

RESOURCES GUIDE

Prepared by:



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INFORMATION HAMILTON:

“Information Hamilton connects people with the services and resources they need. Information is available online, by telephone, and in-person. It includes community organizations, government programs, social services, cultural groups, employment and training, counselling and support, housing, legal, health, children’s services, older adult’s services, and more.”

- 55 York Blvd., Hamilton
- Phone: 905-528-8127 for Community Information
- Email: support@informationhamilton.ca
- Website: <https://redbook.hpl.ca/>

INCOMMUNITIES – Connecting People with Resources:

- Email: info@incommunities.ca
- Website: www.incommunities.ca
- [Facebook](#)
- [Twitter](#)

Call 2-1-1:

- Ontario 211 is a free helpline that connects you to community and social services in your area 24 hours a day, 365 days a year, in over 150 languages.
- Central South Region Tel: 905-682-6611, Toll-Free: 1-800-263-3695
- Website: <https://211centralsouth.ca/>

BENEFITS FINDERS - Online Tools To Help Find Benefits And Services:

- Confidential and does not collect information
- Eligibility for benefits requires up to date tax filings
- [Benefits and Programs Finder Government of Ontario](#)
- [Benefits Finder Government of Canada](#)
- [Benefits Finder Prosper Canada](#)

FOOD:

Neighbor to Neighbor Food Bank:

- Phone: 905-574-1334
- 28 Athens St. (3rd street west of Upper James off Mohawk)

- Open Monday, Tuesday & Wednesday 9:30am – 12noon & 12:30 – 3:30 pm, Thursday 1:00pm – 4:00 pm & 4:30 – 7:30 pm
- Note: Closed all day Friday

Out of the Cold program:

- FREE MEALS – Everyone welcome for a sit down meal.
- Location: Stephen on the Mount right beside Juravinski Hospital: 625 Concession St.
- Open every Wednesday evening at 5:00pm – 6:30pm from November to March inclusive
- Ask about grocery bag program (small fee)
- Another Location: Immanuel Christian Reformed Church located at 61 Mohawk Rd. W. Monday: Dinner at 5:00 pm

Parkview Church:

- Runs FREE BUFFET style food at the old bus terminal (Rebecca and John streets)
- Everyone welcome – every Wednesday evening at 8:00 pm
- All you can eat and take with you.
- Same meals at 9:30 pm at Barton and Birch St.
- There is also food donations on Sunday evenings at the old bus terminal at 8:00 pm & Strachan and Bay St. at 9:00 pm.
- Clothing and Household Item Program
 - Phone 905-574-6917
 - 1136 West 5th St. Hamilton Hours Monday, Wednesday & Friday 10 am-1 pm.

Good Shepherd: Family Division – Food and Clothing:

- Phone: 905-972-9485
- Cannon St. at Ferguson
- Open Monday to Friday 9:00 am – 11:00 am & 1:00 pm – 3:00 pm
- ID needed for each member of family, proof of income and rent receipts to determine eligibility. You will then receive a membership card to use on next visits.
- All low-income families are eligible.

Essential Aid and Family Services – Infant Formula and Diaper Bank:

- Providing free infant and children’s essentials to local families in need.
- Assistance provided up to once every 2 months.
- Phone: 289-799-9514
- Address: 100 Main St E Suite 109 Hamilton
- Open Mon, Wed, Fri 10 am-12 noon

Salvation Army (The): Community Food Bank, Christmas Help Program, Hope line:

- Phone: 905-540-1888
- 80 Bay St N Hamilton
- Open Mon-Wed, Fri 9:30 am-11:45 am, 1 pm-3:30 pm, Thu 9:30 am-11:45 am

Restoration House Hamilton:

- The food bank offers emergency food assistance to all persons living in poverty and with low incomes.
- Phone: 905-527-1622
- 103 MacNab St N Hamilton
- Fri: 12 noon

Living Rock Ministries – Youth Food Bank and Rock Shop:

- Emergency services for youth in the community.
- Provides food, clothing, hospital care packages, baby products and hygiene items.
- Offers nutrition and budgeting programs.
- Provides connection to Wellness Works Coordinator.
- Distributes Christmas Hampers to those in need.
- Phone: 905-528-7625 ext. 259
- 30 Wilson St Hamilton
- Open Tue, Thu 1 pm-4 pm, Wed 1:30 pm-4 pm, Sat 1:30 pm-6 pm

Seventh Day Adventist Church:

- Offers emergency services to families and individuals of any religion to assist in meeting immediate needs.
- Phone: 905-575-8764
- 284 Concession St Hamilton
- Open Wed 6 pm-7 pm

King's Way Outreach Centre (The) – Food Pantry:

- Grocery baskets provided to those in need upon request as food items are available.
- Phone: 905-296-9473
- 649 King St E Hamilton
- Open Mon-Thu 11 am-12:30 pm, 1:30pm – 3pm

Welcome Inn Community Centre:

- Households receive a three-day supply of food
- 905-525-5824 40 Wood St E Hamilton Mon, Wed, Fri 11:30 am-2 pm
- The food bank can be accessed once per household every 30 days.

