

Resources Available for Families in Halton

Burlington	
Salvation Army Food Bank 5040 Mainway, Unit 9 Burlington, 905-637-3893	<ul style="list-style-type: none"> • Please call the Food Bank line and leave a message to register 289-230-2556. • Emergency Food Assistance by Appointment Only. • Mondays (1:00 PM – 4 PM), Wednesdays (9 AM – 11:30 AM) Thursdays (9:00 AM – 12:00 PM) and from (1:00 PM – 4 PM).
Burlington Food Bank 1254 Plains RD E, Unit 1A Burlington 905-637-2273 or email info@burlingtonfoodbank.ca	<ul style="list-style-type: none"> • Call or email to register, leave contact information to receive a call back. • Hours of operation Mon – Fri 9am – 12.30pm, Thurs 5pm – 7pm • Addition evening visits upon request • After your initial registration, you may visit us once every three (3) weeks during our regular business hours as posted.
Compassion Society of Halton Food & Clothing Support 1881 Fairview St, Unit 4 & 5. Burlington 905-592-3722 www.compassionsocietyofhalton.com	<ul style="list-style-type: none"> • Hours: Monday 12pm – 3.30pm • Wednesday 4p.m. – 7 p.m. • Friday 12pm – 3.30pm
Open Doors – Food & Clothing St Christopher's Church 662 Guelph Line, Burlington 905-634-1809 www.opendoorscommunity.ca	<ul style="list-style-type: none"> • Community Market open Tuesday 3pm – 5.30pm and Thursday 12.30pm – 2pm • Clothing store available Tuesday 3.30pm -6pm and Thursday 12.30pm – 2pm • Community Meals – Join us for in-person dining on Tuesdays. Hospitality time in the Family Room is offered from 5pm – 5.45pm. Dinner is served in the Great Hall at 6pm. Everyone welcome. • On Thursdays we offer a lunch, geared particularly for seniors, in the Great Hall at 12 noon
Compass Point Bible Church – Food Support 1500 Kerns Rd, Burlington 905-336-0500 www.compasspointbc.com	<ul style="list-style-type: none"> • The Food Market is open the 2nd and 4th Saturday of each month 9:00 am – 10:30 am • Everyone completes a registration form, has an intake interview with a Food Market volunteer

<p>Grace United Church – Food Support</p> <p>2111 Walkers Line, Burlington 905-335-0090 www.graceunitedchurchburlington.com</p>	<ul style="list-style-type: none"> Food for Life is a food recovery program that picks up surplus food from grocery stores, restaurants and corporate partners (mainly fruit, vegetables meat and baked goods) and delivers it to outreach programs in locations throughout Halton. Grace United Church runs one of these outreach programs every Friday morning. Additional information available at www.foodforlife.ca. Currently we are providing food to approximately 65 families every Friday morning. People needing food can come to Grace United Church between 8:45 am. and 10:00 am. A Food for Life van delivers bins of food and our volunteers set up a market setting for those in need. No reservation is required at this time
<h2>Oakville</h2>	
<p>Fare Share Food Bank</p> <p>1240 Speers Rd., Oakville 905 847 3988 www.oakvillefoodbank.com</p>	<ul style="list-style-type: none"> 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.
<p>Salvation Army Oakville And Community Services</p> <p>1225 Rebecca St., Oakville 905 827 5324</p>	<ul style="list-style-type: none"> Available for food assistance on Mon, Weds, Friday mornings
<p>Lighthouse Program for Grieving Children</p> <p>2522 Rebecca St, Oakville 905 337 2333 www.lighthousegriefsupport.org</p>	<ul style="list-style-type: none"> Groups are held in a welcoming, safe, and home-like environment We meet bi-weekly in the evenings throughout the school year Online groups are available for those who cannot attend in person Children and youth attend separate groups according to age and developmental stage Groups for specific types of loss are available whenever possible Peer support groups for parents and caregivers are offered and run concurrent to the children and youth groups Need transportation to groups or devices for online groups? Ask us, we can help! To learn more about the groups and services at Lighthouse, please contact us at: 905-337-2333 or info@lighthousegriefsupport.org
<p>Oak Park Neighbourhood Centre</p> <p>2200 Sawgrass Dr, Oakville 905 257 6029 email: hello@opnc.ca www.opnc.ca</p>	<ul style="list-style-type: none"> Wednesdays 10:15 – 11:30 am Registration for this program is required to establish eligibility. Please email hello@opnc.ca or call 905-257-6029 ext.100 to register.
<p>Safety Net Services</p> <p>166 South Service Rd E, Oakville 905 845 7233 www.safetynetservices.ca</p>	<ul style="list-style-type: none"> 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 need's assessment. Please call or visit the website.

Kerr St. Mission
485 Kerr St, Oakville
905 845 7485
email: admin@kerrstreet.com
www.kerrstreet.com

- If you are struggling to make ends or are in distress or are just not sure where to go for help, then reach out to us. We are here to help and will do our best to connect you to the programs or services that you need whether here at KSM or elsewhere in the community.
- As a first step, we suggest you access the website to fill out an Introduction Form. A staff member of KSM will be in contact with you within 48 business hours to schedule an initial appointment.
- If you are having trouble with the form or need immediate assistance you can call 905-845-7485 and one of our staff will help you.

KSM Café hours – In Person community meals

- Monday: 5:45 pm – 7:50 pm (*Family Fun Night – adults must be accompanied by a child, registration required*)
- Tuesday: 11:45 am – 12:15 pm
- Wednesday: 5:45 pm – 7:45 pm (*adults only, weekly*)
- Friday: 11:45 am – 12:15 pm
- Saturday: 8:45 am – 9:45 am

***Registration is required.** To register please email signmeup@kerrstreet.com, call us at 905-845-7485 or speak to someone at the front desk

Market times are as follows:

- **Monday:** 1:00 – 2:30 pm (doors close at 2:15 pm) and 5:30 – 6:30 pm (***KSM families attending meal only***)
- **Tuesday:** 1:00 – 2:30 pm (doors close at 2:15 pm) and 6:00 – 7:30 pm
- **Wednesday:** 1:00 – 2:30 pm (doors close at 2:15 pm)
- **Thursday:** 9:45 – 11:45 am (***Prenatal & Kids n’ Me programs only***) and 6:00 – 7:30 pm
- **Friday:** 1:00 – 2:30 pm (doors close at 2:15 pm)
- **Saturday:** 10:00 am – 11:30 am
- **Sunday:** CLOSED