

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

3-5pm Monday and Thursday Tansley United Church 2111 Walkers Line

3-5pm Tuesdays Calvary Baptist Church, 2458 Saint Francis Dr.

Summer and March Break programming and drop-in.

Contact: swall@cdhalton.ca <http://northburlinkton.cdhalton.ca/chill-zone/>

**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. Please call to see if you qualify.

Nelson Youth Centre 905-681-2611

Support programs for children and parents ages 7-17
4225 New St. Burlington

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

WHERE
TO GET HELP IN
BURLINGTON

This information was up to date as of August 2016.

If you have revisions to be considered,

Please contact Lisa by email at FNC@wsquare.ca

Meals

Free Tuesday Night Supper 6pm each Tuesday 905-634-1809
St. Christopher's Anglican Church, 662 Guelph Line

Free Friday Night Community Dinner 6pm each Friday 905-634-1849
Wellington Square United Church, 2121 Caroline St.

Free North BurLINKton Dinner Night Out 905-335-8172
Wed 6pm 2nd and 4th week of the month
Glad Tidings Church, 1401 Guelph Line

Free East Burlington Seniors Lunch 905-637-2942
3rd Tues. at 12 noon (except July, Aug & Dec)
Appleby United Church, 4407 Spruce Ave.

Free Community Lunch 905-634-1826
11:30-1:15 (1st, 3rd, 5th Wed. of month, Sept-June)
Starting Third Wed in Sept
St. Luke's Anglican Church, 1382 Ontario St.

Out-4-Lunch for Seniors 905-632-1233
12 noon each Monday
St. Matthew's On-the-Plains, 126 Plains Rd. East

Free Open Doors Seniors Lunch, each Thurs. 12-1:00pm 905-634-1809
St. Christopher's Anglican Church, 662 Guelph Line

Food Availability

Partnership West Burlington Food Bank 905-637-2273
Mon-Fri 9am-11:45am
1254 Plains Rd. East, Unit 1A

Open Doors Food Bank 905-634-1809
St. Christopher's Anglican Church, 662 Guelph Line
Tues. 4:30-7pm, Thurs 12:45-2pm, Sat 10am-12pm

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

Other Support

Rolling Horse Community Cycle (contact Paul) 289-799-0154
A community bike shop offering refurbished bicycle sales and service.
Wed 2-8pm Sat 10am-3pm.(Seasonal Hours).
www.rollinghorse.ca

Halton Multicultural Council 905-631-1048
4039 New St. Ext. 233/238

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

Society of Saint Vincent de Paul 905-336-8332
Short-term help with food, clothing and shelter.

Elder Technology Assistance Guide 905-333-3499
Workshops for ages 55+. (no charge) 860 Harrington Crt.

Housing Shelters

Halton Region Shelter Information and Program dial 311
providing emergency shelter for adults and families with children

Halton Women's Place, Burlington **24 Hour Crisis Line** 905-332-1593
Temporary shelter for women and children Intake 905-332-1593
experiencing domestic violence.

Lighthouse, 750 Redwood Square, Oakville 905-339-2918
Emergency shelter for you and your family

Safe Place (CMHA) 905-849-8443
Crisis residential bed program for adults 16+ experiencing
mental health or substance abuse crisis

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

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
Community Dinner, Mondays 6pm (doors open at 5pm)
Community Lunches, Wed and Fri 12noon
Child and Youth Sports Program, Mondays (May-Aug)
Women's Coffee Hour, Fridays 10-11:30am
Seasonal and other events, contact for more info

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

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 Career Development 905-681-1140
500 Drury Lane 1-866-565-9856

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 Wyecroft Units 1& 2, Oakville
Community based program for individuals facing mental health and
addiction issues

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. 9:30-11:30am. 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 (call ahead) 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 Patti.

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 and Saturday 10am-12 noon

Support

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,
(24 hours)
suicidal thoughts, anxiety, depression, etc.

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 R.N. (24 hours)

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 of each month at
Port Nelson United Church, 3132 South Drive.
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 x341
Teach-Empower-Advocate for Community Health
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

Gas and Hydro Assistance

Low Income Energy Assistance Program (LEAP) 905-637-3893

Union Gas Energy Assistance Program (UGEAP)
A Salvation Army grant program to provide emergency relief to low income
residents in arrears or faced with disconnection.

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

Divorce Care 1-800-489-7748

Helps you recover from the pain and separation of divorce.
Weekly groups, call for location and dates.

Danielle's Place 895 Brant St, Unit 3 1-866-277-9959
Eating Disorder Support www.daniellesplace.org 905-333-5548

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 905-847-5520

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

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.