



Kingston Community Resources



Updates completed in May 2024

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St. Vincent de Paul Society

- Hot Meal Service - take-out meals
- Food Pantry
- WearHouse - clothing and household items
- Social Activities

Monday - Friday
10am to 1pm
613-766-8432
85 Stephen St.

Martha's Table

- Meal Delivery Program
- Sit-down breakfast from 9-11 (no takeout option) Monday- Friday
- Lunch between 12-2 sit down or takeout Monday- Friday
- Dinner between 3-5 sitdown Monday - Friday
- Saturday and Sunday delivery or takeout lunch 12-2

7 Days a Week
Marthastable.ca
613-546-0302
629 Princess St.

Good Times Diner

- Queen's students provide freshly prepared meals and take-home meal kits.
- Queens students only, and sign-up is needed though facebook to access

Sundays &
Wednesdays
5:30pm to 6:00pm
212 Barrie St.

Loving Spoonful

- Local Food Access
- Gardening Programs
- Agricultural Programs
- Community Kitchens

For Details Call:
613-507-8848
www.lovingspoonful.org
263 Weller Avenue #4

United Way KFLA

- Domestic violence, addictions, youth services, and shelter

Monday to Friday
8:30am-4:30pm
613-542-2674
417 Bagot St.

Lionhearts Kingston

- Weekend Student Box.
- This is a box that is goes out twice a month the 1st and 3rd week to houses that are food vulnerable. The parents contact the principal of the elementary or high school their children go to. They are then added to the waiting list. When an opening comes available, they are placed on one of the delivery routes.
- Community Nutrition Program
- Fresh Food Market Pop- Ups (see flyer for locations)

613-539-3735
Contact your children's
schools to set up the
weekend student box.

Cafe Church

- Spiritual discussion followed by soup lunch

Sundays 9:30am to
11:00am
333 Princess St. #200

Victorian Order of Nurses (VON)

- Meals (affordable nutritious meals delivered home hot or frozen)
- Assisted Living or supports for daily living, in home adult respite
- Dining Programs
- Foot care, health care
- Seniors Group Exercise Programs - SMART
- SMILE
- Stroke and Aphasia Support Services
- Transportation

Monday to Friday
8:30am - 4:30pm
613-634-0130 Ext
2302
745 Progress Ave,
Kingston

Lunch By George

- Hot takeout meals
- 9:00 am serving hot drinks and snacks 10:00 am serving soup and crackers

Monday - Friday
11:00-11:30pm
613-548-4617
129 Wellington St.

Partners in Mission Food Bank

- Food hampers by appointment only and provides 1 weeks worth of groceries
- Call to book an appointment
- ID is required for each member of household

Call for appointment:
613-544-4100
140 Hickson Avenue

Monday to Thursday
8:30am - 12pm
1pm-4pm
Friday
8:30am - 12 pm
1pm-4pm

Salvation Army

- Personal Grocery Shopping by appointment
intake prior to initial service
- clothing voucher program

Call for appointment:
613-548-4411

Monday, Wednesday
and Friday
11am -4pm
342 Patrick Street

St. Mary's Parish

- Light food and snacks

Monday - Friday
1pm - 4pm
260 Brock Street

Good Food Box (KCHC)

- Basket of fruits and vegetables for less than the cost at grocery stores
- Pay for a food box at the start of the month (price varies based on size from 6.00-17.00 each) online and have it delivered or pick up from your host site from 1 pm-4 pm
- Deliveries happen the third Thursday of every month.
- Order online at www.goodfoodboxkingston.com

Call to place an
order:
613-530-2239
263 Weller Ave

Seniors' Food Box

- 55+
- Food boxes for seniors
 - produce
 - non-perishables
 - cooking staples
- Call for more information. Currently waitlisted, call to have your name placed on the waitlist

Call to place an
order:
613-530-2239

The Food Sharing Project

- Providing nutritious food to support student nutrition programs in KFL&A schools. Speak to your child's school about what is available to them during school hours.

Main office phone
613-530-3514
473 Rigney St



Dress for Success

- Assisting women in finding clothing suited for job interviews and returning to the job force.
- Appointment only.

700 Dalton Ave
613-483-1833

Kingston@dressforsuccess.
org

Well Suited

- Assisting men in finding suits and clothing suited for a job interview and returning to the job force.
- Appointment only.

837 Princess Street
613-328-4530

appointmentwellsuited
@gmail.com

Southern Frontenac Community Services

- A community food bank for rural Kingston is available to low-income individuals, families, and seniors in South Frontenac and rural Kingston (north of Hwy. 401). Registration can be done over the phone. Upon registration, clients may use the Food Bank once a month. Hampers include seven days' worth of perishable and non-perishable food items, amounts based on the number of people in the household.

4295 Stagecoach
Road
Sydenham

613-376-6477 ext.
203

jody.riddle@sfsc.ca

AMS Queens Foodbank

- The AMS Food Bank provides a confidential and non-judgmental food service to members of the Queen's community.
- must bring valid Queen's University student ID.

207 Stuart Street Room 105

Monday, Tuesday,
Wednesday and Friday:
5:00-6:00pm
Thursday: 11am-12:00pm

foodbank@ams.queensu.ca.

SLC Food Pantry

- A range of essential services, including the SNAK program, which provides emergency food assistance, holiday meals for students in need, food markets

Monday, Friday
8AM - 6PM

Tuesday, Wednesday, Thursday
8AM - 9PM
Saturday
10am-2pm

100 Portsmouth Ave. Kingston (Student
Association)

<https://saslc.ca/snak>

Trellis HIV and Community Care

- Monday - Thursday 9am - 1030am
 - Offers coffee and a hot nutritious breakfast (take-out or eat in)
- Friday 9am-1030am
 - Coffee and pastries
- Some clothing offered, socks, and harm reduction supplies

Monday to Friday
9am-12pm 1pm-
4:45pm

844a Princess Street

For Details Call:
613-545-3698
1-800-565-2209

| Times may change | Agency Addresses and times | Agency Addresses and times | Agency Addresses and times |
|---------------------|--|---|--|
| Monday | <p><u>St. Vincent de Paul</u> 85 Stephen Street 10-1 Lunch (Take-out)</p> <p><u>Lunch by George</u> 129 Wellington Street 11-1145 (Take-out)</p> | <p><u>Martha's Table</u> 692 Princess Street 9-11 Breakfast (sit down) 12-2 Lunch (sit down or take-out) 3-5 Dinner (sit down)</p> | <p><u>Trellis HIV and Community Care</u> 844a Princess Street 9-1030 Breakfast (sit down or take-out)</p> |
| Tuesday | <p><u>St. Vincent de Paul</u> 85 Stephen Street 10-1 Lunch (Take-out)</p> <p><u>Lunch by George</u> 129 Wellington Street 11-1145 (Take-out)</p> | <p><u>Martha's Table</u> 692 Princess Street 9-11 Breakfast (sit down) 12-2 Lunch (sit down or take-out) 3-5 Dinner (sit down)</p> | <p><u>Trellis HIV and Community Care</u> 844a Princess Street 9-1030 Breakfast (sit down or take-out)</p> |
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| Thursday | <p><u>St. Vincent de Paul</u> 85 Stephen Street 10-1 Lunch (Take-out)</p> <p><u>Lunch by George</u> 129 Wellington Street 11-1145 (Take-out)</p> | <p><u>Martha's Table</u> 692 Princess Street 9-11 Breakfast (sit down) 12-2 Lunch (sit down or take-out) 3-5 Dinner (sit down)</p> | <p><u>Trellis HIV and Community Care</u> 844a Princess Street 9-1030 Breakfast (sit down or take-out)</p> |
| Friday | <p><u>St. Vincent de Paul</u> 85 Stephen Street 10-1 Lunch (Take-out)</p> <p><u>Lunch by George</u> 129 Wellington Street 11-1145 (Take-out)</p> | <p><u>Martha's Table</u> 692 Princess Street 9-11 Breakfast (sit down) 12-2 Lunch (sit down or take-out) 3-5 Dinner (sit down)</p> | <p><u>Trellis HIV and Community Care</u> 844a Princess Street 9-1030 Coffee and Pastries</p> |
| Saturday and Sunday | | <p><u>Martha's Table</u> 692 Princess Street 12-2 Lunch Take out only</p> | |

Kingston Community House

- Different events
- Membership provides you access to
 - low-cost meeting space
 - use of house resources

Annual Membership Fee: \$20 for individuals \$30 for groups

343-333-6412
info@kingstoncommunityhouse.org
99 York Street

Seniors Association Kingston Region

- Adult classes (arts, culture, fitness, games, sports, and wellness)
- Restaurant and Café
- Events and seminars
- Hatter's Platters (freshly made food in freezable containers)
- Gift Shop
- Women's used clothing shop
- Membership: \$50/year + cost of programs

Monday to Friday
8:30am - 4:30pm
613-548-7810
info@seniorskingston.ca
56 Francis Street

YMCA Kingston

- Adult Fitness (Pool & Gyms)
- Personal Training
- Total Life Care Program
- Youth Recreation & Drop-in
- Summer & P.A day camps

Kingston Day Passes

PRICE

Family/Couple \$20.36

Adult (25-59) \$14.16

Senior (60+) \$10.18

Teen/Young Adult (15-24) \$10.18

Child (0-14) \$8.25

Kingston Monthly Memberships

Family (2 Adult) \$128.00

Couple \$114.00

Senior (60+) \$54.00

Adult (25-59) \$64.00

Young Adult (18-24) \$50.00

Teen (15-17) \$38.00

Child (0-14) \$37.50

TLCS \$82.50

TLC Couple \$152.00

30 Day Flex Pass \$75.00

Monday - Thursday

5:30am - 9pm

Friday

5:30am - 7pm

Saturday & Sunday

7am - 4pm

Holidays

8am-1pm

For Details:

613-546-2647

Kng.membership@eo.y

mca.ca

100 Wright Crescent

Boys and Girls Club

- Before and after school programs for 4-12 years available at different BGC Locations
- Youth Programs | youth fitness | youth sports league (Age 13-18) available at different locations
- Summer Camps
- School Break Camps

Administration Office

1300 Bath Road, Unit A-2
613-507-3306 Ext 100
westend@bgcsoutheast.ca

The Mess Studio

- Informal Art Studio Space for anyone interested in creating art and building a healthy community.
 - Pottery studio
 - Photography Group - two times per month
- Healthy lunch and snacks provided

Tuesday to Thursday

10:00am - 2:00pm

Gill Hall of St. Andrew's
Presbyterian Church
130 Clergy St

Martha's Table

- Starting June 10 Movie Monday at 1pm - Weekly
- Starting July 3 Bingo on Wednesdays - Weekly
- Follow them on social media for further announcements

Meal Program 7 days a
week

Marthastable.ca

613-546-0302

629 Princess St.



Girls Inc.

- Girls Inc. celebrates and empowers girls and young women and advocates for an equitable world.
- Girls and women who can access services
 - School- aged girls+ -typically 6-18.
 - Youth 15 to 30 based on the Canadian federal definition of youth.
 - Families of Girls Inc. participants with no age limitations.
 - Women+ experiencing trauma with no age limitations.
 - Welcomes all girls regardless for their assigned sex at birth.
- Core Programs
 - School-based After School Programs
 - In-School Groups
 - Rideau Heights Kingston After School Programs
 - Community Groups
 - Day Camp Programs
 - Group Mentoring Program
 - Girls Summit

1040 Gardiners Rd
613-542-9202

Monday to Friday
9am-4pm

admin@girlsinclimestone.ca

H'ART Centre

- Offers adults with developmental disabilities the opportunity to reach their highest potential through arts and indirect learning.
- Programs
 - The Mix
 - MixAbilities
 - H'ART Studio
 - visual arts, music, theatre arts, inclusive dance, media arts,
- library and community arts
 - The Box

237 Wellington St.

613-545-1392
hartinfo@hartschool.ca

Monday to Friday
9am-4pm

Artillery Park Aquatic Centre

- Aquatic classes
- Fitness classes
- Recreational Sports
- Swimming

Fit Pass Needed

382 Bagot St.
Contact: 613-546-4291 ext 1700
Mon-Fri- 6 AM to 9 PM
Sat and Sun- 8 AM to 8 PM

Invista Centre Arena

- Skating Programs
- Fitness Centre
- Shinny Hockey

Fit Pass Needed

1350 Gardiners Rd
613-546-4291 Ext 1800
Front Desk:
Monday to Sunday 8 a.m. - 8 p.m.
Fitness Centre:
Phone: 613 546-4291 ext. 1891
Monday to Friday 6 a.m. - 10 p.m.
Saturdays 7 a.m. - 8 p.m.
Sundays 8 a.m. - 8 p.m.

Fit Pass Information

Memberships can be purchased onsite at:

- Artillery Park Aquatic Centre, 382 Bagot St.
- INVISTA Centre, 1350 Gardiners Rd.
- Kingston East Community Centre, 779 Highway 15
- Rideau Heights Community Centre, 85 MacCauley St.

