

# **IN THEIR SHOES – Awareness and Fundraising Walk February 12, 2023**

Participants of the In Their Shoes Walk have the option of adopting and fundraising for a local agency that supports people experiencing homelessness.

For information about these agencies, please see below.

## **Catherine's Kitchen**

24 Dundas St. West, Trenton

Catherine's Kitchen is an outreach community program offered by At the Crossroads Church in family friendly environment. Monday to Thursday from 11:00 to 12:30, individuals and families can enjoy a free hot nutritious meal, receive services and resources. During the Christmas season, Catherine's Kitchen provides Christmas Hampers filled with food, toys, and clothes for individuals and families in need. To volunteer or donate, please contact Christine at 613-392-8200 or visit [catherineskitchen.ca](http://catherineskitchen.ca).

## **Community Living Quinte West**

22 Front St., Trenton

Community Living Quinte West is committed to the provision of supports that will assist individuals with an intellectual disability to live, work, and participate as integrated and valued members of their community.

Programs/Services:

- Club Unity - Club Unity is dedicated to offering people with an intellectual disability a safe environment to explore their community, learn about healthy lifestyles, learn essential life skills, and to socialize with their peers. The program is developed around the needs and wants of the participants.
- Group Home – settings offering 24 hour support and individualized programming. Individuals with an intellectual disability are provided a safe environment from which to access their community.
- Supported Independent Living – assists individuals who have an intellectual disability to live more independently in apartments or homes of their own, providing assistance with daily living as requested.
- Family Home – assists individuals who have an intellectual disability to live more independently in apartments or homes of their own, providing assistance with daily living as requested.
- Family Supports - Family Supports helps families prepare their family members with intellectual disabilities between the ages of 14-21 with life skills they will need to transition from high school to the community.
- Respite Services

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## **Community Partners for Success**

50 Elgin St. Trenton

Partners for Change helps to create a focus in the lives of its participants and aims to help individuals improve their current situation. The program is designed to assist unemployed and underemployed individuals on social assistance to make critical personal life changes in order to meet their goals and to obtain and keep employment.

### Programs / Services:

- Before and After School programming - Stockdale Public School
- Community Resource and Child Care Program - Belleville
- Community Resource Centre, Frankford - Frankford
- Our Place Community Resource Centre - Trenton
- Emergency Food Hampers
- Meal Program (Breakfast – Mon, Wed, Fri, Supper – Tues & Thurs)
- Free Clothing Program

## **Peer Support South East Ontario (New Beginnings)**

76 Dundas St. West, Trenton

Agency provides support and services to people 16 years and older who are experiencing addiction and/or mental health issues and seeking Peer Support as a way and means of managing and working toward being well.

### Programs/Services:

- Intentional Peer Support
- Wellness Recovery Action Plan (WRAP) Groups
- Internet access
- Television
- Resource Library
- Cards, Games, Crafts, Speakers, Groups

## **Quinte West Community Cupboard**

7 Creswell Dr. (City Hall), Trenton

The Community Cupboard is a resource aimed at reducing barriers for those in need of access to free food and personal hygiene products. The cupboard is open from Monday - Saturday and follows the “take what you need, leave what you can” principle. The City appreciates the

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generous support of residents and community organizations to help keep the cupboard stocked.

Among the items most needed in the Community Cupboard include: granola bars, protein bars, apple sauce, tuna snack kits (with pull-tab tops), chicken snack kits (with pull-tab tops), canned food (with pull-tab tops), bandages, dry pet food, water bottles, sanitary napkins, peanut butter, individually packaged crackers, canned soups/stews (with pull-tab tops), canned fruit or fruit bowls (with pull-tab tops), and donations of grocery store gift cards (to purchase items such as bread and fresh fruit).

## **Quinte West Warming Centre (Trenton United Church)**

85 Dundas St. East, Trenton

The City of Quinte West activates an overnight warming centre at Trenton United Church from December 15 until March 31. The warming centre is open nightly from 8 p.m. to 8 a.m. for individuals to seek relief from the cold. Beds and meals are not provided.

## **Quinte West Youth Centre**

2 Wooler Rd., Trenton

Quinte West Youth Centre is a safe, inclusive and welcoming space dedicated to the youth of Quinte West between the ages of 10 and 18 while providing opportunities for growth within each youth through need-based programming.

Programs/Services:

- Mental Wellness
- Trip Thursdays
- Spectrum
- Sports & Recreation
- Youth Empowerment Program
- Science
- What's Cooking
- Fempowerment
- Youth Lynk
- Writer's Society
- Dungeons & Dragons
- Crafts
- Bridge to Hope

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## **Trenton Care & Share Food Bank**

30 Pelham St, Suite 2, Trenton

The Care & Share Food Bank exists to be an emergency source of food in our community. Emergencies come in many shapes and sizes, including but not limited to: job loss, unemployment, illness and unexpected life events. We are here to help those who do not have enough income in a month to cover their necessary monthly expenses on top of providing food for their family.

We are a proud and active member of Feed Ontario and in good standing with Food Banks Canada. Donations are accepted from the general public, service clubs, churches and business organizations.