

Kingston & Frontenac Housing Corporation – Fall 2025 Newsletter

Winter Hours:

Please note the KFHC office will be closed December 11th from 11:30-4:15pm for a staff function.

Additionally, the office will be closed from December 24th-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

Salvation Army's Hamper Campaign

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 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 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 and 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 unit and keep windows closed.
- Have snow shovels and snow boots 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!

Food Supports

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 Southwest – Every other Friday 4:30–6:00
- Artillery Park – Saturdays 10–1

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, 8:30–4:30, 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 (December 29–30).

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 page.

Martha's Table

Open Monday–Friday for breakfast (9–11), lunch (12–2), and dinner (5–7).

Take-home meals are available for 7 days a week at the rear of the building.

Food for You, Food for Two

A free program run by KFL&A Public Health that provides fresh, free, and fun food learning for pregnant individuals.

Participants make and take home healthy food each session.

Contact Parenting in KFL&A at 613-549-1154 or email parenting@kflaph.ca for more info.

Last classes of the season are December 1 and 15 at KCHC.

Additional Services**KFL&A 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

Open Monday–Friday, 8:30am–3:30pm

Health811 (formerly Telehealth)

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

Detox Centre at KHSC

Provides free withdrawal management services

Open 24/7 at 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

Kingston & Frontenac Housing Corporation – Staff Information

KFHC Number: (613) 546-5591		
Contact	Phone extension	Email
Front Desk	Press 0	kfhcinfo@kfhc.ca
Maintenance	Press 2 (follow prompts)	maintenance@kfhc.ca
Pest Management	Morgan – x1750 Luke – x1565 Cole – x1564	pestcontrol@kfhc.ca
Property Management	Patricia – x1556 Kelly – x1567	Patricia patripce@kfhc.ca

	Morgan – x1570	Kelly kvallier@kfhc.ca Morgan mruttan@kfhc.ca
Subsidy, Income Review, & Insurance	Katherine – x1557 Jennetta – x 1568 Taylor – x1575	pma@kfhc.ca
Portable Housing Benefit	Taylor – x1575	treid@kfhc.ca
Application/Leasing	Cole – x1564 Luke – x1565	applications@kfhc.ca
Support Services	Fiona – x1566 Jake – x1558	Fiona fdrake@kfhc.ca Jake jsauve@kfhc.ca
Formal Complaints	Press 3	kfhcinfo@kfhc.ca