For additional membership information call 613-546-4291 ext. 1700/1800/1900/2000

Facilities: INVISTA Fitness & Wellness Centre, Artillery Park Aquatic Centre, Kingston East Community Centre, Rideau Heights Community Centre, all municipal arena public skates, Culligan Water Park and YMCA of Eastern Ontario (Kingston & Brockville)

Includes: Cardio/weight room, gymnasium, member fitness & aqua fit classes, recreational swims, public skating, swimming at the Boys & Girls Club, and access to [YMCA facilities](#) including group fitness, gym and pool

Yearly Cost

Adult (25-26) \$633
Senior (64+) \$504
Youth (15-24) \$504
Children (3-4) \$378
Parent & Children \$1,092

Lionhearts – Embassy Live Music Café

- The Embassy Live Music Café (Kingston) is a program of Lionhearts Inc that offers live music in a dry environment.
- The Spire has partnered with Lionhearts to host Embassy in the Upper Hall of the Facility.
- Embassy offers a non-judgmental location for those in any life situation to enjoy great local musicians in a listening room environment.
- The Embassy is open almost every Saturday evening, with the William St Door opening at 7pm sharp, and music starting soon after, usually about 7:15pm. Wrapping up the evening at 9:30pm.
- As part of the cover charge of \$10, complimentary snacks like pizza and hotdogs are provided along with a great selection of non-alcoholic beverages.
- We do not turn anyone away due to a lack of funds, and many of our tickets are distributed through partner agencies for free.
- Follow us on FaceBook for the latest information on who is playing and if there are any closures. Looking forward to seeing you at the Embassy!

Located at The Spire, 82 Sydenham St Entrance.

Saturday Evening at 7pm-9pm

\$10.00 Charge



St. Vincent de Paul Society of Kingston

- Recreational Programming
- Follow on social media for further details



Monday to Friday
9am-1pm
84 Stephen Street
613-766-8432

Trellis HIV and Community Care

- Weekly music group on Wednesday afternoons 2pm-3pm open to the community
- Indigenous workshops once a month on the last Tuesday of each month.
- And much more, see website and social media



Monday to Friday
9am-12pm 1pm-4:45pm
844a Princess Street
For Details Call:
613-545-3698
1-800-565-2209

Kingston Frontenac Public Library

The Library builds and supports community by creating welcoming spaces that invite people to learn and connect.

- With sixteen branches and two mobile locations, KFPL provides resources like:
- Free library cards: even if you have limited identification, don't have a permanent address, or will be living in our area temporarily.
- Wifi: all branches offer free Wireless Internet access.
- Computers and Internet access: public computers can be booked with a library card.
- Printing and photocopying: available for a small fee.
- Movies, TV, magazines and audiobooks.
- Free programs and events for children, teens and adults.
- kfpl.ca

For Details Call:
613-545-3698
1-800-565-2209



PHYSICAL + DENTAL HEALTH

Trellis HIV and Community Care

HIV/AIDS education and support programs

- Gay Men's Sexual Health Alliance
- M4M online outreach (confidential info on sexual health & coming out)
- m4mtalk: monthly discussion group
- M.I. Talk: four week one-on-one counseling program
- Women & HIV/AIDS Initiative
- Sex Workers Action Group (SWAG)
- Ontario Aboriginal HIV/AIDS strategy
- STI Testing
- Naloxone, and Needle/Syringe Exchange Program

Monday to Friday
9am-12pm 1pm-4:45pm

844a Princess Street

For Details Call:
613-545-3698
1-800-565-2209

Street Health Center

- Non-judgmental care for people who have barriers to traditional forms of healthcare, including those who use substances, are homeless or precariously housed, may have been incarcerated, may be involved in the sex trade, and may be affected by or at risk of acquiring Hepatitis C (HCV).
- Provides primary health care, harm reduction program, take-home naloxone program, hepatitis C treatment program and counselling.

Monday - Friday
9am - 12pm
1pm - 4pm
Saturday and Sunday and
Statutory Holidays (Pharmacy
& Harm Reduction)
9am-4pm
613-549-1440
info@streethealth
115 Barrack Street

Kingston Community Health Centers

- KCHC has a wide range of multidisciplinary services at 3 locations, Street Health, Integrated Care Hub, 263 Weller Avenue and Napanee Area Community Center (NACHC).
- The Weller location offers primary care services, dental services, transgender health, telemedicine, regional self-management, and community health team.
- The Weller location offers Practical Assistance, Early Education Programs, Pathways to Education, Kingston Immigration Partnerships (KIP), Immigration Services and Thrive.

**Weller Location: 263
Weller Ave.**
Monday, Tuesday, Thursday
and Friday
830am - 12pm
1pm - 4pm
Wednesday
1pm-730pm
613-542-2949

Integrated Care Hub

- Substance Consumption and Treatment Services
- Drop In Services - meals & referrals
- Rest Zone
- Needle Exchange Program
- Safe Injection Kits & Disposal
- Harm reduction education
- Naloxone kits and training

Consumption Services
11am - 7pm
Drop In & Rest Zone
23 Hours/Day
613-329-6417
661 Montreal Street

KFL&A Public Health

- Early Development, Parenting Services
- Dental Services
- Immunizations
- Sexual Health
- Good Food Box
- Volunteer opportunities

Toll Free
1-800-267-7875

Monday to Friday
8:30am - 4:30pm
221 Portsmouth Avenue

Tobacco Information Line
613-549-1232, ext. 1333

Sexual Health Line
613-549-1232, ext. 1275

Parenting in KFLA
613-549-1154

Living Well Phone Line
613-549-1232, ext. 1180

Immunization Information Line
613-549-1451, ext. 1451

DISABILITY SUPPORT

Community Living Kingston and District

Programs

- Child Care Resource and Consultant Services
- Community Inclusion Program
- Family Home
- Family Support
- Residential Services
- Respite
- Employment Services
- Community Services

Fortune Cres. Office
by appt. only
For Details Call:
613-548-7366
758 Fortune Cres.

Main Office
541 Days Road
(613)-546-6613
Mon-Fri:
8:30 AM to 4:30 PM

Gardiners Rd. Office
by appt. only
For Details Call:
613-507-8460
201-645 Gardiners Rd

Independent Living

Programs

- Access to Independence
- Peer Support
- Information and Support Services
- Self-Managed Attendant Services, Direct Funding

540 Montreal St.
Mon-Fri
9 AM to 4:30 PM
613-542-8353
info@ilckingston.com

Learning Disabilities Kingston

Programs and Services

- Community Education Sessions
- Volunteer led LD/ADHD Awareness Sessions
- Referral/ Advocacy Assistance
- SEAC (Special Education Advisory Committee) Representation
- Assistive Technology Supports for Community Organizations
- Annual LD/ ADHD Conference Workshop
- Community Partnerships

817 Division St.
613-546-8524
ldak@ldakingston.com

Ongwanada

Programs

- Community Services
 - Napanee and Kinston community participation support, Community Garden, Napanee Snoezelen Room, Spiritual Care, Circle of Friends
- Specialized and Clinical Services
- Resource Center Services
- Supportive Living and Respite Services

Ongwanada Resource Centre

191 Portsmouth Avenue
Phone- 613-548-4417
info@ongwanada.com

Other Locations at

Crescent Community Centre-

114 Wright Crescent

Balsam Grove Centre- 85
Grosvenor Court

Easter Seals

Programs

- Equipment Funding
- Fully Accessible Camp
- Ambassador Program
- Scholarships
- Special Education Advisory Committee (SEAC)
- Parent Resources Information
- Awareness and Public Education
- Incontinence Supplies and Grant Program
- Top Up Program

Ontario Easter Seals
Toll- Free
1-800-668-6252
easterseals.org

Kingston- Linda Clouthier
Community Engagement
Officer
613-893-3240
lclouthier@easterseals.org

DISABILITY SUPPORT

Extend-A-Family

Programs

- EAFK Programs
- Summer Camps
- Family Support Services
- Transitional Age Youth
- Employment Opportunities
- East Region Housing Navigation
- Developmental Services Ontario South East Region
- The Passport Program

Monday to Friday
8:30am - 4:00pm
613-544-8939
programs@eafkingston.com
361 Montreal St.

Maltby Centre

Programs

- Mental Health and Autism Services for Children and Youth under 18 and their families
- Ontario Autism Program (OAP) Free Services
- OAP Core Clinical services (with fees)
- Autism Behavioural Classroom (ABC) School Program (4-8 years)

31 Hyperion Court, Suite 100
Phone- (613)-546-8535
Monday- 8AM to 4:30 PM
Tuesday to Thursday-
8 AM to 8 PM
Friday- 8AM to 4:30 PM

March of Dimes Canada

Programs for physically and alternately disabled adults

- After Stroke Program
- Assistive Devices Program
- Home and Vehicle Modification Program
- Post-Polio Canada

Contact- (613)-549-4141
Toll Free: 1-888-686-0663

CNIB Foundation

Innovative programs and powerful advocacy that empower people impacted by blindness to live their dreams and tear down barriers to inclusion.

On site Programs Include:

- Peer support
- Recreational Activities
- Accessible Technology training
- Employment Workshops
- Tech Sessions
- Vision mate program
- CNIB Guide dogs
- Inclusive schools program

826 Princess St
Mon-Thurs: 9 AM to 3 PM
Fri: 9 AM to 12 PM
Contact: 613-542-4975
ext 5056
adan.ahmed@cnib.ca

H'ART Centre

• Offers adults with developmental disabilities the opportunity to reach their highest potential through arts and indirect learning.

- Programs
 - The Mix
 - MixAbilities
 - H'ART Studio
 - visual arts, music, theatre arts, inclusive dance, media arts,

237 Wellington St.
613-545-1392
hartinfo@hartschool.ca

Monday to Friday
9am-4pm

library and community arts

- The Box

MENTAL HEALTH + ADDICTION

Mental Health Support (AMHS)

Counseling

- Offers psychotherapy to individuals 16+ with a focus on recovery and wellness for people with serious mental health concerns. To connect, contact AMHS Intake at 613-544-1356 or online at <https://kfla.ontarionow.ca/self-referral/>

Addiction Services

- Offers a range of rehabilitation and treatment options to support recovery and wellness for those 16+ with concerns around substance use, including alcohol.

Family Resource Center (FRC)

- Provides a range of resources and supports to ensure family members and other loved ones to stay well and maintain their own mental health while supporting a loved one on their journey. The FRC can provide support and one-on-one supportive counselling as well as assistance with system navigation and support groups to those who are supporting someone else with addiction and/or mental health concerns
- Thursdays 5:30-7:30 support groups provided.

Walk-In
Monday to Friday
8:30am - 4pm
552 Princeess Street
Crisis Line (24/7)
613-544-4229

Family Resource Center
613-544-1213
1-866-616-6005

Addiction Support (AMHS)

Motherwise

- A free, confidential service for individuals who are pregnant or have children aged 6 and under to address concerns about drug or alcohol use. Motherwise offers information, support, referrals and counseling in a nonjudgmental way that enables participants to feel safe and share freely. You do not need to have custody of your children to receive support.

Understanding Addiction Group (online)

- Provides weekly support to those new to accessing services or who are on a waitlist for addiction treatment. Topics include Triggers & Coping Strategies, Self-Care, Coping with Negative Thoughts, Mindfulness and more. These sessions can be accessed at any time and as often as you wish.
- www.amhs-kfla.ca

Contact for Dates & Times:
613-544-1356
552 Princeess Street
Crisis Line (24/7)
613-544-4229

Gambling Program:

- Certified Gambling Counselors offer experienced, confidential support to those affected by gambling or gaming problems, including youth as young as 12. This program includes assessment, individual counseling, relapse prevention, support for family members and referrals to other agencies as appropriate

RAMM(Rapid Access Addiction Medicine)

- This innovative partnership embeds an AMHS-KFLA Addictions Counsellor at Street Health, 175 Barrack Street, Kingston, and aims to connect individuals with addictions support, primary care resources and other Street Health programming and resources in one location.

Survivors of Sexual Assault & Abuse (SACK)

Provides medical & legal accompaniments, Trauma counselling programs and anonymous reporting.

Skills & Support

- For individuals who are new to counseling. Focuses on creating safety and stability. General duration of services is up to 10 sessions. Survivors learn about trauma responses and coping skills. Survivors can focus on a particular issue such as anxiety flashbacks, sleep challenges, etc.

Reflect & Connect

- For individuals who have previous counseling experiences and developed coping skills. General duration of services is on average 6 months. Survivors will build a deeper awareness of themselves. Survivors can focus on understanding their experiences and exploring patterns of thinking and feeling.

Canadian Armed Forces (CAF) Stream

- Offers priority access to their Skills and Support program for CAF members, the broader CAF community, and civilians that are employed by CAF or Department of National Defence (DND), who have been impacted by sexual violence. Everything you share with them remains entirely confidential to SAC Kingston.

Monday to Friday
8:30am - 4:30pm
400 Elliot Avenue Unit 1
Contact:
(613) 545-0762

Crisis Line (24/7)
1-877-544-6424
613-544-6424 (text or call)

Social Media
Sexual Assault Center
Kingston (@SACK)

sack@sackington.com

Seniors Mental Health (PCH)

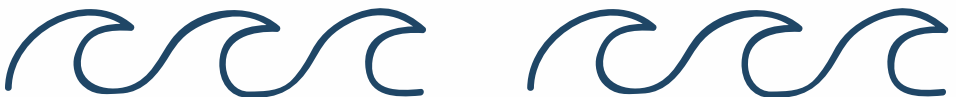
Seniors Mental Health Outreach

- A specialty team providing comprehensive assessment, treatment recommendations, care planning, advocacy, referrals, and education for older adults living with dementia, late onset complex mental health needs, substance use and/or neurological disorders, and associated changes in behavior. These services are available to people living in their own homes, retirement homes, long-term care homes or hospitals.

