

Kids & Parents

8

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

Woodview Mental Health and Autism Services 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.

Parenting Support Group (free, no registration)

Call 311

Welcoming, inclusive space for pregnant people, parents & caregivers of babies until crawling. Learn about caring for themselves, their babies, while making connections.

Led by a Halton Region Public Health Nurse and EarlyON Early Childhood Educator.

Halton Region Public Health www.halton.ca

Call 311

For pregnancy and parenting info from a public health nurse

Healthy Smiles Ontario Program (HSO) (for eligible children 17 and under) Call 311

Provincial dental program provides preventative, routine & emergency dental services

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 Christian Sleep Away Camp

Jackson Point/Muskoka locations, Ages 7-15, Registration March/April

Email: generalsupport_burcfs@salvationarmy.ca (subject line: CAMP)

Arthouse (children and youth ages 7-17) 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

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 Erinoakkids.ca 905-855-2690

Therapy, medical and support services for children and youth. Physical and/or developmental disabilities, autism, communication disorders & vision or hearing loss.

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 August 2026

For revisions to be considered,

contact Lisa at lisalunski3@gmail.com

Housing/Shelters

Emergency Supportive Housing Program

Individuals 16+ Call 311

Providing emergency shelter for individuals identifying as a woman or families with children.

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 16-30

Telephone Support

2

Suicide Crisis Helpline (24/7/365) Call or text 9-8-8

Distress Centre Halton (24 hours) Call any time Burlington– 905-681-1488
Lonely? Overwhelmed? Having thoughts of suicide? Oakville– 905-849-4541

ROCK 24/7 (Reach Out Centre For Kids) Crisis Line 905-878-9785

Kids Help Phone Phone and web counselling TEXT: 686868 1-800-668-6868

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

Ontario 211 Free, confidential, multilingual help connecting 211ontario.ca Call 211
people with info & referrals to community, social, health & 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.

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 (24 hours) 1-866-627-3342
Immediate, anonymous and confidential support for all youth and young adults.

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 TTY: 1-866-863-7868 (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 Lifeline Peer support line for trans people translifeline.org 1-877-330-6366

Halton Seniors Helpline 1-866-457-8252
Addresses physical, emotional or financial abuse or neglect of older adults.

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.

7

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

6

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

Nina's Place (in the 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

Centre for Grief & Healing 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
Welcoming newcomers and preparing them for life in Canada.

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 www.rollinghorse.ca 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)
Seasonal hours: Tues. 10am-5pm, Wed, Thurs. & Sat 10am-4pm info@rollinghorse.ca

Salvation Army E-mail: generalsupport_burlcfs@salvationarmy.ca
After School Tutoring Gr. 1-8 (Wednesdays), Coats (e-mail in Oct.), ESL (January)
Christmas Program (e-mail mid October with subject line of CHRISTMAS)

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, hearing tests and services, interpreting for Deaf and hard of hearing. E-mail: info@chs.ca

Acclaim Health acclaimhealth.ca 905-827-8800
Home care, dementia care, social and bereavement supports.

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, children and families.

Ontario Health atHome ontariohealthathome.ca 1-833-515-1234
Access to home and community care services, long-term care application and placement and referral to other community services.

Mental Health/Addictions Support

3

Canadian Mental Health Association (CMHA) 905-693-4270
Community based mental health & substance use support including counselling and treatment, 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 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, ADHD & CBTi (for insomnia)

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

4

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

Salvation Army By appointment only TEXT: 289-230-2556
5040 Mainway Unit 9; In person shopping of non-perishables, bread, produce, proteins & other items as available
Mon 1-4pm, Wed. 9am-1pm, Thurs. 9am-12pm. ID required at every visit.

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.

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. Come in to verify your account Mon. 11am-1pm.
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 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 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

Free Meals

5

Friday Hub & Lunch @ Wellington Square 905 634-1849
2121 Caroline St., Burlington Inquiries: e-mail swickett@wsquare.ca
Hub (10:00am-2:30pm) with free hot lunch served between 12-2pm.
Every Friday. All are welcome and no registration required.
Services include Support House Mobile Medical Clinic.

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 Sept.-May
Lunch 12:pm-1:30pm. Conversation 11am-12pm. Free and everyone welcome.

Gas and Hydro Assistance

LEAP (Low-Income Energy Assistance) Salvation Army Burlington
E-mail: generalsupport_cfs@salvationarmy.ca

OESP (Ontario Energy Support Program) Salvation Army Burlington
E-mail: generalsupport_cfs@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 (Ages 18+) 905-681-1140
Ages 18 and up. 500 Drury Lane (lower level)
Providing programs, services and classes /workshops to support for job searches.

Centre for Skills Development 905-333-3499
3350 South Service Rd centreforskills.ca
Employment services, skilled trades centre, language training, settlement services.

Goodwill Career Centre goodwillindustries.ca 905-633-8324 ext 2221
3505 Upper Middle Rd Unit-D1A
Free employment services, job search, employer connections, Better Jobs Ontario, Youth employment support, Canada-Ontario job grant, ODSP employment support, Employment resource centre.

STRIDE- 247 North Service Road West, Suite 200, Oakville 905-693-4252
Employment services for people facing mental health and/or addictions