

**NIAGARA FALLS COMMUNITY OUTREACH**

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

**HOPE CENTRE, THE**

179-181 East Main St, **Welland** 905-788-0744  
 Hours: Hope Kitchen: Mon-Fri 10:30-11:30 & 12-1  
 Provides a meal at noon. Everyone welcome.

**OPEN ARMS MISSION WELLAND INC**

22 Fifth St, **Welland** 905-788-3800  
 Hours: Sat Drop-In: 10am; Sat Lunch: 12noon  
 Everyone requiring assistance are welcome.

**OZANAM CENTRE**

235 Church St, **St Catharines** 905-687-8089  
 Hours: Mon-Fri 11-12:45  
 Offers coffee and a noon meal for \$1 for those in need.

**PORT CARES - REACH OUT DROP-IN CENTRE**

**Knights of Columbus Hall** 905-834-3629  
 61 Nickel St, **Port Colborne**  
 Free lunch in the hall from 10-1:30 each Mon, Thu and Fri and  
 Breakfast on Sun from 9-10am.

**RIDGEWAY COMMUNITY CHURCH**

209 Ridge Rd N, **Ridgeway** 905-894-2582  
 Provides a free lunch through the Lighthouse Diner (a soup  
 kitchen) from 11:30-1 every Thu.

**SALVATION ARMY BOOTH CENTRE, THE**

184 Church St, **St Catharines** 905-684-7813  
 Meals are provided three times daily to all persons in need.  
 Children must be accompanied by an adult.

**ST ANDREW'S KNOX PRESBYTERIAN CHURCH**

203 Highland Ave, **Fort Erie** 905-871-3450  
 Offers a lunch for those in need on the 1st Sat of the month  
 from 11:30-1 (No meals Jun-Aug).

**ST GEORGE'S ANGLICAN CHURCH**

**Breakfast Program** 905-682-9232  
 83 Church St, **St Catharines**  
 Hours: Daily 7:30-8:30am  
 Provides breakfast to those in need.

**ST JAMES AND ST BRENDANS ANGLICAN CHURCH**

55 Charlotte St, **Port Colborne** 905-834-3184  
 Offers a hot meal on Tue from 5-7:30 for people in need.

**ST MICHAEL'S ROMAN CATHOLIC CHURCH**

310 Central Ave, **Fort Erie** 905-871-0692  
 Offers a meal for those in need on the 3rd Sat of the month  
 from 11-2 (No meals Jun-Aug).

**ST PAUL'S ANGLICAN CHURCH**

32 Idylewylde St, **Fort Erie** 905-871-6704  
 Offers St Paul's Kitchen - a meal for those in need on the 4th  
 Sat of the month from 11:30-1 (No meals Jun-Aug).

**START ME UP NIAGARA**

17 Gale Cres, **St Catharines** 905-984-5310  
 Offers coffee and snacks Fri & Mon from 10-3 and a meal Sat  
 & Sun from 11:15-1.

**THE HUB**

72 Charlotte St, **Port Colborne** 905-834-3184  
 The ACW (Ladies group from St James & St Brendans Church)  
 put on a breakfast Mon-Thu from 7-11 and Fri & Sat from 7-1.

**WELLAND HARVEST KITCHEN**

Host churches provide a hot meal, companionship and  
 overnight shelter to those in need. Seasonal from Nov 1 to  
 the end of Mar.  
 Call **Information Niagara** at 2-1-1 or 1-800-263-3695 for  
 more information.

**OUT OF THE COLD**

Host churches provide a hot meal, companionship and  
 overnight shelter to those in need. Seasonal from November  
 1 to the end of March. Locations change on a daily basis - call  
**Information Niagara** at 2-1-1 or 1-800-263-3695 for more  
 information.