Seniors Mobile Response Teams

- Provide timely and knowledgeable support for residents living in long-term care homes who are presenting with or at risk for responsive behaviours that may be associated with dementia, late onset complex mental health needs, substance use and/or neurological conditions. Mobile Response Teams assist with assessments, behavioural care planning and transitional support to meet specific resident needs. Referrals are accepted from long-term care home staff members

Contact:
613-544-4900
752 King Street West
Providence Care
Hospital



MENTAL HEALTH + ADDICTION

Harbour Light Program

Concurrent disorder-capable residential treatment center for Ontario Men

- length of stay can be 8-16 weeks depending on client needs and treatment goals.
- holistic and abstinence-based approach .
- uses trauma-informed practice and community reinforcement approach.
- men with complex needs including homelessness, justice system involvement and trauma history are welcome.
- 18-bed capacity
- cellphone and electronic free 24/7

562 Princess St.
613-546-2333
Email
kasey.miner@salvationarmy
.ca


Eligibly

- Men 18 years and older covered by OHIP
- sober 72 hours prior to entering programing and able to produce a negative alcohol and drug screens
- must be stable, able to engage in classroom setting and willing to comply with abstinence-based approach
- medications must be approved before entering treatment
- Must be stabilized on Opiate Replacement Therapies (Methadone/Suboxone) before treatment

Detoxification Center

- provides individuals 16 and older a safe space to detox from alcohol or substances in a supportive environment.
- Short-term (3-5 days) residential withdrawal management services offering many people the support they need to take this important first step into their recovery journey.
- In addition to residential services, the Detox Center offers self-help groups, and 24-hour drop-in supportive counselling and telephone support.
- To better understand what to expect upon arrival Kingston Health Sciences Center supplies a detox brochure outlining what to expect upon arrival, house rules, what the Detox center offers, and what discharge will look like.

240 Brock St.
613-549-6461



Elizabeth Fry Women Empowered Hub

Mental Health Support Worker

- assisting women in the community and those preparing for custody release by navigating support, assessing their needs to provide relatable referrals, accompanying women to appointments and activities, providing housing and employment support, and promoting mental and wellness healthy living.

127 Charles St
613-544-1744
1-888-560-3379
info@efrykingston.ca



MENTAL HEALTH + ADDICTION

Community Mental Health Support (PCH)

Mood Disorder Services

Provides specialized care to adults with major depression, bipolar disorders, dysthymia, cyclothymia and other mood disorders. Services include psychiatry, occupational therapy, social work, cognitive behavioural therapy groups, and Changeways groups (for depression and bipolar illness).

Personality Disorders Service

Provides care for non-psychotic adults who have been diagnosed with a personality disorder. For individuals who experience intense and distorted thoughts, and engage in self-destructive and socially inappropriate behaviours that are hard to change and impact aspects of daily life.

Case Management Services

Provides recovery-oriented treatment, rehabilitation and support for those who experience serious mental illness symptoms and are living in the community. This program is for individuals who are ready to step down from the more extensive support provided by the Assertive Community Treatment teams. Case Management Services assists individuals by increasing their quality of life and success in the community



Contact:
613-544-4900
752 King Street West
Providence Care
Hospital



Community Connections Recovery Program

An individualized rehabilitation program offering a supportive environment for clients experiencing persistent mental illness. Clients learn skills and coping strategies necessary for successful community living.

Community Treatment Order

Coordinates mental health services for individuals having a diagnosis of a serious mental disorder and a pattern of admission to inpatient psychiatric care, a condition that stabilizes with inpatient treatment, and a history of stopping treatment following discharge.

Attendant Care Outreach

Offers assistance to individuals with long-term physical disabilities, in their own homes in Kingston, Frontenac, Lennox & Addington.

Clients self-direct their own care by communicating their needs to attendants. Care is provided seven days a week. Referrals are accepted from prospective clients, friends or family, physicians, and social or community health agencies. There is no cost to clients

Community Mental Health Support (PCH) (Cont')

Assertive Community Treatment (ACT)

Teams who provide recovery-oriented treatment, rehabilitation and support services for individuals who experience serious and persistent mental illness, require a higher level of support in order to maintain success in the community and have not benefited from traditional community mental health supports. Teams include Psychosocial Rehabilitation and the Community Integration Program.

Regional Outreach

Provides an intake assessment, supportive counselling, occupational therapy and social work support. Goal is to transition stable patient's care back to the family physician.

Referral Criteria: Adults 18 years of age or older with stable moderate to severe mental illness of at least two years duration. Last psychiatric admission must be greater than 6 months prior to referral and client must have an established contact with a family physician.

Change Health Care Kingston

Provides a variety of services, including Methadone Treatment, Suboxone Treatment, Sublocade Treatment, Hepatitis C Screening + Treatment, Safe Use Supplies, Pharmacy Services, Doctor's Services, Care Referrals and Naloxone kits

7 Hickson Ave

613-549-6060

or

1-877-937-2282

<https://canatc.ca/company/locations/chc-kingston/>



Personal Use Take Home Kit

In Ontario, naloxone is widely available for free through the Ontario Naloxone Program and Ontario Naloxone Program for Pharmacies. Eligibility includes: people at risk of opioid poisoning, friends and family of people at risk, and others who may be able to respond other than in the line of work. Training is available and no health card is required.

Many pharmacies in the KFL&A area offer free naloxone and training.

Free nasal spray naloxone kits are available self-serve at reception at KFL&A Public Health offices in Kingston, Cloyne and Sharbot Lake.

Eligible individuals can get free naloxone kits mailed to them after completing online training with [NaloxoneCare.com](https://www.naloxonecare.com)

Many community organizations in the KFL&A area have enrolled as Ontario Naloxone Program sites. They can provide naloxone and training to their eligible clients. Sites include:

- [AMHS-KFLA](#)
- [Home Base Housing](#) (includes One Roof and Street Outreach)
- [Kingston Youth Shelter](#)
- [Kingston Harbour Light](#)
- [Land O'Lakes Community Services](#)
- [Lennox & Addington Interval House](#)
- [Lionhearts](#)
- [Martha's Table](#)
- [Napanee & Area Community Health Centre](#)
- [Resolve Counselling](#)
- [St. Vincent de Paul Society of Kingston](#)
- [Street Health Centre](#)
- [Trellis HIV & Community Care](#) (includes Princess St. site, Integrated Care Hub and mobile unit)
- [Youth Diversion](#)

Please note that agencies and pharmacies may not be able to provide a kit for the following reasons.

- Ontario Naloxone Program (ONP) sites can only distribute kits to their clients. Some sites define 'client' more broadly than others. For example, some have formal client/program intake processes and some are not open to the public (i.e. shelters), whereas some are more drop-in based in general or for specific programs.
- How/when naloxone is available varies across ONP sites i.e. may be only via specific programs, limited hours.
- ONP sites can only distribute kits for "take-home" use – this means they can only give kits out for personal use and cannot provide them for use in the line of work/volunteering/business.
- Can't guarantee pharmacies or ONP sites will have kits in stock all the time. We always recommend calling ahead when possible.
- A health card isn't required however some pharmacies may still ask for one

For more information please visit KFLA Public Health's website. <https://www.kflaph.ca/en/health-topics/naloxone.aspx>



Managing Powerful Emotions (AMHS)

A 12-week program offering strategies and support for managing emotions, coping with stress and avoiding destructive behaviours.

For Details Call:
(613) 544-1356
552 Princess Street

Understanding Addiction (AMHS)

A weekly program with rotating modules including Triggers & Coping Strategies, Self-Care, Coping with Negative Thoughts, Mindfulness and more. Abstinence is not a requirement; however they ask that you not attend while under the influence.

For Details Call:
(613) 544-1356
552 Princess Street

Mindfulness Group (SACK)

6-week group for survivors at any stage of their healing process looking to increase their skills around mindfulness. DBT skills-based group on how to create and maintain a peaceful mind.

For Details Call:
(613) 545-0762
400 Elliott Ave #1

Managing Powerful Emotions (SACK)

This 12-week skills-based group is designed to help you identify and label your emotions, understand the purpose of your emotions, recognize what activates and intensifies your emotions and understand the relationship between emotions and behavior.

For Details Call:
(613) 545-0762
400 Elliott Ave #1

Body Connections (SACK)

This 6-week group explores disconnection from our bodies after trauma, diet culture and societal expectations, radical acceptance, body love, shame, sex and intimacy, using food intuitively, self-compassion, self-esteem, body image, and re-writing our body relationship stories.

For Details Call:
(613) 545-0762
400 Elliott Ave #1

Connections: Shame & Resilience Group (SACK)

This 12-week group is based on the work of Brené Brown and topics include defining shame, practicing empathy, exploring triggers and vulnerabilities, practicing critical awareness, reaching out to others and creating, embracing and inspiring change.

For Details Call:
(613) 545-0762
400 Elliott Ave #1

Adult Survivors of Childhood Sexual Abuse (SACK)

This trauma-informed group helps survivors understand the impact childhood sexual abuse has had on their lives, explores the principles of healing, and offers guidance on how to begin moving towards a place of self-love and self-compassion. This is an intensive 8-week group and is recommended for survivors who have completed both the Skills and Support and Reflect and Connect program

For Details Call:
(613) 545-0762
400 Elliott Ave #1

Male Adult Survivors of Sexual Abuse (SACK)

This 8-week trauma-informed group helps survivors understand the impact childhood sexual abuse has had on their lives, explores the principles of healing, and offers guidance on how to begin moving towards a place of self-love and self-compassion. For male identified survivors of childhood sexual violence. This is an intensive group and is recommended for survivors who have completed both the Skills and Support and Reflect and Connect program (or have prior experience with counseling).

For Details Call:
(613) 545-0762
400 Elliott Ave #1

NOTE: Some groups may be affected by COVID-19 and switched online or postponed. Contact agencies for more information

Narcotics Anonymous (NA)

- Available online or in person
- Closed meetings are closed to non-addicts. You should only attend if you believe that you have a problem with substance abuse.
- Open meetings are open to addicts and non-addicts alike. All are welcome.
- Not sure where to start or new to NA, join an online introductory meeting.
 - Monday at 7:00pm. For meeting link please see LimestoneNA.com

To find a meeting go to
LimestoneNA.com

Kingston and Area Alcoholics Anonymous (AA)

- You do not have to be an alcoholic. You may know someone who is struggling and may benefit from information. Or, you may have a suspicion that alcohol is having a negative impact on your life.
- Meetings are available in person or online.
<https://www.kingstonaa.org/>
- Who can attend - AA is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem to help others to recover from alcoholism.
- No cost to attend

To find a meeting call
833-302-1536
To contact AA
Kingston call 613-
900-6285

Coffee and Connection- AMHS

A safe place to relax, connect and create! Join us for light refreshments, games and more. All are welcome, no need to register or be a client.

552 Princess St
For more
information call
613-544-1356

Recovery College - Providence Care

Providence Care's Recovery College is an adult learning center. The program focuses on providing free education and opportunities to support mental health, wellness, and recovery.

Our Recovery College courses are co-designed and co-delivered by health care and social service providers and peer facilitators – people with lived experience of mental health challenges and/or addictions.

Each course is interactive and provides a positive learning environment, supporting personal empowerment, connection, and hope. Recovery is a journey, not a destination. Everyone is welcome to attend. No previous experience or education level is required.

See their website for further information on offered courses:
<https://providencecare.ca/community-services/recovery-college/>

Looking to enroll

Ellie Lambert: 613-
540-6165 ext. 34401

Jenna Sands: 613-
540-6165 ext. 34340

Email:
recoverycollege@providencecare.ca
Fax: 613 540 6169

Peer to Community

The P2C program aims to support individuals who have histories of homelessness to find inroads into community through relationship building and participation in activities that are meaningful.

- Drop in
- Fun Fridays
- Social Enterprise
- Breakfast Club
- Recovery from Homelessness
- Recreation Groups

Follow on Social Media to learn more.



3 Adelaide Street
Kingston, ON
K7K 1Y3

(613) 893-1215

general.info@peer2community.ca

SUPPORT GROUPS

Managing Personal Wellness & Recovery (MPWR)- AMHS

Managing Personal Wellness & Recovery is open to all, with no need to register or be an existing client.

Access information, support and tools with rotating weekly topics that include: Distress Tolerance, Emotion Regulation, Interpersonal Effectiveness and Mindfulness.

552 Princess St
For more
information call
613-544-1356

Musicalize Your Mental Health Music Group- AMHS

Meet weekly on Tuesdays at 552 Princess Street in Kingston, and participants are welcome to bring an instrument if you have one or there are some available to use. No need to register or be a client – just drop in!

552 Princess St
For more
information call
613-544-1356

SMART Recovery - AMHS

SMART Recovery is a 4-point program and is open to all – no need to register or be a client, just drop in to the group at **107 Wellington Street** in Kingston!

Rotating weekly topics include:

- Building And Maintaining Motivation
- Coping With Urges
- Managing Thoughts, Feelings and Behaviors
- Living a Balanced Life

For more
information call
613-544-1356

Day Treatment *- AMHS

Provides daily contact for individuals requiring more intensive support than individual or group counselling can offer, who may be seeking an alternative to residential treatment. Participants are required to achieve some abstinence in the community prior to starting the program and commit to attending 5 half days per week for 4 weeks.

The program guides participants through the process of change, offering supportive strategies for self-care, stress management, emotional regulation, communication and relapse prevention, with a focus on building healthy relationships and self-esteem.

*Available to anyone in the community, if you or someone you are supporting isn't already connected to services at AMHS-KFLA, please complete a referral form [online](#) or call 613-544-1356 (Kingston & Frontenac) or 613-354-7521 (Lennox & Addington) weekdays 8:30am-4:30pm to sign up for the next session.

For more
information call
613-544-1356

Bereaved Families of Ontario- Kingston Region

Groups

- Parent (Loss of a child) group
- Help(Hope, Empathy, Love, Patience) After Suicide group
- Partner/Spousal Loss group
- Living with loss group
- Pregnancy/Infant loss group
- Mourning Break

993 Princess St,
Unit 14 Business Centre,
Suite 1415
Contact: 613-634-1230
email- bfo@kingston.net
More Information on website
bfo-kingston.ca

CRISIS SERVICES

AMHS Crisis Support

24h Crisis Phone Line

Crisis lines are staffed 24/7, 365 days a year by experienced professionals who can provide immediate support, advocacy and referrals to appropriate services as needed.

