

Specialized Services

Integrated Care Hub – 661 Montreal St. Support and Access Centre open every day from 10 a.m. - 8 p.m. Co-ed adult overnight rest zone that can accommodate couples and pets open every night from 8 p.m. - 9 a.m. Consumption Treatment Service open every day from 9 a.m. - 9 p.m. Phone: **613-329-6417**.

Dawn House – Shelter and transitional housing for women. Phone **613-929-3440** for shelter or phone **613-545-1379** for transitional housing.

Kingston Interval House – 24/7 Crisis Line, emergency shelter and support services for women and children leaving abusive situations. Phone: **613-546-1777**.

Tipi Moza – 113 Lower Union St. Housing provider with various housing programs for First Nations, Métis and Inuit. Phone: **613-547-1134 ext. 1**.

Street Health – 115 Barrack St. Provides health care and substance use programs to individuals experiencing homelessness. Available Monday – Friday, 9 a.m. – 4 p.m. (closed noon – 1 p.m.) and Saturday – Sunday from 9 a.m. – noon. Phone: **613-549-1440**.

Helplines

988 Suicide Crisis helpline. Call or text 24/7. Available in French and English. Phone: **988**.

Addiction and Mental Health – KFLA 24/7 Crisis Line: **613-544-4229** or **1-866-616-6005**.

Housing Services

CityofKingston.ca/Housing

Prevention Diversion – A service for individuals and families who need assistance with keeping and/or securing housing. This is provided by Home Base Housing, Salvation Army, Kingston Youth Shelter and ISKA.

Housing First – A referred service for individuals and families who want case management support with finding, securing and maintaining housing. This is provided by Home Base Housing and Salvation Army.

Meal Programs

Martha's Table – 629 Princess St. A space that offers meals and referrals to community supports. Indoor dining available Monday – Friday from 9 – 11 a.m., noon – 2 p.m. and 3 – 5 p.m. Take-out meals available everyday from noon – 2 p.m. Meal delivery is available pending eligibility. Phone: **613-546-0320**.

St. Vincent de Paul Society – 85 Steven St. Takeout meals Monday to Friday from 10 a.m. – 1 p.m. Also provides clothing and household items. Phone: **613-766-8432**.

Lunch by George – 129 Wellington St. Monday to Friday from 9 – 11:45 a.m.

If you have questions
or feedback, please email
Homelessness@CityofKingston.ca.



Shelters

If possible, please call ahead to make sure there is space.

In From the Cold Emergency Shelter – 540 Montreal St. Open 24/7. Adult co-ed shelter. Can accommodate pets. Phone: **613-542-6672 ext. 2.**

Kingston Youth Shelter – 365 Nelson St. Open 24/7. Overnight shelter for youth ages 16-24. Drop-in services available. Phone: **613-549-4236.**

Lily's Place – 333 Kingscourt Ave. Open 24/7. Shelter for families with children. Phone: **613-542-6672 ext. 3.**

Adelaide St. Centre – 38 Cowdy St. Overnight adult (25yrs+) co-ed shelter. Can accommodate couples. Open every night from 9 p.m. – 9 a.m. Phone: **613-483-8580.**

Day Services

St. Mary's Drop-In Centre – 260 Brock St. Daytime drop-in space with services for adults (18yrs+). Open Monday - Friday from 1 - 4 p.m. Phone: **613-546-5521 ext. 3.**

One Roof Youth Drop-In Daytime Services – 620 Princess St. A community hub where youth-serving agencies provide wraparound services for youth ages 16-24. 8:30 a.m. – 4:30 p.m. Monday to Friday. Phone: **613-542-6672 ext. 4.**

Adelaide Street Centre Day Service – 38 Cowdy St. Daytime drop-in space with housing support services, meals and programs for adults (25 yrs +). Open every day, including stat holidays, from 9 a.m. - 9 p.m. Phone: **613-483-8580.**

Street Outreach Services

Home Base Housing Street Outreach Team

Supports individuals who are experiencing homelessness across the city and want to connect to housing and community supports. Available Monday - Friday from 8:30 a.m. - 10 p.m. and Saturday - Sunday from 8:30 a.m. - 6 p.m. Phone: **613-542-6672 ext. 130.**

Welcoming Streets – Supports individuals who are experiencing homelessness in the downtown core of the city and connects individuals to housing and community supports. Available everyday from 9 a.m. - 5 p.m. Phone: **613-583-5008.**

Addiction and Mental Health Services of KFL&A (AMHS)

– Supports referred individuals who are experiencing homelessness across the city and want to engage in mental health and community supports. To make a referral, please phone: **613-544-1356.**

Storage Program – By appointment only. To access a storage service or get more details, contact Home Base Housing Street Outreach at **613-542-6672 ext. 130** or AMHS Street Outreach at **613-544-1242.**

This information has been updated as of **May 1, 2025.**