

# THE WHITE BOOK

Directory of Community Groups and  
Agencies 2008-2009



Phone: (519)740-3030



Phone : ( 519 ) 623-1713

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- Aikido & Ki (Cambridge Ki Society)** 1 education, public awareness, advocacy and promotion of research.  
 W.G. Johnson Centre  
 6 Kribs St  
 Cambridge, ON  
 Website: [angelfire.com/biz/aikidoki](http://angelfire.com/biz/aikidoki)  
 Contact: Michelle Hogan, Head Instructor, Ki Society International, Phone: (519) 740-6894,  
 Description: They provide martial arts classes.
- Alcoholics Anonymous, Al-Anon and Alateen** 2 Description: Local chapter of Amnesty International is an international organization that works against specific human rights violations.  
 Telephone: (519)658-8222 - Answering service  
 Description: Alcoholics Anonymous is a fellowship of men and women sharing their experiences, strengths and hope, to solve their common problem and help others recover from alcoholism.
- Alison Neighbourhood Community Centre** 3  
 St Anne's Elementary School  
 127 Elgin St N  
 Cambridge, ON  
 Telephone: (519)620-1867  
 Website: [www.alisonneighbourhood.ca](http://www.alisonneighbourhood.ca)  
 Contact: Shannon Fowler, Phone: (519)620-1867,  
 Email: [alisonneighbourhood@on.aibn.com](mailto:alisonneighbourhood@on.aibn.com)  
 Description: Offers a variety of social and recreational programs for local residents. Quarterly newsletters and outreach services available.
- All in a Day's Play Child Care and Learning Centre** 4  
 450 King St E  
 Cambridge, ON N3H 3M9  
 Telephone: 519-653-5700  
 Website: [www.allinadaysplay.ca](http://www.allinadaysplay.ca)  
 Description: Provides day care- child care. Full-time, part-time and subsidized government programs.
- Alzheimer Society of Cambridge (The)** 5  
 940 King St E Cambridge, ON N3H 3P3  
 Telephone: (519)650-1628  
 fax: (519)650-1629  
 Website: [www.alzheimercambridge.on.ca/](http://www.alzheimercambridge.on.ca/)  
 Contact: Kimberly Roberts, Executive Assistant, Phone: (519)650-1628, Fax: (519)650-1629,  
 Email: [Kimberly@alzheimercambridge.on.ca](mailto:Kimberly@alzheimercambridge.on.ca)  
 Description: Dedicated to enhancing the lives of persons with Alzheimer's Disease and Related Dementias and their caregivers by providing support, information,
- Amnesty International Group 162** 6  
 11 Newman Dr  
 Cambridge, ON N1S 1A1  
 Website: [www.amnestygroup162.5u.com](http://www.amnestygroup162.5u.com)  
 Contact: Louise Lawrie, Group Co-ordinator, Amnesty International Group 162, Phone: (519)740-0761, Email: [lawriencian@rogers.com](mailto:lawriencian@rogers.com)
- Ancient Mariners Canoe Club** 7  
 W.G Johnson Centre  
 31 Kribs St  
 Cambridge, ON N3C 2L3  
 Telephone: (510)654-9001  
 Contact: Nancy Movrin, City Liason,  
 Description: For Adults 55+ ; Canoeing meets every Tuesday year round. Participate in various winter activities as well including: hiking, cross country skiing, bowling.
- Anglican Church of Canada** 8  
 St. Jame's Anglican Church  
 520 Elli's Rd  
 Cambridge, ON N3C 4B1  
 Telephone: (519)658-4547  
 Crisis (519)716-2855  
 fax: (519)658-9915  
 Website: [www.stjamesang.ca](http://www.stjamesang.ca)  
 Contact: Rejd Canon George Ferris, Rector  
 Description: Anglican worship centre with Parish Hall for church and rental use. Center for weekly women's meeting; Center for YWCA Daycare
- Argus Residence for Young People** 9  
 Telephone: (519)650-0452 or (519)623-7991  
 Crisis (519)650-0452 or (519)623-7991  
 fax: (519)650-1781  
 Contact: Cheryl Hawley, Program Manager, Phone: (519)623-7991, Fax: (519)623-5810, Email: [cherhawl@yahoo.ca](mailto:cherhawl@yahoo.ca)  
 Description: Provides emergency shelter (food, shelter and 24-hour staff support) to youth between the ages of 16-24 who are homeless. Offers a comprehensive life skills acquisition program which works to mobilize youth toward healthy and viable community integration.

- Autism Ontario  
Cambridge Chapter**  
 Website: www.autismontario.com  
 Contact: Regan Bourque, Phone: 519-620-7352, Email: cambridge@autismontario.com  
 Description: Support group, individual support, information and referral, public education, resource library, family activities and outings.
- 10 Ayr Skating Club** 16  
 Website: www.ayrskatingclub.com  
 Contact: Marianne E., President, Email: president@ayrskatingclub.com  
 Description: The Ayr Skating Club is run by a group of volunteer parents. The Ayr Skating club offers skating lessons for all ages, learn to skate and power skating sessions are available.
- Ayr Curling Club**  
 210 Northumberland St  
 Ayr, ON  
 Telephone: (519)632-7465  
 Contact: Connie Awde, Phone: (519)632-7465,  
 Description: They are a non-profit organization. They provide people with hall and ice rentals.
- 11 Big Brothers Big Sisters of Cambridge** 17  
 151 Savage Dr, 5B (upper level)  
 Cambridge, ON N1T 1S6  
 Telephone: (519)624-7655  
 fax: (519)624-7656  
 Website: www.bbbsofcambridge.org  
 Contact: Julie Phillips, Executive Director,  
 Phone: (519)624-7655, Fax: (519)624-7656,  
 Email: Julie@bbbsofcambridge.org
- Ayr Curling Club**  
 210 Northumberland St  
 Ayr, ON N0B 1E0  
 Telephone: (519)632-7465  
 E-mail: ayrcc@golden.net  
 Website: www.ayrcurlingclub.ca  
 Contact: Connie Awde, Manager, Phone: (519)632-7465,  
 Description: It's a curling club.
- 12** Description: Big Brothers Big Sisters of Cambridge provides positive influence to the youth from our community between the ages of 6 and 16 years old. They offer eight programs: One to One Match for Boys and Girls, Couple Match, Flex Time, Big Bunch Group for Boys and Girls, Cross Gender Match and In-School Mentoring.
- Ayr Horticultural Society** 13  
 AYR Fire Hall  
 501 Scott St St  
 AYR, ON N0B 1E0  
 Contact: Frank Oliver, President,  
 Phone: (519)632-8628, Email: jfoliver@rogers.com  
 Description: This organization promotes horticulture by holding monthly meetings, bringing in guest speakers on gardening and conducting flower shows and plant sales.
- Blair Road Neighbourhood Association** 18  
 30 Parkhill Rd  
 Cambridge, ON N1S 1C9  
 Telephone: (519)624-0898  
 Contact: Laurie Paddock, Phone: (519)624-0898  
 Description: Offers before/after school programs, kids' Club, recreational drop-in for children at Blair Rd.
- Ayr Lawn Bowling Club** 14  
 Club House  
 10 Tannery St  
 Ayr, ON N0B 1E0  
 Contact: Suzanne Gillow, Phone: (519)632-7360
- Brason Academy Montessori School** 19  
 221 Holiday Inn Dr  
 Cambridge, ON N3C 3T2  
 Telephone: (519)220-1244  
 Website: www.brasonmontessori.ca  
 Contact: Sarika Bhatnagar,  
 Description: Provide preschool (junior kindergarten, Sr kindergarten) programs; child care, after and before school. Summer camps are conducted based on the enrolment.
- Ayr Minor Hockey Association** 15  
 Telephone: (519)632-9695  
 Description: It's a non profit organization provides a hockey program for youths, competitive and recreational level.
- 15 Calvary Church** 20

173 Northumberland St  
 Ayr, ON  
 Telephone:(519)632-7114  
 Description: Religious Organization

Contact: Mikayla Goving, Facilitator, Email:  
 govingm@cambridgeactiveselfhelp.ca  
 Description: This runs a support group fro individuals  
 suffering from bipolar disorder.

**Calvary Pentecostal Assembly**  
 127 Hespeler Rd  
 Cambridge, ON N1R 3G9  
 Telephone: (519)621-6310  
 Website: www.calvarycambridge.com  
 Description: Religious organization.

**21 Cambridge Alliance Church 25**  
 Fairview Mennonite Home  
 515 Langs Dr, 2nd Flr Auditorium  
 Telephone: (519)653-4145  
 Website: www.cambridgealliancechurch.ca  
 Contact: Rev.Ralph Westendorp, Pasor, Phone:  
 (519)653-4145  
 Description: Religious Organization conducts worship  
 services on Sundays 10:30-12:00; Bible study groups  
 day time and/or evening; Jr. & Sr. youth events -  
 Weekly.

**Cambridge 50+ Recreation Centre  
 Travel Club**  
 Allan Reuter Centre  
 507 King St W  
 Cambridge, ON N3H 3N4  
 Telephone: (519)653-8822 ext.336  
 fax: (519)653-4302  
 Website: www.city.cambridge.on.ca  
 Contact: Elaine Downton, Recreation Coordinator,  
 Phone: (519)653-8822 ext.332, Fax: (519)653-4302,  
 Description: Travel club for members of the City of  
 Cambridge 50+ Recreation Centres.

**22 Cambridge Amateur Radio Club Inc. 26**  
 264 Fearnwood St  
 Cambridge, ON N3C 3W9  
 Telephone: (519)621-4396  
 Contact: Dave Lott, Phone: (509)621-4396  
 Description: Membership open to anyone interested in  
 amateur"Ham" radio. Serves the community with radio  
 communication for events. Monthly meetings.

**Cambridge Active Self Help 23**  
 13 Water St N  
 Cambridge, ON N1R 3B2  
 Telephone: (519)623-6024  
 fax: (519)623-1924  
 Website: www.cambridgeactiveselfhelp.ca  
 Contact: Mikayla Goving, Facilitator, Phone: (519)623-  
 6024, Fax: (519)623-1924  
 Description: C.A.S.H. is a self help and peer support  
 organization that offers a variety of mental health related  
 information and services including: Self Help Recovery  
 Centre, Peer Support Groups, Self Help Resource  
 Centre, Community Access Program (C.A.P).

**Cambridge and North Dumfries Community  
 Foundation 27**  
 150 Main St, 2nd Flr  
 Cambridge, ON N3H 2R7  
 Telephone: (519)624-8972  
 fax: (519)624-4032  
 Website: [www.cambridgefoundation.org](http://www.cambridgefoundation.org)  
 Contact: Kirstin Gogo, Administrative Assistant,  
 Phone: (519)624-8972, Fax: (519)624-4032,  
 Description: Connects philanthropy to community needs  
 through endowment building and donor services, grant  
 making and community leadership in the areas of arts and  
 culture, education, environment, health, social services,  
 heritage, multiculturalism and recreation.

**Cambridge Active Self Help  
 Bipolar Support Group 24**  
 9 Wellington St  
 Cambridge, ON N1R 3Y4  
 Telephone: (519)623-6024  
 fax: (519)623-1924  
 Website: www.cambridgeactiveselfhelp.ca

**Cambridge Badminton Club 28**  
 Telephone: (519)658-2060  
 Website: www.cambridgebadmintonclub.com  
 Contact: Janice Hacking, Email: j.hacking@rogers.com

- Description: They provide recreational badminton as well as competitive house league.
- Cambridge Badminton Junior Club** 29  
 Website: www.cambridgebadmintonclub.com  
 Contact: Cindy Briand, Phone: (519)632-9134  
 Description: It's a non profit organization, offers instruction on Friday evenings.
- Cambridge Ballroom Dance Club** 30  
 1005 Main St  
 Cambridge, ON N1R 5Y2  
 Telephone: (519)623-3230  
 Contact: Sharon Reardon, Manager, Phone: (519)623-3230  
 Description: It promotes the art of dancing, standard ballroom, Latin and social. There are also rental facilities available for parties and small gatherings.
- Cambridge Basketball** 31  
 Telephone: (519)624-4550  
 Website: www.cambridgebasketball.com  
 Contact: Frank Leblanc, Phone: (519)623-6670  
 Description: Non profit organization; It provides fundamental developmental program for boys and girls. A member of Ontario Basket Ball Association
- Cambridge Busy Hands Quilters Guild** 32  
 Contact: Susan Tremaine, President,  
 Phone: (519)622-7952,  
 Description: A quilting group that makes and donates quilts to local hospitals and shelters.
- Cambridge Chamber of Commerce** 33  
 750 Hespeler Rd  
 Cambridge, ON N3H 5L8  
 Telephone: (519)622-2221  
 fax: (519)622-0177  
 Website: www.cambridgechamber.com  
 Contact: Greg Durocher, President,  
 Phone: (519)622-2221, Fax: (519)622-0177,  
 Description: Commanding a leadership role, the Chamber brings local businesses together as a single voice, supports quality and excellence, and helps to enhance the city's economic prosperity.
- Cambridge Christian School Society**  
 229 Myers Rd  
 Cambridge, ON N1R 7H3
- Telephone: (519)623-2261  
 fax: (519)623-4042  
 Website: cambridgechristianschool.com  
 Contact: Julius de Jager, Principal  
 Description: An independent Christian day school that provides high quality, faith-based education and the development of mind, body and soul. Their on-going mission is to provide excellence in academics, Christian conduct, knowledge of God, service to God and the development of mature Christian youth.
- Cambridge Christian Women's Club** 35  
 312 St.  
 Cambridge, ON N1S 1P3  
 Telephone: (519)740-3018  
 Contact: Sandra Knoles, Phone: (519)740-0803  
 Description: A monthly group for women in the community, includes music and guest speakers.
- Cambridge Coin Club** 36  
 98 Shade St  
 Cambridge, ON N1R 4J8  
 Telephone: (519)622-0111  
 E-mail: wolfe1937@hotmail.com  
 Contact: Wolfe Derle, Phone: (519)622-0111  
 Description: For those interested in coins and paper money. Meets 4th Monday of the month except for July, August and December.
- Cambridge Committee for Physically Disabled Adults** 37  
**Cambridge Capables**  
 Lions Hall 50 Ainslie St N Cambridge, ON N1R 3J5  
 Telephone: (519)621-9835  
 Contact: John Andrews, Secretary and Case Finder,  
 Phone: (519)621-9835  
 Description: Provides social, educational and recreational activities for adults living with physical disabilities in the community.
- Cambridge Community Church** 38  
 73 Pollock Ave  
 Cambridge, ON N1R 2B4  
 Telephone: (519)624-8411  
 Website: www.cambridgecommunity.ca  
 Description: Religious organization.
- Cambridge Connection Vocational and Alternate Day Programming, ARC Industries** 39

466 Franklin Blvd Cambridge, ON  
 Telephone: (519)621-0680  
 Website: [www.communitylivingcambridge.ca](http://www.communitylivingcambridge.ca)  
 Description: Community Living Cambridge serves those in the community with mental or intellectual disabilities by providing events, activities and programs to enrich their lives, help them participate meaningfully in the community and achieve their goals.