Walk-In Crisis Services

Visit 552 Princess Street to meet with a crisis worker - no appointment necessary.

Mobile Crisis Team

Responds to calls to our crisis line or situations in the community where urgent in-person support is needed.

Crisis Line: 24h
613-544-4229
1-866-616-6005

Walk-In Services:
8:30am - 3:30pm

552 Princess Street

Mobile Team:

Mon-Friday

8:00am - midnight

Sat & Sunday

8am - 8pm



SACK Crisis Support

Crisis Line

24 hour, 7 days a week Crisis and Support Line provides confidential and non-judgmental support for survivors. We offer information, support and coping strategies for survivors of all gender identities.

Text Crisis Support

A secure, online chat & text support service, available for all survivors of sexual violence, regardless of gender and/or identity. You will be connected to a trained, non-judgmental facilitator who can offer you emotional support, information, resources and safety planning techniques. All chats and texts are confidential.

Crisis Line: 24h
613-544-6424
or
1-877-544-6424

Text:

613-544-6424

or

<http://www.webelievesurvivors.ca/>



Crisis Police Partnership (AMHS)

Crisis Safe Bed Program

Supportive, short-term mental health residential placement to individuals experiencing a mental health crisis who have come into contact with police

Kingston Area Mobile Crisis Rapid Response Team (MCRTT) & Crisis Outreach & Support Team (COAST)

Operated in partnership with Kingston Police, AMHS-KFLA Crisis Workers are paired with specially trained front-line officers from the Kingston Police. These teams will respond to emergency and non-emergency mental health-related calls from within the community as a uniformed response. Teams are dispatched as appropriate to respond and follow up to 911 calls and aim to better support individuals in crisis and divert individuals from emergency rooms where possible.

Crisis Line: 24h
613-544-4229

Police non-emergent #:
613-549-4660

MCRTT & COAST:
7am - 4am daily



Victim Services of Kingston

Crisis Intervention

Provide tailored crisis assistance services based on what each person needs at that moment in time to help them get through their experience or until other supports are activated. Referrals for service may include; sudden deaths, homicides, attempted homicides, suicides, motor vehicle collisions, break & enters, home invasions, hate crimes, human trafficking, robberies, physical assaults, domestic assaults, sexual assaults, stalking & harassment, elder abuse, child abuse, fires, disasters and other tragic circumstances.

Victim Quick Response Program

Victims can apply for assistance accessing emergency counseling services when other options are not available due to wait lists or financial constraints, assistance with emergency home safety measures such as lock changes, cell phones and contact alarms for windows, emergency transportation, emergency child and dependent care, emergency accommodations and meals and crime scene clean-up where applicable. Homicide victims may qualify for financial assistance to help off-set the cost of a funeral (certain conditions apply)

Crisis: 24 hours

Office Hours:
8:30am - 4:30pm
Monday to Friday

Emergency After
Hours (24/7): via
Emergency Services
or By Appointment



EMERGENCY SHELTERS

In From the Cold Emergency Shelter

- Call before to check for availability of beds
- For men and women 25 years and older
- Breakfast, lunch, and dinner provided



Call for availability:
(613) 542-6672

Shelter: 24 hours, 7
days/week
540 Montreal Street

Lily's Place

- For families
- Assistance with continued connections with related agencies
- Permanent housing support from Emergency Shelter Workers
- Children's Play Room available

Call for availability:
613-542-6672, Ext 3
333 Kingscourt Ave.

Kingston Warming/ Cooling Centers

- Warm up and cooling centers (private and public)
- Locations available on website
- Locations available:
 - <https://www.kflaph.ca/en/healthy-living/warm-up-here-locations-in-kfl-a.aspx>

See Public Health
Website for updates on
KFLA Website

Kingston Interval House

- 25-bed facility for women 16 years and older
- For women, youth, and children who have experienced violence or are at risk of violence
- Programming room
 - Workshops
 - Game nights
 - Paint afternoon
 - Arts and Crafts



Crisis Line:
(613) 546-1777
or
1(800)267-9445

Call For Address

Kingston Youth Shelter

- 16-bed facility
- For youth (ages 16-24)
- "First come, first served" basis
- Kingston Youth Transitions
- Kingston Youth Families



Call for Availability:
(613) 766-3200
Call for Drop-By:
(613) 549-4236
365 Nelson Street

EMERGENCY SHELTERS

Concession St. Centre

- Drop in Sunday - Friday from 8pm-11pm
- Overnight adult coed 25 spaces
- First come, first served basis.
- For 16 years or older

Call for availability:
(613) 542-6672 ext 310
or 613-449-0916

Shelter: 7 days a week
9pm-9am
218 Concession St.

Adelaide St. Centre

- Overnight, adult coed drop-in with 40 spaces available
- First come, first served basis.
- Overnight Services from 9 PM to 9 AM

Call for availability:
(613) 483-8580
38 Cowdy St.

St. Mary's Drop-In Center

- 1 - 4 p.m. Monday to Friday with services for coed adults.

Monday - Friday
1-4pm
613-546-5521 ext 5

260 Brock St.

St. Mary's Cathedral-Veronica's Veil Overnight Shelter

- Light snacks, warm beverages, hot showers and a cots are assigned for up to twelve men seeking shelter from the cold.
- Open from 9 PM to 8 AM until **April 30th 2024**

260 Brock St
Contact Ann Lyng
613-572-4892 or
veronicaveil@57maryscathedral.ca

City of Kingston Shelters and Drop-In Spaces



Shelters

1. In From the Cold Emergency Shelter
2. Kingston Youth Shelter
3. Lily's Place
4. Adelaide St. Centre
5. Concession St. Centre

Drop-In Services

6. St. Mary's Drop-In Centre
7. Integrated Care Hub
8. Salvation Army Drop-In
9. One Roof Youth Drop-In Daytime Services

Further information listed in booklet.

Map from the City of Kingston Website.

DROP IN SPACE

Integrated Care Hub

- Open 24/7
- Drop-in services and support including harm reduction supplies, meals, referral supports
- Adult coed overnight drop-in.



Open 24/7
For Further information
call
613-329-6417
661 Montreal St.

Salvation Army Drop-In

- Services for adults and youth.
- Access to housing support, phone use and computers.
- Showers and laundry services
- Light refreshments available

Monday to Friday
9am-12pm
1pm-4pm

For Details Call:
613-542-6672

342 Patrick St.

One Roof Youth Drop-In Daytime Services

- A community hub where youth-serving agencies provide wraparound services for youth ages 16-24
- Different day programs available. Visit their website or Facebook for further details.
- Visit their website at
<https://kingstonhomebase.ca/kingston-youth-services-2/>
- Facebook page - One Roof Youth Wellness Hub

Monday to Friday
8:30am - 4:30pm

620 Princess St.

For Details Call:
(613) 542-6672

Kingston Alliance Church

- Drop - in on Mondays from 10 - 2 PM
- Providing hot lunch, coffee and gently used clothing

540 Palace Rd
For Details Call:
613-546-2143



HOUSING AND HOUSING SUPPORTS

Kingston & Frontenac Housing Corporation

Affordable Housing Support

- They manage 1550 rent-geared-to income units consisting of 560 family household units and 387 adult units. KFHC manages 76 senior affordable units and 48 adult affordable and market units.
- Contact them to learn more!

Monday to Friday
8:15am - 12pm
1pm - 4:15pm
119 Van Order Drive
For Details Call:
613-546-5591
kfhc.ca/home

Home Base Housing Kingston

Housing Help Center

- Staff assist people with applications for the Social Housing Registry.

Housing First

- Helps individuals and families maintain or find housing.
- Staff can assist clients in accessing funds for rent/utilities, referrals and budgeting.
- Staff work with clients to help keep them from becoming homeless.

Supportive & Transitional Housing

- Provides furnished, rent-geared-to-income housing for single adults, 16 years of age or older, who are in need of a home.
- There is no cost to their support services, which are flexible and non-judgmental.

Monday to Friday
8:15am - 4:30pm
540 Montreal Street
For Details Call:
613-542-6672

Housing & Rent Supplementation (AMHS)

Comprehensive Integrated Housing

- Provides rehabilitative and support services to clients with Serious Mental Illness who require 24/7 support in a residential setting.

Transitional Rehabilitation Housing Program

- 18-month program that operates in partnership with Providence Care and offers intensive support to Providence Care Forensic Unit patients who are returning to the community.

Note: Referrals for TRHP can only be received from Providence Care.

Community Homes for Opportunity

- Supportive housing program for people with serious mental illness.
- Intended to assist tenants by providing appropriate housing and support services to achieve and maintain stability in a home that is safe and affordable.

Rent-Geared to Income Housing

- RGI Housing is made up of Rent-Geared to income independent units in one of AMHS's residential buildings.
- The building offers a staffed community hub that provides social and group support that promotes healthy living, relationships, and builds tenancy skills.

AMHS-KFLA Community Housing

- Provides an unstaffed group living environment in several buildings in the community for clients diagnosed with a Serious Mental Illness, who have existing community-based support teams.

Rent Supplement Program (with or without support)

- Provides those with Serious Mental Illness with financial support with rental costs in privately owned housing in the community



Monday to Friday
8:30am - 4:30pm

552 Princess St

For Details Call:
(613) 544-1356

or

(613) 544-2346

umhs-kfla.ca/programs-
services/housing/



HOUSING AND HOUSING SUPPORT

Adult Protective Services (Resolve)

The Adult Protective Services Worker (APSW) program supports adults (18+) in South Frontenac County who are living on their own with a developmental disability. To help individuals live as independently, safely and securely as possible in the community.

In order to access the APSW program through Resolve Counseling Services Canada, individual eligibility for services must be confirmed by the local Developmental Service Organization (DSO) office in Napanee.

Direct Line:
613-354-7977

Resolve General Line:
613-549-7850

resolvecounselling.org/counselling-services/adult-protective-services-aps/

Elizabeth Fry Society Kingston

Support for women at risk of coming into contact with the law and experiencing homelessness.

Kaye Healey Homes

- For women and their families
- 35-rent-g geared-to-income, self-contained units in three triplexes, seven duplex properties, and one multi-unit apartment building

Non-profit Housing Program

- Provides ongoing support from Community Outreach Workers.

Monday to Friday
8:40am - 4:30pm

127 Charles Street

For Details Call:
613 544-1744

or

1-800-506-3379

efryKingston.ca

Ryandale Transitional Housing

- Provides sober, supportive housing to self-identified men from the Kingston, Frontenac, Lennox & Addington area.
- Communal Living: private bedrooms with shared kitchens, washrooms and laundry facilities.
- Referral forms are available on their website <https://ryandale.ca>

For further information call
613-548-8466
Email
ryandaleshelter@cogeco.net
669 Victoria St.

Dawn House

- Permanent and affordable Supportive Housing for women
- Transitional Housing for women
- Advocacy and Counselling
- Individualized and group programming, workshops and supports
- System navigation and community mapping
- Basic necessities -food, clothing, personal care products and "a whole lot of love"
- Life skills including - coping, budgeting, cooking, cleaning, sewing, goal setting and more
- Wellness programming
- Community outreach
- Staff or self referral

2 Locations

965 Milford Dr.
613-545-1379

805 Ridley Dr.
613-545-9640

Monday-Friday
9am-4pm
Saturday
1pm-4pm

HOUSING AND HOUSING SUPPORT

The Salvation Army Community and Family Services Housing Programs

Prevention and Diversion Program

- Provides a range of housing supports for those facing housing instability.
- Staff can assist with completing applications and referrals for rentals or financial assistance.

Housing First Program

- Supports individuals facing homelessness find and maintain housing.
- Caseload is determined through City of Kingston's prioritization list.

Homelessness Prevention Fund

- Provides financial assistance to individual's facing housing instability to help save or secure housing.
- Those receiving Ontario Works or ODSP are not eligible but can apply for financial assistance through the Discretionary Residency Fund through Ontario Works

613-548-4411

Monday to Friday
9am-4:30pm
Wednesday
1pm-4:30pm

342 Patrick St.

The City of Kingston Eviction Awareness Booklet

Residential tenancy matters can be a source of stress and confusion for many people. The prospect of eviction can further compound these challenges.

This handbook, produced by the City of Kingston Housing & Social Services Department, aims to help tenants and landlords understand their rights and responsibilities when involved in an eviction process.

This handbook is for informational purposes only and does not provide a complete overview of the Residential Tenancies Act, 2006, S.O. 2006, c. 17 (the "RTA"). The information provided in this handbook is not legal advice and may not constitute the most up-to-date legal or other information.

Please contact Housing@CityofKingston.ca to access this handbook in a different language or to request alternative delivery methods.

To access the handbook

https://www.cityofkingston.ca/documents/10180/13880/Housing_EvictionAwarenessHandbook.pdf/cba85464-8d15-7ccf-b803-d3dea27a4597



JUSTICE SERVICES

John Howard Society of Kingston and District

- Community Services (Adult and Youth)
- Employment Services (ES) and Employment Resource Centre (Adult and Youth)
- Institutional Services (IS) (Adult and Youth)
- Kingston Bail Program (Adult and Youth)
- Residential Services (Adult and Youth)
- Transportation Program (Adult and Youth)
- Youth Services

613-542-7373
ed@jhskd.ca

Monday to Friday
8:30-4:30

771
Montreal Street

Elizabeth Fry Society Kingston

Support for women at risk of coming into contact with the law and experiencing homelessness.

