

STRATFORD COMMUNITY RESOURCES

Note: Resources are subject to change.

MEALS & FOOD BANKS:

Stratford Connection Centre

9 Douro St (In St. Paul's Anglican Church)

(519) 271-6819 ext. 405

Open Monday-Friday 10:00am-5:00pm

Drop-in meal & homelessness support with CMHA workers, laundry, showers, internet and basic needs supplies

Stratford Connection Warming Centre

9 Douro St (In St. Paul's Anglican Church)

519-955-0607

Open 7:00pm-7:00am 7 days/week until April 30, 2026

Resting space for unsheltered Perth County residents with laundry, showers, internet, basic needs supplies and a warm food option

Stratford House of Blessing

423 Erie St

519-273-3433 (Appointments encouraged)

Food bank: Tuesdays, Wednesdays & Thursdays 10:00am-12:00pm & 1:00pm-3:00pm

Note: Can access daily Monday-Friday if experiencing homelessness

The Local Community Food Centre

612 Erie St

519-508-3663

Free meal: Mondays, 4:30pm-6:00pm & Fridays, 11:00am-1:00pm

Low-Cost Market: (Shop for affordable groceries) Mondays, 4:00pm-6:00pm & Fridays, 11:00am-1:00pm

Income tax program: Available by appointment

St. Paul's Anglican Church

9 Douro St

519-271-4527

Breakfast: Tuesdays and Thursdays, 8:00-10:00am

Food Bank: Fridays, 9:30-11:00am

Avondale United Church

194 Avondale Ave

519-271-7946

Free meal: Available on select last Sundays of month, 5:15pm-6:15pm

Food shelf: Fridays, 1:00-2:30pm

Note: One pickup per month. No meals during months June-Sept & December

Zion Lutheran Church

202 Erie St

519-273-0050

Free meal: During months of Sept-June, available at 5pm on the 2nd Wednesday of month (Closed July-August)

Stratford Christian Reformed Church

190 Athlone Cres

519-273-1292

Free meal: 1st and 3rd Tuesday of month
5:15pm Nov-April

Note: Closed May-October

Stratford Salvation Army

230 Lightbourne Ave

519-271-2950

Food bank: Mondays & Wednesdays, 9:30am-
11:30am & 1:30pm-4:30pm

Note: Appointments preferred, I.D required

Avon-Thames Catholic Family of Parishes

96 Huron St (In St. Joseph's Parish Hall)

519-271-6722

Free meal: 3rd Thursday of month, 5:00pm-
6:00pm

Food bank: Wednesdays, 3:00pm-5:00pm

Note: I.D required for each family member.
Can access once every 4 weeks.

St. James Anglican Church

41 Mornington St

519-271-3572

Free meal: 2nd Friday of months November-
April at 5:15pm

Food bank: Tuesdays 9:30am-11:00am

Note: Meals not available May-October

EMERGENCY HOUSING:

City of Stratford Social Services

82 Erie St, 1st floor

519-271-3773

- Short term accommodations for eligible adults experiencing homelessness in Perth County
- Speak with a member of the Outreach team for full eligibility requirements

Optimism Place

270 Freeland Drive

519-271-5550

- Women (with or without children) experiencing domestic violence, including emergency support

Shelterlink

130 Young St, 3rd floor

519-272-2294

- Youth aged 16-24 experiencing or at-risk of homelessness

After Hours Emergency Placement

519-272-2294

- Afterhours line (through Shelterlink) for individuals seeking emergency housing outside of office hours Monday-Friday 8:30am-4:30pm

Emily Murphy Centre

67 Baron St

519-273-7350 ext. 23

- Women (with or without children) experiencing domestic violence

Note: Second stage housing only

FINANCIAL ASSISTANCE:

Ontario Works (OW)

82 Erie Street, 1st floor

519-271-3773

- Financial assistance for eligible individuals in need
- To apply by phone, call 1-888-999-1142
- To apply online, visit ontario.ca/page/social-assistance

Ontario Disability Support Program (ODSP)

1A-63 Lorne Avenue East

519-271-1530

- Income support, benefits for health care cost and other disability supports
- To apply by phone, call 1-888-999-1142
- To apply online, visit ontario.ca/page/ontario-disability-support-program

EMERGENCY AND CRIME:

- If you need help in an **emergency**, call 9-1-1
- For **non-emergency** local crime reports, call 519-271-4141

Huron-Perth Crime Stoppers

1-800-222-8477

hpcrimestoppers.com/report-a-crime

- Report an anonymous crime

Stratford Police Services

17 George Street West

For general inquiries, call: 519-271-4147

SERVICE INFORMATION:

211 Ontario

Call or text 2-1-1 or visit 211ontario.ca

- 24/7 information and referrals for community, government, social and health services
- Live chat available Monday-Friday 7am-9pm EST: 211ontario.ca/chat/

Stratford Public Library

19 St. Andrew St

519-271-0220

- Variety of resources and connections available such as public computers, charging stations and internet access, social worker drop-ins, settlement services and more

ServiceOntario

59 Lorne Avenue East

1-800-267-8097

- Services regarding drivers' licenses, vehicle permits, driver and vehicle records, health card and insurance (OHIP), photo cards, taxes, etc.

