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Introduction

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

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

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

It is the hope of the Social Planning Council of Cambridge and North Dumfries that you find this directory to be useful and informative. If you know of any organizations that meet the criteria that are not listed in this directory, feel free to give us a call at 519-623-1713 Ext. 221.

Sincerely,

The Social Planning Council of Cambridge and North Dumfries
Important Numbers

Are you hurt or in danger?
Cambridge Memorial Hospital.................................................................519-621-2330
700 Coronation Blvd, Cambridge
Telehealth Ontario ..............................................................................1-866-797-0000
Victim Services of Waterloo Region..........................................................519-585-2363
Waterloo Regional Police........................................................................Crisis 911
200 Maple Grove Rd, Cambridge .........................................................519-653-7700
Waterloo Regional Police, Division 2, 176 Hespeler Rd, Cambridge

Are you in need of shelter?
Argus Residence for Young People........................................................Youth Shelter
Female’s Residence..............................................................................519-650-0452 or 1-877-818-0388
Men’s Residence..................................................................................519-623-7991 or 1-877-565-0755

The Bridges Shelter..............................................................................519-624-9305
26 Simcoe St, Cambridge

Haven House.........................................................................................Abused Women 519-653-2289
562 Concession Rd, Cambridge ...............................................................Crisis 1-800-410-4482, 519-741-9184

Are you hungry?
The Bridges Shelter..............................................................................519-624-9305
26 Simcoe St, Cambridge

Cambridge Self-Help Food Bank..........................................................519-622-6550
54 Ainslie St S, Cambridge
Preston location..................................................................................519-653-3323
567 Queenston Rd, Cambridge, ON N3H 3J9
Hespeler location..................................................................................519-658-2652
73 Queen St E, Cambridge

Cambridge Seventh-day Adventist Church........................................519-740-2671
1725 Beaverdale Rd, Cambridge
Cambridge Vineyard...........................................................................Tuesdays 519-740-8463 ext 8
147 Elgin St N, Cambridge

Family & Community Connections, Ayr.............................................519-632-9737
173 Northumberland St, Ayr
Life for the Nations................................................................................................................................. 519-267-7500
37 Wellington St, Cambridge, Rear Entrance

The Salvation Army............................................................................................................................ 519-623-1221
16 Shade St, Cambridge
Hespeler Community Church............................................................................................................. 519-658-9850
18 Tannery St E, Cambridge

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

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

**Do you need someone to talk to?**
Telecare Distress Centre.................................................................................................................. 519-658-2794

Self Help Alliance, Cambridge........................................................................................................... 519-623-6024
9 Wellington St Unit 1, Cambridge, ON N1R 3Y4

Canadian Mental Health Association, Grand River Branch, Centre for Mental Health Cambridge................................................................................................................................. 519-740-7782
Distress Line......................................................................................................................................... 519-744-1813
(The) Coping Centre........................................................................................................................... 519-650-0852
1740 Blair Rd, Cambridge.................................................................................................................... 1-877-554-4498

Lutherwood, Walk-In Counselling....................................................................................................... 519-622-1670
35 Dickson St, Cambridge
Preston Location 1145 Concession Rd, Cambridge

**Are you new to Canada and need support?**
YMCA Immigrant Services.................................................................................................................. 519-621-1621
258 Hespeler Rd, Cambridge
Health Care Providers

Cambridge Memorial Hospital
519-621-2330
700 Coronation Blvd, Cambridge, ON N1R 3G2
Cambridge Memorial Hospital is a 240-bed community hospital serving Cambridge and North Dumfries Township. CHM provides acute care services including Cancer Care, Intensive Care, Medicine Unit, as well as Diagnostic, Emergency, Surgical, Mental Health, Outpatient, Rehabilitation and Restorative Services.

Cambridge Weekend Walk-In Clinic
519-620-7044
1150 Franklin Blvd, Cambridge, ON N1R 5S4
Weekend walk in medical clinic for non life threatening medical problems

Cambridge Walk-In Clinic
519-654-2260
980 Franklin Blvd, Cambridge, ON N3C 1P5
Walk in medical clinic for non life threatening medical problems

Langs Farm Community Health Centre
519-653-1470
1145 Concession Rd, Cambridge, ON N3H 4L5
Offers medical counselling for people in Preston within the catchment area.

