

2024

# Agency and Program Descriptions

[www.unitedwaykfla.ca](http://www.unitedwaykfla.ca)



**United Way**  
Kingston, Frontenac,  
Lennox and Addington

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*Strengthen*

# Partner Agencies

## Helping Kids Be All They Can Be

### 6 Agencies / 11 Programs

Big Brothers Big Sisters of KFL&A  
BGC South East  
The Food Sharing Project  
Girls Inc. of Limestone, Algonquin, and Lakeshore  
Pathways to Education Canada  
Youth Diversion Program

## Building Strong and Healthy Communities

### 16 Agencies / 28 Programs

Addictions and Mental Health Services KFL&A  
Canadian Hearing Society  
Centre for Abuse and Trauma Therapy  
Community Navigation of Eastern Ontario  
Epilepsy South Eastern Ontario  
Independent Living Centre Kingston  
Kingston Interval House  
Kingston Military Family Resource Centre

Kingston Native Centre and Language Nest  
Maltby Centre  
Resolve Counselling Services Canada  
Rural Frontenac Community Services  
Sexual Assault Centre Kingston  
St. Lawrence Youth Association  
Trellis HIV & Community Care  
Victim Services of Kingston and Frontenac

## Moving People from Poverty to Possibility

### 9 Agencies / 20 Programs

Dress For Success Kingston  
Elizabeth Fry Society of Kingston  
Kingston Community Health Centres  
Kingston Home Base Non-Profit Housing  
Kingston Youth Shelter  
Lionhearts Inc.  
Outreach St. George's Kingston  
Ryandale Transitional Housing  
Well Suited Kingston

“ With our United Way funding, we go right to the grocery store or local supplier and purchase food that helps students take advantage of everything school has to offer. You can be confident that your donation stays here and supports students in KFL&A. ”

### - Food Sharing Project



# Partner Agencies – Program Funding Stream for 2024



15 Agencies / 23 Programs

Allocations – Program Funding Stream		
Agency	Program Name	Amount Funded
BGC South East	After School Connections	\$50,000
	Youth Program	\$50,000
Big Brothers Big Sisters	1:1 Community and Site Based Mentoring- Kingston	\$50,000
	Group Mentoring Program	\$20,000
Epilepsy South Eastern Ontario	Epilepsy Support	\$50,000
Kingston Military Family Resource Centre	Community Resource Connections	\$40,000
Dress For Success	Suiting	\$40,000
Canadian Hearing Services	General Support Services	\$18,220
	Hearing Care Counselling	\$30,040
	Employment Services	\$10,000
Community Navigation of Eastern Ontario	211 Eastern Region	\$47,910

### Allocations – Program Funding Stream

Agency	Program Name	Amount Funded
Independent Living Centre Kingston	Information and Support Services	\$40,000
Well Suited	Suiting and Peer Support Program	\$25,000
St. Lawrence Youth Association	Specialized Treatment Program	\$25,000
Trellis HIV & Community Care	Community & HIV Programs	\$50,000
	Community Support Program	\$50,000
	Vocational Training Program	\$50,000
Girls Inc.	Girls Ed	\$50,000
Lionhearts Inc.	Student Food Box	\$50,000
	Food Rescue	\$25,000
	Community Nutrition	\$50,000
Kingston Native Centre and Language Nest	Capital Request	\$25,000
Victim Services of Kingston & Frontenac	Anti Human Trafficking Program	\$25,000

# Partner Agencies – Anchor Funding for 2024-2026



16 Agencies / 36 Programs

Allocations – Anchor Funding Stream		
Agency	Program Name	Amount Funded
Addiction and Mental Health Service	Family Support Worker	\$85,700
	FUSE Program	\$25,000
Centre for Abuse and Trauma Therapy	Client Assistance Program	\$50,000
Elizabeth Fry Society	WRAP (Women Reintegrating After Prison)	\$50,000
	Women Empowered Hub	\$50,000
Food Sharing Project	Student Nutrition Program	\$60,000
Kingston Community Health Centres	EarlyON	\$24,300
	Good Food Box	\$48,595
	Seniors Food Box	\$99,995
	Student Food Boxes (new)	\$10,000
	PORCH	\$12,000

**Allocations – Anchor Funding Stream**

<b>Agency</b>	<b>Program Name</b>	<b>Amount Funded</b>
Kingston Home Base Housing	Lily's Place	\$50,000
	Adult Supportive Housing	\$50,000
	Supportive Housing Youth	\$50,000
Kingston Interval House	Emergency Shelter	\$40,000
	Robin's Hope Second Stage Housing	\$20,000
Kingston Youth Shelter	Kingston Youth Transitions	\$100,000
	Emergency Shelter	\$80,000
Maltby Centre	Youth Mental Health Access	\$50,000
Outreach St. George's Kingston	Lunch By George	\$75,000
Pathways to Education	KCHC Pathways to Education	\$50,000

*Changing lives*

### Allocations – Anchor Funding Stream

Agency	Program Name	Amount Funded
Resolve Counselling Services	Family Counselling	\$50,000
	Child and Youth Counselling	\$50,000
	Multi-Service Immediate Services Walk-In	\$50,000
	Youth Peer Support Program	\$35,000
Rural Frontenac Community Services	Family Counselling	\$50,443
	Bridging the Gap for Rural Youth	\$27,509
Ryandale Transitional Housing	Transition House 1	\$55,000
	Transition House 2	\$30,000
Sexual Assault Centre Kingston	Diverse Communities Program	\$50,000
	Reducing Waitlist Program	\$50,000
	First Response for Youth	\$50,000



<b>Allocations – Anchor Funding Stream</b>		
<b>Agency</b>	<b>Program Name</b>	<b>Amount Funded</b>
Youth Diversion	CHANCE Mentoring Program	\$55,000
	KAIROS Substance Use (Elementary & Secondary) Programs	\$142,750
	Intersections Program	\$14,250

## Agencies funded through Community Investment Funds (CIF) Grants in 2024/2025

Community Investment Fund grants are given out in partnership with the City of Kingston.

**16 Agencies / 16 Programs**

<b>Community Investment Fund</b>		
<b>Agency</b>	<b>Program Name</b>	<b>Amount Funded</b>
Addiction and Mental Health Services KFL&A	ICH Drop In Refresh	\$10,000
Almost Home Kingston	The Gift of Life	\$6,000
Bloom Skills Centre	VIA Rail Cafe	\$12,500
Centre for Abuse and Trauma Therapy	STAR Kids: Supporting Therapy Access & Resources	\$8,000

<b>Community Investment Fund</b>		
<b>Agency</b>	<b>Program Name</b>	<b>Amount Funded</b>
Family and Children's Services of FL&A	Umoja Hub	\$18,000
Kingston Native Centre and Language Nest	Youth Connections	\$17,000
Maltby Centre	2SLGBTQIA+ Youth and Parenting Group Training	\$4,000
Martha's Table Community Program	Martha's Grows!	\$11,500
Rustle Church	Rustle Church Accessibility Project	\$25,000
Ryandale Transitional Homes	In House Programming	\$14,000
The Food Sharing Project	Food Friends	\$20,000
Tipi Moza (Iron Homes)	Affordable Program RFP	\$25,000
Trellis HIV & Community Care	Indigenous Programs	\$15,000
Victim Services of Kingston and Frontenac	Safe with Milli	\$17,000
Well Suited Kingston	Suiting Operations	\$12,000
YMCA of Eastern Ontario	Housing Pilot Program	\$15,000

# Agencies funded through Community Investment Funds (CIF) Grants in 2023/2024

Community Investment Fund grants are given out in partnership with the City of Kingston.