15 Arthur White Ave  
 Cambridge, ON N1R 4N4  
 Website: [www.cambridgeharriers.com](http://www.cambridgeharriers.com)  
 Contact: George Aitkin, President/Coach,  
 Phone: (519)621-1914,  
 Description: Running club affiliated with the Ontario Track and Field Association, for runners of all abilities from age 13 and up. They offer various programs based on age groups and skill levels.

**Cambridge Cricket Club 40**

657 Coronation Blvd  
 Cambridge, ON N1R 3G3  
 Telephone: (519)623-4911  
 Description: Men's cricket league and junior boys program

**Cambridge Highland Games 45**

Telephone: (519)222-2447  
 Website: [www.cambridgehighlandgames.org](http://www.cambridgehighlandgames.org)  
 Description: A non-profit organization dedicated to the furtherance of Scottish heritage through traditional dance and music. Games are held in Churchill Park annually on the 3rd Saturday in July.

**Cambridge Crisis Pregnancy Centre/Pregnant 41**

52 George St N  
 Cambridge, ON N1S 4T9  
 Telephone: (519)620-0204  
 Contact: Lori Luciano,  
 Description: Provides services for women experiencing unplanned pregnancy or post-abortion trauma. Free services include pregnancy tests, education on options, ongoing pregnancy support, post-abortion programs, community referrals, and a parenting program that include life-skills training, free children's clothing and maternity wear.

**Cambridge Highlands Lions Club 46**

50 Ainslie St N  
 Cambridge, ON N1R 3J5  
 Telephone: (519)622-8024  
 Website: [galtcambridgelions.com](http://galtcambridgelions.com)  
 Contact: Garry Warren, Manager,  
 Phone: (519)622-8024  
 Description: Servicing the Lion's Foundation of Canada, Lion's projects and local charities.

**Cambridge Family Early Years Centre 42**

149 Ainslie St N Cambridge, ON N1R 3P4  
 Telephone: (519)740-8353  
 Website: [www.cfeyc.ca](http://www.cfeyc.ca)  
 Description: Serves parents and children from birth to 6 years, with children's programs that build educational, social and creative skills through crafts, dramatic and sensory play, songs and stories.

**Cambridge Inline Hockey 47**

592 White Oak Dr  
 Cambridge, ON  
 Telephone: (519)621-6178  
 Contact: Chuck Sammut, Email:  
[cambridgelinehockey@rogers.com](mailto:cambridgelinehockey@rogers.com)

**Cambridge Girls Softball Association 43**

355 Hespeler Rd  
 Cambridge, ON N1R 8C8  
 Telephone: (519)242-3244  
 fax: (519)622-2575  
 Website: [www.cambridgegirlsoftball.com](http://www.cambridgegirlsoftball.com)  
 Contact: Shannan Hawcs,  
 Description: Recreational softball for girls and women.

**Cambridge Inline Hockey 48**

592 Fine Oak Dr  
 Cambridge, ON N1S 4J6  
 Contact: Chuck Sammut, Phone: (519)621-6178

**Cambridge Kips Gymnastics Club 49**

1458 Hamilton St  
 Cambridge, ON  
 Website: [www.cambridgekips.com](http://www.cambridgekips.com)  
 Contact: Megann Stewart  
 Description: They have gymnastics as well as trampolines, and rhythmic services.

**Cambridge Harriers Running Club 44**

**Cambridge Male Chorus 50**

1765 Hespeler Rd  
 Cambridge, ON N3C 2V3  
 Telephone: (519)740-1462  
 ffaber@golden.net  
 Website: www.cambridgemalechorus.com  
 Contact: Wayne Brittenden, President,  
 Phone: (519)623-8953,  
 Description: A men's male chorus singing group. Meet  
 Mondays, Sept. to June at Trinity Anglican Church,  
 Cambridge.

**Cambridge Memorial Hospital  
 Ontario Breast Screening Program**

Cambridge Memorial Hospital  
 700 Coronation Blvd  
 Cambridge, ON N1R 3G2  
 Telephone: (519)740-4999  
 fax: (519)740-4904  
 www.cancercare.on.ca/index\_breastscreening.htm  
 Contact: Bridie Owen, Phone: (519)740-4999  
 Description: This program is a service of Cancer Care  
 Ontario, providing high quality and comprehensive  
 breast screening to women aged 50+. Physical breast  
 examination and mammography provided. Self-  
 examination training. Self-referrals accepted.

**Cambridge Memorial Hospital  
 Seniors Mental Health Clinic** 52

700 Coronation Blvd  
 Cambridge, ON N1R 3G2  
 Telephone: (519)740-4981  
 Website: www.cmh.org  
 Description: Psycho-geriatric team provides in-home  
 assessment, counselling and support. Assists in  
 maintaining seniors in their homes.

**Cambridge Memorial Hospital Foundation** 53

700 Coronation Blvd  
 Cambridge, ON N1R 3G2  
 Telephone: (519)740-4966  
 fax: (519)740-4971  
 Website: www.cmhfoundation.ca  
 Contact: Effie Petendra, Development Officer, Phone:  
 (519)740-4966 ext. 2445, Fax: (519)740-4971,  
 Description: CMHF is the fundraising arm and partner of  
 the Cambridge Memorial Hospital. CMHF is responsible  
 for the cultivation, recognition and stewardship of all  
 charitable gifts and donations in support of the hospital.

**Cambridge Memorial Hospital Lifeline** 54

Telephone: (519)740-4994  
 Website: www.lifeline.ca  
 Description: A phone line support service run by  
 'Lifeline' organization, to help seniors, people with  
 challenges, and patients with medical conditions, live  
 safely at home.

**Cambridge Memorial Hospital, Volunteer Assn.** 55

700 Coronation Blvd  
 Cambridge, ON N1R 3G2  
 Telephone: (519)621-2333 ext.2368  
 fax:

51 (519)740-4920

Website: www.cmh.org  
 Contact: Paul Corkery, Manager, Volunteer Services,  
 Description: The CMH Volunteer Association provides  
 assistance to Cambridge Memorial Hospital through  
 ongoing support to our patient service and revenue-  
 producing programs. Volunteers are always needed in a  
 variety of areas to enhance services to our patients and  
 visitors. A teen volunteer program is also available.

**Cambridge Ministerial Association** 56

Telephone: (519)624-4246  
 Contact: Pastor Bob Pankratz, Chair, Rivers Alive  
 (formerly the Cambridge Ministerial),  
 Phone: 519.624.4246,  
 Description: Meets monthly with Pastors and Ministers in  
 Cambridge for mutual concerns, fellowship and prayer.

**Cambridge Model Aero Club Inc.** 57

520 Pine St  
 Cambridge, ON N3H 2S6  
 Telephone: (519)653-4251  
 Website: [www.cmaci.50webs.com](http://www.cmaci.50webs.com)  
 Contact: Bill Woodward

Description: This non-profit organization is for those who  
 are interested in building and flying radio controlled  
 model aircrafts.

**Cambridge Non-Profit Housing Corporation** 58

123 Water St N  
 Cambridge, ON N1R 3B7  
 Telephone: (519)622-5535  
 fax: (519)622-9688  
 Contact: Steve Garrison, General Manager  
 Description: Operates seven affordable rental housing  
 sites in the City of Cambridge for families and seniors. 70  
 percent of the 387 units are subsidized.

- Cambridge Osteoporosis Support Group** 59  
 Allan Reuter 50+ Recreation Centre  
 507 King St E  
 Cambridge, ON N3H 3N9  
 Telephone: (519)653-8822  
 fax: (519)653-4302  
 Contact: Elaine Downton, Rec-Coordinator, Phone: (519)653-8822, Fax: (519)653-4302,  
 Description: A support group for individuals with osteoporosis and their families. A variety of guest speakers discuss topics such as: prevention, falls, diet, exercise, footwear.
- Cambridge Power and Sail Squadron** 60  
 Telephone: (519)621-4813  
 Contact: Pat, Phone: (519)621-4813  
 Description: Teaches safe boating to all age groups and at fall, winter and spring safe boating courses.
- Cambridge Ringette Association** 61  
 43 Henry St  
 Cambridge, ON N1R 3W3  
 Telephone: (519)623-8223  
 Website: [www.cambridgeringette.ca](http://www.cambridgeringette.ca)  
 Contact: Cathy Nie, Registrar, C.R.A.,  
 Phone: (519)623-8223  
 Description: For girls ages 5 to Adult. Regional and provincial play.
- Cambridge Riverfest and Dragon Boat Races** 62  
 Dickson  
 Telephone: (519)740-4681 ext.7499  
 fax: 519-740-7302  
 Website: [www.cambridgeriverfest.com](http://www.cambridgeriverfest.com)  
 Contact: Colleen Lichti, Staff Liaison, City of Cambridge, Phone: 519-740-4681 ext. 4603,  
 Description: Dragon boat races, free live entertainment, beverage garden, food, vendors.
- Cambridge Rowing Club** 63  
 Website: [www.cambridgerowingclub.on.ca](http://www.cambridgerowingclub.on.ca)  
 Contact: Evelyn Hansen  
 Description: Offers High School Competitive, Learn to Row, Summer Sport Camps, Recreational and Competitive rowing, for those age 14 and up.
- Cambridge Self-Help Food Bank (The)** 64  
 54 Ainslie St S  
 Cambridge, ON N1R 3K3  
 Telephone: (519)622-6550  
 fax: (519)622-9076  
 E-mail: [info@cambridgefoodbank](mailto:info@cambridgefoodbank)  
 Website: [www.cambridgefoodbank.on.ca](http://www.cambridgefoodbank.on.ca)  
 Contact: Pat Singleton, Executive Director, Phone: (519)622-5978 ext.103, Fax: (519)622-9076  
 Description: The Cambridge Self-Help Food Bank (Food hamper) provides assistance to those living below the poverty line.
- Cambridge Shelter Corporation** 65  
 The Bridges  
 26 Simcoe St  
 Cambridge, ON N1R 8P2  
 Telephone:(519)624-9305  
 fax: (519)624-0801  
 Website: [www.cambridgesheltercorp.ca](http://www.cambridgesheltercorp.ca)  
 Contact: Anne Tinker, Executive Director, Phone: (519)624-9305 ext.107, Fax: (519)624-0801  
 Description: 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.
- Cambridge Shrine Club** 66  
 1149 Cheese Factory Rd  
 North Dumfries, ON  
 Telephone:(519)740-1522  
 Contact: Bruce Davis, Secretary  
 Contact: Bruce Davis, Secretary  
 Description: Shriners Hospitals provide care for children with orthopedic, spinal problems or severe burns. Support to local hospitals and local charities.
- Cambridge Skating Club** 67  
 Email: [cambridgeskatingclub@sentex.net](mailto:cambridgeskatingclub@sentex.net)  
 Description: This provides skating programs for all ages.
- Cambridge Stamp Club** 68  
 Allan Reuter Center  
 507 King Street St  
 Cambridge, ON N3H 3N4  
 Contact:Robert John Hunter, Past President, Cambridge Stamp Club, Phone: (519)623-5021

Description: Selling, Trading, & information on postage stamps and supplies. International in scope. Associated with 15 cities in - G.R.V.P.A.(Grand River Valley Philatelic Association).

fax:(519)622-0177

Website:www.visitcambridgeontario.com  
 Contact: Jeanette Mahoney, Visitor Services Supervisor,  
 Phone: (519)622-2336 ext.2228,

Description: Visitor Information Centre provides information & directions for local businesses, attractions & amenities.

**Cambridge Table Tennis Club**

69

247 Water St N

Cambridge, ON N1R 3B9

Telephone:(519)623-5392

Contact: Rob and Don MacPherson,

Description: Players must bring their own racquet. Play at Banquet Hall 640 Ellis Rd.W.

**Cambridge Volleyball Club**

74

100 Eagle St

Cambridge, ON N3H 5T8

Contact: Bob Parr, Chairman, Cambridge Volleyball Club, Phone: (519)653-0920

Description: Cambridge Volleyball club is a member of Ontario Volleyball Association, working with girls that are between 12-18 years of age. They travel and participate in tournaments throughout Ontario.

**Cambridge Tennis Club (Soper Park)**

70

Dundas St

Cambridge

Telephone: (519)621-8393 or (519)622-6681

Website: www.cambridgetennisclub.org

Contact: Bill McCue, Phone: (519)621-8393

Description: Recreational, social and competitive tennis for community members, junior programs, and children's summer camps, May-September.

**Cambridge Winterhawks Inc. Hockey Club**

75

Telephone: (519)740-3248

Contact: Margaret Machado, Treasurer, Cambridge Winterhawks Inc., Phone: (519)740-3248,

Description: Junior B hockey club.

**Cambridge Toastmasters'**

71

Preston Scout House

1580 Queenston Road Rd

Cambridge, ON N3H 3L9

Contact: David Christie, President, Cambridge Toastmasters, Phone: 519-658-9485

Description: An opportunity to develop communication and leadership skills in a supportive and positive learning environment.

**Cambridge YMCA, Judo Club**

76

YMCA

250 Hespeler Rd

Cambridge, ON N1R 3H3

Telephone: (519)654-2090

Contact: Maurice McDowell, Head Instructor, Phone: (519)654-2090, Fax: (519)658-5673,

Description: Judo programs offered for ages 7 and up. Programs are co-ordinated through the Cambridge YMCA. Classes are offered all year but limited number of classes in July to Aug.

**Cambridge Vineyard**

72

147 Elgin St N

Cambridge, ON N1R 5H6

Telephone: Office (519)740-8463

The Storehouse (519)623-4639

fax: (519)740-6712

Website: www.cambridgevineyard.on.ca

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

**Cambridge Youth Soccer**

77

131 Sheldon Dr

Cambridge, ON N1R 6S2

Telephone: (519)740-0027

fax: (519) 740-2815

Website: www.cambridgeyouthsoccer.com

Contact: Administrator, Phone: (519)740-0027,

Description: Provides organized soccer programs for youth.

**Cambridge Visitor Services**

73

750 Hespeler Rd

Cambridge, ON N3H 5L8

Telephone: (519)622-2336

**Canada. Service Canada**

78

**Cambridge Service Canada Centre**

350 Conestoga Blvd  
 Cambridge, ON N1R 7L7  
 Telephone: (519)621-7150  
 fax: (519)621-9571  
 Website: www.servicecanada.gc.ca  
 Description: Services Offered :All Canadians Job Bank  
 Labour Market Information ;Pleasure Craft Licensing;  
 Social Insurance Number Application

Website: www.cmhawrb.on.ca  
 Contact: Paula Pedrosa, Resource Centre Administrator,  
 Canadian Mental Health Association, Phone: (519)740-  
 7782 ext.222, Fax: (519)740-0461,  
 Description: The Canadian Mental Health Association  
 (CMHA) promotes mental health and provides support to  
 individuals with mental health concerns and emotional  
 disorders, and to their families and friends.