North Dumfries Community Health Centre Satellite
519-632-1229
2958 Greenfield Rd, Ayr, ON N0B 1E0
Community health centre that provides: Primary Health Care, Programs for Children and Youth, Social Work Counselling and Nutrition Counselling

Region of Waterloo Public Health
519-575-4400
150 Main St, Cambridge, ON N1R 6P9
Health education, disease prevention, promotional activities, counselling, and referral services in these areas: violence prevention, dental, environmental, infection control, food safety, cancer prevention, heart health, AIDS/STDs, sexual health
**Dental Care**

**CINOT (Children in Need of Treatment)**
519-575-4400 Ext 13304  
150 Main St, 1st floor (rear of building), Cambridge ON N1R 8H6  
Monday and Tuesday 9 am - 4 pm  
Email: publichealth@region.waterloo.on.ca  
Provides emergency dental care and out-of-hospital anesthetic coverage for low-income children age 17 and under  
* contact Public Health for more information  
* child will need to be seen by dental clinic for referral to program

**Healthy Smiles Ontario**
Service Ontario Infoline: 1-866-532-3161 (To enquire about eligibility)  
519-575-4400 : Public Health  
150 Main St, 1st floor (rear of building), Cambridge ON N1R 8H6  
Email: publichealth@region.waterloo.on.ca  
Program for kids 17 and under who do not have access to any form of dental coverage.

**Ontario Disability Support Program**
1-888-214-0738 (Toll Free)  
519-623-1230  
73 Water St N, Suite 605, Cambridge, ON N1R 7L6  
Website: [www.mcss.gov.on.ca/mcss/english/pillars/social/programs/odsp.htm](http://www.mcss.gov.on.ca/mcss/english/pillars/social/programs/odsp.htm)  
Ontario Disability Support Program recipients, their spouses and dependent children (under 18 years of age) are eligible for basic and emergency dental care.

**Ontario Works**
519 740-5700  
150 Main St. Cambridge, ON N1R 8H6  
Website: [www.regionofwaterloo.ca](http://www.regionofwaterloo.ca)  
Individuals and families receiving Ontario Works are eligible for basic dental care for children and emergency dental care for adults every month that they are receiving Ontario Works.

**Region of Waterloo Public Health, Dental Clinic**
519-575-4400  
150 Main St, 1st floor (rear of building), Cambridge ON N1R 8H6  
Website: [chd.region.waterloo.on.ca/en/clinicsclassesfairs/dental.asp](http://chd.region.waterloo.on.ca/en/clinicsclassesfairs/dental.asp)  
Email: publichealth@region.waterloo.on.ca  
Staffed by dentists, dental hygienists and dental assistants * clinics care for eligible children and adults  
* children receive free basic services, including checkups, cleaning and fillings  
* adults receive limited services to eliminate pain, and there is an assessment fee for adults
Vision Care

**Blind-Low Vision Early Intervention Program (KidsAbility)**

1-877-ERINOAK (1-877-374-6625) then press ‘1’
519-886-8886
1-888-372-2259
250 Hespeler Rd. Cambridge, ON N1R 3H3

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

**Eye See, Eye Learn**

855-424-3735

Provides comprehensive eye exams by local optometrists to junior kindergarten students in participating school regions. *Eye exams are covered under provincial health insurance (or OHIP) with child’s health card.* *If the child requires a pair of glasses, they will receive them FREE of charge courtesy of participating sponsors.*

**Ontario Disability Support Program**

1-888-214-0738 (Toll Free)
519-623-1230
73 Water St N, Suite 605, Cambridge, ON N1R 7L6
Website: [www.mcss.gov.on.ca/mcss/english/pillars/social/programs/odsp.htm](http://www.mcss.gov.on.ca/mcss/english/pillars/social/programs/odsp.htm)

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

**Ontario Works**

519 740-5700
150 Main St. Cambridge, ON N1R 8H6
Website: [www.regionofwaterloo.ca](http://www.regionofwaterloo.ca)

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

**Exceptional Access Program**
416-327-8109 or 1-866-811-9893  
Email: EAPFeedback.MOH@ontario.ca  
Website: [http://www.health.gov.on.ca/english/providers/program/drugs/eap_mn.html](http://www.health.gov.on.ca/english/providers/program/drugs/eap_mn.html)  
The Exceptional Access Program (EAP) facilitates patient access in exceptional circumstances to drugs not funded on the Ontario Drug Benefit (ODB) Formulary, or where no listed alternative is available * please refer to the website for details on the EAP

**Ontario Disability Support Program**  
1-888-214-0738 (Toll Free)  
519-623-1230  
73 Water St N, Suite 605, Cambridge, ON N1R 7L6  
Website: [www.mcss.gov.on.ca/mcss/english/pillars/social/programs/odsp.htm](http://www.mcss.gov.on.ca/mcss/english/pillars/social/programs/odsp.htm)  
ODSP will cover prescriptions for eligible recipients, their spouses and their dependent children.

