

FOOD

<p><u>Project SHARE</u> 2-4129 Stanley Ave. Niagara Falls 905-357-5121 <i>Provides a monthly, emergency food service to residents of Niagara Falls.</i></p> <p>Client Service hours: Monday - Friday: 10:00 am to 3:00pm</p>	<p><u>Niagara Falls Community Outreach</u> 4865 St. Lawrence Ave. Niagara Falls 905-354-1640 <i>Provides nutritious meals (free of charge) to low income individuals.</i></p> <p>Bagged lunches available at door, 7 days a week between 11:30 and 1:00 pm.</p>
<p><u>The Salvation Army Food Truck</u> <i>Street Outreach Truck provides meals, support and connections to community support for those who are experiencing homelessness.</i></p> <p>Every Friday they will be at the following locations</p> <p>Edgecliff Inn(formally known as Happiness Inn) at 3:30 pm Shoppers on Victoria at 4:00 pm Continental Inn at 4:45 pm Carriage House at 5:45 pm</p>	<p><u>Southminster United Church</u> 6801 Hager Avenue, Niagara Falls. 905-354-2125 <i>Provides a surprise menu, dine in only, free of charge for low income families.</i></p> <p>Wednesdays from 11:30pm-12:30pm</p> <p>Please use entrance at the corner of Hager and Margaret. Elevator available for those requiring mobility assistance.</p>

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SHELTERS

After hours contact 2-1-1 for emergency shelter referrals

Shelter Name	Address	City	Phone Number
YWCA (women and children)	6135 Culp Street	Niagara Falls	289-267-0411
YW Shelter (men)	8004 Lundy's Lane	Niagara Falls	289-686-4466
YW Family Shelter (two parent and male led families)	UNDISCLOSED	Niagara Falls/STC	289-686-4466
Nightlight Youth Services (16-30 years)	5519 Ontario Avenue	Niagara Falls	905-358-3678
Nova House (women and children experiencing abuse)	UNDISCLOSED	Niagara Falls	905-356-5800
Gillian's Place (women and children experiencing abuse)	15 Gibson Place	St. Catharines	905-684-8331
Southridge Shelter (co-ed)	201 Glenridge Avenue	St. Catharines	905-682-2477
The Salvation Army Booth Centre (men)	184 Church Street	St. Catharines	905-684-7813
The RAFT Shelter (co-ed 16 – 24 years)	17 Centre Street	St. Catharines	905-984-4365
The Hope Centre	570 King Street	Welland	905-788-0744
Serenity Place (Women's Place Shelter) Women escaping violence	UNDISCLOSED	Welland	905-788-0113
Women's Detox	264 Welland Avenue	St. Catharines	905-687-9721
Men's Detox	264 Welland Avenue	St. Catharines	905-682-7211
CMHA Safe Beds (Co-ed 16 years and older in mental health crisis)	264 Welland Avenue	St. Catharines	1-866-550-5205x2
Abbey House (Indigenous women 16 years and older)	UNDISCLOSED	UNDISCLOSED	905-684-9736
Chez Marie Refugee Assistance Centre (Refugees)	16 Pelham Road	St. Catharines	905-682-5795
Casa El Norte (Refugees)	281 Central Avenue	Fort Erie	905-871-4483
Matthew House (Refugees)	183 Central Avenue	Fort Erie	905-871-6059