## 21 Agencies / 23 Programs

Community Investment Fund		
Agency	Program Name	Amount Funded
Addiction & Mental Health Services KFL&A	Street Outreach Community Connection	\$25,000
	Let's Smile	\$21,000
Bloom Skills Centre	CommUnity Café and Birds, Bees, and Butterflies Program	\$25,000
Dress for Success Kingston	Beyond the Suit	\$15,800
Elizabeth Fry Society of Kingston	WE Hub Community Kitchen Upgrade	\$5,000
Epilepsy South Eastern Ontario	UPLIFT	\$10,000
Girls Inc. of Limestone, Algonquin, and Lakeshore	Girls Inc. 2SLGBTQIA+ Project	\$12,500
Independent Living Centre Kingston	Independence in Motion: Community Lending Program	\$14,000
KFL&A Public Health	Dental Treatment Assistance Fund	\$10,000
Kingston Community Health Centres	Outreach/Client Shuttle Service	\$25,000

<b>Community Investment Fund</b>		
<b>Agency</b>	<b>Program Name</b>	<b>Amount Funded</b>
Kingston Youth Shelter	Transitions Addition	\$10,000
Lionhearts Inc.	Delivery Truck - Food Reclamation Program	\$15,000
Loving Spoonful	Wiisinidaa! Phase 2	\$25,000
Resolve Counselling Services Canada	Outreach Counselling	\$19,500
	Developmental Services Companionship Pilot Project	\$21,700
Salvation Army Kingston Citadel	Day Service Food Enhancement	\$9,000
Sexual Assault Centre Kingston	Reducing the Waitlist	\$25,000
St. Lawrence Youth Association	Specialized Treatment Program	\$25,000
St. Vincent de Paul Society	Emergency Food Pantry	\$25,000
The Food Sharing Project	Online Instructional Supports for Student Nutrition Coordinators	\$10,000
Trellis HIV & Community Care	Community Wellness Program	\$10,000
YMCA of Eastern Ontario	Work Hard Eat Well	\$25,000
Youth Diversion Program	Mental Wellness Support Program	\$6,500

# Agencies funded through Reaching Home: Canada's Homelessness Strategy 2024/2025

The United Way, as the Community Entity for Kingston, reviews applications and distributes Reaching Home funding to address homelessness.

## 12 Agencies / 28 Programs

Reaching Home Base Funding		
Agency	Program Name	Amount Funded
Addictions and Mental Health Services - KFLA	Integrated Care Hub	\$287,500
	Youth Outreach Case Management	\$81,000
	Street Outreach Case Manager	\$100,000
Dawn House Services and Housing for Women	Transitional Housing	\$41,864
Kingston Community Legal Clinic	Eviction Prevention Program	\$60,000
Kingston Home Base Non-Profit Housing	Community Street Outreach Worker	\$66,500
	Indigenous Street Outreach Worker	\$68,568
	Housing First for Youth	\$66,000
	RISE@149 Transitional Housing	\$68,568
	Youth Services - Supportive Housing Coordinator	\$50,000

<b>Reaching Home Base Funding</b>		
<b>Agency</b>	<b>Program Name</b>	<b>Amount Funded</b>
Kingston Home Base Non-Profit Housing	Lily's Place Family Shelter (2nd Site)	\$50,000
Kingston Youth Shelter	Day Services for Youth	\$85,000
	Family Mediation	\$65,000
Lionhearts Inc.	(Concession St) Emergency Warming & Drop-in Centre	\$50,000
Resolve Counselling Services Canada	Youth Outreach Counselling	\$27,664
United Way of KFL&A	Winter Resources	\$15,000 approved
	Point In Time Count	\$31,800 approved
<b>2023-24 Fiscal – Jan-Mar 2024</b>		
Addictions and Mental Health Services - KFLA	Youth Outreach Case Manager	\$25,000
	Winter Resources (with ICH minor capital)	\$35,000
City of Kingston	Winter Storage	\$15,000
Kingston Community Health Centres	Adelaide Needs Assessment	\$16,132

Reaching Home Base Funding		
Agency	Program Name	Amount Funded
Kingston Home Base Non-Profit Housing	Lily's Place Family Shelter (2nd Site)	\$13,469
	Winter Resources	\$10,000
Kingston Youth Shelter	Family Mediation	\$16,250
Lionhearts Inc.	Adelaide Weekend Drop-in	\$115,000
Salvation Army Community and Family Services	Winter Resources	\$3,332
Tipi Moza Iron Homes	Winter Resources	\$3,332
United Way of KFL&A	Winter Coats	\$29,178

“ We assisted a guest into transitional housing and provided him a stable place to rest and eat. He shared that he was thankful for a place like this that cared enough for him to meet him halfway and to work with him to get housing. He was a guest who was simply down on his luck, resulting in no roof of his own. Over time, we were able to work with different agencies to support him into a yearlong housing contract. ”

**- Adelaide Warming Centre**



# Emergency Assistance Fund Grants



United Ways across the country, including United Way of KFL&A, distributed Emergency Assistance Fund grants to help frontline agencies continue to deliver essential programs.

## 4 Agencies / 4 Programs

Emergency Assistance Fund Grants		
Agency	Program Name	Amount Funded
KFL&A Public Health	Dental Treatment Assistance Fund	\$13,000
Kingston Community Health Centres	Operation Warm Feet	\$13,000
Lionhearts Inc.	Community Food Redistribution Warehouse (CFRW)	\$50,000
Rural Frontenac Community Services	Operation Warm Feet	\$4,500



“ People ask me why I help deliver seniors' food boxes every month, and my answer is simple – I get to make a profound difference in the lives of the seniors I visit. I have become friends with many on my delivery route and they look forward to seeing a friendly face. Many say this is the only fresh produce they get in a month. ”

**- Seniors' Food Box volunteer delivery driver**



# Community Services Recovery Fund (CSRF)

United Way KFL&A worked with United Way Centraide Canada as part of the Government of Canada’s Community Services Recovery Fund. This fund was administered collaboratively by the Canadian Red Cross, Community Foundations of Canada, and United Way Centraide Canada.

The Community Services Recovery Fund is a one-time investment of \$400 million by the Government of Canada to help Community Service Organizations (charities, non-profits, Indigenous governing bodies) adapt, modernize, and be better equipped to improve the efficacy, accessibility, and sustainability of the community services that they are providing through the pandemic recovery and beyond.

## 13 Agencies / 13 Programs

Community Services Recovery Fund		
Agency	Program Name	Amount Funded
Alzheimer Society of KFLA	In-Home Recreation	\$87,584
Amherstview Lions Club	Emergency Food Bank	\$11,000
Bereaved Families of Ontario - Kingston Region	Updating Technology for Accessibility	\$10,700
Beth Israel Congregation	Improving delivery of programs & services through technology	\$45,439
Girls Inc. of Limestone, Algonquin, and Lakeshore	Women+ Recovery Project	\$98,000
Kingston Historical Society, Murney Tower Museum	Interactive Exhibit Development	\$12,000
New Leaf Link	New Leaf Link Goes to Camp!	\$27,495

Community Services Recovery Fund		
Agency	Program Name	Amount Funded
Outreach St. George's Kingston	George To Go	\$20,000
Resolve Counselling Services Canada	Workplace Wellness for Small and Medium Businesses and Organizations	\$92,400
Sexual Assault Centre Kingston	A Service Delivery System that Hears You: A Pilot Project	\$65,522
St. Andrew's By-The-Lake United Church	Update of Visual Streaming Capabilities and Website Refresh	\$7,760
St. Vincent de Paul Society Kingston	Air Quality Improvement Project	\$75,997
Sydenham Street United Church	Sanctuary Accessibility Project	\$79,136

“ As a Hearing Care Counsellor providing services in the Kingston area, I see firsthand the satisfaction, comfort, and relief a client experiences when we are able to provide an assistive device through our donation program. We provide services for many vulnerable and marginalized individuals who may not be able to afford these devices and it is rewarding to have the opportunity to donate a device that impacts them in so many ways. United Way makes this possible. ”

**- Canadian Hearing Services**



# Funded Programs



## Addictions and Mental Health Services - KFLA

Provides responsive, community-based addiction and mental health services that aim to empower community members.

**Family Support Worker - Family Resource Centre (Allocations):** The Family Resource Centre provides dedicated support to caregivers of individuals with mental health and/or addiction concerns, through system navigation, advocacy and, informal counselling. A Family Support Worker helps coordinate with clinical teams when appropriate to facilitate stronger relationships between clients, families and caregivers.

**FUSE (Allocations):** FUSE offers a safe space for youth ages 12 to 24 to explore their gender identity and sexual orientation while developing connections through the community. FUSE fosters connection and builds resilience for LGBT2SQ+ youth who experience vulnerabilities often resulting in social isolation.

**Youth Outreach Case Management (Reaching Home):** The Youth Outreach worker provides intensive case management support and connects youth clients dealing with mental health and addiction, many of whom are homeless, to both internal and external community supports, including housing services.

