



EMERGENCY SHELTERS, SUPPORTS and FOOD BANKS in DURHAM REGION

This resource has been prepared by the Durham Housing Advisory Network, which is a group of housing and health service providers serving people with housing challenges. It is intended to provide individuals and agencies with the information they need about services to help in meeting their immediate needs. This resource list will be updated quarterly. It will be updated again prior to the winter cold season of 2019/20. Please contact dhmemckenna@dmhs.ca if you would like to provide updates, additions or deletions to the resource list. Current electronic versions of this resource list can be found at www.cdcd.org under housing useful links general information; and at www.dmhs.ca under News and Events.

NEW

General Practitioner 
Cornerstone Community Association
121 Simcoe St. South

Anyone may attend. No appointments are required.

- Monday, Wednesday and Friday from 8:30 until noon.

St. Vincent Pallotti's Kitchen 
51 King St. East, Oshawa
905-434-7543

St. Vincent Pallotti's Kitchen serves nutritious, hot meals 7 days a week, 365 days a year. St. Vincent Pallotti's Kitchen is Durham Outlook's core program. We are Durham Region's only seven-day-a-week, 365-day-a-year soup kitchen. We served our first meal on October 15, 1990. Through partnerships with other non-profit organizations and local churches, meal tickets are distributed free-of-charge to individuals and families experiencing poverty and food insecurity. For those unable to access free tickets, a four-course, restaurant-style meal costs \$1.50. If a patron is unable to pay the \$1.50 we serve them anyway. No one is ever turned away.

- Monday to Friday 3:30pm-5:30pm
- Saturday 3:00pm – 5:00pm
- Sunday 12:00pm – 2:00pm

SHELTERS

SINGLE MAN, a single man with children, or a couple with children:

[Cornerstone Community Association](#) The shelter program provides 24 hour emergency shelter to men aged 16 years and above who are currently homeless.

Telephone: 905-433-0254 ext. 228

<http://www.cornerstonedurham.com/>

133 Simcoe St S, Oshawa, ON L1H

FAMILIES

Cornerstone Family Motel Program.

This shelter service is for:

- Single fathers with dependent children without a dwelling place and who cannot be accommodated by area hostels/shelter operators
- Couples with dependent children
- Two person households/couples who are living together and who cannot be separated due to health or other extenuating circumstances.

905—438-0254 x344

Cell: 289-979-7871

After Hours and Weekends: 905-433-0254 x228

SINGLE WOMAN or a single woman with children

[Muslim Welfare Home](#) is an emergency shelter for single women and women with children. Muslim Welfare Home also has a motel program for women with male children older than 13 and women with physical disabilities who are not able to access the shelter.

Telephone: 905-665-0424

425 Dundas Street East

Whitby, ON L1N 2J2

<https://www.muslimwelfarecentre.com/causes/muslim-welfare-home/>

YOUTH aged 16 to 24

DYHSS (Durham Youth Housing and Support Services)

Joanne's House is an emergency shelter for youth aged 16 to 24.

Telephone: 905-239-9477

82 Kings Crescent, Ajax, Ontario L1S 2M6

<https://durhamyouth.com/>

SENIOR with medical needs who can't access a shelter

[Cornerstone Community Association](#) has a motel program for seniors with extraordinary medical needs that cannot be accommodated in an emergency shelter. Personal Support Worker (PSW) services and meals are provided. Please call in advance and allow several days for set up. Space is limited.

Telephone: 905-438-0254 ext. 344 (Community and Family Case Manager)

Cell: 289-979-7871

<http://www.cornerstonedurham.com/>

TRANSPORTATION

Housing outreach/eviction prevention agencies can provide transportation help (bus tickets, etc.) to individuals/families experiencing homelessness, so they can access a shelter. Please note that this help is provided during business hours only. For transportation help, after business hours, please contact the police at 1-888-579-1520.

VIOLENCE AGAINST WOMEN SUPPORTS

These shelters are for women, with or without youth or child dependents, who are fleeing or dealing with violence or abuse. Please contact the Violence Against Women shelters for information about bed availability:

Approximate Location	Shelter and Contact Information
Oshawa	Denise House Telephone: 1-800-263-3725 (24 hour)
	Y's WISH Shelter Crisis line 905-576-2997 (24 hour)
Clarington	Bethesda House <i>Pet Friendly</i> Telephone: 1-800-338-3397 (24 hour)
Ajax & Pickering	Herizon House Telephone: 1-866-437-4066 (24 hour)

