

Crisis Contacts

Emergency Services

EMERGENCY Police, Fire, Ambulance	911
Assaulted Women's Helpline	1-866-863-0511
Non-emergency Waterloo Regional Police	(519) 570-9777
Women's Crisis Services - 24 hour support	1-800-410-4482

Mental Health

HERE 24/7 crisis/distress hotline	1-844-437-3247
Crisis Respite - Thresholds Homes	(519) 576-7431
Connex Ontario Mental Health Helpline	1-866-531-2600
Pregnancy/Postpartum Adjustment Support	(519) 571-1626 x25

Substance Use

HERE 24/7 hotline CMHA	1-844-437-3247
Connex Ontario Drug and Alcohol Helpline	1-866-531-2600
Moving Forward	(519) 957-5001
Withdrawal Management Centre 'detox'	(519) 749-4318

Health

HealthCareConnect- to find a doctor	1-888-883-3313
TeleHealth Ontario- need medical advice	1-866-797-0000
Poison Control	1-800-268-9017
Nurse Practitioner-led Clinic	(519) 772-2322
Birth Control Clinic/Sexual Health Testing	(519) 883-2314
SHORE - Sexual Health counselling	(519) 743-9360

Pregnancy / Parenting

MOTHERISK info line- drugs/substances	1-877-327-4636
TeleHealth Breastfeeding Support 24/7	1-866-797-0000
LEAP (Learning , Earning and Parenting)	(519) 883-2185
Healthy Babies Healthy Children	519-575-4400
Parenting Now! Online parenting live chat	parentingnow.ca
kidsABILITY	(519) 886-8886
Early Years Centre (EarlyON) Cambridge	(519) 740-8353
Early Years Centre (EarlyON) Kitchener	(519) 571-1626
Early Years Centre (EarlyON) Waterloo	(519) 741-8585
Family & Children's Services	(519) 576-0540
Child Care Subsidy	(519) 585-7555
Healthy Children Info Line	(519) 883-2245

Housing

Lutherwood Housing Services Cambridge	(519) 623-9383
Monica Place Cambridge	(519) 624-0481
Monica Place Waterloo	(519) 743-0291
Lutherwood Housing Services Kitchener	(519) 749-2450
Region of Waterloo Housing	(519) 575-4400
YWCA Emergency Shelter Services	(519)744-0120

Emergency Food

Cambridge Self-Help Foodbank	(519) 622-6550
Emergency and Low Cost Food	(519) 575-4400
Food Bank of Waterloo Region	(519) 743-5576
House of Friendship Family Outreach Program	(519) 742-8327

Other

Grand River Transit	(519) 585-7555
White Owl Native Ancestry Association	(519) 743-8635
The Working Centre	(519) 743-1151
Waterloo Region Community Legal Services	(519) 743-0254