**THRIFT SHOPS**

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

**BIBLES FOR MISSIONS**

118 Lake St, **St Catharines** 905-704-0422  
 Hours: Mon-Fri 9:30-4:30 Sat 10-2  
 4973 King St, **Beamsville** 905-563-6905  
 Hours: Mon-Fri 9:30-5 Sat 9:30-4

**BIG BROTHERS AND BIG SISTERS**

**Nearly New Store**  
 4311 Queen St, **Niagara Falls** 905-374-2679  
 Hours: Mon-Sat 10-4

**CHRISTIAN BENEFIT SHOP**

254 Grantham Ave, **St Catharines** 905-682-8944  
 Hours: Mon-Fri 10-5 Sat 10-3

**COMMUNITY CARE OF WEST NIAGARA**

**Prior Attire**  
 4309 Central Ave, **Beamsville** 905-563-6515  
 Hours: Mon-Fri 9-4:30 Sat 10-2

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

**GOODWILL INDUSTRIES NIAGARA, RETAIL STORES**

525 Welland Ave, **St Catharines** 905-684-7741  
 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 9-9 Sat & Sun 9-5

**GRIMSBY BENEVOLENT FUND**

**Clothing & Houseware Store** 905-309-5664  
 21 Main St E, **Grimbsby**  
 Hours: Mon-Thu, Sat 10-4:30 Fri 10-8  
**Furniture Warehouse**  
 181 South Service Rd, **Grimbsby**  
 Hours: Mon-Sat 10-4:30

**NEW TO YOU THRIFT SHOP**

53 Southworth St N, **Welland** 905-735-4010  
 Hours: Mon-Fri 9:30-4:30 Sat 10-2

**REDEEMED GOODS**

**Open Arms Mission**  
 298 Crowland Ave, **Welland** 905-735-8624  
 Hours: Mon-Wed & Fri 9:30-5 Thu 9:30-8 Sat 10-5  
 Sells second hand items including clothing, furniture and small  
 appliances at affordable prices.

**SALVATION ARMY THRIFT SHOPS**

350 Scott St, **St Catharines** 905-934-4599  
 Hours: Mon-Fri 9-9 Sat 9-6  
 6175 Dunn St, **Niagara Falls** 905-354-6027  
 Hours: Mon-Fri 10-5, Sat 9:30-4  
 84 Wintemute St, **Fort Erie** 905-871-9433  
 Hours: Mon-Sat 9-5  
 50 Clarence St W, **Port Colborne** 905-834-4971  
 Hours: Mon-Sat 9-5  
 115 Division St, Side Door, **Welland** 905-735-5700  
 Hours: Mon-Sat 9-5

**ST VINCENT DE PAUL THRIFT SHOPS**

67 Queenston St, **St Catharines** 905-684-2042  
 Hours: Mon-Fri 10-4 Sat 10-2  
 51 East Main St, **Welland** 905-788-3413  
 Hours: Mon-Fri 10-3:45  
 36 Jarvis St, **Fort Erie** 905-871-0203  
 Hours: Mon-Sat 10-4

**WEST LINCOLN COMMUNITY CARE**

The Cabin  
 135 Griffin St N, **Smithville** 905-975-2725  
 Hours: Mon-Fri 9:30-4

**VALUE VILLAGE STORES**

360 Ontario St, **St Catharines** 905-688-7764  
 6278 Lundy's Lane, **Niagara Falls** 905-354-6336  
 Hours: Mon-Sat 9-9 Sun 10-6



August 2010



Need Help Series

# Food, Clothing and Household Goods

## Information Niagara

235 Martindale Road, Unit 10  
 St Catharines, ON L2W 1A5

Phone: 2-1-1  
 905-682-6611  
 1-800-263-3695  
 TTY: 905-682-5409

## FREE FOOD, CLOTHING AND HOUSEHOLD GOODS

### CENTRE DE SANTE COMMUNAUTAIRE HAMILTON-NIAGARA

1 Vanier Dr, **Welland** **905-734-1141**  
Hours: Mon & Wed 8:30-5 Tue & Thu 8:30-8 Fri 8:30-4:30  
Services for families with young children. May include vouchers for groceries and diapers. Serves French speaking residents of the Niagara Region.

### CHRISTIANVIEW FELLOWSHIP AND RECREATION CENTRE

Davis St, **Port Colborne** **905-834-5325**  
Free clothing available at Soup Kitchen on Wed at 12noon  
Serves residents of the Niagara Region.

### CLOTHING DEPOT, THE

**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 and footwear to all individuals in need.  
Serves residents of the Niagara Region.

