

Kids and Parents

- St. Christopher's Anglican Church*** 905-634-1809
***Kids Club** (ages 4-10) Tween Club (ages 11-13)
An afterschool program that provides activities, recreation and healthy snacks and dinner. (every Tues during the school year, 4-6pm)
***Active Tots** (preschoolers and parents) Wed 10-11:30am.
***Calling all Parents Parenting Workshops**
Tuesday 7-8:30pm Parenting series run by Halton Public Health,
***Respite Program for Families with Children with Special Needs**
One Saturday a month, 5-9:30pm, registration required.
- Boys and Girls Clubs Burlington Sites*** 905-549-2814 x262
***Jr High Drop-in Mondays** 3:30pm North Burlington Baptist 1377 Walkers Line
***NBT**(North Burlington Teens) **Drop-in** Mondays 7pm Shackleton Place
1380 Guelph Line
***GirlZone** Tuesdays 3:30pm Calvary Baptist Church 2458 St Frances Dr
***Youth Kitchen** Tuesdays 3:30pm North Burlington Baptist 1377 Walkers Line
***Chillzone** after school club Thursdays 3:30pm Tansley UC 2111 Walkers Line
Email: shazia.wall@kboysandgirlsclub.com
- Shifra Homes** Maternity Home and Resource Centre 905-681-9633
- Halton Prenatal Nutrition Program** Dial 311
(pregnancy until baby is 6 months) Calvary Burlington
2458 St. Frances Dr. Tues 1-3pm
- Healthy Smiles (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
- Ontario Early Years 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
- 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.

WHERE TO GET HELP IN BURLINGTON

This information was up to date as of April 2019.
If you have revisions to be considered,
Please contact Lisa by email at llunski@wsquare.ca

Meals

Free Tuesday Community Meal 6pm each Tuesday St. Christopher's Anglican Church, 662 Guelph Line	905-634-1809
Free Friday Night Community Dinner 6pm each Friday Wellington Square United Church, 2121 Caroline St.	905-634-1849
Free Dinner Night Out North BurLINKton Wed 6pm 2nd and 4th week of the month Glad Tidings Gym, 1401 Guelph Line	905-632-1975
Free East Burlington Seniors Lunch 3 rd Tues. at 12 noon (except July, Aug & Dec) Appleby United Church, 4407 Spruce Ave.	905-637-2942
Free Community Lunch Wed 11:30-1:15 (1 st , 3 rd , 5 th Wed. of month, Sept-June) Starting Third Wed in Sept St. Luke's Anglican Church, 1382 Ontario St.	905-634-1826
Out-4-Lunch for Seniors 12 noon each Monday starting Feb 4 2019 - Dec 9, 2019 St. Matthew's On-the-Plains, 126 Plains Rd. East	905-632-1233
Free Open Doors Senior's Lunch, 2nd and 4th Thursday of the month at 12pm. St. Christopher's Anglican Church, 662 Guelph Line	905-634-1809
Next Door Social Space #2, 650 Plains Rd. E. Free lunch 12 noon each Wednesday and Friday Toonie Breakfast Saturdays 9-11am	289-799-0154
55+ Seniors Luncheon Calvary Burlington (3rd Friday of the month) 2458 St. Frances Dr.	905-336-7332

Food Availability

Burlington Food Bank Mon-Fri 9am-11:45am 1254 Plains Rd. East, Unit 1A	905-637-2273
Open Doors Food Bank St. Christopher's Anglican Church, 662 Guelph Line Tues. 4-6:30pm, Thurs 12:45-2pm, Sat 10am-12pm	905-634-1809

Other Support

Rolling Horse Community Cycle (contact Mike) A community bike shop offering refurbished bicycle sales and service. #2, 650 Plains Rd. E. (located in Next Door Social Space) info@rollinghorse.ca www.rollinghorse.ca	289-799-0154
Halton Children's Aid Society	905-333-4441 1-866-607-5437
Society of Saint Vincent de Paul Short-term assistance with food and other needs. Holy Rosary (Aldershot) St. John the Baptist (downtown) St. Raphael (east central) St. Paul the Apostle (north) St. Patrick (east)	905-631-6111 905-979-6460 905-681-6394 905-522-8222 905-632-6114

Housing Shelters

Halton Emergency Family Shelter Program providing emergency shelter for adults and families with children	dial 311
Halton Women's Place, Burlington 24 Hour Crisis Line Temporary shelter for women and children experiencing domestic violence.	Intake 905-332-1593 905-332-1593
Lighthouse , 750 Redwood Square, Oakville Emergency shelter for you and your family	905-339-2918
Salvation Army Shelter , Hamilton 24 hour emergency shelter for men	905-527-1444
Mission Services , 325 James St. N., Hamilton 24 hour emergency shelter for men	905-528-7635
Good Shepherd , Men's Center 135 Mary St. Hamilton Women's Centre 30 Pearl St. North	905-528-9109 905-523-8766
Drummond House , a transitional home for women & children in times of crisis. Email: info@eaglesofwaterdown.com	905-689-8721

Free Clothing

Compassion Society , 484 Plains Rd. East, Unit 14 Mon and Fri 12 noon -3:30pm and Wed 12 noon - 4:30pm	905-592-3722
St. Christopher's Anglican Church , 662 Guelph Line Tuesday 4-6pm, Thursday 12:45-1:45pm, Saturday 10am-12 noon	905-634-1809

