

WDBIA Resource Guide



Index

Food Banks, Meal Programs and Emergency Food.....	2-4
Free and Inexpensive Clothing.....	5-7
Municipal Transit.....	8
Free Wifi Locations.....	9
Valuable Training and Programs.....	10-11
“Most likely” calls and 211 information.....	12

Food Banks, Meal Programs and Emergency Food

City	Program	Agency Name	Address + Phone #	Hours	Covid-19 updates as of July 22, 2021
Welland	Food bank / meal program	Holy Trinity Anglican Church	77 Division St. 905-734-3543	Every second friday	Hygiene and food pantry are open and available at the back window.
Welland	Food bank / meal program	Open Arms Mission	22 Fifth St. 905-788-3800	Food bank is Tues-Fri, 9am-noon. Personal care bank is Weds-Fri, 9am-noon.	The food bank is open. Saturday lunches continue as takeout. The drop-in centre is closed.
Welland	Food bank	St. Kevin's Roman Parish	303 Niagara St. 905-735-5885	Not available	Harvest Kitchen meals and food pantry are cancelled.
Welland	Food bank / meal program	The Hope Centre	570 King St. 905-788-0744	Pick-up for pre-packaged food: Mon-Fri 9:30-11:45 and 1-3pm. Take-out lunch: Mon-Fri 11am - 1pm.	Pre-packaged food hampers for individuals and families based on family size through food bank distributed by pick-up /drop-off window. It can be found on the east side of the agency. Take-away lunches distributed through the entrance/exit at the south side of the agency.
Welland	Food bank	The Salvation Army	800 Niagara St. 905-735-5700	Hours remain the same as the Seaway Mall, 11am-7pm.	Pre-packed bags of food available.
Pelham	Food bank	Pelham Cares	191 Hwy. 20 E. 905-892-5300	Mon-Fri, 8:30am-noon	Must be a resident of pelham. Call ahead to register. They are offering prepacked bags of food.
Port Colborne	Food bank, meal program and food delivery	Port Cares	92 Charlotte St. 905-834-3629	Mondays: 4-5pm Wednesdays: 12-1pm Thursdays: 4-5pm	Pre-packaged groceries and take-out meals will be provided to registered clients

					available at the Reach Out Centre, 61 Nickel St. The Reach Out Centre Dining Hall is closed. Food hamper delivery service is available for seniors or adults living with a disability in Port Colborne or Wainfleet. To register, call 905-835-1914 and press 1.
St. Catharines	Food bank	Community Care St. Catharines	12 North St. 905-685-1349	Mon-Fri, 10am-noon and 12:30-3pm	The food bank is open, bring ID. Pre-packed bags of food and produce being provided.
St. Catharines	Food bank	Northend Church	455 Geneva St. 905-934-3398	Orders can be made Monday to Tuesday online or by phone. Items are delivered Thursday.	A mobile food pantry that can drop-off food and items at home or place of residence for free. Call to make a selection.
St. Catharines	Food bank	Open Arms of Jesus Outreach Ministry	60 Facer St. 289-271-1281	Not available	Pre-packed bag of food for Facer St. area only.
St. Catharines	Food bank	Salvation Army	400 Niagara St. 905-935-4311	Tues-Thurs, 9:30am-noon	Pre-packed groceries by appointment only. If service is needed, call Monday of that week before noon.
St. Catharines	Food bank	St. Alfred's Roman Catholic Church	272 Vine St. 905-934-9703	Food bank: same hours	Pre-[packaged bags of food handed out at the back door.
St. Catharines	Food bank	Silver Spire United Church	366 St. Paul St. 905-682-8328	Dinner: 6pm Breakfast: Mon-Fri, after 9am morning prayer	Open daily for drop-in (homeless only). Emergency groceries available. Community breakfast and emergency food pantry open after 9am morning prayer.
St.	Meal Program	Start Me Up	17 Gale Cres.	Sat+Sun:	Take-away lunches:

Catharines		Niagara	905-984-5310	11:15am-1pm Out of the cold supper take-away dinner, Sunday to Saturday 5:30-6:30pm	Out of the Cold Supper runs from Nov. 1, 2020 to March 31, 2021. Sunday: Knights of Columbus Hall, 235 Church St. Monday: Silver Spire United Church, 366 St. Paul St. Tuesday: Cathedral of St. Catherine, 3 Lyman St. Wednesday: St. George's Anglican Church, 83 Church St. Thursday: St. Alfred Roman Catholic Church, 272 Vine St. Friday: Knox Presbyterian Church, 53 Church St. Saturday: Queen St. Baptist Church, 57 Queen St.
St. Catharines	Meal program	The RAFT	17 Centre St. 905-984-4365	Daily 6-7pm	Take-away dinners for youth.
St. Catharines	Food bank / meal program	Westview Centre4Wom en	124 Queenston St. 905-687-4848	Tues-Thurs: 10am-12:30pm and 1-4 pm. Closed 12:30-1 for cleaning. Pantry open from 10am- 12:30pm and 1-2pm.	Building is open for clients. Lunch is served at 12pm and 1pm. Pantry is open.

