

FALL 2025 NEWSLETTER

WINTER HOURS:

OFFICE CLOSED DECEMBER 11TH 11:30-4:15PM.

OFFICE CLOSED DECEMBER 24-26TH AND JANUARY 1ST

OPERATION WARM FEET

Operation Warm Feet is back on Saturday, November, 22, 2025, from 9am-1pm at 263 Weller Ave, unit 4! This is an annual one-day boot sale intended for families to purchase boots for children 18 years and under for \$2 per child + valid ID.

Questions? Contact stephaniew@kchc.ca



The Salvation Army's Christmas Hamper program partners with community-based organizations to ensure those in Kingston and the greater Kingston area can obtain a gift card to obtain items to prepare a festive Christmas meal.

Applications are open until December 5, 2025; those who are interested can call 613-507-4151 to apply.

SANTA CLAUS PARADE

On Saturday, November 22, 2025 at 5:00pm, join Downtown Kingston as they bring back the nighttime Santa Parade.

The parade will start right at 5:00pm from Bath at Princess street, and will conclude at Princess at Ontario street.

Join Downtown Kingston at the end of the parade for the lighting of the tree in Springer Market Square.

Note: Kingston Transit is offering FREE, city-wide rides for this day.

HOLIDAY MARKET

The Kingston Holiday Market is BACK at the Tett Centre for Creativity and Learning.

Nov. 30-Dec. 1 @ 11-4.

Dec. 7&8 @ 11-4.

Dec. 14&15 @ 11-4.

This market is free admission for all ages!



COLD AND FLU SEASON

- stay home if you are sick
 - wash your hands
 - cover your cough with your elbow
- *BOOK FLU & COVID VACCINES FOR FREE!**
- Free vaccines are available through primary health care providers or local pharmacies (with or without OHIP)
 - Shoppers Drug Mart or Rexall

WINTER READINESS

- If you have a furnace, change your furnace filter
- Remove in-window AC units and keep windows closed
- Have snow shovels ready!
- Wear proper footwear to avoid slipping on ice
- PET winter safety:
 - keep them warm - if it is too cold for you, it is too cold for them!
 - Dry your pet's feet after being outside.
 - Have a pet sitter in case of an emergency!



GOOD FOOD BOX KINGSTON

Good Food Box aims to provide fresh produce at an affordable cost. Visit goodfoodbox.com for more information about pickup, item availability, and pricing.

ST. VINCENT DE PAUL SOCIETY

Take-out lunches available Monday to Friday from 10-1, located at 85 Stephen Street. An emergency food pantry (2 days of food once per month) is offered from 9-1.

LIONHEARTS FRESH FOOD MARKET POP-UPS

Locations:

56 Francis Street - Tuesdays 10-1

Rideau Heights Community Centre - Wednesdays 1:30-4:30

YMCA on Wright (members only) - Fridays 9:30-12:30

BGC Southeast - Every other Friday from 4:30-6:00

Artillery Park - Saturdays 10-1

FOOD SUPPORTS

PARTNERS IN MISSION FOODBANK

The Partners in Mission Foodbank aims to provide Grocery Hampers based on client needs identified through an application. To apply, contact 613-544-4100 (Monday-Friday, 830-430, lunch at 12-1).

BREAD OF LIFE MEALS

The Rideau Heights Salvation Army's Bread of Life Meals provides free hot meals to those living in Rideau Heights on the last 5 days of the month (NOT December 29th and 30th).



ADDITIONAL SERVICES

KFLA 24/7 CRISIS LINES

Kingston & Frontenac 24/7 crisis line

(613)-544-4229 OR

Toll Free 1-866-616-6005

SENIORS ASSOCIATION

Check-ins, information, and virtual programming to promote physical and mental health and socialization

Fees: \$55/year (membership subsidy available)

(613)-548-7810

info@seniorskingston.ca

SUICIDE CRISIS HELPLINE

Call or text 9-8-8 to connect with a crisis responder

WALK IN CRISIS SERVICES

522 Princess Street

Monday-Friday 8:30am-3:30pm

HEALTH811 (FORMERLY TELEHEALTH)

Dial 8-1-1 for non-urgent health care information, advice, and referrals

LUNCH BY GEORGE

Lunch by George offers hot breakfasts and lunches at 129 Wellington Street from 9-10:15 (breakfast) and 11:30-12:30 (lunch). Weekly menus are available online (lunchbygeorge.ca) or on their Facebook.

MARTHA'S TABLE

Martha's Table is open from 9-5, Monday-Friday for breakfast (9-11), lunch (12-2), and dinner (3-5). Takeout meals are available from 12-2 for 7 days a week at the rear of the building.

FOOD FOR YOU, FOOD FOR TWO

Food for you, food for two is a KFL&A Public Health free, friendly program intended for pregnant individuals. Participants will learn how to prepare healthy meals and take home some healthy foods. Contact Parenting in KFL&A at 613-549-1154 or email parenting@kflaph.ca for more information. The last classes of the season are December 1 and 15 at KCHC.

DETOX CENTRE AT KHSC

Provides FREE withdrawal management services *Open 24/7

240 Brock Street

24 hour line- (613)-549-6461

TRELLIS (HIV & COMMUNITY CARE)

Health education, harm reduction, support services, community breakfast program, and fresh food stalls

(613)-545-3698

844a Princess Street

Open Monday to Friday:

9:00am-12:00pm, 1:00pm-4:45pm

STAFF INFORMATION

KFHC: (613)-546-5591			SUBSIDY/INCOME REVIEW/INSURANCE	EXT 1557 (KATHERINE) EXT 1568 (JENNETTA) EXT 1575 (TAYLOR)	pma@kfhc.ca
FRONT DESK	PRESS 0	kfhcinfo@kfhc.ca	PORTABLE HOUSING BENEFIT	EXT 1575 TAYLOR	treid@kfhc.ca
MAINTENANCE	PRESS 2 (FOLLOW PROMPTS)	maintenance@kfhc.ca	APPLICATION/ LEASING	EXT 1564 (COLE) EXT 1565 (LUKE)	applications@kfhc.ca
PEST MANAGEMENT	EXT 1750 (MORGAN) EXT 1565 (LUKE) EXT 1564 (COLE)	pestcontrol@kfhc.ca	SUPPORT SERVICES	EXT 1566 (FIONA) EXT 1558 (JAKE)	fdrake@kfhc.ca jsauve@kfhc.ca
PROPERTY MANAGEMENT	EXT 1556 (PATRICIA) EXT 1567 (KELLY) EXT 1570 (MORGAN)	patprice@kfhc.ca kvallier@kfhc.ca mrruttan@kfhc.ca	FORMAL COMPLAINTS	PRESS 3	kfhcinfo@kfhc.ca