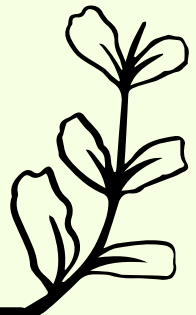


# Kingston Community Resources



Updates completed in December 2023

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## St. Vincent de Paul Society

- Hot Meal Service
- Food Pantry
- WearHouse
- Social Activities

Monday - Friday  
10am to 1pm  
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
- Saturday and Sunday takeout lunch 12-2

7 Days a Week

629 Princess St.

## Good Times Diner

- Queen's students provide freshly prepared meals

Sundays  
5:30pm to 6:30pm  
212 Barrie St.

## Loving Spoonful

- Fresh Food Access and Delivery
- Gardening Support
- Drop-In Cooking Workshops
- Food on a Budget Workshops

For Details Call:  
613-507-8848  
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.

Contact your children's  
schools to set up the  
weekend student box.

## Cafe Church

- Spiritual discussion followed by soup lunch

Sundays 10:00am 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
- Dinning 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  
745 Progress Ave, Kingston

# FOOD + CLOTHING

## Lunch By George

- Hot takeout meals
- bag lunches

Monday - Friday  
11:00-11:45pm  
129 Wellington St.

## Partners in Mission Food Bank

- Food hampers by appointment only
- Call to book an appointment

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

Monday to Friday  
8:30am - 12pm  
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

- 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.
- Deliveries happen the third Thursday of every month.
- Order online at [www.goodfoodboxkingston.com](http://www.goodfoodboxkingston.com) or call for more information.

Call to place an  
order:  
613-530-2239

## Seniors' Food Box

- 55+
- Food boxes for seniors
  - produce
  - non-perishables
  - cooking staples
- Call for more information or to place an order

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.



## Dress for Success

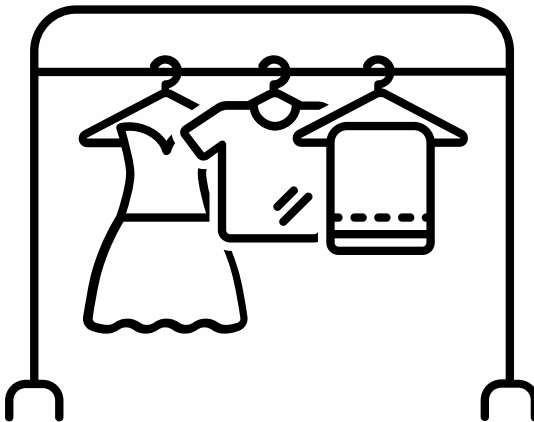
- Assisting women in finding clothing suited for job interviews and returning to the job force.
- Appointment only.

845 Princess Street  
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



Times may change	Meal Programs Available
Monday	9-11 Martha's Table Breakfast 629 Princess Street Sit down only 10-1 St. Vincent de Paul 85 Stephen Street Take-out only 11-1145 Lunch by George 129 Wellington Street Take-out only 12-2 Martha's Table Sit in and take out available
Tuesday	9-11 Martha's Table Breakfast 10-1 St. Vincent de Paul 11-1145 Lunch by George 12-2 Martha's Table
Wednesday	9-11 Martha's Table Breakfast 10-1 St. Vincent de Paul 11-1145 Lunch by George 12-2 Martha's Table
Thursday	9-11 Martha's Table Breakfast 10-1 St. Vincent de Paul 11-1145 Lunch by George 12-2 Martha's Table
Friday	9-11 Martha's Table Breakfast 10-1 St. Vincent de Paul 11-1145 Lunch by George 12-2 Martha's Table
Saturday	12-2 Martha's Table Take out only
Sunday	12-2 Martha's Table Take out only



## LOCAL FOOD STANDS

Local Food Stands (LFS) offer local produce at no cost, with no questions asked... just take what you need! LFS were created to provide a dignified approach to local food. LFS are stocked with local food grown by Loving Spoonful, individual gardeners, and farm friends from across Kingston... You will only ever find produce that is local and seasonal!