HEALTHCARE:

Stratford General Hospital

46 General Hospital Dr

519-272-8210

Huron-Perth Public Health

653 West Gore St

1-888-221-2133

- Immunization clinics, addiction services, prenatal and parenting support, and more

Huron-Perth Sexual Health Clinic

10 Downie Street (2nd Floor, Festival Square)

Call 1-888-221-2133 ext. 3779

Text 519-635-2504

- Confidential clinic providing STI testing and treatment, assessments, emergency contraception, pregnancy testing and low-cost birth control by appointment only. Free harm reduction supplies and naloxone kits available for pick up

Regional HIV-AIDS Connection

1-866-920-1601

- Community health organization providing sexual health, harm reduction, and social support services for communities living with or impacted by HIV and Hepatitis C in Perth County and beyond

EMPLOYMENT:

LEADS Employment Services

32 Erie St

519-439-0352 or 1-866-955-3237 toll free

- Employment and skills development agency for people with disabilities and/or employment-related barriers in Stratford and surrounding areas

MENTAL HEALTH & CRISIS:

988 Suicide Crisis Helpline

Call or text 9-8-8

- A safe space to talk 24/7 if you are thinking about suicide, or are worried about someone else

Huron Perth Healthcare Alliance Crisis Line:

1-888-829-7484

- 24/7 telephone mental health, assault and addictions crisis support, with mobile services available in Perth County

CMHA Huron-Perth

10 Downie St, 3rd Floor

519-271-6819 or 1-888-261-9350 toll free

- Mental health and addictions agency offering a variety of services including counselling, case management, and mental health and/or addiction support

Drop-in free counselling support available
Mondays, Wednesdays and Fridays: 1-4pm

ABUSE AND VIOLENCE:

Optimism Place Stratford

270 Freeland Dr

519-271-5550

- 24/7 non-judgmental support from trained crisis counsellors for women in Perth County experiencing domestic violence

Victim Services Huron-Perth

519-600-4108

- 24/7 nonjudgemental and confidential support to survivors of crime or tragic circumstances

LEGAL SUPPORT:

LegalAid

The United Centre (32 Erie St)

1-800-668-8258

- Provides criminal and family legal support in English and French for financially eligible low-income Ontarians

Huron Perth Community Legal Clinic

305 Romeo Street South

519-271-4556

- Free legal services for low-income residents Perth County

NEWCOMER/REFUGEE SUPPORT:

YMCA of Three Rivers Stratford

204 Downie St

519-271-0480 ext. 6401 or 226-448-0637

newcomers@ytr.ymca.ca

- Providing settlement help, connections, job assistance and more in languages English, Arabic, Mandarin, Portuguese, Spanish, and Ukrainian

CHILDREN, YOUTH & FAMILIES:

Huron-Perth Children's Aid Society

639 Lorne Ave E

519-271-5290 or 519-524-7356

- Community organization advocating for and protecting children and youth rights.

Family Services Perth-Huron

142 Waterloo St. South

519-273-1020

- Community organization providing a wide range of family counselling and developmental support services across Perth County and surrounding areas
- Also includes men's programs, women's programs, support for youth, couples, seniors, and individuals experiencing homelessness

Huron-Perth Centre

63 Lorne Ave E., Unit 2A

519-273-3373 ext. 2221

- Agency for child and youth mental health service planning and delivery for the Huron-Perth community

SENIORS:

ONE CARE Home and Community Support Services

Call 1-877-502-8277, email info@onecaresupport.ca or visit www.onecaresupport.ca

- Providing a range of supportive care services for seniors in Perth County including assessments & caregiver support, adult day programs, dining programs, home help and more
- **Meals on Wheels:** Call 1-844-482-7800 to inquire about affordable and nutritious meals delivered to your door

PETS:

Stratford Perth Animal Centre

125 Griffith Rd

Call 226-220-7885 or email petpantry@kwsphumane.ca

- Supporting pet owners in emergency need of pet food and basic supplies due to a personal crisis or financial limitations
- Low-cost vet services also available, including monthly rabies & microchip clinics, low-cost spay/neuter programs, and more. Visit kwsphumane.ca