

## Community Services in Waterloo Region

**If you are in crisis or unsure of what service you may need, please call Here24/7 at 1-844-437-3247 (HERE247)**

### Food

The Food Bank of Waterloo Region has home meal delivery, hamper programs, community meal programs, and food banks available.

Call 519-743-5576 ext.340 or [visit the webpage](#).

The [Community Fridge](#) is available 24/7 for pick-up or drop-off out front of the [Kitchener Market](#).

### Safety

If you are in immediate danger and require assistance, call 911.

If you are feeling unsafe in your home, call Women's and Family Crisis Services at 519-742-5894, or if you do not feel safe to call on the phone, live chat is available at <https://wcsvr.org/> (the chat box is in the bottom right of the screen)

- They can offer advice over the phone or come to pick you up and bring you somewhere safe.
- Providing personal information is optional
- Language interpreters available

### Mental Health

- For Children's Mental Health & Counselling call [Front Door](#) at 519-749-2932 (Interpreters Available)
- For General Counselling Services call [Carizon](#) at 519-743-6333.
- If you are requiring counselling or mental health support after hours, call 1-844-437-3247 or 911.

### Housing

#### [Lutherwood Housing Services](#): 519-749-2450

- They can help if you are facing eviction due to financial reasons, if you need help finding a new home, and they can help find temporary housing if you are, or are about to, experience homelessness.
- Interpreters available

### Waterloo Region Community Legal Services: 519-743-0254

- They can help if you are experiencing challenges with a landlord and need support (if your home is not being maintained to a standard quality of living).
- Interpreters available.

### Eviction Prevention SDCWR: 519-579-3800

- Available to 2SLGBTQ+, BIPOC, Immigrants, Refugees & low-income households that are experiencing unaffordable housing, poor living conditions, legal or illegal evictions, rent increases, or landlord tenant conflict

**Note:** SDCWR will be closed from December 24-29 and December 31-Jan 3. You can leave a message and they will return calls when able.

## **Wellbeing Waterloo Region Resources**

Check out the [Wellbeing Waterloo Region website](#) to access:

- [Resources for Coping with Anxiety and Stress](#)
- [Supports for Older Adults during COVID-19](#)
- [Mental and Spiritual Wellbeing During COVID-19](#)
- [Grief, Dying, and Death During a Pandemic Resource](#)
- [Finding Hope](#) Movement

## **Wellbeing Passport Adventure**

To help support families during the Winter Break, the [Waterloo Region Suicide Prevention Council](#) has created a [Winter Break Wellbeing Passport](#). This digital booklet takes families on an adventure within their own homes and communities to learn about and practice different mental wellbeing and mental health activities.

## **Carizon Resources**

- Visit [Carizon in the Community](#) for useful mental health and wellbeing related tips, activities and videos, for adults, parents/caregivers and kids.
- Visit the [Trusted Resources](#) webpage for links to trusted resources about COVID-19 updates both in Canada and the Region of Waterloo

## Activities & Events Over the Holidays

- **SPECTRUM WR** is hosting a virtual drop-in on Zoom on December 25th from 12:00-6:00pm for a Celebration of Chosen Family. [Register Here.](#)
- Try **skating** at a local outdoor rink or **hiking** on one of the many trails that are available. [More information here.](#)
- Join a **book club** over the holidays. See the [Kitchener Public Library](#) for more information.
- **The Beckett School at Laurier** is offering free virtual programming for the entire month of January surrounding mental health and the role that music plays in physical and mental wellness. See the [event lineup](#) for more information.
- Check out [these suggestions](#) for **tech-free activities** to keep your brain focused.
- The main libraries within the Region of Waterloo are always hosting programs and events, for more information;
  - [Waterloo Public Library](#)
  - [Kitchener Public Library](#)
  - [Idea Exchange](#)
  - [Region of Waterloo Library](#)