

Baby Supplies

Pregnancy & Family Care of Quinte West

100 Division St., Unit #2, Trenton
613-392-0074

Mon - Thurs, 10 a.m. - 3 p.m.

Diapers, wipes, maternity & baby clothing and other baby items. Also provide pregnancy testing, options counselling and educational courses.

Public Washrooms

Centennial Park and Fraser Park

(May 1 - Oct 31)

Sun - Sat, 9 a.m. - 8:30 p.m.

Quinte West City Hall

7 Creswell Dr., Trenton

Mon - Thurs, 8:30 a.m. - 7 p.m.

Fri, 8:30 a.m. - 5 p.m.

Sat, 9:30 a.m. - 4 p.m.

Free Laundry Facilities

Belleville and Quinte West Community Health Centre

69 Catherine St., Trenton

613-965-0698

Mon - Fri, 9 - 11 a.m. and 1 - 3 p.m.

New Beginnings

76 Dundas St. W., Trenton

613-394-3449

Mon - Fri, 10 a.m. - 3 p.m.

Washer and dryer on site. Laundry soap and fabric softener available if needed. Maximum of two loads per timeslot. Peers asked remain in the Centre when they are completing their loads, as staff are not responsible for watching laundry.

Community Partners for Success

50 Elgin St., Trenton

613-965-1167

Mon/Wed, 9:30 a.m. - 1:30 p.m.

Tues/Thurs, 10 a.m. - 1:30 p.m.

Breakfast

Royal Canadian Legion Branch 110 (Free Breakfast)

19 Quinte St., Trenton

613-392-0331

Every other Sun (call first).

8:30 - 10 a.m.

Community Partners for Success

50 Elgin St., Trenton

613-965-1167

Mon, Wed, Fri, 9:30 - 10:30 a.m.

Lunch

New Beginnings Support Centre (Free first visit; then \$1 for a hot lunch)

76 Dundas St. W., Trenton

613-394-3449

Mon, 11 a.m. - 3 p.m.

Tues - Fri, 10 a.m. - 3 p.m.

At the Crossroads Church (Free Lunch Program)

24 Dundas St. W., Trenton

613-392-8200

Wed & Thurs, 11 a.m. - 12:30 p.m.

St. James Anglican Church (Free Lunch Program)

15 South St., Trenton

613-438-3874

Thurs & Fri, 11 a.m. - 12:30 p.m.

Trenton United Church

85 Dundas St. E., Trenton

613-392-6001

1st and 3rd Fri, 11:30 a.m. - 12:30 p.m.

Belleville and Quinte West Community Health Centre

69 Catherine St., Trenton

613-965-0698

Every 2nd and 4th Fri,
2:30 - 3:30 p.m.

Hot meal, take out only.

Quinte West Youth Centre

2 Wooler Rd., Trenton

Tues - Fri, 12 - 5 p.m.

July - August

For youth age 10 - 18

Supper

Community Partners for Success

50 Elgin St., Trenton

613-965-1167

Every Tues & Thurs, 3:30 - 5:30 pm

Quinte West Youth Centre

2 Wooler Rd., Trenton

Tues - Fri, 3 - 8 p.m.

September - June

For youth age 10 - 18

Food Programs

Care and Share Food Bank (Bring ID for all family members and proof of address)

30 Pelham St., Unit #2, Trenton

613-394-5551

Mon, Tues, Thurs, Fri

10 a.m. - 12:30 p.m.

Community Cupboard

7 Creswell Dr., Trenton
(City Hall)

Mon - Thurs, 8:30 a.m. - 7 p.m.

Fri, 8:30 a.m. - 5 p.m.

Saturday, 9:30 a.m. - 4 p.m.

Community Partners for Success

50 Elgin St., Trenton

613-965-1167

Emergency food hampers available.

Call office to arrange a pick up time.