### **Ontario Works (362 Montreal St.)**

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

### **Trellis HIV & Community Care (844-A Princess St.)**

Monday - Friday: 9:00am - 12:00pm & 1:00pm - 4:45pm

### **Kingston East Community Centre (779 Highway 15)**

Monday - Friday: 6:00am - 9:00pm & Saturday - Sunday 8:00am - 8:00pm

### **Rideau Heights Community Centre (85 Maccauley St.)**

Monday - Sunday: 8:00am - 9:00pm

### **KEYS Employment & Newcomer Services (182 Sydenham St.)**

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

### **KEYS Employment & Newcomer Services (255-C Bagot St.)**

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

### **Kingston Community Health Centre (263 Weller Ave.)**

Monday - Friday: 8:00am - 4:30pm & Wednesday 8:00am - 7:30pm

## 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

- "Phone From Home" program
- Hatter's Cove Restaurant
- Hearing Clinic
- Legal advice
- Book and Puzzle Exchange

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

Monday - Thursday  
 5:30am - 8pm  
 Friday  
 5:30am - 7pm  
 Saturday & Sunday  
 7am - 3pm

Monthly Pass:

Adult (18-59) .....	59.00
Seniors (60+) .....	55.70

Day Pass:

Adults (18-59).....	15.75
Couple/Family.....	23.25
Seniors (60+).....	11.50
Youth (0-14).....	8.25

Financial assistance application available

For Details Call:  
 613-546-2647  
 100 Wright Crescent

## Boys and Girls Club

- Before and after school care
  - Children 4-12 at Central Public School
- BGC Basketball Program
  - Tuesdays 6:30pm - 8:00pm

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

## 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





## 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

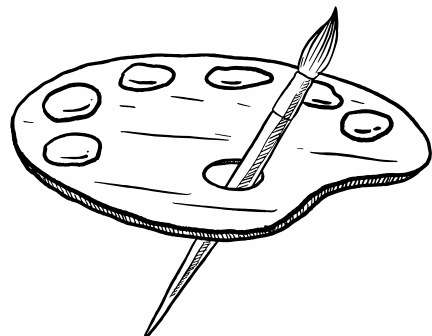
1040 Gardiners Rd  
613-542-9250

[admin@girlsinlimestone.ca](mailto:admin@girlsinlimestone.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



# 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

Monday to Thursday  
9am - 5pm

844 Princess Street

For Details Call:  
613-545-3698

## 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

9am-1pm

613-549-1440

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

8:30am - 12pm

1pm - 4pm

Wednesday

1pm-7:30pm

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

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  
613-549-1232

# DISABILITY SUPPORT

## Community Living Kingston and District

### Programs

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

Gardiners Rd. Office  
by appt. only

201-645 Gardiners Rd

For Details Call:  
613-507-8460

Fortune Cres. Office  
by appt. only

758 Fortune Cres.

For Details Call:  
613-548-7366

## Independent Living

### Programs

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

540 Montreal St.  
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

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

## 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  
1-833-382-3030  
easterseals.org

## 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  
613-544-89339  
programs@eafkingston.com  
361 Montreal St.

# 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.

### 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 counseling as well as assistance with system navigation and support groups to those who are supporting someone else with addiction and/or mental health concerns

### Walk-In

Monday to Friday  
8:30am - 4pm

552 Princeess Street

Crisis Line (24/7)

613-544-4229

### Family Resource Center

613-544-1213

## 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](http://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



# MENTAL HEALTH + ADDICTION

## Survivors of Sexual Assault & Abuse (SACK)

### 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

Contact:  
(613) 545-0762

Crisis Line (24/7):  
1-877-544-6424

Social Media  
Sexual Assault Center  
Kingston (@SACK)

## 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.

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

### 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



# 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


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

## Detoxification Center

- A safe space to detox off of alcohol or substances in a supportive environment.
- Short-term 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  
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

## 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](http://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



# 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

Walk-In Services:  
8:30am - 4pm  
552 Princess Street

Mobile Team:  
Mon-Friday  
8:00am - midnight  
Sat & Sunday  
8am - 8pm  
10:00 am - 6:00 pm

## 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) 767-6180  
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, youth, and children who have experienced violence or are at risk of violence
- Programming room
  - Workshops
  - Game nights
  - Paint afternoon



Crisis Line:  
(613) 546-1777

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  
234 Brock Street

# EMERGENCY SHELTERS

## Concession St. Centre

- Drop in every night from 8pm-11pm
- Overnight adult coed 25 spaces
- First come, first served basis.

Call for availability:  
(613) 542-6672  
ext 310  
Shelter: 7 days a  
week 9pm-845am  
218 Concession St.

## Adelaide St. Centre

- Overnight, adult coed drop-in with 40 spaces available
- First come, first served basis.

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 3  
260 Brock St.

## 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
6. St. Mary's Drop-In Centre\*

### Drop-In Services

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.

