

# Supporting Healthy Lives

## ADDICTION SERVICES

### **Bridges to Health** | 519-957-5000

208 King Street South, Waterloo, ON N2J 1P9

A day treatment program for women concerned about their alcohol and/or drug use

### **Moving Forward** | 519-957-5000

208 King Street South, Waterloo, ON N2J 1P9

Individual and group counselling for women who are parenting (children under 6) and who are concerned with their substance use

### **Alcontrol** | 519-745-4691

215 King Street South, Waterloo, ON N2J 1R2

A residential treatment program for women with addictions to alcohol and/or other drugs

### **174 King Street North** | 519-885-3330

PO Box 128, Waterloo, ON N2J 3Z9

A residential treatment program for men with addictions to alcohol and/or other drugs

## Building Strong Families & Communities

### FAMILY SERVICES

#### **Community Centres**

We support families and facilitate community development in partnership with neighbourhood associations and regional and municipal governments in the following locations:

- **Chandler Mowat** | 519-570-3610  
222 Chandler Drive, Kitchener, ON N2E 3L7
- **Courtland Shelley** | 519-571-7953  
1064-G Courtland Avenue East, Kitchener, ON N2C 1K6
- **Kingsdale** | 519-748-6463  
80 Wilson Avenue, Kitchener, ON N2C 1G5
- **Sunnydale** | 519-883-0410  
508-H Sunnydale Place, Waterloo, ON N2L 4T1

#### **Live and Learn** | 519-570-0954

807 Guelph Street, Kitchener, ON N2H 5Z2

Weekly groups for mothers living on low income and their pre-school children that provide opportunities for mutual support, personal growth, friendship and skill development

#### **Camp Sponsorship** | 519-742-8327

Provides a summer camp experience for children of families living on low income

# Feeding & Assisting Those in Need

## COMMUNITY SERVICES

### **Appliance Repairs** | 519-742-8327

Assistance with repairs to major household appliances of people living on low income in Waterloo Region

### **Christmas Hampers** | 519-742-8327

A gift of food for people in need at Christmas, coordinated through the Christmas Bureau

### **Emergency Food Hampers** | 519-742-0662

807 Guelph Street, Kitchener, ON N2H 5Z2

Emergency assistance to people living in the community who are in need of food

## Providing Shelter & Supportive Housing

### RESIDENTIAL SERVICES

### **Charles Street Men's Hostel** | 519-742-8327

63 Charles Street East, Kitchener, ON N2G 4R3

An emergency shelter providing room, board and support for men aged 16 and older who are homeless

### **Kiwanis House** | 519-578-0171

85 Wilhelm Street, Kitchener, ON N2H 5R9

A transitional, residential, life skills program for young men aged 16-19 who are preparing for independent living

### **Cramer House** | 519-742-8327

55 Charles Street East, Kitchener, ON N2G 2P3

A long-term residence for adult men seeking a supportive community setting

### **Eby Village** | 519-570-2400

50 Eby Street South, Kitchener, ON N2G 3L1

Supportive, affordable housing for single adult women and men

### **Charles Village** | 519-742-8327

75 Charles Street East, Kitchener, ON N2G 2P3

Supportive, affordable housing for single adult women and men

[www.houseoffriendship.org](http://www.houseoffriendship.org)