

Kids and Parents

St. Christopher's Anglican Church 905-634-1809
Respite Program for Families with Children with Special Needs
Contact to register.

Boys and Girls Clubs Burlington Sites 905-549-2814 x262
Virtual Programs– bgchamilton.recdesk.com/community/program

Shifra Homes Maternity Home and Resource Centre 905-681-9633

Halton Prenatal Nutrition Program Dial 311
For families needing extra support through pregnancy until baby is 6 months old. Location: Calvary Burlington, 2458 St. Frances Dr.

Healthy Smiles Ontario dental benefit coverage (for children ages 0-17) Dial 311
No cost program for eligible children/youth with no dental coverage.

Nelson Youth Centres 905-681-2611
Support programs for children and parents ages 6-17
4225 New St. Burlington www.nelsonyouthcentres.com

EarlyON Child and Family Centre 905-632-9377
Programs and activities for parents and children up to age 6
710 Cumberland Ave

HIPPY Halton 905-582-7860
Free home instruction for parents of preschool youngsters between 2-6 years of age.

YMCA Underground Youth Drop in Centre 905-632-5000
500 Drury Lane, Burlington
Ages 13-19 (free, open to all teens)
Mon-Thurs 4-9pm, Fri 4-9:30pm, Sat 3-8pm, Sun 2-6pm

Healthy Babies, Healthy Children (HBHC) Dial 311
Free home visiting program for parents to be and parents with young children, who may need some extra support.

Gas and Hydro Assistance

LEAP (Low-Income Energy Assistance) 905-637-3893
One-time emergency assistance towards energy bill. (\$500 per calendar year)

Ontario Energy Support Program 905-634-1809
Assistance with online application and manual verification of income. By appointment only.

WHERE
TO GET HELP IN
BURLINGTON

This information was up to date as of April 2022.
If you have revisions to be considered,
Please contact Lisa by email at lisalunski@sympatico.ca

Meals

Meal Bag Program– Friday Night Community

Already prepared meals, produce, dairy, hygiene items. Pick up Fridays 12:00pm – 4:00pm at Wellington Square United Church, 2121 Caroline St. Inquiries: email llunski@wsquare.ca or call 905 634-1849.

Open Doors

St. Christopher's, 662 Guelph Line
Freshly prepared meals for curbside pick up. Tuesdays 3:30 - 5:30pm .
Community Market (food bank) open to the public,
Tuesdays 3pm-5:30pm and Saturdays 9:15am–12pm. No registration needed.
Inquiries: email gardenmarket@stbcb.ca or call 905-634-1809.

Next Door Social Space/ Next Door Kitchen 905-825-2992
650 Plains Rd, E. Unit 3.
Free lunch, Thursday's 12:00pm
Toonie Breakfast Saturdays 9-11am (excluding holiday weekends)

Dinner Night Out North BurLINKton (TBA)
Preparing meals weekly as part of the Meal Bag Program.

Food Availability

Burlington Food Bank

Pre-packed boxes of non-perishable foods, hygiene, produce, milk, eggs, bread and frozen meat. Contactless delivery by appointment only.
Make an appointment for Curbside Pickups. To request food:
email info@burlingtonfoodbank.ca or call 905-637-2273.

Salvation Army

5040 Mainway Unit 9; Non-perishables, proteins, produce, hygiene items etc.
By appt. Mon 1-4pm, Wed 8:30-11:30, Thursday 9-4 (Closed 12:00pm-1:00pm)
Call 289-230-2556 to book your visit (calls are not returned over the weekend).

Food For Life

St. Luke's Anglican 1382 Ontario St. Tues -10:00-11:30 am
Brant Hills Presbyterian 2138 Brant St. Wed- 1:30-2:00pm
Grace United Church 2111 Walkers Line Fri -9:15-10:30am
Please call 905-335-0090 for inquiries.

Good Food Line 905-635-1106 x225 or email goodfood@foodforlife.ca
Community Fridge - Aldershot Library (check library hours) 550 Plains Rd E
Mountainside Market - 2258 Mountainside Dr. Tues & Thurs- 10am-6pm
By appt only, book at www.foodforlife.ca/market/.

Open Doors Community Market

Community Market (food bank) open to the public,
Tuesdays 3pm-5:30pm and Saturdays 9:15am– 12pm.
Inquiries, email gardenmarket@stbcb.ca or call 905-634-1809.

