

## 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](mailto: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, anxiety, 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/](http://www.foodforlife.ca/market/).  
**Good Food Line** 905-635-1106 x225 or email [goodfood@foodforlife.ca](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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