

Kids & Parents

ROCK - Reach Out Centre for Kids 289-266-0036
Mental health supports and specialized services (applied behavioral analysis, early years development and FASD supports) for children, youth and families. Mon-Fri 9am-5pm. 471 Pearl St. www.rockonline.ca

Our Community Cares www.rockonline.ca
ourcommunitycares@rockonline.ca
Programs and services for children and youth, ages 5-17 and their families. Food, clothing and support with infant items when available.
ROCK Hub Burloak: 905-631-1218 Warwick-Surrey ROCK: 905-681-2777

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

HaltonParents www.halton.ca/haltonparents Call 311
For parenting info or to connect to a public health 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.

EarlyON Child and Family Centre www.rockonline.ca
Programs/activities for parents/children 0-6 years. 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
Jackson Point/Muskoka locations, Ages 6-15, Registration March to June
Email: generalsupport_burlcfs@salvationarmy.ca (subject: camp)

Arthouse 905-510-1746
Provides free arts-based programs for children and youth ages 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

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. Program is run by an early childhood educator, public health nurse, developmental consultant and librarian.

ErinoakKids Centre for Treatment and Development 905-855-2690
Therapy, medical and support services for children and youth. Erinoakkids.ca

Hippy Halton 647-831-4354
Free home instruction for qualified parents of preschool youngsters, ages 2-5

WHERE TO GET HELP in BURLINGTON

Last Updated April 2025
For revisions to be considered,
contact Lisa at lisalunski@sympatico.ca

Housing/Shelters

Emergency Supportive Housing Program Call 311
Providing emergency shelter for women and families.

Halton Women's Place 24 Hr. Crisis Line 905-332-7892
Temporary shelter in Burlington for women Intake 905-332-1593
and children who are experiencing domestic violence.

Salvation Army Lighthouse 905-339-2918
750 Redwood Square, Oakville
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

Shifra Homes shifrahomes.com 905-681-9633
Residence with 17 beds for young, homeless and pregnant women ages 16-29

Telephone Support

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Suicide Crisis Helpline (24/7/365)	Call or text 9-8-8
Distress Centre Halton (24 hours) Lonely? Overwhelmed? Having thoughts of suicide? Call any time - no problem is too big or too small.	Burlington- 905-681-1488 Oakville- 905-849-4541 Hamilton-905-561-5800
ROCK 24/7 (Reach Out Centre For Kids)	Crisis Line 905-878-9785
Kids Help Phone Phone and web counselling. Ages 20 and under	1-800-668-6868
Ontario 211 Free, confidential and multilingual helpline that connects people with information and referrals to community, social, health and government services.	
One Stop Talk (OST) www.onestoptalk.ca A free, confidential service that lets kids and youth get immediate mental health support with a registered therapist. Mon-Fri 12pm-8pm and Sat 12pm-4pm.	1-855-416-TALK (8255)
COAST: Crisis Outreach and Support Team Telephone and outreach support for persons experiencing a crisis.	1-877-825-9011 (24 hours)
National Overdose Response Service Free anonymous overdose prevention hotline	1-888-688-6677
GOOD2TALK (post secondary school students) Information, referrals & supports for mental health/addictions, on and off campus	1-866-925-5454 Text: 686868
Black Youth Helpline (supports youth, families and schools)	1-833-294-8650
2SLGBTQIA+ (YouthLine) www.youthline.ca Peer support by email, text and online chat, anonymous & confidential Sun.-Fri. 4pm-9:30pm. e-mail: helpline@youthline.ca	Text @ 647-694-4275
Naseeha- Muslim Mental Health Line Naseeha.org Open to all youth and young adults.	1-866-627-3342 (24 hours)
SAVIS- Sexual Assault and Violence Intervention Services Free, confidential 24 hour support to all survivors of violence.	905-875-1555 (24 hours)
Assaulted Women's Helpline Providing a safe space, free of judgment to support, listen and guide women who have experienced any type of abuse anywhere in Ontario.	1-866-863-0511 (24 hours)
Indigenous Hope for Wellness Helpline Immediate help for all Indigenous peoples across Canada.	1-855-242-3310 (24 hours)
Trans Line - Trans peer support line translifeline.org	1-877-565-8860
Halton Seniors Helpline	1-866-457-8252
Telehealth Ontario (24 hr. registered nurse telephone support)	1-866-797-0000
Ontario Caregiver Helpline (24 hr. support for caregivers)	1-833-416-2273

Society of Saint Vincent de Paul Assistance with food and other needs.