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MOTELS

Name	Address	Phone	Rate	Comments
Niagara Inn & Suites	7225 Lundy's Lane	905-354-0281	\$400/weekly	No pets. Free wireless internet. Fridge and microwave. Flat screen TV. Free parking.
Ritz Inn	5630 Dunn Street	905-356-4490	\$385/weekly	Weekly and monthly stays welcome at same weekly rate. No pets. Free wireless internet. Fridge.
Sunrise Inn	6267 Lundy's Lane	905-356-5135	\$300/weekly	Pet Friendly, Free Wi-Fi, Free Parking, Free Breakfast. Smoke Free rooms.
Space Motel	8618 Lundy's Lane	905-354-8157	\$280/weekly single	Clean, non-smoking motel. Free Wi-Fi. Free parking. Pool. A/C. Refrigerators available.
Falls Lodge	6276 Main St.	905- 358-8136	\$475/weekly	Free Wi-Fi. Parking onsite. Rooms equipped with A/C, mini fridge and microwave. No pets allowed.
Niagara Lodge & Suites	7720 Lundy's Lane	905-358-9833	From \$60 per night	Free parking, free Wi-Fi and free breakfast daily. No pets. Every room is equipped with A/C.
Howard Johnson by Wyndham	8100 Lundy's Lane	905-358-9777	\$400/weekly	Pets allowed for \$20 fee around 30lbs. Free Wi-Fi and A/C, parking is \$5 a day.
Advance Inn	6019 Lundy's Lane	905-356-0541	\$365/weekly	Budget rooms with free Wi-Fi & flat-screen TVs, plus complimentary parking. No pets allowed.
Super 8 by Wyndham	5577 Ellen Avenue	905-581-0034	From \$68 per night	Free Wi-Fi & air conditioning. Continental breakfast included. Parking is \$10 a day. No pets allowed.
Edgecliff Inn/Happiness Inn	4181 Queen Street		\$1100/month single	Free Wi-Fi , Units are unfurnished for 1-2 people. Utilities are included. Accepts small cats and dogs. Small kitchenette area (your own appliances), private bathroom and bedroom.
Oasis Motel	5107 Centre St	416-907-0994	\$350/weekly	Straightforward, functional rooms feature free Wi-Fi, TVs and en suite bathrooms. Fridges and microwaves are available upon request.
Mamma's Inn	5553 Ferry St	905-354-3400	\$350/weekly	Free Wi-Fi, Free Parking. Smoke Free
Niagara Parkway Court Motel	3708 Main St, Chippawa	905-295-3331	\$1000/monthly single \$1200/monthly double	Free Wi-Fi, Free onsite parking, Includes TV, Fridge/Freezer, Microwave, Toaster, Coffee Maker, AC and Heater in each room.
Lundys Motel	8646 Lundy's Ln	905-374-2664	\$300/weekly	Free Wi-fi, Free, Free parking, access to pool.
The Falls Family Lodge	5612 Ellen Ave	289-296-5566	\$350/weekly	Free Wi-Fi and A/C, Free parking, Breakfast for an extra charge.
Kingsway Motel	8988 Lundy's Ln	905-354-5297	\$1000/monthly single \$1200/monthly double	Free Wi-Fi and free parking.
7 Nights Stay	5334 Kitchener St	289-296-3953	\$350/weekly	Free Wi-Fi and parking, tv included.

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Resources provided by the Region and the City

Information Niagara (211) – Information Niagara is a directory of community supports in the Niagara Region. This resource can provide contact information for specific services upon request. 211 can also give information on shelter availability, and connect individuals experiencing homelessness with NASO (Niagara Assertive Street Outreach), which can assess housing needs, and offer supports.

Victoria Avenue Library - Open to the public @ 50% capacity, Monday-Thursday 10:00am-7:00 pm, Friday 10:00am- 5:00pm, and Saturday 11:00am-3:00pm. Customer service phone available for making emergency calls to doctors, support workers (OW/ODSP etc.). The phone cannot be used for return calls or messages. Free WIFI access for those who do have a phone/ computer. No screenings will be taking place. Masks are required and medical masks will be provided if the individual does not have one. The library is a cooling/ warming centre when the temperatures either spike or significantly drop. When this happens, an additional room will be opened to accommodate more people from 10:00am - 4:00pm.

Public Showers- Shower facilities are available at Gale Centre, 5152 Thorold Stone Road, Mondays and Thursdays (excluding holidays) from 7:00 a.m. to 10:00 a.m. Towels and shower supplies are provided.

The Street Works Van - is available for exchange services Monday to Friday from 9:00 a.m. to 5:00 p.m. Street Works staff can be reached by calling or send text to cell phone number (905) 328-6715 between 6:00 p.m. and 10:30 p.m. on the designated outreach evenings to speak to a staff member directly. To reach the **Street Works office**, please call (905) 984-8684. Street Works can arrange to meet people where ever they feel most comfortable receiving services.

