

Resources Available for Families in Halton

Burlington	
<p>Salvation Army Food Bank</p> <p>5040 Mainway, Unit 9 Burlington, 905-637-3893</p>	<ul style="list-style-type: none"> • Will remain open for usual food bank hours 9:00 a.m.-11:30 a.m. each weekday morning • Waived the 21-day return policy, so clients can visit as often as is necessary • Pre-packed grocery bags • Health screening questions will be asked
<p>Burlington Food Bank</p> <p>1254 Plains RD E, Unit 1A Burlington 905-637-2273 or email info@burlingtonfoodbank.ca</p>	<ul style="list-style-type: none"> • Food bank will shift to a “hamper model’ (prepackaged) • Only 3 clients will be allowed in the Food Bank at any one time • Home deliveries only as of March 23 • Health screening questions
<p>Compassion Society – Food Support</p> <p>484 Plains Rd, E. Burlington 905-592-3722</p>	<ul style="list-style-type: none"> • Hours: Monday and Wednesday 12:00 p.m. – 2:00 p.m. • Food support available only (non-perishable food grab bags) • Only food donations being accepted • Clothing and household donations not accepted for the next 3 weeks
<p>Open Doors – Food Support</p> <p>St Christopher’s Church 662 Guelph Line, Burlington 905-634-1809</p>	<ul style="list-style-type: none"> • Food Bank open Tuesdays 3 p.m. - 6 p.m., only offering food hampers • Parish Centre is closed and all other regular programming will be placed on hold
<p>Wellington Square United Church – Food Support</p> <p>2121 Caroline St, Burlington llunski@wsquare.ca</p>	<ul style="list-style-type: none"> • Friday Night Community Dinner is not running, but take-home meal bags can be picked up Mon, Wed, and Fri 12:00 p.m. – 4:00 p.m. • Anyone interested in donating food or volunteering or anyone in need of some support is encouraged to contact Co-ordinator Lisa Lunski at llunski@wsquare.ca <p>See website for updates.</p>
<p>Compass Point Bible Church – Food Support</p> <p>905-336-0500</p>	<ul style="list-style-type: none"> • Food bank is operating with its regular hours • Food is pre-bagged • Moving to delivery service after March 28 until further notice • Supported by direct donations from church attendees and community donations <p>See website for more information.</p>
<p>St. Luke’s Anglican – Food Support</p> <p>1382 Ontario St., Burlington 905-634-1826</p>	<ul style="list-style-type: none"> • Food for Life prepackage grocery bags, Tuesdays 11:30 a.m. • Prepackaged Community Lunch meals available at 12 noon on the first, third and fifth Wed of each month
<p>Faith Christian Reformed Church – Food Support</p> <p>2265 Mountainside Dr., Burlington 905-336-5353</p>	<ul style="list-style-type: none"> • Food for Life prepackage grocery bags • Tuesdays 7:00 p.m.

<p>Brant Hills Presbyterian – Food Support</p> <p>2138 Brant St., Burlington 905-335-2640</p>	<ul style="list-style-type: none"> • Food for Life prepackage grocery bags • Wednesdays at 1:30 p.m.
<p>Tansley United Church – Food Support</p> <p>2111 Walkers Line, Burlington</p> <p>905-335-0090</p>	<ul style="list-style-type: none"> • Food for Life prepackage grocery bags • Fridays at 9:30 a.m.
<p>Oakville</p>	
<p>Fare Share Food Bank</p> <p>1240 Speers Rd., Oakville</p>	<ul style="list-style-type: none"> • Open to clients Mondays 10 a.m. – 2 p.m. and Thursdays 3 p.m. - 6:45 p.m.
<p>Salvation Army Oakville And Community Services</p> <p>1125 Rebecca St., Oakville</p>	<ul style="list-style-type: none"> • Available for food assistance on Mon, Weds, Friday mornings • Extremely short staffed
<p>Lighthouse Program for Grieving Children</p>	<ul style="list-style-type: none"> • Continues to be available for telephone and email support to grieving families, service professional and general community • They have suspended grief support groups and in-person intakes/consultations with hopes of resuming April 6th.
<p>Oak Park</p>	<ul style="list-style-type: none"> • People who require support with income tax can contact them and can support virtually. Also supporting payments virtually but next week (March 23-27) there will be staff available for anyone who needs to drop off utility info to pay their bills • Offering food on their porch available for pick up and drop off. Their fresh food bank will continue to run as per usual next Wednesday (March 25) at noon - food will be pre-bagged for each person
<p>Safety Net</p>	<ul style="list-style-type: none"> • Open per usual • Provides clothing, diapers and feminine hygiene products
<p>Kerr St. Mission</p>	<ul style="list-style-type: none"> • Will remain open to those in the community that are in need of food and assistance during this time • They are still running their food market however food is now pre-packaged and is distributed out of our gym <p>Market times are as follows:</p> <p>Monday 6:00 p.m. – 8:00 p.m. Tuesday 10:00 a.m. – 12:00 p.m. Wednesday 10:00 a.m. – 12:00 p.m. Thursday 10:00 a.m. – 12:00 p.m. and 6:00 p.m. – 8:00 p.m. Friday 10:00 a.m. – 12:00 p.m. Saturday 9:00 a.m. -11:00 p.m.</p> <p>*Community meals will still be made available during regular hours. The difference is that these meals are now pre-packaged for take-away in their gym</p>

