

Need Bylaw Enforcement?



Contact

Bylaw Enforcement
bylawenforcement@cityofkingston.ca
Phone: 613-546-0000



FREE TAX CLINICS

Kingston Tax Clinic
613-634-2148

Partners in Mission Food Bank Tax Clinic
613-544-4100

PEST MANAGEMENT

Please REPORT any pests in your building or unit!

Reminder:

- Pest control is free of charge
- Prepping your unit for treatment is the best way to get rid of pests



STAFF INFORMATION

KHFC: (613) 546 – 5591

Front Desk	Press 0	kfhcinfo@kfhc.ca
Maintenance	Press 2 (follow prompts)	maintenance@kfhc.ca
Pest Management	ext 1565 (Luke) ext 1564 (Cole)	pestcontrol@kfhc.ca
Property Management	ext 1556 (Patricia) ext 1567 (Kelly) ext 1570 (Morgan)	patprice@kfhc.ca kvallier@kfhc.ca mruttan@kfhc.ca
Subsidy / income review / change	ext 1557 (Mike) ext 1559 (Jennetta) ext 1575 (Taylor)	myan@kfhc.ca jeroberts@kfhc.ca treid@kfhc.ca
Insurance/ Portable Housing Benefit	ext 1575 (Taylor)	treid@kfhc.ca
Applications/ Leasing	ext 1565 (Luke) ext 1564 (Cole)	applications@kfhc.ca
Support Services	ext 1566 (Fiona) ext 1558 (Jake)	fdrake@kfhc.ca jsauve@kfhc.ca
Formal Complaints	Press 3	kfhcinfo@kfhc.ca

Summer Newsletter 2025



119 VAN ORDER DRIVE

MONDAY - FRIDAY: 8:15-4:15
(OFFICE IS CLOSED FOR LUNCH FROM 12:00-1:00)
SATURDAY & SUNDAY: CLOSED
STATUTORY HOLIDAYS: CLOSED



UPCOMING CLOSURES:

Tuesday July 1 - Canada Day
Monday August 4 - Civic Holiday
Monday September 1 - Labour Day

Camp Community Partners

Where uniqueness is celebrated and campers have the opportunity to shine.

Our week-long session brings together children of the community to build friendships that follow campers home.

6 Days...6 Goals!

1. Friendships that will follow campers home.
2. Fun and memories that will last forever.
3. Try something new that they can't do at home.
4. Personal growth.
5. Sense of belonging to a unique camp family.
6. A respect and understanding for our heroes.

Water & Land Sports
Arts & Crafts
Camp Fires
Wild Competitions
Sing- Songs
Carnivals & Dance Parties

Our Campers

- 3 to 1 ratio (campers to staff)
- Ages 7 to 16
- Leadership opportunities for our older campers

Dates: August 3rd-8th, 2025

CONTACT
Camp Maple Leaf
Phone: 905-338-5200
Email: info@campmapleleaf.ca
Charitable Number #870125150R0001

Location
Jacobs Island is a 104 acre, private island on Pigeon Lake in the beautiful Kawartha Lakes, Ontario, Canada.

Funding
Camp fees are paid for through the generous partnership with the Kinsmen of Kingston, with a small registration fee

SALVATION ARMY

The Salvation Army Hamper Campaign will be providing food hampers and gift cards to Applicants this year.

Throughout the month of November, qualified individuals may complete an application by contacting the Community and Family Services at **613-507-4151** or directly through the office at **342 Patrick Street**.

Deadline to apply: November 30, 2024

Contact:

Monday-Friday: 8:30am-4:30pm

The Salvation Army Kingston Citadel
Community & Family Services
342 Patrick Street
Kingston, ON K7K 6R6
613-548-4411
613-548-8562



KingstonCitadel.CFS@salvationarmy.ca

FOOD SUPPORTS

LIONHEARTS FRESH FOOD MARKET POP-UPS

Artillery Park 382 Bagot St.

Saturdays 10AM to 1PM

Rideau Heights Community Centre

Wednesdays 1:30PM to 4:30PM

YMCA 100 Wright Cres.

Fridays 9:30AM TO 12:30 PM

SALVATION ARMY RIDEAU HEIGHTS

Bread of Life Club January-November

*Last 5 days of the month (not Dec)

Contact

183 Weller Avenue
613-541-3947

FOOD SUPPORTS

PARTNERS IN MISSION FOODBANK

Call to book a pick-up appointment for a free box of food. Free pet food is often available.

*Call to arrange an intake interview if you're a new client.

Contact

140 Hickson Avenue 613-544-4100

Hours:

Monday-Thursday 8:30am-12pm & 1pm-

4:30pm

Friday 8:30am-12pm & 1pm-4pm

Closed on weekends

GOOD FOOD BOX KINGSTON

Order at one of the host-site locations or online to receive a free box of fresh produce.

Deadline to order is the Thursday before the delivery week at 4pm

Contact

263 Weller Avenue

613-530-2239

ST. VINCENT DE PAUL SOCIETY

Meal program offers lunch/take-out lunch (*Mon-Fri 10am-1pm*). Emergency Food Pantry provides 2 days of food once per month per individual/family (*Mon-Fri 9am-1pm*)

Contact

85 Stephen Street

613-766-8432

LUNCH BY GEORGE - ST. GEORGE CATHEDRAL

Hot meals offered for dine-in and to-go lunch

Monday- Friday 11-11:30am

Contact

129 Wellington Street

613-548-4617 ext. 30



CHALMERS UNITED CHURCH

Provides grocery cards and Martha's table tickets.

Contact

212 Barrie Street

613-546-9305

MARTHA'S TABLE

Providing hot take away meals (Monday-Sunday 11am-1pm) and now offering a door to door meal delivery service for individuals unable to leave their homes.

Contact

629 Princess Street

613-546-0320 ext. 0

ADDITIONAL SERVICES

MENTAL HEALTH



KFLA 24/7 CRISIS LINES

Kingston & Frontenac 24/7 crisis line

613-544-4229 or Toll Free 1-866-616-6005

WALK-IN CRISIS SERVICES

552 Princess Street

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

DETOX CENTER AT HOTEL DIEU

Provides **FREE** withdrawal management services

240 Brock Street

613-549-6461

SUICIDE CRISIS HELPLINE

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

SENIORS ASSOCIATION

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

Fees: \$50/year (membership subsidy available)

613-548-7810

info@seniorskingston.ca

TRELLIS (HIV & COMMUNITY CARE)

Health education, harm reduction, support services, community breakfast program, and Fresh Food stalls

(613) 545-3698

844a Princess Street

TELEHEALTH ONTARIO

1-866-797-0000