Kaye Healey Homes

- For women and their families
- 35-rent-geared-to-income, self-contained units in three triplexes, seven duplex properties, and one multi-unit apartment building

Non-profit Housing Program

- Provides ongoing support from Community Outreach Workers.

Joyce Detweiler Community Residential Facility

- The residential program assists women who have experienced challenges of poverty, low education, lack of familial support, and unhealthy life skills. The residential staff works alongside each resident to address their unique needs, develop life skills, and establish community resources to help women live independently in the community.
- Any women in federal or provincial custody can ask to see the Elizabeth Fry worker, or call us directly. An intake worker will meet with you to assess your eligibility for residency and work on a release plan.

Women Empowered Hub

- Safe and positive space for self-identified women aged 18 and over.
- the objective is to provide women with proper supports, resources, and basic needs skills, as well as to advance the confidence in connections to maintain those supports and developments in their independent living.
- Monthly calendar of events posted on website and Facebook.
 - <https://www.efrykingston.ca/calendar>

Women Reintegrating After Prison (WRAP)

- is intended to be one, central location for women requiring assistance with anything reintegration related. Support is provided around the community needs including:
 - obtaining ID
 - Transportation assistance
 - Housing applications
 - Education around available resources in the community
 - Employment search/ job readiness
 - Health care
 - Food security
 - City Orientation
 - Relationship Building/ Community involvement

Monday to Friday
8:40am - 4:30pm

127 Charles Street

For Details Call:
613 544-1744

EMPLOYMENT + INCOME

KEYS Job Centre

Employment Assistance/Opportunities

- All ages and abilities
- Job fairs
- Mentorship programs
- Specialty workshops and certifications
- Volunteer opportunities

JobStart & Skills Link Programs

- Pre-employment training, followed by a supported work placement. Participants get paid for attendance and have fun while they learn.

English Language Classes for New Immigrants

- English classes at no cost for Permanent Residents and Convention Refugees.

Immigrant Employment Specialist

- Offers needs assessment, linkages with language and settlement programs, referrals to employment services and on-going support for credential assessment.

Opportunities Fund (Persons with Disabilities)

- Help persons with disabilities prepare for, obtain and keep employment.

Monday to Friday
8:30am - 4:30pm

182 Sydenham St

For Details Call:
(613) 546-5559



Family Services Employee Assistance Program (FSEAP) Resolve Counselling

- Personal and immediate support to individual employees and their families with mental health or workplace problems.

Available 24hrs/day, 7
days/week

417 Bagot St

For Details Call:
(613) 549-7850

ReStart Kingston

- Provides a wide range of employment services for job seekers and employers, and builds strong networks with community partners.

Monday Tuesday, Thursday

8:30am - 4:30pm

Wednesday

9:30 - 4:30

Friday

8:30-4:00

Closed 12-1 everyday

For Details Call:
(613) 542-7373

900 Montreal St

Jobwell Social Enterprise

- Supportive employment opportunities for people living with mental illness in the Kingston area
- Operates a series of small businesses:
- Current businesses include cafés, landscaping, a car wash, catering, a print shop, assembly/packaging, warehousing, distribution and cleaning.
- Drop by office (525 Montreal St) for an application form or online at <https://www.jobwell.ca/apply-here/>

Monday to Friday
8:30am - 4:30pm

525 Montreal St

For Details Call:
(613) 540-6165
ex. 34109

EMPLOYMENT + INCOME

ACFOMI Employment Services

Employment Services

- Our services are free and bilingual
- Personalized job searching
- Resume and cover letter redaction
- Interview strategies
- Career exploration
- Resource Centre

Services d'employabilité

- Nos services sont gratuits et bilingues
- Assistance personnalisée pour la recherche d'emploi
- Rédaction de CV et de lettre de présentation
- Pratiques d'entrevues
- Exploration de carrière
- Centre de ressources

613-546-7863

or

1-800-561-4695

Monday

8:30-6:00

Tuesday, Wednesday,

Thursday

8:30-4:30

Friday

8:30-3:00

760 Highway 15

The Salvation Army Community and Family Services

Income Tax Services

- volunteer income tax clinic for low-income families and individuals. The clinic is available weekdays from March through May and monthly June through August by **appointment only**.
- 613-507-4151 (February - May)
- 613-548-4411 (May- August)

Pathway of Hope

- Focuses on identifying and addressing the root cause issues for those experiencing poverty. Using strength-based, goal centered, case management approach.
- Provides targeted services to individuals who desire to break the cycle of crisis and vulnerability.

Monday, Tuesday,

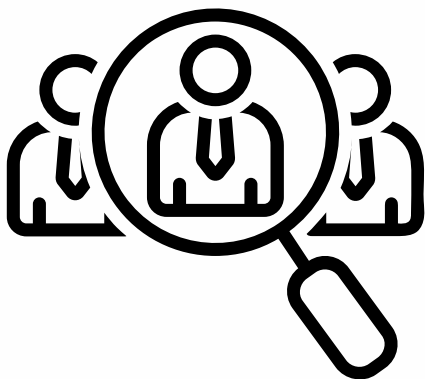
Thursday, Friday

8:30am-4:30pm

Wednesday

1:00pm-4:30pm

342 Patrick St.



EMPLOYMENT + INCOME

Ontario Disability Support Program (ODSP)

Income Support helps people with disabilities who are in financial need pay for living expenses, like food and housing

- You could receive up to \$1,368 a month for basic needs and shelter if you are single.

You may receive more than this for:

- benefits (for example, you might get additional money for transportation to medical appointments)
- other immediate family members (for example, if you have a spouse or child you will receive a larger amount)

To qualify for ODSP income support, you must:

- be at least 18 years of age
- be an Ontario resident
- have assets no greater than the limits set out in the program
- be in financial need
- meet the program's definition of a person with a disability or be a member of a prescribed class (defined on their website)

How to apply for ODSP

- online: Follow the steps below to apply for ODSP online. The application takes 20 to 30 minutes. Submit one application for you and your immediate family members who live with you.
- over the phone by contacting the Social Assistance Contact Centre Toll-free: 1-888-999-1142 or Toll-free TTY: 1-800-387-5559.
- in-person by booking an appointment through your local ODSP office.

Kingston ODSP:
Monday to
Friday
8:30am -
5:00pm

1055 Princess St
Suite 103

(613) 545-4553
or
(613) 545-4532

<https://www.ontario.ca/page/ontario-disability-support-program>

Ontario Works (OW)

• Ontario Works offers:

- money to help you and your eligible family members with living expenses, including food, and rent
- health benefits for you and your eligible family members
- employment supports to help you find and keep a job (such as workshops for resume writing, job counselling, job-specific training and basic education)

You could receive up to \$733 a month for basic needs and shelter if you are single.

You may receive more than this for:

- benefits (for example, you might get additional money for transportation to medical appointments)
- other immediate family members (for example, if you have a spouse or child you will receive a larger amount)

To qualify for Ontario Works financial assistance, you must:

- be at least 16 years of age
- be an Ontario resident
- have assets no greater than the limits set out in the program
- be in financial need
- participate in employment activities

How to apply for Ontario Works

- online: Follow the steps below to apply for Ontario Works online. It takes 20 to 30 minutes. Submit one application for you and your immediate family members who live with you
- over the phone by calling Toll-free: 1-888-999-1142 or Toll-free TTY: 1-800-387-5559.
- through your local Ontario Works office in person or by phone

Kingston OW:

Monday to
Friday
8:30am -
4:30pm
Closed 12-1
daily

362 Montreal St

(613) 546-2695

<https://www.ontario.ca/page/ontario-works>

Ontario Trillium Foundation

- Provide grants
 - Resilient Communities Fund
 - Community investments
 - Youth Opportunities Fund
 - Community Building Fund
- Volunteer Opportunities
- Cannot be applied for on individual level, only agencies can apply



Kingston OTF:
Monday to Friday
8:30am - 5:00pm
275 Bagot St

(416) 963-4927
or
1-800-2887

EMPLOYMENT + INCOME

City of Kingston Municipal Fee Assistance Program

About the Program

- The Municipal Fee Assistance Program (MFAP) offers access to these City programs to help residents who live in lower-income households get around Kingston to lead active and healthy lives:
 - **Affordable Transit Pass** - access to a renewable reduced-cost monthly transit pass. In 2023, the discount is valid for the remainder of the calendar year after approval. Rates for the affordable monthly transit passes from April 1, 2023–December 31, 2023 are \$20.00 for adults, \$14.88 for youth and seniors.
 - **Low-Income Health Benefit Program** - allows working residents who have low incomes and are not supported by Ontario Works or the Ontario Disability Support Program to access adult dental care, vision care, glasses or contact lenses and prescription medications.
 - **Grand OnSTAGE** - offers discounted tickets to Municipal Fee Assistance Program members. Tickets are \$15.00 for any performance except KidStage shows which are \$8.00, depending on availability. There is a limit of 8 tickets per household, per season. Other guidelines apply, for complete details visit the [Grand Theatre website](https://www.kingstongrand.ca/), or call 613-530-2050. <https://www.kingstongrand.ca/>
 - **Responsible Pet Ownership** - The City wants to ensure that everyone who has a pet in Kingston is a Responsible Pet Owner. You may be eligible for a \$250 voucher to have your pet spayed or neutered.
 - **SPARK** - The Subsidy Program for Affordable Recreation in Kingston (SPARK) reduces the cost of City-run recreation and leisure programs for residents of all ages. Funding is available on a first-come, first-serve basis until the annual budget has been spent. Participants can register for programs or one-time passes and the cost of the program will be electronically deducted from the participant's approved amount. SPARK participants will receive access to gym and pool programs that don't require registration. View available programs in the Recreation & Leisure Guide or on the [recreation programs page](#) (City of Kingston Website). <https://www.cityofkingston.ca/residents/recreation/programs/>
 - **Transit Employment Program** - provides recently hired Kingston residents (part-time or full-time) with a free two month Kingston Transit pass for those who need assistance getting to and from work. For more information on this program please call 613-546-2695 ext. 4906
 - **PumpHouse Museum** - offers a 50% discount to its general admission, season pass and tour program rates. This discount is available at any time throughout the season to MFAP members.
- This funding is available on a first-come, first-served basis until the annual amount of program funding is spent.

How to Apply

The quickest way to apply for MFAP is to Join MyKingston and sign up online.

- email MFAP@cityofkingston.ca
- drop off your application at Housing and Social Services, 362 Montreal Street, Monday-Friday 8:30 a.m. - 4:00 p.m.
- fax to 613-546-9658

Eligibility for all MFAP services is valid for 24 months from the approved application date on your MFAP card. Applications are also available at the following locations:

- [Artillery Park Aquatic Centre](#), 382 Bagot St
- [Housing and Social Services](#), 362 Montreal St.
- [INVISTA Centre](#), 1350 Gardiners Rd.
- [Rideau Heights Community Centre & Library](#), 85 MacCauley St.

Who is Eligible

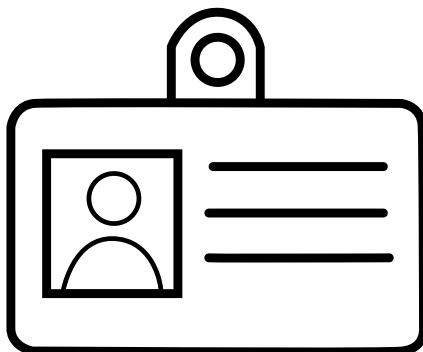
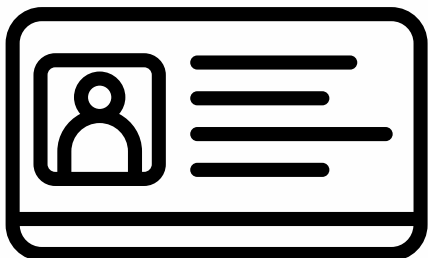
The City uses the Statistics Canada after-tax Low Income Measure (LIM) plus 15 percent to determine eligibility. Households with income below this threshold are eligible for:

- 75% Affordable Transit Pass discount
- \$300 recreation subsidies per household member
- \$250 pet vouchers for spaying/neutering
- Transit Employment program (based on referrals from Employment Ontario offices)

IDENTIFICATION

ServiceOntario

- **Get an Ontario Photo Card** - cost \$35.00
 - You can apply for an Ontario Photo Card in person at a Service Ontario Centre if you:
 - do not have a driver's licence
 - are a resident of Ontario
 - are 16 years of age or older
 - You will need to bring the following to a ServiceOntario centre:
 - What you Need
 - original identity documents (for example, birth certificate) to prove your legal name and date of birth
 - your marriage certificate, if you are applying under your married name
 - **Find a ServiceOntario centre** (see website at <https://www.ontario.ca/locations/serviceontario>)
 - **You may be able to book an appointment ahead of your visit.**
- **Note:** If you have a driver's licence and want to get an Ontario Photo Card, you must give up your licence. Your driver's licence will be cancelled when you apply for your Photo Card. If you wish to re-apply for your Ontario driver's licence, you may be subject to all tests and wait periods.



LEGAL ASSISTANCE

Community Advocacy and Legal Centre (CALC)

- Legal help with:
 - - Abuse & family violence
 - - Crime
 - - Health and disability
 - - Human rights
 - - Income assistance
 - - Employment and work



Monday to Friday 9:00am -
12:00am and
1:00pm - 5:00pm

158 George St, Belleville

For Details Call:
(613) 966-8686

See website for further details and other areas they can assist in.