**Integrated Care Hub (Reaching Home):** Formerly led by Trellis HIV & Community Care, the ICH is a low-barrier drop-in centre for individuals, many of whom are homeless, living rough or at risk of homelessness. Services include access to basic needs such as meals and a rest zone, connections to housing and other community supports.

## Integrated Care Hub Drop-In Refresh

**(CIF):** Project to revamp the drop-in area of the Integrated Care Hub (ICH) with new, sturdy and welcoming furniture to create distinct eating, resting and lounge areas. The new space will have the ability to divide into multiple sections for individuals to sit, eat, and gather in a better atmosphere that will enhance service delivery, client well-being and positive community development.

## Street Outreach Case Manager

**(Reaching Home):** A full-time case manager to provide timely support and treatment to those who are unhoused and living rough, allowing them to access the necessary services, work on recovery goals, and overcome housing challenges. The program emphasizes collaboration with community partners and based out of the Integrated Care Hub.

## Winter Resources (Reaching Home):

In response to unsheltered homelessness winter needs, funding was allocated for the purchase of new beds/bedding for the ICH rest zones, as well as other basic cold weather resources, including client cell phones, taxi chits, sleeping bags, etc.

## Street Outreach Community Connection

**(CIF):** Provides pro-social activities and groups to the homeless population with addiction and/or mental health issues. By engaging in these activities, individuals have a sense of purpose and connection with services, which can help meet their recovery goals and wellness journey. The program aims to build trust and rapport with workers for clients to work on other recovery goals such as housing, opioid replacement therapy, and treatment.

**Let's Smile (CIF):** Provides financial assistance to clients who are in the Addiction Stabilization program and require dentures. The primary focus is to support individuals who are on a recovery journey from addictions and may have lost teeth due to substance use or other related health issues. The overall goal is to provide clients the necessary resources to rebuild their confidence and self-esteem.

- Tel: 613-544-1356
- Crisis Lines: 613-544-4229 (Kingston & Frontenac); 613-354-7388 (Lennox & Addington)
- [www.amhs-kfla.ca](http://www.amhs-kfla.ca)

## **Almost Home Kingston**

Provides a place of comfort and respite for families whose children are receiving inpatient or outpatient treatment at Kingston area hospitals.

**The Gift of Life (CIF):** Project to purchase hospital grade Medela Pumps to help mothers provide breast milk to their premature babies. The average gestation of the babies born whose parents stay at Almost Home is 24-37 weeks, and families could stay at Almost Home anywhere from a few days to four months. Providing breast pumps will allow mothers to pump as soon as they arrive

- Tel: 613-548-8255
- [www.almosthome.on.ca](http://www.almosthome.on.ca)

## **Alzheimer Society of KFL&A**

The Alzheimer Society of Kingston, Frontenac, Lennox & Addington is committed to helping people with Alzheimer's disease and other dementias by alleviating the personal and social consequences and promoting research.

**In-Home Recreation (CSRF):** Program that provides socialization, physical and mental stimulation for clients that are no longer able to attend group programs.

- [www.alzheimer.ca/kfla](http://www.alzheimer.ca/kfla)

## **Amherstview Lions Club**

The Amherstview Lions Club is a part of Lions Clubs International, a network of volunteers who work together to answer the needs that challenge communities.

**Emergency Food Bank (CSRF):** Food bank for low-income individuals and families in Amherstview, Ontario. Project aims to alleviate food insecurity food insecurity throughout the year.

- Tel: 613-634-0854

## **Bereaved Families of Ontario – Kingston Region**

Bereaved Families of Ontario provides programs, services and resources based on a peer support model to individuals, families, children, groups and communities.

**Updating Technology for Accessibility (CSRF):** Project to update technology to better serve client with different needs. For example, new sound systems for grief group participants with hearing loss and a projector/screen to allow for hybrid volunteer training.

- [bfo-kingston.ca](http://bfo-kingston.ca)

## **Beth Israel Congregation**

The Beth Israel Congregation is a house of worship and also a meeting place for the wider Jewish community in Southeast Ontario.

### **Improving Delivery of Programs & Services Through Technology (CSRF):**

Project that uses technology to reduce barriers in accessing services and programs, and to reach participants who are isolated or off-site.

- [www.kingston-bethisrael.ca](http://www.kingston-bethisrael.ca)

### **BGC South East**

Offers opportunities for children and youth to learn and develop life and social skills while having fun and participating in recreational and educational programs.

#### **After School Connections (Allocations):**

Programming for children ages 4 to 12 years is offered at three sites: Robert Meek Community Youth Centre, West End Hub, and Rideau Heights Community Centre, as well as several rural schools. Youth receive homework assistance, get involved in healthy activities and games, participate in positive conversation, interact with positive role models, and are mentored by young people.

**Youth Program (Allocations):** This program serves youth ages 13 to 18 years with over 20 hours of free in-person programming per week through two locations (BGC West End Hub and North End Rideau Heights Community Centre). Programs focus on themes that explore the development of self-awareness, self-management, academic success, job preparation, decision-making, positive well-being, and empowerment through active, creative, and game-based activities.

- Tel: 613-507-3306
- [www.bgckingston.ca](http://www.bgckingston.ca)

### **Big Brothers Big Sisters**

To enable life-changing mentoring relationships to ignite the power and potential of young people so they can realize their full potential.



#### **1:1 Community and Site Based Mentoring**

**(Allocations):** Big Brothers Big Sisters connects, supports, and supervises mentoring relationships between trained volunteer adult mentors and vulnerable children and youth in need of a positive role model.

During 1:1 mentorship, adult mentors and their mentees meet weekly for a minimum of one year (community-based program) or one school year (site-based program), providing the consistency young people need to develop a multitude of skills and well-being to cope with the stress of exposure to adverse childhood experiences.

#### **Group Mentoring Program (Allocations):**

The Group Mentoring Program provides multi-week group-based mentoring programs in-schools to vulnerable children during the school year. This is done through outcome-focused programs, aiming to provide a buffer to toxic stress, and development of wellbeing tools for positive social-emotional skills, and resilience.

- Tel: 613-544-1621
- <https://kingston.bigbrothersbigsisters.ca/>

### **Bloom Skills Centre**

Offers accessible skills training and learning opportunities for young adults with intellectual and developmental exceptionalities.

#### **CommUnity Café and Birds, Bees, and Butterflies Program (CIF):**

The CommUnity Cafe Program teaches valuable, transferrable skills in the culinary, food service, and customer service industry.



Students develop important skills, such as social, cash handling, food service, food handling, inventory management, prioritizing, speed and efficiency, in addition to important life and independence skills of preparing, cooking, and baking food. In the Birds, Bees, and Butterflies Gardening Program, students learn all basic gardening skills including components needed for plant life, food cycle, composting, vermicomposting, watering systems, seed starting, pruning, weeding, building support structures, proper spacing, harvesting, succession planting, and seed saving. Both programs teach employable skills as well as skills for greater independence. When the skills are mastered, Bloom Skills Centre supports the transition to employment.

**VIA Rail Café (CIF):** Expansion of the CommUnity Cafe program which offers accessible skills training and learning opportunities for young adults with intellectual and developmental exceptionalities. By partnering with VIA Rail Canada, the café will be a place where students who might not yet be able to work fully independently, can be provided with support on the job.

- Tel: 343-363-0433
- <https://bloomskillscentre.com>

## Canadian Hearing Services

Provides services that benefit individuals who are Deaf, oral deaf, deafened and/or hard of hearing, as well as supportive services to their families.

### **Employment Services (Allocations):**

The program targets clients 16 years of age and older living in the KFL&A area who are Deaf or hard of hearing and facing multiple barriers in their pursuit of meaningful career opportunities, learning employer-recognized soft skills, and gaining access to relevant networks.

### **General Support Services (Allocations):**

Provides information, case management and advocacy to individuals who are Deaf, hard of hearing and their families.

### **Hearing Care Counselling (Allocations):**

The program provides professional counselling, communication support and hearing care information to adults age 55+ with acquired hearing loss, young adults over the age of 19 who have other health challenges that require in-home services, and their families and caregivers, to help them manage daily activities independently.

