

# Home Suite Hope Resource Hub

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All pages are organized alphabetically, and by their office location.

Are you looking for a specific type of resource but don't see it here? Send an email to our

Program Coordinator with information requests.

[maddya@homesuitehope.org](mailto:maddya@homesuitehope.org)

# Food & Nutrition

## ALL ACROSS HALTON

### *Halton Food Connect*

Free monthly grocery delivery to the homes of Ontario Works recipients.

Referral Process: Apply on the website <https://haltonfoodconnect.ca/registration-form/>

## ACTON

### *Acton Food Share*

Food service for Acton/Halton Hills

Address: 352 Queen St, Unit 6, Acton, ON L7J 1R2

Phone: (519) 853-0457

Referral Process: Call to schedule; first-time users may need to complete an application

## BURLINGTON

### *Burlington Food Bank*

Emergency food support

Address: 1254 Plains Rd E, Unit 1A, Burlington, ON L7S 1W6

Phone: (905) 637-2273

Website: <https://burlingtonfoodbank.ca/>

### *Burlington Public Library (Aldershot Branch) Community Fridge*

Address: 550 Plains Rd E, Burlington, ON L7T 2E3

Phone: (905) 635-1106

Hours: Monday-Thursday 9AM-9PM, Fri-Sat 9AM-5PM, Sun 12PM-5PM

### *Compass Point Bible Church*

Address: 1500 Kerns Rd, Burlington, ON L7P 3A7

Phone: (905) 336-0500 ext. 273

Hours: 2<sup>nd</sup> and 4<sup>th</sup> Saturday of the month, 9AM-10:30AM

Referral Process: You are required to provide ID that has name and address on it. There will be an interview to ask a series of questions required for registration. Doors open at 8:30, all those in line receive a number at random and will be welcomed into the waiting room. Once the market doors open, numbers are called in sequence.

Website: <https://compasspointbc.com/food-market/>

### *FeedHalton*

Regional food distribution hub; supports local food banks and agencies

Address: 5280 Mainway Drive, Unit 5, Burlington, ON L7L 0K4

Phone: (289) 313-8787

Referral Process: contact a partner food bank; FeedHalton does not distribute food directly

Website: <https://www.feedhalton.ca/>

***Food4Kids Halton***

Weekend food packages for school-aged children.

Address: 4391 Harvester Road, Unit 3, Burlington, ON L7L 4X1

Phone: (905) 469-3113

Referral Process: referral via participating schools or direct contact. Most programs require proof of residency and/or income.

***Food For Life***

Community food support and distribution network

Address: 2258 Mountainside Dr, Burlington, ON L7P 1B7

Phone: (905) 635-1106

Referral Process: Call to inquire about referral to appropriate local food support services

Website: <https://foodforlife.ca/>

***ROCK Burlington (Warwick)***

Address: 702 Surrey Lane, Burlington, ON L7T 3S6

Phone: (905) 681-277 Access Line: (289) 266-0036

Hours: 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month 1:30PM-5PM

***ROCK Burlington (Burloak)***

Address: 356 Burloak Dr., Burlington, ON L7L 4W5

Phone: (905) 631-1218 Access Line: (289) 266-0036

Hours: 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month: 1:30PM-5PM

***St. Christopher's Anglican Church: Open Doors***

Address: 662 Guelph Line, Burlington, ON L7R 3M8

Phone: (905) 634-1809

Hours:

- Community Market: Tuesday 3:30PM-6:00PM
- Dinner: Tuesday 6:00PM
- Thursday 12:30PM-1:30PM (by appointment only)

***Wellington Square United Church: Burlington Community Hub and Lunch***

Address: 2121 Caroline St, Burlington, ON L7R 1L7

Phone: (905) 634-1849

Hours:

- Friday:10:00AM-3:00PM
- Lunch served: 12:00PM-2:00PM

Website: <https://www.wsquare.ca/community-food-program>

## **GEORGETOWN**

### ***Georgetown Bread Basket***

Food bank providing fresh and dry food to local residents

Address: 49B Mountainview Rd N, Georgetown, ON L7G 4J7

Hours: Tuesday 4:30PM-7:00PM, Wednesday 8:30AM-12:00PM, Saturday 8:30AM-12:00PM

Phone: (905) 873-3368

Referral Process: Id and proof of income required at first visit ensure there at least ½ an hour prior to closing.

