

# Where To Get Help in the Community

## Food Banks



### **Acton Food Share**

Acton – 9 Mill St. West  
905-853-0457

### **Fareshare Food Bank**

Oakville - 1240 Speers Road, # 6  
905-847-3988

### **Georgetown Bread Basket**

Georgetown - 55 Sinclair Ave, # 12  
905-873-3368

### **Kerr Street Market**

Oakville - 484 Kerr Street  
905-845-7485

### **Partnership West**

Burlington - 1254 Plains Rd East, #1A  
905-637-2273

### **Salvation Army**

**Acton** - 114 Mill St. E.  
519- 853-5610  
**Burlington** – 2054 Mountainside Dr.  
905-637-3894 - Call first  
**Georgetown** - 271 Mountainview S.  
905-877-1374  
**Milton** - 100 Nipissing Rd. , #3  
905-875-1022  
**Oakville** - 1225 Rebecca St.  
905-827-6523

### **Good Food Box Program**

Holy Cross Lutheran Church  
Burlington - 3455 Lakeshore Road  
**905-315-9801** call Steve for more info  
(fresh fruits & vegetables \$30 value for \$12 –  
Sept-June- 4<sup>th</sup> Friday of each month)

**St. Vincent de Paul** (local churches)  
Short term emergency assistance with  
food or clothing while clients are  
connected with local social service  
agencies

### **Acton**

St. Joseph's 519-853-0784

### **Georgetown**

Holy Cross 905-873-1887

### **Milton**

Holy Rosary 905-878-6535

**Burlington** (all parishes) 905-336-8332

Holy Rosary 905-634-7441

St. John's Parish 905-979-6460

St. Paul the Apostle 905-336-8332

St. Raphael's 905-681-6394

St Gabriel's 905-336-7144

St. Patrick's 905-632-0270

## **Oakville**

St. Andrew's 905-844-3303

St. Dominic's 905-827-2373

St. Matthew's 905-825-0219

St. Michael's 905-844-7971

Mary Mother of God 905-337-2184

Holy Trinity 905-842-2386

## Emergency Shelters

### **Emergency Shelter Program**

905-825-6000 or 1-866-442-5866

### **Good Shepherd Men's Centre**

Hamilton - 135 Mary Street  
905-528-9109 Must arrive by 7:00 p.m.

### **Good Shepherd Women's Centre**

(Martha House)  
Hamilton - 20 Emerald St. South  
905-523-8895 Must call first

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

Burlington -24 crisis line 905-332-7892  
Burlington - Intake 905-332-1593  
Milton - 24 hr crisis line 905-878-8555  
Milton - Intake 905-878-8970

### **Salvation Army**

Acton 519-853-5610  
Burlington 905-637-3894  
Georgetown 905-877-1374  
Milton 905-875-1022  
Oakville Lighthouse Shelter 905-339-2918

## Housing



### **Housing Help Centre**

905-825-6000 or 1-866-442-5866 ext 7142

### **Halton Community Housing Corp.**

905-825-6000 or 1-866-442-5866

### **Halton Access to Community Housing**

(HATCH) subsidized  
905-825-6000 or 1-866-442-5866

### **Rental Housing Tribunal**

1-888-332-3234

## Financial Assistance / Social Services



### **Ontario Works (OW)**

905-825-6000 or 1-866-442-5866

### **Interactive Voice Response - OW**

Cheque inquiries 1-800-808-2268

## **Ontario Disability Support Program**

(ODSP)

905-637-4500 or 1-800-567-6388

## **Halton Consumer Credit Counselling**

905-845-3811 (all of Halton)

## Dental Assistance Programs



905-825-6000 or 1-866-442-5866 ext 7809  
- Children In Need of Treatment (CINOT)  
up to 13 years or Grade 8  
- Teen Program (13-17 years)  
- Dental Care Counts  
(adults with special needs & the frail elderly)

## Legal Assistance



### **Halton Community Legal Services**

Halton Hills 905-877-5256  
South Halton 905-875-2069  
Fax and TTY 905-877-8223

### **Legal Aid Ontario**

905-845-7591 or 1-800-387-4088

### **Duty Counsel Services - free**

**Milton** - Courthouse  
491 Steeles Ave East – Room 208  
Monday - Friday  
9:30 am – 12:30 pm & 1:30 pm – 4:00 pm

### **Burlington – Clinic**

460 Brant St – Unit #4  
Tuesdays 7:30 pm – 9:30 pm  
**Oakville** – Clinic (Salvation Army)  
1225 Rebecca St  
Wednesdays 7:00 pm – 9:00 p.m.