Free and Inexpensive Clothing

These places all accept clothing donations, several clearly state that clothing is provided to the people they serve. Thrift shops and second-hand stores are not normally free, but inexpensive.

Organization	Free? Donations accepted?	Contact info + Address
Working the Streets Niagara https://www.workingthestreetsniagara.com/	Does not specify if clothes are free. They have a “needs” list including lots of types of clothes that can be donated. Contact about clothes if in need.	211 Queenston Street St. Catharines, Ontario (289) 990-3369 workingthestreetsniagara@mail.com
Project SHARE https://www.projectshare.ca/clothing-referral	Project SHARE partners with Goodwill Industries and St. Andrew’s United Church Shoulder to Shoulder Program to provide clothing necessities for families living below the poverty line in Niagara Falls. Clients can obtain a referral letter from Project SHARE to receive clothing items such as jackets and boots from one of these agencies. Project SHARE does not accept donations of used clothing. If you would like to support our clients with a donation of clothing, please drop off at: - St. Andrew’s United Church, 5645 Morrison St, Niagara Falls, ON L2E 2E8 - Goodwill Industries Niagara, 3551 Portage Rd, Niagara Falls, ON L2J 2K5	2-4129 Stanley Avenue, Niagara Falls ON L2E 7H3 905-357-5121 info@projectshare.ca
Community Care https://www.communitycarestca.ca/clothing-program	During pandemic: If you are in need of clothing, you can call Community Care (905-685-1349) and place a clothing order. As we are still not able to accommodate shops in the space inside, so items will be selected and bagged by staff. Everything has been washed. Pick up will be arranged for a designated time frame. Due to the lockdown, clothing and household item donations are still on hold. They are currently only able to accept donations of food and funds. Contact about clothes if in need.	12 North Street, PO Box 575, St. Catharines, ON. L2R 6W8 905.685.1349 The website has the email addresses of many different people to contact.
Women’s Place	“Providing a family with new clothing during their stay can make a big	Niagara Falls Shelter: 8903 McLeod Road

<p>https://womensplacesn.org/give-help/donate-stuff/</p>	<p>difference. We help women of all ages, as well as infants, children and youth (both male and female)... who, of course, are all shapes and sizes.”</p> <p>“Please note that for storage reasons, we generally do not accept used clothing unless we have an urgent need for a particular item, which we generally post on our Facebook site (WomensPlaceSN). If you have used clothing to donate, please consider donating it to Value Village in Niagara Falls or the Goodwill in Welland, as we have agreements with these two organizations that allow our clients to access clothing from their stores free of charge.” Contact about clothes if in need.</p>	<p>Niagara Falls ON L2H 3S6 T: 905-356-3933 F: 905-356-5522</p> <p>Welland Shelter: P.O. Box 184 Welland ON L3B 5P4 T: 905-732-4632 F: 905-732-2485</p> <p>The website has the email addresses of many different people to contact.</p>
<p>Start Me Up Niagara https://www.startmeupniagara.ca/site/donate-goods-services</p>	<p>They say that people’s donations and gifts have helped so many people, so that might mean clothing is free. Select items are always welcome and may be dropped off at The Centre, 17 Gale Crescent between 9 am and 4 pm on weekdays and 9 am to 1 pm on weekends. The website specifies which clothing items are most beneficial for them. Contact about clothes if in need.</p>	<p>17 Gale Crescent St. Catharines, ON L2R 3K8 T: 905-984-5310 F: 905-984-8949</p>
<p>YWCA Niagara Region https://www.ywcaniagararegion.ca/food-donations/</p>	<p>During shutdown only some things are able to be donated. But usually, they have a high-need list of items including more than just clothing. It seems to be free, because they say that often, women come in with nothing. Contact about clothes if in need.</p>	<p>info@ywcaniagararegion.ca St. Catharines Shelter: 183 King St. St. Catharines, ON L2R 3J5 Tel/Fax: 289-273-4308</p> <p>Niagara Falls Shelter: 6135 Culp St. Niagara Falls, ON L2G 2B6 Tel/Fax: 289-267-0411</p>
<p>Gillian’s Place https://gilliansplace.com/gifts-in-kind</p>	<p>Seemingly free, Contact about clothes if in need. Gillian’s Place provides essential items such as clothing, underwear and toiletries for the women and children we serve, who often need to flee quickly</p>	<p>St. Catharine’s Emergency Shelter: 15 Gibson Place St. Catharines, ON L2R 0A3</p>