**Canadian Diabetes Association** 79  
**Central West Ontario Region**

14 Irvin St, Suite 1  
 Kitchener, ON N2H 1K8  
 Telephone: (519)742-1481  
 fax: (519)742-1282  
 Website: www.diabetes.ca  
 Contact: Kerry Bruder, Regional Director, Phone:  
 (519)742-1481 ext.223, Fax: (519)742-1282,  
 Description: Promotes the health of Canadians through  
 diabetes research, education, service and advocacy.  
 Regularly scheduled information evenings, support  
 groups, resource library, referral and information.  
 Summer camps specifically geared to children with  
 diabetes.

**Canadian Mental Health Association** 82  
**Grand River Branch Crisis Services**

67 King St E  
 Kitchener, ON N2G 2K4  
 Telephone: (519)744-7645 Ext.222  
 Crisis519-744-1813, 1-866-366-4566  
 Contact: Sharon Zehr, Team Leader, Phone: (519)744-  
 7645 Ext.241,  
 Description: A telephone line supplying the Region of  
 Waterloo with a 24-hour Crisis Service. It has the  
 capability to connect with a Mobile Outreach team 24  
 hours a day, 365 days per year. This line is not  
 anonymous but all information is confidential. Callers  
 must provide their name, address and circumstances of  
 the crisis.

**Canadian Diabetes Association** 80  
**Waterloo-Wellington Clothesline Program**

101 Sheldon Dr, Unit 5  
 Cambridge, ON N1R 6T6  
 Telephone: (519)623-0216  
 fax: (519)623-3518  
 Website: www.diabetes.ca  
 Contact: Wendy Kelba, Operations Manager, Phone:  
 (519)623-0216, Fax: (519)623-3518,  
 Description: Clothesline Program: FREE pick-up of used  
 clothing and household articles. Diabetes Recycle Ink:  
 Communal reception bins accept used laser and inkjet  
 printer ink cartridges. Car Heaven: Free towing of used  
 cars for environmental recycling.

**Canadian Red Cross** 83

17 Cambridge St  
 Cambridge, ON  
 Telephone: (519)621-1840  
 fax: (519) 624-5709  
 Website: www.redcross.ca  
 Contact: Teresa Bartlett, Community Services  
 Coordinator, Canadian Red Cross, Phone: (519)621-1840  
 Description: Humanitarian organization serving the most  
 vulnerable in the community. We offer Personal Disaster  
 Assistance to those affected by fire or other emergency;  
 Home Healthcare Equipment Rentals, First Aid,  
 CPR,AED, and Babysitter courses, Respect Ed programs  
 as well as International and Youth programming.

**Canadian Mental Health Association** 81  
**Grand River Branch**  
**Center for Mental Health**

9 Wellington St, Unit 3  
 Cambridge, ON  
 Canada N1R 3Y4  
 Telephone: (519)740-7782  
 CrisisCrisis Services of Waterloo Region:(519)744-1813  
 Toll Free: 1-866-366-4566  
 fax: (519)740-0461

**Catholic Family Counselling Centre** 84

1, 887 Langs Dr  
 Cambridge, ON N3H 5K4  
 Telephone: (519)743-6333  
 Website: www.cfcchelps.ca  
 Contact: Jennifer Berry, Intake worker,  
 Description: Provides individual, couple and group  
 counselling, credit counselling, community services and  
 workplace programs.

- Ceder Creek Community Church**  
 2042 Dumfries Rd, RR 4  
 Cambridge, ON N1R 5S5  
 Telephone:(519)624-8321  
 fax: (519)624-8390  
 Website: www.cedarcreekcc.ca  
 Contact: Rev. Ian Elliot, Sr. Pastor.  
 Description: This is affiliated with 'The Evangelical Fellowship Baptist Churches of Canada'.
- Central Presbyterian Church  
 Riverbank Preschool**  
 7 Queen's square  
 Cambridge, ON N1S 1H4  
 Telephone: (519)623-1080  
 fax:(519) 623-1189  
 Website: www.centralchurchcambridge.ca  
 Description: It provides pre-school programs in the church facility.
- Chinese Alliance Church Guelph - Cambridge**  
 31 Tannery St W  
 Cambridge, ON N3C 1H2  
 Telephone:(519)654-0253  
 Description: religious organization
- Christ Anglican Church**  
 50 Manley St  
 Ayr, ON N0B 1E0  
 Telephone: (519)632-7291  
 Description: Religious Organization
- Christian Business Ministries Canada**  
 317-10 Melville St  
 Cambridge, ON N1S 1H5  
 Telephone:(519)621-2777 ext.319  
 Contact: Ross Leaver, Phone: (519)2777 ext 319  
 Description: A business men's group that meets weekly for spiritual enrichment and encouragement.
- Christopher-Champlain Community Centre  
 Christopher-Champlain Resource Centre**  
 2nd Floor of Duncan McIntosh Arena  
 200 Christopher Dr  
 Cambridge, ON N1R 2X6  
 Telephone: (519)624-3855
- 85** fax: (519)624-3497  
 Website: www.cc-cc.ca  
 Description: Provides recreational, social and educational programs from two neighborhood locations, local schools and churches. Family outreach services, seasonal adult, children, youth and teen programs, counselling, special events, breakfast clubs, youth-drop-in and summer camps. Room rentals also available. Many volunteer and leadership opportunities. Newsletter available listing programs/activities.
- 86** **Church of Christ** **91**  
 135 Woodside Ave  
 Cambridge, ON N1S 4M7  
 Telephone:(519)635-7837  
 E-mail: info@cambridgecofc.ca  
 Website: www.cambridgecofc.ca  
 Description: religious organization
- 87** **Church of Jesus Christ of Latter- Day Saints** **92**  
 181 Myers Rd  
 Cambridge, ON N1R 7H2  
 Telephone: (519)622-0092  
 Description: Religious organization.
- 88** **Church of the Nazarene - Preston** **93**  
 1332 Hamilton St  
 Cambridge, ON N3H 3G5  
 Telephone: (519)653-6036  
 Website:[www.nazarene.org](http://www.nazarene.org)  
 Description: Religious organization.
- 89** **CITY OF CAMBRIDGE** **94**  
**Allan Reuter Centre**  
 507 King St  
 Cambridge, ON N3H 3N4  
 Telephone:(519)653-8822  
 fax: (519)653-4302  
 Contact: Debra Gilpin, Manager, Phone: (519)653-8822 ext.335  
 Description: This centre offers variety of fitness, craft, special interest programs for seniors (50+)  
 Membership is required; members will enjoy discounted price for fitness and other activities.
- 90** **CITY OF CAMBRIDGE** **95**  
**Cambridge Sports Awards Banquet**

73 Water St N  
 Cambridge, ON N1R 5W8  
 Telephone: (519)740-4681 ext. 4652  
 fax: (519)740-3011

Contact: Jennifer Horndl,  
 Description: The City of Cambridge advisory board hosts an annual event honouring the outstanding achievements of Cambridge athletes at the provincial, national & international level, the 1st Friday evening in November.

**CITY OF CAMBRIDGE**  
**David Durwood Centre**

62 Dickson St  
 Cambridge, ON N1R 1T8  
 Telephone: (519)740-4630  
 fax: (519)624-8992

Contact: Caralee Robertshaw, Phone: (519)740-4630 ext.229

Description: This Centre offers variety of fitness, computer, craft, special interest, support, cooking programs, drop-in programs and social events. Membership is required to participate in drop-in programs, discounts on registered programs and access to the fitness/workout room.

**CITY OF CAMBRIDGE**  
**G.E:(Ted) Wake Lounge**

W.G. Johnson Centre  
 31 Kribs St  
 Cambridge, ON N3C 2L3  
 Telephone: (519)654-9001  
 fax: (519)654-0033

Contact: Paula Ridge, Area Recreational Manager,  
 Phone: (519)654-9001 ext.225

Description: This centre offers variety of programs for older adults (50+). Membership is required to participate in the programs. Hot meals are provided on Fridays; light snacks, sandwiches, soups are prepared on other days of the week.

**CITY OF CAMBRIDGE, Allan Reuter Centre** 98  
**Caregiver Support Program of Cambridge**

507 King St  
 Cambridge, ON N3H 3N5  
 Telephone: (519)653-8822 Ext.334  
 Contact: Cathy Downer, Program Manager

Description: Volunteers provide relief for caregivers of seniors and adults with physical disabilities by allowing

the caregiver to leave the home while the volunteer visits with the senior or adult.

**CITY OF KITCHENER** 99  
**Community Services**  
**Senior Division**

Rockway Centre  
 1405 King St E  
 Kitchener, ON N2G 2N9  
 Telephone: (519)741-2576  
 fax: (519)741-2650

Website: [www.bridgingthegap.on.ca](http://www.bridgingthegap.on.ca)  
 Contact: Wendy Fifield, Peer Helper Co-ordinator,  
 Phone: (519)741-2576, Fax: (519)741-2650,  
 Description: Peer helper volunteers provide transitional programs to provide opportunities for current and future retirees.

**CNIB** 100

180 King St S, Suite 160  
 Waterloo, ON N2J 1P8  
 Telephone: (519)742-3536  
 fax: (519)742-4003

Website: [www.cnib.ca](http://www.cnib.ca)  
 Contact: Sherry Malcho, Manager, Services and Operations, Phone: 1-800-265-4127 ext.5127, Fax: (519)685-8419

97 Description: CNIB is a nationwide, community-based, registered charity committed to research, public education and vision health for all Canadians. CNIB provides the services and support necessary for people to enjoy a good quality of life while living with vision loss.

**Community Links** 101

Website: [www.communitylinks.ca](http://www.communitylinks.ca)

Description: Community Links is a partnership of community services providing a virtual resource centre with access to online databases and related services in Waterloo Region, Dufferin and Wellington Counties.

**Community Living Cambridge** 102

160 Hespeler Rd  
 Cambridge, ON N1R 6V7  
 Telephone: (519)623-7490  
 fax: (519)740-8073  
 E-mail: [info@communitylivingcambridge.ca](mailto:info@communitylivingcambridge.ca)  
 Website: [www.communitylivingcambridge.ca](http://www.communitylivingcambridge.ca)  
 Contact: Michael Mullen, Executive Director

Description: Community Living Cambridge serves Cambridge community members with a developmental disability, and provides events and activities to enrich their lives. Support is offered through a variety of programs such as residential group homes, employment support programs, pre-school services and alternative day programs designed to meet each individuals needs.

**Community Service Department  
 City of Cambridge  
 Cambridge Center for the Arts**

New Civic Square  
 60 Dickson St

Cambridge, ON N1R 1T8  
 Telephone: (519)622-9676  
 fax: (519)624-8992

Website: [www.city.cambridge.on.ca](http://www.city.cambridge.on.ca)  
 Contact: Gwen Stott, Area Manager for Recreation,  
 Phone: (519)740-4681 ext. 4366

Description: Art Gallery features a number of exhibits per year. Gift shop features art by local artists; Registered programs in dance, literary arts, visual arts, music; Adult speaker Series on a variety of art-related topics; Freya Film Nights, Pottery Studio; Artists-in-residence Program and the Cookies & Kids Performing Arts Science for families.

**Community Support Connections  
 Meals on Wheels and More**

800 Franklin Blvd, Unit 4B  
 Cambridge, ON N1R 7Z1  
 Telephone:(519)772-8787  
 fax: (519)740-7702

E-mail: [info@communitysupportconnections.org](mailto:info@communitysupportconnections.org)  
 Website: [www.communitysupportconnections.org](http://www.communitysupportconnections.org)  
 Contact: Monica Morrison, Program Manager Cambridge Site, Phone: (519)772-8787, Fax: (519)740-7702

Description: Provides services to older adults, people with disabilities, and recently convalescing in their homes.

**Company of Neighbours, The**

14 Queen St  
 Cambridge, ON N3C 2A6  
 Telephone: (519)651-0032

Website: [www.thecompanyofneighbours.com](http://www.thecompanyofneighbours.com)  
 Contact: Karen Grant, Secretary, Phone: (519)651-0032,

Description: Promotes and preserves history and a sense of community in Hespeler. Publishes a quarterly community newsletter and maintains an historical photograph collection.

**Coping Berevement Support Groups of Ontario Inc.** 106

1740 Blair Rd  
 Cambrige, ON N3H 4R8  
 E-mail: [copingcentre@rogers.com](mailto:copingcentre@rogers.com)  
 Website: [www.griefsupport.cc](http://www.griefsupport.cc)  
 Contact: Roslyn Crichton, Phone: (519)650-0852  
 Description: Grief support for adults, teen and children

**Cornerstone Community Church** 107

10 Gatehouse Dr  
 Cambridge, ON N1P 1C7  
 Telephone: (519)624-9375  
 Description: Religious organization.

**Countryside Reformed** 108

1985 Behe Rd, RR #4  
 Cambridge, ON N1R 5S5  
 Telephone: (519)740-2860  
 Description: Religious Organization.

**Dickson Bowl Seniors League** 109

104 Dickson Bowl  
 61 Ainslie St  
 Cambridge, ON N1R 3K4  
 Telephone: (519)621-6100  
 fax: (519)621-5335  
 Website: [www.dicksonbowl.com](http://www.dicksonbowl.com)  
 Contact: Kelly Dobos, Program Director, Phone: (519)621-6100, Fax: (519)621-5335  
 Description: Fun, Social Bowling Leagues for ages 55+.

**Dickson Bowl, Youth Bowling League** 110

105 Dickson Bowl  
 61 Ainslie St S  
 Cambridge, ON N1R 3K4  
 Telephone: (519)621-6100  
 fax: (519)621-5335  
 Website: [www.dicksonbowl.com](http://www.dicksonbowl.com)  
 Contact: John Dobos, Program Director, Phone: (519)621-6100, Fax: (519)621-5335  
 Description: Youth Bowling program includes bowling one day per week, coaching tournaments and a year-end banquet with trophies for participants.

