

WHERE TO FIND HELP IN BURLINGTON

Compiled by



THE GROUNDSWELL CHURCH

Meeting location:

Tansley Woods Community Center
1996 Itabashi Way, Burlington

Website:

www.thegroundswellchurch.com

Email:

info@thegroundswellchurch.com

Telephone:

905-659-6683



Where to Get Help in Burlington

We understand that trying to find help for you or your family can be a real challenge.

We've put together the list below to help you navigate the services available to you in Burlington. Not every source of help is listed here, but these will get you started.

We encourage you to be curious wherever you go for help; ask questions about other services that might be available. People in the organizations below can be a great help to you once they know exactly what you need.

Housing/ Shelters

Wesley Ministries: Wesley is a local non-profit, offering support for people experiencing poverty, homelessness, and barriers in the Hamilton, Halton and Brantford areas. www.wesley.ca

***Canada-Ontario Housing Benefit:** Check out this website to see if you qualify for housing assistance.

Halton Multicultural Council: New to Canada? HMC Connections (Halton Multicultural Council) is an agency that assists immigrants, refugees and newcomers to settle in Halton. Their mission is to help newcomers settle and integrate into a community that is welcoming and inclusive. Website <http://www.hmconnections.com>.

Emergency Supportive Housing Program: providing emergency shelter for women and families. Dial 311 (24/7)

Good Shepherd Mary's Place: Shelter for Women 18 plus, 20 Pearl St. N. Hamilton
Call 905-540-8000

Martha House: Shelter for Women and children. 25 Ray St. North, Hamilton Call 905-523-8895

Halton Women's Place: Burlington temporary shelter for women and children experiencing domestic violence. Intake: 905-332-1593. **(24/7) Crisis Line** 905-332-7892

Salvation Army Lighthouse: Emergency shelter for men. 750 Redwood Square, Oakville.
Call 905-339-2918

LEAP: (Low-Income Energy Assistance) Gas and Hydro bill Assistance: Call 905-637-3893 x104
<https://www.oeb.ca/consumer-information-and-protection/bill-assistance-programs/low-income-energy-assistance-program/leap-agencies>

OESP: (Ontario Energy Support Program) Aid in applying for relief on hydro bills.
Call 905-637-3893 x104 hydrosupport_burlingtoncfs@salvationarmy.ca

Open Doors Ontario Electrical Support Program: Aid in applying for relief on electricity bills, appointment required. Call 905-634-1809 <https://ontarioelectricitysupport.ca/>



Food

Open Doors: Tuesday - In person sit-down community dinner at 6pm. Thursdays - in person sit-down Senior's luncheon at 12pm. Toonie Breakfast Saturdays 9-11am (excluding holiday weekends) No registration needed except for Christmas meals.

St. Christopher's 662 Guelph Line, Burlington. Call 905-634-1809 or 905-825-2992 <https://stcb.ca/>

Dinner Night Out North BurLINKton: Everyone welcome. Serving dinner 2nd and 4th Wed of each month at 6pm. Glad Tidings Church, 1401 Guelph Line, Burlington. Call 905-335-8172
Inquiries northburlinkton@gmail.com @nburlinkton on Instagram.

Next Door Social Space/ Next Door Kitchen: Free lunch, Thursdays 12pm 650 Plains Rd, E. Unit 3.
<https://nextdoorsocialspace.com/> Call 289-799-0154

Friday Hub & Lunch at Wellington Square: free hot lunch served between 12-2pm. Every Friday. All are welcome and no registration required. 2121 Caroline St., Burlington Hub (10:00am-3:00pm) with Inquiries: e-mail llunski@wsquare.ca Call 905 634-1849
<https://www.facebook.com/groups/819503318534522/>

Seniors Lunch: Calvary Church Burlington 12pm-1:30pm. Conversation 11am-12pm.
2458 St. Frances Dr. Call or email candi@calvaryburlington.ca for details.

The Burlington Food Bank: 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: 1254 Plains Rd E Unit 1A. Call 905-637-2273 <https://www.burlingtonfoodbank.ca/>

Salvation Army: In person shopping for non-perishables, milk, eggs, proteins, produce, hygiene items etc. 5040 Mainway Unit 9. By appointment. Call 289-230-2556
<https://burlingtonsalvationarmy.ca/community-family-services/>

Open Doors Community Market: Food bank open to the public, ID required.
662 Guelph Line Tuesdays 3pm-5:30pm and Saturdays 9:30am- 12pm.
Inquiries, email gardenmarket@stbcb.ca or Call 905-634-1809 Equestrian Court Unit 7, Oakville