- Tel: 1-866-518-0000
- TTY: 1-877-215-9530
- [www.chs.ca](http://www.chs.ca)

## Centre for Abuse and Trauma Therapy

Provides short and long-term professional psychotherapy and support to anyone of any age who has experienced recent and/or past abuse or trauma.

### **Client Assistance Program (Allocations):**

This program provides subsidized psychotherapy to people who live in poverty or close to the poverty line by offering specialized trauma counselling to youth, men and women who have both witnessed and been victims of violence and trauma. People living in poverty cannot afford to attend sessions on a weekly basis which is needed, especially in the early stages of treatment, to assist them to make effective change in their life.



Action

**STAR Kids: Supporting Therapy Access & Resources (CIF):** Supports children in overcoming the developmental impacts of trauma, which will help ensure they are able to learn and meet their developmental trajectories; where they can thrive and reach their full potential. Through therapy, children learn essential coping skills and develop resilience, which will help increase their sense and self-worth and confidence. Extends therapy support to caregivers, fostering connectedness within families, reducing conflict and facilitating positive relationships.

- Tel: 613-507-2288
- <http://centreforthrapy.ca/>

## City of Kingston

Housing and Social Services Department – The City is the Service Manager, responsible for administering Community Homelessness Prevention Initiative funding in Kingston and the County of Frontenac. It partners with community agencies to prevent homelessness and house people who are experiencing homelessness.

**Coordinated Access (Reaching Home):** The coordination of resources through activities that enable communities to organize and deliver diverse services in a coordinated manner and support the implementation and management of the Homeless Individuals and Families Information System (HIFIS) and By-Name List including: developing partnerships with service providers and community organizations, establishing governance structures and developing privacy tools, delivering change management activities including training, and managing/maintaining the coordinated access system.

**Winter Storage (Reaching Home):** Provision of storage options to unhoused individuals who are accessing shelter or other services that are otherwise unable to accommodate the belongings.

This includes larger storage bins, as well as storage bags to help keep belongings safe and dry when individuals are not accessing shelter during the day.

- Tel: 613-546-2695
- <https://www.cityofkingston.ca/residents/community-services/housing/homelessness-services>

## Community Navigation of Eastern Ontario



Uses a three-digit, non-emergency telephone number that connects callers to a full range of community, social, government and health service information.

**211 Eastern Region (Allocations):** 211 is an easy-to-remember, three-digit, non-emergency telephone number, answered by trained specialists, that connects callers to a full range of community, social, government and health information for KFL&A, 24/7, 365 days a year. The service is confidential and multilingual (150 languages).

- Tel: '211' or 1-877-330-3212
- TTY: 1-877-340-1001
- [www.211ontario.ca](http://www.211ontario.ca)

## Dawn House Services and Housing for Women

Dawn House supports and empowers homeless, vulnerably housed, and marginalized women by providing nine affordable supportive housing units, seven transitional housing units and wellness-based supports.

### **Transitional Housing (Reaching Home):**

The program serves homeless single women of low income between the ages of 16-75, providing daily supports for tenants of the transitional housing program, including a case management plan.

- Tel: 613-545-1379
- [www.dawnhouse.ca](http://www.dawnhouse.ca)

### **Dress for Success Kingston**

Provides support, guidance, and mentorship to individuals in relation to job interviews and employment needs in the Kingston and area community.

**Suiting (Allocations):** Provides women with work appropriate clothing and ongoing career advice, technology skills, job seeking support, a lending library of educational materials, financial literacy and career building information.

**Beyond the Suit (CIF):** Provides ongoing learning opportunities for clients through workshops and one-on-one appointments. The learning objectives include but are not limited to job skills, resume support, job search, time management, conflict resolution, work-life balance, stress management, employment trends, financial literacy, health and wellness, and provide a community of peer support. The focus is to provide clients that have been suited and potential clients an opportunity to engage further and learn within the Dress for Success community of support. Community outreach workshops are also provided to local agencies to help educate new clients on dressing for the workplace to empower and inspire confidence.

- Tel: 613-483-1833
- <https://kingston.dressforsuccess.org>

### **Elizabeth Fry Society Kingston**

Provides services to women in conflict with the law and those facing financial and social barriers that may put them at risk of coming into conflict with the law.

#### **Women Reintegration After Prison (WRAP)**

**(Allocations):** This program serves self-identifying women in conflict with the law using a client-led program model. WRAP provides a wrap-around approach to women reintegrating into the Kingston community through advocacy, client-led trauma-informed case management and community building.

#### **Women Empowerment (WE) Hub**

**(Allocations):** Provides an in-demand service for all self-identified women over the age of 18, offering a comprehensive, positive, anti-oppressive, supportive haven. It hosts a combination of strategically designed and intentional sessions for women that cohesively serve to move women through stages of poverty into meaningful, stable lives full of possibility.

#### **WE Hub Community Kitchen Upgrade**

**(CIF):** Capital grant to upgrade the equipment in the WE (Women Empowered) Hub, such as tables, an industrial sized coffee station and a front load laundry suite. This facility is used daily providing a multitude of workshops, programs and lunches. The update to the space helps to provide a warm and nurturing setting for food-focused healing, socialization, and support to the women in the Kingston community.

- Tel: 613-544-1744 or 1-888-560-3379
- <http://efrykingston.ca/>

### **Epilepsy South Eastern Ontario**

Provides support, information and referral services for individuals with epilepsy and their families.



### **Epilepsy Support Program (Allocations):**

Provides support to improve the quality of life for individuals who are living with or impacted by epilepsy. Services are delivered through direct client support and educational workshops.

**UPLIFT (CIF):** Teaches the skills for managing and improving stress, mental health and quality of life for persons affected by epilepsy and seizure disorders. The Goal of UPLIFT is to empower persons with epilepsy, as well as their caregivers, to improve their own mental health through Mindfulness and Cognitive Based Therapy (CBT) skills.

- Tel: 613-542-6222 or  
1-866-EPILEPSY (374-5377)
- [www.epilepsyresource.org](http://www.epilepsyresource.org)

### **Family and Children's Services of FL&A**

Supports children, young people, parents, and families through advocacy and collaboration, walking alongside communities and partners to ensure that help is provided at the appropriate time. Delivers services from a child-centered, family-focused, and community-aligned approach.

**Umoja Hub (CIF):** Community-based hub grounded in Afrocentric service delivery and supportive resources, inclusive and accessible wrap-around programs, and counselling services to empower families and help them address their concerns regarding equitable and culturally supportive access to services and supports, including inclusive, accessible after school, weekend, and summer programming, to bridge the existing service delivery gap.

- Tel: 613-545-3227
- [www.facsfla.ca](http://www.facsfla.ca)

### **The Food Sharing Project**

Works to ensure students eat a well-balanced and nutritious breakfast, lunch or snack in a nurturing environment while increasing their knowledge of good nutrition and improving their physical, mental and social well-being.

#### **Student Nutrition Program (Allocations):**

Student Nutrition Programs (SNPs) offer food in every publicly funded elementary and secondary school within KFL&A. School coordinators receive weekly shipments from the Food Sharing Project and prepare nutritious breakfasts, snacks, and/or lunches on a daily basis that are accessible to all students.

#### **Online Instructional Supports for Student Nutrition Coordinators (CIF):**

Grant to develop online instructional e-learning courses to provide the school coordinators of the Student Nutrition Program with standardized, easy to follow information and instruction on operating their in-school healthy meal and snack program. Courses include a self-paced e-learning module, integrated instructional videos, and quick reference checklists.

**Food Friends (CIF):** As the demand for meal and snack programs at schools continues to rise, the program works with school coordinators to assess their needs, then recruit and train volunteers who support a specific school on a regular basis to prepare and distribute more nutritionally robust meals and snacks.

- Tel: 613-530-3514
- [www.foodsharingproject.org](http://www.foodsharingproject.org)



*Belonging*

## **Girls Inc. Limestone, Algonquin and Lakeshore**

Provides programming designed to inspire all girls to be strong, smart, and bold through life-changing programs and experiences that help girls navigate gender, economic, and social barriers.

**Girls Ed Program (Allocations):** Delivered by trained professionals in a positive all-girl environment, programs equip girls to achieve academically, lead healthy and physically active lives, manage money, navigate media messages, and discover an interest in science, technology, engineering, and math. Program delivery takes place throughout KFL&A in school and community partner locations.