North Halton	
<p>Acton Food Share</p> <p>325 Queen St. Unit 6 Acton</p> <p>519-853-0457</p>	<ul style="list-style-type: none"> • Only one client will be allowed into the food bank at any one time • Call the food bank at 519-853-0457 to make arrangements for food pick up • Open on Tues 8:30 a.m. - 11:45 a.m. and 12:30 p.m. - 2:30 p.m.
<p>Milton Community Resource Connection</p>	<ul style="list-style-type: none"> • Infant Food Bank by appointment only Mon-Fri, 9:00 a.m.- 5:00 p.m. • Please email or call Ashley McTavish at amctavish@mcrcl.on.ca or 905-876-1244 ex 155 • Ashley will work with the family to set up a time to visit MCRC • Once you have an appointment, go to 410 Bronte St. South park by the front entrance of the building and stay in your car, staff will bring your supplies to you
<p>Georgetown Bread Basket</p> <p>49B Mountainview RD N, Georgetown</p> <p>905-873-3368</p>	<ul style="list-style-type: none"> • Have prepared boxes and bags of both perishable and non-perishable foods for clients to pick up • Request that all clients please come to the front door of the building and our volunteers will be on hand to assist you with the new process • Families of 3 or more will now be allowed to visit weekly to ensure that they have enough food • Tues 5:00 p.m. – 7:00 p.m., Wed and Sat 8:30. a. m. – 12:00 p.m.
<p>Georgetown Food Bank</p>	<ul style="list-style-type: none"> • Open and offering a hamper style service • Clients are to: <ul style="list-style-type: none"> ○ Check in ○ State their order i.e. milk ○ State how many are in their family ○ Stay in their car ○ Volunteers deliver the hamper to them
<p>St Alban’s Anglican Church – Food Support</p> <p>19 St Alban’s Dr. (Main & Mill)</p> <p>519-853-3583</p>	<ul style="list-style-type: none"> • Food for Life prepackage grocery bags Thursdays at 11:30 a.m.
<p>St John’s United Church – Food Support</p> <p>11 Guelph Street (Guelph & Main)</p> <p>905- 877-2531</p>	<ul style="list-style-type: none"> • Food for Life prepackage grocery bags • Tuesdays at 10:00 a.m.
All of Halton	
<p>Hope Place Centre</p> <p>905-465-3324</p>	<ul style="list-style-type: none"> • Provide treatment and promote recovery for individuals and families experiencing alcohol or drug addiction • Operating all programs and services • Admissions, continuing care, baby’s best beginning and family program are only offering virtual sessions

	<ul style="list-style-type: none"> • Live-in programs are still accepting referrals and proceeding with admissions • Monday - Friday 9:00 a.m. -5:00 p.m., by appointment only
Canadian Mental Health Association Halton Branch	<ul style="list-style-type: none"> • Providing case management and peer support by phone • 24-7 COAST Crisis line available at 1-877-825-9011, Information and Referral 905-315-8664 • Until further notice, CMHA will not be providing free walk-in counselling by phone so that they can continue to support our community in a manner that is safe considering the present health climate, call 289-291-5396 and you will be contacted by a counsellor within 24 business hours
Islamic Centre of North America Relief Canada	<ul style="list-style-type: none"> • Has offered to provide volunteers who can deliver medications and groceries to families who are affected by the novel coronavirus and are in self-isolation • Those in need can contact the group through the helpline: 905-997-8777 or visit www.isnacanada.com
Canadian Muslim Response Network	<ul style="list-style-type: none"> • covid19relief.ca • Campaign to support those who are affected by the COVID-19 crisis • Designed to especially help those who may be more vulnerable to the COVID-19 virus and to the effects of self-isolation • Delivering various kits containing essential groceries, as well as hygiene and sanitation products, to seniors and families in dire needs in the coming weeks • If you require help during the COVID-19 crisis, or know someone who does, click here • Looking for volunteers to help out and donate their time, click here to volunteer.
Summit Housing	<ul style="list-style-type: none"> • Residences will remain staffed but are closed to visitors • Social and recreational groups and large agency events are on pause, but alternate supports will be offered to individuals through remote means • Assertive Community Treatment Team, Case Management, Justice, Housing First and Intake Programs will provide clients support mainly remotely • Food hubs are closed to the public • Offices are closed to the public • These changes will be in effect till at least March 31 2020
Alcohol and Substance Use Support (ADAPT)	<ul style="list-style-type: none"> • Will continue to commitments to providing accessible clinical services and supports to all clients through remote and/or virtual counselling platforms • Tele-counselling or virtual counselling supports for all active clients • Tele-meeting or OTN meeting options for all team, community and partnership meetings • Telephone intake services for new referrals and community communications (Monday-Friday, 8:30-4:30), with tele counselling or remote/virtual support options applied to new clients/referrals • Intake desk: 905-639-6537 ext. 0