- Dicson Bowl 55+ League**  
 61 Ainslie St S  
 Cambridge, ON  
 Contact: Email: john@dicksonbowl.com
- East Galt Neighbourhood Association**  
 17 Arthur White Ave  
 Cambridge, ON N1R 4N4  
 Telephone: (519)621-1219  
 Contact: Paula Quarrie-Lee, Phone: (519)621-1219  
 Description: A group of area residents providing safe, summer programs for children ages 4-10 years in the Dundas, Main, Shade and Bruce Street area.
- East Hespeler Neighbourhood Association**  
 31 Kribs St  
 Cambridge, ON N3C 2L3  
 Telephone: (519)740-4681  
 Contact: Andrea Riley, Liaison, Phone: (519)740-4681 ext.4689  
 Description: Provides recreational and social programs for residents in the Cooper, Ellis, Townline, and Queen St. area.
- East Side Day Care**  
 95 East St  
 Cambridge, ON N1R 4P5  
 Telephone: (519)621-3056  
 Description: It provides childcare for ages 2-6 in a mixed age group setting. Reasonable rates. Open 6:30am-5:30pm. Subsidy available!
- Family Counselling Centre of Cambridge & North Dumfries**  
 18 Walnut St  
 Cambridge, ON N1R 2E7  
 Telephone: (519)621-5090  
 fax: (519)622-9394  
 Website: www.fccnd.com  
 Contact: Bobbye Goldenberg, Executive Director, Phone: (519)621-5090, Fax: (519)622-9394  
 Description: Family Counselling Centre of Cambridge & North Dumfries is a non-profit agency helping individuals and families from all backgrounds.
- First Spiritualist Church**  
 72 Grand Ave N  
 Cambridge, ON N1S 2K9  
 Telephone: (519)622-7177  
 Website: www.firstspiritualistchurchofgalt.ca  
 Description: Religious organization.
- 111 First United Church** 117  
 15 Wellington St  
 Cambridge, ON N1R 3Y4  
 Telephone: (519)621-8441  
 Contact: Robert Merritt, Reverend
- 112 Focus For Change** 118  
**Conestoga College**  
 150 Main St St, Unit 402, 4th Flr.  
 Cambridge, ON  
 Telephone: (519)623-4890  
 fax: (519)623-6574  
 Website: www.conestogac.on.ca  
 Contact: Dianne Murphy, Teacher, Email: dmurphy@conestogac.on.ca  
 Description: 15-week program designed for women on Ontario Works with an opportunity to explore personal and career development goals, academic upgrading and computer introduction. A 2-week work shadow is also included. Childcare assistance and transportation funds are available.
- 113 Forward Baptist Church** 119  
 455 Myers Rd  
 Cambridge, ON N1R 5S2  
 Telephone: (519)621-6566  
 Website: www.forwardbaptist.ca  
 Description: Religious organization.
- 114 Galt Cambridge Lions Club** 120  
 50 Ainslie St NE  
 Cambridge, ON N1R 8E3  
 Telephone: (519)622-8024  
 Website: www.galtcambridgelions.com  
 Contact: Ajit Manku  
 Description: Galt Cambridge Lions Club is a non-profit organization dedicated to serving area residents, with special interest for seniors, deaf, blind/vision impaired, youth programs and scholarships and the local hospital.
- 115 Galt Swinging Eights Square Dance Club** 121  
 450 King St E  
 Cambridge, ON N3H 3M9  
 Telephone: (519)623-0858  
 Contact: George and Edith Lee, President, Galt Swinging Eights Square Dance Club, Phone: (519)623-0858
- 116**

Description: A recreational dance club, meets weekly on Monday evenings. Classes each September for those interested in learning.

**Garden Club of Cambridge**

7 Lindale Rd  
 Cambridge, ON N1S 3J6  
 Telephone: (519)621-3070  
 Contact: Jean King, Phone: (519)621-3070  
 Description: Gardening information, care and development, flower arranging.

**Golden Years Nursing & Assisted Living Centre**  
 123

704 Eagle St N  
 Cambridge, ON N3H 4T3  
 Telephone: (519)653-5493  
 fax: (519)650-1495  
 Website: www.goldenyears.cambridge.com/  
 Description: Provides residential support for seniors, and to physically and mentally challenged individuals. Long-term care accommodation is also available.

**Grand River Retirement Home**

62 Grand Ave N  
 Cambridge, ON N1S 2K9  
 Telephone: (519)621-5502  
 Description: This senior's residence provides long-term care and has subsidized rates available.

**Grandview Co-op Homes**

58 Stirling MacGregor  
 Cambridge, ON  
 Telephone: (519)622-4485  
 Contact: Co-ordinator, Email: grandviewcoop@rogers.com  
 Description: This non-profit co-op housing has 42 units with 21 units reserved for lower income.

**Heart and Stroke Foundation**

1373 Victoria St N, Unit 2  
 Kitchener, ON N2B 3R6  
 Telephone: (519)571-9600  
 fax: (519)571-9832  
 Website: www.heartandstroke.ca  
 Contact: Gloria Picanco, Area Manager,  
 Phone: (519)571-9600, Fax: (519)571-9832

Description: The Heart and Stroke Foundation, a volunteer-based health charity, works to eliminate heart and stroke disease and reduce its impact through the advancement of research, and promotion of healthy living.

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**Hespeler Baptist Church**

76 Adam St  
 Cambridge, ON N3C 2K5  
 Telephone: (519)658-4220  
 Website: www.hespelerbaptistchurch.on.ca  
 Description: Religious organization

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**High Moon Toastmasters Club**

United Way Board Room.  
 150 Main Street St, 2nd Flr, RM 2A  
 Cambridge, ON N1R 6P9  
 Telephone: (519)716-3592  
 Contact: Debbie Wang, Club Sponsor  
 Description: It offers a proven way to improve communication and public speaking skills.

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**Hilltop Manor**

42 Elliot St  
 Cambridge, ON N1R 2J2  
 Telephone:(519)621-3067  
 Description: Hilltop Manor is an inviting and respected home with five distinct specialty care areas, including two secure Alzheimer units.

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**HopeSpring Cancer Support Centre**

51 Cambridge St  
 Cambridge, ON N1R 3R8  
 Telephone: (519)624-5855  
 Crisis(519)624-5852  
 Website: www.hopespring.ca  
 Contact: Catherine Shaver, Centre Manager, Phone: (519)624-5855, Fax: (519)624-5852,  
 Description: HopeSpring offers a variety of programs and services to people in the community affected by cancer, free of charge, without a medical referral, in Waterloo and Cambridge.

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**Independent Anglican Church, Canada  
 St. Matthew's Cathedral**

Church  
 18 Harvey St  
 Cambridge, ON N3C 1M6

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Telephone: (519)651-2775  
 Website: www.independentanglicanchurch.ca  
 Contact: Rev. R.A. Ballenthin, Dean  
 Description: Cathedral of the independent Anglican Church provides weekly worship services, bible studies, and social programs.

fax: (519)658-5262  
 Contact: Carolyn McGill, Child Care Coordinator  
 Description: It provides quality child care programs for children 2-12 years, and is licensed by the Ministry of Children and Youth Services.

**Infant and Toddler Safety Association**

385 Fairway Rd, Suite 4A-230  
 Kitchener, ON N2C 2N9  
 Telephone: (519)570-0181  
 fax: (519)570-1078  
 Contact: Valerie Lee, Executive Director  
 Description: The Infant and Toddler Safety Association provides information to help prevent unintentional injuries and death in 0-7 year olds. Services include: Child safety hotline, information on car seats, cribs, high chairs, child proofing, and training for child safety professionals.

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**John Howard Society - Housing Help Centre** 136

40 Ainslie St S  
 Cambridge, ON N1R 3K1  
 Telephone: (519)622-0815 ext.221  
 Website: www.johnhoward.on.ca  
 Contact: Paula Giles, John Howard, Cambridge, Phone: (519)622-0815 ext.221  
 Description: This non-profit organization provides housing counselling to find affordable housing in the region and information on subsidized housing.

**Information Cambridge and North Dumfries**

150 Main St, 2nd Flr  
 Cambridge, ON N1R 6P9  
 Telephone: (519)740-3030  
 Website: www.informationcnd.org  
 Contact: Reva Devendran, Manager, Information Cambridge and North Dumfries, Phone: (519)740-3030  
 Description: Information and referral services.

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**John Howard Society of Waterloo-Wellington Adult Programmes Community Service Orders-Adults** 137

40 Ainslie St S  
 Cambridge, ON N1R 3K1  
 Telephone: (519)622-0815  
 fax: (519)622-7043  
 Contact: Shelley Davidson, Program Manager, Phone: (519)622-0815 ext:216  
 Description: Provides programs and counselling to adult offenders to help re-integrate them into the community.

**Islamic School of Cambridge**

1550 Dunbar Rd  
 Cambridge, ON N1R 8J5  
 Telephone: (519)740-6855  
 fax: (519)624-5333  
 E-mail: info@isocambridge.com  
 Website: www.isocambridge.com  
 Contact: Mr. Kalid Khokhar, Principal, Phone: (519)740-6855, Fax: (519) 624-5333,  
 Description: Private school for Muslim students JK to Grade 8. Registered with Board of Education and follows full Ontario Curriculum. Provides courses on Quran, Islamic Studies, Arabic as a Language to all students, and French for students Grades 3 to 8.

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**John Howard Society of Waterloo-Wellington Cambridge Career Connections** 138

40 Ainslie St S  
 Cambridge, ON N1R 3K1  
 Telephone: (519)622-0815  
 fax: (519)622-7043  
 Website: www.cambridgecareerconnections.com  
 Contact: Holt Sivak, Programme Manager, Phone: (519)622-0815 ext.214, Fax: (519)622-7043  
 Description: Cambridge Career Connections is a Resource Centre for students and youth in the Cambridge and North Dumfries area. The “one stop shop” for youth and employers is equipped with job banks, computer workstations, fax and photocopier services, Internet access, community resource information, as well as an array of employment, training and career development resources.

**Jacob Hespeler Child Care Centre**

100 Weaver St  
 Cambridge, ON N3C 1W4  
 Telephone:(519)658-2620

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**John Howard Society of Waterloo-Wellington  
Cambridge Office**

40 Ainslie St S, Unit 3  
 Cambridge, ON N1R 3K1  
 Telephone: (519)622-0815  
 fax: (519)622-7043  
 Website: www.waterloo.johnhoward.on.ca  
 Contact: Holt Sivak, Programme Manager, Phone:  
 (519)622-0815 ext.214, Fax: (519)622-7043  
 Description: 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 140  
Community Programmes Crime Prevention Initiatives**

40 Ainslie St S  
 Cambridge, ON N1R 3K1  
 Telephone: (519)622-0815  
 fax: (519)622-7043  
 Description: Offers crime prevention workshops to  
 schools and community groups; focuses on social  
 problems that can lead to delinquent behaviour.

**K-W Bassmasters**

461 Bishop St N  
 Cambridge, ON N3H 2K4  
 Telephone: (519)658-9554  
 Contact: Jim Patchereva  
 Description: Fishing Club for Adults

**Kids Can Play**

E-mail: kpcambridge@yahoo.com  
 Contact: Mike Miller, President, Phone: (519)621-2430  
 Description: Kids Can Play is community-based, non-  
 profit, volunteer organization that helps children up to  
 age 16 with financial assistance to take part in sports, art  
 or music lessons. It offers support for up to \$500 for one  
 activity twice a year.  
 Families living in Cambridge, Ayr, North Dumfries,  
 Branchton and Sheffield are welcome to apply.

**139 Kids Link International Adoption Agency 143**

382 Queen St W  
 Cambridge, ON N3C 1G8  
 Telephone: (519)623-5437  
 fax: (519)623-1845  
 Website: www.kids-link.ca  
 Contact: Rick Hayhow, General Manager, Phone:  
 (519)623-5437, Fax: (519)623-1845  
 Description: Kids Link is a Christian non-profit  
 international adoption agency incorporated within the  
 Province of Ontario, and fully licensed by the Ontario  
 Ministry of Children and Youth Services, to facilitate  
 international adoptions for Canadian families.

**KidsAbility Centre for Child Development 144**

Chaplin Family YMCA  
 250 Hespeler Rd  
 Cambridge, ON N1R 3H3  
 Telephone: (519)621-7580  
 fax:(519)621-4651  
 Website: www.kidsability.ca  
 Contact: Mary Ellen McIlroy, Program Manager, Phone:  
 (519)621-7580, Fax: (519)621-4651  
 Description: Paediatric rehabilitation for children with  
 communication, developmental or physical disabilities.  
 Assessment and therapy services provided include:  
 Physiotherapy, Occupation therapy, Speech language  
 pathology, Social work, Psychology, Therapeutic  
 recreation, Special clinics: orthopaedic, orthotics, seating  
 and mobility and augmentative communication.

**141**
**kidsLINK 145**

35 Dickson St  
 Cambridge, ON N1R 7A6  
 Telephone: (519)746-KIDS(5437)  
 fax: (519)746-3055  
 Website: www.kidslink.ndsa.on.ca  
 Contact: Christene Bruder, Phone: (519)623-9380  
 Description: kidsLINK helps children, youth, and their  
 families to overcome social, emotional and behavioural  
 challenges.

**142**
**kidsLINK - Child and Family Journal 146**

1855 Notre Dame Dr  
 St. Agatha, ON N0B 2L0  
 Telephone: (519)749-2932 ext.25  
 fax: (519)746-3055  
 Website: www.childandfamilyjournal.com

Contact: Paula Brunkard, Managing Editor, Phone: (519)749-2932 ext. 25, Fax: (519)746-3055

Description: The Child and Family Journal is a Canadian publication that has been developed for practitioners in special education and children's mental health services. The journal is used to distribute knowledge and learning, to improve quality of services, and to promote collaboration and communication between professionals.

**King St. Baptist Church**

361 King St E  
 Cambridge, ON N3H 3M7  
 Telephone: (519)653-5131  
 Website: www.ksbchurch.org  
 Description: Religious organization.

**Kinsmen Club of Preston**

425 Hespeler Rd, Ste 320  
 Cambridge, ON N1R 8J6  
 Telephone: (519)653-4420  
 Website: www.prestonkinclubs.ca  
 Contact: Dwayne Loughlean, President  
 Description: For over 60 years the Kinsmen & Kinette Clubs of Preston have been proudly Serving Our Community's Greatest Need. Through fund raising projects and community service, they strive to make our community a better place.

**Kiwanis Club of Cambridge**

Telephone: (519)650-0913  
 Website: www.cambridgekiwanis.com  
 Description: This club provides assistance to underprivileged children of the community.

**Kiwanis Non-Profit Housing**

340 Linden Dr  
 Cambridge, ON N1R 8E3  
 Telephone: (519)653-2878  
 Contact: Mary Macleod, General Manager

**Knights of Columbus Council #4916**

333 Speedsville Rd  
 Cambridge, ON N3H 4R6  
 Telephone: (519)650-0913  
 Website: prestonknights.com

Contact: Joseph Beke, Phone: (519)650-0524  
 Description: The Knights of Columbus is a Catholic family fraternal service organization and it provides members and their families with volunteer opportunities.

**Knights of Columbus Galt Council #2184** 152

53 Wellington St  
 Cambridge, ON N1R 3Y6  
 Telephone: (519)653-6903

Description: The Knights of Columbus is a Catholic family fraternal service organization and provides members and their families with volunteer opportunities in service to the Catholic Church, their communities, families and young people.

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**Knights of Columbus St. Gregory's Council #9399** 153

10 St. Gregory Dr  
 Cambridge, ON N1S 3Z1  
 Telephone: (519)622-2281  
 Contact: Andrew O'Brien, Grand Knight, Phone: (519)622-2281

Description: The Knights of Columbus is a Catholic family fraternal service organization and provides members and their families with volunteer opportunities.

**149 Knox Church- Seniors Time Out** 154

Telephone: (519)632-7017  
 Website: www.knoxuayr.com  
 Contact: Carol Kopp  
 Description: Seniors meet last Monday of each month except in July and August at the Knox Church to socialize.

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**Knights of Columbus Council #4916** 151

**Knights of Columbus Council #4916**  
 132 Argyle St N  
 Cambridge, ON N3H 1P6  
 Telephone: (519)653-6691  
 Website: www.knoxpreston.ca  
 Description: Religious organization.

**Knights of Columbus Council #4916** 155

**Knights of Columbus Council #4916**  
 92 Northumberland St  
 Ayr, ON  
 Telephone: (519)632-7461  
 Website: www.knoxuayr.com

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Contact: Rev.Fred Hagle, Phone: (519)632-7461

Description: Place of worship. It a non-profit organization that provide sermons and special events like the country carnival.