**Girls Inc. 2SLGBTQIA+ Project (CIF):** Provides local 2SLGBTQIA+ youth with opportunities for social inclusion while developing crucial leadership skills within a safe and mentoring environment. Participants connect with their peers and develop a leadership and community action project of their choosing focused on their belonging to the 2SLGBTQIA+ community.

**Women+ Recovery Project (CSRF):** Provides financial supports to 200 women in KFL&A to assist them in overcoming heightened adversity caused by the COVID-19 pandemic.

- Tel: 613-542-9202
- [www.girlsinclimestone.ca](http://www.girlsinclimestone.ca)

## **Independent Living Centre Kingston**

Run by and for people with disabilities, promoting independent living. Provides leadership, support, and skills development for people with disabilities and their communities.

## **Information and Support Services**

**(Allocations):** Provides one-to-one support for people with disabilities who are seeking information, assistance in using that information, and ongoing support in effective use of services across the community. One-on-one support is provided to navigate social, physical, and institutional barriers.

**Independence in Motion:** Community Lending Program (CIF): Helps people access assistive devices and equipment such as wheelchairs, walkers, shower chairs, and bed rails that enable people with disabilities to live safely and independently in their homes and participate in the community.

- Tel: 613-542-8353
- [www.ilckingston.com](http://www.ilckingston.com)

## **KFL&A Public Health**

Provides public health programs and services to the people of the KFL&A area.

Dental Treatment Assistance Fund (DTAF) (Emergency & CIF): Provides KFL&A residents (18+) with limited funding (max \$200 per person/year) towards the cost of emergency dental treatment for the relief of pain, infection and/or trauma for individuals who have no dental insurance and declare a financial need.

- Tel: 613-549-1232 or 1-800-267-7875
- [www.kflaph.ca](http://www.kflaph.ca)

## **Kingston Community Health Centres**

A multi-service, multi-site health centre that provides clinical and social services for people who have a higher risk of poor health because of language or cultural barriers, poverty or isolation.

**EarlyOn (Allocations):** Ensures that children aged 0-6 years get the best start in life. This is achieved by offering parents and caregivers free, drop-in early learning programs across twelve programming sites. Caregivers and parents attend early learning groups to learn and play with their children, meet new people, and get advice on child development.

**Good Food Box (Allocations):** The Good Food Box (GFB) is an affordable food access program that provides food boxes to low income individuals and families. It is available to everyone in the community with twenty-nine host sites from Kingston to Napanee to Denbigh and two packing sites. United Way funding provides for free food boxes to those unable to pay.

**Portable OutReach Care Hub (PORCH) (Allocations):** This program offers outreach services, counselling and select physical and mental health services in partnership with variety of community partners/providers, via a retrofitted recreational vehicle to reduce barriers and improve access for people in the community.

**Seniors Food Box (Allocations):** Provides low-income seniors aged 55+ with a free box of fresh produce and dry staple items delivered to their door. This program helps alleviate the food insecurity of local seniors by providing them with a box of healthy food.

**Student Food Boxes (Allocations):** The program provides low-income students, both at Queen's University and St. Lawrence College, with a free box of fresh produce and dry staple items to help alleviate food insecurity.

**Operation Warm Feet (Emergency):** Warm winter boots are purchased and distributed to children and youth in need throughout Kingston and Lennox & Addington County.

**Outreach & Client Shuttle Service (CIF):** In addition to PORCH (Portable Outreach Care Hub), Shuttle Van service improves the ability for clients to attend medical, social, and pharmacy appointments. The program assists clients by giving them better access to these various other services through transportation and improves health outcomes while decreasing the number of missed appointments and increasing adherence to vital medications in clients.

**Adelaide Needs Assessment (Reaching Home):** A short-term on-site clinical project at Adelaide Warming Centre for the purposed of conducting a survey and completing a needs assessment around the health and other related needs of individuals accessing shelter.

- Tel: 613-542-2949
- [www.kchc.ca](http://www.kchc.ca)

## **Kingston Community Legal Clinic**

Provides legal services in matters relating to poverty, housing, income support, human rights employment. It also pursues law reform activities, provides community legal education, and engages in community development.

**Eviction Prevention Program (Reaching Home):** The Eviction Prevention worker provides legal services to low-income tenants at risk of eviction through a variety of measures, including landlord negotiations, filing motions, and representing/supporting tenants at Landlord Tenant Board hearings.

- Tel: 613-541-0777
- <https://kclcl.ca>

## **Kingston Historical Society, Murney Tower Museum**

The Murney Tower Museum NHSC is a public, non-profit museum which strives to connect visitors with Kingston's military and cultural history through collection, preservation, research, and interpretation.

### **Interactive Exhibit Development (CSRF):**

Project to develop interactive activities and provide new technological and audiovisual equipment for exhibits displayed at the Murney Tower Museum, allowing the museum to adapt its existing exhibits to the digital and interactive needs of audiences.

- [www.murneytower.com](http://www.murneytower.com)

## **Kingston Home Base Non-Profit Housing**

Develops and manages a range of affordable housing options and support services in a manner that promotes dignity, independence and integration into the larger community.

### **Adult Supportive Housing (Allocations):**

Assists chronically homeless individuals with finding suitable housing accommodations such as one-bedroom apartments, shared housing, and including wheelchair accessible units. There is no cost to support services working with those who face various life challenges: financial issues, substance abuse, mental health issues, developmental disabilities, and more.

### **Housing First for Youth (Reaching Home):**

This program is an extension of the Supportive and Housing First programs, with the aim to increase Housing First Case Manager capacity to ensure youth clients have success at finding, securing, and maintaining stable housing.

### **Supportive Housing for Youth (Allocations):**

Assists homeless youth with finding suitable housing accommodations such as one-bedroom apartments, shared housing, long-term units, and more. There is no cost to support services working with those who face various life challenges: financial issues, substance abuse, mental health issues, history of trauma, and more.

### **Youth Services - Program Coordinator for Supportive Housing (Reaching Home):**

The coordinator is responsible for overseeing daily operations of youth supportive housing, including intake assessments, a program where youth clients live on site while having access to staff support. This position helps support 29 supportive housing units for youth in KFL&A.

### **RISE@one4nine Transitional Housing**

**(Reaching Home):** Support is provided to youth residents of the transitional housing program through case management including individualized plans, risk management and crisis planning, so they can maintain housing.

### **Lily's Place Family Shelter (Allocations / Reaching Home):**

A 19-bed shelter specifically for families in need of housing in Kingston. Staff provide on-going support and information to assist clients obtain permanent housing and referrals to other agencies. A second house with 12 beds was opened in June 2023 to accommodate additional families.

### **Community Street Outreach Worker**

**(Reaching Home):** As part of the Street Outreach Team, the Community Outreach Worker supports homeless individuals who are living rough by providing access to basic needs and connection to services.

### **Indigenous Street Outreach Worker**

**(Reaching Home):** As part of the Street Outreach Team, the Indigenous Outreach Worker supports homeless individuals who are living rough and identify as Indigenous by providing access to basic needs, with an emphasis on connecting them to appropriate and culturally relevant services and supports.

**Winter Resources:** In response to unsheltered homelessness winter needs, funding was allocated for the purchase of cold weather resources, including client cell phones, taxi chits, and other winter items.

- Tel: 613-542-6672
- [www.kingstonhomebase.ca](http://www.kingstonhomebase.ca)

### **Kingston Interval House**

Supports women and children experiencing violence and working collaboratively with the community to end violence against women and children.

**Emergency Shelter (Allocations):** Provides emergency shelter to women and children leaving abusive relationships. The emergency shelter provides a 24-hour crises line, safety planning, counselling support and general information.

### **Robin's Hope Transition House**

**(Allocations):** A Second-Stage Transitional Housing unit with 18 one and two bedroom rent-geared-to-income, supportive housing units for women and children who are leaving the Interval House emergency shelter.

At Robin's Hope, women gain skills enabling them to move into the community to permanent housing. This helps bridge the gap between emergency shelter and finding affordable housing.