## **MILTON**

### ***Milton Halal Food Bank***

Provides food support to individuals and families

Address: 50 Steeles Ave E, Unit 203, Milton, ON L9T 4W9

Phone: 1 (647) 470-3499

Referral Process: Go to website and complete a relief form, can be found here:

<https://miltonhalalfoodbank.com/#request-relief>

## **OAKVILLE**

### ***Kerr Street Mission***

Food bank, offers community meals

Address: 485 Kerr Street, Oakville, ON L6K 3C6

Phone: (905) 845-7485

Referral Process: Call or visit website for hours and registration.

Website: <https://www.kerrstreet.com/>

### ***Fare Share Food Bank***

Groceries for residents

Address: 1240 Speers Rd, Unit 6, Oakville, ON L6L 2X4

Phone: (905) 847-3988

Referral Process: Mondays 10AM-2PM and Thursdays 3PM-7PM, proof of residency may be required.

## **Clothing Supports**

## **BURLINGTON**

### ***Compassion Society of Halton***

Offers free clothing, food, and household items

Address: 1881 Fairview Street, Burlington, ON L7S 2K4  
Phone: (905) 592-3722  
Hours: Mon & Fri 12-3:30 and Wed 4-7

## **MILTON**

### ***The Community Closet***

The closet offers free new and near new condition clothing and shoes for those in need.

Address: 200 Main St. E, Milton, ON

Hours: 10:00AM-2:00PM

Shoppers are given the opportunity to volunteer their time in the closet in exchange for learning new skills, getting work experience and being given priority-shopping opportunities

Website: <https://www.southsidemilton.org/clothes>

## **OAKVILLE**

### ***Safetynet Children & Youth Charities***

Free clothing for children, youth, and adults; business attire for job seekers

Address: 166 South Service Road E, Oakville, ON L6J 0A5

Phone: (905) 845-7233

Referral Process: Call to book an intake appointment, proof of residency may be required.

## **Shelter**

### ***Halton Women's Place***

Emergency shelter and supports for women and their children fleeing domestic violence/abuse

***Burlington:*** (905) 332-7892

***Milton:*** (905) 878-8555

### ***Salvation Army Halton Lighthouse***

Emergency shelter for individuals who identify as male (16+) in a housing crisis.

Address: 750 Redwood Square, Oakville, ON L6L 6X7

Phone: (905) 339-2918

Referral Process: Call number above or call 311 and request a referral into the shelter. Walk in may be possible depending on availability

## **Health**

### **DENTIST**

#### ***Healthy Smiles***

Government funded dental program that provides free preventive, routine, and emergency dental services for children and youth.

Population: 17 years and under

Referral Process: Apply online here <https://www.ontario.ca/page/get-dental-care>

Once your child's enrolment is confirmed, you will get a Healthy Smiles Ontario dental card in the mail, you must present your card to your dental provider at each visit to receive services under the program.

### ***Halton Region – Ontario Works Adults***

Emergency dental services – conditions involving pain, infection, or trauma

Population: 18-64

Hours: Monday-Friday 8:30AM-4:30AM

Referral Process: Contact Halton Region by calling 311

Adults with non-emergency dental conditions must first be screened by Halton Region Oral Health staff. To schedule a screening appointment, please call Halton Region at (905) 825-6000.

### VISION

#### ***Halton Low-Income Health-Related Benefits Program***

Financial support may be available for residents.

Approved vendors:

- Appleby Opticals – 2180 Itabashi Way, Burlington, ON
- iCare Optical – 300 North Service Rd W, Oakville, ON
- Akal Optical – 15 Martin Street, Milton, ON
- Family Optical – 280 Guelph Street, Georgetown, ON
- Acton Optical – 80 Mill Street E, Acton, ON

Referral Process: Call Halton Region 311 to begin eligibility. Applicants must obtain a vision care form from Halton Region.

### SEXUAL HEALTH

#### **ALL ACROSS HALTON**

##### ***GetaKit***

Online STI testing services are available for Halton residents.

Test requisitions are mailed or available online. Tests are performed at a local lab using your health insurance card (e.g. OHIP, UHIP, IFH, NHIB, private or military coverage)

Order kit here: <https://getakit.ca/>

##### ***Health@Mobile***

Mobile clinic that travels around Halton and provides care.