### **Milton Court House**

(Family Law Information Centre)  
Milton - 491 Steeles Ave.  
905-878-7281 Fax-905-693-3038

## **Ministry of Attorney General**

Child Support Guidelines  
1-800-980-4962 or  
[www.attorneygeneral.jus.on.ca](http://www.attorneygeneral.jus.on.ca)



## Crisis Counseling Intervention

### **Burlington Counselling & Family Services**

905-637-5256

### **Halton Family Services**

Intake– (Oakville) 905-845-3811  
Burlington 905-681-7775  
(offices also in North Halton)

# Where To Get Help in the Community

**Halton Child & Youth Services**  
(see "Youth" section)

**Bereaved Families of Ontario**  
1-877-826-3566 or 905-318-0070

**Canadian Mental Health Association**  
905-693-4270

**Distress Centre Oakville**  
905-849-4541

**North Halton Distress & Info. Centre**  
905-877-1211

**Telecare Burlington**  
905-681-1488

## Youth

**Job Connect** (Sheridan College)  
905-845-9430, ext. 8160

**YMCA Career Development**  
905-681-1140

**Halton Child & Youth Services**  
Crisis Line (24 hours) 905-878-9785  
**Burlington** - 471 Pearl St.  
(walk-in counselling Wednesday 12:00 - 6:30 p.m.)  
905-634-2347

**Oakville** - 323 Kerr St. #208  
(walk-in counselling Tuesdays 12:00 - 6:30 p.m.)  
905-339-3525

**Milton** - 443 Centennial Forest Dr.  
(walk-in counselling Wednesdays 12:00- 6:30 p.m.)  
905-875-2575

**Transitions for Youth & Bridging The Gap**  
905-632-6531 or 1-888-389-5535, ext. 32

**Teen Education And Motherhood TEAM**  
Halton District School Board (pregnant  
teens and young mothers who have not  
finished high school)  
Burlington 905-632-5000 ext 6242  
Georgetown 905-702-7925

## Children's Services

**Halton Babies/Halton  
Children Access &  
Information Line**  
905-825-6000 or 1-866-442-5866



**Halton Child Care Subsidy**  
905-825-6000 or 1-866-442-5866

**Halton Child Care Registry**  
905-875-0235 or 1-800-665-0256

**Canada Child Tax Benefit (CCTB)**  
1-800-387-1193

**Family Responsibility Office**  
1-800-267-7263 (automated) or  
1-800-267-4330 (client services)  
416-240-2401 (fax)  
**Enforcement Call Centre FRO**  
1-800-267-4330  
416-326-1817 or 416-267-7263 automated

**Halton Children's Aid Society**  
905-333-4441 or 1-866-607-5437

## Ontario Early Years Centres

**Burlington** – 710 Cumberland Ave  
905-632-9377 (call for more site locations)  
**Oakville** – 337 Kerr Street  
905-849-6366 (call for more site locations)  
**North Halton** – 917 Nipissing Rd, Milton  
905-876-1244 (call for more site locations)

## Information Services

Information Burlington 905-639-4212  
Information Milton 905-875-4636  
Information Oakville 905-815-2046  
Halton Hills Community Support & Info  
Acton 519-853-3310  
Georgetown 905-873-6502

**Provincial Information Line**  
1-800-267-8097 or 416-326-1234

**Ministry of Labour**  
Employment Standards 1-800-531-5551  
Occupat. Health & Safety 1-800-263-6906  
General Inquiries 905-577-6221

**Ministry of Health** (Health Card)  
1-800-268-1153 or 1-800-268-1154

**Oakville**, Town Centre II,  
220 North Service Rd West, Unit P0530  
**Hamilton**, 119 King St West

**Telehealth Ontario** 1-866-797-0000

**Trillium Drug Assistance Program**  
1-800-575-5386

**Office of the Registrar General**  
**Birth Certificate – Long Form**  
P. O. Box 4600  
189 Red River Road  
Thunder Bay, ON P7B 6L8  
1-800-461-2156 or 416-325-8305

**Government of Canada Information**  
1-800-622-6232

## Income Security Programs

Human Resources Skills Development  
Canada (HRSDC)

**Employment Insurance Inquiries**  
1-800-206-7218

**Burlington** - 440 Elizabeth Street, 1<sup>st</sup> Floor  
905-637-4525

**Georgetown** – 232 Guelph Street  
905-877-6915

**Milton** – 310 Main Street East  
905-878-8418

**Oakville** – 1090 Speers Road  
905-845-3891

## Employment Resource Centres

**Burlington**  
The Bay Area Employment Resource Centre  
The Centre for Skills Development & Training  
860 Harrington Court  
905-333-3499, ext 140