- Tel: 613-546-1833
- Crisis Line: 613-546-1777 or 1-800-267-9445
- TTY: 613-546-4461
- <http://kingstonintervalhouse.com/>



### **Kingston Military Family Resource Centre**

Provides programs, community development, social, educational and volunteer opportunities to meet the unique needs of military families in the Kingston region.

### **Community Resource Connections**

**(Allocations):** This program partners with community agencies to provide counselling for military families that may not be covered by federal funds for various reasons, or the client may prefer to access community programs. Many sessions relate to providing support for PTSD or other challenges faced by military personnel and their families.

- Tel: 613-541-5010 ext. 5195
- [www.kmfrc.com](http://www.kmfrc.com)

### **Kingston Native Centre and Language Nest**

Connects the urban Indigenous communities on this territory by growing safe and inclusive spaces to share and revitalize our languages and worldview. Aims to lift each other up through peace, strength, and a collective mind to continue to support other Indigenous-led community initiatives as well as create a space of openness and acceptance for all who wish to learn.

**Capital Request (Allocations):** One-time capital grant to support the expansion of the KNCLN Centre to better accommodate a larger staff complement and additional programming. Funding was for computers, office furniture and storage, couches and tables for the agency's new space.

**Youth Connections (CIF):** Barrier-free weekly drop-in program, activities and cultural and social supports for Indigenous youth in the urban Kingston area between the ages of 12-24.

## **Kingston Youth Shelter**

Helps youth who are homeless with temporary shelter, transitional housing and access to community resources.

**Emergency Shelter (Allocations):** Provides youth between the ages of 16-24 years who are unhoused, with a safe and supportive Emergency Shelter. In addition to shelter, the agency provides food, counselling and referral services.

**Day Services for Youth (Reaching Home):** Provides 24/7 access to a safe space and services as an extension of the Emergency Shelter program.

**Kingston Youth Transitions (Allocations):** This Transitional Housing Program for youth ages 16-24, is based around short and long-term client-centered goal setting, with an emphasis on building the skills necessary to become successfully independent.

**Family Mediation Program (Reaching Home):** A Homelessness Prevention Program that provides support to youth and families experiencing conflict, primarily providing mediation and short-term intervention to help youth retain housing.

**Transitions Addition (CIF):** Capital grant for renovations to add two additional bedrooms to the Yonge Street Transitions home, allowing to provide the tools and life skills to help additional youth emerge from their immediate or ongoing housing crisis.

- Tel: 613-549-4236
- [www.kingstonyouthshelter.com](http://www.kingstonyouthshelter.com)

## **Lionhearts Inc.**

Ensures that nutritious food and clothing donated are distributed safely and effectively to communities agencies that serve vulnerable populations.

**Student Food Box (formerly Children's Weekend Wellness) (Allocations):** Provides nutritious food, specifically on weekends, for children identified by teachers as experiencing food insecurity. Packages of food are provided each Friday throughout the school year for children and their family.

**Concession Street Warming and Drop-In Centre (Reaching Home):** Funding supported the Warming and Drop-In Centre located at 218 Concession Street, which provides support to those who are housing and/or food insecure and lack a connection to community. The centre is operated in partnership with Kingston Home Base Housing to provide overnight shelter and supports, and Lionhearts Inc. for meal services, as well as daytime programming.

**Adelaide Warming Centre (Reaching Home):** A low-barrier warming shelter providing overnight spaces for individuals/ couples and access to basic needs services for those who are unhoused.

**Adelaide Weekend Drop-in (Reaching Home):** As an expansion of the overnight shelter services, this program provides weekend drop-in services to increase access to a safe, warm space and basic needs services during the day, for those who are unhoused. This also includes funding for cold weather resources for Concession & Adelaide shelter guests.

**Food Rescue Program (Allocations):**

Collects and sorts large amounts of donated food from multiple corporate partners and distributes manageable quantities of the food, daily, to frontline agencies for their meal programs and clients.

**Community Nutrition Program**

**(Allocations):** Provides prepared meals free of charge to assist community agencies by complementing their food programs. Meals are prepared by trained chefs and kitchen managers. The program assists with meal planning, nutritional requirements, and instruction in the preparation of food to both agencies and individuals.

**Community Food Redistribution Warehouse (CFRW) (Emergency):**

Funding supported the the establishment of the CFRW and ongoing costs for coordination and distribution of food in collaboration with other community organizations. The goal of the initiative is to maximize collection, storage and distribution of food, resulting in increased access to better food for residents in need, and the ability to recover more food and reduce food waste in our community.

**Delivery Truck – Food Reclamation**

**Program (CIF):** Capital grant to purchase a delivery truck to ensure that Lionhearts has the capacity to pick up large food donations when they come available.

It will allow to further increase the amount of food donated to organizations and families which will decrease the need for purchase of food and help divert food from the landfill.

- Tel: 613-539-3735
- <https://lionhearts.ca/>

**Loving Spoonful**

Increases access to healthy food in an environmentally sustainable way and teaches cooking, gardening and preserving skills.

**Wiisiinda! Community Kitchens Program**

**(CIF):** A collaborative partnership between Loving Spoonful and Tipi Moza, this program combines cooking and food literacy skills, as well as food knowledge that emphasizes traditional and cultural foods, all while building community and solidifying connections with program supports, other clients of Tipi Moza, and Knowledge Keepers.

- Tel: 613-507-8848
- [www.loving Spoonful.org](http://www.loving Spoonful.org)

**Maltby Centre**

Provides mental health and autism services to children and youth in the Kingston, Frontenac, Lennox & Addington regions.

**Youth Mental Health Access (Allocations):**

Provides a single session of counselling support for transitional-aged youth ages 18-24. This service is targeted to youth who may be struggling with mild to moderate mental health issues and may be undiagnosed or ineligible for other services. Fifty percent of clients have their needs met with this single session; however, the rest may need more direct intervention.

**2SLGBTQIA+ Youth and Parenting Group**

**Training (CIF):** Provides comprehensive training to qualify staff to offer affirmative CBT treatment groups and services to 2SLGBTQIA+ youth and for their families.



The AFFIRM approach integrates identity affirmation with cognitive-behavioural therapy to improve well-being. The training is designed to help youth manage stress, support mental and sexual health, enhance coping skills and validate strengths of participants. Once trained, staff will run regular groups for youth and caregivers and provide affirmative services to clients on an individual basis.

- Tel: 613-546-8535 or 1-844-855-8340
- <https://maltbycentre.ca>

## **New Leaf Link**

Provides programming in Arts, Healthy Living and Community Participation that focuses on the interests and abilities of (dis)abled participants in South & Central Frontenac.

### **New Leaf Link Goes to Camp! (CSRF):**

Outdoor camp program that provides participants with a learning experience to enhance social connections, foster independence skills and provide exposure to the outdoors.

- [www.newleaflink.ca](http://www.newleaflink.ca)

## **Martha's Table Community Program**

Provides low-cost nutritious meals for those in need of a safe and accepting environment.

**Martha's Grows! (CIF):** Replacement of the roof and purchase of needed additional kitchen equipment to meet the growing need of meals while providing both a safe and sanitary environment for food preparation, food storage, and serving the public.

- Tel: 613-546-0320
- <http://www.marthastable.ca>

## **Outreach St. George's Kingston**

Provides a daily lunch program and safe place for socializing. The agency accepts donations of clothing and offers these free of charge to its patrons

**Lunch By George (Allocations):** Lunch By George operates in downtown Kingston during the week from 11:00-11:45am each morning and is open 50 weeks of the year. During this time, clients receive a takeout lunch box which includes a snack, fruit, and a hot meal.

**George To Go (CSRF):** Take-out meal program that began during the pandemic. Continuation of this program while also operating the dine-in program serves clients based on their preferences, as well as allowing for a quick pivot to take-out only if there is another service disruption in future.

- Tel: 613-548-4617 ext. 30
- [www.lunchbygeorge.ca](http://www.lunchbygeorge.ca)

## **Pathways to Education Canada**

Helps youth stay in school and graduate, thereby helping to end the cycle of poverty.

### **Pathways to Education Kingston**

**(Allocations):** Program supports youth living in the Rideau Heights and Inner Harbour communities of Kingston to stay in school and move on to post-secondary education or their chosen career path. When students participate fully in the program while attending school, they receive financial incentives in the form of lunch vouchers or grocery gift cards.

