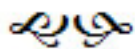


CORE

In response to the growing need for assistance within the community, some Guelph churches formed the **CORE** group to address the issue. The result to date has been the formulation of an assistance policy which will, hopefully, meet some of the needs, although on an emergency basis only.



Partners in CORE

Please note: No cash is dispensed

Chalmers Community Services Centre 40 Baker St.	519 822 8778
Church of Our Lady Immaculate , 28 Norfolk St.	519 824 3951
Dublin St. United Church 68 Suffolk St. W.	519 821 0610
First Baptist Church 255 Woolwich St.	519 824 8230
First Christian Reformed Church	519 822 7720
Knox Presbyterian Church 20 Quebec St.	519 821 0141
New Life Christian Reformed Church 400 Victoria Rd. N.	519 823 5851
Norfolk St. United Church 75 Norfolk St.	519 822 6165
Royal City Christian Life Centre 50 Quebec St.	519 837 3777
St. Andrew's Presbyterian Church 161 Norfolk St.	519 822 4772
St. George's Anglican Church 99 Woolwich St.	519 822 1366
Salvation Army Family Services , 210 Victoria Rd. S.	519 836 9824
Spiritwind Christian Centre 100 Crimea St.	519 836 3963
Guelph Food Bank , 100 Crimea St.	519 767 1380
Trinity United Church 400 Stevenson St.	519 824 4800
Westminster St. Paul's Presbyterian Church , 206 Victoria Rd. N.	519 824 5221

Churches' *OutREach*, Guelph Emergency Assistance

BASIC NEEDS AND EMERGENCY SERVICES

Meals / Snacks

40 Baker St. *Opposite Baker St. Parking Lot exit.*

Our Place Youth Mon. to Fri. 2:00 p.m. -- 8:00 p.m. Sandwiches.
Every day 5:00 p.m. -- 6:00 p.m. Suppers.

Fresh Start Housing Mon. to Fri. 10:00 a.m. -- 8:00 p.m. Sandwiches.
Art Gallery Sat. & Sun. Noon -- 5:00 p.m. Sandwiches.

Royal City Christian Life Centre, 50 Quebec St. *Just west of Wyndham St.*

Mon. to Sat. 6:00 p.m.

Evening supper.

No Sunday supper.

Agape Café Adult Drop-In, (RCCLC), 50 Quebec St.

Mon. to Thurs. 7:00 p.m. -- 9:30 p.m.

Friday 10:00 a.m. -- 1:00 p.m.

Sat. 6:00 p.m. -- 8:30 p.m.

Light meals & refreshments.

Salvation Army

Downtown Mobile food truck.

Thurs. 10:00 p.m. -- 1:00 a.m.

Soup, sandwiches, hot drinks, blankets.

Welcome In Drop In Centre 23 Gordon St. *One block south of Waterloo Ave.*

7 days a week 6:00 a.m. -- 3:00 p.m.

Early lunch 11:00 a.m. Early supper 2:00 p.m.

Coffee and snacks all day.

Nominal charge for those able to pay.

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Food Supplies / Hampers

Chalmers Downtown, 40 Baker St. *Opposite Baker St. Parking Lot exit.*

Friday 10:00 a.m. -- Noon No cost to those in need.

Chalmers West, 577 Willow Rd. *Portable behind Three Willows United Church, top of hill west of Westwood Rd.*

Thurs. 10:00 a.m. -- Noon No cost to those in need.

Guelph Food Bank, 100 Crimea St. *North of Waterloo Ave., West of Edinburgh Rd.*

Phone: **519 767 1380** Monthly hamper program, including baby foods and diapers/pull-ups if needed. Appointment must be booked by phoning or visiting in person at least 24 hours in advance. Hamper servicing hours are:

April to Aug. Monday to Thursday 9:00 a.m. to 11:00 a.m.

Sept. to March Monday to Friday 9:00 a.m. to 11:00 a.m.

Hampers are heavy. Independent delivery service is available. Ask office for delivery service information. Present cost is \$5.00 payable on delivery.

Daily bread/excess tables available year round Monday to Friday, 9:00 a.m. to noon to registered clients; no appointment needed.

Continued overleaf

Holy Rosary Church Benevolent Outreach. 519 822 4701

North-east section of city east of Speed River and north of Eramosa Road.
Provides assistance to persons in need living within parish boundary described above by distributing groceries and food vouchers.
Phone for assistance. Mon. to Thurs. 8:00 a.m. -- Noon and 1:00 p.m. -- 5:00 p.m.
Friday. 8:00 a.m. -- Noon.