**Ontario Drug Benefit Program**  
1-866-811-9893  
Email: exceptionalaccessprogram@ontario.ca  
Covers most of the cost of 3,800 prescription drug products, some nutrition products and some diabetic testing agents. * the list of products covered by the ODB program is called the "Formulary" * some products listed on the Formulary will only be funded in limited circumstances and/or for a limited duration in time * provides coverage for prescription drug products listed on the Ontario Drug Benefit Formulary

**Ontario Ministry of Health and Long-Term Care**  
1-866-532-3161  
Oversees Provincial health and long-term care programs.

**Ontario Works**  
519 740-5700  
150 Main St. Cambridge, ON N1R 8H6  
Website: [www.regionofwaterloo.ca](http://www.regionofwaterloo.ca)  
Ontario Works covers prescriptions for recipients, their spouses, and their dependants as long as they are receiving Ontario Works.

**Special Drug Programs**  
1-866-811-9893Email: exceptionalaccessprogram@ontario.ca  
overs the full cost of certain outpatient drugs used to treat a number of serious conditions * drugs covered must be prescribed by a doctor, and must be obtained from a designated treatment centre
Trillium Drug Plan
1-800-575-5386
Email: trillium@ontariodrugbenefit.ca
Intended for Ontario residents who have high prescription drug costs in relation to their net household income *
please note that deductibles and co-payments will apply to this income-based program
Recreation

Activities for Less
519-740-4681 ext. 4458
P.O. Box 669 50 Dickson St. Cambridge, ON N1R 5W8
Website: www.cambridge.ca/community_services/activities_for_less
Email: hmateikon@cambridge.ca
Recreational subsidy program for the City of Cambridge * visit
http://www.cambridge.ca/relatedDocs/2014%20Activities%20For%20Less%20application.pdf or pick up an
application at the WG Johnson Centre, the Allan Reuter Centre, the Cambridge Centre for the Arts, the David
Durward Centre, or the John Dolson Centre

Cambridge Early Years Centre
519-740-8353
149 Ainslie St N, Cambridge, ON N1R 3P4
Website: www.cfeyc.ca
Email: cambridgefamily@bellnet.ca
Serves parents and children from birth to 6 years, with children's programs that build educational, social and
creative skills * adult programs include parenting courses, guest speakers, access to early childhood educators, and
referrals to other resources * Resource Lending Library * Community Outreach Services * clothing closet * Public
Health Nurse * Speech and Language Pathologist * Zero to 6 Behaviour Consultant * Vision Screening

Canadian Tire Jumpstart
1-877-616-6600
Website: www.canadiantire.ca/jumpstart
A community-based charitable program that helps kids in financial need participate in organized sports and
recreation such as hockey, dance, soccer and swimming.

Cambridge, Community Services Department
519-740-4681
P.O. Box 669 50 Dickson St E, Cambridge, ON N1R 5W8
Website: www.cambridge.ca
Email: csd@cambridge.ca
Provides recreation facilities, programs and consultation services for Cambridge residents
* these services ensure that all residents, regardless of their recreational interests, capabilities, or financial status
are able to participate

Kids Can Play
519-651-2847
PO Box 23012, Westgate Mall, Cambridge, ON N1S 4Z6
Website: www.kidscanplay.ca
Email: kcpccambridge@yahoo.com
Community-based, non-profit, volunteer organization that offers financial assistance to families living at the poverty line to take part in sports, art or music lessons * an enrolment fee, up to $500, is provided for one activity twice a year * families living in Cambridge or North Dumfries (Ayr, Branchton, Roseville) are welcome to apply

YMCA of Cambridge, Financial Assistance
519-623-YMCA (9622)
250 Hespeler Rd. Cambridge, ON. N1R 3H3
Website: www.chaplinfamily.ca

A YMCA sponsored membership offers the same facilities, programs and services as YMCA general membership but at a reduced monthly rate * no membership is free * every member is asked to pay some portion of the cost of their membership on a monthly basis * those who are approved for a sponsored membership are asked to commit to utilizing the facility a minimum of two times per week
Daycare

KidsLINK Child Care Special Needs Access Point
519-741-0076
1770 King St E, Suite 5, Kitchener, ON N2G 2P1
Email: snap@kidslinkcares.com
Website: www.ccsnap.com
Single point of access for special needs services for children attending or planning to attend licensed child care in the Region of Waterloo * ages 6 and under

OneList Waterloo Region
Website: https://regionofwaterloo.onehsn.com/#.Default.Default
All licensed child care, extended day programs and before and after schools programs available in Waterloo Region * can apply for daycare online

