

Kids and Parents

Rock and Early ON at Open Doors 905-634-1809
662 Guelph Line Tues 1:30-3:30pm. Parent, baby/tot programming.

Boys and Girls Clubs Burlington Sites 905-549-2814 x221
Virtual Programs– bgchamilton.com

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

Halton Parents Dial 311
For parenting info or to connect with a public nurse.
www.halton.ca/haltonparents

Healthy Smiles Ontario dental benefit coverage Dial 311
(for children ages 0-17) Access to free dental care for eligible children/
youth with no dental coverage.

Canada Dental Benefit 1-800-715-8836
For children under 12 years, without private dental insurance, family income
less than \$90,000.

Nelson Youth Centres and ROCK 289-266-0036
Child and youth mental health, grades 1-8
4225 New St. Burlington www.nelsonyouthcentres.com or rockonline.ca

EarlyON Child and Family Centre 905-632-9377
Programs and activities for parents and children up to age 6
710 Cumberland Ave, ontario.ca/page/find-earlyon-child-and-family-centre

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

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.

Burlington Salvation Army Sleep Away Camp 2023 289-230-2556
July 10-14, 2023 for kids ages 6-15.
Jackson Point and Newport locations, Registration March to June
Email: generalsupp[rt_burlcfs@salvationarmy.ca (subject: camp)

WHERE
TO GET HELP IN
BURLINGTON

This information was up to date as of March 2023.
If you have revisions to be considered,
please contact Lisa by email at lisalunski@sympatico.ca

Meals

Friday Hub & Lunch at Wellington Square 905 634-1849
2121 Caroline St., Burlington
Hub (10:00am-3:00pm) with free hot lunch served between 12-2pm.
Every Friday. All are welcome and no registration required.
Inquiries: e-mail llunski@wsquare.ca

Open Doors
St. Christopher's, 662 Guelph Line 905-634-1809
Tuesday - In person sit down community dinner at 6pm.
Thursdays - in person sit down Senior's luncheon at 12pm.
No registration needed except for Christmas meals.

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 905-335-8172
Glad Tidings Church, 1401 Guelph Line. Everyone welcome.
Serving dinner 2nd and 4th Wed of each month @ 6pm.
Inquiries northburlinkton@gmail.com, @nburlinkton on Instagram.

Seniors Lunch - Calvary Burlington 2458 St. Frances Dr. 905-336-7332
2023: Feb 17, Mar 17, Apr 21, May 12, June 9.
Call or email candi@calvaryburlington.ca for details.

Downtown Community Lunch 905-634-1826
St Luke's Anglican Church, 1382 Ontario St. 1st, 3rd and 5th Wed Oct-May.
Lunch 12:pm-1:30pm. Conversation 11am-12pm.

Food Availability

Burlington Food Bank 905-637-2273
1254 Plains Rd E Unit 1A. Now open for in store shopping of non-perishable
foods, hygiene, produce, milk, eggs, bread and frozen meat. Mon-Fri
9am-12:45pm and Thurs 5-7pm. Some delivery available.

Salvation Army 289-230-2556
5040 Mainway Unit 9; In person shopping of non-perishables, milk, eggs,
proteins, produce, hygiene items etc. Mon 1-4pm, Wed 8:30-11:30, Thurs 9-4
By appointment, 24 hour turn around.

Open Doors Community Market 905-634-1809
Community Market (food bank) open to the public, ID required.
662 Guelph Line Tuesdays 3pm-5:30pm and Saturdays 9:30am- 12pm.
Inquiries, email gardenmarket@stbcb.ca or call

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

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

Good Shepherd
Mary's Place 905-540-8000
Shelter for Women 18 plus 20 Pearl St. N.
Martha House 905-523-8895
Shelter for Women and children. 25 Ray St. N.
Family Centre 905-528-9442
Shelter for any family structure. 143 Wentworth S.

Employment

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

Centre for Skills Development 905-333-3499
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 people facing mental health and other challenges.

Gas and Hydro Assistance

LEAP (Low-Income Energy Assistance) 905-637-3893 x104
Salvation Army Burlington. hydrosupport_burlingtoncfs@salvationarmy.ca

OESP (Ontario Energy Support Program) 905-637-3893 x104
Salvation Army Burlington hydrosupport_burlingtoncfs@salvationarmy.ca

Open Doors Ontario Electrical Support Program 905-634-1809
Aid in applying for relief on electricity bills, appointment required

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

Legal Aid Ontario 1-800-668-8258

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

Salvation Army 289 230-2556
Cancer Support Group: email to
book generalsupport_burlcfs@salvationarmy.ca
After School Tutoring: email to
book: generalsupport_burlcfs@salvationarmy.ca
Budget Planning: Twice per month: email to
book generalsupport_burlcfs@salvationarmy.ca
Salvation Army Christmas Support:
Registration: 2023: October 11 – Nov 16, 20,21,27,28 Dec 4&5

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 1-2:30pm.
Cooking Class's & Community Gardening May– Oct.
Drop-in coffee/chat Wednesdays 10am-12pm
www.nextdoorsocialspace.com for up to date event info

Circle of Friends 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.