### COMMUNITY CARE OF WEST NIAGARA

4309 Central Ave, **Beamsville** **905-563-5822**  
Hours: Food Bank: Mon-Thu 9-3 Fri 9-12  
Prior Attire: Mon-Fri 9-4:30 Sat 10-4  
Provides emergency and community assistance of food, clothing, household goods and Christmas Program. Serves residents of Lincoln and Grimsby.

### COMMUNITY CARE, ST CATHARINES & THOROLD

12 North St, **St Catharines** **905-685-1349**  
Hours: Client Services: Mon-Thu 9-3 Fri 9-12  
19 Albert St W, **Thorold** **905-227-9240**  
Hours: Client Services: Mon, Wed & Fri 9-11 1-3  
Distributes 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 Fri 8:30-3  
Provides emergency assistance for food, second hand clothing, prescriptions and diapers. Serves residents of Crystal Beach, Fort Erie, Ridgeway, Sherkston and Stevensville.

### GOODWILL INDUSTRIES NIAGARA

**Successfully Suited** **905-685-8777**  
111 Church St, **St Catharines**  
Hours: By Appointment  
Provides career-appropriate clothing to unemployed men and women actively seeking employment. Program is available by appointment. Serves residents of the Niagara Region.

### GRIMSBY BENEVOLENT FUND

**Clothing & Houseware Store** **905-309-5664**  
21 Main St E, **Grimsby**  
Hours: Mon-Thu, Sat 10-4:30 Fri 10-8  
**Food Bank & Furniture Warehouse**  
181 South Service Rd, **Grimsby**  
Hours: Food Bank: Mon-Fri 10-2 Tue 6:30-8pm  
Furniture Warehouse: Mon-Sat 10-4:30  
Provides food, clothing, furniture and shelter in emergency situations. Serves residents of Grimsby, Lincoln, West Lincoln and Winona.

### HOPE CENTRE, THE

179-181 East Main St, **Welland** **905-788-0744**  
Hours: Mon-Fri 9-4:30  
Provides a hot meal, Food Bank, winter coats and Christmas hampers. Serves residents of Welland, Pelham, Port Colborne and Wainfleet.

### HOPE FURNITURE BANK

Donates used furniture to eligible families in need in the Niagara Region. For information on the application process contact **Information Niagara at 2-1-1 or 1-800-263-3695.**

### INTER-CHURCH FOOD BANK

296 Fielden Ave, **Port Colborne**  
Hours: Tue & Fri 9:30-12  
A food bank for those in need. Serves residents of Port Colborne and Wainfleet.

**COATS FOR KIDS** - during Oct & Nov, this program may be able to provide hats, mittens, scarves and coats for those in need. Contact **Information Niagara at 2-1-1 or 1-800-263-3695** for details.

### NEWARK NEIGHBOURS

310 John St E, **Niagara-on-the-Lake** **905-468-3519**  
Hours: Mon, Tue, Thu & Fri 10:30-2  
Summer: Mon, Tue, Thu, Fri & Sun 10:30-2 (call first)  
Assists individuals in need with food and clothing. Serves residents of Niagara-on-the-Lake.

### NIAGARA CELEBRATION CHURCH

310 Scott St, **St Catharines** **905-646-0970**  
Offers a food pantry at each service (Sun 10am & 6pm). Serves residents of St Catharines.

### NIAGARA WORSHIP CENTRE

6846 Frederica St, **Niagara Falls** **905-356-0635**  
Hours: Pantry: Sun 10am  
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**  
Hours: Food Bank: Mon-Fri 9:30-12  
Lunch and Drop-In: Sat 10-1  
Offers a soup kitchen and food bank. Serves residents of Welland, Wainfleet, Fonthill, Pelham, Ridgeville and Port Robinson.

### PELHAM CARES

2 Pelham Town Sq, Unit 101, **Fonthill** **905-892-5300**  
Hours: Mon-Fri 9-12  
Maintains a food bank to provide emergency assistance to individuals in need. Serves residents of Pelham.

### PORT CARES

**The Training Centre** **905-834-3521**  
57 Clarence St W, **Port Colborne**  
Hours: By Appointment  
**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**  
Hours: Client Services: Mon-Fri 9:30-3:30  
Offers assistance with food and food vouchers. Serves residents of Niagara Falls.

