

## Kids and Parents

**ROCK - Reach Out Centre for Kids** 289-266-0036  
Mental health services/programs for children 0-17 years and their families.  
Mon-Fri 9am-5pm. 471 Pearl St [www.rockonline.ca](http://www.rockonline.ca)  
ROCK 24/7 Crisis Line 905-878-9785

**Shifra Homes** [shifrahomes.com](http://shifrahomes.com) 905-681-9633  
Residence for young, homeless and pregnant women ages 16-27.

**Halton Prenatal Nutrition Program** Call 311  
For families needing extra support through pregnancy until baby is 6 weeks

**HaltonParents** [www.halton.ca/haltonparents](http://www.halton.ca/haltonparents) Call 311  
For parenting info or to connect to a public nurse.

**Healthy Smiles Ontario Program (HSO)** Call 311  
A provincial dental program that provides preventative, routine and emergency dental services for eligible children 17 and under..

**Canada Dental Care Plan (SDCP)** 1-800-715-8836  
A federal dental plan available for eligible families with children 17 and under to help cover the cost for dental care services. [Canada.ca/Dental](http://Canada.ca/Dental)

**EarlyON Child and Family Centre** [www.rockonline.ca](http://www.rockonline.ca)  
Programs/activities for parents/children 0-6 years. [earlyon@rockonline.ca](mailto:earlyon@rockonline.ca)  
Cumberland location 905-632-9377 St. Mark's location 289-337-4151

**Healthy Babies, Healthy Children (HBHC)** Call 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 2024** 289-230-2556  
For kids ages 6-15. Jackson Point and Newport locations, Registration  
March to June [generalsupport\\_burlcfs@salvationarmy.ca](mailto:generalsupport_burlcfs@salvationarmy.ca) (subject: camp)

**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.

**The Lighthouse for Grieving Children and Families** 905-337-2333  
In person and online grief support groups for Children/Youth (3-24 years) and their parents/guardians. [www.lighthousegriefsupport.org](http://www.lighthousegriefsupport.org)

**Kids & Me drop-in Neighbourhood Groups** Call 311  
Free weekly structured drop-in program for families with babies or children up to 6 years of age.

**ErinoakKids Centre for Treatment and Development** 905-855-2690  
Therapy, medical and support services for children and youth.  
[Erinoakkids.ca](http://Erinoakkids.ca)

**Hippy Halton** 647-831-4354  
Free home instruction for qualified parents of preschool youngsters 2-6

WHERE  
TO GET HELP IN  
BURLINGTON

This information was up to date as of August 2024.  
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** 905-634-1809  
St. Christopher's, 662 Guelph Line  
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  
Drop in 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  
First Friday of the month Sept - June

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

## Food Availability

**Burlington Food Bank** 905-637-2273  
1254 Plains Rd E Unit 1A. In store shopping of non-perishable foods, hygiene, produce, milk, eggs, bread and frozen meat.  
Mon-Fri 9am-12:30pm and Thurs 5-7pm. Some delivery available.

**Salvation Army** 289-230-2556  
5040 Mainway Unit 9; In person shopping of non-perishables, proteins (either frozen or fresh), produce, hygiene items etc. By appointment, 24 hour turn around. Mon 1-4pm, Wed 9am-2pm, Thurs 9am-2 pm.

**Open Doors Community Market** 905-634-1809  
662 Guelph Line Tuesdays 3:30pm-6pm and Thursdays 12:30-2pm.  
Community Market (food bank) open to the public, by appt. ID required.  
Email inquiries: opendoorsprograms@stcb.ca.

Newcomers Centre in Halton.

**Elder Abuse Prevention Ontario** Website eapon.ca 1-877-916-6728  
Elder abuse prevention information, supports and resources .

**Connection in Action** 905-844-2299  
Contact us to be connected with social opportunities to meet new people and build friendships. For adults 55+ living in Halton. Free of cost.  
Email: Hello@ConnectionInAction.ca Website:ConnectionInAction.ca

**Ontario Health atHome** 1-800-810-0000  
Coordinates local home and community care, long-term care placement and provides help finding services in the community. healthcareathome.ca

## Housing Shelters

**Emergency Supportive Housing Program** Call 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.

**Summit Housing and Outreach Programs** 905-847-3206  
Housing support and advocacy for people with serious mental illnesses.  
2305 Wycroft Rd Suite 200, Oakville

## 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 Thurs 12:30-2pm

## 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

**Legal Aid Ontario** 1-800-668-8258

**Halton Region Credit Counselling Service** 1-888-527-8999

A non-profit agency, providing free assistance with debts, money management and interest relief.

**Salvation Army** 289 230-2556

After School Tutoring, Grief Support  
generalsupport\_burlicfs@salvationarmy.ca

**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 10-11:30am.  
Cooking Classes, Social Programs & Community Gardening  
www.nextdoorsocialspace.com and facebook 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.  
Sliding scale fees.

