

Specialized Services

Integrated Care Hub – 661 Montreal St. Support and Access Centre open every day, 8:30 a.m. - 6:30 p.m. Co-ed adult overnight rest zone can accommodate couples and pets every night, 6:30 p.m. - 8:30 a.m. Consumption Treatment Service open every day, 9 a.m. - 7:45 p.m. Phone: **613-329-6417**.

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

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

Homelessness Prevention Fund – A one-time financial aid service for individuals and families who need financial support to keep their home, secure a new home, and more. Must meet low-income criteria. Contact Salvation Army, Home Base Housing or ISKA for more details.

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

Meal Programs

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

St. Vincent de Paul Society – 595 Bagot St. Dine-in meals served Monday to Friday from 9 a.m. - 1 p.m. Phone: **613-766-8432**.

Lunch by George – 129 Wellington St. Available Monday to Friday, 9 a.m. - 10:30 a.m. for breakfast and 11 a.m. - 12:30 p.m. for lunch.

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, accommodates 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.**

Veronica's Veil – 260 Brock St. Overnight men only shelter (18yrs +). Open daily, 9 p.m. - 8 a.m.
Jan. 5 – April 30, 2026.

Day Services

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

One Roof Youth Drop-In Daytime Services – 620 Princess St. A community hub with wraparound services for youth ages 16-24. 10:30 a.m - 3:30 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 daily including holidays, 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. Available Monday - Friday, 8:30 a.m. - 10 p.m. and Saturday - Sunday, 8:30 a.m. - 6 p.m. Phone: **613-542-6672 ext. 130.**

Welcoming Streets – Supports individuals who are experiencing homelessness in downtown Kingston. Available daily, 9 a.m. - 5 p.m. Phone: **613-583-5008.**

Addiction and Mental Health Services of KFL&A (AMHS) – Mental health and community supports for referred individuals who are experiencing homelessness across the city. To make a referral, phone: **613-544-1356.**

Storage Program – For storage access or more info, contact Home Base Housing Street Outreach at **613-542-6672 ext. 130** or AMHS Street Outreach at **613-544-1356 ext 5555.**

Web link for **Homelessness Services interactive map.**
Found on City website. **CityofKingston.ca/HSTMap**

If you have questions
or feedback, please email
[Homelessness@CityofKingston.ca.](mailto:Homelessness@CityofKingston.ca)