Check website for locations and booking: <https://haltonph.inputhealth.com/ebooking#new>

### BURLINGTON

Health@3350

STI screening/treatment, anonymous HIV testing, free condoms, pregnancy services, free treatment for certain infections

Address: 3350 Fairview St, Burlington, ON L7N 3N5

Call: 311 or (905) 825-6000

Hours: Wednesday 1:00PM-4:00PM (Walk in or appointment)

## **OAKVILLE**

Health@232

STI screening/treatment, anonymous HIV testing, free condoms, pregnancy services, free treatment for certain infections

Address: 232 South Service Rd E, Unit B, Oakville, ON L6J 2X5

Call: 311 or (905) 825-6000

# **Mental Health**

## **ALL ACROSS HALTON**

### ***BounceBack***

Provides free skill-building approaches to manage mental health to both youth and adults with phone calls with a certified coach and online resource.

Population: Youth and adults 15+

Phone: (905) 430-1768 | Toll Free: 1 (866) 345-0224

Referral Process: Self-referral completed on website or have a family doctor make a referral on your behalf. Link found here: <https://bouncebackontario.ca/bounceback-coaching/>

### ***Crisis Outreach and Support Team***

24/7 crisis outreach, urgent support, mobile response

Phone: 1 (877) 825-9011 | TTY: 1 (844) 646-1700

Referral Process: Call anytime, no referral required.

### ***Distress Centre Halton***

Provides support to individuals needing emotional support or crisis counselling

Population: Adults and youth

Phone:

- Burlington: (905) 681-1488
- Milton: (905) 877-1211
- Oakville: (905) 849-4541

### ***Good2Talk***

Free confidential support services for post-secondary students in Ontario

Phone: 1 (866) 925-5454

Text: GOOD2TALKON to 686868

***Reach Out Centre for Kids (ROCK)***

Mental health services, counselling, crisis support, walk in clinics

Population: Youth up to 17

Crisis Line: (905) 878-9785

Referral Process: Self-referral, caregiver, school or physician referral. Fill out form on website, located here: <https://rockreferral.coyote365.com/>

***Woodview Halton Mental Health***

Counselling, group therapy, school/community-based supports

Population: Youth up to 18

Phone/Referral Contact: (289) 266-0036 (Halton Access and System Navigation)

Referral Process: self-referral or via caregiver, school or healthcare provider. For crisis, use ROCK 24-hour crisis line

**BURLINGTON**

***Thrive Counselling***

Programming includes individual, couple or family counselling, walk-in counselling, violence against women, partner abuse, employee assistance and safety zones for children

Address: 777 Guelph Line, Suite 207 – in the Burlington Centre

Phone: (905) 637-5256

Referral Process: Call to make an appointment

**MILTON**

***Thrive Counselling***

Population: individual, couple or family counselling, walk-in counselling, violence against women, partner abuse, employee assistance and safety zones for children

Address: 400 Main Street E, Suite 207, Milton, ON L9T 4X5

Phone: (905) 845-3811

Referral Process: Call to make an appointment

**OAKVILLE**

***Canadian Mental Health Association Halton***

Case management, counselling, referral support, community mental health services

Population: Adults and youth

Address: 1540 Cornwall Road, Unit 102, Oakville ON, L6J 7W5

Phone: (905) 693-4270 | Toll Free: 1 (877) 693-4270

Email: [info@cmhahrb.ca](mailto:info@cmhahrb.ca)

Referral Process: Call main number for intake

**OTHER HELPLINES:**

- ConnexOntario (Mental health, addictions, gambling): 1 (866) 531-2600
- Suicide/Crisis Helpline (24/7): 988

## **Autism, ADHD, Speech & Hearing Supports**

**ALL ACROSS HALTON**

***ROCK – Autism Services***

Phone: (289) 266-0036

Referral Process: Self-referral or through caregiver/school/physicians

**BURLINGTON**

***Elemenoe Speech, Language, Behaviour and Learning***

Offers interdisciplinary support, such as speech-language pathology, Applied Behaviour Analysis, and Psychotherapy.

Address: 845 Harrington Ct, Unit 200B, Burlington, ON L6K 2H2

Referral Process: Call to schedule assessment, or book online here:

<https://www.elemenoe.ca/get-in-touch>

***Halton Speech Clinic***

Provides 1-on-1 activity based speech therapy, offering in-person and teletherapy options in the areas of articulation, expressive language, receptive language, motor speech, phonology, early literacy, social communication, and fluency.