**Eagles Nest** eaglesnestwaterdown.ca 905-689-8721

Low-cost and subsidized counselling with certified therapists who work with  
adults and youth to address issues including depression, anxiety, trauma,  
and relationship conflicts. In-person, virtual or phone sessions are available.  
Minimal cost programs: Coaching, Boundaries, Emoticon, I Am Worthy

**Links2Care** www.links2care.ca 905-844-0252

Connecting people in need to the basic necessities of life.

**Heartache2Hope** Main line 905-599-4673 Hope line 289-474-5508

Support to adults and children grieving a suicide loss. Provides individual  
and group support virtually and on site. heartache2hope.com

**Mental Health Care Partners' Support Group** 905-634-1809

St. Christophers, 662 Guelph Line Held every 1st Monday 7-9pm.  
Supporting loved ones with mental health concerns.

**Acclaim Health** 905-827-8800

Programs include bereavement support, dementia care, social supports and  
home care. acclaimhealth.ca

**Halton Multicultural Council (HMC Connections)** 905-842-2486

**Food For Life Programs** (please bring grocery bags)

**St. Luke's Anglican** 1382 Ontario St. Tues 9:45-11:00 am 905-634-1826

**Grace United Church** 2111 Walkers Line, Fri 8:30-10:00am 905-335-0090

**Mountainside Market** - 2258 Mountainside Dr. (closed b/w 12:30-1:30pm)

Tues & Thurs- 11am-4pm. (appt required)

Tues & Thurs 4-6pm walk in (no appt required)

Register at www.foodforlife.ca

**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 and Thurs 10am-12pm

**Compassion Society** 905-592-3722

1881 Fairview St. Appts made on site. Mon/Fri 12-3:30pm, Wed 4-7pm.

(Opens 1 hour later for walk-ins) In store shopping for non-perishables,  
produce, meats, pizzas, salads, soups, sandwiches and hygiene items as  
available. Inquiries: general.compassion@gmail.com

**Compass Point Food Market**

1500 Kerns Road | 2nd and 4th Sat of the month | 9:00-10:30am.

Non perishable food, produce, bread, meat and hygiene items (when availa-  
ble). 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 Thursday delivered to elementary  
schools for students to take home for the weekend.

Contact your school office to register.

**Good Food Box** Patti 905-844-1109

Burlington Anglican Lutheran Church

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

## Employment

**YMCA Employment & Training Services** 905-681-1140

Ages 15 and up. 500 Drury Lane (lower level)

Providing programs, services and classes to support for job searches.

**Centre for Skills Development** 905-333-3499

3350 South Service Rd centreforskills.ca

**Goodwill Career Centre** goodwillonline.ca 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.

## 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.

**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.

**Telehealth Ontario** Call 811  
Telephone support from a registered nurse (24 hours)  
www.health811.ontario.ca

**Canadian Red Cross, Friendly Calls Program** 1-833-979-9779  
Matches people over age 18 with trained personnel who connect regularly to provide emotional support and community connections.  
redcross.ca/friendlycalls

**Ontario Caregiver Helpline** 1-833-416-2273  
Information and support for caregivers. 24 hour phoneline.

## Support

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

**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 SPLIT** (Subsidized Passes for Low Income Transit) Call 311

## Our Community Cares

**www.rockonline.ca ourcommunitycares@rockonline.ca**

Programs and services for children and youth, ages 5-17, and their families, including food, clothing and support with infant items when available.  
ROCK Hub Burloak 905-631-1218, Warwick–Surrey ROCK 905-681-2777

**BounceBack** bounceback@ontario.cmha.call 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.

**Connex Ontario** connexontario.ca 1-866-531-2600  
Directory of community mental health and addiction services.

**Nar-anon** naranonontario.com 416-239-0096  
A 12-step self-help group for family and friends affected by drug addiction..

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

**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

**Canada Dental Care Plan (CDCP)** Call 311  
For seniors 65+, children under 18, people 16-84 years with valid Disability Tax Credit, if no access to dental insurance and adjusted family net income of less than \$90,000.

**Rolling Horse Community Cycle** 905-631-0222  
A community bike shop offering refurbished bicycle sales and service.  
650 Plains Rd. E. Unit #2 (located in Next Door Social Space)  
Wed, Fri, 12-5pm Sat 10am-4pm info@rollinghorse.ca www.rollinghorse.ca

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

**Support House's Centre for Innovation in Peer Support**  
Wellness-based, peer-led self-help and social connections virtual programming for individuals, age 16+ navigating mental health and substance use/addiction challenges. centreinfo@supporthouse.ca 1-833-845-9355 x390

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

**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