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Holy Rosary (Aldershot) St. John the Baptist (downtown) St. Raphael (east central) St. Paul the Apostle (north) St. Patrick (east) St. Gabriel's (north central)	905-631-6111 905-979-6460 905-681-6394 905-522-8222 905-632-6114 905-570-6320
Ontario Disability Support Program (ODSP) Income support, benefits for health costs & other disability supports	1-888-999-1142
Ontario Works (OW) Financial assistance, benefits & employment assistance.	1-888-999-1142
Canada Learning Bond - www.Canada.ca \$2,000 available from the Federal Government to be deposited into Registered Education Savings Plans (RESP) for children born after Jan. 1, 2004	1-800-276-3624
Canada Dental Care Plan (CDCP). Canada.ca/Dental 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.	Call 311
Ontario Seniors Dental Care Program Provides free, routine dental services for low income seniors, 65 years of age or older	Call 311
HALTON SPLIT (Subsidized Passes for Low Income Transit)	Call 311
Handi-Van Registration required @ 905-639-0550 Door-to-door service offered by Burlington transit to people with disabilities	Dispatch 905-639-5158
Legal & Debt Support	
Legal Aid Ontario	1-800-668-8258
Halton Community Legal Services Free advice and legal services to low income residents.	905-875-2069
Halton Region Credit Counselling Service A non-profit agency, providing free assistance with debts, money management and interest relief.	1-888-527-8999
Christians Against Poverty Canada cawpcanada.org Free licensed credit counselling and budgeting courses to help individuals and families get out of debt and manage their finances.	1-855-214-9191
Free Clothing	
Compassion Society of Halton 1881 Fairview St Units 4/5 Mon and Fri 12:00-3:30pm and Wed 4:00-7:00pm	905-592-3722
Open Doors Free Clothing Store , 662 Guelph Line No registration, ID required. Tues 3:30pm-6pm and Thurs 12:30pm-2pm	905-634-1809

Other Community Supports

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Halton Children's Aid Society (CAS) 905-333-4441 or 1-866-607-5437

Nina's Place (@ER at Joseph Brant Hospital) (24/7) 905-632-3737 ext. 5708
Halton Regional Sexual Assault and Domestic Violence Treatment Centre
 For sexual assault, domestic violence, child sexual abuse or human trafficking.

Restorations Canada restorationscanada.org. 905-962-REST(7378)
 Long term residential housing and survivor-led peer programming for survivors of sexual exploitation and trafficking.

Body Brave info@bodybrave.ca www.bodybrave.ca 905-312-9628
 Virtual support to those impacted by eating disorders and disordered eating

Bereaved Families of Ontario - Halton 905-848-4337
 Free, compassionate, and inclusive peer support for those grieving the death of a loved one or someone in their life. info@bereavedfamilies.ca

Halton Multicultural Council (HMC Connections) 905-842-2486
 Newcomers Centre in Halton.

Next Door Social Space/ Next Door Kitchen 905-631-0222
 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.

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 & Sat .10am-4pm info@rollinghorse.ca www.rollinghorse.ca

Salvation Army generalsupport_burlcfs@salvationarmy.ca 289 230-2556
 After School Tutoring, Grief Support, Christmas Program 905-681-0808
 English as a Second Language (ESL), Thursdays

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

Canadian Hearing Services Teletypewriter: 1-877-215-9530 1-866-518-0000
 Information, education, mental health services, life support, interpreting for Deaf and hard of hearing. E-mail: info@chs.ca

Acclaim Health acclaimhealth.ca 905-827-8800
 Bereavement support, dementia care, social supports and home care.

Links2Care www.links2care.ca 905-844-0252
 Programs & services connecting people in need to the basic necessities of life.

Health Care atHome MississaugaHaltonhealthline.ca 1-877-336-9090
 Referrals, home and community care, long-term care and more.

Mental Health Support

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Canadian Mental Health Association (CMHA) 289-291-5396
 Community based mental health support including counselling and treatment, addiction and justice services, peer support, groups, workshops and webinars.

