



# Community Connections and Support



## Friendly Check in Calls provided by:

St Vincent de Paul – “Neighbour to Neighbour” 613-766-8432  
Council on Aging – “Sunshine Calls” 613-542-1336  
Mutual Aid Katarokwi – 613-665-2959

These are some of the services available in the Kingston area. For a more comprehensive list check the United Way’s website: [UnitedWayKFLA.ca/COVID-19-Supports](https://UnitedWayKFLA.ca/COVID-19-Supports)

### Integrated Care Hub

**HARS/KCHC 661 Montreal Street**  
23 hrs day/7 days week rest zone, meals, harm reduction, consumption & treatment

### Resolve Counselling Services

9a.m. to 5 p.m. phone counselling for youth, adults, families, individuals  
613-549-7850

### Financial and Credit Counselling

1-800-379-5556

### Addictions and Mental Health Services

24/7 Crisis Phone Lines Kingston & Frontenac:  
613-544-4229 Toll Free: 1-866-616-6005

### Children & Youth Mental Health

Call 613-546-8535 or 1-844-855-8340 or [Inquiry@maltbycentre.ca](mailto:Inquiry@maltbycentre.ca)  
Crisis after-hours line: 613-544-4229

### Housing Help Centre

Home Base Housing. Call: 613-542-6672

### Family & Children Services KFL&A

Open and reachable by phone 24/7.  
Call: 613-545-3227 or toll-free 855-445-3227

### Kingston Interval House

24/7 Services for women, children and youth experiencing violence and abuse. 24/7 Crisis Line: 613-546-1777 or 1-800-267-9445

### Sexual Assault Centre Kingston

24/7 crisis and support line  
613-544-6424 or 1-877-544-6424

### Street Health Services

115 Barrack St.; 613-549-1440  
Access to same day or next day addiction medicine, counselling and other services for those who use substances. (Mon.- Fri. 9 a.m.- 4 p.m. Sat. & Sun. 9 a.m. - 1 p.m.)

### Kingston Legal Clinic

613-541-0777

### HIV/AIDS (HARS)

844 Princess Street  
Counselling, education, LGBTQ support and other services  
613-545-3698



**211**

Please call 2-1-1 from any phone free of charge for information about community services

# Emergency Food/Meal Programs Available in Kingston & Frontenac



Please be advised that all meal programs are take-away with no indoor service except as noted.

**The Food Sharing Project:** Nutritious food available to students at their school. Families can contact their child's school for information about bi-weekly food box delivery.

**HIV/AIDS Regional Services (HARS):** 844 Princess St. Mon.-Thurs. Take out breakfast 9-10:30 a.m. and lunch 1-2:30 p.m. Indoor pick up. Holiday Closure: Dec. 24 - Jan. 3

**KHealth Student Community Support Program:** Offering grocery delivery and check-ins. Call 613-817-7787 or email [KHealth.Community@gmail.com](mailto:KHealth.Community@gmail.com) to request assistance.

## Lionhearts:

**KCHC**, 263 Weller Ave. Take-home meals. 5-6 p.m. Sun., Wed. and Fri. **Stages Nightclub**, 390 Princess St. Indoor pick up. Mon.-Sun., 6-7 p.m. **Amherstview Community Hall**, 177 Upper Park. Tues., Thurs. & Sat., 5-6 p.m.

**Lunch by George:** 129 Wellington St. Hot takeout meals or bag lunches. Mon. - Fri., 11-11:30 p.m. Holiday closure: December 19. - January 3.

**Martha's Table:** 629 Princess St. Providing take away hot meals. Mon.-Sun., 11 a.m. - 1 p.m. Now offering a door to door meal delivery service for people that cannot leave their homes. For more information or if you are interested in participating please visit website or call 613 546 0320 ext 0  
Holiday closure: Dec. 25 - 26. and Jan. 1.

**Mutual Aid Katarokwi:** Offering check-ins, grocery/-pharmacy/foodbank box delivery. Leave message at 613-665-2959. or [MutualAidKatarokwi@gmail.com](mailto:MutualAidKatarokwi@gmail.com)

**North Frontenac Food Bank:** 14152 Road 38, Sharbot Lake. Call 613-532-8855 for appointment.

**Partners in Mission Food Bank:** 140 Hickson Ave. Please call 613-544-4100 for appointment. No walk-in service. Mon. - Fri. 8:30 a.m.- 12 p.m. and 1-4 p.m. Holiday closure: Dec 24., 12 p.m. - Jan 3.

**Rural Frontenac Community Services:** Meals on wheels 3 days a week. North & Central Frontenac & Bedford Twp. 613-279-3151.

**Salvation Army:** 342 Patrick St, Pre-bagged grocery services, Housing assistance to Kingston/Frontenac County, Check-in calls available. Please call 613-548-4411 for appointment. Mon.-Fri. 11 a.m.-4 p.m.

**Seniors' Food Box:** Offering food boxes for seniors including produce, non-perishables & staples. Call 613-530-2239 for more information or to place an order.

**Southern Frontenac Community Services:** Frozen meals available for delivery daily. Hot meals delivered 3 days a week for South Frontenac/rural Kingston residents. Call or book on-line. Food bank hampers also available. 613-376-6477.

**St. Mary's Parish Centre:** 260 Brock Street. Providing light food/snacks Mon. - Fri. 1-4 p.m. Holiday closure: Dec. 24. and Dec. 31.

**St. Vincent de Paul:** 85 Stephen St. Providing bag lunches. Food Pantry and warehouse available by appointment 613-766-8432. Mon.-Fri. 9 a.m. - 1 p.m. Holiday closure: Dec. 24- Jan. 3.

## Christmas Meals: (all takeaway)

**Lunch by George** - Dec 9. 11 a.m. - 12 p.m.

**HARS (844 Princess St.)** - Dec 21, 1-3:30 p.m.

**St. Vincent de Paul** - Dec 23, 11 a.m. - 1 p.m.

**Martha's Table** - Dec. 24, 11 a.m. - 1 p.m.

**Lionhearts** - Dec 25, KCHC 5-6 p.m. Stages 6-7 p.m.

**St Mary's Parish Centre** - Dec. 25. 12-3 p.m.

For the most up-to-date list of emergency food providers, please visit [CityofKingston.ca/COVID19](http://CityofKingston.ca/COVID19)