<p>Crisis Outreach and Support (COAST)</p>	<ul style="list-style-type: none"> • Providing telephone support and mobile intervention to persons who are in crisis and have a mental health concern • Crisis line 1-877-825-9011 information and referrals 905-315-8664 • Until further notice CMHA will be providing free walk-in counselling by phone so that they can continue to support the community. Call 289-291-5396 and callers will be contacted by a counsellor within 24 business hours
<p>Halton Community Legal Services</p>	<ul style="list-style-type: none"> • Limiting in-person contact and ask that people not attend their office at this time • Will remain available to help both clients and service providers during this time • Can be reached by phone at 905-875-2069 or by email at haltonconsult@lao.on.ca
<p>Halton Multicultural Centre</p>	<ul style="list-style-type: none"> • HMC is offering services virtually online, by phone and by email • Office hours are Monday-Friday 9am-4:30pm with extended hours on Wednesday and Thursday until 8pm • Email: Margarita Cardona Coordinator Community Settlement mcardona@hmconnections.com or Tatjana Spajic, Coordinator Youth Settlement tspajic@hmconnections.com • Phone: Call 905-842-2486 and press 0 to set a phone or email apt. They will get back to you ASAP (one-business day) • Chat: There will be basic chat and referral available on HMC's website at: http://hmconnections.com/ • Interpretation or Translation available
<p>Community Facebook Groups</p>	<p>Join these public Facebook groups (must have a Facebook account) to offer or request assistance:</p> <ul style="list-style-type: none"> • Milton • Halton Hills, Acton & Georgetown • Oakville • Burlington
<p>Government Services</p>	<p>Service Canada is ready to support Canadians affected by COVID-19 and placed in quarantine, with the following support actions:</p> <ul style="list-style-type: none"> • The one-week waiting period for EI sickness benefits will be waived for new claimants who are quarantined so they can be paid for the first week of their claim • Establishing a new dedicated toll-free phone number to support inquiries related to waiving the EI sickness benefits waiting period • Priority EI application processing for EI sickness claims for clients under quarantine <p>If you are eligible, visit the EI sickness benefits page to apply: https://www.canada.ca/en/services/benefits/ei/ei-sickness.html</p> <p>Contact the new dedicated toll-free phone number if you are in quarantine and seeking to waive the one-week EI sickness benefits waiting period so you can be paid for the first week of your claim: Toll Free 1-833-381-2725; TTY 1-800-529-3742</p>

<p>Phone Services</p>	<p>Bell</p> <p>To assist Canadians working from home because of COVID-19, Bell will be waiving extra usage fees for all residential internet customers until April 30th (this will be applied automatically, no action is required by customers)</p> <p>Telus</p> <p>Until the end of April, the following changes will apply:</p> <ul style="list-style-type: none"> • Waiving home internet overages for customers who are not on unlimited data plans • Waiving all Easy Roam and pay-per-use roaming charges for postpaid Mobility customers that are stranded outside of North America and are unable to return to Canada (Note: North American includes all Caribbean and Central American countries) • Support customers facing financial challenges by providing flexible payment options <p>Rogers</p> <ul style="list-style-type: none"> • Waving long distance charges for wireless, home phone consumers and small businesses for calls to anywhere in Canada until April 30th • Waving Roam Like Home and all pay-per-use roaming fees in all countries where Rogers offers roaming for all postpaid consumers and small business travelling outside of Canada between March 16th-April 30 2020 • Will also be ensuring that services will not be suspended for any customers experiencing financial difficulties during this period <p>Fido</p> <ul style="list-style-type: none"> • Waving long distance; roaming fees; data overages; flexible options
<p>Hydro</p>	<ul style="list-style-type: none"> • Will offer financial assistance as well as increased payment flexibility to customers experiencing hardship: https://www.hydroone.com/savingmoneyandenergy_/financialassistanceforresidents_/Pages/Relief-Fund.aspx • Union/Enbridge Gas: Energy Assistance Program • Ontario Energy Board
<p>Safety Resources</p>	<p>In an emergency call 9-1-1 for police, fire and ambulance For additional community information 24/7, dial 2-1-1 from anywhere in Ontario (translation available).</p> <p>Assaulted Women's Helpline</p> <ul style="list-style-type: none"> • Counsellors continue to be available 24/7 to support women and seniors experiencing abuse • Assaulted Women's Helpline 1-866-863-0511 • Senior Safety Line 1-866-299-1011 • See http://www.awhl.org/ for more resources <p>Halton Women's Place</p> <ul style="list-style-type: none"> • South Halton: 905-332-7892, North Halton: 905-878-8555 • 24 hour crisis line and shelter for abused women and their dependent children, emergency transportation to shelter available <p>See website for more resources.</p>

