

Other Services

Wyndham House, 26 Douglas Street www.wyndhamhouse.org 519-822-4400
Long term residential programs available. Call for details.

Youth Emergency Shelter, 18 Norwich Street East 519-837-3892
Short term emergency housing for youth aged 16-24 in a housing crisis. Daily ▶ Opens at 4:00 p.m.

Youth Resource Centre, 133 Woolwich Street 519-822-2768
Directed drop in centre for youth. Monday to Friday ▶ 9:00 a.m. to 4:30 p.m.

County of Wellington Social Services

<http://www.wellington.ca/en/socialservices/socialservices.asp>

Ontario Works (OW) Income Services, 129 Wyndham Street N 1-800-265-7294
Monday to Friday ▶ 8:30 a.m. to 4:30 p.m. 519-837-2670

Employment Resource Centre (ERC), 138 Wyndham Street N 519-823-7887

Ontario Disability Support Program (ODSP), 86 Gordon Street 1-800-567-2953
Monday to Friday ▶ 8:30 a.m. to 5:00 p.m. 519-822-7500
Ontario Ministry of Community and Social Services www.mcscs.gov.on.ca

HERE 24/7, 80 Waterloo Street www.here247.ca 1-844-437-3247
(Open 24 hours, 7 days a week) 1-844-HERE247

Call anytime to access addiction, mental health and crisis services in Guelph, Waterloo, Wellington and Dufferin counties.

Guelph-Wellington Legal Clinic, #5, 176 Wyndham Street N 1-800-628-9205
(Inside the Guelph Community Health Centre) 519-821-2100

Free legal advice to low income residents. www.gwlegalclinic.ca

Monday to Friday (Closed 12:00 p.m. to 1:00 p.m.) ▶ 8:30 a.m. to 4:30 p.m.

Programs, times, and days are subject to change without notice. Please check wall calendars, or call the centres, to find out if there are any changes.

This pamphlet is published and maintained by the **Churches' OutREach, Guelph**, who participate in providing and supporting the services listed here.

Churches' OutREach, Guelph CORE Emergency Assistance

Meals, Food, Clothing and Other Help

Revised June 2018

The Life Centre, 50 Quebec Street www.rcclc.ca 519-837-3777

➤ Daily meals Monday to Thursday ▶ 7:00 p.m. to 9:30 p.m.
Other programs available, check the website or postings at 50 Quebec St. Friday ▶ 10:00 a.m. to 1:00 p.m.
Saturday ▶ 6:00 p.m. to 7:15 p.m.

Welcome In Drop In Centre, 23 Gordon Street 519-837-0080

Open 7 days a week Daily ▶ 8:00 a.m. to 2:00 p.m.
➤ Early lunch Daily ▶ 11:00 a.m.
➤ Early supper Daily ▶ 2:00 p.m.
➤ Coffee and snacks (Nominal charge if able to pay.) Daily ▶ All day.
➤ Other Services Monday to Friday ▶ 9:00 a.m. to Noon
Emergency Shelter for individuals and families, rent & utility assistance, other financial assistance on an individual basis. Support workers available Monday to Friday.
Note: - Check wall calendar for daily schedules
➤ Housing application assistance Wednesday ▶ 9:00 a.m. to 11:00 a.m.
➤ Guelph CHC nurse practitioner Monday & Friday ▶ 9:00 a.m. to 10:30 a.m.
Thursday ▶ 11:00 a.m. to 12:30 p.m.
➤ Sanguen Thursday ▶ 9:30 a.m. to 11:00 a.m.

Chalmers Community Services. www.chalmerscentre.ca 519-822-8778

2 locations below. Offering personal support and referral services as needed.

Chalmers Downtown, 41 Macdonell Street

Food, clothing, household items, diapers in various sizes, mending, other help - no cost to those in need.

➤ Café Monday, Tuesday, Friday morning • 10am to 12 pm
(Offering coffee & conversation)

➤ Food Pantry Wednesday ▶ 7 pm to 8 pm
Friday ▶ 10 am to 12 pm

Chalmers West, 577 Willow Road Café: Thursday 9 am to 12 pm

Food, clothing, household items, diapers in various sizes - no cost to those in need.

➤ Food Pantry Thursday ▶ 10:00 a.m. to 12 pm

HOPE House, 10 Cork Street St. E. 519-265-4299

Hours of Operation: Monday to Thursday 8:30 am until 4 pm

Café open Monday to Thursday: 8:30 am to 4 pm

➤ Community Breakfast Wednesday ▶ 10:00a.m.to 11:00 a.m.

