

Kids and Parents

- ROCK - Reach Out Centre for Kids** 289-266-0036
Child and youth mental health, grades 1-8
4225 New St. Burlington rockonline.ca
- Rock and Early ON at Open Doors** 905-634-1809
662 Guelph Line Tues 1:30-3:30pm. Parent, baby/tot programming.
- Shifra Homes** 905-681-9633
Residence for young, homeless and pregnant women ages 16-27.
shifrahomes.com
- Halton Prenatal Nutrition Program** Dial 311
For families needing extra support through pregnancy until baby is 6 weeks
- 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.
- 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** 647-831-4354
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 2024** 289-230-2556
Dates to follow for kids ages 6-15.
Jackson Point and Newport locations, Registration March to June
Email: generalsupport_burlicfs@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.
- Preschool Playgroup**
A drop-in for parents and preschoolers. Kids play while the parents connect.
Every Wed at 9:30am Sept-June. No RSVP required
Email: playgroup@calvaryburlington.ca or calvaryburlington.ca/playgroup

WHERE
TO GET HELP IN
BURLINGTON

This information was up to date as of December 2023.
If you have revisions to be considered,
please contact Lisa by email at 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
2024: Jan 19, Feb 9, March 8, April 19, May 17, June 21
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.
Free and everyone welcome.

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. By appointment, 24 hour turn around.
Mon 1-4pm, Wed 8:30-12pm and 1:30-3:30pm, Thurs 9am-4 pm.

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

Mental Health Care Partners' Support Group 905-634-1809
St. Christophers, 662 Guelph Line Held every 4th 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

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.

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

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 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. goodwillonline.ca

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 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
Cancer Support Group, After School Tutoring, Budget Planning
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 May– Oct.
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.
Sliding scale fees.

Eagles Nest eaglesnestwaterdown.ca 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.
FREE courses
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

Links2Care 905-844-0252
Connecting people in need to the basic necessities of life. links2care.ca

Home and Community Care Support Service 905-639-8794
Referrals, home and community care, long-term care and more.
healthcareathome.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 8:30-10:30am 905-335-0090
Mountainside Market - 2258 Mountainside Dr. (closed b/w 12:30-1:30pm)
Tues & Thurs- 10am-6pm.
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
We offer in store shopping for non perishables, fresh produce, a variety of
meat, pizzas, salads, soups, sandwiches, 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 or call 905-592-3722.

Compass Point Food Market
Non perishable food, produce, bread. Meat and hygiene items (when availa-
ble). 1500 Kerns Road | 2nd and 4th Sat of the month | 9:00-10:30am.
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

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

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

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)

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

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) 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

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

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

Nar-anon 416-239-0096
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

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 Seniors Dental Care Program Dial 311
Free emergency and routine dental care for seniors age 65+ that have an OSDCP card. To apply for an OSDCP card visit Ontario.ca/seniorsdental.

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

Support House’s 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. centreinfo@supporthouse.ca
1-833-845-9355 x390

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