

## 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](http://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. 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](http://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

**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 March 2022.  
If you have revisions to be considered,  
Please contact Lisa by email at [lisalunski@sympatico.ca](mailto:lisalunski@sympatico.ca)

## Meals

### Meal Bag Program– Friday Night Community

Prepared meals as well as any available produce, dairy, hygiene and baby needs. Pick up Fridays 12:00pm – 4:00pm at Wellington Square United Church 2121 Caroline St.

Inquiries email llunski@wsquare.ca, 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)

## 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.

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 – 10:15-11:45 am

Pre-register for your curbside pickup time slot at foodforlife.ca/curbside/

Brant Hills Presbyterian 2138 Brant St. Wed 1:30-2:00pm

Grace United Church 2111 Walkers Line Fri – 9:30-10:30am

Pre-register for your curbside pickup time slot by calling 905-335-0090

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

### Halton Emergency Transitional Housing

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 3:30-530pm

## 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.thewomenscentrefhalton.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)** St. Raphael Parish 905-637-2346  
Mon-Thurs 10am-12pm 4072 New St.

## Compassion Society

Non perishable food package, produce, meat, bread, and hygiene Items, as available Mon, Wed, Fri 12:00pm-2:00pm 484 Plains Rd E Unit 14  
Inquiries email: contact@compassionsociety.net 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.  
905-336-0500 ext. 234 email: foodmarket@compasspointbc.com  
Compasspointbc.com/food-market

**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** 777 Guelph Line Unit 207 905-637-5256  
Counselling for people struggling with issues of family conflict, depression, grief and loss, family violence or sexual abuse.  
Caring Dads and Supervised Access Programs.

**Eagles Nest**– 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 Assoc) 1-877-693-4270

**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 Leaning Bond (CLB)

\$2,000 is available from the Federal Government to be deposited into Registered Education Savings Plans (RESP) for children born after January 1, 2004 from families with net income less than \$49,020 to help pay for post secondary education. No parental contribution needed to access the CLB.

**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)  
info@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

## Telephone Support

**Distress Centre** 905-849-4541

Lonely? Overwhelmed? Having thoughts of suicide?  
Call us any time - no problem is too big or too small.

**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 with mental illness, innovate solutions to bring back to communities, and drive change for better mental health.  
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)