Justice Services – Addiction & Mental Health KFLA

- Help those with a serious mental illness or addiction who are in conflict with the law
- Court Support & Diversion
 - Support to individuals 16+ who have been charged with an offence
 - Assistance accessing legal supports
 - Support during court appearances
- Mental health support to prevent future conflict with the law
- Release From Custody
 - Provides support, information, and connection to agency and community services

Monday to Friday
8:30am - 4:00pm

552 Princess St

For Details Call:
(613) 544-1356

Legal Aid – Kingston Community Legal Clinic

- Criminal legal issues
- Family legal issues
- Domestic violence
- Mental health legal issues
- Legal clinics
 - Were you denied Ontario Works or Ontario Disability Support? Need help with income supports such as pension? Being evicted?

Monday to Friday
8:30am - 4:30pm
345 Bagot St

For Details Call:
(613) 541-0777



LEGAL ASSISTANCE

John Howard Society of Kingston & District

- Employment services
- Residential services
- Institutional services
- Community services
- Bail Verification and Supervision Program
- Volunteer opportunities
- Youth services

Monday to Friday
8:30am - 4:30pm

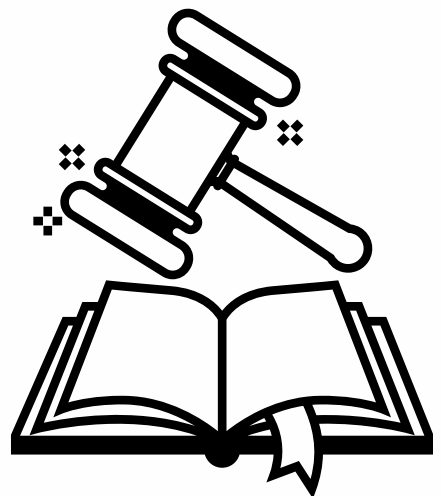
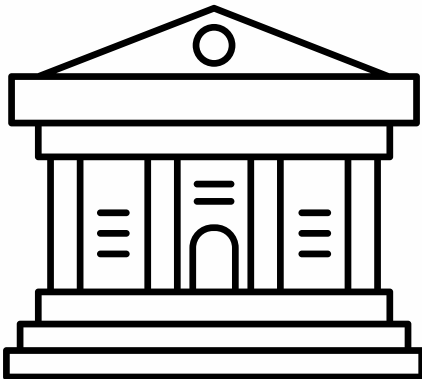
771 Montreal St

For Details Call:
(613) 542-7373

Queens Law Clinic

Queen's Law is a leader in excellent clinical programs. Located in downtown Kingston in the Lasalle Mews Plaza, Queen's Law Clinics is a professional, multifaceted law clinic that offers local residents free legal services while providing students with a unique hands-on clinical experience in **business law, family law, elder law, poverty law, and prison law.**

303 Bagot Street
Suite 500
Contact:
613-533-2102



YOUTH SERVICES

Kingston Youth Shelter

Kingston Youth Shelter

- Emergency shelter offers 16 beds for youth ages 16-24
- No waiting list, "first come, first served" basis.
- Meals included
- Basic needs (hygiene supplies, clothing, laundry facilities, school supplies, transit fare)
- Harm reduction counseling offered
- Employment and educational support

Kingston Youth Transitions

- Transitional housing program for youth ages 16-24
- Two transition homes with a total of 11 beds in the Kingston area
- Affordable, inclusive rent
- Work with staff to access school, work, or volunteer opportunities

Kingston Youth Families

- Family Mediation Program
- Reunite Program at 234 Brock St

Open 24hrs/day

365 Nelson Street

Application form:
kys@kingstonyouth
shelter.com

For Details Call:
(613) 549-4236



One Roof – A Community Homebase Initiative

- Community youth hub where youth-serving agencies provide wraparound services for vulnerable and homeless youth
- Youth Wellness Team Services
- Mental health
- Substance use
- Primary healthcare
- Care navigation
- Peer support
- Intake
- Single sessions and individual/group therapies (CBT & DBT)
- Community and Social Support Services
- Housing Support (Prevention, Diversion, Housing First)
- Intensive Community Crime Prevention Program
- Cultural programming
- Education and employment and training
- Family support
- Outreach
- Skills and Well-being Activities
- Learning workshops
- Recreational programming and activities

Monday to Thursday
8:30am-6:30am
Friday
8:30am-6:30am

622 Princess Street

For Details Call:
(613) 542-6672

oneroof@kingstonhome
base.ca



Partnering Agencies

- City of Kingston
- Community Living Kingston and District
- Family and Children's Services of Frontenac, Lennox and Addington
- Four Directions Aboriginal Student Centre
- Girls Inc.
- HIV/AIDS Regional Services (HARS)
- Katarokwi Learning Centre
- Kingston Community Health Centers
- KEYS Job Centre
- Kingston Health Sciences Centre
- Kingston Youth Shelter
- Maltby Centre
- Providence Care
- Resolve Counselling Services
- ReStart
- Sexual Assault Centre Kingston
- St. Lawrence Youth Association
- Youth Diversion
- youthab.

YOUTH SERVICES

Understanding Addiction – Addiction and Mental Health Services KFLA

- Group program
 - Weekly rotating modules including Triggers & Coping Strategies, Self-Care, Coping with Negative Thoughts, Mindfulness and more
- Available online <https://amhs-kfla.ca/understanding-addiction-support-group-videos-now-available-online/>

Monday to Friday
8:30am - 4:00pm

552 Princess St

For Details Call:
(613) 544-1356

Survivors of Sexual Assault and Abuse Counseling

- Sexual Assault Centre Kingston (SACK)
- Specialized counseling services for youth aged 12-19 years
- When youth clients access services for the first time, they receive priority access to SACK's Skills and Support counseling program

Monday to Friday
8:30am - 4:30pm

400 Elliott Ave #1

For Details Call:
(613) 545-0762 ex. 106
Crisis line:
1-877-544-6424

Autism & Youth Mental Health Services – Maltby Center

- Children and youth from ages 0 - 18 and their families or caregivers can receive free access to resources including counseling, therapy and intensive services.

Monday and Friday
8am - 4:30pm
Tuesday, Wednesday
and Thursday : 8 to 7 PM

For Details Call:
(613) 546-8535
31 Hyperion Ct #100

One Roof – Intensive Community Crime Prevention

Intensive Community Crime Prevention (ICCP) is aimed at reducing youth crime in the City of Kingston. ICCP will engage youth with the highest needs – particularly those individuals who are unwilling or unable to access other community treatment programs. ICCP will connect high-risk youth with appropriate supports and services based on their individual needs.

Eligible participants will have access to:

- Clinical Therapists
- CBT and DBT modes of therapy
- Crime Prevention Case Managers
- Indigenous Case Managers
- Family/school liaison
- Crisis management
- Food literacy
- Resources and referrals

Eligible participants of ICCP will be transitional aged youth (ages 16-24) who are identified as having multiple criminogenic risk factors such as:

- Prior and current offenses
- Antisocial personality or behaviours (physically aggressive, poor frustration tolerance, hyperactivity)
- Pro-criminal attitude
- Negative peer influences
- Family conflict
- Low achievement in school or work
- Substance abuse
- Lack of leisure or recreational activities

Monday to Thursday
8:30am-6:30am
Friday
8:30am-6:30am

622 Princess Street

For Details Call:
(613) 542-6672

iccpkingstonhomebase.ca



YOUTH SERVICES

Girls Inc.

- Girls Inc. celebrates and empowers girls and young women and advocates for an equitable world.
- Girls and women who can access services
 - School-aged girls+ -typically 6-18.
 - Youth 15 to 30 based on the Canadian federal definition of youth.
 - Families of Girls Inc. participants with no age limitations.
 - Women+ experiencing trauma with no age limitations.
 - welcomes all girls regardless for their assigned sex at birth.
- Core Programs
 - School-based After School Programs
 - In-School Groups
 - Rideau Heights Kingston After School Programs
 - Community Groups
 - Day Camp Programs
 - Group Mentoring Program
 - Girls Summit

1040 Gardiners Rd
613-542-9202

admin@girlsinclimestone.ca

Youthhab.

To provide a spectrum of services which facilitate an individual's transition to independence. Our goal is to help young people obtain and maintain affordable housing, good mental health and employment.

Monday to Friday 8:30am
– 4:30pm

417 Bagot Street

For Details Call:
(613) 453-2024

Youth Diversion Program

Kairos substance use and addiction services

- Kairos is a counselling service which specializes in treatment for youth 9-24 who are experiencing any level of substance use/misuse, personally or with a family member. Our service is available as an outreach program in all elementary and secondary schools within KFL&A, as well as alternative education sites and group homes. We also offer psychoeducational trainings and workshops for students and front line staff.

Youth Outreach Worker

- The Youth Outreach program is a prevention and intervention program that supports at-risk youth to make healthy life choices and is designed to connect youth, 12 to 21 years of age, and their families to services in the community. Further, the Youth Outreach Workers (YOWs) will seek to help youth and their families navigate systems and to engage youth in pro social activities in their community

Youth Justices Supports

- Our Youth Justice Programs can be used to support youth who are aged 12 to 17 at the time of their offence who have been charged with a low risk offence within the Frontenac, Lennox and Addington county areas. Following referral by the Crown or Police officer, a youth can be referred to our programs. Our workers, upon meeting with the youth, determine whether or not the youth fits suitability for diversion. Our Extrajudicial Measures and Extrajudicial Sanctions programs funded by the Ministry of Children and Youth Services seek to hold youth accountable for their actions

Prevention Supports

- Mentoring, Rebound and Intersections are programs which target youth 9-17 for the purposes of building resilience, instilling a sense of pride and supporting the development of sound decision making. These programs focus on keeping young people out of the justice and child welfare systems. Utilizing adult allies from the community and establishing goals, the outcome is to reconnect youth back to their community and engage in prosocial activities such as recreation, employment and schooling.

Monday to Friday
8:30am - 4:30pm

299 Concession St.

For Details Call:
(613) 548-4535

YOUTH SERVICES

Indigenous Community Youth Program Community Mentor

- Culturally based program delivering:
 - Youth group programs
 - Socials
 - Activities
 - Summer camps
 - Intergenerational events
 - Gardening
 - Trips
 - March break activities
- Drop in: Tuesday, Wednesday, and Thursday nights

Monday to Friday
9:00am - 4:30pm

50 Meadow Dr
Tyendinaga
Canteen/Youth
Centre

For Details Call:
Tracy Hill
(613) 967-0122

Good Minds Program

Tyendinaga, Deseronto, and Napanee:

Enyonkwa'nikonhriyo:hake Program

Cultural based program providing one-to-one counseling, groups, and programs for Indigenous children and youth, birth to 18 yrs, in Lennox & Addington, Prince Edward and Hastings Counties.

Call Tracy Hill:
613-967-0122

Email:
tracyhembq-tmt.org
50 Meadow Drive,
Tyendinaga

Work Hard. Eat Well. (YMCA)

- Two-hour weekly program at no charge to kids between the ages of 6 and 14
- Rideau Heights Community Centre in Kingston
- During the first hour, children will participate in various physical activities designed for exercise and fun
- In the second hour, they will have a delicious and nutritious meal

For registration forms or any questions regarding the Kingston program, contact mikaela.mantha@eo.ymca.ca
100 Wright Crescent

Extended Licensed School Age Care (YMCA)

- Play-based activities that are carefully planned to reflect the experiences, needs and interests of the children enrolled at each site
- A unique variety of fun activities are available, including arts and crafts, indoor and outdoor games, science and music
- Children and youth will enjoy a swim as well as weekly field trips or special guests

For Details Call:
(613) 546-2647 ex.
237
Multiple locations



A Great Start For Families Kahwà:tsire Ronwatiyenawá:se Centre

- A Great Start for Families Kahwà:tsire Ronwatiyenawá:se Centre offers a preventative, early support program for parents and caregivers with children, prenatal to 6 years old.
- The centre is a one-stop place of support, giving families access to a number of service providers in one location.
- The multi-disciplinary team will provide the support a family is looking for to be successful, reducing barriers to services and preventing an escalation of need and interventions.
- The Centre is an inviting, welcoming place where we hope families feel comfortable walking through the door, confident that their culture and life experience will be valued and respected.
- The Centre offers a variety of services including, but not limited to, appointments with service providers, access to focused programs provided by specific service providers, playgroups, workshops, community partner programs such as from KFL&A Public Library and family activities.
- See their Facebook page for a monthly calendar of programs.

Call:
343-477-0229
info@gsfkr.ca
263 Weller Avenue

Kingston Community Health Centre

Thrive

- An innovative regional program funded by the South East Local Health Integration Network.
- Are you a woman who: Is pregnant and/or parenting children under the age of six and has been or currently is substance involved or receiving methadone treatment?

Thrive offers:

- Counselling using a harm reduction approach
 - In-hospital and in-home support visits
 - Advocacy
 - Transportation support
 - Parenting support and education
 - A single coordinated care plan for you and your family
 - Time for you to recognize your strengths, set goals and expand your supports
 - Assistance with vouchers for groceries and prenatal vitamins
 - The Kingston office is located at 263 Weller Avenue. Women are welcome to self-refer to this location by contacting a counsellor at 613.453.5542 or 613.453.0737.
- You can find Thrive staff working out of three area Community Health Centres: Kingston Community Health Centres, Belleville and Quinte West Community Health Centre, and Rideau Community Health Services.

Call:
613-542-0229
263 Weller Ave.

Early Years

- EarlyON Child and Family Centres is now offering virtual, outdoor and in-person playgroups.
- EarlyON centres offer programs for parents and caregivers with children from birth to six years old. Pre-registration is required to attend any groups, simply go to www.keyon.ca to set up your registration account. If your internet access is limited or you have trouble registering call 613.542.2835 x4202.
- Raising a child can be an experience full of love, hopes, dreams, fears, and joy. When you come to an EarlyON Child and Family Centre you can expect to find opportunities for sensory play, creative art, music and movement, active play, science and nature, plus dramatic play. You get to meet people and and share in the joys and struggles of parenting. Watch for various pop-up EarlyON events throughout the City and more locations!
- For more information on the City of Kingston EarlyON programming through KCHC, please contact: info@earlyon.kchc.ca or 613.542.2835 x4202.