## 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



# HOUSING AND HOUSING SUPPORTS

## Kingston & Frontenac Housing Corporation

### Affordable Housing Support

- They manage 957 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

## Home Base Housing Kingston

### Housing Help Center (ages 25+)

- 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

- 8-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  
540 Montreal Street  
For Details Call:  
(613) 542-6672





# 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

## 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.

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

127 Charles Street

For Details Call:  
613 544-1744

## 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

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

# 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.

613-548-4411

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

342 Patrick St.

## 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

## 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](mailto: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](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)

613-542-7373  
ed@jhskd.ca

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 to Friday  
8:30am - 4:30pm

900 Montreal St

For Details Call:  
(613) 542-7373

## 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

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

760 Highway 15

613-546-7918

## The Salvation Army Community and Family Services

### Income Tax Services

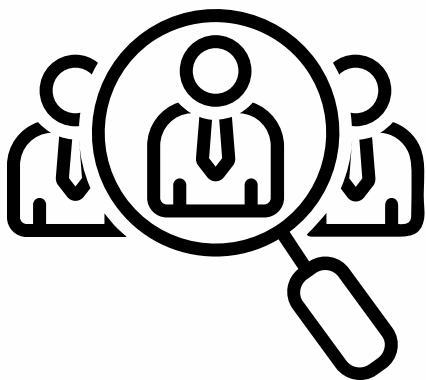
- volunteer income tax clinic for low-income families and individuals. The clinic is available weekdays from March through May and monthly June through August by **appointment only**.
- 613-507-4151 (February - May)
- 613-548-4411 (May- August)

Monday to Friday

342 Patrick St.

### 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.



# EMPLOYMENT + INCOME

## Ontario Disability Support Program (ODSP)

- The Ontario Disability Support Program.
- Income Support helps people with disabilities who are in financial need pay for living expenses, like food and housing
- Employment support for people with disabilities

Kingston ODSP:  
Monday to Friday  
8:30am - 5:00pm  
1055 Princess St

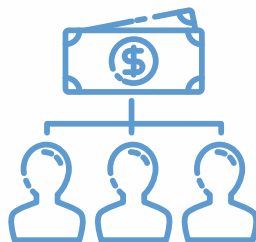
(613) 545-4553

## Ontario Works (OW)

- If you qualify, Ontario Works can provide you with money to help you cover the costs of your basic needs (e.g. food) and housing costs. This is called financial assistance.
- Employment assistance
  - Workshops on looking for work, résumé writing, and preparing for an interview
  - Referrals to job counselling or training programs
- Health and employment benefits
  - Prescription drug and dental coverage
  - Eyeglasses
  - Diabetic supplies
  - Moving/eviction costs

Kingston OW:  
Monday to Friday  
8:30am - 4:30pm  
362 Montreal St

(613) 546-2695



## 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

(613) 530-3863

# 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 until March 31, 2023 are \$40.00 for adults, \$29.75 for youth and seniors. 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](mailto: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

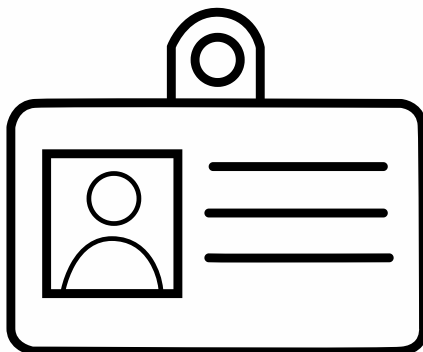
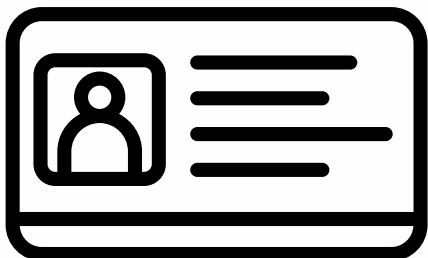
The City uses the Statistics Canada after-tax Low Income Measure (LIM) plus 15 percent to determine eligibility. Households with income below this threshold are eligible for:

- 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

For Details Call:  
(613) 541-0777

## John Howard Society of Kingston & District

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



Monday to Friday  
8:30am – 4:30pm

771 Montreal St

For Details Call:  
(613) 542-7373

# 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

Open 24hrs/day

365 Nelson Street

Application form:  
kys@kingstonyouth  
shelter.com

For Details Call:  
(613) 549-4236



## One Roof – Counseling

- Community youth hub where youth-serving agencies provide wraparound services for vulnerable and homeless youth
- On-site counseling provided by expert community partners
- Specialty support in many different areas
  - General mental health and well-being
  - Sexual violence
  - Addictions
- Mondays and Wednesdays - scheduled with One Roof staff

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

484 Albert St.

For Details Call:  
(613) 542-6672

## One Roof – Youth Groups

### Young Women's Empowerment Group

- A safe space for young female leaders to connect on such topics as: self-esteem, body positivity, peer pressure, dating, healthy relationships, & consent