	<p>SAVIS (Sexual Assault and Violence Intervention Services)</p> <ul style="list-style-type: none"> • 24 hour crisis line 905-875-1555 • Free individual counselling for ages 14 and up • Support services for friends and family members • 24 hour anti-human trafficking crisis support line 289-837-3999 • Advocacy, support and accompaniment to Nina's Place, the police station and court <p>See website for more resources.</p> <p>Halton Children's Aid Society</p> <p>Access child protection services 24 hours a day, 7 days a week at 905-333-4441.</p> <p>See website for more resources.</p>
<p>Autism Services</p>	<p>Visit Kerry's Place's website at: https://www.kerrysplace.org/covid-19-resources/</p>
<p>Mental Health Resources</p>	<p>ROCK (Reach out Centre for Kids)</p> <ul style="list-style-type: none"> • Multi-service organization providing services to children and youth from birth to 17 years of age and their families • All in-person programming and walk-ins will be suspended until April 6 • Will remain available to clients via phone support, email and the implementation of innovative services to support program offerings for the duration of the provincial school closure • If you are in crisis, contact the 24/7 ROCK Crisis Line at 905-878-9785 • For all other queries related to services, call the Access Line at 289-266-0036, Monday - Friday 9:00 a.m. – 5:00 p.m. <p>See website for full details.</p> <p>Canadian Mental Health Association Halton Region Branch</p> <ul style="list-style-type: none"> • Providing case management and peer support by phone 24/7 COAST Crisis line available at 1-877-825-9011, Information and Referral information at 905-315-8664 • Until further notice, CMHA will be providing free walk-in counselling by phone so that they can continue to support our community in a manner that is safe considering the present health climate, call 289-291-5396 and you will be contacted by a counsellor within 24 business hours <p>See website for full details.</p> <p>The Indigenous Network</p> <ul style="list-style-type: none"> • CMHA HRB is providing addiction & mental health support by phone to The Indigenous Network clients • Call Lauren 905-876-5503 or Keeleah 905-876-5418 • Calls will be returned within 24 hours during regular business hours <p>Ontario COVID-19 Mental Health Network</p> <ul style="list-style-type: none"> • Network of Ontario-based mental health professionals dedicated to supporting front-line COVID workers during the evolving crisis • One-on-one no-fee therapy for those who need it

	<ul style="list-style-type: none"> • If you are seeking teletherapy and are involved in providing healthcare related to COVID-19, please request support here • If you are licensed to perform the controlled act of psychotherapy in Ontario and are willing to provide pro bono (short-term, ongoing) tele-sessions, please register here <p>See website for more details</p> <p>Alcohol and Substance Use Support (ADAPT)</p> <ul style="list-style-type: none"> • Outpatient addiction, assessment and treatment agency • Will continue commitments to providing accessible clinical services and supports to all clients, through remote and/or virtual counselling platforms • Tele-counselling or virtual counselling supports for all active clients • Tele-meeting or OTN meeting options for all team, community and partnership meetings • Telephone intake services for new referrals and community communications (Mon-Fri 8:30 am-4:30 pm), with tele-counselling or remote/virtual support options applied to new clients/referrals • Intake Desk 905-639-6537 ext. 0 <p>Hope Place Centre</p> <ul style="list-style-type: none"> • Provide treatment and promote recovery for individuals and families experiencing alcohol and drug addiction • Operating all programs and services • Admissions, continuing care, baby's best beginning and Family program are only offering virtual sessions • Live-in program are still accepting referrals and proceeding with admissions • Mon-Fri 9 am-5 pm, by appointment only • 905-465-3324 <p>Big White Wall</p> <ul style="list-style-type: none"> • Mental health and well-being chat service, safe and anonymous, includes online peer community support • A place for creative and artistic expression of emotions, guided support courses and tools to help with self-management <p>See website for full details.</p>
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