

## Resources Available for Families in Halton

<b>Burlington</b>	
<b>Salvation Army Food Bank</b>  5040 Mainway, Unit 9 Burlington, 905-637-3893	<ul style="list-style-type: none"> <li>• Please call the Food Bank line and leave a message to register 289-230-2556.</li> <li>• Food Bank hours Monday (am), Wednesday (am) and Thursday (all day)</li> </ul>
<b>Burlington Food Bank</b>  1254 Plains RD E, Unit 1A Burlington 905-637-2273 or email info@burlingtonfoodbank.ca	<ul style="list-style-type: none"> <li>• Call or email to register, leave contact information to receive a call back.</li> <li>• Hours of operation Mon – Fri 9am – 11.45am, Thurs 5pm – 7pm</li> <li>• Addition evening visits upon request</li> </ul>
<b>Compassion Society – Food Support</b>  484 Plains Rd, E. Burlington 905-592-3722 www.compassionsocietyofhalton.ca	<ul style="list-style-type: none"> <li>• Hours: Monday and Wednesday 12:00 p.m. – 2:00 p.m.</li> <li>• Food support available only (non-perishable food grab bags)</li> <li>• Only food donations being accepted</li> <li>• Clothing and household donations not accepted for the next 3 weeks</li> </ul>
<b>Open Doors – Food Support</b>  <b>St Christopher's Church</b> 662 Guelph Line, Burlington 905-634-1809 www.stcb.ca	<ul style="list-style-type: none"> <li>• Community Market open Tuesday 3pm – 5.30pm, Saturday 9.30am – 12pm</li> <li>• Clothing store now available</li> <li>• Community Meals – Join us for in-person dining on Tuesdays. Hospitality hour in the Family Room is offered from 4.45 – 5.45pm. Dinner is served in the Great Hall at 6pm</li> <li>• On <b>Thursdays</b> we offer a lunch, geared particularly for seniors, in the Great Hall at 12 noon</li> </ul>
<b>Compass Point Bible Church – Food Support</b>  1500 Kerns Rd, Burlington 905-336-0500 www.compasspointbc.com	<ul style="list-style-type: none"> <li>• The Food Market is open the 2nd and 4th Saturday of each month 9:00 am – 10:30 am</li> <li>• Everyone completes a registration form, has an intake interview with a Food Market volunteer</li> </ul>
<b>Brant Hills Presbyterian – Food Support</b>  2138 Brant St., Burlington 905-335-2640	<ul style="list-style-type: none"> <li>• Food for Life prepackage grocery bags</li> <li>• Wednesdays at 1:30 p.m.</li> </ul>
<b>Grace United Church – Food Support</b>  2111 Walkers Line, Burlington 905-335-0090 www.graceunitedchurchburlington.com	<ul style="list-style-type: none"> <li>• Currently we are providing food bags to approximately 70 families each Friday morning. People needing food can come to Grace United Church at 9:00 am, we close at 10:30 am. A Food for Life van delivers prepackaged food bags and our volunteers hand out the bags to those in need.</li> </ul>
<b>Oakville</b>	
<b>Fare Share Food Bank</b>  1240 Speers Rd., Oakville 905 847 3988 www.oakvillefoodbank.com	<ul style="list-style-type: none"> <li>• If you are in need of food assistance please come to the Food Bank, Monday's 9.30am – 2pm. Thursday's 2pm – 6.45pm. Appointments are not needed.</li> </ul>