Next Door Kitchen: A community space to gather in the heart of Aldershot.
650 Plains Rd East, Unit #3 Burlington. Call 289-799-0154. Contact Angie
nextdoor@forestviewchurch.ca Women's Coffee Hour, Wednesday's 1-2:30pm. Cooking Classes & Community Gardening May- Oct. Drop-in coffee/chat Wednesdays 10am-12pm
www.nextdoorsocialspace.com

Circle of Friends: Burlington Baptist Church provides a hot meal, drive to and from, enjoyable program provided for **seniors**. Registration required. Call 905-634-2477
<https://burlingtonbaptist.com/>

Food for Life: A program that provides fresh food for families and singles, in various locations:

St. Luke's Anglican: A Food for Life program, 2258 Mountainside Dr, Burlington. Call 905-635-1106
<https://foodforlife.ca/community-programs/>

Grace United Church: A Food for Life program, 2111 Walkers Line, Fri 9-10:30am Call 905-335-0090
<https://www.google.com>

Community Fridge: A Food for Life program, 550 Plains Rd E. Burlington (in the Aldershot Library)
Call 905-639-3611 <https://www.bpl.on.ca/services/community/fridge>

Mountainside Market: A Food for Life program, 2258 Mountainside Dr. (closed b/w 12:30-1:30pm)
Tues & Thurs- 10am-6pm, Wed 10am-4pm. Book at www.foodforlife.ca

Compass Point Bible Church Food Market: Non-perishable food, produce, bread. Meat and hygiene items (when available). 1500 Kerns Road, Burlington. Call 905-336-0500 ext. 234
email: foodmarket@compasspointbc.com <https://compasspointbc.com/food-market/>

Food 4 Kids Halton: They provide healthy bags of food each Friday, delivered to elementary schools for kids for the weekend. Contact your school office for the referral form. Call 905-469-3113 x1
<https://food4kidshalton.ca/>

Food Pantry St. Raphael Parish: Provides non-perishables to low-income families.
4072 New St, Burlington. Call 905-637-2346 <http://www.straphaels.ca/>

Compassion Society: Provides food and clothing. 1881 Fairview Street Units 4 & 5, Burlington.
Call 905-637-2346

Open Doors Food Bank – Burlington <https://www.burlingtonfoodbank.ca/open-doors-open/>

Compassion Society of Halton: Provides non-perishables, fresh produce packages, meat, pizzas, salads/soups, sandwiches, cakes, sweets, bread, and hygiene/self-care items as available.
1881 Fairview St. Burlington Units 4/5. Call 905-592-3722.
Inquiries general.compassion@gmail.com website <https://www.compassionsocietyofhalton.com>

Employment:

Goodwill Career Centre: Offers help with preparing for and finding jobs.
Unit D1A, 3505 Upper Middle Rd, Burlington. Call 905-633-8324 <https://goodwillonline.ca/>

Employment YMCA Employment & Training Services (Ages 15 and up)
500 Drury Lane, Burlington (lower level) Call 905-681-1140
<https://www.ymcahbb.ca/education-training-settlement/job-seeker-employer-services>

Centre for Skills Development: Assistance and support for immigrant employment needs.
2020 Appleby Line, Unit B3, Burlington or 3350 South Service Road Burlington. Call 905-333-3499
<https://www.centreforskills.ca/immigrants>



Employment Resource Centre (Youth Employment Services): Help with finding employment. Call 416-325-5666 <https://www.ontario.ca/page/youth>

STRIDE: Employment services for people facing mental health and other challenges. 247 North Service Road West, Suite 200, Oakville. Call 905-693-4252

Clothing:

Our Community Cares: Food Support, free clothing room, children/youth & adult programs. Call 905-631-1218 or email www.ourcommunitycares@rockonline.ca

Open Doors Free Clothing Store: 662 Guelph Line, Burlington. No registration, ID required. Call 905-634-1809 <https://stcb.ca/open-doors/clothing-food/>

Society of Saint Vincent de Paul: Helps with immediate needs (food vouchers, clothing, or furniture) also connects people with community resources. Call 905-570-6320
Email: ssvpstgabriels@gmail.com

Medical/Counselling Help:

Canadian Mental Health Association: Housing support and advocacy for people with serious mental illnesses. 1540 Cornwall Rd Suite 102 Oakville. Call 1-877-693-4270 <https://halton.cmha.ca/>
Email: info@cmhahrb.ca

Ontario Senior Dental Care Program: Provides free preventative, routine and emergency dental services for eligible children and youth and free routine dental care for eligible seniors age 65+ that have OSDSP cards. Call to see if you are eligible and for information on how to apply. **Dial 311**

