

OPEN ARMS OF JESUS OUTREACH MINISTRY
 36 Wright St, Unti 2, **St Catharines** **905-684-7049**
 Drop-In: Mon-Fri 12noon-4pm
 Drop-in centre providing soup and sandwiches. Emergency food bank. Serves residents of the Niagara Region.

OUT OF THE COLD
 Host churches offer a hot meal and breakfast to those in need during the months of November to March for persons in Niagara Falls, St Catharines and Welland.

OZANAM CENTRE
 235 Church St, **St Catharines** **905-687-8089**
 Hours: Mon-Fri 11am-1pm

SALVATION ARMY BOOTH CENTRE, THE
 184 Church St, **St Catharines** **905-684-7813**
 Overnight accommodation and meals are provided to transient men, 18 and up.

ST GEORGE'S ANGLICAN CHURCH
Breakfast Program **905-682-9232**
 83 Church St, **St Catharines**
 Hours: Daily 7:30-8:30am

ST MICHAEL'S ROMAN CATHOLIC CHURCH
 310 Central Ave, **Fort Erie** **905-871-0692**
 Offers a meal to the needy on the 3rd Saturday from 11am-2pm.

OUT OF THE COLD PROGRAMS

Host churches provide a hot meal, companionship and overnight shelter to those in need. Seasonal from November 1 to the end of March.

OUT OF THE COLD PROGRAM, ST CATHARINES
 Hours: Daily 6pm-8am
 Mondays: St Paul St United Church, 366 St Paul St
 Tuesdays: Cathedral of St Catherine, 67 Church St
 Wednesdays: First United Church, 95 Church St
 Thursdays: St Alfred's Church, 272 Vine St
 Fridays: Knox Presbyterian Church, 53 Church St
 Saturdays: Queen Street Baptist Church, 57 Queen St
 Sundays: Westview Christian Fellowship, 112 Oakdale Ave

OUT OF THE COLD PROGRAM, NIAGARA FALLS
 Morrison Street United Church Hall
 4527 Morrison St, **Niagara Falls**
 Hours: Daily 4:30pm-8am

THRIFT SHOPS

Thrift shops offer a variety of used goods at costs, which may be lower than purchasing new goods at other retail outlets.

GOODWILL INDUSTRIES NIAGARA
 185 Bunting Rd, **St Catharines** **905-641-5285**
 228 Glendale Ave, **St Catharines** **905-688-9937**
 3551 Portage Rd, **Niagara Falls** **905-357-9500**
 572 Niagara St, **Welland** **905-714-7953**
 Hours: Mon-Fri 10-9
 Sat & Sun 10-5

BIBLES FOR MISSIONS
 118 Lake St, **St Catharines** **905-704-0422**
 Hours: Mon-Fri 9:30-4:30 Sat 10-2

BIG BROTHER AND BIG SISTERS NEARLY NEW SHOP
 4311 Queen St, **Niagara Falls** **905-374-2679**
 Hours: Mon-Sat 10-4

CHRISTIAN BENEFIT SHOPS
 114-116 Chetwood St, **St Catharines** **905-684-8223**
 Hours: Tue-Fri 10-5 Sat 10-1
 50 Hartzell Rd, **St Catharines** **905-682-8944**
 Hours: Tue-Fri 10-5 Sat 10-1
 53 Southworth St N, **Welland** **905-735-4010**
 Hours: Mon-Fri 9:30-4:30 Sat 10-4

COMMUNITY CARE OF WEST NIAGARA, PRIOR ATTIRE
 4516 Mountainview Rd N, **Beamsville** **905-563-6515**
 Hours: Mon-Fri 9-4:30 Sat 10-4

GRIMSBY BENEVOLENT FUND THRIFT SHOP
 21 Main St E, **Grimsbly** **905-945-1516**
 Hours: Mon, Thu, Sat 10-4:30 Fri 10-8

MORRISON STREET UNITED CHURCH (BARGAIN BASEMENT)
 4527 Morrison St, **Niagara Falls** **905-354-9452**
 Bargain Basement Hours: Wed 9-12noon
 Sells clothing and small household items at a very reasonable cost. Serves residents of Niagara Falls.