Address: 2349 Fairview St, Unit 308, Burlington, ON L7R 2E3

Phone: (365) 777-8255

Email: [info@haltonspeech.ca](mailto:info@haltonspeech.ca)

Referral Process: Call to schedule assessment; self-referral accepted; payment required.

***Woodview Halton Autism Services***

Autism services, preschool, ABA, social skills, family support, school alternative programming

Address: 69 Flatt Rd, Burlington, ON L7P 0T3

Phone: (289) 208-2336

Email: [haltonautismservices@woodview.ca](mailto:haltonautismservices@woodview.ca)

Referral Process: Free consultation via phone/email; self-referral accepted; diagnosis usually required for specialized services.

**MILTON**

***Community Living North Halton (CLNH)***

Address: 917B Nipissing Rd, Milton, ON L9T 5E3

Phone: (905) 878-2337

Email: [info@clnh.on.ca](mailto:info@clnh.on.ca)

Referral Process: Call/email to inquire or join waitlist. Self-referral or via provincial autism program registration.

***HearSay Speech & Hearing Centre***

Address: 44 Main St E, Milton, ON L9T 1N3

Phone: (905) 875-3345

Referral Process:

**OAKVILLE**

***ErinoakKids – Centre for Treatment and Development***

Autism, speech/language delays, hearing loss, vision loss, OT/PT, multi-sensory therapy

Address: 2000 Glenorchy Rd, Oakville, ON L6M 0X4

Phone: (905) 855-2690 | Toll-free: 1 (877) 374-6625

Referral Process: Most programming requires a referral; contact main phone number to begin intake.

***Infant and Child Development Services Halton***

Early intervention for infants and children (birth to school entry) with, or at risk of, developmental delays or special needs

Address: 1151 Bronte Rd, Oakville, ON L6M 3L1

Phone: (905) 825-6000 or 1 (866) 442-5866

Referral Process: Self-referral accepted; families may call directly. Referrals can also be made by healthcare providers.

Usage Guidance:

- For developmental or autism concerns, start with ErinoakKids
- For specialized autism services, contact Woodview, ROCK, or CLNH
- For speech/hearing needs, Halton Speech Clinic or HearSay can be contacted directly
- For combined therapy needs (speech + behaviour), contact Elemenoe

## **Parenting Supports**

### ***Halton Parents (Halton Region Public Health)***

A free regional program offering information, public health support, and parenting resources for expectant and new parents.

Phone: Call 311 or (905) 825-6000

### ***Halton Prenatal Nutrition Program***

A free weekly program for parents, available anytime during your pregnancy or up to 6 months after baby is born. It is led by public health nurses and a dietitian. Provides access to prenatal vitamins, Vitamin D for baby and fresh food. No pre-registration required.

#### *Burlington:*

ROCK EarlyON 2145 Upper Middle Rd, Burlington, ON L7P 4G1

Mondays: 11:30AM-1:00PM

#### *Milton:*

Viola Desmond Public School 1450 Leger Wy, Milton, ON L9E 1H9

Wednesdays: 11:30AM-1:00PM (Childcare available)

#### *Oakville:*

Kerr Street Mission 485 Kerr ST, Oakville, ON L6K 3C6

Thursdays: 11:30AM-1:00PM

### ***Healthy Babies, Healthy Children***

A free, voluntary home visiting programs for families who may need extra support in infancy or early childhood. Public health nurses and trained visitors help with feeding, growth & development, safety, positive parenting, and connection to community supports.

Email: [haltonparents@halton.ca](mailto:haltonparents@halton.ca)

Referral Process: Self-referral. Parents/caregivers can contact directly via phone or email.

### ***Kids & Me***

A free weekly 1.5-hour parenting and early learning drop-in program for families with babies or children up to 6 years of age. You and your child can make new friends and get extra support if needed. Pre-registration is not required.

#### *Burlington:*

2145 Upper Middle Rd, Burlington, ON L7P 4G1

Mondays: 9:30AM-11:00AM

#### *Oakville:*

Kerr Street Mission 485 Kerr ST, Oakville, ON L6K 3C6

Thursdays: 9:30AM-11:00AM

#### *Halton Hills:*

Halton Hills Public Library 17 River St, Acton, ON L7J 1C2

Thursdays: 10:30AM-12:00PM

### ***Parenting Support Group***

Weekly program to learn about taking care of yourself and your baby in an inclusive and supportive environment. Sessions are led by a Public Health Nurse and an Early Childhood Educator from EarlyON. Pre-registration not required.