Healthy Smiles Ontario: Access to free dental care for eligible children & youth (ages 0-17) with no dental coverage. **Dial 311**

Canada Dental Benefit: For children under 12 years, without private dental insurance, (family income less than \$90,000). Call 1-800-715-8836

Nelson Youth Centres and ROCK: Child and youth mental health, (grades 1-8) 4225 New St. Burlington. Call 289-266-0036 www.nelsonyouthcentres.com

Thrive Counselling: 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. 777 Guelph Line Unit 207 Burlington. Call 905-637-5256

Thrive Credit Counselling: (Division of Thrive Counselling) A non-profit agency, aids with budgeting or debt management. 460 Brant Street, Suite 200 Burlington. Call 905-845-3811

Eagles Nest: 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 (or at a minimal cost) 606 Dundas St E, Waterdown Call 905-689-8721 eaglesnestwaterdown.ca

Home and Community Care Support Service: Support for basic needs, social support, legal and health issues. Self-referral is possible. Call 905-639-5228 hnhbhealthline.ca.

Heartache2Hope: Support to adults and children grieving a suicide loss. Call Main line 905-599-4673 or Hope line 289-474-5508 www.heartache2hope.com

The Centre for Skill Development (Canadian Government): Provides free English as a Second Language classes and many more services for new Canadians.

Call 905-333-3499 x 415 or 1-888-315-5521 x 415 or email newcomers@centreforskills.ca

<https://www.centreforskills.ca/Immigrants/English-Classes>

Crisis Support:

Emergencies: Call 911 - this service quickly links callers to Police, Fire and/or Ambulance Services. (24/7)

Non- emergencies: Call 811 or 905-825-4777 (24/7)

Crisis Services Canada: Call 1-833-456-4566 toll-free (24/7)

Suicide Crisis Helpline: Call 988 (24/7)

Ontario Poison Centre: They can help you with **poison** emergencies and with questions about potential **poisoning**. Call 1-800-268-9017 (24/7) <https://www.ontariopoisoncentre.ca/>

Nina's Place: Sexual assault and domestic violence care centre. All services provided are confidential and free of charge. You can access **Nina's Place** for acute services through the emergency department of Joseph Brant Hospital. Call 905-632-3737 or 1-800-668-6868 (24/7) <https://www.josephbranthospital.ca/en/programs-and-services/sexual-assault-and-domestic-violence-care-centre.asp>

Kids Help Phone: Phone and web counselling (ages 20 and under) Call 1-800-668-6868 Text 686868 <https://kidshelpphone.ca/>

COAST: (Crisis Outreach and Support Team) Outreach support for persons experiencing a crisis. Call 905-972-8338 (24/7) <https://www.stjoes.ca/health-services/mental-health-addiction-services/mental-health-services/coast>

Distress Centre Halton - Burlington: Lonely? Overwhelmed? Having thoughts of suicide? Call 905-681-1488 (24/7) <https://www.dchalton.ca/>

Joseph Brant Hospital: 1245 Lakeshore Blvd. Burlington. Call 905-632-3737 (24/7)



Halton Hospitals: Telephone numbers and locations for Georgetown, Milton and Oakville/Trafalgar Hospitals www.haltonhealthcare.on.ca/locations

Programs for Families

Salvation Army Burlington: <https://burlingtonsalvationarmy.ca/about/>

Cancer Support Group: email to book generalsupport_burlcfs@salvationarmy.ca

After School Tutoring: email to book: generalsupport_burlcfs@salvationarmy.ca

Budget Planning: Twice per month: email to book generalsupport_burlcfs@salvationarmy.ca

Salvation Army Christmas Support: Registration: 2023: October 11 – Nov 16, 20,21,27,28 Dec 4&5

Shifra Homes Maternity Home and Resource Centre: Call 905-681-9633 www.shifrahomes.com

Halton Parents: Dial 311 For parenting info or to connect with a public nurse. Free home visiting program for parents to be and parents with young children, who may need some extra support. www.halton.ca/haltonparents

Rock and Early ON at Open Doors: Parent, baby/tot programming. 662 Guelph Line, Tues 1:30-3:30pm. Call 905-634-1809 earlyon@rockonline.ca

Boys and Girls Clubs Burlington Sites: Virtual Programs. Call 802-864-5263 https://www.bandgclub.org/about_us

EarlyON Child and Family Centre: Programs and activities for parents and children up to age 6. 710 Cumberland Ave. Burlington. Call 905-632-9377 www.ontario.ca

HIPPY Halton: Free home instruction for qualified parents of preschool kids (between 2-6 years of age). Call 905-582-7860 <https://www.hippyhalton.org/>

Burlington Salvation Army: Sleep Away Camp Call 289-230-2556 <https://burlingtonsalvationarmy.ca/> Registration March to June.