ADDITIONAL SUPPORTS

Updated

Gate 3:16 Outreach Centre

64 Albany St. Oshawa (Simcoe and Albany area, just north of Bloor St.)
905-432-5316

- Available for **anyone over 23 years of age** (ie/not youth)
- Open Monday – Thursday 8:00 am – 2:00 pm; Fridays 8:00 am – 1:15pm; and every 2nd and 4th Saturday from 11:00am – 1:00 pm
- Provides breakfast and lunch
- Other services include:
 - Provision of clothing, sleeping bags, and tents
 - Laundry facilities, showers and counselling (free)
 - Footcare
 - Physician every Tuesday from 9:30 – 1:00.
 - Dental referrals for emergencies
 - Supper tickets for St. Vincent’s Kitchen
 - Bus tickets for medical, dental and legal appointments

Updated

Backdoor Mission

66 Simcoe St. South Oshawa
905-728-4664

- Open Monday, Wednesday, Thursday and Friday from 10:00 am – 1:00 pm
- Provides a warm place, warm drinks, light snacks, and meal tickets to St. Vincent’s Kitchen on Thursday and Friday
- Other services include:
 - Footcare specialist on Thursdays
 - Food pantry
 - Clothing
 - Lockers
 - Tax returns

Updated

Life Community Market

Matches items that people and businesses would like to give away with people who are in need of free items. Coming events are posted on the website at [www. https://life-loveisforeveryone.ning.com](http://www.https://life-loveisforeveryone.ning.com)
info@LIFE-LoveIsForEveryone.com.

- Located at St. John St. and Simcoe St. every Sunday from 1-3 pm.

First Light – Foundation of Hope

Updated

253 Simcoe St. South Oshawa
289-481-2032

- Open 5:30 am – 8:00 am Monday – Friday with food
- Drop In open Thursday – Saturday 7pm – 10 pm

The Refuge

Updated

300 Court Street Oshawa
905-404-2420

- Available for **youth only** (16 – 26 yrs)
- Open:
 - Monday – Friday from 9:00 am – 3:30 pm. Breakfast and Lunch
 - Monday – Thursday from 7:00 pm – 9:30 pm. Snacks
 - Friday and Sunday from 6:00 pm – 8:00 pm. Dinner on Fridays.
- Services include:
 - Showers and laundry
 - Bus tickets for appointments
 - ID assistance
 - Access to computers, faxes, printers and phone
 - Co-op food pantry; hygiene room; seasonal clothing
 - Drop-in counselling every other Thursday morning 10:00 to 12:30

New Life Centre

Updated

33 Olive St. Oshawa

- Continental breakfast 2nd Saturday of the month 10:00 – 11:00 am
- Pancake breakfast 3rd Sunday of the month 10:00 – 11:00 am

ST. ANDREWS COMMUNITY OUTREACH – Whitby

Updated

209 Cochrane St. Whitby
905-668-4022

Fall and early winter 2019 Food Bank Drop-In and Outreach Hours are every other Friday from 1 pm – 3pm on October 25th, November 8th (Registration for Christmas Hampers STARTS), November 22 (Registration for Christmas Hampers CONTINUES); December 6th (Registration for Christmas Hampers ENDS), December 13th – FOR PICK-UP OF CHRISTMAS HAMPERS ONLY, December 20th, January 3rd.

We look forward to welcoming anyone from our community to our church to receive assistance in the way of non-perishable food items, grocery gift cards, personal hygiene items, infant and childcare items, household cleaning supplies; as well as information and assistance connecting with other community supports and resources in our area. No appointment is necessary and all are welcome as often as needed.

No ID or proof of need is required. Services and supports are also available during the week with advance notice.

We also look forward to ongoing friendships, fellowship and a community drop-in visiting time with anyone using the Community Outreach and Support program.

Should you have any questions or require any additional information, please do not hesitate to leave a message with the church office at 905-668-4022. A member of St. Andrew's Community Outreach and Support Team will return your call as soon as possible.

John Howard Society

114 Dundas St. East, **Whitby** – walk in 8:00 am – 5:00 pm
905-666-8847

75 Richmond St. West, **Oshawa** – walk in 8:00 am – 5:00 pm
905-579-8482

132 Church St. **Bowmanville** – walk in 8:30 am – 4:30 pm
905-623-6814

- Housing search
- Housing help
- Referrals

Community Development Council Durham

458 Fairall St. Unit 4, Ajax
905-686-2661

housinghelp@cdcd.org

- Open Monday to Friday 8:30 a.m. – 4:30 p.m.
- Walk-in appointments permitted
- Housing Stability Program - assists with Last Month's Rent, Rental & Utility Arrears, Moving Costs
- Housing Outreach/Homelessness Prevention – assistance with service navigation, referrals, find housing
- Food Pantry
- Low Energy Assistance Program

CMHA- Durham

60 Bond St. Oshawa

- Open Monday – Friday from 9:00 am to 6:30 pm.
- Walk-in appointments
- Assistance with service navigation

FOOD BANKS

Humane Society of Durham Region

1505 Wentworth St. Whitby

Phone: 905-665-7430

Hours: Tuesday to Friday 11:00 am to 6:00 pm; Saturday and Sunday 11:00 to 5:00 pm. Closed Mondays.

