

# COVID-19 Kingston Community Resources and Contacts



Compiled by KHealth // Courtesy of the City of Kingston and KFL&A Public Health  
To access more information on social services, please contact 211 or visit 211ontario.ca

## Food Services

### Martha's Table

629 Princess Street  
Phone: 613-546-0320

Hot, nutritious take-out meals available for free at the front door from 11:00AM-1:00PM daily during COVID-19.

### Partners in Mission Food Bank

140 Hickson Avenue

No walk-in service provided. Please call 613-544-4534 to book an appointment.

#### Hours of Operation:

- 8:30-12pm; 1pm-4:30pm (Monday-Thursday)
- 8:30-12pm; 1pm-4:00pm (Friday)
- Closed Saturdays and Sundays

### Lionhearts

Provides to-go meals daily including, grab-and-go snacks, fresh fruits and vegetables, and bread and pastries. Lionhearts also provides a point of access to other emergency services if needed.

#### Meals To-Go Locations and Times:

- Kingston Community Health Centre, 263 Weller Avenue: Daily from 5:00pm-6:00pm
- McBurney (Skeleton) Park, 157 Ordnance Street: Daily from 6:00pm-7:00pm. In addition to to-go meals, toiletries, fresh socks/towels, and warm clothings are also provided.
- Amherstview Community Hall, 177 Upperpark Road: Tuesdays, Thursdays, Saturdays from 5:00pm-6:00pm.

### Mutual Aid Katarokwi

Community members can request free deliveries of food or pharmacy items. For those who utilize the food bank, the delivery of food boxes can be coordinated. For service requests or inquiries please contact (613) 665-2959.

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### Lunch by George

St. George's Hall, 129 Wellington Street

Provides hot to-go meals or coffee and treats.

#### Hours of Operation:

Monday-Friday

- 9:00am-11:30am: coffee and treats served
- 10:00am: soup served
- 11:00am: hot nutritious meal served

### Salvation Army

342 Patrick Street

Offers pre-bagged food items.

#### Hours of Operation:

Monday-Friday: 11:00am-4:00pm

### Seniors' Food Box

Offers food boxes to seniors with low income, featuring produce and non-perishables. For more information or to place an order please contact: (613) 542-2674 Ext. 1411

### St. Vincent de Paul Society

85 Stephen Street

Offers a variety of goods and services for community members in need.

#### Hours of Operation:

- Bag lunches: Monday-Friday, 10:00am-12:30pm
- To access the Emergency Food Pantry or if in need of clothing: Please call to book an appointment (613) 766-8432



# Mental Health

## Addiction & Mental Health Services - Kingston Frontenac Lennox & Addington

Experienced professionals provide support, advocacy, and referrals to appropriate services and resources if necessary.

- 24/7 Crisis Line for Kingston & Frontenac: 613-544-4229
- 24/7 Crisis Line for Lennox & Addington: 613-354-7388

## Telephone Aid Line Kingston (TALK)

Confidential, anonymous, and non-judgemental support for community members in crises, distress, or need a listening ear.

- Support available from 7 p.m. to 3 a.m.
- Call: 613-544-1771

## Maltby Centre

Offers community-based mental health and autism services support to children and youth in Kingston, Frontenac and Lennox & Addington (KFL&A) via telephone or video chat free of charge.

Call the Maltby Centre at 613-546-8535 or 1-844-855-8340 from Monday-Friday 8:30am-4:30pm.

# COVID-19 Symptoms & Assessment

## COVID-19 Assessment Centre

Memorial Centre, 303 York Street

For individuals returning from travel or community members experiencing symptoms of COVID-19 including: fever, cough, or difficulty breathing.

### Hours of Operation:

Monday to Friday 10 a.m. to 6 p.m.

Saturday and Sunday 9:00 a.m. to 12:30 p.m.

Statutory holidays 9:00 a.m. to 12:30 p.m

If you are worried you have been exposed to COVID-19 a self-assessment is available at <https://covid-19.ontario.ca/self-assessment/>

You may take this assessment on behalf of someone else. Recommendations are provided following the self-assessment.