Region of Waterloo Child Care Subsidy
519-883-2200
150 Main St. Cambridge, Ontario N1R 8H6
Website: www.socialservices.regionofwaterloo.ca
Financial assistance with child care costs for children age 0 - 12 attending Early Learning and Child Care (Day Nurseries), Extended Day, Youth Development and Recreation programs * wait list for Child Care Subsidy is currently in effect

Region of Waterloo, Children's Centres
Website: www.regionofwaterloo.ca
High/scope curriculum in a full daycare program * ages 1-6
Cambridge Children's Centre
519-622-4390
99 Beechwood Rd. Cambridge, ON N1S 3S1
Christopher Children’s Centre
519-621-6525
30 Christopher Dr. Cambridge, ON N1R 4R4
Kinsmen Children’s Centre
519-653-2256
651 Concession Rd. Cambridge, ON N3H 4L1

Region of Waterloo Home Child Care
519-740-5760
150 Main St. Cambridge, Ontario N1R 8H6
Website: www.region.waterloo.on.ca
Early learning and child care provided in approved private homes, for a maximum of five children * standards of quality care set by the Ministry of Education under the Day Nurseries Act
Waterloo Catholic District School Board, Extended Day Programs  
519-578-3660  
Website: [www.wcdsb.ca/schools/Register%20for%20School/Elementary%20Registration/kinder/extended.html](http://www.wcdsb.ca/schools/Register%20for%20School/Elementary%20Registration/kinder/extended.html)  
Email: extended.day@wcdsb.ca  
Fee-based Before and After School Programs offered in Waterloo Catholic District School Board schools for students * offered at schools with Full-Day Kindergarten * subsidies available

Waterloo Region District School Board, Before and After School Programs  
519-570-0003  
Website: [www.wrdsb.ca/beforeafter/](http://www.wrdsb.ca/beforeafter/)  
Fee-based Before and After School Programs offered in Waterloo Region District School Board schools for students * offered at schools with Full-Day Kindergarten * subsidies available

YMCA of Cambridge  
519-623-9622  
250 Hespeler Rd. Cambridge, ON N1R 3H3  
Website: [ymcacambridgekw.ca](http://ymcacambridgekw.ca)  
Offers licensed childcare at a variety of locations * subsidies available

YWCA Cambridge  
519-267-6444  
55 Dickson St. Cambridge, ON  
Website: [www.ywcacambridge.ca](http://www.ywcacambridge.ca)  
Provides licensed child care at various locations * subsidies available
Housing Help

Cambridge Non-Profit Housing Corporation
519-622-5535 After Hours 519-622-5858
123 Water St N Cambridge, ON N1R 3B7
Email: info@housingcambridge.com
Website: www.housingcambridge.com
Operates seven affordable rental housing sites in the City of Cambridge for families and seniors * 70 percent of the 387 units are subsidized

Lutherwood, Families in Transition Program
519-623-9380
35 Dickson St Cambridge, ON N1R 7A6
Website: www.lutherwood.ca
Provides housing help to families in need limited to families with children that have multiple issues regarding housing and other areas such as employment, child care, transportation, income support, counselling, etc * clients can also access the independent resource centre to perform a self-directed housing search

Lutherwood, Housing Counselling Program
519-623-9380
35 Dickson St Cambridge, ON N1R 7A6
Website: www.lutherwood.ca
Provides families, couples and individuals with assistance in finding and maintaining housing * clients need to be able to conduct a self-directed housing search

Lutherwood Housing Services, Rent Bank and Eviction Prevention Program
519-623-9380
Website: www.lutherwood.ca
Galt location:
35 Dickson St Cambridge, ON N1R 7A6
Weekdays between 8:30-4:30
Preston location:
1145 Concession Rd. Cambridge, ON
Fridays from 9-4
Assist in preventing homelessness through eviction prevention * services include: advocacy, information on landlord and tenant relations, eviction process and tenant and landlord rights and responsibilities * Rent Bank provides financial assistance in the form of interest-free loans to individuals, couples and families who are experiencing financial difficulties that are leading to eviction or difficulty in securing housing

Waterloo Regional Housing
235 King St, 6th Floor, Kitchener, ON N2G 4N5
519-575-4800
Website: www.region.waterloo.on.ca/housing

Social Planning Council of Cambridge and North Dumfries
March 7, 2014
Email: chac@regionofwaterloo.ca
Rental geared to income housing extended to all permanent residents and refugee claimants needing a dwelling * vacant housing units allocated as per need * priority status will be given to applicants that are victims of domestic violence