	<p>and do not have time to prepare and pack. We are not able to accept second-hand items, but we have developed partnerships with local organizations who are able to accept used items:.</p> <p>Christian Benefit Shop: 254 Grantham Ave (St. Catharines) (905) 682-8944</p> <p>St. Vincent DePaul: 67 Queenston Street (St. Catharines) (905) 684-2042</p> <p>Niagara Furniture Bank: 53 Ontario Street (St. Catharines) (905) 682-8371</p> <p>Matthew 25: 42 Division St. (Welland) (905) 732-5555</p> <p>Grimsby Community Services: 40 Elm St. (Grimsby) (905) 309-5664</p>	<p>West Niagara Counselling & Transitional House Support: 5032 King Street Beamsville, ON L0R 1B0</p> <p>24/7 Support Line: call or text 905-684-8331 --- Service en français: 1-877-336-2433</p> <p>For donation and volunteering inquiries - Development & Volunteer Coordinator: 905-684-4000 ext. 233</p>
--	--	---

Other organization & stores - not generally free
<p>Goodwill Niagara https://www.goodwillniagara.com/</p>
<p>St. Vincent de Paul Thrift Shop https://ssvpniagara.ca/</p>
<p>New to You Thrift Shop https://www.newtoyouthriftshop.com/</p>
<p>Value Village https://stores.savers.com/on/welland/valuevillage-thrift-store-2153.html</p>
<p>Salvation Army https://salvationarmy.ca/</p>
<p>Christian Benefit Thrift Shop https://www.facebook.com/CBSThrift/</p>

Municipal Transit

City	Transit available
Welland	<p>https://www.welland.ca/transit/index.asp</p> <p>Welland offers a bus service, WellTrans, TransCab and intermunicipal transit. They are teamed up with Port Colborne to operate their transit system. They also offer NRT OnDemand which is a rideshare is a transportation option which uses smartphone technology and a fleet of dedicated vehicles to provide trips within the service boundaries with no fixed schedules or routes. It lets riders request trips in real-time through the app or over the phone by selecting a pickup point and destination.</p>
Pelham/Fonthill	<p>https://www.pelham.ca/en/transit-and-roads/transit.aspx https://www.pelham.ca/en/news/pelham-transit-expanding.aspx</p> <p>Pelham operates with a two bus system, which allows for consistent stops throughout Pelham and connections in Welland. They also offer NRT OnDemand.</p>
Port Colborne	<p>https://www.portcolborne.ca/en/living-here/transit.aspx</p> <p>Port Colborne's transit service has a Community Bus with two routes travelling between the Eastside and Westside of Port Colborne. As well, they have the Link Bus service which travels between Port Colborne and Welland. They are teamed up with Welland to operate their transit system. They also offer NRT OnDemand.</p>
St. Catharines	<p>https://www.stcatharines.ca/en/livein/PublicTransportation.asp</p> <p>St.Catharines offers many forms of public transportation and their buses cover all corners of the city. St. Catharines Transit also travels into the neighbouring City of Thorold. Stops at Brock University enable riders to connect to buses from Niagara Falls Transit and Welland Transit, taking travellers to their respective cities. They also offer NRT OnDemand.</p>

Free Wifi Locations

These two apps - <https://www.wifimap.io/> and <https://www.wiman.me/> allow you to enter a city and it will pull up a list of locations where there is free wifi. Additionally, many establishments offer free wifi such as libraries, Tim Hortons and McDonalds, purchase of something may be necessary at a food establishment, so you can stay and use it.

