

## Community Care - St. Catharines



- 12 North St.; 905-685-1349
- Utility assistance, food bank, support with medical costs, housing support, some basic needs.
- **Notes:** Identification, proof of income, and proof of address are required to access some services.

## Community Care - West Niagara



- **Beamsville:** 4309 Central Avenue
- **Vineland:** 3831 Victoria Avenue; 905-563-5822
- Utility assistance, food bank, support with medical costs, housing support, clothing.
- **Notes:** Identification, proof of income, and proof of address are required to access some services.

## Niagara's Mobile Closet - St. Catharines



- 203 Church St
- 905-325-2934; info@niagaramobilecloset.com
- **Notes:** Niagara's Mobile Closet has active partnerships with the Niagara Regional Police.

## Port Cares - Port Colborne



- 92 Charlotte St.; 905-834-3629
- portcares@portcares.ca
- Food and meal programs, housing assistance, crisis support, employment support, soon to have senior housing.
- **Notes:** Identification, proof of need and income required to access some services.

**This purpose of this resource is to present accessible, free options in Niagara, outside of and in addition to the Niagara Free Store.**

The Niagara Free Store is a project of OPIRG Brock where items get donated and redistributed to the community at no cost, and with no questions asked.

For more information on the Niagara Free Store, how to donate, and where you can find us, visit  
[www.opirgbrock.com/niagarafreestore](http://www.opirgbrock.com/niagarafreestore)



**Do you want your organization listed here?  
Email [communication@opirgbrock.com](mailto:communication@opirgbrock.com)!**

# FREE FOR ALL NIAGARA

**ALTERNATIVES TO THE NIAGARA FREE  
STORE & FREE OPTIONS IN NIAGARA**

*brought to you by*



[www.opirgbrock.com/niagarafreestore](http://www.opirgbrock.com/niagarafreestore)

### **Disclaimer:**

*Some groups on this list may have accessibility barriers, limits or restrictions in place, or may have ongoing partnerships with the police. We have done our best to include this information where possible.*

*Please do your own research and use your best judgement before connecting with an organization.*

## CATEGORIES/LEGEND

### Sexual Health/Hygiene

(condoms, menstrual products)

### General

(clothing, shoes, toiletries, housewares, furniture)

### Support for Migrant Farmworkers

(clothing, supplies, social supports)

### Food

(food banks, community fridges)

### Social assistance

(housing, shelter, employment, utility support, drop-in services, legal clinics, etc)

### Miscellaneous

(laundry, repairs/mechanical, lending)



## FREE OPTIONS IN NIAGARA

### Public Libraries in Niagara



- All of the libraries in Niagara have some free items to borrow. For a list of all libraries in Niagara and their contact information, visit [www.opirgbrock.com/niagarafreestore](http://www.opirgbrock.com/niagarafreestore).
- **Notes:** Library services require a library card, and most require 2 pieces of valid ID.

### Community Fridge Niagara - St. Catharines



- 85 Church St., St. Catharines  
[communityfridgeniagara@gmail.com](mailto:communityfridgeniagara@gmail.com)
- A network of grassroots fridges and pantries offering free food for and by neighbours in Niagara.
- **Notes:** No limits or restrictions, no requirements or proof of need necessary to take from the fridge.

### Rad Snax - St. Catharines



- Mutual aid project based in St. Catharines. They distribute free food, hygiene supplies, warm clothing, street supplies (almost) every Sunday at noon on Gale Crescent. See their Facebook for updates:  
[www.facebook.com/RadSnaxSTC](http://www.facebook.com/RadSnaxSTC)

### Start Me Up Niagara - St. Catharines



- 17 Gale Crescent; 905-984-5310
- Drop-in centres, employment, cold weather shelter, community garden, housing, art, bike services, menstrual supplies.
- **Notes:** Start Me Up Niagara sometimes works with the Niagara Regional Police Service (NRP), and partner with Niagara's Mobile Closet who have active partnerships with the NRP.

### Westview Centre 4 Women - St. Catharines



- 17 Gale Crescent
- 905-397-3210; [reachme@westviewc4w.com](mailto:reachme@westviewc4w.com)
- Hot meals, support for women, drop-in services, workshops, hygiene supplies, warm clothing, laundry, other assistance.
- **Notes:** May require or request payment for some services, including accessing the food pantry.

Find a list of free sexual health and harm reduction resources, at Niagara Reproductive Justice's *Niagara Resources Database*.



[www.niagarareproductivejustice.com/resources](http://www.niagarareproductivejustice.com/resources)

### Project SHARE - Niagara Falls



- 2-4129 Stanley Avenue, 905-357-5121
- Food bank, housing connections, prescriptions, clothing, community garden, transportation, utilities.
- Clients can obtain a referral letter from Project SHARE to receive clothing items, including jackets and boots from Goodwill Industries or Shoulder-2-Shoulder.
- **Notes:** Identification, proof of need and income required to access some services.

### The Hope Centre - Welland



- 570 King St
- 905-788-0744; [info@thehopecentre.net](mailto:info@thehopecentre.net)
- Basic needs including food bank, emergency and transitional housing, counselling, legal clinic, medical help, clothing support, income tax clinic, food subsidy program.
- **Notes:** Requires you to bring necessary documentation and valid ID for some services. Some services require you to be a client. May need to have proof of Welland residency for some services.

### Farmworker HUB - Niagara-on-the-Lake



- 1570 Niagara Stone Road, Virgil
- 905-483-9717; [farmworkerhub@ccchurch.ca](mailto:farmworkerhub@ccchurch.ca)
- Clothing, bikes, household supplies, and other essentials for migrant farmworkers.