TAKAPEEK THRIFT SHOP 2
 4337 Fourth Ave, **Niagara Falls** **905-356-0878**
 Hours: Mon-Sat 9-5
 Serves residents of Niagara Falls.

SALVATION ARMY THRIFT SHOPS
 350 Scott St, **St Catharines** **905-934-4599**
 Hours: Mon-Wed & Sat 9-6
 Thu & Fri 9-9
 6175 Dunn St, **Niagara Falls** **905-354-6027**
 Hours: Mon-Fri 9:30-5, Sat 9:30-4
 401 Garrison Rd, **Fort Erie** **905-871-9433**
 Hours: Mon, Tue, Wed, Sat 9-6
 Thu & Fri 9-9
 164 Clarence St W, **Port Colborne** **905-834-4971**
 Hours: Mon-Fri 9-5
 300 Lincoln St, **Welland** **905-735-0551**
 Hours: Mon, Tue & Sat 9-6
 Wed, Thu & Fri 9-9

ST VINCENT DE PAUL THRIFT SHOPS
 67 Queenston St, **St Catharines** **905-684-2042**
 Hours: Mon-Fri 10-4 Sat 9:30-3:30
 51 East Main St, **Welland** **905-788-3413**
 Hours: Mon-Fri 10-3:45 Sat 10-12:45

Information Niagara

Call us for information on:

- Government Programs • Social and Health Services •
- Recreation • Clubs and Community Groups • Education •
- Counselling Services • Children's Services •
- Senior Programs • and much more...

905-682-6611 • 905-356-4636 • 1-800-263-3695

Check out our website containing our on-line database which is available 24/7

www.informationniagara.com

Other Pamphlets in this Need Help Series Include:

Community Connections for Families
Counselling and Support Services
Financial Assistance
Housing



A United Way Member Agency

Mar 2004



Need Help Series

Food, Clothing and Household Goods

Sponsored by:



Niagara Training & Adjustment Board
 le Conseil de formation et d'adaptation
 de la main d'oeuvre de Niagara



St. Catharines & District
 Labour Council

Information Niagara

301 St Paul Street, Box 1
 St Catharines, ON L2R 3M8

5017 Victoria Avenue
 Niagara Falls, ON L2E 4C9

905-682-6611

905-356-4636

1-800-263-3695

Inclusion in this pamphlet does not imply endorsement, nor does omission reflect on the quality of any program or service.

FREE FOOD, CLOTHING AND HOUSEHOLD GOODS

BUSINESS EDUCATION COUNCIL OF NIAGARA

Successfully Suited 905-688-3830
221 Glendale Ave, **St Catharines**
Hours: Mon-Fri 9-12noon 1-3

176 King St, Welland 905-688-3830
Hours: By Appointment
Provides quality career appropriate clothing free-of-charge to unemployed men and women actively seeking work. Serves residents of the Niagara Region.

CENTRE DE SANTE COMMUNAUTAIRE HAMILTON-WENTWORTH-NIAGARA

1 Vanier Dr, **Welland** 905-734-1141
Hours: Mon-Fri 8:30-5
Services for families with young children. May include vouchers for groceries and diapers. Serves residents of the Niagara Region.

CHRISTIANS IN ACTION CITY MISSION

132 King St, **St Catharines** 905-988-9888
Food Bank: Fri 10-11am Call First
Free groceries are available Friday of each month. Serves residents of St Catharines.

COATS FOR KIDS - during October and November this program may be able to provide hats, mittens, scarves and coats for those in need. Contact Information Niagara for details.