**Waterloo Region Housing Community Housing Access Centre, Cambridge**
519-575-4833
150 Main St Cambridge, ON N1R 6P9
Website: www.region.waterloo.on.ca/housing
Email: chac@regionofwaterloo.ca
Drop-off for completed housing applications * photocopier available for clients to copy documents to be submitted with application

**Waterloo Regional Homes for Mental Health**
519-742 3191
618 King St W, Kitchener, ON N2G 1C8
Email: wczarny@waterlooregionalhomes.com
Website: www.waterlooregionalhomes.com
Committed to supporting people with mental health issues * affordable housing * individualized support programs
Housing Cooperatives

**Cambridge New Hope Housing Cooperative**
519-623-0281  
111 Woodside Ave. Cambridge N1S 4T3  
Email: cnhcoop@gmail.com  
Cooperative townhouse complex.

**Clarion Cooperative Homes**
519-740-1892  
50 Morning Calm Dr, Unit 57, Cambridge, ON N1R 8G2  
Website: info@clarionco-op.com  
Email: clarionco-op.com  
Housing co-op offering market rent units and subsidized units.

**Grandview Cooperative Homes**
519-622-4485  
58 Stirling MacGregor Dr. Cambridge, ON N1S 4X3  
Email: grandviewcoop@gmail.com  
This non-profit co-op housing has 42 units (2 & 3 Bedrooms, townhouses & apartments) reserved for people with lower incomes.

**Highland Homes Cooperative**
519-622-9422  
5 Galt Ave. Cambridge, ON N1R 8E4  
8 apartments; 8 one bedroom * 62 townhouses; 24 two bedroom (4 wheelchair accessible), 32 three bedroom, 6 four bedroom * 4 maisonettes; 4 three bedroom * community centre

**Max Saltsman Community Cooperative**
519-740-9842  
930 Elgin St N, Cambridge, ON N1R 8E5  
Non-profit co-operative housing * rent depends on income

**Preston Heights Housing Cooperative**
519-653-2172  
633 Parkview Cres. Cambridge, ON N3H 5H7  
Website: www.facebook.com/prestonheights.coop  
Email: info@prestonheightshousingcoop.com  
40 townhouses * 7 two bedroom (1 wheelchair accessible), 33 three bedroom (1 wheelchair accessible, 4 semi accessible units) * community centre, member parking, guest parking, playground, common laundry facilities, meeting room, laundry hook-ups in units, units include refrigerator and stove
Thorne View Cooperative Homes
519-740-3770
101 Franklin Blvd. Cambridge, ON N1R 7Y2
50 townhouses; 18 two bedroom (2 wheelchair accessible), 28 three bedroom, 4 four bedroom * 32 subsidized units * community centre; member parking; guest parking; playground; sports pad; common laundry facilities; meeting room; laundry hook-ups in units; units include refrigerator and stove
Emergency Shelters

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

**Argus Residence for Young People**
Women’s 519-650-0452
Men’s 519-623-7991
Website: [www.argusresidence.com](http://www.argusresidence.com)
Email: argusyw@execulink.com
Provides a female and a male shelter with a unique life skills program for youth ages 16-24 * also offers Argus Five Beds to a Home: housing and support services are provided to young men aged 16-24 who are experiencing or at-risk of persistent homelessness

**Betty Thompson Youth Centre, Safe Haven**
519-749-1450
41 Weber St W, Kitchener, ON N2H 3Z1
Website: [www.lutherwood.ca](http://www.lutherwood.ca)
Emergency shelter * ages 12-17

**(The) Bridges Shelter**
519-624-9305
Toll free 1-877-624-9305
26 Simcoe St, Cambridge ON N1R 8P2
Website: [www.cambridgesheltercorp.ca](http://www.cambridgesheltercorp.ca)
Emergency shelter for individuals and families * offers a wide variety of programs and services including addiction support and referrals * Drop-in Centre offers a variety of services including medical clinic, identification clinic and clean needle exchange program * ages 16+

**House of Friendship**
63 Charles St E, Kitchener ON
519-742-8327
General shelter for men.

**Marillac Place**
109 Young St, Kitchener ON
519-571-0722
A shelter for pregnant women.

Social Planning Council of Cambridge and North Dumfries
March 7, 2014
Mary’s Place  
84 Frederick St, Kitchener ON  
519-744-0120  
General Shelter for women.