Social Groups

Next Door Social Space 289-799-0154
A community space to gather in the heart of Aldershot.
650 Plains Rd East, Unit 2. Contact Angie nextdoor@forestviewchurch.ca
Child and Youth Sports Program, Mondays (May-Aug)
Women's Coffee Hour, Fridays 10-11:30am
www.nextdoorsocialspace.com for up to date event info

Senior's Social @St. Christopher's Anglican Church 905-634-1809
Tues 2:00pm Board games, light refreshments, drop-in

The HUB of Purpose and Kindness 905-634-1849
Fridays 12-5pm. Wellington Square Church 2121 Caroline St
A social time with snacks for people to gather prior to Friday Night Dinner

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

Single Mom's Meeting 905-335-0090
Peer support and monthly get-together at Tansley United Church.
2nd Tues of the month. Dinner and child minding are provided.
Contact: Rhonda at office@tansleychurch.com

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
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 905-693-4252
2245 Wyecroft Units 1& 2, Oakville Community based program for individuals facing mental health and addiction issues

Gas and Hydro Assistance

A **Salvation Army** grant program to assist residents who need support, are in arrears or faced with disconnection. 905-637-3893

OESP provides electricity support to low income consumers 905-634-1809

Burlington Salvation Army 5040 Mainway, Unit 9 905-637-3893
Mon-Fri 9-11:30am, afternoons by appt only

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

Compass Point Food Market 905-336-0500
Non-perishable food and some fresh food items. 2nd and 4th Saturday of each month. 9:30-11:00am. 1500 Kerns Rd entrance on lower level, gym door.

Food 4 Kids Halton Jennifer 905-469-3113
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.

Food for Life Free fresh food (veggies, fruit, breads, etc.) 905-635-1106x221
Mon 12-1 Burlington East Presbyterian, 505 Walkers Line 905-637-5155
Mon 1:30-2:20pm Brant Hills Presbyterian 2138 Brant St. 905-335-2640
Tues 11:30-12:30 St. Luke's Anglican Church, 1382 Ontario St. 905-634-1826
Tues 7pm Faith Church, 2265 Mountainside Dr. 905-336-5353
(foodforlife@faithcrc.ca)
Friday 9:30am Tansley United Church 2111 Walkers Line 905-335-0090

Holy Cross Good Food Box - contact Patti 905-844-1109
Fresh vegetables and fruit at an unbeatable price available 4th Fri ea month Sept -June. Order ahead by calling or emailing Patti. pleix@outlook.com

Feeding Halton POP UP Market www.feedinghalton.ca

Halton Fresh Food Boxes

Fresh fruit and vegetables at a great price available monthly (if on Ontario Works, contact Halton Social Services worker to get vouchers)

St. Christopher's Anglican Church (Food Box Main Office) 905-638-8645
St. Luke's Anglican Church 905-634-1826
Tansley United Church 905-335-0090
Faith Church 905-336-5353
Our Kids Network, Holy Rosary School 905-633-7108
Don Quixote Housing Cooperative 905-616-1353
Our Community Cares Burloak 905-631-1218
Our Community Cares Warrick Surrey 905-681-2777

Support

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.

Free Walk-in Counselling Service St. Christopher's 662 Guelph Line
Talk one-on-one with qualified Canadian Mental Health Assoc counsellors.
No appointment necessary. First come first served. 16+ Tues 1-7pm.

Arbutus Collective 647-654-8329
Support for individuals and their caregivers of all ages with Eating Disorders.
www.thearbutuscollective.com

Support Groups

CMHA (Canadian Mental Health Assoc) 1-877-693-4270

Celebrate Recovery at Compass Point Bible Church 905-336-0500 x333
12 step program to help people overcome unresolved hurts, habits and compulsive behaviours. Every Friday at 7pm.

Schizophrenia Society of Ontario 905-338-2112
Family support group 2nd Thurs/month. msue-ping@schizophrenia.on.ca

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.

TEACH 905-693-8771 x390
Peer-led education and support groups for individuals, age 16 and older, who are experiencing mental health and/or addictive behaviour concerns.

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

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.

Compass Point * Glenda Devries 905-336-0500 x272
***Support for Mental Health** Peer support, resources for people experiencing a mental health challenge as well as a family support group.
***Widows Connection** Peer support and practical resources for women that are at various stages of grief and healing.

H.O.P.E Centre (Home of Practical Education) 905-689-8721
Educational classes (eg. Boundaries), coaching and counselling.

Mental Health Support Groups 905 336-0500 ext. 272
Peer-led support for families and those struggling with mental health. Find hope together while working through curriculum based on clinical and biblical insights, and practical tools. Groups resume in Fall 2019.
<https://compass-point.ca/care-support-old/mental-health/>

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 1-877-825-9011
Telephone and outreach support for persons experiencing a crisis. (24 hours)

ROCK: Reach out Centre for Kids (up to 17 years) 905-634-2347
Provides child and youth mental health services. (24 hours) 905-878-9785
471 Pearl St.

Halton Seniors Helpline 1-866-457-8252

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

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 clinic, 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
Contact the region to see if you qualify.