City	Links - Lists of Locations
Welland	https://www.wifimap.io/556-welland-free-wifi/map http://www.wificafespots.com/wifi/city/CA-ON-Welland https://www.niagarafallsreview.ca/news/niagara-region/2017/08/09/expanding-wifi-in-welland.html#:~:text=Other%20areas%20in%20the%20city,terminal%20on%20East%20Main%20Street.
Pelham/Fonthill	http://www.wificafespots.com/wifi/city/CA-ON-Pelham https://pelhamlibrary.on.ca/ (potentially)
Port Colborne	http://www.wificafespots.com/wifi/city/CA-ON-Port_Colborne https://www.portcolborne.ca/en/recreation-and-leisure/library.aspx (potentially)
St. Catharines	https://mobilesyrup.com/2018/04/04/st-catharines-free-downtown-wifi/ http://www.wificafespots.com/wifi/city/CA-ON-St_Catharines https://instabridge.com/free-wifi/Canada-CA/St._Catharines-6155721/

Valuable Training and Programs

Type of Training/ Program	Description	Resource
Narcan training	StreetWorks offers FREE training on how to use naloxone – a drug used to temporarily reverse the effects of an opioid overdose. Training is only 20 minutes and you will receive a free kit with everything you need, including the naloxone, which is now in nasal spray format. Training can be done in the location of your choice (in your home, our office). No health card is needed.	For more information and how to get training, you can contact Claire at: claurie@positivelivingniagara.com http://positivelivingniagara.com/service-provider/streetworks-needle-exchange/
Sharps program	The Ontario Sharps Disposal Program collects and disposes of medical sharps. It accepts needles, safety-engineered needles, lancets, and other similar instruments used to puncture the skin for medical purposes. It does not accept glucose meters, IV bags, cotton swabs, or any other components.	This link provides a list of locations where this service is offered in the Niagara region. https://www.hnhbhealthline.ca/listservices.aspx?id=11391&region=Niagara
CPR, First Aid, Basic Life Support training	St. John Ambulance has been ensuring the health, safety and quality of life for Canadians for over 135 years. St. John Ambulance offers the most comprehensive, state-of-the-art first aid and CPR training programs. There are multiple levels of certification for each course. Some of the courses include basic life support, CPR, care worker course, emergency first aid, basic first aid, family first aid, and many more.	The St. John’s Ambulance Program provides a variety of levels of first aid training: https://sja.ca/en/first-aid-training?gclid=CjwKCAjwqckFBhAhEiwAfEr7zX1ZnP eYMSm4Mcs93Lhm4bfHxUkoR2f-xY7pH-AafHx4HCLD-FXgJBoCrE8QAvD_BwE
Safer sex program	Safer sex is any kind of sexual activity that reduces the chances of becoming infected with HIV or transmitting HIV, or sexually transmitted blood borne infections (STBBIs). Activities such as hugging, kissing, massage and touching are completely safe for HIV transmission. However, it’s possible to get or pass on certain other STBBIs from these activities. Anal or vaginal sex without a condom is an easy way to become infected, or to pass on HIV and other STBBIs. These activities are considered “high risk” sexual activities for HIV transmission. They can	Positive Living Niagara offers some free contraceptives at 120 Queenston St. in St. Catharines. http://positivelivingniagara.com/community/reduce-your-risk/safer-sex/

	<p>be made much safer by using a condom and water-based lubricant. For other sexual activities, the chances of getting, or passing on HIV are small. For more information about Safer Sex please take a look at the Safer Sex Guide.</p>	
<p>Mental Health First Aid training</p>	<p>Mental Health First Aid (MHFA) is the support provided to a person who may be experiencing a decline in their mental well-being or a mental health crisis. Course participants will learn how to recognize signs that a person may be experiencing a decline in their mental well-being or a mental health crisis and encourage that person to talk about declines in their mental well-being, assist in a mental health or substance use crisis, and use MHFA actions to maintain one's own mental well-being.</p>	<p>Mental Health Commission of Canada offers both virtual and in person courses: https://www.mhfa.ca/</p>

Claire Laurie from Street Works / Positive Living Niagara also recommends:

- Rat Park Video (on relearning addiction):
<https://www.youtube.com/watch?v=C8AHODc6phg>
- Crisis & Trauma Resource Institute (trainings on lots of topics, some free):
<https://ca.ctrinstitute.com>
- The recordings from the WDBIA webinar series with Claire are also available on the WDBIA YouTube Channel:
 - <https://www.youtube.com/watch?v=M4eM5eQRZsY&t=5s>
 - https://www.youtube.com/watch?v=Oev_j0nA7j4

“Most likely” calls and 211 information

- 911 - for emergencies only
- 211 - for homelessness and all other inquiries
- 289-929-8959 - Street Works for sharps disposal training for private property (ask for Andrew)

The Overdose Prevention Network of Niagara (OPENN) has a new webpage on the 211 Central South website:

<https://211centralsouth.ca/openn/>

This page is evergreen - additional information and links are added as they are deemed appropriate. It was launched as a “one stop” shop for helpful links and resources related to opioids and harm reduction.