Monica Place Cambridge, Monica-Ainslie Resource Centre  
519-624-0481  
After Hours 519-743-0291  
150 Ainslie St N Cambridge, ON N1R 3P5  
Website: www.monicaplacca.ca  
A subsidized housing complex program for young women and their children seeking transitional housing and support * the complex has fifteen, two bedroom apartment units * ages 16-24

Monica Place for Pregnant and Parenting Youth  
519-743-0291  
231 Herbert St. Waterloo, ON N2J 1V1  
Website: www.monicaplacca.ca  
Offers comprehensive expectant and new mother’s programs for women living in residence or the community * also has a nursery program for students attending the on-site school program, for babies up to 14 months * ages 12-24

Reaching Our Outdoor Friends (ROOF)  
519-742-2788  
242 Queen St S Kitchener, ON N2G 1W3  
Website: www.roof-agency.net  
Email: info@roof-agency.net  
ROOF is committed to providing for the safety, support, and overall well-being of homeless youth and youth-at-risk, age 12-25, in the Waterloo Region * aims to maintain the health/safety of street youth, by providing services that will allow them to make positive choices to end the cycle of homelessness * offers resources and linkages that will enable youth to develop the self-care skills needed to survive * also offers a 15 bed emergency shelter for youth 16-24 years of age

Women’s Crisis Services of Waterloo Region  
Website: www.wcswr.org  
Email: info@wcswr.org  
24-hour crisis line, crisis shelter, support groups, and community referrals, for women and their children in abusive relationships * ages 16+

Anselma House  
519-741-9184  
Crisis line: 742-5894, 1-800-410-4482  
700 Heritage Dr. Kitchener, ON N2A 3N9

Haven House  
519-653-2289  
Crisis Line 519-653-2422 or 1-800-410-4482  
562 Concession Rd. Cambridge, ON N3H 4L2

Social Planning Council of Cambridge and North Dumfries  
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Emergency Food and Clothing

Cambridge Early Years Centre
519-740-8353
149 Ainslie St N, Cambridge, ON N1R 3P4
Website: www.cfeyc.ca
Email: cambridgefamily@bellnet.ca
Serves parents and children from birth to 6 years, with children's programs that build educational, social and creative skills * adult programs include parenting courses, guest speakers, access to early childhood educators, and referrals to other resources * Resource Lending Library * Community Outreach Services * clothing closet * Public Health Nurse * Speech and Language Pathologist * Zero to 6 Behaviour Consultant * Vision Screening

Cambridge Self-Help Food Bank
519-622-6550
54 1/2 Ainslie St S Cambridge, ON N1R 3K3
www.cambridgefoodbank.on.ca
Email: info@cambridgefoodbank.on.ca Website:
The Cambridge Self-Help Food Bank provides assistance to those living on or below the poverty line within Cambridge and North Dumfries * Emergency Food * Co-op hamper Program * Ayr Co-op Program * Street Outreach Program * Christmas Program * Counselling Services * Spirtual Care Program * Small Steps To Success * ACCKWAA * Infant & Nutrition Program * Mike's Lunch Basket * Wholistic Child and Youth * Community Garden * Information and Referral Service * Legal Services * Family Outreach Program

Cambridge Self-Help Food Bank, Hespeler location
519-658-2652
St. Andrew’s Hespeler Presbyterian Church, 73 Queen St E, Cambridge, ON N3C 2A9
Website: www.standrewshespeler.ca
Email: office@standrewshespeler.ca
Open alternate Thursdays

Cambridge Self-Help Food Bank, Preston location
519-653-3323
Saint John’s Anglican Church, 567 Queenston Rd. Cambridge, ON N3H 3J9
Website: www.stjohnsanglicanchurch.ca/page1.php
Email: saintjohnsanglicanchurch@rogers.com
Open alternate Thursdays

Cambridge Seventh-day Adventist Church
519-740-2671
1725 Beaverdale Rd, Cambridge, ON N3C 2V3
Website: www.cambridgetsda.com
Provides religious services, emergency food distribution, health classes, vegetarian cooking classes, smoking cessation classes, health screening.
Cambridge Shelter Corporation, Welcome Aboard
26 Simcoe St. Cambridge, ON N1R 8P2
Website: www.cambridgesheltercorp.ca
Daily drop-in centre offering a wide variety of programs and services to those experiencing homelessness or living in poverty * daily breakfasts and dinners served

Cambridge Vineyard
Office 519-740-8463 * The Storehouse 519-740-8463 ext 8
147 Elgin St N Cambridge, ON N1R 5H6
Reaching out to those in need in the community * Sunday and Tuesday hot lunches * free store including clothing, small household items, footwear, and emergency groceries * laundry facilities and showers * food giveaways to the community

Family Counselling Centre and Community Supports Office
519-632-9739
173 Northumberland St. Ayr, ON
Counselling for individuals and families - walk in counselling on Tuesdays, all other appointments are arranged on client needs, evening appointments are available * outreach services * seniors program * employment assistance * resource centre * food bank * thrift shop

