ca

Provides services for parents and caregivers of children under six years of age such as outreach services, library resources, toy lending library, speech and language support, peer health support, a clothing room, Internet access, and course and programs for parents and children.

Cambridge Self-Help Food Bank

54 1/2 Ainslie St S Cambridge, ON N1R 3K3

(519) 622-6550

Website: www.cshfb.ca

Provides emergency food hampers, clothing, outreach, and many other services to those in the Cambridge community. Also provides a cloth diapers program, backpacks, and Christmas hampers.

Cambridge Seventh-day Adventist Church

1725 Beaverdale Rd, Cambridge, ON N3C 2V3

519-740-2671

Website: www.cambridgesda.com

Can provide emergency food to families and individuals in need.

The Cambridge Vineyard

147 Elgin St N Cambridge, ON N1R 5H6

Office 519-740-8463

The Storehouse 519-623-4639

Reaching out to those in need in our community through: Sundays hot lunches; Tuesdays, Hot Lunches, Free Store including clothing, small household items, footwear, emergency groceries, laundry facilities and showers, and food giveaways to the community.

Family & Community Connections, Ayr

519-632-9739

80 Stanley St. Ayr, ON N0B 1E0

Providing outreach services to low income families with resources such as food, clothing, shelter, recreation, transportation, childcare and counselling.

The Food Bank of Waterloo Region

50 Alpine Court Kitchener, ON N2E 2M7

519-743-5576

Website: <http://www.thefoodbank.ca/en/>

If you are in need of food please contact The Food Bank at 519-743-5576 to be connected with the most appropriate service. The Food Bank of Waterloo Region serves as a warehouse and distribution centre for 71 different food programs in the region. We do not provide direct service to the public.

Mike's Lunch Basket

54 1/2 Ainslie St S Cambridge, ON N1R 3K3

(519) 622-6550

Provides dinner for families in need every second Saturday. Call the Cambridge Self-Help Food Bank for more information.

The Salvation Army

16 Shade St. Cambridge, ON N1R 4J5

519-623-1221

Email: sacambridge_cfs@rogers.com

Website: www.salvationarmy.ca

The Salvation Army Community and Family Services, assists individuals and families in need. Programs include emergency assistance and food.

The Salvation Army, Hespeler Community Church

18 Tannery St. Cambridge, ON N3C 2B9

519-658-9850

Website: www.salvationarmy.ca

Community church that also operates a Soup Kitchen and gives out food vouchers, clothing, diapers to those in need.

Trinity Community Table

12 Blair Rd. Cambridge, ON N1S 2H5

519-621-8860

Provides hot, nourishing noon hour meals on Monday, Wednesday and Fridays to individuals and families in need.

Legal Help

Child Witness Centre

1-888-544-0904 (Toll Free)

100 Lancaster St E Kitchener, ON N2H 1M8

519-744-0904

Email: admin@childwitness.com

Website: www.childwitness.com

The Child Witness Program provides support services and court preparation for children and youth who are victims or witnesses involved in the criminal justice system. In addition, case workers assist with victim impact statements. We will also provide referrals to appropriate community agencies and therapists for counselling. A community resource library is located in the office.

John Howard Society of Waterloo-Wellington, Cambridge Office

519-622-0815

40 Ainslie St S Cambridge, ON N1R 3K1

Website: www.waterloo.johnhoward.on.ca

Email: ccc@waterloo.johnhoward.on.ca

The John Howard Society is a non-profit organization that offers programs to adults and youths who have been in trouble with the law, and to prevent delinquent behaviour among youth who may be at risk of offending. The John Howard Society believes that crime can be prevented and/or reduced through social and educational programs and the active involvement of an informed community.

John Howard Society of Waterloo-Wellington, Crime Prevention Initiatives

519-743-6071

310 Charles St E Kitchener, ON N2G 2P9

Website: www.waterloo.johnhoward.on.ca

Email: inquiries@waterloo.johnhoward.on.ca

Offers crime prevention workshops to schools and community groups; focuses on social problems that can lead to delinquent behaviour.

