

Specialized Services

Integrated Care Hub – 661 Montreal St. Support and Access Centre open every day, 8:30 a.m. - 6:30 p.m. Co-ed adult overnight rest zone can accommodate couples and pets. Available every night 6:30 p.m. - 8:30 a.m. Consumption Treatment Service open every day, 9 a.m. - 7:45 p.m. Phone: **613-329-6417**.

Dawn House – Shelter and transitional housing for women. Phone **613-766-6222** for shelter or **613-545-1379** for transitional housing.

Kingston Interval House – 24/7 Crisis Line, emergency shelter and support services for women and children leaving abusive situations. Phone: **613-546-1777**.

Tipi Moza – 113 Lower Union St. Various housing programs for First Nations, Métis and Inuit. Phone **613-547-1134 ext. 1**.

Street Health – 115 Barrack St. Provides health care and substance use programs to individuals experiencing homelessness. Available Monday – Friday, 9 a.m. – 4 p.m. (closed noon – 1 p.m.) and Saturday – Sunday 9 a.m. – noon. Phone: **613-549-1440**.

Helplines

988 Suicide Crisis helpline. Call or text 24/7. Available in French and English. Phone: **988**.

Addiction and Mental Health – KFLA 24/7 Crisis Line: 613-544-4229 or 1-866-616-6005.

Housing Services

Homelessness Prevention Fund – Financial assistance to help low-income households prevent eviction, pay arrears, and maintain housing.

Prevention Diversion – Case Management support to maintain housing.

Prevention Diversion services and the Homelessness Prevention Fund are available at:

Home Base Housing: **613-542-6672**

Salvation Army: **613-548-4411**

Immigration Services Kingston Area (ISKA): **613-544-4661**.

Discretionary Residency Benefit - 362 Montreal St. Financial assistance to help OW and ODSP recipients prevent eviction, pay arrears, and maintain housing. Phone: **613-546-2695**

Meal Programs

Martha's Table – 629 Princess St. Provides meals and referrals to community supports. Indoor dining available Monday – Friday, 9 a.m. – 11 a.m.; noon – 2 p.m. and 3 p.m. – 5 p.m. Takeout meals available everyday, noon – 2 p.m. Meal delivery is available pending eligibility. Phone: **613-546-0320**.

St. Vincent de Paul Society – 595 Bagot St. Dine-in meals served Monday to Friday from 9 a.m. - 1 p.m. Phone: **613-766-8432**.

Lunch by George – 129 Wellington St. Available Monday to Friday, 9 a.m. - 10:30 a.m. for breakfast and 11 a.m. - 12:30 p.m. for lunch.

Web link for **Community Food Supports**. Found at **Cityofkingston.ca/FoodSupports**

Shelters

If possible, please call ahead to make sure there is space.

In From the Cold Emergency Shelter – 540 Montreal St.
Open 24/7. Adult co-ed shelter, accommodates pets. Phone: **613-542-6672 ext. 2.**

Kingston Youth Shelter – 365 Nelson St. Open 24/7.
Overnight shelter for youth ages 16-24. Drop-in services available. Phone: **613-549-4236.**

Lily's Place – 333 Kingscourt Ave. Open 24/7. Shelter for families with children. Phone: **613-542-6672 ext. 3.**

928 CFOC-Doors of Compassion - 928 Sydenham Rd.
Open 24/7. Adult (18yrs+) co-ed shelter, accommodates pets. Phone: **613-483-6771.**

Day Services

St. Mary's Drop-In Centre – 260 Brock St. Daytime drop-in space with services for adults (18yrs+). Open Monday - Friday, 1 p.m. - 4 p.m. Phone: **613-546-5521 ext. 3.**

One Roof Youth Drop-In Daytime Services –
620 Princess St. A community hub with wraparound services for youth ages 16-24. 10:30 a.m - 3:30 p.m. Monday to Friday. Phone: **613-542-6672 ext. 4.**

Trellis HIV & Community Care – 844a Princess St. Drop-in space with bathrooms, phone/computer, referral to programs. Open Mon - Fri, 9 a.m. - 11:30 a.m. and 1 p.m. - 3:30 p.m. Breakfast available Mon - Thurs, 9 a.m. - 10:30 a.m. Phone: **613-545-3698.**

Shower and Laundry Services – 342 Patrick St.
Supported by The Salvation Army Community Services. Shower and laundry available. Appointment required, book 24hrs ahead. Toiletries and laundry essentials provided. Phone: **613-548-4411 ext. 135.**

Peers of The Round Table - 60 Queen St. Drop-in space offering hot lunch & coffee, washrooms, computer, laundry and programs. Open Mon - Sat, 10 a.m. - 3 p.m. Phone: **613-549-4964**

Street Outreach Services

Home Base Housing Street Outreach & Storage
Supports individuals who are experiencing homelessness across the city. Available Monday - Friday, 8:30 a.m. - 10 p.m. and Saturday - Sunday, 8:30 a.m. - 6 p.m. Phone: **613-542-6672 ext. 130.**

Welcoming Streets – Supports individuals who are experiencing homelessness in downtown Kingston. Available Mon - Fri, 9 a.m - 4 p.m. Phone: **613-583-5008.**

Addiction and Mental Health Services of KFL&A (AMHS) – Mental health and community supports for referred individuals who are experiencing homelessness across the city. To make a referral, phone: **613-544-1356.**

Web link for **Homelessness Services interactive map.**
Found on City website. **CityofKingston.ca/HSTMap**

If you have questions
or feedback, please email
Homelessness@CityofKingston.ca.