### **Knox's Galt presbyterian Church**

2 Grand Ave S  
 Cambridge, ON  
 Telephone: (519)621-8120  
 fax: (519)621-8129

Website: [www.knoxgalt.org](http://www.knoxgalt.org)

Contact: Katherine Krulicki, Admin. Assistant, Church,  
 Phone: (519)621-8120

Description: Religious organization.

### **Korea War Veterans Association of Canada -Unit 13**

Contact: Don Sudden,

Description: They conduct meetings for social and assistance means.

### **Ladies Time Out**

455 Myers Rd  
 Cambridge, ON N1R 5S2

Contact: Jennifer Dawdy, Phone: (519)623-5296

Description: Community group for women, bible study, discussions, crafts, speakers and friendship. Pre-school program available.

### **Langs Farm Village Association**

887 Langs Dr, Unit 1  
 Cambridge, ON  
 Telephone: (519)653-1470 Ext#228

Website: [www.langs.org](http://www.langs.org)

Contact: Tammy Saunders

Description: It offers community programs; employment counselling and services; children and youth programs; summer camps; medical counselling. It also conducts free tax clinics for low income families and seniors.

### **Lions Club, Ayr-Dumfries**

Telephone: (519)632-9240

Contact: Bob Cooper, Phone: (519)632-9240, Email:  
[rjcooper@sympatico.ca](mailto:rjcooper@sympatico.ca)

Description: Offers help to less fortunate; sponsors youth activities. Supports local projects and Lion's projects. Organizes annual Santa Claus Parade.

### **Lisaard House**

990 Speedsville Rd  
 Cambridge, ON N3H 4R6  
 Telephone: (519)650-1121  
 fax: (519)650-8058

Website: [www.lisaard.com](http://www.lisaard.com)

**157** Contact: Connie Dwyer, Executive Director, Phone:  
 (519)650-1121 ext.214, Fax: (519)650-8058,

Description: The Lisaard house is a 6 bedroom Residential Hospice which offers individuals with cancer, who are facing the last few weeks of their lives, the option of a home-like setting with around-the-clock professional care.

### **Lutherwood- Employment Services**

35 Dickson St  
 Cambridge, ON N1R 7A6  
 Telephone: (519)623-9380  
 fax: (519)623-8477

Website: [www.lutherwood.ca](http://www.lutherwood.ca)

**159** Contact: Susan Grimes, Manager of Employment  
 Services, Phone: (519)623-9383 Ext. 112, Fax: (519)623-8477

Description: Job search and career development assistance. Outplacement assistance to companies and employees impacted by downsizing or closures. Fully equipped resource centre

### **Lutherwood**

#### **160 Families in Transition Program**

35 Dickson St  
 Cambridge, ON N1R 7A6  
 Telephone: (519)743-2460 Ext.273  
 Website: [www.lutherwood.ca](http://www.lutherwood.ca)

Contact: Heather Papp, Phone: (519)743-2460 Ext.273

Description: 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.

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### **Lutherwood Housing Counselling Program**

35 Dickson St  
 Cambridge, ON N1R 7A6  
 Telephone: (519)623-9380  
 Website: [www.lutherwood.ca](http://www.lutherwood.ca)

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Contact: Shelly Johnston, Phone: (519)623-9380 Ext.110  
 Description: 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.

**Lutherwood**

**Rent Bank and Eviction Prevention Program**

35 Dickson St  
 Cambridge, ON N1R 7A6  
 Telephone: (519)743-2460 Ext. 225  
 Website: [www.lutherwood.ca](http://www.lutherwood.ca)  
 Contact: Kristine Dearlove, Phone: (519)743-2460 Ext. 225  
 Description: 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.

**Lutherwood**

**Mental Health Services  
 Family Counselling Services**

35 Dickson St  
 Cambridge, ON N1R 7A6  
 Telephone: (519)623-9380  
 fax: (519)740-8540  
 Website: [www.lutherwood.ca](http://www.lutherwood.ca)  
 Contact: Melvin Rose, Clinical Manager, Phone: (519)623-9380, Fax: (519)740-8540,  
 Description: Various types of counselling and therapy, including couple, family and individual counselling. Support groups for children and adults are also available.

**Lutherwood**

**Mental Health Services  
 Partners Program**

35 Dickson St  
 Cambridge, ON N1R 7A6  
 Telephone: (519)884-7755  
 Website: [www.lutherwood.ca](http://www.lutherwood.ca)  
 Description: The Partners Program, created through a joint initiative between Lutherwood and KidsLINK, is a high intensity and focused program approach designed to bring all the assistance your family needs into your environment.

**Maple Leaf Doll Club** 169  
 520 Lowther St S  
 Cambridge, ON N3H 1Z3  
 Contact: Pauline Stortz, Phone: (519)653-5585  
 Description: It's a non-profit organization for individuals interested in dolls and doll related items, collection, restoration, clothes and accessories. Meets monthly at Allan Reuter Centre.

**Maranatha Christian Reformed Church** 170  
 94 Elgin St S  
 Cambridge, ON N1R 5G5  
 Telephone: (519)623-8151  
 fax: (519)623-8382  
 Website: [www.maranathacrc.com](http://www.maranathacrc.com)  
 Contact: John Vanderstoep, Pastor, Phone: (519)623-8156, Fax: (519)623-8382, Email: [johnvanderstoep@sympatico.ca](mailto:johnvanderstoep@sympatico.ca)  
 Description: Religious organization

**Marsdale Manor Retirement Residence** 171  
 25 Linnwood Ave  
 Cambridge, ON N1R 1V2  
 Telephone: (519)622-5864  
 fax: (519)622-5586  
 E-mail: [marsdalemanor@bellnet.ca](mailto:marsdalemanor@bellnet.ca)  
 Contact: Linda Rock, Manager, Phone: (519)622-5864, Fax: (519)622-5586, Email: [marsdalemanor@bellnet.ca](mailto:marsdalemanor@bellnet.ca)  
 Description: Retirement home with 24 hour qualified nursing care, three meals daily, laundry, housekeeping and recreational activities.

**MENNONITE CHURCH CANADA** 172  
**Mennonite Church Eastern Canada  
 Calvary Church Ayr (Mennonite)**  
 173 Northumberland St  
 Ayr, ON N0B 1E0  
 Telephone: (519)632-7110  
 E-mail: [calvarychurchx@rogers.com](mailto:calvarychurchx@rogers.com)  
 Website: [www.mcec.ca](http://www.mcec.ca)  
 Contact: Rev. Lloyd Oakey, Pastor

**Monica-Ainslie Place** 173  
**Monica-Ainslie Resource Center**  
 150 Ainslie St N  
 Cambridge, ON N1R 3P5  
 Telephone: (519)624-0481  
 fax: (519)624-0491  
 Website: [www.saintmonicahouse.org](http://www.saintmonicahouse.org)

Contact: Linda Feldpusch, Executive Director, Phone: (519)624-0481, Fax: (519)624-0491

Description: Monica-Ainslie Place is a subsidized, supportive transitional housing complex for single mothers and their children.

173 Northumberland St  
 Ayr, ON

Telephone: (519)632-9864

Contact: Jennifer Culbert, Phone: (519)632-9864

Description: Play group for children conducted in the Church.

**Multiple Sclerosis Unit**

32 Stephen St  
 Cambridge, ON N1S 3R8  
 Telephone: (519)621-1641

Contact: Carol Beattie, Chair Person, Phone: (519)621-1641

Description: To aid those with M.S. and bring about public awareness. Brings guest speakers.

**National Scrabble Association  
 Golden Triangle Scrabble Club**

17 Fourth Ave  
 Cambridge, ON N1S 2C9

Contact: John Robertson, Director, Phone: (519)621-643

Description: National Scrabble Association Club #471 meets weekly for 3 games of scrabble and hosts two tournaments each year in March & October.

**Naval Club**

30 Cambridge St  
 Cambridge, ON N1R 3R7  
 Telephone: (519)623-3044

**North Dumfries Community Health Centre**

53 Hilltop Dr  
 Ayr, ON

Contact: Nancy DiPietro

**North Dumfries Family Resource Centre**

Calvary Church  
 173 Northumberland Street  
 Ayr, ON N0B 1E0  
 Telephone: (519)632-9806

Contact: Christie Martin, President, Phone: (519)632-9806

Description: North Dumfries Family Resource Centre provides caregivers and children with: Community resources; Lending library; Creative play time; Crafts, songs and stories; Monthly and seasonal events; Parent and caregiver social nights; Guest speakers; Parenting courses; Host Outreach Centre for KidsAbility Speech Assessments and therapy held on site each Friday.

**North Dumfries Family Resource Centre, Calvary Church**

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**Nutrition for Learning**

St. Joseph's School  
 160 Courtland Ave E  
 Kitchener, ON N2G 2V3  
 Telephone: (519)579-5745  
 fax: (519)579-6520

Website: www.nutritionforlearning.ca

Contact: Brian Kamm, Volunteer Manager, Phone: (519)579-5745, Fax: (519)579-6520

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Description: Nutrition for Learning's mission is to enhance children's ability to learn by ensuring that each child goes to school well nourished.

**Ministry of Community and Social Services  
 Ontario Disability Support Program**

Cambridge Place  
 73 Water St  
 Cambridge, ON

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Telephone: (519)623-1230; (888)214-0738

Contact: Program Manager, Phone: (519)623-1230 ext. 207

Description: The Ontario Disability Support Program (ODSP) provides income support and employment

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support to people with disabilities in financial need, or who want and are able to work and need support.

**Ontario Addiction Treatment Centres**

150 Main St  
 Cambridge, ON N1R 6P9  
 Telephone: (519)624-6311  
 fax: (519)624-7044  
 Website: www.oatc.ca

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Description: The OATC offers Methadone Maintenance Treatment Programs (MMTP) which are appropriate for individuals dependent on opiates such as heroin, methadone, Percocet, Oxycontin, opium, morphine, Dilaudid, codeine, Demerol, Fentanyl, etc.

**Ontario Retirement Communities Association**

2155 Leanne Blvd  
 Mississauga, ON L5K 2K8  
 Telephone: (905)403-0500  
 fax: (905)403-0502

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181

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E-mail: [jilldavies@orca-homes.com](mailto:jilldavies@orca-homes.com)  
 Website: [www.orca-homes.com](http://www.orca-homes.com)  
 Contact: Gord White, CEO, Phone: (905)403-0500 ext.222, Fax: (905)403-0502,  
 Description: ORCA is a non-profit provincial organization that sets professional operating standards, inspects and accredits retirement residences in Ontario. ORCA operates a toll-free Retirement Home Complaints Response and Information Service that gives seniors and their families the information they need to make informed choices and helps them resolve problems quickly and effectively.

**Ontario Special Olympics**

160 Hespeler Rd  
 Cambridge, ON  
 Telephone: (888)333-5515  
 Website: [www.osoinc.com](http://www.osoinc.com)  
 Contact: Sandra Goodwin, Phone: (519)578-3113  
 Description: Year round sports training program for teens and adults who have a developmental handicap. A non-profit volunteer organization.

**Ontario Students Against Impaired Driving 185**

Contact: Constable Bryan Larkin, Phone: (519)650-8500 Ext.759  
 Description: Individual groups run through area high schools work to eliminate impaired driving.

**Ontario. Ministry of Community and Social Services 186**

**Welfare Fraud Unit**

Telephone: 1-800-394-7867  
 fax: 1-866-681-3154  
 Website: [www.cfcs.gov.on.ca](http://www.cfcs.gov.on.ca)  
 Description: The Welfare Fraud hotline number is available for the public to report suspected cases of Ontario Works or Ontario Disability Support Program fraud. Callers will be asked for the name, address, telephone number of the person who may be committing the fraud, as well as details of the alleged fraud. Callers can remain anonymous.

**Optimist Club**

Telephone: (519)696-3060  
 Contact: Jeff Stager, Phone: (519)696-3060

**OWL Child Care Services of Ontario  
 Our Lady Fatima**

55 Hammest St  
 Cambridge, ON N3C 2H5  
 Telephone: (519)220-1148  
 Website: [www.owlchildcare.org](http://www.owlchildcare.org)  
 Contact: Ann Lammert, Supervisor, Email: [alammert@owlchildcare.org](mailto:alammert@owlchildcare.org)  
 Description: It provides preschool programs, day care, child care, and school age programs; kindergarten programs and summer camps are also conducted.

**Parent Finders of Kitchener Waterloo Area 189**

1873 Townline Rd  
 Cambridge, ON N1T 2J3  
 Contact: Albert Dikkes, Phone: (519)658-5590  
 Description: This is a non profit organization for birth parents, immediate relatives and/or those who are adopted and over 18 years. Assistance and direction with search and counselling.

**Parents of Technologically Dependent Children of Ontario 190**

335 Guelph Ave  
 Cambridge, ON N3C 2V3  
 Telephone: (519)651-2875  
 fax: (519)651-0217  
 E-mail: [ann@ptdc.on.ca](mailto:ann@ptdc.on.ca)  
 Website: [www.ptdc.on.ca](http://www.ptdc.on.ca)  
 Contact: Li-Anne C. Punter, Clinical Manager, Phone:  
 Email: [li-anne@ptdc.on.ca](mailto:li-anne@ptdc.on.ca)  
 Description: Respite care for children from birth to 18 years of age who are described as medically fragile and/or technologically dependent.

**Peekaboo Child Care Centre 191  
 Peekaboo Child Care, Cambridge**

460 Sheldon Dr, Unit 3  
 Cambridge, ON N1T 2C1  
 Telephone:(519)620-0123  
 Website: [www.peekabookid.com/cambridge.php](http://www.peekabookid.com/cambridge.php)  
 Description: Peekaboo Child Care Centre is a privately owned, fully licensed by the Ministry of Community and Social Services. Peekaboo offers both part time and full time child care & pre school.