Salvation Army Family Services, 210 Victoria Rd. S. 519 836 9824

On east side south of York Rd. near Tim Hortons.
Emergency food hampers Mon. to Fri. 1:30 p.m. -- 4:00 p.m.

Trinity United Church, 400 Stevenson St. N. 519 824 4800

Half block south of Speedvale Ave. E.
Emergency food Mon. & Fri. only 10:00 a.m. -- Noon.

Clothing, Household Items. etc.

Chalmers Downtown, 40 Baker St. Friday 10:00 a.m. -- Noon.
Clothing, clothes mending, buttons etc., household items.
No cost to those in need.

Chalmers West, 577 Willow Rd. Thursday 10:00 a.m. -- Noon.
Clothing, household items. Life skills advice and support.
No cost to those in need.

Guelph Food Bank 100 Crimea St.
Clothing exchange. Mon. to Fri. 9:00 a.m. -- 4:00 p.m.

New Life Christian Reformed Church, 400 Victoria Rd. N.
Just south of Woodlawn Rd. E.
Clothing Closet. Thurs. & Sat. 9:30 a.m. -- Noon.

Salvation Army Family Services, 210 Victoria Rd. S.
Mon. to Fri. 1:30 p.m. -- 4:00 p.m.
Clothing closet or voucher for Thrift Store, 257 Woodlawn Rd. W.

Food, Household Items & Clothing Vouchers

St. Vincent de Paul Societies Provide assistance to persons in need living within parish boundaries described below, by grocery store vouchers for food and St. Vincent de Paul Thrift Store vouchers for clothing and household goods. Phone, leave a message and you will be contacted and visited. Other requests for assistance may be considered according to need.

St. Joseph's Parish 519 836 6806 *West side of city west of Edinburgh Rd. north and south to city limits.*

Our Lady Immaculate Parish 519 654 3575 *Centre of city east of Edinburgh Rd. to Speed River, Eramosa River and Victoria Rd. then south to city limits.*

Sacred Heart Parish 519 822 8944 *East side of city south of Eramosa Rd. between Speed River and Metcalfe St. then south of CN Railway.*

St. John's Parish 519 824 7311 *East side of city north of CN Railway tracks, east of Metcalfe St. and south-east of Eramosa Rd.*

Baby Food

Salvation Army Family Services Mon. to Fri. 1:30 p.m. -- 4:00 p.m.

Diapers

St. Andrew's Presbyterian Church, 161 Norfolk St. At Suffolk St. E.
(Newborn to 6 months old) Tues. to Fri. 10:00 a.m. -- 3:00 p.m.

Salvation Army Family Services Mon. to Fri. 1:30 p.m. -- 4:00 p.m.

Eyeglasses

Chalmers Downtown Friday 10:00 a.m. -- Noon.

Salvation Army Family Services Mon. to Fri. 1:30 p.m. -- 4:00 p.m.

Prescriptions (non-narcotic)

Knox Presbyterian Church, 20 Quebec St. Mon. to Thurs. 10:00 a.m. -- Noon.

Salvation Army Family Services Mon. to Fri. 1:30 p.m. -- 4:00 p.m.

Other Help Services

Chalmers Downtown, 40 Baker St. & Chalmers West, 577 Willow Rd.

•Life skills advice and support. Thurs. 10:00 a.m. -- Noon.

Dublin Street United Church, 68 Suffolk St. W. 519 821 0610

•Responds to requests for emergency assistance according to need.

Guelph Food Bank, 100 Crimea St. 519 767 1380

•Life skills, referrals, advocacy, personal and employment counselling,

Royal City Christian Life Centre, 50 Quebec St. 519 837 3777

Mon. to Fri. 10:00 a.m. -- 2:00 p.m.

•Ontario Works, ODSP, other government services.

•Housing applications.

•First and Last month's rent and Utility bills assistance.

•Court House support. Employment counselling.

Salvation Army Family Services, 210 Victoria Rd. S. 519 836 9824

Mon. to Fri. 1:30 p.m. -- 4:00 p.m.

•Emergency accommodations. Rent Assistance program.

•Basic counselling and referrals.

•Clothing closet, work boots.

•Children's backpacks and school supplies.

•Other services as needed.

Welcome In Drop In Centre, 23 Gordon St. 519 837 0080

Mon. to Thurs. 9:00 a.m. -- 3:00 p.m.

Fri. 9:00 a.m. -- Noon

•Help desk: Ontario Works, ODSP, other government services.

•Housing applications.

•First and Last month's rent and Utility bills assistance.

•Emergency accommodations.

•On-site nurse practitioner three mornings a week

•Usually leftover breads, pastries and sundry other food items available.

•Small supply of foods, personal items and clothing for emergencies only.