### RAFT, THE

17 Centre St, **St Catharines** **905-984-4365**  
Hours: Dropin Mon-Sun 6-10  
Shelter Daily 24 hrs  
A youth centre that may be able to provide basic assistance with food and clothing. Serves residents of the Niagara Region.

### RIDGEWAY COMMUNITY CHURCH

209 Ridge Rd N, **Ridgeway** **905-894-2582**  
Hours: Clothing Depot: Thu 10-12  
Provides gently used clothing and footwear to individuals in need. Serves residents of Crystal Beach, Fort Erie, Sherkston, Stevensville and Ridgeway.

### SALVATION ARMY COMMUNITY SERVICES

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

406 Niagara St, **St Catharines** **905-935-4311**  
Hours: Mon-Fri 9-4:30  
Food Bank: Tue-Thu 9:30-12  
Serves residents of St Catharines, Thorold, Lincoln and West Lincoln.

5720 Dorchester Rd, **Niagara Falls** **905-354-2834**  
Hours: Tue & Thu 9:30-3  
Serves residents of Niagara Falls.

115 Division St, **Welland** **905-735-5700**  
Hours: Tue-Thu 9-3 Fri 9-12  
Food Bank: Tue-Thu 9-1  
Serves residents of Pelham, Port Colborne and Welland.

255 Gilmore Rd, **Fort Erie** **905-871-1592**  
Hours: Mon, Wed, Fri 10-2  
Serves residents of Fort Erie, Crystal Beach, Ridgeway and Stevensville.

### ST ALFRED'S ROMAN CATHOLIC CHURCH

272 Vine St, **St Catharines** **905-934-9703**  
Offers a food bank Mon-Fri 9-11am for anyone who lives within the Parish boundaries.

### ST VINCENT DE PAUL SOCIETY

Individuals may contact any Roman Catholic Church for emergency assistance.

### WEST LINCOLN COMMUNITY CARE

2660 Industrial Park Rd, Unit 5, **Smithville** **905-957-5882**  
Hours: Tue 9:30-11:30 & Thu 2-5 **905-957-5882**  
**After Hours Emergency: 905-704-9100**  
Provides emergency assistance with food to individuals in need. Serves residents of West Lincoln.

## MATERNITY AND BABY CLOTHES

### ELISHA HOUSE - PREGNANCY & FAMILY SUPPORT CENTRE

48 Bugar St, **Welland** **905-735-9934**  
**Crisis 1-800-655-0570**  
Hours: Mon-Fri 9-4 By Appointment  
Serves residents of the Niagara Region.

### GREATER NIAGARA GENERAL HOSPITAL AUXILIARY

5546 Portage Rd, **Niagara Falls** **905-378-4647**  
May provide a baby layette if the mother is unable to do so. Serves residents of Niagara Falls.

### HANNAH HOUSE MATERNITY HOME

4761 Crysler Ave, **Niagara Falls** **905-353-8552**  
Hours: Mon-Fri 8:30-4:30 By Appointment  
Serves residents of the Niagara Region.

### SOUTH NIAGARA LIFE MINISTRIES

143 Gilmore Rd, **Fort Erie** **905-871-0236**  
Hours: Mon-Fri 9-5 **Crisis: 905-650-2363**  
(Appointment Preferred)  
Serves residents of Fort Erie, Port Colborne and Wainfleet.

## FREE MEALS

Breakfast programs for school aged children are available at various locations throughout the Niagara Region. For contact information, call **Information Niagara at 2-1-1 or 1-800-263-3695.**

### CENTRAL AVENUE UNITED CHURCH

575 Central Ave, **Fort Erie** **905-871-3768**  
Offers a meal for those in need on the 2nd Sat of the month from 11:30-1 (No meals in Jul & Aug). Serves residents of Fort Erie.

### CHRISTIANVIEW FELLOWSHIP RECREATION CENTRE

189 Davis St, **Port Colborne** **905-834-5325**  
Hours: Wed 12noon  
Provides fellowship, a hot meal and free clothing to residents of Port Colborne. Everyone requiring fellowship welcome.