Address: Halton Hills Public Library, Acton ON

Hours: Thursdays 1:00PM-2:30PM

### ***Triple P Online***

Positive Parenting Program for parents/caregivers of children aged 2-16. It is an online, evidence-based program you can complete in your own time. Designed to help build parenting skills and confidence, learn proven strategies to help manage and decrease challenging behaviours, strengthen your relationship with your child and more.

Referral Process: Register by calling 311 or emailing [haltonparents@halton.ca](mailto:haltonparents@halton.ca)

## **Youth**

### ***Youth Unlimited YFC Milton***

Junior High Drop-In

Population: Grades 6-8

Address: 900 Nipissing Rd, Milton, ON

Hours: Monday 3:00PM-6:00PM

High School Drop In

Population: Grades 9-12

Address: 900 Nipissing Rd, Milton, ON

Hours: Wednesday 3:00PM-6:00PM, Thursday 6:00PM-9:00PM, and Friday 3:00PM-9:00PM

She Thrives

Takes place twice a month alternating between Junior high and High School girls.

Population: Junior (Grades 6-8) and High School (Grades 9-12)

Address: 900 Nipissing Rd, Milton, ON

Referral Process: Contact Breanna Caswell [breanna.d@yfc Milton.com](mailto:breanna.d@yfc Milton.com) for more information and to register for an upcoming girls night

Guy's Night

Takes place once a month, usually filled with activity and sport. A great place to connect with friends.

Population: Males grades 9-12

Address: 900 Nipissing Rd, Milton, ON

Hours: 6-9PM, Last Friday of every month

# Childcare

## ***Child Care Directory and Information Line***

A service that helps families find licensed child care, daycare centres, nursery schools, and licensed home childcare.

Address: 410 Bronte Street South, 2<sup>nd</sup> Floor, Milton, ON L9T 0H8

Phone: (905) 875-0235

Email: [childcaresearch@thrc.ca](mailto:childcaresearch@thrc.ca)

## ***Child Care Subsidy***

Financial assistance for eligible families to cover licensed child care costs.

Address: Halton Children's Services, 690 Dorval Drive, 5<sup>th</sup> Floor, Oakville, ON L6K 3X9

Phone: 311 or (905) 825-6000

Referral Process: Self-referral via online application or contact Halton Children's Services.

Financial documentation required.

Website: <https://www.halton.ca/for-residents/children-and-parenting/need-help-with-the-cost-of-child-care>

## ***The Halton Resource Connection***

Organization that runs CCDIL and provides early years supports for families. They help connect parents to child care search services and offer resources on quality child care and program choices.

Phone: (905) 875-4600 ext. 133

# Rec & Leisure

## ***ArtHouse Halton***

Front of line mandate is to remove barriers to participate in arts-based programming for youth.

Population: Aged 7-17

Phone: (905) 467-8551

Email: [don@arthousehalton.com](mailto:don@arthousehalton.com)

Referral Process: No referral required. Fill out the online interest form on the ArtHouse website: <https://arthousehalton.com/contact/>. This lets ArtHouse know that you're interested and need more information; ArtHouse will contact you directly with the next steps, available program, and registration details

## ***GUTS (Growing up Through Sports) – Ontario***

Offering up to \$200 per sport or physical activity (up to \$600 annual maximum per child) to offset costs of programs (programs 5 weeks in duration and minimum 1x/week). Equipment

financial assistance is also available.

Population: ages 4-18

Referral Process: No referral required, applications are embedded in the website; proof of financial eligibility required (see website for acceptable proof of need documents e.g., Income Assessment) Website: Ontario Growing up Through Sports

Contact: form on website to reach out (no email provided)

### ***Halton Hills Youth Centre***

Services: Drop-in youth recreation and supports. They provide free, supervised drop-in activities and wrap around supports for youth 12-24 years old, including recreation, food support, life-skills workshops, and on site support from partner agencies.

Address: 19 Willow Street North, Acton/96 Guelph Street, Georgetown

Hours: Monday-Friday: 3:00PM-7:30PM Summer hours (July/Aug): 1:30PM-6:30PM

Referral Process: Youth are able to drop in during open hours

### ***Hockey Canada Assist Fund***

Services: Helps kids access hockey by providing financial support for registration fees.