Wellness Services:

IAM Institute for Advancements in Mental Health: They support people living with mental illness, their caregivers, and the community. Call 289-266-0036 (24/7) 905-878-9785 Contact: support@iamentalhealth.ca - <https://www.iamentalhealth.ca>

Black Youth Helpline: Supports youth and families. Offering confidential and non-judgemental peer support through telephone, text and chat services. Call 416-285-9944 or Toll Free 1-833-294-8650 <https://blackyouth.ca/>



ROCK (Reach out Centre for Kids): Provides child and youth mental health services. (up to 17 years) 471 Pearl St. Burlington. Call 905-634-2347 or Hot Line (24/7) 905-878-9785
<https://rockonline.ca/>

Naseeha: Focus on Muslim Community, open to all youth and young adults.
Mon– Sun 12-9pm. Call 1-866-627-3342 <https://naseeha.org/>

Nar-anon: A 12-step, self-help group for family and friends of drug addicted individuals. Meets at the United Church, Plains Rd. W. Burlington. Call 1-800-477-6291
<https://naranonontario.com/find-a-meeting/>

SAVIS: (Sexual Assault and Violence Intervention Services) (Free) confidential 24/7 support to all survivors of violence. South Oakville Centre, 1515 Rebecca St #227, Oakville. Call 905-825-3622.

Health Connect Ontario (Telehealth): Telephone support from a registered nurse for non-emergency medical assistance. (24/7) Call 811 or 1-866-797-0000 or TTY (deaf services) 1-866-797-0007.

Canadian Mental Health Association: Helps with mental health issues for all ages.
Located at 5575 N Service Rd, Burlington, Call 905-681-1159 <https://halton.cmha.ca/>

Bounce Back: A free skill-building program managed by the Canadian Mental Health Association For adults and youth 15+ to manage low mood, mild to moderate depression and anxiety, stress or worry. Call 1-866-345-0224 x1 bounceback@ontario.cmha.ca

ADAPT Halton Alcohol, Drug and Gambling: Provides Assessments, Prevention and Treatment Services for youth and adults, and offers support for family and friends. Call 905-639-6537 (24/7)
<https://haltonadapt.org/>

Halton Children's Aid Society: (Burlington) Helps with children and family issues.
1445 Norjohn Court, Units 1 & 2, Burlington Call 905-333-4441 <https://haltoncas.ca/>

Support House - Centre for Innovation in Peer Support: Provides wellness-based, peer-led, self-help, and social connections programming for individuals, (age16 and older) who are navigating mental health and substance use/addiction challenges. 70 Plains Rd. W. Burlington Call 1-833-845- 9355 or 905-592-3500 <https://thesupporthub.ca/>

Halton SPLIT: Subsidized Transit Passes for Low Income. Dial 311 www.halton.ca

Eagles Nest: Free courses on Positive Parenting, How to Build Healthy Boundaries, Call 905-689-8721 or 1-877-825-9011 www.eaglesnestwaterdown.ca

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



The Women's Centre of Halton: Counselling, legal advice, resources, essentials like sanitary and hygiene products and several workshops/groups. Call 905-847-5520.

www.the.womenscentreofhalton.com

Financial/Legal Services:

Halton Community Legal Services: Free advice and legal services to low-income residents. Call 905-875-2069 <https://www.haltonlegal.ca/>

CCM Legal Clinic: Journeying with our neighbours through their legal burdens. They provide legal help to low-income residents. <https://legalclinic.ccmcanada.org/toronto/en/> Terisa Chan

Christians Against Poverty: Provides free credit counseling, financial tools, and support for people struggling with debt and the cycle of poverty. Call 1-855-214-9191 <https://www.capcanada.org/>

If you need **more help** finding services, Halton Region has a full directory of services called **Where to Get Help in Halton**. Follow the link below.

https://www.halton.ca/getmedia/8fce8c1d-8e91-4c61-86a7-ef697f4a7dcd/SCS_Where_help_Halton.pdf.aspx

At Groundswell Church, we're here to help. We warmly welcome you to visit us at The Tansley Woods Community Centre for worship and community any Sunday @ 10:00am.

Got questions? Call us at 905-659-6683 www.Thegroundswellchurch.com

This information was up to date as of June 2024.
If you have revisions to be considered,
please contact Peggy by email at pgrall@cogeco.ca

