



Where Can I Go for Support?

Resource Guide: Specialized Services, Housing Services, Shelters, Meal Programs, Day Services, Street Outreach Services, Hospital & Emergency Services, and Harm Reduction Services & Supplies in Kingston

Harm Reduction Services & Supplies

Kingston Community Health Centres (KCHC)
263 Weller Avenue, Kingston
Phone: 613-542-2949

- Hours: Monday to Friday, 8:00 AM to 4:00 PM
- Services and supplies: Naloxone, safer inhalation supplies, safer injecting supplies, disposal container for used harm reduction supplies

Street Health Centre
Part of Kingston Community Health Centres (KCHC)
115 Barrack Street, Kingston
Phone: 613-549-1440

- Health care and substance use programs; RAAM, Hep C, Primary Care, Opioid Agonist Therapy, SHC Pharmacy
- Hours: 7 days/week, 9:00 AM to 4:00 PM, closed 12:00 to 1:00 PM
- HEP C Outreach
 - Rotating outreach schedule
 - Services and supplies: Naloxone, safer inhalation supplies, safer injecting supplies, disposal container for used harm reduction supplies

Southeast Public Health
221 Portsmouth Avenue, Kingston
Phone: 613-548-5860

- Hours: Monday to Friday, 8:30 AM to 4:00 PM
- Supplies & Services: Naloxone, safer inhalation, safer injecting, sharps disposal

Addiction and Mental Health Services KFL&A
552 Princess Street, Kingston
Phone: 613-354-7521

Crisis: 613-544-4229 or 613-354-7388

- Hours: Monday to Friday, 8:30 AM to 4:00 PM
- Services and supplies: Naloxone, safer inhalation supplies, safer injecting supplies, disposal container for used harm reduction supplies

Welcoming Streets Kingston
Phone: 613-583-5008

- Hours: 7 days/week, 9:00 AM to 5:00 PM
- Services and supplies: Naloxone, safer inhalation supplies, safer injecting supplies, disposal container for used harm reduction supplies

Trellis HIV & Community Care
844A Princess Street, Kingston
Phone: 613-545-3698

- Hours: Monday to Friday, 9:00 to 11:30 AM, 1:00 to 3:30 PM
- Services and supplies: Naloxone, safer inhalation supplies, safer injecting supplies, disposal container for used harm reduction supplies

For the most up-to-date list of harm reduction supplies and services in Ontario, visit: <https://ohrdp.ca/find-supplies/>

Hospital & Emergency Services

Kingston General Hospital (KGH)
76 Stuart Street, Kingston
Phone: 613-549-6666

Kingston General Hospital (KGH)
Emergency Department
41 King Street West, Kingston
Phone: 613-548-2333

- Hours: 24/7/365

Hôtel Dieu Hospital
Urgent Care Centre
166 Brock Street, Kingston
Phone: 613-546-1240

- Hours: Daily from 8:00 AM, closing hours vary (typically evenings, not 24/7)

Hôtel Dieu Hospital
Children's Outpatient Clinic (COPC) - Urgent Care
166 Brock St, Kingston
Phone: 613-544-3400

- Hours: Monday to Friday, 9:00 AM to 4:00 PM



Helplines

988 Suicide Crisis Helpline
Phone: 988
Call or text 24/7

Addiction & Mental Health Services KFL&A
24/7 Crisis Line: 613-544-4229
Phone: 1-866-616-6005

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Kingston Community
Health Centres

Centres de santé
communautaire de Kingston

Shelters

In From the Cold Emergency Shelter

540 Montreal Street, Kingston

Phone: 613-542-6672 ext. 2

- Open 24/7
- Adult co-ed shelter, accommodates pets

Kingston Youth Shelter

365 Nelson Street, Kingston

Phone: 613-549-4236

- Open 24/7
- Youth ages 16–24

Lily's Place Emergency Family Shelter

333 Kingscourt Avenue, Kingston

Phone: 613-542-6672 ext. 3

- Open 24/7
- Shelter for families with children

928 CFOC – Doors of Compassion

928 Sydenham Road, Kingston

Phone: 613-483-6771

- Open 24/7
- Adult (18+) co-ed shelter, accommodates pets

Dawn House

Phone: 613-766-6222 (shelter)

Phone: 613-545-1379 (transitional housing)

- Shelter and transitional housing for women

Kingston Interval House

Phone: 613-546-1777

- 24/7 crisis line, emergency shelter and support services for women and children leaving abusive situations

If possible, call ahead to confirm space availability.