Joseph Brant Community Mental Health Services 905-631-1939
 Services include psychiatric consultation clinic, short-term treatment, child & adolescent , intensive case management, medicine clinic. josephbranthospital.ca
 Referrals from physicians, hospitals, agencies, and mental health professionals.

Connex Ontario connexontario.ca 1-866-531-2600
 Directory of community mental health and addiction services. (. 24 hours)

Thrive Counselling 777 Guelph Line Unit 207 (Sliding scale fees) 905-637-5256
 Counselling for people struggling with family conflict, depression, grief and loss, family violence or sexual abuse. Caring Dads and Supervised Access Programs.

Burlington Family Health Team Psychotherapy burlingtonfht.com/psychotherapy
 No cost group based psychotherapy clinic serving mild to moderate depression, OCD, generalized anxiety, social anxiety, panic disorder, PTSD & postpartum depression

Eagles Nest eaglesnestwaterdown.ca (Additional subsidies available) 905-689-8721
 Affordable therapy with certified therapists who work with adults, youth & children addressing depression, anxiety, trauma and relationship conflicts. In-person, virtual & phone sessions. Min. cost programs: Coaching, Boundaries, Emoticon, I Am Worthy

The Women's Centre of Halton thewomenscentreofhalton.com 905-847-5520
 Peer support & counselling, legal, employment, financial advising workshops/groups.

Heartache2Hope Main line 905-599-4673 Hope line 289-474-5508
 Support to adults and children grieving a suicide loss.
 Individual and group support virtually and on site. heartache2hope.com

Mental Health Care Partners' Support Group 905-634-1809
 For persons supporting others with mental health concerns
 St. Christophers, 662 Guelph Line Held every 1st Monday 7-9pm.

Support House supporthouse.ca , info@supporthouse.ca. 1-833-845-9355
 Supports individuals 16+ experiencing housing instability, mental health, and/or substance use. Supportive housing options, primary care, peer support, harm reduction, trauma-informed care, navigation, and crisis support.
 Mobile Health Team includes a physician, nurse, peer support and a social worker.

ADAPT (Burlington) haltonadapt.org adapt@haltonadapt.org 905-639-6537 x0
 Assessment, prevention and treatment services for alcohol, drugs, gambling, internet use, gaming, shopping & hyper sexuality. For youth/adults and their family & friends.

Alcoholics Anonymous (24 hours) Halton 905-845-5900
 A fellowship of people who come together to solve their drinking problem

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

Al-Anon/Alateen (Ham./Burl). alanonhamiltonburlington.ca 416-410-3809
 Support group for families & friends of individuals with alcohol abuse issues.

Food Availability

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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.
No appointments - walk-in only. Email info@burlingtonfoodbank.ca

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. Mon 1-4pm, Wed 9am-2pm, Thurs 9am-2pm.

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.

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 8:30-10:00am 905-335-0090
Mountainside Market - 2258 Mountainside Dr. (closed b/w 12:30-1:30pm)
Tues & Thurs- 10:30am-5:45pm (appt required)
Register at www.foodforlife.ca. Come in to verify your account Mon. 11am-1pm.
Good Food Line 905-635-1106 x225 or email hannah@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.
In store shopping for non-perishables, produce, meats, pizzas, salads, soups, sandwiches and hygiene items as available.
On site appts. Mon/Fri. 12-3:30pm, Wed 4-7pm. (Opens 1 hour later for walk-ins)
Inquiries: general.compassion@gmail.com

Compass Point Food Market 905-336-0500 ext. 234
Non perishable food, produce, bread. Meat and hygiene items (when available).
1500 Kerns Road | 2nd and 4th Sat of the month | 9:00-10:30am.
email: foodmarket@compasspointbc.com

Food4Kids 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

Free Meals

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Friday Hub & Lunch @ 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 swickett@wsquare.ca

Open Doors @ St. Christopher's, 662 Guelph Line 905-634-1809
Tuesday - In person sit down Community Dinner at 6pm.
Thursdays - In person sit down Community Luncheon at 12pm.
No registration needed except for Christmas meals.

Next Door Social Space/ Next Door Kitchen 905-631-0222
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 905-336-7332
2458 St. Frances Dr., 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:pm-1:30pm. Conversation 11am-12pm. Free and everyone welcome.

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

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.