**Oakville**  
Oakville Employment Resource Centre  
The Centre for Skills Development & Training  
465 Morden Road, Unit 107  
905-845-1157, ext. 121

**Milton**  
Milton Employment Resource Centre  
The Centre for Skills Development & Training  
550 Ontario St., South, Unit 203  
905-693-8458, ext.107

**Georgetown**  
Georgetown Employment Resource Centre  
The Centre for Skills Development & Training  
184 Guelph Street  
905-702-7311 or 1-866-260-1175 toll free  
ext. 109

**Canada Pension Plan/Old Age Security**  
1-800-277-9914

**Citizenship & Immigration Canada**  
1-888-242-2100

**Permanent Resident Card**  
1-800-255-4541

**Passport Canada**  
1-800-567-6868

**Canada Customs and Revenue Agency**  
1-800-959-8281 Individual Income tax



# Where To Get Help in the Community

## Transportation Services

Burlington Transit 905-639-0550  
Oakville Transit 905-815-2020  
Milton Transit Dial-a-Bus 905-702-3419  
  
GO Transit 416-869-3200 or 1-888-438-6646

## Ministry of Transportation

Driver & Vehicle Service Locations

**Burlington East** 905-681-7343  
3455 Fairview St, Unit 5

**Burlington West** 905-639-6691  
760 Brant Street, Unit 26A/27A

**Oakville** 905-337-8751  
105 Cross Ave, Unit 1 (Trafalgar Village)

**Georgetown** 905-877-3078  
28 Main Street South

**Milton** 905-878-5210  
197 Main Street East

## Service Ontario Kiosks

### Burlington Mall

777 Guelph Line (QEW & Guelph Line)  
Near Old Navy

### Oakville Place

240 Leighland Ave (QEW & Trafalgar Rd)  
Lower level, near food court

### Milton Mall

55 Ontario Street (Main St & Ontario St)  
Southeast end of mall near Bulk Barn

### Bramalea City Centre

25 Peel Centre Drive (Highway 7 & Dixie Rd)  
Near Price Chopper

## Seniors and Disabled



**Assistive Devices Program**  
1-800-268-6021

## Community Care Access Centre

(CCAC) 905-639-5228 or  
1-800-810-0000 (toll free)

## Halton Helping Hands

905-844-0252

## North Halton Helping Hands

905-878-6403

(in-home support for seniors and disabled)

## Halton Support Services

(developmentally delayed)

905-849-8000

## Supportive Housing Programs

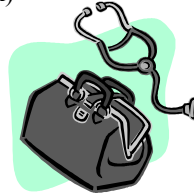
(Person support and homemaking services)

- Halton Region 905-825-6000 or  
1-866-442-5866 (toll free)  
- Oakville Senior Citizens Residence  
905-827-4139

- Georgetown Supportive Housing  
905-877-1198 or 905-873-8765

- Halton Hills Community Support & Info  
519-853-9916 (Acton)

## Where To Find A Doctor



### Oakville & Milton

### Family Physicians Info Line

905-845-2571, ext 5021

### Burlington

### Doctor Info Line

905-632-3737, ext 5844

### Georgetown

### Medical Associates

905-873-3000

## College of Physicians & Surgeons of Ontario - Find A Doctor Service

1-800-268-7096, ext 626

[www.cpso.on.ca](http://www.cpso.on.ca)

## Walk-In Medical Clinics

### Burlington

### Burlington After Hours Clinic

3155 Harvester Rd – 905-681-7755

Mon-Fri – 3:00-9:00 p.m.

### North Burlington Medical Centre

1450 Headon Rd – 905-319-2000

Mon-Fri 8:30 am – 9:00 pm, Sat, Sun

### Family Doctors' After Hours Clinic

7-1010 Downsview Dr. – 905-639-0910

Mon-Fri 5:30-9:00 pm, Sat 10:00-5:00 pm

### Burlingwood Family Physicians

2400 Guelph Line – 905-336-1221

Call for times

## Halton Family Health Centre

(formerly Urgent Care Canada)

2951 Walkers Line (Walkers Line &  
Dundas St) 905-336-3437

Mon-Fri 9:00 am-9:00 pm, Sat & Sun  
9:00am-5:00pm

## Oakville

### The Doctor's Office

1011 Upper Middle Rd E, 905-849-7007  
(Upper Oakville Shopping Centre)

Hours: Mon-Thu 9:00am-9:00pm; Fri, Sat,  
Sun & Holidays 9:00am-5:00pm. Closed  
Christmas Day.

### The Doctor's Office

300 North Service Rd W, 905-338-3730  
(Oakville Town Centre I). Hours: Mon-  
Thu 10:00am-8:00pm; Fri 10:00am-

5:00pm; Sat, Sun & Holidays 10:00am-  
4:00pm. Closed Christmas Day.