Approved applicants could receive up to \$500 per player in registration fee subsidies; must register for a Hockey Canada sanctioned team (e.g., Oakville Rangers) and meet Low Income Cut-Off (LICO). Email: [assistfund@hockeycanada.ca](mailto:assistfund@hockeycanada.ca)

Referral Process: No referral required. Enter your name and email on Hockey Canada Assist Fund website to be notified when the 2026-27 Assist Fund application portal is open.

### ***Jumpstart***

Jumpstart provides financial assistance to help children access sports and physical activities.

Max amount of funding is \$300; children can be funded for successive sessions in an activity up to a maximum of \$600 per activity

Population: children between 4-18 years

Phone: 1.844.YES.PLAY (937.7529)

Referral Process: Apply online through the Jumpstart portal. No referral required.

<https://jumpstart.canadiantire.ca/pages/individual-child-grants>

### ***KidSport Halton***

Provides grants for kids who face financial barriers in accessing sports - \$250 per calendar year

Population: aged 18 and under

Phone: 416-899-9106

Email: [info@kidsportontario.ca](mailto:info@kidsportontario.ca)

Referral Process: No referral required. Register on the KidSport website through the Halton Chapter to set up an email and password. Then sign your child up for a sport, inform the program that you are applying for KidSport funding, and submit a complete application on the KidSport website. Approved grants are processed within 30 days and paid directly to the program.

### ***Society of Saint Vincent de Paul***

Provides fully subsidized one-week overnight camp experiences

Population: Girls aged 5-13 (MaryGrove Camp) Boys aged 7-12 (Camp Ozanam)

Email: [campinfo@ssvptoronto.ca](mailto:campinfo@ssvptoronto.ca)

Referral Process: No referral required. Call local parish (Archdiocese of Toronto – Find a Parish) to ask about summer camp funding and registration help. Registration opens in March of each year

### ***Town of Oakville – Recreation Connection Subsidy***

Provides financial assistance to help eligible residents access Town recreation and culture programs.

Population: Residents of Oakville and individual or combined family income must be below the Low Income Cut-Off (LICO).

Address: 1225 Trafalgar Road, Oakville L6H 0H3 (townhall)

Phone: (905) 815-2000

Referral Process: Referral Process: Apply directly through website [recreation-connection-application-form.pdf](#), drop application along with required documents to a Town of Oakville community centre or townhall (see PDF guide), and If approved, you receive a \$400 credit per eligible person added to your Town recreation account, where you can then register for preferred programs. Accommodations for virtual meetings may be considered upon request. Please email [affordableaccess@oakville.ca](mailto:affordableaccess@oakville.ca) to make this request.

## **2SLGBTQIA+**

### ***Halton Community Legal Services – ID Clinic***

Provides assistance with the process of changing your gender identity on your ID

Address: 700 Dorval Dr, Suite 400, Oakville, ON L6K 3V3

Phone: (905) 875-2069

Referral Process: Call to book an appointment or fill out contact form here:

<https://www.haltonlegal.ca/contact/>

### ***LGBT Youthline***

Offers confidential peer support via text and chat

Sunday-Friday 4:00PM-9:30PM

Text: (647) 694-4275

Website: <https://www.youthline.ca/>

### ***PFLAG Halton***

Supports 2SLGBTQIA+ individuals, families, friends, and caregivers with peer support groups, education, and advocacy

Service area: Burlington, Oakville, Milton, Halton Hills

Referral Process: Fill out the contact us section on website in order to get connected with peer support. <https://www.pflaghalton.ca/contact>

### ***Positive Space Network***

Offers LGBTQ+ youth drop-in programs in the Halton Region. These programs allow LGBTQ+ youth to connect with peers and access resources.

Population: Youth 12-25

Address: Locations for drop ins change

Phone: (289) 208-0886

Email: [psnyouth@rockonline.ca](mailto:psnyouth@rockonline.ca)

Referral Process: Self-referral accepted, referral from doctor

### ***Prime Care Family Health Team***

Gender affirming healthcare and counselling services including education and information on gender identity and healthcare options, support for social, medical, and legal transition processes, surgical assessments, referrals, and support, sexual health education and screening, support for hormone therapy and monitoring.

Population: 16+

Referral Process: Self-refer, referrals by any healthcare provider, friend, family member or school counselor. Referral form can be found here: <https://primecarefht.ca/gender-care-clinic/>

### ***Trans Lifeline***

A peer support phone service run by trans individuals.