<p><b>Salvation Army Oakville And Community Services</b></p> <p>1225 Rebecca St., Oakville 905 827 5324</p>	<ul style="list-style-type: none"> <li>Available for food assistance on Mon, Weds, Friday mornings</li> </ul>
<p><b>Lighthouse Program for Grieving Children</b></p> <p>2522 Rebecca St, Oakville 905 337 2333 <a href="http://www.lighthousegriefsupport.org">www.lighthousegriefsupport.org</a></p>	<ul style="list-style-type: none"> <li>Groups are held in a welcoming, safe, and home-like environment</li> <li>We meet bi-weekly in the evenings throughout the school year</li> <li>Online groups are available for those who cannot attend in person</li> <li>Children and youth attend separate groups according to age and developmental stage</li> <li>Groups for specific types of loss are available whenever possible</li> <li>Peer support groups for parents and caregivers are offered and run concurrent to the children and youth groups</li> <li>Need transportation to groups or devices for online groups? Ask us, we can help!</li> <li>To learn more about the groups and services at Lighthouse, please contact us at:</li> <li>905-337-2333 or <a href="mailto:info@lighthousegriefsupport.org">info@lighthousegriefsupport.org</a></li> </ul>
<p><b>Oak Park Neighbourhood Centre</b></p> <p>2200 Sawgrass Dr, Oakville 905 257 6029 email: <a href="mailto:hello@opnc.ca">hello@opnc.ca</a> <a href="http://www.opnc.ca">www.opnc.ca</a></p>	<ul style="list-style-type: none"> <li>Wednesdays 10:15 – 11:30 am Registration for this program is required to establish eligibility. Please email <a href="mailto:hello@opnc.ca">hello@opnc.ca</a> or call 905-257-6029 ext.100 to register.</li> </ul>
<p><b>Safety Net Services</b></p> <p>166 South Service Rd E, Oakville 905 845 7233 <a href="http://www.safetynetservices.ca">www.safetynetservices.ca</a></p>	<ul style="list-style-type: none"> <li>Safetynet work with families and individuals who are facing financial hardship. Provide clothing, diapers, household item and feminine hygiene product. The first step to obtaining services is to register with us for a needs assessment. Please call or visit the website.</li> </ul>
<p><b>Kerr St. Mission</b></p> <p>485 Kerr St, Oakville 905 845 7485 email: <a href="mailto:admin@kerrstreet.com">admin@kerrstreet.com</a> <a href="http://www.kerrstreet.com">www.kerrstreet.com</a></p>	<ul style="list-style-type: none"> <li>Kerr Street Mission is not just a food bank. We provide care and community support for those who are in need, and sometimes that means we need to go beyond our doors to feed our neighbours. The COVID-19 pandemic has shed light on a vulnerable population within our community who have higher health risks. To protect individuals who are immunocompromised, have health complications, and/or are otherwise at-risk in the community, we provide a food delivery option to those who need it.</li> </ul> <p><b>KSM Café hours – In Person community meals</b></p> <ul style="list-style-type: none"> <li><b>Monday:</b> 6:15 pm – 7:30 pm (<i>Family Fun Night – adults must be accompanied by a child</i>)</li> <li><b>Tuesday:</b> 11:45 am – 12:50 pm</li> <li><b>Wednesday:</b> 6:15 pm – 7:30 pm (<i>adults only</i>)</li> <li><b>Friday:</b> 11:45 am – 12:50 pm</li> <li><b>Saturday:</b> 9:00 am – 9:50 am</li> </ul> <p><b>*Registration is required.</b> To register please email <a href="mailto:signmeup@kerrstreet.com">signmeup@kerrstreet.com</a>, call us at 905-845-7485 or speak to someone at the front desk</p> <p><b>Market times are as follows:</b></p> <ul style="list-style-type: none"> <li><b>Monday:</b> 1:00 pm – 2:30 pm</li> <li><b>Tuesday:</b> 1:00 pm – 2:30 pm <i>and</i> 6:30 pm – 8:00 pm</li> <li><b>Wednesday:</b> 1:00 pm – 2:30 pm</li> <li><b>Thursday:</b> 10:00 am – 11:30 am <i>and</i> 6:30 pm – 8:00 pm</li> <li><b>Friday:</b> 1:00 pm – 2:30 pm</li> <li><b>Saturday:</b> 10:00 am – 11:30 am</li> <li><b>Sunday:</b> CLOSED</li> </ul>