This is a free community resource. Anyone going through a hard time or struggling can access the food bank for their dogs and cats anytime the Humane Society is open.

PRIMARY FOOD BANKS – OSHAWA

You can use ONE of these four food banks in the same calendar month

THE SALVATION ARMY FOOD BANK

45 King Street East (Corner of King and Albert St.)

Phone: 905-723-7422 x221 (Food Bank)

Drop In: Monday, Wednesday & Friday 9:30 – 12noon – *arrive by 11:30*

Food bank may close early due to overwhelming demand.

Appointments: NEW *** Tuesday: 3pm – 6pm ONLY

Frequency: Every 2nd month

Requirements: *The following need to be brought to every visit*

- Personal Identification for each applicant (1 photo-ID or 2 other IDs)
- Identification for all children claimed (health card or birth certificate) – Original ID, no photocopies
- Proof of current address (*must live in Oshawa or Port Perry*)
- Proof of rent (receipt or rental/lease agreement)
- Proof of income (OW, ODSP, EI, Child Benefit, pay stub) for everyone in the household

Please bring your own bags for the groceries.

SIMCOE HALL SETTLEMENT HOUSE

387 Simcoe Street South

Phone: 905-728-7525

Drop In: Monday, Tuesday, Thursday, Friday 9:00 – 11:30 am and 1:00 – 3:00 pm

Frequency: Once every 2-3 months (based on income)

ADVENTIST COMMUNITY SERVICES

1170 King Street East

(Between Harmony Rd and Townline Rd.)

Phone: 905-433-8800

Drop In: Wednesday 12:30 – 2:45 pm
 Thursday 9:00 am – 2:45 pm
 Second Sunday of the month 10:00 am – 12:00

Frequency: Once a month

NEW LIFE NEIGHBOURHOOD CENTRE

Corner of Albert St. & Olive Ave.

You can order and receive a monthly food box.

Register Tuesday & Thursday 11:30 – 3:30 pm

Pick up first Sunday of the month 10:00 am – 12noon.

If you miss the food box, you can request emergency assistance.

SECONDARY FOOD BANKS – OSHAWA

You may use a secondary food bank in addition to a primary food bank if needed.

ST. PETER'S ANGLICAN CHURCH

1175 Cedar St.

Phone: 905-728-8080

Tuesdays 6:30 – 7:30 pm

You must live south of Bloor Street

THE EATING WELL

Call for an intake interview 905-579-1706

A small fee is requested to assist with the operational costs of this food bank.

ZION HOPE FOOD BANK

(Christian Reformed Church)

409 Adelaide Ave. East (Adelaide and Central Park Blvd)

Phone: 905-436-3255

Thursdays: 11 am – 12:00 pm

ST. ANDREWS PRESBYTERIAN CHURCH

209 Cochrane St. Whitby

Phone: 905-668-4022

1st & 3rd Friday of the month

Open to residents outside of Whitby

ST. VINCENT DE PAUL SOCIETY

Please contact your local Catholic Church to see what services may be offered and which location serves your area. A list of contact information, which may not be inclusive, is also provided below.

SIMCOE STREET UNITED CHURCH

BACKDOOR MISSION

66 Simcoe St. South

905-728-8143

Food Pantry and St. Vincent Kitchen Tickets

Drop in – café style (hot beverages)

Thursdays & Fridays 10 am – 12 noon

KNOX PRESBYTERIAN CHURCH

147 Simcoe St. North (at Brock)

Phone: 905-728-8673

Food Cupboard Only – Not a full service food bank

2nd & 4th Thursdays of the month 9 am – 11 am

ABUNDANT LIFE GOSPEL CENTER (Re-opened Sept. 2016)

17 Erie St. Oshawa

905-579-1706

3rd Saturday of the month 10 am – 12noon

Bring ID, proof of address, income, rent & grocery bags

Website: abundantlifegospelcentre.ca

FOOD BANKS – NORTH DURHAM (Brock, Scugog, Uxbridge)

BROCK COMMUNITY FOOD BANK

523 Simcoe St. Beaverton (behind St. Andrew's Church)
10 Church St. Sunderland (behind the United Church)
705-426-1771

Fridays 10 am – 1 pm

For residents of Brock Township.