Client choice grocery system, fresh produce, clothing access, social mentorship, access for working poor, other programs. Check for additions or changes at the office.

Monday ▶ 1 pm. to 4:00 p.m.

Food Market & Clothing Open : Tuesday, Wednesday ▶ 10 am. to 4:00 p.m..

(Closed Fridays) Thursday ▶ 1 pm. to 6:00 p.m.

Guelph Food Bank, 100 Crimea Street **519-767-1380**

Monday to Friday ▶ 9:00 a.m. to 4:00 p.m.

Monthly hamper program, baby foods and diapers/pull-ups if needed, special dietary needs. Book appointment by phone or in person 24 hours in advance.

➤ Hamper hours Monday to Friday ▶ 9:00 a.m. to 11:00 a.m.

➤ Summer hamper hours Monday to Thursday ▶ 9:00 a.m. to 11:00 a.m.

*Ask office for available delivery service info. Other Help Services: Life skills, referrals, advocacy, personal and employment counselling. Free client income tax clinics.**Daily bread/excess tables and clothing exchange available to registered clients.**No appointment needed.*

➤ Daily bread/excess tables Monday to Friday ▶ 9:00 a.m. to noon

➤ Clothing Exchange Monday to Friday ▶ 9:00 a.m. to 4:00 p.m.

Salvation Army Family Services, 210 Victoria Road South **519-836-9824****Hours of Operation:** (Closed Mondays) Tuesday to Friday ▶ 1:00 p.m. to 3:45 p.m.

- Emergency food hampers
- Clothing, small household items
- Diapers, baby items
- Eyeglasses, medical prescriptions
- Assistance with rent, utilities and mattresses – by appointment only
- Basic counselling and referrals
- Other services as needed

Salvation Army Thrift Store, 204 Silvercreek Parkway North **519-766-4085**

➤ Clothing, household items Monday to Friday ▶ 9:00 a.m. to 9:00 p.m.

Saturday ▶ 9:00 a.m. to 6:00 p.m.

Holy Rosary Parish Pantry, 175 Emma Street **519-822-4701** (press '2')**Boundary:** North-east section of city east of Speed River and north of Eramosa Road to city limits.*Provide groceries and food vouchers. May offer other assistance according to need.**For an appointment, call and leave a message.*

Pantry Hours: Tuesday & Thursday ▶ 10:00 a.m. to noon

Society of Saint Vincent de Paul*St. Vincent de Paul Society parish conferences assist persons in need living within the parish boundaries with food vouchers and Thrift Store vouchers for clothing, furniture and household goods. Phone, leave a message with your name and phone number, where you can be reached, and you will be contacted and visited.***St. Joseph Conference** **519-836-6806****Boundary:** West end of city west of Edinburgh Road to west of Gordon Street south to city limits.**Our Lady Immaculate Conference** **519-654-3575****Boundary:** Centre of city east of Edinburgh Road and Gordon Street south and west of Speed River to Wellington Street, continuing south of Eramosa River and west of Victoria Road, to north and south city limits.**Sacred Heart Conference** **519-265-8944****Boundary:** South east section of city, east of Speed River to Metcalfe Street and then south of CN Railway to north of Eramosa River and east of Victoria Road to city limits.**St. John the Baptist Conference** **519-824-7311****Boundary:** East side of city, east of Metcalfe Street north of CN Railway, south of Eramosa Road to city limits.**St. Vincent de Paul Thrift Store**, 74 Elizabeth Street **519-836-5829**

➤ Year round Monday to Friday ▶ 9:00 a.m. 5:00 p.m.

➤ September to June Saturday ▶ 9:00 a.m. to 1:00 p.m.

Dublin Street United Church, 68 Suffolk St W www.dublin.on.ca **519-821-0610***Respond to requests for emergency assistance according to need.***Knox Presbyterian Church**, 20 Quebec Street **519-821-0141**

➤ Prescription (non-narcotic) Monday to Friday ▶ 9:00 a.m. to 1:00 p.m.

New Life Christian Reformed Church, 400 Victoria Road North **519-823-5851**

➤ Clothing Closet (free) Thursday & Saturday ▶ 9:30 a.m. to 12:30 p.m.

Trinity United Church (Contact Place), 400 Stevenson Street N **519-824-4800**➤ Emergency food cupboard Monday & Friday ▶ 10:00 a.m. to noon
(Closed all July) (August - Friday only)