### FUSE LGBTQ+ Group

- Group for individuals in the LGBTQ+ community
- Ages 12-19
- Talk about important issues, develop life skills, learn from community members, watch movies, make art, meet new people

### New Mentality Youth Group

- Youth aged 13-24 who are looking to make a change in the world of children and youth mental health
- Travel around Kingston area presenting their personal experiences with mental illness
- <https://kingstonhomebase.ca/kingston-youth-services-2/>

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

365 Nelson Street

For Details Call:  
(613) 542-6672

# 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
- Abstinence is not a requirement; however they ask that you not attend while under the influence
- 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 to Friday  
8:30am - 4:30pm

31 Hyperion Ct #100

For Details Call:  
(613) 546-8535

## One Roof – Housing Support

### Housing Support

- For youth who may find themselves homeless or at risk of becoming homeless, and are unsure of what options may be available to them
- Drop in at One Roof to talk to staff about your housing support needs

### Housing 101 Workshops

- Provide youth with information about the housing process
- All are welcome
- Learn how to search for housing, what questions to ask a landlord, how to set up rent payments, and tenant rights
- **Thursdays 1:00pm to 2:00pm**

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

464 Albert St.

For Details Call:  
(613) 542-6672

# 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  
613-542-9250

admin@girlsinlimestone.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.

Central Intake 310-Open (6736)  
Kingston 613-544-4229 Toll Free 1-866-616-6005

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

484 Albert St.

For Details Call:  
(613) 542-6672

## 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

229 Concession St.

For Details Call:  
(613) 548-4535

# YOUTH SERVICES

## One Roof – Intensive Community Crime Prevention

- Eligible participants of ICCP are 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 Friday  
9:00am – 4:00pm

484 Albert St

For Details Call:  
(613) 542-6672

## One Roof – Indigenous Programming for Youth

- Youth are invited to participate in cultural activities such as: traditional cooking, harvesting, drumming, songs, storytelling, teachings, art, & more
- Thursdays 5:00pm-7:00pm

Monday to Friday  
9:00am – 4:00pm

484 Albert St.

For Details Call:  
(613) 542-6672

## 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  
Ballfield  
Canteen/Youth  
Centre

For Details Call:  
(613) 967-0122



# YOUTH SERVICES

## 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 9 and 13
- 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
- **Wednesdays or Friday from 6:00pm-8:00pm**

Open all week  
8:00am - 9:00pm

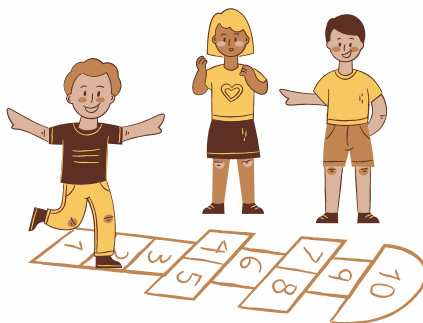
**85 MacCauley St**

For Details Call:  
(613) 546-2647 ex.  
248

## 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



# FAMILY SERVICES

## 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@gstfkr.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](http://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](mailto: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

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@facsfra.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

### 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

Call:

613-561-7421

info@quest4change.ca

200 Binnington Court  
Unit 2 - Upper Level

## Kingston Frontenac Public Library

There are 18 branches available within city limits and outside of the city limits.

The library has free access to computers, books and events. You can borrow books, games, and movies as well as accessing online resources or listening to ebooks.

Please see their website to sign up for a card online or apply in person at any branch. <https://www.kfpl.ca/getting-started/getting-a-library-card>



# 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).

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## 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: 5-7pm  
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



# 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

Office:  
(613) 546-1833

**Call For Address**

## Women's Financial Empowerment (Resolve)

Aims to empower women to live independently and improve their financial situation.

- Counselors will ask the client about their financial safety plan; whether their funds are separate from a partner's, and what their financial goals are.
- Then they will discuss financial fears and identify the biggest hurdles they need to overcome in their current situation.

Women who have previously left an abusive relationship, and those who are currently in one, are all invited to take part in the grant program.

Call Resolve at:  
613-549-7850  
Mention the Women's  
Financial Empowerment  
Program.

## 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

# INTIMATE PARTNER VIOLENCE

## 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 Counselling

- 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.



# 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, Mandarin, Spanish and Kirundi.

Services include:

- Employment Services for Immigrants
- English Language Classes
  - To register, call 613.546.5559 or email [info@keys.ca](mailto: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](mailto: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](mailto: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](mailto: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 77 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](http://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.





# 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, 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.

# 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

## 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](mailto:info@klsread.ca)



**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.**