Clients are welcome to come once per month. Deliveries can be arranged for those unable to access the food bank.

LOAVES AND FISHES - Uxbridge

40B Toronto St. South, Uxbridge
905-852-6262

Every Wednesday 1 pm – 4 pm

Nourish & Development – Cannington

33 Cameron St. E., Cannington
705-432-2444

Every Tuesday & Friday 10 a.m. – 1 p.m.

OPERATION SCUGOG – Port Perry

Victory Christian Centre
593 Alma St., Port Perry
905-985-3087

Every Wednesday 12 noon – 4 pm

Residents of Scugog Township may use the foodbank once per month.

Have valid photo ID, rent receipts or mortgage payment, latest record of income and expenses.

Please come in person to register.

FOOD BANKS – WEST DURHAM (West of Oshawa)

ALL SAINTS CHURCH – Whitby

300 Dundas St. West, Whitby
Whitby (905-668-5101)

Tuesdays and Fridays 10 am – 2 pm

Residents of Whitby. Proof of residence and income are required.

SALVATION ARMY WHITBY

710 McQuay Blvd, Whitby
905-430-3454

Monday, Wednesday, Thursday and Friday 12:30 – 3:30 by appointment only.

Free Community Hot Luncheon Tuesdays 12:30 pm – 2 pm. All are welcome.

SALVATION ARMY, AJAX

122 Hunt Street, Ajax
905-427-7123

Food Bank Monday to Thursday 10 am – 3 pm

Free Community Meal Tuesday and Thursday 12 noon – 1 pm

For residents of Ajax and Pickering. Please make an appointment by phone to register for the Food Bank. Services include food & clothing assistance, personal support programs, and referrals to counselling & addiction services.

ST. PAUL'S ON THE HILL

1535 Pickering Parkway, Pickering. Unit faces the street)
905-839-9537

Food Bank is open Tuesdays and Fridays 10 am – 12 noon. No appointment is required.

For residents of Ajax and Pickering. To register ID is required; proof of address and all household income, and names of all dependents. Two visits per month are allowed.

FOOD BANKS – EAST DURHAM (East of Oshawa)

SALVATION ARMY – Bowmanville

75 Liberty St. South, Bowmanville
905-623-2185

Monday, Tuesday, Thursdays 12:30 pm – 3:30 pm

ID is required to access the Food Bank. Please bring ID for each member of the household, proof of current address & a current rent receipt.

ST. VINCENT DE PAUL - Bowmanville

127 Liberty St. South, Bowmanville (basement of St. Joseph’s Church)
Helpline 905-623-6371

Wednesday 10 am – 12 noon

Thursday 4:30 – 6:30 pm

For residents of Bowmanville. Please bring ID for each member of the household, proof of current address, and proof of income and expenses.

CLARINGTON EAST FOOD BANK - Newcastle (also serves Orono & Newtonville)

123 King Ave. West, Unit 1, Newcastle
905-987-1418

Tuesdays and Thursdays 11 am – 2 pm

ST. VINCENT de PAUL FOOD BANKS

Please contact your local Catholic Church to see what services may be offered and which location serves your area. There are many access points across Durham Region, including those listed below. When services are accessed by calling the local numbers, someone from the St. Vincent de Paul Society will meet with you to talk with you about your needs and work with you to provide the assistance you need. In addition to food assistance, assistance can also be provided with furniture and clothing.

Newcastle (also serves Orono and Newtonville) 905-786-2249	Courtice 905-926-1321
Uxbridge – Sacred Heart 289-231-0378	South Oshawa – St. Phillip’s 905-728-3937

North Oshawa – St. Josephs 905-432-7178	Central Oshawa - St. Mary's 905-213-3860
Brooklin – St. Leo 905-655-3286	East Whitby – Holy Family 905-668-8752
West Whitby – St. John the Evangelist 905-430-6734	South Ajax – St. Bernadette's 905-626-4864
North Ajax – St. Francis de Sales 905-683-1403	South Pickering – Holy Redeemer 905-839-9774
North Pickering – St. Isaac Jogues 905-831-3353	Oshawa – St. Gertrude's 905-431-1796

MENTAL HEALTH CRISIS SERVICES IN DURHAM REGION

24-hour help lines

- [Distress Center Durham](#) 1-800-452-0688 or 905-430-2522
- [Durham Mental Health Services](#) 1-800-742-1890
 - Crisis beds in Ajax, Whitby, and Oshawa.
 - Mobile Crisis Team
- [Kids Help Phone](#) 1-800-668-6868