- Tel: 613-507-7107
- <https://kchc.ca/pathways-to-education-kingston/>



## **Resolve Counselling Services Canada**

Provides high quality professional counselling and community education programs to meet a variety of individual, couple and family needs.

### **Child and Youth Counselling**

**(Allocations):** Provides short-term, solution focused counselling to children and youth who are experiencing social, emotional or relationship problems.

### **Individual and Family Counselling**

**(Allocations):** Provides affordable counselling to families, couples, parents and individuals who are experiencing social, emotional or relationship problems.

### **Multi-Service Immediate Walk-In**

**(Allocations):** This program provides immediate services to individuals seeking mental health supports and programming offered by Resolve while reducing wait times for counselling services.

### **Individuals have access to the following programs:**

Family Counselling; Child and Youth Counselling; Credit Counselling; Women's Counselling (safety planning and immediate support services); Family Court Support for survivors of Intimate Partner violence; Adult Protection Services; Brief Services and System Navigation for those with Developmental Disabilities; and Partnering Agency Referrals.

### **Youth Peer Support Program (Allocations):**

Program aimed to empower youth in KFL&A to have a role in mental health and wellness among youth. Program trains and supports Youth Peer Workers to engage and connect with peers who are experiencing challenges around homelessness or housing insecurity, mental health, family conflict, etc.

### **Youth Outreach Counselling (Reaching Home):**

Outreach counselling supports youth who are homeless or at risk of homelessness, to improve their emotional and psychological health and well-being.

### **Outreach Counselling (CIF):**

Community Outreach Counselling at Rideau Heights Community Centre (RHCC) will provide free access to on-site Mental Health counselling for adults (18+) who reside in the North end of Kingston. This project is in partnership with the City of Kingston to provide adults living on low incomes access to free counselling services which will be based out of RHCC.

### **Developmental Services Companionship Pilot Project (CIF):**

Program to support the development and implementation of a Companionship program for people who are living with a developmental disability. This program will screen, hire, and train a pool of support persons to provide companionship and supports to people with identified developmental disabilities.

### **Workplace Wellness for Small and Medium Businesses and Organizations (CSRF):**

Project involves growing workplace wellness services to manage the increased needs during the COVID pandemic, and to offer it to small and medium sized businesses who are struggling with Workplace Wellness.

- Tel: 613-549-7850
- [www.resolvecounselling.org](http://www.resolvecounselling.org)

## **Rural Frontenac Community Services**

A multi service agency in Northern Frontenac that provides programs for a variety of needs to enhance the well-being and self-sufficiency of all community members

### **Bridging the Gap for Rural Youth**

**(Allocations):** Program supports vulnerable youth to make healthy life choices, increase youth opportunities by removing barriers, and foster effective community linkages during and after the pandemic. The program supports youth to engage in a variety of social, emotional, and physical activities to help empower them to meet their unique needs and circumstances.

### **Family Counselling Program (Allocations):**

Program provides counselling on family and individual issues including financial, relationship, addiction, grief, and self-esteem issues. North Frontenac is an under-serviced area, and few other agencies support this area due to geographic distance from Kingston.

### **Operation Warm Feet (Emergency):**

Warm winter boots are purchased and distributed to children and youth in need throughout Frontenac County.

- Tel: 613-279-3151 or 1-855-279-2052
- <http://www.rfcs.ca/>

### **Rustle Church**

Provides zero-obligation physical, emotional, spiritual and relational support to all neighbourhood residents impacted by addictions, mental health concerns and poverty.

### **Rustle Church Accessibility Project (CIF):**

Conversion of office space into an accessible washroom to accommodate a wheelchair or eliminate the use of stairs to remove physical barriers for community members accessing the space.

- Tel: 613-767-1397

### **Ryandale Transitional Housing**

Focuses on long-term, sustainable solutions to homelessness by offering highly affordable accommodation for up to one year for six individuals who have demonstrated the desire and ability to achieve independent living.

**Transition House 1 (Allocations):** Provides residents with life-skills training to inspire permanent housing, life-management, and positive community involvement in the near future. Clients contract to live in Ryandale House for a period of six months, renewable for an additional six months.

### **Transition House 2 (Allocations):**

Intended for clients who have reached a level of maturity that allows them to live with more independence. Residents will continue developing skills to be successful moving on to independent living.

**In House Programming (CIF):** Project to train staff to implement ongoing programming to provide basic skills development to residents so they can successfully return to independent living. Topics would include such things as budgeting, grocery shopping, nutritious and cost-effective cooking, resume building, job interviewing, how to deal with difficult people, and time management.

- Tel: 613-548-8466
- <http://ryandale.ca/>

### **Salvation Army Kingston Citadel**

The Salvation Army is a Christian organization that gives support to vulnerable people in communities across Canada and beyond. The church works to provide a contemporary expression of spiritual and practical help through its Community and Family Services and Family Thrift Stores.

**Day Service Food Enhancement (CIF):**

Grant to purchase a commercial grade refrigeration unit and a double door freezer to accommodate fresh and frozen foods for the day services drop-in for food insecure individuals and families.

**Winter Resources (Reaching Home):**

In response to unsheltered homelessness winter needs, funding was allocated for the purchase of cold weather resources, including grocery cards, taxi chits, and other winter items (gloves, sleeping bags, etc).

- Tel: 613-548-1600
- <https://sacfs.ca/about/kingston-citadel>

**Sexual Assault Centre Kingston**

Provides supportive services for survivors of recent or childhood sexual violence.

**Diverse Communities Program**

**(Allocations):** Intended to address the service gaps for underserved communities (i.e. women, non-binary persons, people of colour, newcomers, etc.). United Way funds a staff position to reduce barriers to these communities seeking services and allow them to access safe, culturally appropriate services.

**First Response for Youth (Allocations):**

Provides 1:1 counselling to youth ages 12-19 years of all genders who have experienced sexual violence. It prioritizes rapid response to recent sexual assaults and youth in crisis. Counselling takes place in schools and alternative education programs.

**Reducing the Waitlist (Allocations & CIF):**

Aims to address the growing demand for services from the agency, and ensure that all survivors maintain access to essential support services within a rapid timeline. The goal is to ensure that clients are connected with a counsellor within three weeks or less, and remove the waitlist.

A Service Delivery System that Hears You (CSRF): Project to adapt the crisis line Service Delivery System by integrating & piloting a new platform that would improve response time, client satisfaction, and service referral. The project helps address the increased demand for the crisis line service that has been seen as a result of the COVID-19 pandemic.

- Tel: 613-545-0762
- Crisis Line: 1-877-544-6424
- <http://sackingston.com/>

**St. Andrew's By-The-Lake United Church**

Belonging to the United Church of Canada, St. Andrew's By-The-Lake United Church strives to be a friendly, welcoming and inclusive church that provides spiritual leadership and support for people in the community.

**Update of Visual Streaming Capabilities and Website Refresh (CSRF):**

Project to fund "smart" TVs to show hymns and music lyrics to make it easier for the congregation to follow along, as well as a website refresh to broaden community outreach.

- [www.standrewsbythelake.ca](http://www.standrewsbythelake.ca)

**St. Lawrence Youth Association**

Provides individualized restorative programming for youth at risk, aims to reduce youth crime and helps build strong individuals and communities.

**Specialized Treatment Program**

**(Allocations & CIF):** A community-based specialized treatment program for youth ages 12-24 who demonstrate significant sexual behaviour problems, concerning sexualized behaviour, and/or who have offended sexually.

The community currently has a lack of accessible, free, low wait treatment options for youth. This program enhances local mental health services and reduces the risk of inappropriate sexualized behaviour and sexual assault.

- Tel: 613-542-9634 ext. 222
- [www.slya.ca](http://www.slya.ca)

## **St. Vincent de Paul Society Kingston**

Provides practical assistance to economically disadvantaged individuals through the provision of hot meals, clothing, and household items.

**Air Quality Improvement Project (CSRF):** Investment in a ventilation/filtration system will reduce the spread of infectious disease and the impact to health presented by contaminants. The equipment provided will enable the agency to safely resume their inhouse dining program and offer recreational programming addressing social isolation.

**Emergency Food Pantry (CIF):** The emergency food pantry provides non-perishable food for individuals and families living in the Kingston community and is available monthly, providing two- or three-days' worth of food, with no qualifying criteria.