Extreme Weather Notice: During periods of extreme weather, the City of Kingston may open temporary emergency shelters. For the most up-to-date information, visit:

[City of Kingston Homelessness Services](#)

or Google search "City of Kingston Homelessness Services"

Specialized Services

Integrated Care Hub

661 Montreal Street, Kingston

Phone: 613-329-6417

- Support and Access Centre open daily, 8:30 AM to 6:30 PM
- Co-ed adult overnight rest zone can accommodate couples and pets.
- Available every night, 6:30 PM to 8:30 AM
- Consumption and Treatment Services (CTS) open daily, 9:00 AM to 7:45 PM. **Closing September 30, 2026**

Home Base Housing Street Outreach & Storage

Phone: 613-542-6672 ext. 130

- Direct support, property storage, and connections to local shelters
- Monday to Friday, 8:30 AM to 10:00 PM
- Saturday and Sunday, 8:30 AM to 6:00 PM

Kingston Health Sciences Centre (KHSC) Detoxification Centre

Phone: 613-549-6461

- Detox/withdrawal management centre
- Short stay: typically 3–5 days
- For people intoxicated or in withdrawal
- Helps bridge to treatment programs or stabilization
- **Eligibility:**
 - Age 16+
 - Must be able to withdraw in a non-medical setting (not acute hospital care)
- **Services:**
 - 24/7 staffed support workers
 - Medical support (Doctor + NP typically weekdays daytime)
 - Safe withdrawal monitoring
 - Connection to treatment programs
- **This is the main detox facility in Kingston; hospital does not replace it for withdrawal management**

Housing Services

Prevention/Diversion Case Management

- Support to maintain housing
- Available through:
 - **Home Base Housing**
Phone: 613-542-6672
 - **Salvation Army**
Phone: 613-548-4411
 - **Immigration Services Kingston Area (ISKA)**
Phone: 613-544-4661

Homelessness Prevention Fund

- Financial assistance to help low-income households prevent eviction, pay arrears, and maintain housing

Discretionary Residence Benefit

Phone: 613-546-2695

- Financial assistance for OW and ODSP recipients to prevent eviction and maintain housing
- Contact an OW or ODSP Case Manager

For specific housing needs, call Home Base Housing Help Centre:

Phone: 613-542-6672 ext. 1

For the most up-to-date list of City of Kingston Homelessness Services, visit: [City of Kingston Homelessness Services](#)
or Google search "City of Kingston Homelessness Services"



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Day Services

St. Mary's Drop-in Centre
260 Brock Street, Kingston
Phone: 613-546-5521 ext. 3

- Adults 18+
- Hours: Monday to Friday, 1:00 to 4:00 PM
- Free, barrier-free daytime services including light meals, showers, laundry facilities, and clothing support

One Roof Youth Drop-in
620 Princess Street, Kingston
Phone: 613-542-6672 ext. 4

- Youth ages 16 to 24
- Hours: Monday to Friday, 10:30 AM to 3:30 PM

Trellis HIV & Community Care
844A Princess Street, Kingston
Phone: 613-545-3698

- Drop-in with bathrooms, phone/computer, referrals
- Hours: Monday to Friday, 9:00 to 11:30 AM, 1:00 to 3:30 PM
- Breakfast: Monday to Thursday, 9:00 to 10:30 AM

Salvation Army Community Services
342 Patrick Street, Kingston
Phone: 613-548-4411 ext. 135

- Shower and laundry services
- Appointment required (24 hours ahead)

Peers of the Round Table
Phone: 613-549-4964

- Drop-in with lunch, coffee, washrooms, computer, laundry, programs
- Hours: Monday to Saturday, 10:00 AM to 3:00 PM

Meal Programs

Martha's Table
629 Princess Street, Kingston
Phone: 613-546-0320

Meals and referrals to community supports

- Dine-in meals: Monday to Friday, 9:00 AM to 11:00 AM, 12:00 to 2:00 PM, 3:00 to 5:00 PM
- Takeout meals: Daily 12:00 to 2:00 PM
- Meal delivery available (eligibility based)

St. Vincent de Paul Society
595 Bagot Street, Kingston
Phone: 613-766-8432

- Dine-in meals: Monday to Friday, 9:00 AM to 1:00 PM

Lunch by George
Phone: 613-484-2984

- Breakfast: Monday to Friday, 9:00 to 10:30 AM
- Lunch: Monday to Friday, 11:00 AM to 12:30 PM