**187 People Assisting in Transporting Elderly Residents 192**

15 Wellington St  
 Cambridge, ON N1R 3Y4  
 Telephone: (519)622-3136  
 fax: (519)622-9272

**188**

- Contact: Janis Doran, Coordinator, Phone: (519)622-4967 Website: www.plannedlifetimenetworks.ca  
 Description: Volunteer drivers provide escorted transportation for seniors and adults with special needs to medical appointments, therapy, banking and grocery shopping.
- PEOPLE CARE INC.**  
**Hilltop Manor Cambridge**  
 42 Elliott St  
 Cambridge, ON N1R 2J2  
 Telephone:(519)621-3067  
 fax: (519)621-3443  
 Website: www.peoplecare.ca  
 Contact: LynetteAudet, Executive Director, Hilltop Manor Cambridge  
 Description: Long term care home with five distinctive specialty care areas including two secure Alzheimer units. Residents receive help with activities of daily living, enjoy recreation and restorative care programs with respectful medical and 24 hour nursing care as needed.
- Physicians for Global Survival**  
 26 Forbes St  
 Cambridge, ON N3C 2E2  
 Contact: Dr. Jean Skillman, Phone: (519)658-4615  
 Description: This non-profit organization promotes violent conflict resolution, abolition of nuclear weapons, and social justice.
- Pieces & Patches Quilter's Guild**  
 Saint John's Aglican Church  
 567 Queenston Road Rd  
 Cambridge, ON N3H 3J9  
 Contact: Carol McClellon, President, Pieces And Patches Quilter's Guild  
 Description: This is a quilters group that strive to educate the public on all aspects of quilting. They are involved with Bingiman's Art and Craft shows and also create quilts for local charities.
- Planned Lifetime Networks**  
 Telephone: (519)746-1188  
 E-mail: plninfo@plannedlifetimenetworks.ca
- 193**  
**Pluto Daycare Centre** **197**  
 25 Brook St  
 Cambridge, ON N1R 4B9  
 Telephone: (519)623-5200  
 Description: They provide daycare programs for ages 6 months -6 years.
- 194**  
**Popcorn House C.C** **198**  
 292 Shepherd Ave  
 Cambridge, ON  
 Telephone: (519)654-9444  
 Contact: Chris Hayhoe, Executive Director, Phone: (519)654-9444 ext,229  
 Description: The Popcorn House provides programs for children and adults including a daily breakfast program, craft classes, aerobic classes, after-school drop-in, Professional Activity (P.A) day camps and summer day camps. For adults and youths employment services and training, computer resources and counseling services are also available.
- 195**  
**Preston Figure Skating Club of Cambridge** **199**  
 Telephone: (519)653-2252  
 Website: www.prestonfsc.com  
 Contact: Rachell Tiggelman,  
 Description: They work together with the training centres and offer recreational programs for all levels from preschool to adult as well as beginner lessons.
- 196**  
**Preston Heights Community Group** **200**  
 350 Linden Dr  
 Cambridge, ON  
 Telephone: (519)650-2971  
 Website: www.prestonheights.ca  
 Contact: Sandy Roxborough, Director,  
 Description: This centre conducts various programs for ages 2-16. Also provides employment support services and counselling, and conducts family outreach programs.

- Preston Lawn Bowling Club**  
 427 Queenston Rd  
 Cambridge, ON  
 Telephone: (519)683-8895  
 Contact: Theresa Turner  
 Description: Lawn bowling for all ages. Balls and lessons provided
- Preston Men's Slo-Pitch**  
 439 Lowther St S  
 Cambridge, ON N3H 1Z2  
 Contact: Paul Holtz, Phone: (519)653-0656
- Preston Mennonite Church**  
 791 Concession Rd  
 Cambridge, ON N3H 4L1  
 Telephone: (519)653-5171  
 Website: www.prestonmennonite.com  
 Description: Religious organization
- Preston- Hespeler Badminton Club**  
 1453 Eleanor Ave  
 Cambridge, ON N3H 4N4  
 Contact: Rick Hyde, Phone: (519)653-9297  
 Description: Pay as you play adult recreational badminton club.
- Pride Stables, Central Ontario Developmental Riding Program**  
 584 Pioneer Tower Rd  
 Kitchener, ON N2P 2H9  
 Telephone: (519)653-4686  
 Website: www.codrp.com
- Probud Club - Cambridge Branch**  
 Telephone: (519)621-7799  
 Contact: Ron Howey, President, Phone: (519)621-7799  
 Description: A club for business and professional people, fully or partially retired, to share friendship and experiences. Speakers on interesting and topical subjects.
- Probud Club- Preston Hespeler Branch**  
 Telephone: (519)623-3634  
 Contact: Harol Clerk, Phone: (519)623-3634  
 Description: A club for business and professional people, fully or partially retired, to share friendship and experiences. Speakers are invited.
- 201 rare Charitable Research Reserve** **208**  
 rare Administration Center  
 1679 Blair Rd E  
 Cambridge, ON N3H 4R8  
 Telephone: (519)650-9336  
 fax: (519)650-5923  
 Website: www.raresites.org  
 Contact: Patti Leather, Executive Director, rare Charitable Research Reserve, Phone: (519)650-9336 x 118, Fax: (519)650-5923  
 Description: "rare" is a not-for-profit environmental organization ensuring the reservation and restoration of a unique 913-acre land reserve which provides a natural laboratory for scientific study, related education and passive recreation programs.
- 202 REGION OF WATERLOO Child Care Subsidy** **209**  
 150 Main St  
 Cambridge, ON  
 Telephone: (519)883-2200  
 Website: www.region.waterloo.on.ca/socialservices  
 Contact: Sheri Phillips, Manager, Phone: (519)883-2191  
 Description: This program helps those who are working, attending school or a training program, or have medical issues, to pay for child care costs in licensed programs in the community.
- 203 REGION OF WATERLOO Christopher Children's Center** **210**  
 30 Christopher Dr  
 Cambridge, ON N1R 4R4  
 Telephone:(519)621-6525  
 Contact: Kim Sanguesa, Supervisor  
 Description: It provides programs to children that are aged between 18 months - 5 years. Also runs drop in centre for youth and children.
- 204 Region of Waterloo Home Child Care Giver** **211**  
 150 Main St  
 Cambridge, ON N1R 8H6  
 Telephone: (519)740-5760  
 Website: www.region.waterloo.on.ca  
 Contact: JoAnn Gillan, Phone: (519)883-2221,  
 Description: This program is for those who are interested in giving home child-care services, through a contract with Region of Waterloo Children's Services and have the advantage of ongoing support from an Early Childhood Educator.
- 205**
- 206**
- 207**

- Region of Waterloo Public Health**  
 150 Main St  
 Cambridge, ON N1R 6P9  
 Telephone: (519)621-6110  
 E-mail: [publichealth@region.waterloo.on.ca](mailto:publichealth@region.waterloo.on.ca)  
 Website: [www.region.waterloo.on.ca/ph](http://www.region.waterloo.on.ca/ph)  
 Description: Health education, disease prevention, promotional activities, counselling, and referral services in these areas: Child, Youth, Violence Prevention, Dental, Environmental, Infection control, Food safety, Cancer Prevention, Hearth Health, AIDS/STD, Sexual Health,
- 212** 568 Montrose St N  
 Cambridge, ON N3H 2P6  
 Telephone: (519)653-7746  
 Website: [www.riverside-arp.com](http://www.riverside-arp.com)  
 Description: Religious organization.
- Roseville United Brethren in Christ** **217**  
 RR#1  
 Ayr, ON  
 Telephone: (519)696-3005  
 Description: Religious Organization
- Region of Waterloo Co-ordinated Access System Community Housing Access Centre** **213**  
 150 Main St  
 Cambridge, ON N1R 6P9  
 Telephone: (519)575-4833  
 fax: (519)740-5957  
 Description: 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.
- Riverbend Place** **214**  
 650 Coronation Blvd  
 Cambridge, ON N1R 7S6  
 Telephone: (519)740-3820  
 Description: Riverbend Place is a Multi Level Retirement Community which includes Independent Apartments, Apartment Plus with full services, Retirement Lodge and Long Term Care Nursing. They offer comfortable retirement living in a safe and secure environment. Subsidy available
- Riverside Manor** **215**  
 54 Grand Ave N  
 Cambridge, ON N1S 2K9  
 Telephone: (519)621-5256  
 Description: Nursing and personal care facilities. Retirement homes: assisted and independent living. Subsidy available.
- Riverside Presbyterian Church (Associate Reformed Synod)** **216**
- Rotary Club of Cambridge** **218**  
 Contact: Biran Jones, Email: [bjones@rogers.com](mailto:bjones@rogers.com)  
 Description: They provide services for children with disabilities and other projects in the community.
- Rotary Club of Cambridge Sunrise** **219**  
 Website: [www.cambridgesunriserotary.org](http://www.cambridgesunriserotary.org)  
 Contact: Prakash Venkatraman, President  
 Description: The Foundation is a not-for-profit corporation that enables the Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty.
- Royal Canadian Army Cadets** **220**  
 1 Valour Pl  
 Cambridge, ON  
 Telephone: 519-623-6406  
 Website: [www.cadets.ca](http://www.cadets.ca)  
 Contact: Commanding Officer, Email: [co.21army@cadets.net](mailto:co.21army@cadets.net)  
 Description: Army Cadets introduces young people age 12-18 into a structured youth program with emphasis on physical fitness, survival and team work in a military atmosphere
- Royal Canadian Legion** **221**  
 4 Veterans Way  
 Cambridge, ON  
 Contact: Derek Mills  
 Description: They offer recreational activities and support for community events.

**Run for Life**

2 John St  
 Cambridge, ON N1S 2V1  
 Telephone: (519)623-5320  
 E-mail: carson.j@sympatico.ca  
 Website: www.runforlife.ca  
 Description: Running programs for the whole family.  
 Knowledgeable coaches; safe training routes. Non profit.

**Saginaw Child Care Centre (Jacob Hespeler)**

Saginaw Public School  
 740 Sagnaw Pkwy  
 Cambridge, ON N1T 1V6  
 Telephone: (519)740-8066  
 Description: It offers preschool, day care programs, before and after school, and summer programs.

**Saint Luke's United Church**

1620 Franklin Blvd  
 Cambridge, ON N3C 1P2  
 Telephone: (519)658-2351  
 Description: Religious organization

**Saint Monica House**

231 Herbert St N  
 Waterloo, ON N2J 1V1  
 Telephone: (519)743-0291  
 Crisis(519)743-0291  
 fax:(519)743-0292  
 Website:www.saintmonicahouse.org  
 Contact:Linda Feldpusch, Executive Director, Phone: (519)624-0481, Fax: (519)624-0491  
 Description: Saint Monica House offers comprehensive expectant and new mother's programs for women living in residence or the community. Saint Monica house also has a nursery, for babies up to 11 months.

**Salvation Army (The) Community and Family Services**

16 Shade St  
 Cambridge, ON N1R 4J5  
 Telephone:(519)623-1221  
 fax: (519)623-3275  
 Contact: Roland Shea, Executive Director, Email: roland\_shea@can.salvationarmy.org  
 Description: The Salvation Army Community and Family Services, assists individuals and families in need.  
 Programs include: Emergency Assistance: Food, clothing and fire victims, Christmas Toy and Hamper Program, Income Tax preparation, Fresh Air Camp for youth,

**222** Backpacks for Kids. Food vouchers are given to the needy.

**Salvation Army Community Church Hespeler Community Church**

18 Tannery St  
 Cambridge, ON N3C 2B9  
 Telephone:(519)658-9850  
 fax: (519)658-9457  
 Contact:Major Renee Clarke, Paster, Salvation Army,  
 Phone: (519)658-9850

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

**Scouts Canada South Waterloo Area**

**224** 1580 Queenston Rd  
 Cambridge, ON N3H 3L9  
 Telephone:519-653-5454  
 Website: www.scouts-sw.ca  
 Contact: Sharon Richards, Scout House Manager, Scouts Canada, Phone: 519-653-5454,

**225** Description: Scouting offers challenging programs for boys, girls and youth ages 5-26 years. Programs include: Beavers, Cubs, Ventures and Rovers.

**Senior Homecare by Angels**

506 King St E  
 Cambridge, ON N3H 3N2  
 Telephone: 519-653-8185  
 fax: 519-653-8576  
 Website: seniorhomecarebyangels.com  
 Contact: Marcia Quinlan, Owner/Director, Senior Homecare By Angels, Phone: 519-653-8185, Fax: 519-653-8576,  
 Description: A non-medical homecare agency geared towards Seniors.

**226 Senior Peer Support Programs**

1405 King St  
 Kitchener, ON N2G 2N9  
 Telephone: (519)741-2576  
 Contact: Wendy Fifield,  
 Description: It offers pre-retirement program, confidential peer support, counselling and information on various senior issues.

**Seniors For Seniors**

279 Weber St N, Ste 28  
 Waterloo, ON N2J 3H8  
 Telephone: (519)585-0845  
 Website: www.srs4srs.org  
 Contact: Program Manager, Phone: 519-585-0845,  
 Description: Seniors for Seniors®, is a commercial organization catering exclusively to the needs of senior citizens and older adults. They offer overnight and live-in companions, home care support (cleaning, cooking etc), driving services and registered nursing services.

**Silver Heights Neighbourhood Association**

Silverheights Public School  
 390 Scott Rd  
 Cambridge, ON  
 Telephone: (519)740-4681  
 Contact: Andrea Riley, Phone: (519)740-4681 ext 4689  
 Description: It offers a wide variety of programs to the children, youth and adults in the Silver Heights community.

**Social Planning Council of Cambridge and North Dumfries**

150 Main St, 2nd Flr  
 Cambridge, ON N1R 6P9  
 Telephone: (519)623-1713  
 fax: (519) 621 6220  
 Website: www.socialplanningcouncil-cnd.org  
 Contact: Phone: (519)623-1713 ext.237  
 Description: The Social Planning Council of Cambridge and North Dumfries (SPC-CND) actively participates in building and strengthening our community through social change, innovation, research, analysis, and facilitation.

**Soroptimist International of Cambridge**

Telephone: (519)621-8287  
 Website: www.ecsoroptimist.org  
 Contact: Karen Wilson, Phone: (519)621-8287,  
 Description: Professional women whose mission and core purpose is to advance human rights and the status of women and girls.

**South Waterloo Naval Veterans' Association**

30 Cambridge St  
 Cambridge, ON N1R 3R7  
 Telephone: (519)623-3044  
 Contact: Allan Bell, President, Phone: (519)623-0394

**231** Description: This is a non profit association. Social and Service Club for veterans.

**Southern Ontario AutoCAD Practitioners 236**

Hespeler Memorial Arena, Optimists Room.  
 640 Ellis Rd  
 Cambridge, ON N3C 4K1  
 Website:  
 www.soapweb.ca  
 Description: A non-profit AutoCAD support group with interest in the Mechanical Engineering and Construction Field.

**232**

**Southwood Community Centre**

**237**

241 Southwood Dr, Unit 1  
 Cambridge, ON  
 Telephone: (519)621-2930  
 E-mail: southwood2@rogers.com  
 Contact: Tiffany Fagan, Program Co-ordinator, Email: southwood2@rogers.com  
 Description: It offers various youth and children's program; drop in centre; recreational programs for ages 2-16; breakfast programs; cooking programs; and summer and march break camps.

**233**

**St Clement's Church**

**238**

745 Duke St  
 Cambridge, ON N3H 3T7  
 Telephone: (519)653-6123  
 Website: www.stclementsparish.ca  
 Description: Religious organization.