COMMUNITY CARE OF WEST NIAGARA

4516 Mountainview Rd N, **Beamsville** 905-563-5822
Food Bank: Mon-Thu 9-3 Fri 9-12noon
Provides emergency and community assistance of food, clothing and household goods. Serves residents of Lincoln and Grimsby.

COMMUNITY CARE, ST CATHARINES & THOROLD

12 North St, **St Catharines** 905-685-1349
Client Services: Mon-Thu 9-3 Fri 9-12 noon

19 Albert St W, **Thorold** 905-227-9240
Client Services: Mon, Wed, Fri 9-11 1-3
Distribute good used clothing, small household articles and food. Serves residents of St Catharines and Thorold.

COMMUNITY OUTREACH PROGRAM ERIE (COPE)

32 Dufferin St, **Fort Erie** 905-871-2526
Hours: Mon-Thu 8:30-4:30 Fri 8:30-3
Provides emergency assistance for food and diapers. Serves residents of Crystal Beach, Fort Erie, Ridgeway, Sherkston, Stevensville.

COMMUNITY RESOURCE AND ACTION CENTRE

179-181 East Main St, **Welland** 905-788-0744
Hours: Mon-Fri 9-4:30
Provides hot noon meal, emergency groceries, and some financial assistance for diapers. Serves residents of Welland, Pelham and Wainfleet.

EXTENDED HAND

Central Gospel Temple 905-937-5610
240 Scott St, **St Catharines**
Hours: Tue & Thu 1-3 Wed & Fri 9:30-11:30
Offers free clothing, footwear, and household goods to all individuals in need. Serves residents of the Niagara Region.

GRIMSBY BENEVOLENT FUND

Hours: Various 905-309-5664
Provides food, clothing and shelter in emergency situations. Serves residents of Grimsby, Lincoln, West Lincoln.

INTER-CHURCH EMERGENCY FOOD AID

408 Catherine St, **Port Colborne**
Hours: Tue & Fri 9:30-12noon
A food bank providing non-perishable food for local residents. Serves residents of Port Colborne and Wainfleet.

NEWARK NEIGHBOURS

310 John St E, **Niagara-on-the-Lake** 905-468-3519
Hours: Mon, Tue, Thu & Fri 10:30-3 905-468-8332 905-468-2030
Assists individuals in need with food and clothing. Serves residents of Niagara-on-the-Lake.

NIAGARA INTERNATIONAL WORSHIP CENTRE

6846 Frederica St, **Niagara Falls** 905-356-0635
Pantry: Sun 10:30am, 6pm Tue 7pm
Offers a food pantry at the worship services. Serves residents of Niagara Falls.

OPEN ARMS MISSION WELLAND INC

22 Fifth St, **Welland** 905-788-3800
Food Bank & Clothing Distribution: Mon-Fri 9:30-12
Saturday Lunch: 10-12noon
Office Hours: Mon-Fri 9:30-12 1:30-4
Offers a soup kitchen, used clothing room and food bank. Serves residents of Welland and Wainfleet.

OPEN ARMS OF JESUS OUTREACH MINISTRY

36 Wright St, Unit 2, **St Catharines** 905-684-7049
Drop-In: Mon-Fri 12noon-4pm
Drop-in centre providing soup and sandwiches. Emergency food bank. Serves residents of the Niagara Region.

PELHAM CARES

Hours: Mon-Fri 8-4 905-892-5300
Provides emergency food to individuals in need. Serves residents of Pelham.

PORT COLBORNE COMMUNITY ASSOCIATION FOR RESOURCE EXTENSION (PORT CARES)

Women's Resource Centre 905-834-3629
92 Charlotte St, **Port Colborne**
Hours: Mon-Fri 8:30-4:30
NewStart Clothing Bank provides career clothing free-of-charge to unemployed women actively seeking work. Serves residents of Port Colborne and surrounding areas.