DeMazenod Door, St Patrick Parish:

- 440 King st E; 905-522-9828.
- Saturday to Thursday: Breakfast : 10:00-11:00 am; Lunch: 1:00-2:30 pm.
- Friday Bar-B-Q: Breakfast: 10:00-11:00 am; BBQ Lunch: 1:00-2:30 pm.

Mobile App: Too Good To Go ([Save Food - Help The Planet](http://toogoodtogo.ca)) (toogoodtogo.ca)

- Purchase food bags at approximately 75% discount. Pay online and pick up.

SERVICES:

Emergency Shelter: Mission Services

- 196 Wentworth St. N. (at Barton)
- Phone (Reception): 905-528-4212
- Reception Hours: Mon – Fri 8:30 am to 4:00 pm

Good Shepherd Family Centre:

- 143 Wentworth St. S. (between Stinson & Delaware)
- Phone: 905-528-9442
- Open 9am – 3pm

Eviction: Mountain Legal

- 550 Fennell Ave. E. (@ Upper Wentworth)
- Phone: 905-575-9590

Essential Aid:

- Phone: 289-799-9514
- 307 King St. E
- Government ID needed
- For infants and children under age of 4 years – they provide food, baby formula & diapers

- Open Monday, Wednesday & Friday between 10:00 am and 12 noon

Hamilton Housing Help Centre – Housing Stability Benefit:

- Phone: 905-526-8100 (Effort Square)
- 119 Main St E Hamilton
- Open Mon, Tue, Thu, Fri 10 am – 4:30 pm, Wed 12 noon-4:30 pm
- Helps ODSP with low income maintain their housing. ODSP recipients can receive help with last month's rent, rent arrears and utility arrears. People with low income can receive help with utility & rent arrears.

COMMUNITY HELP:

Addiction Centre/Hamilton:

- 666 Barton St. E.
- Phone: 289-799-2135

COAST: 24 Hour Crisis Outreach and Support Team – Mental Health

- Located in St. Joseph's Healthcare Hamilton
- 50 Charlton Ave E
- Phone: 905-972-8338

Alcoholics Anonymous: Helpline 905-522-8399

Alcohol, Drug & Gambling:

- 21 Hunter St. Hamilton
- Phone: 905-546-2424 Ext: 3606

HEALTH:

Mountain Medical Walk-In Clinic:

- 880 Upper Wentworth St.
- Phone: 905-575-0808

Lifelabs:

- 989 Fennell Ave. E. Suite 1007
- Phone: 1- 877-849-3637

Gamma Dynacare:

- 849 Upper Wentworth Street
- Phone: 905-389-3122

Dental: Hamilton Public Health Services & Social Services, Dental Services & Dental Health Bus:

- Phone: 905-546-2489 (CITY)
- Preventative Services_(cleanings) 905-546-3566

Healthy Smiles Ontario:

- Healthy Smiles Ontario is a government funded dental program that provides free preventative, routine and emergency dental services for children and youth 17 years and under from low income households.
www.ontario.ca/healthysmiles

Ontario Seniors Dental Care Program:

- Free Routine dental care for income eligible seniors 65 or older, who are residents of Ontario and have no access to any other forms of dental benefits
www.ontario.ca/SeniorsDental

The Manor Counselling Centre:

- Providing support for Abuse, Family Problems, Couples Counselling, Depression, Loss, Separation & Divorce, Stress, Anxiety, Trauma, Parent & Child Relationships and free Counselling.
- Book an appointment for Thursday from 11:30am to 6pm at 905-527-3823 ext. 279 or email at intake@sfshw.com
- Website: www.cfshw.com

Red Cross Opioid Harm Reduction training - [First Aid for Opioid Poisoning Emergencies](#) | [Canadian Red Cross](#)

In the free online *First Aid for Opioid Poisoning Emergencies* course, you will become knowledgeable and confident in how to respond to an opioid poisoning emergency, including how to administer nasal naloxone. You will learn more about opioids and naloxone and how they affect the body and will explore ways to reduce the influence of stigma. Over 7,000 Canadians died in 2021 from opioid related deaths.

Society of St. Vincent de Paul Stores:

- **Vinnies Feel Good Shopping:** 200 Parkdale Ave. N. (at Britannia), 905-549-3902
- **St. Vincent de Paul Value Store:** 429 Barton St. E, Hamilton, 905-522-7045
- **Dunnville Store:** 116 Lock St. East, Dunnville, 905-701-9999

Seeds of Hope:

Registered Education Savings Plan (RESP) Canada Learning Bond

The Canada Learning Bond (CLB) is \$2000 that is available from the Federal Government to be deposited in an RESP for children born after Jan 1, 2004, whose family's net income is less than \$49,020 to help pay for post secondary education. Learn more about the CLB [here](#).