Legal Aid Ontario

1-800-668-8258

416-979-1446

Provides financial assistance with a wide range of legal issues. Accepts collect calls.

Waterloo Region Community Legal Services

519-743-0254

450 Frederick St S, Unit 101 Kitchener, ON N2H 2P5

Website: www.wrcls.ca

Email: pinkerp@lao.on.ca

Community Legal Aid Clinic providing advice and/or representation in areas such as landlord-tenant, consumer, Ontario Works, Ontario Disability, Canada Pension Plan Disability, Workers Compensation. No services in family, criminal or immigration.

Income Support

Ontario Disability Support Program

1-888-214-0738 (Toll Free)

73 Water St N, Suite 605, Cambridge, ON N1R 7L6

519-623-1230

www.mcsc.gov.on.ca/mcsc/english/pillars/social/programs/odsp.htm

ODSP Income Support provides financial assistance and other benefits to eligible people with disabilities and their families. This includes accommodation and basic living expenses, as well as prescription drugs and basic dental care.

Ontario Works

519.883.2100 (Intake)

150 Main St. Cambridge, ON N1R 8H6

519 740-5700 8:30 am to 4:30 pm

<http://www.region.waterloo.on.ca/web/social.nsf/DocID/FABD3066B0888FAA85257003006D5018?OpenDocument>

Provides emergency support to eligible families and individuals including shelter costs, basic living expenses, prescription drugs and employment training. An intake screening process is required.

Service Canada- Cambridge Centre

519-621-7150

350 Conestoga Blvd, Unit C2, Cambridge, ON N1R 7L7

Helps people with accessing Disabilities Canada Pension Plan Disability Benefits, Seniors Allowance for the Survivor Program, Canada Pension Plan Retirement Pension or Old Age Security.

Waterloo Region Social Services Department

519-740-5700

150 Main St, Cambridge, ON N1R 8H6

The Waterloo Region Social Services Department (Cambridge Branch) provides resources on the topics of Income Support, Family Support, Employment Services and Special Services

Home Services

Canadian Diabetes Association Clothesline Program

101 Sheldon Dr, Unit 5, Cambridge, ON N1R 6T6

519-623-0216 or 1-800-505-5525

FREE pick-up of used clothing, clothing accessories, shoes, linen, bedding, pillows, blankets, curtains, fabric material, kitchen utensils, small appliances, dishware, pots and pans, toys, books, knick-knacks.

House of Friendship Appliance Repair Program

51 Charles St E, Kitchener, ON N2G 4R3

519-742-8327

House of Friendship provides assistance with major appliance repairs to low-income persons in Waterloo Region.

List of Neighbourhood Organizations

The City of Cambridge is rapidly growing and contains many different neighbourhoods. Wherever you live in Cambridge, there is a neighbourhood organization in your area. These organizations usually provide programming for children, youth and adults as well as volunteer opportunities. They also commonly employ an outreach worker who can help those in need of help such as additional food, counselling, and many other needed services. Neighbourhood organizations are a great way to get connected with both your neighbourhood and any additional resources you may need.

Alison Neighbourhood Association

Located within St. Anne School at:

127 Elgin St. N Cambridge, ON N1R 5H6

519-620-1867

Website: <http://www.alisonneighbourhood.org/>

Email: alisonneighbourhood@on.aibn.com

Blair Road Neighbourhood Association

30 Parkhill Rd, Cambridge, ON N1S 2J4

519-624-0898

Kinbridge Community Association- Christopher Champlain

Resource Centre

125 Champlain Blvd. Unit # 8 Cambridge ON N1R 2X6

519-740-8565

Christopher Champlain McIntosh Loft

200 Christopher Drive, 2nd Floor Cambridge ON N1R 2X6

519-624-3855

Kinbridge Community Association- Southwood

241 Southwood Dr. Unit # 1 Cambridge ON N1S 3S5

519-621-2930

East Hespeler Neighbourhood Association

W.G. Johnson Centre

31 Kribs St, Cambridge, ON N3C 2L3

519-740-4681 ext 4459

Fiddlesticks Community Centre

71 Cowan Blvd, Cambridge, Ontario N1T 1K7

519-621-4040

Website: <http://www.fiddlesticks.ca/>

Email: fiddlesticks@on.aibn.com

Greenway Chaplin Community Centre

116 Rouse Ave, Cambridge, ON N1R 4M8

519-623-4220

Website: <http://www.greenwaychaplin.webs.com/>

Email: greenway@golden.net

Hespeler Village Neighbourhood Association

519-740-4681, ext 7970

Website: <http://www.hespelervillage.org/contact.html>

Email: info@hespelervillage.org

Langs Farm Village Association

519-653-1470

887 Langs Dr. Unit #1, Cambridge, ON N3H 5K4

Website: <http://www.langs.org/locations.php>

Email: info@langs.org

Youth & Teen Community Centre

581-E Langs Dr, Cambridge, ON N3H 5K4

519- 653-1263

Popcorn House Community Resource Centre

292 Shepherd Ave, Cambridge, ON N3C 1V1

519-654-9444

Website: <http://www.popcornhouse.ca/contact-us.html>

Email: popcorn@popcornhouse.ca

Preston Heights Community Group

350 Linden Dr, Cambridge, ON N3H 5N7

519-650-2971

Website: www.prestonheights.ca

Email: phcg@golden.net

Silverheights Neighbourhood Association

Silverheights Public School

390 Scott Rd, Cambridge, ON

519-740-4681

Email: silverheightsna@hotmail.com

Transportation

Golden Triangle Taxi

519-724-2222

Toll free- 1-800-946-8294

14 Wellington St, Cambridge ON N1R 3Y5

Website: www.goldentriangletaxi.com/index.php

Email: mail@goldentriangletaxi.com

24-hour a day taxi service serving Cambridge, Kitchener and Waterloo.

Grand River Transit (GRT)

519-585-7555

35 Ainslie St S Cambridge, ON

Website: www.grt.ca

Bus systems going between Kitchener and Cambridge. Service is \$2.50; bus passes are also available for purchase, as well as discounted packages.

United Taxi

150 Victoria St. N Kitchener, ON N2H 5C6

519-888-9999

Voyageur Transportation Services

72 St. Leger St. Kitchener, ON

519-570-3619

Libraries and Computer Access

Ayr Public Library

519-632-7298

137 Stanley St Ayr, ON

Public Library with services such as internet stations, photocopier, etc offered

Cambridge Libraries and Galleries

Website: www.cambridgelibraries.ca

Queen's Square 519-621-0460

1 North Sq Cambridge, ON N1S 2K6

Preston Branch 519-653-3632

435 King St E Cambridge, ON N3H 3N1

Hespeler Branch 519-658-4412

5 Tannery St E Cambridge, ON N3C 2C1

Clemens Mill Branch 519-740-6294

50 Saginaw Pkwy Cambridge, ON

Public libraries and galleries; internet access.

Community Access Program

This program allows people of the community who do not have access to a computer at home or at work to do things such as create a resume, find a job, or to see what kind of government services that are available online.

There are four CAP sites available to the public:

Cambridge Active Self Help

519-623-6024

9 Wellington St, Unit 1, Cambridge, ON N1R 3Y4

Christopher Champlain Community Centre

519-740-8565

8-125 Champlain Blvd. Cambridge ON N1R 2X6

Langs Farm Village Association

519-653-1470

887 Langs Dr. Unit 1 Cambridge ON N3H 5K4

The YMCA of Cambridge

519-621-3250

250 Hespeler Rd Cambridge, ON N1R 3H3

Family & Community Connections, Ayr

519-632-9739

80 Stanley St. Ayr, ON N0B 1E0

Computer Access as well as resource library