## Kids Help Phone

For children and youth, the Kids Help Phone offers 24/7 phone and online support. Call 1-800-668-6868 or text CONNECT to 686868 Or, visit [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

## Good2Talk

For post-secondary students in Ontario in need of confidential support. Call 1-866-925-5454 or text GOOD2TALKON to 686868

## Big White Wall

Free online community, where anonymous peers can connect with each other to share their experiences and feelings. Trained professionals are on-hand 24/7. Visit [www.bigwhitewall.ca](http://www.bigwhitewall.ca)

## KFL&A Public Health COVID-19 Call Centre

221 Portsmouth Avenue Kingston, ON K7M 1V5

Please visit [www.kflaph.ca](http://www.kflaph.ca) if you have concerns or questions about COVID-19. If further guidance is needed, call the COVID Call Centre at: 613-549-1232 or 1-800-267-7875 OR text the following number at: 343-477-1971.

### Hours of Operation:

Monday to Friday 8:30 a.m. to 4:30 p.m.

## Shelters

### Home Base Housing

670 MacLean Crescent

Has a temporary physical-distancing shelter to support community members who experience homelessness, while encouraging safe physical distancing. The shelter is staffed 24/7. Clients are screened for COVID-19 prior to entering the shelter. Trips out of the shelter are currently limited to essential trips only.

Please call the Street Outreach Team at: 613-561-5839 from 8 a.m. to 6 p.m.

## Tenant and Financial Assistance

### Utilities Assistance

Utilities Kingston recognizes the financial strain COVID-19 is putting on community members. If you are concerned about your water or sewage bills, please call the following number to extend payment arrangements: 613-546-1181, ext. 2278

Hours of Operation:

Monday to Friday from 8 a.m. to 4:30 p.m.

### Financial Assistance

If you require financial assistance the following programs are available:

- **Covid-19 Emergency Assistance:** Applications can be submitted via the Government of Ontario Website: <https://www.ontario.ca/page/apply-emergency-assistance>
- **Federal Government Programs:** Please visit the following website for access to Federal Government Programs: <https://www.canada.ca/en/departement-finance/economic-response-plan.html>
- Tenants who are on Social Assistance and are struggling to pay their rent are urged to contact **Housing and Social Services of Kingston and Frontenac** at: 613-546-2695, ext. 4900.

### Legal Assistance

If you require legal assistance please consult Legal Aid Ontario via their website: [www.legalaid.on.ca](http://www.legalaid.on.ca) OR contact the Legal Aid Service Centre at: 416-979-1446 or toll-free 1-800-668-8258.

Telephone lines are open Monday to Friday from 8 a.m. to 5 p.m. (EST).



# For Older Adults

## Victorian Order of Nurses (VON)

Meals-on-Wheels - Volunteers deliver nutritious meals to older adults who are unable to cook or shop for themselves.

### Greater Napanee

- Telephone: 613-354-6668
- Email: info@lasos.ca

### Greater Kingston

- Telephone: 613-634-0130
- Email: gkmealsonwheels@von.ca

For more information on programs offered by VON during the COVID-19 pandemic, please visit: <https://www.von.ca/en/program-cancellations>

## Rural Frontenac Community Services (RFCS)

613-279-3151  
info@rfcs.ca

The following services are offered by RFCS at this time:

- Meals-on-Wheels
- Free delivery of medications, groceries, and local restaurant take-out
- Transportation services for clients needing to attend appointments or shop for goods
- Check-in calls and access to support services
- Support for caregivers
- Daily activities

### Hours of Operation:

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

## Independent Living Kingston

540 Montreal Street  
613-542-8353  
info@ilckington.com

Provides check-in calls, on-line peer groups and virtual programming, referrals and information for older adults living with a disability

### Hours of Operation:

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

## Seniors Association

56 Francis Street  
613.548.7810  
info@seniorskingston.ca

Provides check-in calls and virtual recreation and leisure activities to assist older adults with staying physically and mentally active at home.

### Hours of Operation:

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

## About KHealth

Founded in 2019, KHealth is the first collaboration of healthcare students organizing volunteering initiatives in Kingston. If there are other services you would like to see on our resource page, or you would like to report any changes, please contact us:



<https://www.kingstonhealth.ca/>



khealth.info@gmail.com



(613) 817-7787