PROJECT SHARE

4129 Stanley, Unit 2, **Niagara Falls** 905-357-5121
Client Services: Mon-Fri 9:30-3:30
Offers assistance with food and food vouchers. Serves residents of Niagara Falls.

THE RAFT

172 Church St, **St Catharines** 905-984-4365
Hours: Mon-Sat 6-10pm
A youth centre that may be able to provide basic assistance with food and clothing. Serves residents of the Niagara Region.

SALVATION ARMY FAMILY SERVICES

The Salvation Army may be able to assist individuals with food, clothing and furniture in emergency situations.

400 Niagara St, **St Catharines** 905-935-4804
Hours: Mon-Fri 9-4:30
Serves residents of St Catharines and Thorold.

255 Gilmore Rd, **Fort Erie** 905-871-1592
Hours: Mon-Fri 9-4:30
Serves residents of Greater Fort Erie and Crystal Beach.

4609 Chrysler, **Niagara Falls** 905-354-2834
Hours: Mon, Wed, Fri 9:30-12noon
Serves residents of Niagara Falls.

30 East Main St, **Welland** 905-735-5700
Hours: Tue-Thu 9-3 Fri 8-11:30am
Serves residents of Pelham, Port Colborne and Welland.

ST VINCENT DE PAUL SOCIETY

Individuals may contact any Roman Catholic Church for emergency assistance.

WEST LINCOLN COMMUNITY CARE

Hours: Tue 9:30-11:30am or By Appointment 905-957-5882
After Hours Emergency: 905-957-7529
After Hours Emergency: 905-957-3438
After Hours Emergency: 905-957-3804

Provides emergency assistance with food to individuals in need. Serves residents of West Lincoln.

FREE MATERNITY AND BABY CLOTHES

ELISHA HOUSE

48 Bugar St, **Welland** 905-735-9934
Hours: Mon-Fri 9-4, By Appointment
Serves residents of the Niagara Region.

GREATER NIAGARA GENERAL HOSPITAL AUXILIARY

5546 Portage Rd, **Niagara Falls** 905-358-0171
May provide a baby layette if the mother is unable to do so. Serves residents of the Niagara Region.

NIAGARA LIFE CENTRE

237 Lakeshore Rd, **St Catharines** 905-934-0021
Hours: Mon-Fri 9-5, By Appointment 905-934-0022
Serves residents of the Niagara Region. 1-800-263-3630

Hannah House Maternity Home

4761 Chrysler Rd, **Niagara Falls** 905-353-8552
Hours: Mon-Fri 9-4
Serves residents of the Niagara Region.

74 Jarvis St E, Lower Level, **Fort Erie** 905-871-0236
Hours: Mon-Fri 9-5 **Crisis line: 1-800-263-3630**
Serves residents of Fort Erie and Port Colborne.

5 Robinson St N, **Grimsby** 905-309-0944
Hours: Tue, Thu, Fri 9-3 Wed 9-9
Serves residents of Beamsville, Grimsby, Smithville, Stoney Creek, Vineland, West Lincoln and East Hamilton.

FREE MEALS

Breakfast programs for school aged children are available at various locations throughout the Niagara Region. For locations call Information Niagara at 905-682-6611.

CHRISTIANVIEW FELLOWSHIP RECREATION CENTRE

189 Davis St, **Port Colborne** 905-834-5325
Hours: Wed 12:15pm
Provides fellowship and a hot meal. Everyone requiring fellowship welcome.

THE COMMUNITY KITCHEN

4865 St Lawrence Ave, **Niagara Falls** 905-354-1640
Hours: Mon-Fri 12-1:15pm
Provides meals at noon to those in need.

COMMUNITY RESOURCE AND ACTION CENTRE

179-181 East Main St, **Welland** 905-788-0744
Soup Kitchen: Mon-Fri 10:30am-1pm
Provides a meal at noon.

OPEN ARMS MISSION WELLAND INC

22 Fifth St, **Welland** 905-788-3800
Hours: Sat 10-12noon