

## Youth Diversion

- 559 Bagot St.; 613-548-4535 ext. 224  
<http://www.youthdiversion.org>  
Youth Diversion helps youth overcome challenges by: Providing individualized services to divert youth from risk; Providing both intervention and prevention services; and, Working collaboratively and in partnership with youth, their families, other agencies and our community.

## HARS (HIV/AIDS Regional Services)

- 844a Princess St.; 613.545.3698  
Offering support and services to those living with HIV/AIDS in Kingston and the Region. Also, offers laundry service to the public.

## Canadian Mental Health Association Kingston

- 400 Elliott Avenue, Unit 3;  
613-549-7027; [cmhstaff@kingston.net](mailto:cmhstaff@kingston.net)  
<http://cmhakingston.com>  
They provide a wide variety of programs for children, youth, and adults.  
Programs are designed to help people cope with issues surrounding mental health and coping methods.

## KCAP Menstrual Health Product Drive

Menstrual health products (free for those who need them). Available at:

- AMHS-KFLA (107 Wellington Street):  
during office hours
- Street Health: Mon-Fri 9am-12pm,  
1pm-4pm; Weekends and Holidays  
9:30am-1pm.

## Loving Hands Helping Kingston's Less

### Fortunate

- A group that works in collaboration with nonprofit agencies and local shelters,

and help to provide them with toiletries, food, clothing, and more. They also help shelter residents transition into permanent housing by providing furniture and other household items.  
[lovinghandskingstonontario@hotmail.com](mailto:lovinghandskingstonontario@hotmail.com)

## The KCAP List November 2018

*Note: Inclusion in this list does not necessarily imply that KCAP supports or condemns an organization. This list is intended for informational purposes only.*

### Shelters:

#### Home Base Housing

- ***In From The Cold***  
540 Montreal Street; 613-531-3779  
7 days a week, 5pm – 8:30am  
**Drop-in Centre:** Monday to Friday 2pm-5pm and weekends & Holidays 4pm-5pm
- ***Lily's Place – Emergency shelter for families***  
333 Kingscourt Avenue, 613-767-6180  
Contact for information

#### Kingston Youth Shelter

- ***Emergency Shelter***  
234 Brock Street; 613-766-3200  
An emergency shelter for youth ages 16 to 24, beds are first come first served
- ***Youth Transitions***  
212 Young Street; 613-767-2710  
A 7 bed transitional housing program for youth ages 16 to 24 who need supportive housing to learn basic life and living skills to be successful once living on their own
- ***Family Reunite Program***  
234 Brock Street; 613-766-3200  
The Reunite program assists youth ages 16-19 that have left home in reuniting with their parents/guardians anywhere across Canada by providing family support & transportation at no cost.

### **Interval House for women and children in crisis**

- Crisis Line: 1 (800) 267-9445 or 613-546-1777; Office: 613-546-1833 or 613-546-4136; TTY: 613-564-4461  
Kingston Interval House is committed to supporting women, children and youth experiencing violence and working collaboratively with the community to eliminate all forms of violence and oppression

### **Food Banks/ Food Programs:**

#### **Partners in Mission Food bank**

- 140 Hickson Ave; 613-544-4534  
First time users must call Mon-Fri 8:30am – Noon or 1:00pm – 4:30pm to schedule an intake appointment. No referral needed. Closed Evenings, weekends and holidays.

### **Food Voucher Programs:**

#### **Crossroads United Church**

- 690 Sir John A. Mac Donald Blvd, 613-542-9305  
Food Voucher program every 3<sup>rd</sup> Wednesday of the month from 9am until vouchers are gone. Starting in September.

#### **Sydenham United Church**

- 82 Sydenham St.; 613-542-9616  
Food Voucher program first Tuesday of every month at 10am. \$25 voucher one time in a calendar year Starting in September.

### **Soup Kitchens:**

#### **Martha's Table**

- 629 Princess St.; 613-546-0320: Mon – Fri 9:30am – 6:30pm; Meal Service:

3:30pm-5:15pm; Lunch: Noon at the drop in centre.

Meals are prepared and served Mon – Friday in a restaurant-style setting for \$1 per meal.

#### **Lunch by George**

- 129 Wellington St.; Mon – Fri: 9:00am – 11:30am. 9am and onwards coffee and goodies; 10am soup; 11am hot meal

#### **7<sup>th</sup> Day Adventist Church**

- 66 Wright Cres.: 613-548-7765; Every Tuesday at 3:30pm  
Hot, nutritious, vegetarian meals for those in need.

#### **Next Church**

- 89 Colborne St.; 613-777-8562  
Monthly meal after Sunday service.  
Contact Next Church for more information

### **Activist Groups and Community Programs:**

#### **AKA Autonomous Social Centre**

- <https://www.facebook.com/akaautonomoussocialcentre>  
AKA Autonomous Social Centre is a meeting, event and organizing space in downtown Kingston.

#### **The Artel**

- 75 Queen St.; 613-766-9666  
<https://www.facebook.com/TheArtelCollective/>  
As a cultural venue, they house artists, run a gallery and performance space, and host a wide variety of events, such as concerts and art receptions.

#### **EPIC (End the Prison Industrial Complex)**

- [epic@riseup.net](mailto:epic@riseup.net); [epic.noblogs.org](http://epic.noblogs.org)  
Anti-prison and prisoner solidarity collective in Kingston.

### **Idle No More**

- <https://www.facebook.com/IdleNoMoreKingstonON/?fref=ts>  
Supporting the Indigenous Peoples' Resurgence Movement for land, life & liberation.

### **KCAP (Kingston Coalition Against Poverty)**

- <https://www.facebook.com/KingstonCoalitionAgainstPoverty/>  
Kingston Coalition Against Poverty is a direct-action anti-poverty organization based in Kingston, Ontario, Canada. We meet the second and fourth Tuesdays of each month at 5:30pm, meal provided. Please Call: 613-876-1300

### **Kingston Street Mission**

- St. Andrew's Church, on the corner of Princess and Clergy Streets; 613-449-0916. Kingston Street Mission is open 7 nights per week from 8:00 p.m. until 11:30 p.m. from the end of October to mid April in the basement hall (Gill Hall).

### **Other Services:**

#### **Loving Spoonful**

- 559 Bagot St.; 613-507-8848  
<http://www.lovingspoonful.org>  
Loving Spoonful is a charitable organization facilitating fresh food access, skills, and engagement in a collaborative, empowering and environmentally-sustainable manner.