

KIDS & PARENTS

Parent Connection @ St. Christopher's Anglican Church 905-634-7136
Free drop-in and a chance to speak "adult" with other parents.
Wednesdays 10 - 11.30am. Supervised child care

Activities for Kids @ St. Christopher's Anglican Church 905-634-1809
Kid's Club (for children aged 5-10): games, snacks, arts and crafts in a fun-filled and safe environment. Every Tuesday during the school year, 4 - 6pm.
Tween Club (for youth aged 10-13): a place to make new friends and enjoy their gifts through games, teamwork, social time, and craft projects.
Every Tuesday during the school year, 4 - 6pm.

INCITE: A Single Moms Support Group 905-592-9721
Weekly meeting at St. Luke's Parish Hall, 1382 Ontario Street
Mondays 6.15-8.30pm www.incitesinglemoms.com

Divorce Care Helps you recover from the pain and separation of divorce.
Starts in Sept., Fridays at Calvary Baptist, 2458 St. Frances Dr. 905-336-7332

Shifra House Maternity home & young parents resource centre 905-681-9633 x223 Rachel

Free Urgent Dental Care for children ages 0-17 (call 311 to see if you qualify)

Healthy Smiles for children ages 0-17 (call 311 to see if you qualify)

Low Income Energy Assistance Program (LEAP) 905-825-6000

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

Oasis Burlington 905-693-4270
Social recreational activities for the adult mental health and socially isolated communities of Burlington and Halton Region

Rolling Horse Community Cycle Hosting bicycle tune-up clinics across Burlington and Oakville and refurbishing donated/reclaimed bicycles to be given to those who could use a bike. Contact Paul Millar 905-825-2992 or paul.millar@forestviewchurch.ca

WHERE TO GET HELP IN BURLINGTON

This information was up to date as of July 2012.
If you have revisions to be considered,
please contact Lisa by email at lisa@wsquare.ca



Housing Shelters

Halton Region	311
Halton Region Family Shelter Program	Intake 905-825-6000 providing emergency shelter for families with children Heidi 905-638-7101
Halton Women's Place, Burlington	905-332-1593
Lighthouse, 750 Redwood Square, Oakville	905-339-2918
Salvation Army Shelter, Hamilton	905-527-1444
Mission Services, 325 James St. N., Hamilton	905-528-7635
Good Shepherd, 135 Mary St., Hamilton	905-528-9109

Food Availability

Partnership West Food Bank	1254 Plains Rd. East, Unit 1A	905-637-2273
Burlington Salvation Army	5040 Mainway, Unit 9 (walk-in and/or by appointment)	905-637-3893
Compassion Society	484 Plains Rd. E., Unit 9	905-592-3722
Free Tuesday Night Supper	6pm each Tuesday during the school year St. Christopher's Anglican Church, 662 Guelph Line	905-634-1809
Free Friday Night Community Dinner	6pm each Friday at Wellington Square United Church, 2121 Caroline Street	905-634-1849
Compass Point Food Market	Contact Fran Stewart stewartfrances@hotmail.com Non-perishable food and some fresh food items; 2nd and 4th Saturday of each month, 9:30-11:30 am; 1500 Kerns Road, entrance on lower level, Gym door	
Food for Life	Free fresh food (veggies, fruit, breads, etc.) Monday 12-1 Burlington East Presbyterian Church, 505 Walkers Line Tuesday 11.30 soup available St. Luke's Anglican Church, 1382 Ontario St. Tuesday 12.30-1.30 St. Luke's Anglican Church, 1382 Ontario St. Friday (call ahead) Tansley United Church, 2111 Walkers Line	905-634-1826 905-637-5155 905-634-1826 905-335-0090
Fresh Fruit and Vegetables	(at cost) — Holy Cross Lutheran Church, Lakeshore & Walkers Line (once a month), Contact Steve 905-315-9801 or Patti 905-844-1109	
Halton Fresh Food Boxes	Fresh fruit and vegetables at a great price, available monthly through: St. Christopher's Anglican Church (Food Box Main Office) St. Luke's Anglican Church Tansley United Church Faith Christian Reformed Church Our Kids Network, Holy Rosary School Don Quixote Housing Cooperative Our Community Cares Burloak Headen Forest Community Our Community Cares Warrick Surrey Halton Mosque	 905-634-8645 905-634-1826 905-335-0090 905-336-5353 905-633-7108 905-616-1353 905-631-1218 289-337-1033 905-681-2777 suzanmanaa@gmail.com

More Resources

FREE CLOTHING

Compassion Society	484 Plains Rd. East, Unit 9	905-592-3722
St. Christopher's Anglican Church	662 Guelph Line	905-634-1809

SUPPORT

Halton Consumer Credit Counselling Service	(Division of Halton Family Services) A non-profit agency, provides assistance with budgeting or debt management	905-845-3811
The Women's Centre	Free income tax services, legal clinic, and budgeting workshops to women living Halton www.haltonwomenscentre.org	905-847-5520
Telecare Burlington Distress Centre	Depressed? Lonely? Suicidal?	905-681-1488
Danielle's Place	Eating Disorders Support 895 Brant Street, Unit #3 www.daniellesplace.org	1-866-277-9959
COAST: Crisis Outreach And Support Team	Crisis support available by telephone	1-877-825-9011
Stepping Stones Bereavement	@ St. Christopher's Anglican Church A support group for those experiencing the death of a loved one. Call for the time and date of the next group	905-634-7136
Mending the Spirit	@ St. Christopher's Anglican Church A support group for when life throws us a curve. Call for time and date of the next group	905-634-7136
CompassPoint Bible Church Computer Ministry	Recycling computers for people in need Email: computer.ministry1010@gmail.com	
Schizophrenia Society of Ontario	Meets 2nd Thursday of each month at Port Nelson United Church (Library) 3132 South Drive, cjabalee@schizophrenia.on.ca	905-338-2112