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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 Family Resource Coordinator with information requests.

KennedyA@homesuitehope.org

Food Supports

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

Burlington Public Library Family Storytime

Branch available: Tansley Woods, Central, Alton

Website: Burlington Public Library - Make Music
Available: Daily, 10:30am-11:00am

Burlington Public Library (Alton Branch) Family Story Time

Address: 3040 Tim Dobbie Drive, Burlington,ON,
L7M 0M3

Website: Burlington Public Library - Make Music
Hours: November 27th, 2026 2:00pm

Compass Point Bible Church

Address: 1500 Kerns Rd, Burlington, ON L7P 3A7
Phone: (905) 336-0500 ext. 273
Hours: 2nd and 4th 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 aseries 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: 1st and 3rd Tuesday of the month 1:30PM-5PM

ROCK Burlington (Burloak)

Address: 356 Burloak Dr., Burlington, ON L7L 4W5
Phone: (905) 631-1218Access Line: (289) 266-0036
Hours: 2nd and 4th 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

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 RdN, 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

Food For Life
Provides free fresh and non-perishable food to individuals and families experiencing food insecurity through community food programs and volunteer-run pop-up markets in Milton.
Population: Individuals and families experiencing food insecurity
Location: 121 Chisholm Drive, Milton, ON L9T 4A6
Referral Process: No formal referral required. Register in person during program hours and bring one piece of ID showing your name and current address.
Website: https://www.miltonbiblechurch.ca/foodforlife

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

Shelter Movers
Assist domestic violence survivors with moving assistance.
Website: Shelter Movers
Referral Process: Reach out to your worker to assist with the referral process. If you don't have a worker, they can help connect you to the proper channels first.

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 ascreening 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 preformed 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

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 toschedule 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
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: haltonautismservives@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
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

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
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 youcan 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

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@yfcmilton.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

Milton Community Resource Centre

A service that supports children, youth, and families in Milton and the surrounding Halton community. MCRC offers a variety of free and low-cost programs, including parenting supports, licensed child care, youth and girls' empowerment programs, an infant food bank, and other family resources. Please note, times vary depending on location.
Population: Children 0-19
Location: Halton Region (Oakville,
Burlington, Milton, Georgetown)
Phone: (905) 876-1244
Website: https://mcrc.on.ca/familyfun/

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, 2nd Floor, Milton, ON L9T 0H8
Phone: (905) 875-0235
Email: 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, 5th 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
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-69)PM
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
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

KidsSport 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
Referral Process: No referral required. Register on the KidSport website through the Halton Chapter to set up an emailand 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
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 thenregister for preferred programs. Accommodations for virtual meetings may be considered upon request. Please email affordableaccess@oakville.ca to make this request.

Milton Society Club (MSC)
A volunteer-run nonprofit offering inclusive recreational, educational, cultural, and social programs that help youth, families, adults, and seniors build connections and participate in the Milton community.
Population: All Ages
Referral Process: No referral required. Individuals can contact MSC directly on their 'lets talk' page regarding programs, events, membership, or volunteering.
Website: https://www.mscmilton.ca/about-us

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
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. Referralform 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

Halton Black Voices

Community-led collective supporting Black residents and BIPOC communities across Halton. Focus areas includeadvocacy, education, community building, healing, leadership and cultural empowerment
Email: 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
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 inmotivated new team members.

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

Website: https://hmcconnections.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

Links2Care

Toys and gift cards

Address: 2270 Speers Rd., Oakville, ON
Website: Holiday Giving
Referral Process: Fill out the application that is linked above, and provide all required documents