



YWCA NIAGARA REGION

Emergency Resource Guide

Other Emergency Shelters

Abbey House

(905) 684-9736

For women 16 years of age and older.

Must be at least six weeks clean from drugs and alcohol.

Salvation Army Booth Centre

(905) 684-7813

184 Church Street, St. Catharines

For males age 19 years and older. No drugs. No alcohol.

Nightlight Youth Shelter

(905) 358-3678

5207 Victoria Avenue, Niagara Falls

For males and females between the ages of 16 and 30

The RAFT

(905) 984 4365

17 Centre Street, St. Catharines

For males and females between the ages of 16-24

Southridge

(905) 682-2477

201 Glenridge Avenue, St. Catharines

For males and females. No drugs. No alcohol.

Specialized Shelters

Men's Detox

(905) 687-7211

10 Adams Street, St. Catharines

Men only. No alcohol. No drugs. No smoking.

Women's Detox

(905) 687-9721

6 Adams Street, St. Catharines

Women only. No alcohol. No drugs. No smoking.

Women's Place Niagara Falls (Nova House)

(905) 356-5800

For females (and females with children) who are at risk of violence. No alcohol. No drugs.

CMHA Safe Beds

1(866) 550-5205 X2

15 Wellington Street, St. Catharines

Must be referred by a community agency. 3-5 day stay for males and females ages 16 years and up.

No drugs. No alcohol.

Gillian's Place

(905) 684-8331

PO Box 1387, St. Catharines

For females (and females with children) who are at risk of violence. No alcohol. No drugs.

Women's Place Welland (Serenity Place)

(905) 788-0113

For females (and females with children) who are at risk of violence. No alcohol. No drugs



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Meals

Out of the Cold

Various location. See schedule
Meals served daily from 6 p.m. to 7:30 p.m. at no cost.

The RAFT

(905) 984 4365
172 Church Street St. Catharines
Meals served daily from 6:30 p.m. to 8 p.m. at no cost for ages 16-24

Start Me Up Niagara

17 Gale Crescent, St. Catharines
Full meals served on Saturday and Sunday from 11:15 a.m. to 1 p.m. at no cost.

Ozanam Centre

235 Church Street, St. Catharines
Meals served Monday to Friday from 11:30 a.m. to 1 p.m. for \$1

Salvation Army Booth Centre

(905) 684-7813
184 Church Street, St. Catharines
Call for more details

St. George's Breakfast Program

(905) 682-9232
Parish Hall
83 Church St, St Catharines
Meals Served daily from 7:30 a.m. to 8:30 a.m. at no cost.

Other Community Services

Community Support Services Niagara

(905) 682-3800
Transportation services to medical appointments. Safety at home program for seniors. Volunteer visits for shut-ins due to age, mental health and disability.

Start Me Up Niagara

17 Gale Crescent, St. Catharines
Access to phone and internet. Assistance finding and maintaining housing. Assistance for ODSP clients looking for work or schooling.

Niagara Suicide Prevention Coalition

Suicide prevention information and resources available.

Strive Niagara

(905) 735-2566
Transitional education for young mothers. Child care for young mothers in full-time school. Life skills, community outreach, and assistance with navigating other social service agencies.

Quest Community Health Centre

(905) 688-2558
145 Queenston Street, St. Catharines
Counseling, walk-in clinic, LGBBT, QQ2S Outreach, family doctors, transgender practitioner, community health outreach for homeless and hard to serve mental health clients.

Legal Line

A free legal information resource for Canadians.