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, anxie-
ty, depression, conflict in relationships, mental health and trauma. Both
online and in-person sessions are available. eaglesnestwaterdown.ca

Links2Care 905-844-0252
Connecting people in need to the basic necessities of life. links2care.ca

Home and Community Care Support Service 905-639-5228
Support for basic needs, social support, legal and health issues
Self referral is possible. hnhbhealthline.ca.

Heartache2Hope Main line 905-599-4673 Hope line 289-474-5508
Support to adults and children grieving a suicide loss. Mon/Thurs 1-4pm.
heartache2hope.com

Food For Life Programs
St. Luke's Anglican 1382 Ontario St. Tues 9:45-11:00 am 905-634-1826
Grace United Church 2111 Walkers Line, Fri 9-10:30am 905-335-0090
Community Fridge - Aldershot Library (check library hours) 550 Plains Rd E
Mountainside Market - 2258 Mountainside Dr. (closed b/w 12:30-1:30pm)
Tues & Thurs- 10am-6pm, Wed 10am-4pm .
Book at www.foodforlife.ca/market/.
Good Food Line 905-635-1106 x225 or email goodfood@foodforlife.ca

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

Compassion Society
Non perishables, fresh produce package, meat, pizzas, salads/soups,
sandwiches, cakes, sweets, bread and hygiene/self-care items as available.
Mon/Fri 12-3:30pm , Wed 4-7pm 1881 Fairview St Units 4/5.
Inquiries: general.compassion@gmail.com or call 905-592-3722.

Compass Point Food Market
Non perishable food, produce, bread. Meat and hygiene items (when availa-
ble). 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 Jeannie 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 2nd Thurs each month Sept -June.
Order ahead by calling or emailing Patti.pleix@outlook.com

Emergency Meal Delivery Program at Wellington Square 905 634-1849
Prepared emergency meals delivery program (with referral)
Wellington Square United Church, 2121 Caroline St
For more information call or email: llunski@wsquare.ca

Free Clothing

Compassion Society of Halton 1881 Fairview St Units 4/5 905-592-3722
Mon and Fri 12:00-3:30pm and Wed 4:00-7:00pm

Open Doors Free Clothing Store, 662 Guelph Line 905-634-1809
No registration, ID required. Tues 3:30pm-6pm and Sat 9:30am-12pm.

Telephone Support

Distress Centre Halton Burlington– 905-681-1488 Oakville– 905-849-4541
Lonely? Overwhelmed? Having thoughts of suicide? Hamilton-905-561-5800
Call any time - no problem is too big or too small. Georgetown– 905-877-1211

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 Supports 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)

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)

Support

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.

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

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)

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

Our Community Cares Contact via email ourcommunitycares@rockonline.ca
Food Support, free clothing room, children/youth & adult programs
Burloak ROCK Hub 905-631-1218, Warwick –Surrey ROCK 905-681-2777

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

Eagles Nest– FREE courses eaglesnestwaterdown.ca 905-689-8721
Positive Parenting course, How to Build Healthy Boundaries,
Emoticon– helping children understand and regulate their emotions.
I am worthy- helping young women 12-16 explore their self worth

BounceBack 1-866-345-0224 x1
A free skill-building program managed by the Canadian Mental Health Association (CMHA). For adults and youth 15+ to manage low mood, mid to moderate depression and anxiety, stress or worry.
bounceback@ontario.cmha.ca

Nar-anon 416-239-009
A 12-step self-help group for family and friends of drug addicts.
naranonontario.com

Al-Anon/Alateen of Hamilton-Burlington 416-410-3809
Support group for families & friends of individuals with alcohol abuse issues.
Alanonhamiltonburlington.ca/alateen

Canada Learning Bond - www.Canada.ca 1-800-276-3624
\$2,000 available from the Federal Government to be deposited into Registered Education Savings Plans (RESP) for children born after Jan 1, 2004

Ontario Senior Dental Care Program Dial 311
Free routine dental care for eligible seniors age 65+ that have OSDSP cards.
Call to see if you are eligible and for information of how to apply.

Rolling Horse Community Cycle (contact Rob) 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)
Tues, Wed, Fri, Sat 10am-4pm info@rollinghorse.ca www.rollinghorse.ca

The Women's Centre of Halton 905-847-5520
Counselling, legal advice, resources, essentials like sanitary and hygiene products and several workshops/groups. www.thewomenscentreofhalton.com

Arthouse 905-510-1746
Provides free arts-based programs for children and youth age 7-17 who have little or no access to fee-related activities.

Society of Saint Vincent de Paul 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) 905-632-6114
St. Gabriel's (north central) 905-570-6320