**St. Ambrose Church**

**239**

210 South St  
 Cambridge, ON N1R 2P4  
 Telephone: (519)621-2013  
 Description: Religious organization.

**St. Andrew's Hespeler Presbyterian Church**

**240**

73 Queen St E  
 Cambridge, ON N3C 2A9  
 Telephone: (519)658-2652  
 Website: www.standrewshespeler.ca  
 Description: Religious organization

**St. Andrew's Terrace Long Term Care Community**

**241**

- 255 St. Andrew's St  
 Cambridge, ON N1S 1P1  
 Telephone: (519)620-9512  
 fax: (519)620-1432  
 Website: www.snr.on.ca  
 Contact: Donna Heffron, Administrator, Phone: (519)620-9512, Fax: (519)620-1432  
 Description: St. Andrew's Terrace offers multiple levels of care for those who require mild to high assistance in a 128-bed facility with peaceful garden areas.
- St. David's Church**  
 100 Pollock Ave  
 Cambridge, ON N1R 2B7  
 Telephone: (519)622-5470  
 Description: Religious Organization.
- St. Giles Presbyterian Church**  
 146 Ballantyne Ave  
 Cambridge, ON N1R 2T2  
 Telephone: (519)621-2380  
 Description: Religious organization.
- St. James Lutheran Church**  
 96 Queen St E  
 Cambridge, ON N3H 2B1  
 Telephone: (519)658-9621  
 Description: Religious organization
- St. John Ambulance  
 Cambridge Branch**  
 56 Jaffray St  
 Cambridge, ON N1R 3H9  
 Telephone: (519)740-8895  
 fax: (519)740-8642  
 Website: www.sja-cambridge.ca  
 Contact: Myra Klaasen, Executive Director, Phone: (519)740-8895, Fax: (519)740-8642  
 Description: First Aid and CPR training for work places and the general public. Other programs and services include: Babysitter training; Patient Care Program; Youth Programs; Therapy Dog Program; and Car Seat Safety Team.
- St. John's On The Hill United Church**  
 241 Cedar St  
 Cambridge, ON N1S 1W6  
 Telephone: (519)623-1820  
 Website: www.stjohns-on-the-hill.ca  
 Description: Religious organization
- St. Luke's Place** 247  
 1624 Franklin Blvd  
 Cambridge, ON N3C 3P4  
 Telephone: (519)658-5183  
 Description: Nursing facility for long term care; respite care; palliative care; assisted living, independent living apartments; meals, and recreational activities. Subsidy is available.
- St. Mary's Catholic Church** 248  
 16 Cooper St  
 Cambridge, ON N3C 2N2  
 Telephone: (519)658-4443  
 Description: Religious organization.
- St. Mary's General Hospital  
 St. Mary's Counselling Services, Cambridge** 249  
 243 51 Water St  
 Cambridge, On N1R 3B3  
 Telephone: (519)624-8424  
 fax: (519)745-5808  
 Website: www.smgh.ca  
 Description: St. Mary's Counselling Service provides confidential outpatient services for people with alcohol, drug, or gambling issues. Referrals to residential treatment programs or community programs are provided. Consultation is also available for family members or friends. Satellite Office in Cambridge .
- St. Mary's General Hospital  
 Waterloo Region Sexual Assault/Domestic Violence  
 Treatment Centre** 250  
 245 Cambridge Memorial Hospital  
 700 Coronation Blvd  
 Cambridge, ON N1R 3G2  
 Telephone: (519)749-6994  
 fax: (519)749-6857  
 Website: www.keepingsafe.ca  
 Contact: Casey Cruikshank, Director,  
 Description: Hospital-based team of physicians, nurses, social workers, specially trained to help those who have experienced intimate personal violence.
- St. Mary's Ukrainian Catholic Church** 251  
 246 582 Eagle St N  
 Cambridge, ON N3H 1C3  
 Telephone: (519)653-9841  
 Description: Religious organization
- St. Paul's Lutheran Church** 252

63 Grand Ave S  
 Cambridge, ON N1S 2L1  
 Telephone: (519)623-1604  
 Website: www.stpaulslutherancambridge.org  
 Description: Religious organization.

**St. Peter's Ev. Lutheran Church, Cambridge**

St. Peter's Ev. Lutheran Church  
 810 King St E  
 Cambridge, ON N3H 3P2  
 Telephone:(519)653-4721  
 Contact: Heidi Wachowiak, Pastor, Phone: (519)653-4721, Fax: (519)653-1115  
 Description: Religious organization

**St. Peters Place**

824 King St E  
 Cambridge, ON  
 Telephone:(519)653-2805  
 fax:(519)653-1115  
 Contact: Joanne Wynelte  
 Description: Non-profit co-op housing for seniors. 62 units including 30 units allotted to low-income families.

**Stamp Club, Cambridge**

98 Stewart Ave  
 Cambridge, ON N1R 2T9  
 Telephone:(519)623-5021  
 Contact:Bob Hunter, Phone: (519)623-5021  
 Description: For those with an avid interest in stamp collecting and meeting with others with similar interest.

**Stirling Heights Long Term Care Centre**

200 Stirling MacGregor Dr  
 Cambridge, ON N1S 5B7  
 Telephone: (519)622-3434  
 Description: Retirement home: Live-in pets, Residents' Council, Volunteer Program, Outdoor Gardens/Horticultural Activities, Comfort Care Coordinator, Specialized Skin and Wound Care Program

**Stroke Recovery Association**

Telephone:(519)742-3226  
 Contact:Norma Rudy  
 Description: It provides support, education, information, and referrals to individuals and their families dealing with stroke. Visitation on requests, monthly meetings, newsletter, socialization and information sharing.

**Sweet Maple Smockers**

Contact: Betty Parsons, Phone: (519) 653-9418  
 Description: This non-profit group is for those with an interest in the art of smocking and related needle work.

**Take Off Pounds Sensibly 259**

Telephone: (519)885-5068  
 Contact: Susan Bristol, Phone: (519)885-5068  
 Description: A non-profit organization to help support and educate weight loss sensibly and successfully. Meet at 7 locations throughout Cambridge. Phone for locations and time.

**Taoist Tai Chi Society 260**

336 Eagle St, Unit 1B1  
 Cambridge, ON N3H 2Z7  
 Telephone:(519)650-4963  
 Website:www.taoist.org  
 Contact: Simon Bull, Phone: (519)650-4963  
 Description: This non-profit organization practices ancient Chinese exercise for health.

**Telecare Cambridge 261**

Telephone: (519)658-2794  
 Crisis(519)658-6805  
 Website:www.telecarecambridge.com  
 Contact: Chester Rozen, Chairman  
 Description: Telecare Cambridge Distress Centre is a listening service for people to call when they are lonely, depressed, suicidal, grieving, or looking to get referred to another organization which can help them.

**Temple Babtist Church, Prime Time Plus 262**

400 Holiday Inn Dr  
 Cambridge, ON N3C 3T1  
 Telephone: (519)658-9001  
 Website: www.tbcc.on.ca  
 Description: Monthly meetings for those aged 50 and older. Christian fellowship through varied programs and activities.

**Tender Loving Daycare 263**

257 Galt Presbyterian Church  
 2 Grand Ave S  
 Cambridge, ON N1S 2L2  
 Telephone:(519)740-2442  
 Website:www.tenderlovingdaycare.ca  
 Description: Day care center. Various programs are offered to toddlers and preschool aged kids.

**258 Terraces By Hallman 264**

- 10 Melville St N  
Cambridge, ON N1S 1H5  
Telephone:  
(519)621-2777  
Description: Retirement communities; retirement homes.
- The Cambridge and District Humane Society** 265  
1650 Dunbar Rd  
Cambridge, ON N1R 8J5  
Telephone:  
(519)623-7722  
Website:  
www.spc.cambridgeweb.net  
Description: The Cambridge and District Humane Society is a non-profit organization dedicated to protecting and providing shelter and comfort to the needy animals of the Cambridge and District community in Ontario, Canada.
- The Hanning Houses**  
540 Queenston Rd  
Cambridge, ON N3H 3J8  
Telephone:  
(519)650-2505  
Description: Retirement home and retirement communities.
- The Life Centre**  
425 Hespeler Rd, Suite 369  
Cambridge, ON N1R 8J6  
Contact:  
Sam Sibley, Pastor, Phone: (519)651-1800  
Description: Religious non-profit organization.
- The Marian Residence**  
640 Hillview Rd  
Cambridge, ON N3H 5H3  
Telephone: (519)653-0363  
Contact: Marian R, Administrator  
Description: Retirement home; drop in centre, activities for seniors, tea-room; Assisted and independent living unit; Nursing facilities, Doctor visits once a week.
- The Slimmin' Wimmin' Centre**  
849 Laurel St  
Cambridge, ON N3H 3Z6  
Telephone:  
(519)653-3333  
Contact:  
Martha Catteau, President, Phone: (519)539-2466  
Description: Non-profit weight loss club
- Toastmasters  
Cambridge Toastmasters Club** 270  
The Scout House  
1580 Queenston Rd  
Cambridge, ON N3H 3L9  
Website:  
cambridgetm.freetoasthost.info/index.html  
Contact:  
See Contact Us on Website  
Description: A Toastmasters meeting is a learn-by-doing workshop in which participants hone their speaking and leadership skills in a friendly atmosphere. A typical group has 20 to 40 members who meet weekly or biweekly to practice public speaking techniques.
- Toastmasters  
Grand River Club** 271  
Cambridge Centre for the Arts  
45 Thorne St  
Cambridge, ON N1R 8N1  
Telephone: (519)653-0070  
E-mail: info1@speackconfident.com  
Website: www.speakconfident.com/start.htm  
Contact: Assad Kamal, V.P. of Public Relations, Phone: (519) 653-0070,  
Description: A Toastmasters meeting is a learn-by-doing workshop in which participants hone their speaking and leadership skills in a friendly atmosphere. A typical group has 20 to 40 members who meet weekly or biweekly to practice public speaking techniques. The average meeting lasts one hour.
- Toastmasters  
High Noon Club** 272  
150 Main St, 2nd floor  
Cambridge, ON N1R 6P9  
Telephone:  
(519)622-9164  
Website:  
www.toastmasters.org  
Contact:  
Gary Jones, Club Sponsor,  
Description: A Toastmasters meeting is a learn-by-doing workshop in which participants hone their speaking and leadership skills in a friendly atmosphere. A typical group has 20 to 40 members who meet weekly or biweekly to practice public speaking techniques. The average meeting lasts one hour.

**Toastmasters**

**TopDrawer Toastmasters Club**

Allan Reuter Centre  
507 King St E  
Cambridge, ON N3H 3N4  
Telephone:  
(519)744-2444

Description: A Toastmasters meeting is a learn-by-doing workshop in which participants hone their speaking and leadership skills in a friendly atmosphere. A typical group has 20 to 40 members who meet weekly or biweekly to practice public speaking techniques. The average meeting lasts one hour.

**Trillium United Church**

450 King St  
Cambridge, ON N3H 3M9  
Telephone:  
(519)653-6601  
Website:

www.trilliumchurch.ca  
Description: Religious organization.

**Trinity Community Table**

12 Blair Rd  
Cambridge, ON N1S 2H5  
Telephone:  
(519)623-0934  
fax:  
(519)621-8114

Contact:  
Trinity Anglican Church, Phone: 519-621-8860  
Description: Provides hot, nourishing noon hour meals on Monday, Wednesday and Fridays to individuals and families in need.

**UNITED CHURCH OF CANADA**

**Grace United Church**

3258 Roseville Rd E, RR 1  
Ayr, ON N0B 1E0  
Telephone:  
(519)696-2794  
Contact:

John Seaton, Co-Chair of Board, Phone: (519)623-1359  
Description: Sunday worship services at 11:15 a.m.

**United Way of Cambridge and North Dumfries**

150 Main St, 2nd Flr  
Cambridge, ON N1R 6P9  
Telephone: (519)621-1030  
fax: (519)621-6220

273 Website: www.uwcambridge.on.ca  
Contact: Linda McGaughey, Administrative Assistant,  
Phone: (519)621-1030 ext. 221,  
Description: United Way of Cambridge and North Dumfries provides funding, leadership and support to local non-profit programs and agencies, and the issues that affect the community most.

**United Way of Cambridge and North Dumfries Volunteer Cambridge 278**

150 Main St  
Cambridge, ON N1R 6P9  
Telephone: (519)621-1030  
fax: (519)621-6220

274 Contact: Fabienne Prior Phone: (519)621-1030  
Description: Volunteer Cambridge is a service of United Way of Cambridge and North Dumfries, and it aims to promote volunteerism and the capacity of the local voluntary sector.

**Victim Services of Waterloo Region 279**

275 Waterloo Region Police, Division 2  
176 Hespeler Rd  
Cambridge, ON N1R 6V7  
Telephone: (519)585-2363  
Crisis(519)585-2363  
fax: (519)579-5593  
E-mail: victimservices@wrps.on.ca  
Website: www.vswr.ca

Contact: Kim Clark, Executive Director,  
Description: The Organization provides assistance to victims of crime, trauma and tragic circumstance, either at the scene of an incident or at a later date, via telephone or in person.

**276 Victoria Lodge Retirement Home 280**

144 Piper St  
Ayr, ON N0B 1E0  
Telephone:(519)632-7541  
Description: Retirement home. Nursing facilities are available. Activities are conducted for the residents

**W.G. Johnson Centre 281**

31 Kribs St  
Cambridge, ON N3C 2L3  
Telephone: (519)654-9001  
fax:(519)654-0033  
Website: www.citycambridge.on.ca

Contact: Paula Ridge, Area Recreation Manager, Phone: (519)654-9001, Fax: (519)654-0033,  
Description: Aquatics, Fitness and Youth Oriented Activities. Indoor pool featuring a 1M diving board, Tarzan rope, gym, sauna, patio, gallery, seniors centre, conditioning centre, water slide, and hot tub.

Contact: Sandra Ball, Bail Supervisor, Phone: (519)622-2442, Fax: (519)622-8729  
Description: Keeps young offenders and adults on bail supervision in the community, pending disposition of their case.

**Wandering Canadians Incorporated**

Cambridge, ON N1R 1Z3  
Telephone:(519)623-2978

Contact: Earl and Marilyn Swan, Chairperson, Chapter,  
Description: This is a family camping chapter of the Ontario provincial Association of Family Campers and RVers. Campouts and activities are scheduled from April to October.

**Wanner Mennonite Church**

1705 Beaverdale Rd  
Cambridge, ON N3C 2V3  
Telephone: (519)658-4902  
E-mail: admin@wannerchurch.org  
Website: www.wannerchurch.org  
Description: Religious organization.