- Tel: 613-766-8432
- [www.svdpkinston.com](http://www.svdpkinston.com)

## **Sydenham Street United Church**

Sydenham Street United Church is faith community and congregation within The United Church of Canada. Strives to be radically inclusive and welcoming to everyone regardless of age, ancestry, race, ability, orientation or economic background.

## **Sanctuary Accessibility Project (CSRF):**

Project to install audio and video streaming system and hearing assistance devices into sanctuary space. Will enable the organization to offer streaming options to events for those who are unable to attend due to health, distance, or disability; and provide hearing assistance devices to those able to attend live events but who have a hearing disability.

- <https://sydenhamstreet.ca>

## **Tipi Moza Iron Homes**

Tipi Moza is an urban First Nation, Metis and Inuit housing provider, committed to providing affordable housing, alleviating homelessness, keeping families together and children in culturally appropriate homes.

**Affordable Program RFP (CIF):** Installation of new steel roofs for two affordable housing units to keep them in good repair so tenants can continue to reside there for years to come.

## **Winter Resources (Reaching Home):**

In response to unsheltered homelessness winter needs, funding was allocated for the purchase of cold weather resources, including grocery cards, taxi chits, and other winter items (gloves, sleeping bags, etc).



## **Trellis HIV & Community Care**

Provides comprehensive services including education, prevention, and support for people living with, at risk of, or affected by HIV/AIDS and other sexually transmitted bloodborne infections, in addition to advocating for broader social change to reduce stigma.



**Community & HIV Programs (Allocations):**

This program intends to help reach equity-seeking communities impacted with the drug poisoning crisis and HIV by providing information, education, and access to services through outreach and participating in community events.

**Community Support Program (Allocations):**

Provides opportunities for the individuals being served at the Integrated Care Hub to engage in work at the site alongside staff, helping to improve connection and a sense of purpose. Funding is to support Honoraria for Community Support Workers.

**Vocational Training Program**

**(Allocations):** Provides opportunity for people experiencing homelessness, who are accessing the Integrated Care Hub, to participate in job readiness training and then the vocational training.

**Community Wellness Program (CIF):**

Capital grant to renovate and set up two wellness rooms for multi-purpose spaces that can be used for RMT/Reiki services, hair and foot care, as well as counselling and treatment rooms. The wellness rooms are intended for people living with HIV, people who live in poverty, people with complex mental health and substance use challenges, and 2SLGBTQ+ people, and other populations that often face barriers accessing services in a culturally competent way that honours their lived experience. As an STI/HIV testing site, these wellness rooms would also be used to increase access to STI/HIV testing as well as specialized transgender care.

**Indigenous Programs (CIF):** Programming to provide Indigenous people the opportunity to reconnect with their culture and teachings to motivate recovery, well-being and stability, in an environment free of stigma and discrimination.

Focuses on marginalized community members who experience wide reaching historical and systemic discrimination, specifically designed to reach those whose lived experience is impacted by the intersection of substance use and Indigeneity in a way not seen in other services.

- Tel: 613-545-3698
- <https://trellishiv.ca/>

**United Way of KFL&A**

United Way KFLA works to build and strengthen our community by bringing people and resources together to facilitate change to create a community where individuals live with hope, dignity, and a sense of belonging.

**Winter Coats & Winter Resources:**

In response to winter needs, primarily for those who are unhoused, funding is allocated to the purchase of winter coats and boots to be distributed to frontline providers and/or vulnerable individuals.

**National Point-in-Time Count:**

PiT Counts are a community-level measure of sheltered and unsheltered homelessness, to then contribute to a national picture of homelessness. They are comprised of two components: a count of people experiencing homelessness, and a survey to provide further information on demographics, causes and experiences of people affected by homelessness.

**Victim Services of Kingston & Frontenac**

Provides 24/7, confidential support, practical assistance, referral, and advocacy to individuals who have been victimized as a result of crime, tragic circumstance, or disaster. Community-based program working with emergency and community services in Kingston and Frontenac County.

### **Anti Human Trafficking Program**

**(Allocations):** Program to combat human trafficking through education and awareness presentations and bringing together supports and resources for those at risk, or for those who are survivors of trafficking.

**Safe with Milli (CIF):** Project to implement and expand the Safe with Milli mobile application in the Kingston area. The application is a comprehensive support platform for survivors of Gender-Based Violence (GBV), that provides survivors with accessible resources, safety planning tools, and support services to empower them on their journey to safety and healing.

### **Well Suited**

Well Suited is a newly registered charity that supports the economic independence of men in need by providing suitable attire and career development tools.

### **Suiting and Peer Support Program**

**(Allocations):** Provides appropriate work wear/attire to men in need for various occasions (i.e. interviews, work) as well as work boots, safety glasses, etc. which are often conditions for employment.

**Suiting Operations (CIF):** Program to provide men who are in need, with the opportunity to be suited with business and work attire by a trained staff person who spends time with the individual allowing for knowledge transfer regarding skills relevant to job interviews and business networking.

- Tel: 613-328-4530

### **YMCA of Eastern Ontario – Kingston**

Offers programs that help Canadians become more physically fit, better connected to their communities, and equipped with the skills needed to achieve success in work and life. The agency provides vital community services that are having a positive impact on some of Canada's most pressing social issues from chronic disease to social isolation, poverty, inequality and more.

**Work Hard Eat Well (CIF):** Program open to all children and youth with no charge for the program, food, or activities. The program offers mentorship to the children with positive role models and a focus on feeding families, family physical and mental health and youth empowerment. There has been an increase in participation, as an increasing number of children and youth are vulnerable with a concern around food insecurity and safe environments. Funding was used to purchase food to serve the increased number of children and youth attending the program.

**Housing Pilot Program (CIF):** Pilot program in partnership with CaraCo Development Corporation, Tipi Moza, and the City of Kingston to manage four new single housing units as affordable housing rentals for residents of Tipi Moza's transitional housing facility.

- Tel: 613-546-2647
- <https://eo.ymca.ca/>



## Youth Diversion Program

Provides a number of comprehensive prevention and intervention based programs geared to the unique needs of youth and young adults who are at risk.

**CHANCE Mentoring Program (Allocations):** This is a prevention program that matches high needs youth with adult volunteer mentors who work intensively with youth to accomplish specific goals directly linked to their own situation within a time limited relationship (usually 6 months).

**Intersections (Allocations):** An early intervention program for children and youth who are at risk of becoming justice or child welfare involved and provides supports to their families as needed.

**Kairos Elementary School (Allocations):** Provides counselling supports through outreach in elementary schools to support young people from grades 2-8 who are experiencing substance use related issues, either theirs or a family member. This service also works very closely with community partners for service coordination and referral.

**Kairos Secondary School (Allocations):** Provides counselling supports and specializes in treatment for youth who are experiencing any level of substance abuse, personally or with a family member. The program supports young people from grades 9-12 through outreach in secondary schools. In addition, Kairos staff attend group homes, learning centres, alternative education programs, and One Roof Youth Hub to reach more street engaged youth. Outreach is also provided to our rural communities and often require staff to make house calls in the area where transportation issues are particularly critical.

**Rebound (Allocations):** A 10-week cognitive skills program for youth aged 12 to 17 that offers youth the opportunity to learn important life skills. The purpose of Rebound is to help youth who are at risk and who are motivated to make positive changes in their lives. Activities inspire positive experiences and active participation.

**Mental Wellness Support Program (CIF):** Adverse Childhood Experiences (ACEs) have a tremendous impact on future violence, victimization and perpetration, and lifelong health and opportunity. The Mental Wellness Initiative enables a social worker to provide rapid, flexible and responsive mental health wellness interventions through outreach, meeting children and youth where they are at, focusing on identifying mental health warning signs and the presence of ACEs. The Mental Health Lead will screen, assess, and develop action plans for young people struggling with their mental health and contributing to their increase of suicidal ideation due to the lingering impacts of COVID and help connect them to long term supports. The Mental Health Lead will also liaise with external mental health partners to improve transitions for children and youth addressing a major gap in mental health supports.

- Tel: 613-548-4535
- [www.youthdiversion.org](http://www.youthdiversion.org)



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2024 Agency and Program Descriptions



**United Way**  
Kingston, Frontenac,  
Lennox and Addington