

Kids and Parents

St. Christopher's Anglican Church* 905-634-1809

***Kids Club** (ages 4-12) Tween Club (ages 13-17)

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**

Last Saturday evening of the month, 5-9:30pm, registration required.

North BurLINKton ChillZone Afterschool Drop-In

3-6pm Thursday Tansley United Church 2111 Walkers Line

3-6pm Tuesdays Calvary Baptist Church, 2458 Saint Francis Dr.

Summer and March Break programming and drop-in.

Contact: swall@cdhalton.ca <https://www.facebook.com/chillzxone.camp/>

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

Halton Prenatal Nutrition Program Dial 311

(pregnancy until baby is 6 months) 645 Plains Rd E. Tues 1-3pm

Reach Out Centre for Kids (Rock/Early Years Centre)

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 with babies or young children by public health nurses and friendly visitors.

H.O.P.E Centre Offering support services and programs for individuals & families. 905-689-8721

WHERE
TO GET HELP IN
BURLINGTON

This information was up to date as of November 2017.

If you have revisions to be considered,

Please contact Lisa by email at FNC@wsquare.ca

Meals

Free Tuesday Night Supper 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 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 St. Matthew's On-the-Plains, 126 Plains Rd. East	905-632-1233
Free Open Doors Senior's Lunch , each Thurs. 12-1:00pm St. Christopher's Anglican Church, 662 Guelph Line	905-634-1809
Free Community Lunch Next Door Social Space #2, 650 Plains Rd. E. 12 noon each Wednesday and Friday	289-799-0154
55+ Seniors Luncheon Burlington Christian Fellowship Sept - May & Calvary Baptist June to Aug	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. 4:30-7pm, Thurs 12:45-2pm, Sat 10am-12pm	905-634-1809
Burlington Salvation Army 5040 Mainway, Unit 9 Mon-Fri 9-11:30am, afternoons by appt only	905-637-3893

Other Support

Rolling Horse Community Cycle (contact Paul) A community bike shop offering refurbished bicycle sales and service. Call or check website for up to date hours. www.rollinghorse.ca #2, 650 Plains Rd. E. (located in Next Door Social Space)	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.	905-336-8332

Housing Shelters

Halton Region Shelter Information and Program providing emergency shelter for adults and families with children	dial 311
Halton Women's Place , Burlington Temporary shelter for women and children experiencing domestic violence.	24 Hour Crisis Line 905-332-1593 Intake 905-332-1593
Lighthouse , 750 Redwood Square, Oakville Emergency shelter for you and your family	905-339-2918
Safe Place (CMHA) Crisis residential bed program for adults 16+ experiencing mental health or substance abuse crisis	905-849-8443
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.	905-689-1484

Transportation

Burlington Handi-Van Accessible transit service available	905-639-5158
Canadian Red Cross Burlington Transportation to medical appointments.	905-637-5664

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 1-4pm. Wellington Square Church 2121 Caroline St
A social time for folks to gather prior to Friday Night Dinner

Summit Housing and Outreach Programs 905-333-4814
Housing support and advocacy for people with serious
mental illnesses. 760 Brant St. Suite 405A

NorthLINKton Single Mother's Community Group 905-335-0090
Peer support and monthly get-together at Tansley United Church
Contact: Rhonda at tansley@aibn.com

Employment

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

Burlington Employment Resource Centre 905-333-3499 x140
The Centre for Skills Development and Training
860 Harrington Court

Goodwill Career Centre 905-633-8324
4039 New Street
FREE Employment services, open to all job seekers-career development.
Job search, employer connections, Second Career, Youth Job Link,
Canada-Ontario Job Grant, Employment Resource Centre.

STRIDE 905-693-4252
2245 Wycroft 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 905-637-3893
need support, are in arrears or faced with disconnection.

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

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 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
(hot soup provided during winter months)

Tues 7pm Faith Church, 2265 Mountainside Dr. 905-336-5353
(foodforlife@faithcrc.ca)

Friday 10:30am (call ahead) Tansley United Church 905-335-0090
2111 Walkers Line

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 Patti.

Feeding Halton POP UP Market www.feedinghalton.ca

Halton Fresh Food Boxes
Fresh fruit and vegetables at a great price available monthly (contact Halton
Social Services worker to get vouchers for those on Ontario Works)

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

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 4-6pm, Thursday 1-2pm, Saturday 10am-12 noon

Support

Counselling

Halton Family Services

905-637-5256

Counselling for people struggling with issues of family conflict, depression, grief and loss, family violence or sexual abuse.
460 Brant St. Ste. 200

Free Walk-in Counselling Service

St. Christopher's 662 Guelph line Burlington
Talk one-on-one with qualified Canadian Mental Health Assoc counsellors.
No appt 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-Empower-Advocate for Community Health 905-693-8771 x341

Cognitive Behaviour Therapy based support groups and peer support (ie. Anxiety Management, Self Esteem, Elder Talk) Contact Lynn Gallagher.

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.

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

Crisis support, for those experiencing psychosis, suicidal thoughts, anxiety, depression, etc. (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

Seniors Without Walls

905-631-2524

Telephone program that allows seniors to connect with their peers through promoting education and socialization.

Telehealth Ontario

1-866-797-0000

Telephone support from a registered nurse (24 hours)

Legal Assistance

Halton Community Legal Clinic

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

Free income tax services, legal clinic, and budgeting workshops for women living in Halton. www.thewomenscentrefhalton.com

Transportation

Burlington Handi-Van

905-639-5158

Transit service available to those who are physically unable to use public transit.

Canadian Red Cross Burlington

905-637-5664

Transportation to medical appointments.

Debt Support

Halton Consumer Credit Counselling Service

905-845-3811

(Division of Halton Family Services) A non-profit agency, provides assistance with budgeting or debt management.