**Waterloo Catholic District School Board**

35 Weber St W  
Kitchener, ON N2G 4G2  
Telephone: (519)578-3660  
Website: www.wcdsb.edu.on.ca  
Description: Adult education ; Boards of education ; Citizenship ; Elementary separate schools ; English as a second language ; French-speaking communities ; Literacy instruction ; Parent and child programs ; Parenting support ; Religious counselling ; Remedial education ; Secondary separate schools

**Waterloo Region Bail Program  
Bail Supervision and Verification Program**

Cambridge Place  
73 Water St N, Suite 3  
Cambridge, ON N1R 7L6  
Telephone:(519)622-2442  
fax: (519)622-8729  
Website:www.waterloobailprogram.ca

**282 Waterloo Region District School Board 286**

51 Ardelt Ave  
Kitchener, ON  
Telephone: (519)570-0300  
Website: www.wrdsb.on.ca

Description: Academic upgrading ; Adult education ; Alternative schools ; Boards of education ; Citizenship ; Distance education ; Elementary schools ; Employment ; English as a second language ; First language literacy programs ; Homophobia ; Job placements ; Literacy instruction ; Parent and child programs ; Remedial education ; Secondary schools ; Vocational counselling

**283 Waterloo Region District School Board 287  
Dickson Public School**

65 St. Andrew's St  
Cambridge, ON N1S 1M6  
Telephone: (519)621-6030  
Description: Junior School(JK-5); Elementary School

**284 Waterloo Region District School Board 288  
Elgin Street Public School**

685 Elgin St N  
Cambridge, ON N1R 7W6  
Telephone: (519)622-0611  
Description: Junior School (JK-6) Elementary School

**Waterloo Region District School Board 289  
Galt Collegiate Institute**

200 Water St N  
Cambridge, ON N1R 6V2  
Telephone: (519)623-3600  
Description: Semestered (9-12) Secondary School

**Waterloo Region District School Board 290  
Glenview Park Secondary School**

55 McKay St  
Cambridge, ON N1R 4G6  
Telephone: (519)621-9510  
Description: Semestered (9-12) Secondary School

<p><b>Waterloo Region District School Board Grand View Public School</b> 1144 Hamilton St Cambridge, ON N3H 3G2 Telephone: (519)653-3611 Description: Junior School (JK-6) Elementary School</p>	<p><b>291 Waterloo Region District School Board Lincoln Avenue Public School</b> 77 Lincoln Ave Cambridge, ON N1R 4X1 Telephone: (519)621-5661 Description: Senior School (7-8) Elementary School</p>	<p><b>298</b></p>
<p><b>Waterloo Region District School Board Hespeler Public School</b> 300 Watson Blvd Cambridge, ON N3C 3J6 Telephone: (519)658-4691 Description: Composite School (JK-6) Elementary School</p>	<p><b>292 Waterloo Region District School Board Manchester Public School</b> 455 Dundas St Cambridge, ON N1R 5R5 Telephone: (519)621-8240 Description: Junior School (JK-6) Elementary School</p>	<p><b>299</b></p>
<p><b>Waterloo Region District School Board Hespeler Public School</b> 300 Winston Blvd Cambridge, ON N3C 3J6 Telephone: (519)658-4691 Description: Composite School (JK-8) Elementary School</p>	<p><b>293 Waterloo Region District School Board Parkway Public School</b> 436 Preston Pkwy Cambridge, ON N3H 5C7 Telephone: (519)653-0383 Description: Junior School (JK-6) Elementary School</p>	<p><b>300</b></p>
<p><b>Waterloo Region District School Board Highland Public School</b> 125 Salisbury Ave Cambridge, ON N1S 1J8 Telephone: (519)621-9981 Description: Junior School (JK-5) Elementary School</p>	<p><b>Waterloo Region District School Board 294 Preston High School</b> 550 Rose St Cambridge, ON N3H 2E6 Telephone: (519)653-2367 Description: Semestered (9-12) Secondary School</p>	<p><b>301</b></p>
<p><b>Waterloo Region District School Board Highland Public School</b> 125 Salisbury Ave Cambridge, ON N1S 1J8 Telephone: (519)621-5187 Description: Junior School (JK-6) Elementary School</p>	<p><b>Waterloo Region District School Board 295 Preston Public School</b> 210 Westminister Dr N Cambridge, ON N3H 5C8 Telephone: (519)653-0387 Description: Junior School (JK-6) Elementary School</p>	<p><b>302</b></p>
<p><b>Waterloo Region District School Board Hillcrest Public School</b> 31 Renwick Ave Cambridge, ON N3C 2T5 Telephone: (519)658-5187 Description: Junior School (JK-6) Elementary School</p>	<p><b>Waterloo Region District School Board 296 Ryerson Public School</b> 749 Grand Valley Dr Cambridge, ON N3H 2S3 Telephone: (519)653-5532 Description: Junior School (JK-6) Elementary School</p>	<p><b>303</b></p>
<p><b>Waterloo Region District School Board Jacob Hespeler Secondary School</b> 355 Holiday Inn Dr Cambridge, ON N3C 1Z2 Telephone: (519)658-4910 Description: Semestered (9-12) Secondary School</p>	<p><b>Waterloo Region District School Board 297 Saginaw Public School</b> 740 Saginaw Pkwy Cambridge, ON N1T 1V6 Telephone: (519)624-7111 Description: Junior School (JK-6) Elementary School</p>	<p><b>304</b></p>

**Waterloo Region District School Board  
Silverheights Public School**

390 Scott Rd  
 Cambridge, ON N3C 3Z7  
 Telephone: (519)658-9023  
 Description: Composite School (JK-8) Elementary School

**Waterloo Region District School Board  
Southwood Secondary School**

30 Southwood Dr  
 Cambridge, ON N1S 4K3  
 Telephone:(519)621-5920  
 Description: Semestered (9-12) Secondary School

**Waterloo Region District School Board  
St. Andrews Public School**

65 Victoria St  
 Cambridge, ON N1S 1X2  
 Telephone:(519)621-7170  
 Description: Senior School (6-8) Elementary School

**Waterloo Region District School Board  
Stewart Avenue Public School**

145 Stewart Ave  
 Cambridge, ON N1R 2V5  
 Telephone: (519)621-4171  
 Description: Composite School (JK-8) Elementary School

**Waterloo Region District School Board  
Tait Street Public School**

184 Tait St  
 Cambridge, ON N1S 3G3  
 Telephone: (519)621-7621  
 Description: Junior School(JK-6) Elementary School

**Waterloo Region District School Board  
William G. Davis Public School**

530 Lang's Dr  
 Cambridge, ON N3H 5G5  
 Telephone: (519)653-2384  
 Description: Senior School (7-8) Elementary School

**Waterloo Region District School Board  
Woodland Park Public School**

555 Ellis Rd  
 Cambridge, ON N3C 4K2  
 Telephone: (519)654-9402

**305** Description: Composite School (JK-8) Elementary School

**Waterloo Region New Comers Club 312**

Olivert United Church  
 #47 Onward Avenue Ave  
 Kichener, ON  
 Contact: Cecilia Gilbert, President, Phone: (519)650-9673, Email: cewaygilbert@rogers.com

**306** Description: A social group for women who have moved to the region within the last 3 years.

**Waterloo Region Social Services Department 313**

The Mall  
 150 Main St  
 Cambridge, ON N1R 8H6  
 Telephone:(519)883-2100  
 General Assistance/Ontario Works: (519)740-5700

**307**

**Waterloo Region, Sexual Health Program 314**

150 Main St, 1st Flr  
 Cambridge, ON  
 Telephone: (519)740-5781  
 fax: (519)621-5967  
 Description: Confidential information, counselling, clinical services and education concerning sexual decision making, healthy relationships, contraception, pregnancy testing ~ community workshops, health fairs ~ collaborates with other community groups to promote healthy sexuality.

**308**

**Waterloo Wellington Community Care Access Centre 315**

Head Office  
 800 King St W  
 Kitchener, ON N2G 1E8  
 Telephone: (519)748-2222  
 fax: (519)883-5555  
 information@ww.ccac-ont.ca  
 Website: www.ww.ccac-ont.ca  
 Contact: Intake Department, Phone: (519)748-2222  
 Description: The Waterloo Wellington CCAC coordinates health services such as nursing, physical therapy, occupational therapy and personal support for people who are recovering from illness or injury, and for those who are living with chronic illness or disability.

**309**

**310**

**311**

**Welcome Wagon 316**

Website: www.welcomewagon.ca  
 Description: Hostesses are available with gifts and information packages for new babies, across city movers and newcomers to Cambridge.

**Wesley United Church**

6 Cambridge Street N  
 Cambridge, ON N1R 3R6  
 Telephone: (519)621-6060  
 fax: (519)621-6061  
 Website: wesleyunited.ca  
 Contact: Ron Vincent-Haven, Reverend, Phone:  
 (519)621-6060, Fax: (519)621-6061  
 Description: It provides family worship services. It also  
 provides rental units for ESL classes and New Hope  
 Group. Weddings, Funerals and concerts.

**Wind Climbers Kite Club**

91 Culham Dr  
 Cambridge, ON N1S 3W8  
 Telephone: (519)624-2434  
 Website: [www.geocities.com/colosseum/track/8336/](http://www.geocities.com/colosseum/track/8336/)  
 Contact: Carlos Simoes, Phone: (519)624-2434,  
 Description: For kite enthusiasts of all ages. Workshops,  
 presentations, festivals, displays, kite-making  
 competition, stunt kites, kite surfing and more.

**Women's Crisis Services of Waterloo Region  
 Haven House; Anselma House**

Telephone: (519)653-2289  
 Crisis(519)653-2422  
 fax: (519)653-0902  
 Website: [www.wcswr.org](http://www.wcswr.org)  
 Contact: Jane Ryan, Office Manager, Phone: (519)653-  
 2289 ext.235, Fax: (519)653-0902,  
 Description: 24-hour crisis line, 30-bed crisis shelter,  
 support groups , and community referrals, for women and  
 children in abusive homes.

**YMCA  
 Language Assessment Centre**

YMCA of Cambridge  
 258 Hespeler Rd  
 Cambridge, ON N1R 3H3  
 Telephone: (519)579-9622 ext 231  
 Website: [www.ymcacambridge.com](http://www.ymcacambridge.com)  
 Contact: Adriana Parau, Language Assessment Office,  
 Email: [aparau@kwymca.org](mailto:aparau@kwymca.org)  
 Description: Literacy assessments in a variety of  
 languages.

**YMCA  
 Maintenance and Wellness Services**

**317** 250 Hespeler Rd  
 Cambridge, ON N1R 3H3  
 Telephone: (519)623-9622  
 Website: [www.ymcacambridge.com](http://www.ymcacambridge.com)  
 Contact: Carla Almeida,  
 Description: YMCA wellness programs offer Seniors  
 exercise programs, wellness seminars and group  
 discussions on health-related matters.

**YMCA 322  
 YMCA of Cambridge  
 Chaplin Family Childcare Centre**

**318** 250 Hespeler Rd  
 Cambridge, ON N1R 3H3  
 Telephone: (519)623-9622  
 Description: Child care, day care programs, summer  
 camps and pre-school programs. Subsidised child care is  
 available.

**YMCA 323  
 YMCA of Cambridge  
 Elgin Child Care Centre**

685 Elgin St N  
 Cambridge, ON  
 Telephone: (519)624-1303  
 Description: Pre-school, child care programs, subsidised  
 child care, and before and after-school programs.

**YMCA 324  
 YMCA of Cambridge  
 Highland School Age Centre**

125 Salisbury Ave  
 Cambridge, ON  
 Telephone: (519)622-3266  
 Description: Provides pre-school programs, child care,  
 before and after-school programs.

**YMCA 325  
 YMCA of Cambridge  
 Hillcrest Public School Child Care**

31 Renwick Ave  
 Cambridge, ON N3C 2J5  
 Telephone: (519)624-1303  
 Description: Provides pre-school programs and after-  
 school programs for ages 2-12 yrs.

**YMCA 326  
 321 YMCA of Cambridge  
 Stepping Stones Child Care Centre**

177 Bismark Dr  
 Cambridge, ON  
 Telephone: (519)741-1811  
 Description: It offers preschool, child care, before and after school programs.

**YMCA**

**YMCA of Cambridge, Immigrant Services**

258 Hespeler Rd  
 Cambridge, ON N1R 3H3  
 Telephone: (519)621-1621  
 fax: (519)621-2628  
 Website: www.ymcacambridge.com  
 Contact: Mr. Javed Chaudhry, Manager, Phone: (519)621-1621 ext.289, Fax: (519)621-2628,  
 Description: Offering settlement services, employment services and race relation services to assist newcomers/immigrants. Also language interpreters and Muslim Women's Group.

**YMCA of Cambridge**

**Z beside the Y**

**Cambridge Youth Leadership Development Centre**

258 Hespeler Rd  
 Cambridge, ON N1R 3H3  
 Telephone: (519)623-YMCA ext.306  
 Website: www.zbesidethey.com  
 Description: Offering a safe and positive place for teens to meet and enjoy recreation, volunteering and fundraising, leadership development, art, employment services, resource area, counselling, workshops, and public health information. Facility has music room, computer room, cafe area, pool tables, ping-pong, air hockey, foosball, and video games.

**Young Peacemakers Club**

Contact: Verlyn Rowett, Phone: (519)624-5195  
 Description: Activity-based learning, allows children to explore and discover the elements of peace at their own pace and based on their own experience.

**Youth for Understanding International Exchange Program**

690 Fountain St  
 Cambridge, ON N3H 0A2  
 Telephone: (519)653-0550  
 fax: (519)653-5792  
 Website: www.yfu.ca

Contact: Leach Jakobsen, Phone: (519)653-0550, Email: [leach.jakobsen@yfu.ca](mailto:leach.jakobsen@yfu.ca)  
 Description: A non-profit, volunteer based organization, dedicated to promoting multiculturalism and world peace through an international exchange program. Summer, semester and year programs are available with an opportunity to host an international student.

**327**

**YWCA**

**Small Steps To Success**

54 Ainslie St S  
 Cambridge, ON  
 Telephone: (519)622-6550  
 Contact: Dianne McLeod, Program Co-ordinator, Phone: (519-622-6550 ext,115,  
 Description: Provides pre-employment services to women over 25 including workshops on resume writing, interviews, etc., and a resource centre.

**331**

**YWCA**

**YWCA of Cambridge**

**328 Day Care Centre**

1733 Industrial Rd  
 Cambridge, ON  
 Telephone: (519)650-0800  
 Contact: Susan Burns  
 Description: It provides preschool programs; child care, after and before school programs; conducts summer camps; subsidized child care is available.

**332**

**YWCA**

**YWCA of Cambridge**

**St. Elizabeth Child Care Centre**

50 Adler Dr  
 Cambridge, ON N3C 4B7  
 Telephone: (519)654-9366

**333**

**329**

Contact: Kay Austin

Description: It provides full day, kindergarten and before and after school programs.

**YWCA**

**YWCA of Cambridge**

**St. James Child Care**

520 Ellis Rd  
 Cambridge, ON N3C 4B1  
 Telephone: (519)654-9153

**334**

**330**

Contact: Colette Toner, Supervisor, Email: [c.toner@ywcacambridge.ca](mailto:c.toner@ywcacambridge.ca)

Description: It provides pre-school programs.

**YWCA 335****YWCA of Cambridge  
St. Margaret Child Care Centre**

210 Cowan Rd  
Cambridge, ON  
Telephone:(519)622-6773  
Contact: Susan Burns

Description: It provides preschool programs; child care, after and before school programs; subsidized rates are available; camps are conducted in summer.

**Zonta Club of Cambridge 336**

Website: [www.zonta.org](http://www.zonta.org)  
Contact: Darlene Wipp, President, Zonta Club of Cambridge, Phone: 519-622-7777  
Description: Zonta is a worldwide service organization of Executive Women in business and the professions working together to advance the Status of Women.

Information Cambridge and North Dumfries thank all the agencies for their cooperation in providing their information. Special thanks to Information CND volunteers: Nadine Speed, Saadiya Khan and Trish Woznuk who contributed their time in collecting, checking and updating the data.

Use this link for the 'White Book' and other useful resources from Information Cambridge and North Dumfries. <http://www.socialplanningcouncil-cnd.org/information/informationCards.php>