Hours: 1:00PM-9:00PM

Phone: (877) 330-6366

## **BIPOC**

### ***G.A.M.E – Reimagine Ontario***

G.A.M.E. stands for Guidance, Athletics, Mentoring, and Education. It is a youth initiative tailored for young males who might benefit from paternal or peer guidance.

Population: Young males aged 10-17

Phone: (289) 856-8464

Email: [info@reimagineontario.ca](mailto:info@reimagineontario.ca)

### ***Halton Black Voices***

Community-led collective supporting Black residents and BIPOC communities across Halton. Focus areas include advocacy, education, community building, healing, leadership and cultural empowerment

Email: [info@haltonblackvoices.ca](mailto:info@haltonblackvoices.ca)

## Technology

### *Women's Centre of Halton*

Technology Lending Library – loaning laptops to women in the Halton region to support their personal and professional development goals.

Address: 1515 Rebecca Street, Suite 229, Oakville, ON L6L 5G8

Phone: (905) 847-9104

Email: [hello@womenscentrehalton.com](mailto:hello@womenscentrehalton.com)

Referral Process: Email to apply.

## Legal & Advocacy

### *Halton Community Legal Services*

A legal clinic that helps low-income individuals living in Halton with their legal problems. Services offered are Income support/Public Benefits, Housing Law, Employment Rights, Human Rights, Secondary Legal Consultation, Indigenous Rights and Services, and Youth Rights.

Address: 700 Dorval Dr, Suite 400, Oakville, ON L6K 3V3

Phone: (905) 875-2069

Referral Process: Call (interpreters are available by phone) or fill out a contact sheet on website <https://www.haltonlegal.ca/contact/>

### *Mobile & Outreach Legal Clinics (HCLS + Partners)*

Mobile and community outreach clinics to people can get legal help closer to home.

Address: Alternating Fridays 17 River Street, Acton | 9 Church Street, Georgetown check website for monthly schedule.

Hours: 10:00AM-3:00PM

Website: <https://www.haltonlegal.ca/mobile-outreach-clinics/>

### *Women's Centre of Halton*

Volunteer lawyers from Halton that focus on aiding women navigating the family justice system

Dial-in Peer support Monday-Friday 10:AM-8:00PM (905) 847-5520

Drop-in support sessions: Burlington Public Library – Central Branch. Check out website for list of drop in dates here: <https://thewomenscentreofhalton.com/burlington-library-drop-in-support/>

## Employment

### *Centre For Skills*

Free government-funded programs to help people get on a path to career success. Services include one-on-one job search coaching, workshops, language training and settlement services,

academic upgrading and pre-apprenticeship skilled trades training.

Referral Process: Book an appointment here: <https://centreforskills.ca/job-seekers/book-an-appointment/>

### ***HMC Connections – Youth Employment Program***

Designed to connect young job seekers with paid training and employment while helping employers bring in motivated new team members.

Eligibility: 15-30 years old, not in school or employed, Canadian citizen, permanent resident, or convention refugee, legally entitled to work in Canada, able to commit to in person training in Oakville (4 weeks, 25 hours/week, scheduled sessions)

Website: <https://hmconnections.com/youth-employment-registration/>

Referral Process: Check out website to see when the next cohort begins

### ***Raise.Jobs***

Connects job seekers with a variety of employment opportunities and provides helpful tools such as career tips, resume support, and job alert. Once signed up, you can join their talent community. This allows you to set your job preferences and receive notifications when relevant roles become available. The platform is supported by recruiters and staffing professionals and has over 65 years of experience helping connect people to work across many sectors.

Website: <https://raise.jobs/>

## **Holiday**

### ***Burlington Salvation Army***

For local residents in need of support - Food hampers, Christmas gifts and toys for children

Address: 5040 Mainway, Unit 9

Phone: (905) 637 – 3893

Referral Process: Must complete application and qualify. Photo ID, proof of Burlington residence, proof of income

### ***Kerr St. Mission***

Food and gifts for families in need

Address: 485 Kerr St, Oakville, ON L6K 3C6

Phone: (905) 845-7485

### ***Oakville Salvation Army***

Toys and gift cards

Address: 2270 Speers Rd., Oakville, ON

Phone: (905) 827-5324

Referral Process: Must apply and qualify – ID for family members, proof of residency in Oakville, proof of income required