



## Community Resources / Services

### Bed Bugs

519-741-1152

### Community Information Waterloo Region

519-579-3800

### ID Assistance Clinic

519-745-4404

### Muslim Social Services of K-W

519-772-4399 x 2707

### Ontario 211 (Service Connector)

211

### Sunnydale Community Centre

519-883-0410

### Volunteer Action Centre

519-742-8610

### Waterloo Wayside Centre

519-886-1471

## Counselling Services

### Carizon Family & Community Services

519-743-6333

### Community Mediation Services

519-744-6549

### Delton Glebe Counselling Centre

519-884-3305

### K-W Counselling Services

519-884-0000

### Lutherwood (Front Door)

519-749-2932

### Shalom Counselling Services

519-886-9690

## Crisis Services

### Here 24/7

1-844-437-3247

### Sexual Assault Support Centre

519-571-0121

### Women's Crisis Services

519-742-5894

## Emergency Food Assistance

### Emergency Food Hampers

519-742-8327

### Salvation Army

519-745-4215

### St. Vincent de Paul (St. Michael's)

519-747-1090

## Employment Support & Upgrading Services

### Employment Ontario

1-800-387-5656

### Conestoga College

519-885-0300

### Lutherwood

519-743-2460

### The Working Centre

519-743-1151

### YMCA Employment Services

519-579-9622

### Project Read Literacy Network (Upgrading)

519-570-3054

## Family Resources

### Better Beginnings Waterloo

519-884-1839

### Extend-A-Family

519-741-0190

### Family Outreach Program

519-742-8327 x 3

### Family and Children's Services

519-576-0540

### Healthy Babies Healthy Children

519-575-4400

### YMCA Ontario Early Years Centre

519-741-8585

## Financial Assistance

### Carizon Credit Counselling

519-743-6333 x 235

### Lutherwood Rent Bank

519-749-2450

### Social Assistance (OW & ODSP)

519-575-4400

## Health Care

### Health Care Connect Program

1-800-445-1822

### TeleHealth Ontario

1-866-797-0000

### Region of Waterloo Public Health

519-575-4400

### Waterloo Walk-In Clinic

519-883-2222