QUINTE WEST



POCKET RESOURCE GUIDE

Housing Support

Hastings Housing Resource Centre

81 Dundas St. W., Trenton
613-392-8317

Youthab

210A Front St., Belleville
613-969-9765

Transitional housing for young people aged 16-24.

Enrichment Centre for Mental Health

250 Sidney St., Building 59, Belleville

613-969-8874

Transitional housing for people who are homeless or at risk of homelessness. Designated houses for seniors, males and females.

Community Advocacy and Legal Centre

158 George St., Belleville
613-966-8686

Free, confidential legal help for people living on a low income in Hastings, Prince Edward, and Lennox & Addington counties and Tyendinaga Mohawk Territory. Priority areas include: income assistance rights, tenant rights, consumer & debt, workers' rights, human rights & discrimination, seniors' issues and sexual harassment at work.

Emergency Shelters

Three Oaks Foundation

24 hr Crisis Line – 1-800-267-0533
Business Line – 613-967-1416
Shelter and services for abused women and their children.

Grace Inn Shelter

315 Church St., Belleville
613-966-2898

Intake at 9 p.m. and discharge at 8 a.m.

Overnight shelter with 16 beds available for males and 5 available for females.

Warming Centre

Trenton United Church

85 Dundas St. E., Trenton
613-392-6001

*8 a.m. – 8 p.m. –
December 15 to March 31*

Cooling Centre

Duncan MacDonald Arena

8 Couch Cres., Trenton
9 a.m. – 5 p.m. - Activated when there are two consecutive days of temperature of 31 degrees Celsius or higher OR humidex values of 35 degrees Celsius or higher.

Medical care/Walk-In

Canadian Drug Mart OTN Walk-In Clinic

74 Dundas St. W., Trenton
613-392-3330

Mon - Fri, 9 a.m. - 6 p.m.

IDA Trent Drug Mart OTN Walk-In Clinic

31 Quinte St., Trenton
613-955-0140

*Mon - Fri, 9 a.m. – 6 p.m.
Sat, 9 a.m. – 3 p.m.*

Guardian Pharmacy OTN Walk-In Clinic

469 Dundas St. W., Trenton
613-955-0139

*Mon – Fri, 9 a.m. - 4:30 p.m.
Sat - Call for an appointment.*

Great Lakes OTN Walk-In Clinic

290 Dundas St., Trenton
613-955-0707

Mon-Fri, 9 a.m. – 5 p.m.

QHC Trenton Memorial Hospital

242 King St., Trenton

If it is a medical emergency please go to an emergency department or call 911.

Crisis Services

QHC Crisis Intervention Line

1-888-757-7766

Hastings County after Hours for Homelessness

1-877-528-9514

4:30 p.m. - 8:30 a.m.

Canadian Mental Health Association Hastings Prince Edward- Addictions and Mental Health Services

24 Dundas St. E., Trenton

*Mon-Fri, 8:30 a.m. – 4:30 p.m.
(Office doors may be locked).*

310-OPEN

www.cmhahpe.ca

IMPACT Team (call CMHA HPE for more information)

3 Oaks Foundation- Belleville

24 Crisis Line: 613-966-3074 or
1-800-267-0533

Administration: 613-967-1416

Executive Director: 613-967-1416
ext. 222

www.threeoaks.ca

Sexual Assault Centre for Quinte and District

Crisis Line: 1-877-544-6424

Office: 613-967-6300

Canadian Human Trafficking Hotline

1-833-900-1010

Enrichment Centre for Mental Health

250 Sidney St. Building 59, Belleville

613-969-8874

Crisis: 1-888-757-7766

Mon-Fri, 7:30 am – 7:30 pm

www.enrichmentcentre.ca

Additional Services

211 Ontario

Call: 1-877-330-3213 or 2-1-1

Visit Online: 211Ontario.ca

Email: gethelp@211ontario.ca

Newcomer/Immigrant Services

Quinte Immigration Services

613-968-7723 ext. 0

Unit 2, 345 College St. E., Belleville

Services available by appointment only.