Housing Shelters

Emergency Supportive Housing Program dial 311
providing emergency shelter for women and families.

Halton Women's Place, Burlington **24 Hour Crisis Line** 905-332-7892
Temporary shelter for women and children Intake 905-332-1593
experiencing domestic violence.

Salvation Army Lighthouse, 750 Redwood Square, Oakville 905-339-2918
Emergency shelter for men.

Salvation Army Shelter, Hamilton 905-527-1444
24 hour emergency shelter for men

Mission Services, 325 James St. N., Hamilton 905-528-7635
24 hour emergency shelter for men

Good Shepherd, Men's Center 135 Mary St. Hamilton 905-528-9109
Women's Centre 30 Pearl St. North 905-523-8766

Summit Housing and Outreach Programs 905-847-3206
Housing support and advocacy for people with serious mental illnesses.
871 Equestrian Court Unit 7, Oakville

Free Clothing

Compassion Society, 484 Plains Rd. East, Unit 14 905-592-3722
Mon and Fri 12 noon-3:30pm and Wed 12 noon-4:30pm

St. Christopher's Anglican Church, 662 Guelph Line 905-634-1809
Tuesday 3:30-5:30pm

Legal Assistance

Halton Community Legal Services 905-875-2069
Free advice and legal services to low income residents.

Legal Aid Ontario 1-800-668-8258

The Women's Centre of Halton 905-847-5520
Drop in support, legal advice, information and community referrals.
www.thewomenscentreofhalton.com

Debt Support

Halton Consumer Credit Counselling Service 905-845-3811
(Division of Thrive Counselling) A non-profit agency, provides assistance with budgeting or debt management.

Transportation

Halton SPLIT (Subsidized Passes for Low Income Transit) Dial 311

Social Groups

Next Door Social Space/ Next Door Kitchen 289-799-0154
A community space to gather in the heart of Aldershot.
650 Plains Rd East, Unit #3. Contact Angie nextdoor@forestviewchurch.ca
Women's Coffee Hour, Wednesday's 10am.
Cooking Class's & Community Gardening May– Oct.
www.nextdoorsocialspace.com for up to date event info

Employment

YMCA Employment & Training Services 905-681-1140
Ages 15 and up. 500 Drury Lane (lower level)

Centre for Skills Development 905-333-3499 x140
3350 South Service Rd

Goodwill Career Centre 905-633-8324 ext 2221
3505 Upper Middle Rd Unit-D1A Free Employment Services, Job search, Employer Connections, Second Career, Youth Job Link, Canada-Ontario Job Grant, Employment Resource Centre.

STRIDE- 247 North Service Road West, Suite 200, Oakville. 905-693-4252
Employment services for individuals facing mental health and other challenges.

Food Pantry (non-perishables) 905-637-2346
St. Raphael Parish, 4072 New St, Mon-Thurs 10am-12pm

Compassion Society

Non perishable/ produce package, meat, pizzas, ready to go salads/soups, sandwiches, cakes, sweets, bread and hygiene items as available.

Mon, Wed, Fri 12:00pm-2pm 484 Plains Rd E Unit 14.

Inquiries: general.compassion@gmail.com or call 905-592-3722.

Compass Point Food Market

Non perishable food, produce, bread. Meat and hygiene items (when available). 1500 Kerns Road | 2nd and 4th Sat of the month | 9:00-10:30am.

Inquiries: 905-336-0500 ext. 234 email: foodmarket@compasspointbc.com

Food 4 Kids Halton

Beth 905-469-3113 x1

We provide healthy bags of food each Friday delivered to elementary schools for kids for the weekend. Contact your school office for the referral form.

Holy Cross Good Food Box - contact Patti

905-844-1109

Fresh vegetables and fruit at an unbeatable price available 4th Fri each month Sept -June. Order ahead by calling or emailing Patti. pleix@outlook.com

Counselling

Thrive Counselling

905-637-5256

777 Guelph Line Unit 207

Counselling for people struggling with general issues including family conflict, depression, grief and loss, family violence or sexual abuse.

Caring Dads and Supervised Access Programs.