Life for the Nations
519-267-7500
37 Wellington St, Rear entrance, Cambridge, ON
Soup kitchen * first and third Saturday of each month

Mike's Lunch Basket
54 1/2 Ainslie St S Cambridge, ON N1R 3K3
519-622-6550
Provides dinner for families in need every second Saturday * call the Cambridge Self-Help Food Bank for more information

The Salvation Army, Community and Family Services
519-623-1221
16 Shade St. Cambridge, ON N1R 4J5
Website: www.salvationarmy.ca
Email: sacambridge_cfs@rogers.com
The Salvation Army Community and Family Services assists individuals and families in need * Emergency Assistance: Food, Clothing * Assistance for fire victims * Christmas Toy and Hamper Program * Income Tax preparation * Fresh Air Camp for youth * Backpacks for Kids * Winter Coats

The Salvation Army, Hespeler Community Church
519-658-9850
18 Tannery St. Cambridge, ON N3C 2B9
Website: www.salvationarmy.ca
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Community church that also operates a Soup Kitchen and gives out food vouchers, clothing, and diapers to those in need.

**Trinity Community Table**
519-621-8860  
12 Blair Rd. Cambridge, ON N1S 2H5  
Provides hot, nourishing noon hour meals on Monday, Wednesday and Fridays to individuals and families in need.
Legal Help

John Howard Society of Waterloo-Wellington, Cambridge Office
519-622-0815
40 Ainslie St S Cambridge, ON N1R 3K1
Website: www.waterloo.johnhoward.on.ca
Email: ccc@waterloo.johnhoward.on.ca
The John Howard Society is a non-profit organization that offers programs to adults and youths who have been in trouble with the law, and to prevent delinquent behaviour among youth who may be at risk of offending.

Legal Aid Ontario
1-800-668-8258
Provides financial assistance with a wide range of legal issues * accepts collect calls

Waterloo Region Community Legal Services
519-743-0254
450 Frederick St S, Unit 101 Kitchener, ON N2H 2P5
Website: www.wrcls.ca
Email: waterreception@lao.on.ca
Community Legal Aid Clinic providing advice and/or representation in areas such as landlord-tenant, consumer, Ontario Works, Ontario Disability, Canada Pension Plan Disability * no services in family, criminal or immigration
Income Support

Ontario Disability Support Program
1-888-214-0738 (Toll Free)
519-623-1230
73 Water St N, Suite 605, Cambridge, ON N1R 7L6
Website: www.mcss.gov.on.ca/mcss/english/pillars/social/programs/odsp.htm
ODSP Income Support provides financial assistance and other benefits to eligible people with disabilities and their families * this includes accommodation and basic living expenses, as well as prescription drugs and basic dental care

Ontario Works
519 740-5700
150 Main St. Cambridge, ON N1R 8H6
Website: www.regionofwaterloo.ca
Provides emergency support to eligible families and individuals including shelter costs, basic living expenses, prescription drugs and employment training * an intake screening process is required

Service Canada- Cambridge Centre
1-800-622-6232
Employment Insurance: 1-800-206-7218350 Conestoga Blvd, Unit C2, Cambridge, ON N1R 7L7
Helps people with accessing Disabilities Canada Pension Plan Disability Benefits, Seniors Allowance for the Survivor Program, Canada Pension Plan Retirement Pension or Old Age Security.
Home Services

Canadian Diabetes Association Clothesline Program
519-623-0216 or 1-800-505-5525
101 Sheldon Dr, Unit 5, Cambridge, ON N1R 6T6
Website: www.diabetes.ca
Email: waterloo.wellington.operation@diabetes.ca
FREE pick-up of used clothing, clothing accessories, shoes, linen, bedding, pillows, blankets, curtains, fabric material, kitchen utensils, small appliances, dishware, pots and pans, toys, books, knick-knacks, cell-phones, iPods, and other small electronics.

