

RENT AID



Resource Guide Kitchener/Waterloo, ON

Service



Telephone

Address



Rent Bank

Kitchener/Waterloo Rent Bank Assistance with rent arrears  regionalinquiries@regionofwaterloo.ca  regionofwaterloo.ca/en/index.aspx#section1	519-743-1151	102-36 King Street East, Kitchener
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Utility Bank

Kitchener/Waterloo Utility Assistance Program Assistance with utility arrears  utilityassistance@kwcommunityshelter.ca  regionofwaterloo.ca/en/index.aspx#section1	519-743-1151	102-36 King Street East, Kitchener
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Food Bank

Food Bank of Waterloo Region Assistance with food  info@foodbankwrg.ca  thefoodbank.ca/	519-743-5576	50 Alpine Road, Kitchener
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Clothing Bank

The Salvation Army Kitchener Community Church Thrift store  kitchener@salvationarmy.ca  sakw.ca/	519-743-2731	75 Weber Street East, Kitchener
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Job Bank

Government of Canada Assistance with job search  www.on.jobbank.gc.ca/home		
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Health Resources

Community Support Connections Health Service  info@cscmow.org  https://communitysupportconnections.org/	519-772-8787	61 Woolwich Street North, Breslau
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Mental Health Resources

**Canadian Mental Health Association (CMHA) - Waterloo
Wellington Branch**

Mental Health resources

✉ info@cmha-welca.ca

🌐 cmhaww.ca/

519-744-7645

67 King Street East, Suite 300,
Kitchener



Resource Directory

211 Ontario

Source of Information for Services

🌐 211ontario.ca/

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