Eagles Nest

905-689-8721

Free (or at a minimal cost) certified counsellors who work with adults, youth and children to address a wide variety of issues including self-worth, anxiety, depression, conflict in relationships, mental health and trauma. Both online and in-person sessions are available.
eaglesnestwaterdown.ca

Support

Support Groups

CMHA (Canadian Mental Health Association) 289-291-5396
Counselling over the phone.

ADAPT, Halton Alcohol, Drug and Gambling 905-639-6537 x0
Assessment, Prevention and Treatment Services for youth and adults, and offers support for family and friends.

Support House - Centre for Innovation in Peer Support

Wellness-based, peer-led self-help and social connections programming for individuals, age 16 and older, who are navigating mental health and substance use/addiction challenges. 1-833-845-WELL (9355) x390

Our Community Cares Burloak 905-631-1218, Warwick 905-681-2777
Food Support, free clothing room, children/youth & adult programs
Contact location closest to you.

Nina's Place (through Joseph Brant) 905-632-3737 x5708
Sexual assault and domestic violence care centre.

Circle of Friends at Burlington Baptist Church 905-634-2477
For 15 Wednesdays 11:30am-1:30pm. A hot meal, drive to and from, enjoyable program provided for seniors. Registration required. Call for info.

Eagles Nest– FREE Educational courses 905-689-8721
Positive Parenting course, How to Build Healthy Boundaries, Emoticon– helping children understand and regulate their emotions.
Eaglesnestwaterdown.ca

BounceBack 647-800-6213
A free skill-building program managed by the Canadian Mental Health Association (CMHA). For adults and youth 15+ manage low mood, mid to moderate depression and anxiety, stress or worry.

Other Support

Canada Learning Bond - www.Canada.ca 1-800-622-6232
\$2,000 is available from the Federal Government to be deposited into Registered Education Savings Plans (RESP) for children born after January 1.

Ontario Senior Dental Care Program Dial 311
Free routine dental care for eligible seniors. Call to see if you are eligible.

Rolling Horse Community Cycle (contact Ron) 289-799-0154
A community bike shop offering refurbished bicycle sales and service.
650 Plains Rd. E. Unit #2 (located in Next Door Social Space)
Inquiries: nfo@rollinghorse.ca www.rollinghorse.ca

Halton Children's Aid Society 905-333-4441 or 1-866-607-5437

Society of Saint Vincent de Paul

Short-term assistance with food and other needs.
Holy Rosary (Aldershot) 905-631-6111
St. John the Baptist (downtown) 905-979-6460
St. Raphael (east central) 905-681-6394
St. Paul the Apostle (north) 905-522-8222
St. Patrick (east) 905-632-0270
St. Gabriel's (north central) 905-570-6320

Telephone Support

Distress Centre Halton Burlington– 905-681-1488
Lonely? Overwhelmed? Having thoughts of suicide? Oakville– 905-849-4541
Call any time - no problem is too big or too small. Georgetown– 805-877-1211

Kids Help Phone 1-800-668-6868
Phone and web counselling. Ages 20 and under

COAST: Crisis Outreach and Support Team (24 hours) 1-877-825-9011
Telephone and outreach support for persons experiencing a crisis.

ROCK: Reach out Centre for Kids (up to 17 years) 289-266-0036
Provides child and youth mental health services. (24 hours) 905-878-9785
Rockonline.ca 471 Pearl St.

IAM Institute for Advancements in Mental Health 1-855-449-9949
We support people living with mental illness, their caregivers and the community. Contact: support@iamentalhealth.ca

Black Youth Helpline Provides support to youth and families. 1-833-294-8650

LGBTQ+ Youth Line 1-800-268-9688
Offering confidential and non-judgemental peer support through telephone, text and chat services.

Naseeha– Focus on Muslim Community 1-866-627-3342
Open to all youth and young adults.
Mon– Sun 12:00-9:00pm. Naseeha.org.

SAVIS– Sexual Assault and Violence Intervention Services 905-875-1555
Free, confidential 24 hour support to all survivors of violence. (24 hours)

Talk4Healing 1-855-544-4325
Indigenous women's support and resources (all ages).

Indigenous Hope for Wellness Helpline 1-855-242-3310
Immediate help for all Indigenous peoples across Canada. (24 hours)

Trans Line 1-877-565-8860
Trans peer support line.

Halton Seniors Helpline 1-866-457-8252

Telehealth Ontario 1-866-797-0000
Telephone support from a registered nurse (24 hours)