



**Helping older adults to age
well in their own homes**

Community Support Services in KFL&A

Services Available:

- House Cleaning/ Outdoor maintenance
- Transportation Services
- Respite Care
- Meals on Wheels
- Foot Care
- Adult Day Program
- Palliative/Hospice Support
- DinersClub/Congregate Dining
- Seniors Exercise Program
- Community Stroke Services

Local Quality Safe Not-For-Profit



VON Community Support Services

Kingston: (613) 634-0130

Napanee: 613-354-6668

KingstonReferrals@von.ca

NapaneeReferrals@von.ca

<http://von.ca/en/services-programs>



Land O'Lakes Community Services

Phone: 613-336-8934

Fax: 613-336-2044

Richelle.Lessard@lolcs.com

<https://lolcs.com>



**RURAL
FRONTENAC
COMMUNITY
SERVICES**

Rural Frontenac Community Services

Phone 613-279-3151

Fax: 613-279-2565

Info@rfcs.ca

<https://rfcs.ca>



Southern Frontenac Community Services

Phone: 613-376-6477

Fax: 613-376-6734

info@sfcsc.ca

<https://www.sfcsc.ca>



Connect to Community Support Services

accesscss.ca