House of Friendship Appliance Repair Program
519-742-8327
51 Charles St E, Kitchener, ON N2G 4R3
Website: www.houseoffriendship.org
Email: appliancerepair@houseoffriendship.org
Provides assistance with major appliance repairs to low-income persons in Waterloo Region * social assistance recipients may be eligible for subsidy from the Region of Waterloo Social Services Department for some repairs * others can pay House of Friendship directly for more affordable appliance repairs
List of Neighbourhood Organizations

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

**Alison Neighbourhood Association**
519-620-1867
Located within St. Anne School at:
127 Elgin St. N Cambridge, ON N1R 5H6
Website: [www.alisonneighbourhood.org](http://www.alisonneighbourhood.org)
Email: ancc@alisonneighbourhood.org

**Blair Road Neighbourhood Association**
519-624-5382
Website: [www.blairroad.org](http://www.blairroad.org)
Email: info@blairroad.org

**Kinbridge Community Association**

  **Christopher Champlain Resource Centre**
  519-740-8565
  125 Champlain Blvd. Unit # 8 Cambridge ON N1R 2X6

  **Christopher Champlain McIntosh Loft**
  519-624-3855
  200 Christopher Drive, 2nd Floor Cambridge ON N1R 2X6

  **Southwood Resource Centre**
  519-621-2088
  241 Southwood Dr. Unit # 1 Cambridge ON N1S 3S5

**Fiddlesticks Community Centre**
519-621-4040
71 Cowan Blvd, Cambridge, Ontario N1T 1K7
Website: [www.fiddlesticks.ca](http://www.fiddlesticks.ca)
Email: fiddlesticks@on.aibn.com

**Greenway-Chaplin Community Centre**
519-623-4220
116 Rouse Ave, Cambridge, ON N1R 4M8
Website: [www.greenwaychaplin.org](http://www.greenwaychaplin.org)
Email: greenway@golden.net

**Hespeler Village Neighbourhood Association**
519-240-3567
Located within St. Luke’s Church at:
1620 Franklin Blvd. Cambridge, ON N3C 1P2
Website: [www.hvna.ca](http://www.hvna.ca)
Email: recreation.coordinator@hvna.ca

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**Langs**
519-653-1470  
1145 Concession Rd, Cambridge, ON  
Website: [www.langs.org](http://www.langs.org)  
Email: [info@langs.org](mailto:info@langs.org)

**Popcorn House Community Resource Centre**
519-653-1470 ext 363  
Website: [www.popcornhouse.ca](http://www.popcornhouse.ca)

**Preston Heights Community Group**
519-650-2971  
350 Linden Dr, Cambridge, ON N3H 5N7  
Website: [www.prestonheights.ca](http://www.prestonheights.ca)  
Email: [phcg@golden.net](mailto:phcg@golden.net)

**Silverheights Neighbourhood Association**
519-740-4681 ext 4459  
Website: [www.silverheightsneighbourhood.com](http://www.silverheightsneighbourhood.com)  
Email: [info@silverheightsneighbourhood.com](mailto:info@silverheightsneighbourhood.com)
Transportation

Golden Triangle Taxi
519-740-2222
14 Wellington St, Cambridge ON N1R 3Y5
24-hour a day taxi service.

Grand River Transit (GRT)
519-585-7555
35 Ainslie St S Cambridge, ON
Website: www.grt.ca
Regional bus systems going between Cambridge, Kitchener, Waterloo, St. Jacobs, Elmira * service - $3.00 single cash fares; strip of 5 tickets $10.00 student/senior, strip of 5 adult tickets $11.50, monthly passes with various prices/categories; GRT fares: $3.00 single cash fares, strip of 5 tickets $9.00 student/senior; strip of 5 adult tickets $10.50, monthly passes with various prices/categories
Libraries and Computer Access

Cambridge Libraries and Galleries
Website: www.cambridgelibraries.ca
Queen’s Square
519-621-0460
1 North Sq Cambridge, ON N1S 2K6
Preston Branch
519-653-3632
435 King St E Cambridge, ON N3H 3N1
Hespeler Branch
519-658-4412
5 Tannery St E Cambridge, ON N3C 2C1
Clemens Mill Branch
519-740-6294
50 Saginaw Pkwy Cambridge, ON
Public libraries and galleries; internet access.

Community Access Program
This program allows people of the community who do not have access to a computer at home or at work to do things such as create a resume, find a job, or to see what kind of government services that are available online. There are four CAP sites available to the public:
Self-Help Alliance, Cambridge
519-623-6024
9 Wellington St, Unit 1, Cambridge, ON N1R 3Y4
Kinbridge Community Association
519-740-8565
8-125 Champlain Blvd. Cambridge ON N1R 2X6
Langs
519-653-1470
1145 Concession Rd, Cambridge, ON
The YMCA of Cambridge, YMCA Teen Drop-In Zone, Cambridge Youth Leadership Development Centre
519-623-YMCA ext 306
258 Hespeler Rd Cambridge, ON N1R 3H3

Family & Community Connections, Ayr
519-632-9739
173 Northumberland St, Ayr, ON
Computer Access as well as resource library

Region of Waterloo, Ayr Branch Library
519-632-7298
137 Stanley St Ayr, ON
Public Library with services such as internet stations, photocopier, etc offered