### Glenashton Medical Centre

333 Glenashton Dr Unit 2, 905-815-9090  
(Northeast corner of Trafalgar Rd. and  
Glenashton Dr.). Hours: Mon-Fri 9:00am-

8:00pm, Sat 9:00am-3:00pm.

### Iroquois Ridge Medical Centre

360 Dundas East, 905-257-8777

(Trafalgar and Dundas, behind Longos),  
Hours: Mon-Fri 9:00am-8:00pm, Sat and  
Sun 10:00am-5:00pm. Open some  
holidays.

### Oak Park Family Care Centre

905-257-3626

201 Oak Walk Dr., located in the Real  
Canadian Superstore, (between Sixth Line  
and Trafalgar Rd, just south of Dundas  
St.); Hours: Mon & Thurs 9:00am-  
3:00pm; Tue 9:00am-9:00pm; Wed & Fri  
9:00am-1:00pm; Sat closed, Sun 10:00am-  
4:00pm. Open on holidays when the Real  
Canadian Superstore is open (call for  
hours).

### Oak Park Medical Clinic 905-257-1006

2530 Sixth Line (1 block south of Dundas  
in the River Glen Mews Plaza), Hours:  
Mon-Fri 8:30am - 8:30pm; Sat 9:00am-  
4:00pm; Sun 10:00am-3:00pm. Holidays  
10:00am-2:00pm (call to confirm).

# Where To Get Help in the Community

## **Oakville Health Centre Clinic**

905-842-8593

1060 Speers Rd, between Third and Fourth Line, closer to Fourth Line on south side,. Hours: Mon-Fri 9:00am-9:00pm; Sat, Sun & Holidays 10:00am-6:00pm

## **Rebecca Street Medical Walk In Clinic**

905-849-0986

170 Rebecca St (in between Kerr and Dorval),. Hours: Mon-Thu 10:00am-7:00pm; Fri 10:00am-6:00pm; Sat & Sun and holidays 10:00am-2:00pm.

## Acton

### **Acton Walk-In Clinic**

519-853-4449

93 Mill Street

Hours: Tues-Wed-Thurs 6:00 pm-8:00 pm

## Georgetown

### **Georgetown Medical Walk-In Clinic**

905-873-4703

99 Sinclair Ave

Mon-Fri 5:00pm-9:00pm; Sat 9:00am-3:30pm; Sun 10:00am-1:00pm

### **Walk-In Clinic – Downtown**

#### **Georgetown**

905-877-4111 (call first)

102-83 Mill Street

### **South Georgetown Medical Clinic**

905-873-4742

333 Mountainview South, Unit #2

Hours: Mon-Fri 9:00am-8pm, Sat & Sun 10:00am-3:00pm

## Milton

### **Prime Care Walk-In Clinic**

75 Main Street East, Ste. #12

Mon-Fri - 6 p.m. to 8 p.m.

Sat - 10 a.m. to 12 Noon

## Addictions

**DART** Drug and Alcohol Registry of Treatment  
1-800-565-8603 (24 hours)

**ADAPT** (alcohol, drugs, and gambling)

Intake - 905-639-6537

**Alcoholics Anonymous** (24 hour help line)

Hamilton 905-522-8392

Oakville 905-631-8794

North Halton 519-836-1522

## Community Information & Services

### **Free Clothing by Referral**

Friends for Success 905-548-6006

Clothing Works 905-815-9411

**ReUse Centre** 905-319-0477

### **Halton Multicultural Council**

Milton 905-693-8458, ext 106

Burlington 905-333-3499, ext 281

Oakville 905-842-2486

**Adult Learning Line** 905-812-3533

**Literacy Burlington** 905-631-1770

**Literacy North Halton** 905-873-2200

**Literacy Oakville** 905-469-8528

## Services in French

### **Centre De Ressources D'emploi**

**Francophone**, 760 rue Brant #43-A

Burlington ON 905-637-0796

**SOS Femmes** 1-800-387-8603 (24 heures)

This brochure may not be all-inclusive. If you know of a program that should be included or have a revision of a program that is listed, please contact:

Lise Infante, Program Assistant

Income & Employment Services

Social & Community Services Department

905-825-6000, ext. 2705



Social & Community Services Department

905-825-6000 or 1-866-442-5866 toll free

TTY 905-827-9833

[www.region.halton.on.ca](http://www.region.halton.on.ca)

**Saint Vincent de Paul Regional Contact**

Call Carolyn Schoenfeldt at (905) 825-

6000 Ext. 7959

[schoenfeld@region.halton.on.ca](mailto:schoenfeld@region.halton.on.ca)