FAMILY SERVICES

Birthright

- Birthright helps any girl or woman regardless of age, race, religion, marital status or financial situation who is facing an unplanned pregnancy.
- Birthright is here for every woman who comes to us for help. Whether she needs a pregnancy test or friendship and support lasting through the pregnancy and beyond, Birthright is here. Every woman is special and deserves to be treated with love and respect. She deserves attention to her unique situation.
- Birthright works on a one-to-one basis. The Birthright volunteer becomes a friend you can turn to at any time. We can offer you:
 - pregnancy tests
 - counselling, we listen and empathize
 - abortion alternatives
 - friendship
 - love, hope and encouragement
 - emotional support
 - pregnancy information
 - practical help
 - maternity and baby clothing
 - baby supplies (diapers, shampoo, etc...)
- We Provide Information & Referrals For
 - Medical Care, Legal Advice, Housing Assistance, Professional Counselling, Parenting Skill, Prenatal Development, Continuing Education, Adoption Services, Family Services, Social Assistance, Ontario Works

Call:
613-546-5433

24hr help line 1-800-
550-4900

Monday to Friday
10:00am-3:00pm
Closed Thursday

info@kingstonbirthright.
ca

93 Queen St.

Family Children Services of Frontenac, Lennox and Addington

We believe the best place for kids to grow up is their own family. That's why our primary goal is to keep families in crisis together. If that's not possible we will turn first to extended family for help. Foster care will always be a last resort and temporary as we search for permanency and connection to family. If a child must be permanently separated from their parents, then we will find them a permanent home and family. We'll preserve and promote the culture and community of the child's family. They will know where they come from and who they are connected to. Every child in our care will experience a safe and nurturing family. That's what our vision means.

Please see their Facebook page for any upcoming events.

For further information
613-545-3227
info@facsfca.ca

To report a child in the
need of protection.

24/7
613-545-3227
or toll free
855-445-3227

817 Division St.



FAMILY SERVICES

Quest 4 Change

- Helping The Children Of Today Build A Better Tomorrow.
- Every individual is deserving of receiving services that cater to their everyday needs. We work with families, teens, and professionals to provide essential services for life, school, and more.

Services for families

- Parent Consultation
- Family Advocating For Child
- Navigating I.E.Ps For Families
- Child & Youth Mentoring
- Sensory Room Design For Home
- Tutoring & Social Skills

Call:
613-561-7421

info@quest4change.ca

200 Binnington Court
Unit 2 - Upper Level

Services for For Teens

- Teenager Mentoring
- Big Buddy Program
- College & University Prep
- Tutoring & Social Skills

For Professionals

- Program Development
- Team Mediation & Team Building
- Classroom Assessments

Kingston Frontenac Public Library

The Library builds and supports community by creating welcoming spaces that invite people to learn and connect.

- With **sixteen branches and two mobile locations**, KFPL provides resources like:
- Free library cards: even if you have limited identification, don't have a permanent address, or will be living in our area temporarily.
- Wifi: all branches offer free Wireless Internet access.
- Computers and Internet access: public computers can be booked with a library card.
- Printing and photocopying: available for a small fee.
- Movies, TV, magazines and audiobooks.
- Free programs and events for children, teens and adults.
- kfpl.ca



FAMILY SERVICES

Boys and Girls Club Afterschool Programs and Camps

Programs

- Our programs include diverse activities to develop varied skills: sports, arts & crafts, STEAM, literacy, nutrition & cooking, and more!
- Program themes encompass the areas of Leadership, Teamwork, Learning for Life, Healthy Choices, and Service to Club & Community.
 - **Learning and Career Development:** Programs that enable children and youth to develop and achieve their educational goals, career aspirations and embrace life-long learning. These Programs result in increased homework completion, improved literacy skills and Educational Programs linked to school curriculums.
 - **Physical Activity, Health and Safety:** Programs that develop and increase young people's capacity to make healthy choices and engage in positive behaviours that promote their safety and well-being.
 - **Leadership, Growth and Empowerment:** Programs that nurture confidence in children and youth, provide opportunities to develop and practice leadership skills and empower them to support and influence their community.
 - **Families and Communities:** Programs that build the capacities of families and communities to support the health and aspirations of children and youth.
- Programs include after school, before and after school, summer camps, school break day camps, child care and pre-school, EarlyON, Education and STEM, Youth, Community Programs
- To find a location that is close to you, the Boys and Girls Club breaks down where families can access the programs, and the cost of each program. there are 17 locations (not all locations offer every programs).

City of Kingston Programs

- The Subsidy Program for Affordable Recreation in Kingston (SPARK) reduces the cost of City-run recreation and leisure programs for Kingston residents of all ages. Funding is available on a first-come, first-serve basis until the annual budget has been spent.
- Participants can register for programs, memberships or one-time passes and the cost of the program will be electronically deducted from the participant's approved amount. SPARK contributes a maximum of \$300 for each eligible family member in a household on a rolling calendar year.

How do I access SPARK?

1. Review the [MFAP instructions and filling out the application](#).
2. Take the completed application and required identification (outlined on the application) to a Housing and Social Services location:
 - 362 Montreal St., Monday-Friday, 9 a.m. - 4 p.m.
3. After your eligibility is confirmed, an MFAP Card for each eligible family member will be provided. **Note:** there is a three business day waiting period before you can register for recreation programs.
4. Bring your MFAP Card to one of the recreation centres below to set up your recreation account and register for programs and/or fitness memberships.
 - Rideau Heights Community Centre (85 MacCauley St.),
 - Artillery Park Aquatic Centre (382 Bagot St.)
 - INVISTA Centre (1350 Gardiners Rd.).

Need help?

Need help registering for programs or have questions about SPARK ? Contact our SPARK coordinator at 613-546-4291 ext. 1900 or 2000. SPARK appointments are held at Rideau Heights Community Centre

INDIGENOUS SERVICES

Indigenous-Centric Healing (SACK)

An Indigenous Counselor provides counseling within an indigenous framework and is open to all who self-identify as an indigenous survivor of sexualized violence, regardless of status. To set up an appointment with their Indigenous Counselor please specify at any point prior to or during your initial intake.

Call:
613-545-0762
400 Elliot Ave #1

Support & Healing Groups (SACK)

Balancing Our Elements

- For self-identified Indigenous survivors of sexual violence.
- Length: 6 weeks, 2 hours, once a week.
- Participants will learn about Medicine Wheel Teachings and how to use the Four Directions in restoring balance to your lives. Topics include: Gifts of the North, Connecting with Our Breath, Gifts of the East, Nurturing Our Inner Flame, Gifts of the South, Connecting with the Water & Gifts of the West, Grounding with the Earth.

Call:
613-545-0762
400 Elliot Ave #1

Seven Grandfather Storytelling

- For self-identified Indigenous survivors of sexual violence.
- In this 8-week group, participants will learn about the Seven Grandfather Teachings and explore ways to use those.
- Teachings to shift their own narratives of trauma. Participants will have the opportunity to re-write their own stories using Teachings of Wisdom, Respect, Truth, Humility, Honesty, Courage, and Love.
- Topics covered will include fight/flight/freeze responses, challenging shame, trusting our memories, gratitude and healing, radical acceptance, acts of resistance, and self-compassion.

Indigenous Programming for Youth (One Roof)

- Youth are invited to participate in cultural activities such as traditional:
- Cooking
- Harvesting
- Drumming
- Songs
- Storytelling
- Teachings
- Art, & more!

Thursdays: 4:30-6:30pm
Call:
613-542-6672
620 Princess Street



INDIGENOUS SERVICES

National Native Alcohol & Drug Abuse Program

Provides prevention, intervention, aftercare and follow-up services. To increase community awareness regarding the negative effects of alcohol, drugs and solvent abuse. This is done through speaking engagements at schools, workshops, and community based activities.

One-on-one counseling, circles, grief recovery, workshops, and information sessions

Call Jill Beck:
613-967-0122

Email:
jillb@mbq-tmt.org
50 Meadow Drive,
Tyendinaga

Traditional Community Wellness Program

Provide counseling services to Tyendinaga Mohawk Community Members on or off Territory and any Indigenous person requesting services. Services may include: one to one counseling, circles; edu-therapy, spring/fall fasting camps; sweats, feasts, events, Seers, Traditional Healers, and so on.

Call Betty Carr Briant:
613-967-0122
Email:
bettycb@mbq-tmt.org
50 Meadow Drive,
Tyendinaga

Community Youth Program Community Mentor

Culturally based program delivering, youth group programs; socials, activities, summer camps; intergenerational events; gardening; trips; March break activities; etc. Held at Ballfield, canteen/youth center.

Call Tracy Hill:
613-967-0122
Email:
tracyh@mbq-tmt.org
50 Meadow Drive,
Tyendinaga

Good Minds Program

**Tyendinaga, Deseronto, and Napanee:
Enyonkwa'nikonhriyo:hake Program**

Cultural based program providing one-to-one counseling, groups, and programs for Indigenous children and youth, birth to 18 yrs, in Lennox & Addington, Prince Edward and Hastings Counties.

Call Tracy Hill:
613-967-0122
Email:
tracyh@mbq-tmt.org
50 Meadow Drive,
Tyendinaga



Métis Nation of Ontario

- Community Support Services Program
- Mental Health and Addictions Program
- Employment and Training
- Aging at Home program

629 Division St
(613)-549-1674

Kagita Mikam Aboriginal Employment and Training

- Indigenous Employment Program
- Call for appointment- Proof of Ancestry Required

993 Princess St,
Unit 16
(613)-536-7054

KNCLN- Kingston Native Centre and Language Nest

The Kingston Indigenous Languages Nest (KILN) is an urban language revitalization group, committed to rejuvenating indigenous languages in the Kingston Ontario area.

Programs:

- Digital Stories
- Language Activities
- Cultural Teachings

610 Montreal St
613-544-3065

Four Directions Indigenous Student Centre

Four Directions Indigenous Student Centre (4D) is the home away from home for First Nations, Inuit and Métis students on campus!

Provide study spaces, laundry, a cozy living room, and a pantry/full access kitchen.

Facilitates cultural activities such as drumming, beading, feasts and ceremony, as well as social, academic and wellbeing programming.

144-146 Barrie St
613-533-6970



INTIMATE PARTNER VIOLENCE

Kingston Interval House

Emergency Shelter

- 25-bed facility for women, youth, and children for those who have experienced violence or are at risk of violence
- Programming room where staff run workshops, game nights, paint afternoon

Transitional and Housing Support Program (THSP)

- Assists women with all their transitional needs as they leave an abusive relationship to pursue their own life of independence
- Usually from shelter to second stage housing, then hopefully permanent housing

Robin's Hope

- Second stage housing facility
- 18 unit apartment building
- Everyone's rent is tailored to their specific income

Community Outreach

- For domestic abuse survivors
- Provided via telephone, meeting in office, group sessions

Crisis Line:
(613) 546-1777
or
1-800-267-9445

Office:
(613) 546-1833

Call For Address



Family Court Support (Resolve)

Available for anyone who is leaving a domestic abuse situation and is either currently engaged in the Family Court process or is considering it. Free of charge:

- Information on the Family Court process
- Assistance to document the history of abuse for Family Court proceedings
- Referral to specialized support services in the community
- Safety planning
- Court accompaniment to proceedings (when appropriate)

Call Resolve at:
613-549-7850



Safety Planning (Victim Services)



Contact through
Emergency Services
(911)

- Safety planning services are available upon request.
- It may be required as a result of domestic violence / dating violence, an assault, sexual assault, family violence, stalking & harassment, break & enter, home invasion, robbery, elder abuse, human trafficking, hate crime and/or sexual exploitation.
- Teams of two will provide information and assistance for individuals who are in need of safety planning strategies.

Women's Counselling & Partner Support (Resolve)

Women's Counseling

- Offers support to women dealing with past or present abuse from a boyfriend, husband, or male or female partner.
- Counselors provide a confidential, safe and supportive place where women can talk about their experiences and explore their options.

Call for dates
and times:
613-549-7850
417 Bagot Street

Caring Dads Group

- A 17-session group program focused on helping families by supporting fathers who are at risk of being, or have been, abusive or neglectful towards their children or children's mother.
- One of the primary aims of the program is to help fathers understand how important they are and how they can impact their children in healthy or unhealthy ways.

Partner Assault Response:

- Provides information and support to victims and offers counseling to individuals found guilty of, or pleading guilty to, a charge of partner assault.

Partner Assault Response Group:

- 12-week group counseling program for people who have been violent, abusive or used any form of coercion towards a spouse/partner.
- The goal is to increase partner safety and offender accountability.
- Participants are engaged in structured exercises that help them examine their beliefs and behaviours. Fee for use on a sliding scale. Individuals who have not been charged are welcome to register.

The Center for Abuse & Trauma Therapy

The Centre for Abuse and Trauma Therapy is a non-profit, registered charity serving Kingston, Ontario and the surrounding area. The Centre provides short and long-term professional psychotherapy and support to anyone of any age who has experienced recent and/or past abuse or trauma.

613-507-2288

info@centrefortherapy.ca

234 Concession St
Suite 200

IMMIGRATION SERVICES

Keys Job Center

Connecting Global Talent to Local Opportunity

KEYS has specialized services for immigrants and newcomers to help you settle and integrate into your new community with an emphasis on supporting your job and career search, English language acquisition and settlement in Kingston and Canada.

Our services are available in English, French, Arabic, Ukrainian, Spanish, Swahili, Dari, Tigrinya and other languages on request.

