



Where Can I Go for Support?

Resource Guide:



Harm Reduction Services & Supplies



Specialized Services



Meal Programs



Emergency & Urgent Services



Housing Services & Shelters



Day Services



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: scan the QR code or visit <https://ohrdp.ca/find-supplies/>



Emergency & Urgent Services

For critical or life-threatening medical emergencies that need immediate attention, **call 9-1-1**.

Kingston Health Sciences Centre (KHSC)

Emergency Department

Kingston General Hospital site

41 King Street West, Kingston

Phone: 613-548-2333

- Hours: 24/7/365

When a same-day appointment isn't available with your family doctor or a walk-in clinic and your health concern needs to be addressed within 24 hours.

KHSC's Urgent Care Centre

Hôtel Dieu Hospital site

144 Brock Street, Kingston

Phone: 613-546-1240

- Hours: Monday to Friday, 8:00 AM to 4:00 PM, Saturdays and Sundays 8:00 AM to 2:00 PM

KHSC's Children's Outpatient Clinic - Urgent Care

Hôtel Dieu Hospital site

166 Brock Street, 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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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: scan the QR code or Google search "City of Kingston Homelessness Services"**

Housing Services

For specific housing needs, call Home Base Housing Help Centre: Phone: 613-542-6672 ext. 1

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 the most up-to-date list of City of Kingston Homelessness Services: scan the QR code or Google search "City of Kingston Homelessness Services"

Specialized Services

HART Connect

661 Montreal Street, Kingston

Phone: 613-329-6417

- Open 24/7
- Overnight beds and resting spaces
- Nutritious meals & snacks
- Drop-in services & support
- Showers and help with basic needs
- Connections to healthcare, housing & community supports

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 Withdrawal Care Centre

Phone: 613-549-6461

- Withdrawal care centre
- Short stay: typically 3–5 days
- For people intoxicated or in withdrawal, or at risk of relapse
- 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 with registered practical nurses and addiction care workers
 - Medical support (Doctor + NP typically weekdays daytime)
 - Safe withdrawal monitoring
 - Connection to substance use and addiction related programs and supports including treatment programs,
- **This is the main withdrawal care facility in Kingston, serving patients across southeastern Ontario**



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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

