

## Kids & Parents

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**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](http://www.rockonline.ca)

**Our Community Cares** [www.rockonline.ca](http://www.rockonline.ca) [ourcommunitycares@rockonline.ca](mailto: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

**Woodview Mental Health and Autism Services** [woodview.ca](http://woodview.ca) 905-689-4727  
Mental health and autism services for children, youth (0-18), and families – including counselling, ABA, skills groups, intensive, and school-based programs.

**Halton Prenatal Nutrition Program/Parenting Support Group** Call 311  
For families needing extra support through pregnancy and into parenthood

**Halton Region Public Health** [www.halton.ca](http://www.halton.ca) Call 311  
For pregnancy and parenting info from 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](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**  
Jackson Point/Muskoka locations, Ages 7-15, Registration March to June  
Email: [generalsupport\\_burlcfs@salvationarmy.ca](mailto:generalsupport_burlcfs@salvationarmy.ca) (subject: camp)

**ArtHouse** (children and youth ages 7-17) [arthousehalton.com](http://arthousehalton.com) 905-510-1746  
Free arts-based programs for those with 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. 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](http://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 December 2025  
For revisions to be considered,  
contact Lisa at [lisalunski3@gmail.com](mailto:lisalunski3@gmail.com)

## Housing/Shelters

**Emergency Supportive Housing Program** Individuals 16+ Call 311  
Providing emergency shelter for individuals, 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 Wycroft Rd Suite 200, Oakville

**Shifra Homes** [shifrahomes.com](http://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) Burlington- 905-681-1488  
Lonely? Overwhelmed? Having thoughts of suicide? Oakville- 905-849-4541  
Call any time - no problem is too big or too small. 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 & 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.
- Connex Ontario** connexontario.ca 1-866-531-2600  
Directory of community mental health and addiction services. (24 hours)
- One Stop Talk (OST)** www.onestoptalk.ca 1-855-416-TALK (8255)  
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.
- COAST: Crisis Outreach and Support Team** 1-877-825-9011  
Telephone and outreach support for persons experiencing a crisis. (24 hours)
- National Overdose Response Service** 1-888-688-6677  
Free anonymous overdose prevention hotline
- GOOD2TALK** (post secondary school students) 1-866-925-5454 Text: 686868  
Information, referrals & supports for mental health/addictions, on and off campus
- Black Youth Helpline** (supports youth, families and schools) 1-833-294-8650
- 2SLGBTQIA+ (YouthLine)** www.youthline.ca Text @ 647-694-4275  
Peer support by email, text and online chat, anonymous & confidential  
Sun.-Fri. 4pm-9:30pm. e-mail: helpline@youthline.ca
- Naseeha- Muslim Mental Health Line** Naseeha.org 1-866-627-3342  
Open to all youth and young adults. (24 hours)
- SAVIS- Sexual Assault and Violence Intervention Services** 905-875-1555  
Free, confidential 24 hour support to all survivors of violence. (24 hours)
- Assaulted Women's Helpline** (24 hours) 1-866-863-0511  
Safe, judgment free support for women who have experienced any type of abuse.
- Indigenous Hope for Wellness Helpline** 1-855-242-3310  
Immediate help for all Indigenous peoples across Canada. (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) 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

**Ontario Disability Support Program (ODSP)** 905-637-4500  
Income support, benefits for health costs & other disability supports. Toll Free: 1-800-567-6388  
TTY: 905-681-0720

**Ontario Works (OW)** 1-888-999-1142  
Financial assistance, benefits & employment assistance.

**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).** Canada.ca/Dental Call 311  
All eligible Canadians with no access to dental insurance, adjusted family net income of less than \$90,000 & resident of Canada for income tax purposes can apply.

**Ontario Seniors Dental Care Program** Call 311  
Provides free, routine dental services for low income seniors, 65 years of age or older

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

**Handi-Van** Registration required @ 905-639-0550 Dispatch 905-639-5158  
Door-to-door service offered by Burlington transit to people with disabilities

## Legal & Debt Support

**Legal Aid Ontario** Financial support with legal issues. 1-800-668-8258

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

**Halton Region Credit Counselling Service** 1-888-527-8999  
A non-profit agency, providing free assistance with debts, money management and interest relief.

**Christians Against Poverty Canada** cawpcanada.org 1-855-214-9191  
Free licensed credit counselling and budgeting courses to help individuals and families get out of debt and manage their finances.

## 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 12:30pm-2pm

## 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.

**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

**Oak Park Neighbourhood Centre - Halton Supports** hello@opnc.ca  
Tax & OESP utility support, interest free loans, mobility equip, harm reduction supplies

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

**Salvation Army** generalsupport\_burlcfs@salvationarmy.ca Christmas Program, Grief Support, After School Tutoring (Wed), English as a Second Language (Thurs)

**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  
Community support providing free/subsidized, quality programs and services to enhance well-being through access to care and connections for seniors and adults with disabilities.

**Ontario Health atHome** ontariohealthathome.ca 1-877-336-9090  
Access to home and community care services, long-term care application and placement and referral to other community services.

## Mental Health/Addictions 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 (group & individual), child & adolescent, intensive case management, medication clinic. Physician referral required for most programs. josephbranthospital.ca

**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

**Ontario Structured Psychotherapy Program** www.OSPWest.ca 1-833-944-9966  
Free cognitive behavioral therapy (CBT) ages 18+ for anxiety & 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

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

**Heartache2Hope** heartache2hope.com (in-person & virtual) 905-599-4673  
Suicide loss grief support for adults and children/youth. Counselling, Trauma Therapy, Individual peer support, 12-week & drop-in grief groups, and wellness activities

**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. 760 Brant St. #1  
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, Thurs 5-7pm, Sat. 9am-12pm. Some delivery available.  
No appointments - walk-in only. Email [info@burlingtonfoodbank.ca](mailto: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-2 pm.

**Open Doors Community Market** 905-634-1809  
Community Market (food bank) open to the public, by appt. ID required.  
662 Guelph Line, Tuesdays 3:00pm-6pm and Thursdays 12:30-2pm.  
Email inquiries: [opendoorsprograms@stcb.ca](mailto:opendoorsprograms@stcb.ca).

### Food For Life Programs

St. Luke's Anglican, 1382 Ontario St., Tues 9:45-10-45 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](http://www.foodforlife.ca). Come in to verify your account Mon. 11am-1pm.  
Good Food Line 905-635-1106 x225 or email [goodfood@foodforlife.ca](mailto: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.  
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](mailto: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](mailto:foodmarket@compasspointbc.com)

**Food4Kids Halton** 905-469-3113  
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](mailto: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-2:30pm) with free hot lunch served between 12-2pm.  
Every Friday. All are welcome and no registration required.  
Inquiries: e-mail [swickett@wsquare.ca](mailto: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](mailto: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 Sept.-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](mailto:hydrosupport_burlingtoncfs@salvationarmy.ca)

**OESP (Ontario Energy Support Program)** 905-637-3893 x104  
Salvation Army Burlington [hydrosupport\\_burlingtoncfs@salvationarmy.ca](mailto: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](http://centreforskills.ca)

**Goodwill Career Centre** [goodwillonline.ca](http://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.