Services include:

- Employment Services for Immigrants
- English Language Classes
 - To register, call 613.546.5559 or email info@keys.ca.
- The Professional Mentoring Partnership
- Refugee Resettlement Services
- Next Horizon - Career Support for International Graduates
 - To apply for the Next Horizon Program for International Graduates, contact info@keys.ca or call 613.546.5559
- Harbour Community Kitchen
 - for more information or to sign up for regular updates by emailing: harbourkitchen@keys.ca.

We are also working on several unique projects:

- **Diversity Works** is an annual 1-day symposium about immigrant employment for local immigrants and the business community. This symposium takes place each year in Kingston. Check our website in the fall for more information.
- **Hire Smart** is a series of workshops available to employers promoting and providing strategies for immigrant recruitment and retention. Contact us today for more information.
- **The Immigrant-led Working Group (ILWG)** brings together local immigrants and newcomers, regardless of status, and local allies to promote a vision of inclusion where every person can be their authentic self and can thrive in a vibrant Kingston community. The work of the ILWG revolves around three key areas:
 - Advocating for improved labour market outcomes for newcomers and immigrants, such as new employment programs, stronger union support, and increased understanding of labour rights.
 - Enhancing public awareness of the economic, social and cultural contributions we bring to Kingston.
 - Sharing our stories of struggle and success and supporting each other during the different stages of our immigration pathways.
- **Newcomers Facing Labour Struggles** is a comic book illustrating the story of four newcomers and their employment struggles pursuing employment justice. Collectively, they learn about workers' rights and entitlements with the assistance of an employment agency. The comic was produced by KEYS as part of a legal education and training project funded by the [Law Foundation of Ontario](#) and supported by [OPSEU](#) and [Windmill Microlending](#). It is available in [English](#), [French](#), [Spanish](#), [Arabic](#), [Persian](#), [Hindi](#), [Kirundi](#) and [Mandarin](#). Please contact us to order printed copies.

Kingston (Newcomer Services):

Phone: [613.546.5559](tel:613.546.5559)

E-Mail: info@keys.ca

IMMIGRATION SERVICES

Kingston Immigration Partnership (KIP)

- The Kingston Immigration Partnership (KIP) is a collaborative effort of local residents, leaders, businesses, government offices, and organizations to ensure that Kingston is a welcoming city for newcomers from across the globe.
- Through extensive public consultation with over 75 organizations and 350 community members, KIP has generated innovative and practical actions to achieve this goal.
- KIP is one of 87 Local Immigration Partnerships (LIPs) across the country that receives funding from Immigration, Refugees and Citizenship Canada. The three lead partners in Kingston are:
 - Kingston Community Health Centres (KCHC)
 - KEYS Employment Services
 - Kingston Economic Development Corporation (KEDCO)
- Kingston has been shaped by immigrants throughout its long history, and immigration will continue to play a crucial role in the city's future. Today, welcoming and supporting newcomers to Kingston needs the effort of everyone in the community. By strengthening our community's capacity to welcome immigrants, we strive to improve integration outcomes through enhanced economic, social, political and civic participation.
- The newcomers web portal www.immigrationkingston.ca was created by the City of Kingston in partnership with KCHC to improve access to information for new immigrants, to promote Kingston as a destination for newcomers to Canada, and provide both newcomers and service providers with a single access point to information about settlement and immigration services in the Kingston area.

263 Weller Ave,
Unit 4
(613)544-4661



IMMIGRATION SERVICES

Immigrant Services Kingston and Area (ISKA)

The KCHC – Immigrant Services Kingston and Area program envisions Kingston as a community that is strengthened by the contributions and skills of immigrants, newcomers, and refugees. We offer a variety of settlement programs and services.

All information you provide is kept strictly confidential, and will never be shared without your permission. We are funded by [Immigration, Refugees and Citizenship Canada](#), and the [Ontario Ministry of Children, Community and Social Services](#). We are proud to have been serving newcomers in Kingston for over 10 years!

Programs

We accompany you along your settlement journey and help make your transition as smooth as possible. Areas of focus can include:

- Assistance with government documents
- Individualized mentoring and solution-focused counselling
- Opportunities to make connections in your community
- Support with finding a home for you and your family
- Support with enrolling children in school and daycare
- Connecting you with resources in your community
- Services in multiple languages
- Document translation through CEOTIS (fees required)
- Coordinated Language Assessment and Referral System (CLARS) on-site through Noble Language Assessments
- Commissioner of Oath facility

Through partnership with the Kingston Immigration Partnership and the City of Kingston, KCHC – Immigrant Services offers a welcome package for newcomers, while supplies last. This package provides access to Kingston activities and services and can include a Kingston Transit pass, a Fitness pass to city recreational programs, vouchers for shows at the Grand Theatre and family passes to museums. If you have arrived in Kingston within the past year and are either a temporary worker or permanent resident, please visit our office to receive a welcome package.

To book an appointment with a settlement worker in-person or online, please contact us at [613.544.4661](tel:613.544.4661), x5111. Everyone is welcome! [837 Princess St., Suite 201](#) (on the second floor, at the end of the hall).

How you can stay informed

- [KCHC- Immigrant Services Kingston and Area Facebook page](#)
- [ISKA Multicultural Youth Group Facebook page](#)
- [ISKA Multicultural Youth Twitter page](#)

Hours

Monday: 8:30 a.m. – 4:30 p.m.

Tuesday: 8:30 a.m. – 4:30 p.m.

Wednesday: 8:30 a.m. – 4:30 p.m.

Thursday: 8:30 a.m. – 4:30 p.m.

Friday: 8:30 a.m. – 4:30 p.m.

Closed Monday to Friday, 12:00 – 1:00 p.m.



IMMIGRATION SERVICES

ACFOMI Immigration Services

The Welcoming and Settlement Centre

- Personalized support to settle in a new country
- Help in building a new life in a new environment and integrating the regional welcoming community
- Ongoing and individualized services, on a case-by-case basis
- Assistance in meeting various needs while respecting individual choices and desired timelines

Contact: **760, Highway 15, Unit # 11**

(613) 546-7863

1(800) 561-4695

info@acfomi.ca

Hours of Operation:

Monday: 8:30 a.m. to 6:00 p.m.

Tuesday: 8:30 a.m. to 4:30 p.m.

Wednesday: 8:30 a.m. to 4:30 p.m.

Thursday: 8:30 a.m. to 4:30 p.m.

Friday: 8:30 a.m. to 3:00 p.m.



Kingston Literacy and Skills

Programs:

Language Instruction for Newcomers to Canada (LINC)- Provide instruction in English language from Foundation to Pre-Intermediate (CLB 4) levels. KL&S provides support for transportation, technology, and childcare needs. Build your language skills and find your new community at KL&S.

Care for Newcomer Children (CNC)- Care for Newcomer Children (CNC) at KL&S is a free program for LINC families. Adult learners may enroll their children ages 19 months to 5 years in care while they study onsite in our LINC program. The CNC is located at Kingston facility and is staffed by certified Early Childhood educators. Children enjoy indoor and outdoor programming that supports English language speaking and listening as well as social, emotional, and motor skills development. Space is limited and registration is required.

Eligibility for Classes: Newcomers to Canada 18 years and over who are permanent residents or Convention refugees

16 Bath Road, Suite 104

Office Hours: Monday through Friday
8:30am – 3:00pm

(613) 547-2012
info@klsread.ca



EDUCATION

Loyola School of Adult and Counting Education

Welcome to the Kingston campus of Loyola. Here, you will find a variety of courses that are sure to meet your needs, whether you wish to complete specific prerequisites for college, earn your Ontario Secondary School Diploma, or learn to speak English in our ESL program. We have in-class courses and online courses along with opportunities to earn credits while you are working. Above all, a caring staff, sensitive to your unique needs as an adult learner, is dedicated to helping you achieve your educational goals. We welcome you to come and visit our school and find out what opportunities await you.

- Custodial Skills for Employment Program
- English as a Second Language (ESL)
- Essential Skills Training
- International & Indigenous Languages Elementary Program (IILEP)
- Personal Support Worker (PSW)
- Point of Sales (POS)
- Pre-Health and Science
- Return, Earn and Learn (REAL)
- Secondary School Credit Program

Call for more information at
613-544-3361

1440 Princess
Street

Mon-Fri:
8:30 - 3:30 PM

Kingston Literacy and Skills

Changing Lives Through Language and Learning

Kingston Literacy & Skills is a non-profit community agency offering free training for adults in Kingston, Ontario, and the surrounding communities. We welcome every learner and provide the highest quality of education and support to help you meet your goals. Get personalized instruction in English language, reading, writing, math, computers, and job skills. Learn in a modern and supportive environment. Our staff create a plan with you to build skills for a better future. Thousands of adults over more than 40 years have found success through KLS. We have two locations to serve our community with day and evening hours. Online and in-person instruction is available. Our facilities are accessible, welcoming, and designed for adult learners. Trust Kingston Literacy & Skills to provide the support you need to upgrade your life.

Morning,
Afternoon, and
Evening courses
available.

Office Hours:
Monday through
Friday, 8:30am –
3:00pm

16 Bath Road,
Suite 104

(613) 547-2012
info@klsread.ca

EDUCATION

ACFOMI Immigration Services

French Language Services and Resources

- Organizer of the annual Franco-Foire, a French Language service fair
- Preparation and distribution of the French Language Health Services Directory of South Eastern Ontario
- Distribution of Welcome Kits to francophone newcomers in Kingston and the Thousand Island.
- Organizing of celebratory activities for the Franco-Ontarian Day
- So many more.

Contact: **760, Highway 15, Unit # 11**

(613) 546-7863

1(800) 561-4695

info@acfomi.ca

Hours of Operation:

Monday: 8:30 a.m. to 6:00 p.m.

Tuesday: 8:30 a.m. to 4:30 p.m.

Wednesday: 8:30 a.m. to 4:30 p.m.

Thursday: 8:30 a.m. to 4:30 p.m.

Friday: 8:30 a.m. to 3:00 p.m.

SENIORS

Heart to Heart Seniors Services INC.

Our services include, but are not limited to:

- Activities of Daily Living
- Assistance in Maintaining Independence
- Healthy Meal Preparation

- Companionship
- Assistance with Household Tasks
- Respite Care
- Patient Advocacy and Continuity of Care
- Health Care System Navigation

1636 Bath Rd.
520 Kingsdale Ave
2507 Leeman Rd.

613-453-7668

Seniors Association Kingston and Region

- Adult classes (arts, culture, fitness, games, sports, and wellness)
- Restaurant and Café
- Events and seminars
- Hatter's Platters (freshly made food in freezable containers)
- Gift Shop
- Women's used clothing shop
- Membership: \$50/year +cost of programs

Monday to Friday
8:30am -4:30pm
613-548-7810

info@seniorskingston.ca
56 Francis Street

Victorian Order of Nurses – VON

- Meals (affordable nutritious meals delivered home hot or frozen)
- Assisted Living or supports for daily living, in home adult respite
- Dinning Programs
- Foot care, health care

- Seniors Group Exercise Programs - SMART
- SMILE
- Stroke and Aphasia Support Services
- Transportation
- See website for more.

Monday to Friday
8:30am - 4:30pm
613-634-0130 Ext
2302

745 Progress Ave,
Kingston

Seniors on the move

- Transition
- Right sizing
- Real Estate Services
- Estate Sales
- Age in place
- See website for further details

1329 Gardiners
Rd.

613-583-5000

info@seniorsonthemove.ca

Retire – At – Home – Kingston Location

- Companion Care
- Nursing Care
- Personal Care
- Specialty Care

1020 Bayridge
Dr.

613-902-2330



Emergency

Call 911

If there is a medical emergency, a fire or a crime being committed.

Welcoming Streets

613-542-8677

Mental health or addiction crisis
Mon-Fri 8am-6pm
Sat 10am-6pm

By-law

613-546-4291 ext:3135

Call for animal and pet control, community standards, garbage rules and enforcement, noise control, private residences and property standards

Police Non-Emergency

613-549-4660 ext. 2244

Police assistance/ reporting needed but not an emergency. If the situation escalates Call 911

Addictions and Mental Health Crisis Team

Kingston and Frontenac 613-544-4229
1-866-616-6005
24/7 Crisis Line

Home Base Housing Street Outreach

613-542-6672 ext. 130

In from the Cold

613-542-6672

Adult Shelter
540 Montreal Street

Youth Shelter

613-549-4236

Youth from 16-24
365 Nelson Street

Kingston Interval House

Crisis Line: (613) 546-1777 or 1 (800) 267-9445
By Text: (343)-309-5999

Sexual Assault Crisis Center (SACK)

613-544-6424
1-877-544-6424

Food

St. Vincent de Paul 613-766-8432
Partners in Mission 613-544-4534
Martha's Table 613-546-0320

Hotel Dieu Detox Center 613-549-6461
Harbour Light (men only) 613-546-2333
Family and Children Services 613-542-3227
Kingston Community Health Center 613-542-2949



The St. Vincent de Paul Society of Kingston, in partnership with Queens School of Nursing, has created this Community Resource Guide to assist social service workers in their efforts to connect our most vulnerable citizens to the resources in our community.

Each semester the students from the Queens School of Nursing are asked to work on a project that would benefit our agency and the clients we serve. In March of 2022 Danny Toon and Natalie Howard created the first edition of this guide to help individuals navigate the system with a little more ease.

The St. Vincent de Paul Society of Kingston is committed to maintaining this document, with regular updates. Many have requested a copy of to use in their workplaces. We offer this guide to the community with the hope that it will improve access to resources for our clients, increase student awareness of the services offered in Kingston and improve the referral process for those working in the field of social services.