NORS (NATIONAL OVERDOSE RESPONSE SERVICE) - NORS is a peer-run, peer-led overdose prevention hotline. NORS makes overdose support available to Canadians 24/7. Call the hotline from anywhere in Canada before using for affirming, confidential, respectful support. With NORS, the person who answers your call will request your address and other details to know how and where to send help to you if something goes wrong. Your information is kept strictly confidential, but you'll have to reveal it off the bat in case of emergency. This line is used to keep those who are using substances by themselves safe from overdose, while upholding substance users' right to dignity, respect and confidentiality. They will stay on the line with you for anywhere between 15-45 minutes after using depending on the drug being used.

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Call (**Canada only**): [1-888-688-NORS\(6677\)](tel:1-888-688-NORS(6677)) Use Brave Technology Coop's Mobile App (**Global**): [The Brave App](#) for people without cellphone service and using only Wi-Fi

Niagara Community Legal Clinic- Provides legal assistance regarding tenant rights/ housing law, employment insurance, ODSP, OW, CPP and debt, among others. Can be reached at 905-692-6635 or toll free at 1-877-801-5956 or visit their website at www.niagaracommunitylegalclinic.com

Niagara Falls Community Health Centre- located at 4790 Victoria Avenue. Services include: community outreach (supports clients with food programs, ID clinics, connecting with income tax clinics, job preparation, and government benefits (OW, ODSP, CPP, etc.,). Assist with Niagara Regional Housing applications and housing searches. Assist with completing and submitting applications such as ODSP. Help with building life skills, including: money management, maintaining healthy relationships, family programs. LGBTQ2+ Support, Addiction and Harm Reduction, Disease Prevention, Counselling Services, Dental Services, among others. Please contact: **905-356-4222**

Street Smarts Program – Boys and Girls Club of Niagara – Creates opportunities for at-risk youth in an encouraging, fun and safe environment. Offers programs and services for at-risk youths. Call: (905) 357-2444.

Niagara Region Sexual Assault Centre – C.A.R.S.A crisis intervention services are open to male and female survivors. Offers **24-hour crisis line (905) 682-4584** and provides support to victims at the hospital. Short-term crisis counselling for individuals and groups available to clients 16-years and over. Community Referrals and information available.

Sexual Assault / Domestic Violence Treatment Program Niagara – Located at The Niagara Health Systems St. Catharines Site, Unit D, at Emergency Services. Open 24 hours a day, 7 days a week. **S.A.D.V** is a regional program, which provides immediate, confidential, and individual services to any gender that has recently been sexually assaulted. Call: (905) 684-7271 ext. 45300.

Niagara Regional Police Services – Bad Date Line – Anonymous reporting line for serial sexual assault offenders. Does not subscribe to caller ID and no attempts will be made to identify callers. **Call 1-888-818-4808** for the hotline. It is preferred that victims contact the police directly to report an assault so that proper investigations can be conducted. If you wish to speak with an officer regarding assault or receive more information regarding an investigation, please contact the Investigative Analysis Unit directly at **(905) 688-4111 ext. 5142**

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Where to look for rentals:

If you are seeking a room or apartment to rent, please refer to the list of websites below that often have rentals posted:

<https://www.kijiji.ca>

<https://rentals.ca/niagara-falls>

<https://www.rentboard.ca/niagara-falls-on>

<https://www.rentcafe.com/apartments-for-rent/ca/on/niagara-falls/>

<https://www.zillow.com/niagara-falls-on/rentals/>

<https://www.skylineliving.ca/en/apartments/ontario/niagara-falls>

Information on Landlord and Tenant Rights:

<https://tribunalsontario.ca/documents/lrb/Brochures/Information%20for%20New%20Tenants.html>

For **Rent-Geared-To-Income Housing**, you will need to apply for **Niagara Regional Housing**.

Applications for Niagara Regional Housing can be found at: <https://www.nrh.ca/>. There is a waitlist for Niagara Regional Housing.

Clients can refer to the wait-time chart for the most accurate wait-times per city. <https://www.nrh.ca/applicants/Wait-Times-Chart.shtml>

Clients interested in applying for Homelessness Status, or that require assistance in completing an application can contact the Housing Support Worker at **ext. 225**. Clients with more complex housing needs can contact the Intensive Case Manager at ext. **238**.

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