

# FIRST 48 HOURS

## EMERGENCY FOOD

### ANCASTER COMMUNITY SERVICES FOOD BANK

Provides non-perishable food and personal hygiene items to low income residents of Ancaster. Visits are by appointment only; appointments are booked on Monday and Tuesday by phone or in person. Clients will be asked for ID, proof of address, income and expense statements, but will not be turned away without the documentation.

Address:

300 Wilson Street East,  
Ancaster, ON, L9G 2B9

Phone:

905-648-6675

Hours:

Monday to Friday, 9 am – 4 pm

\* Appointments are booked Mondays & Tuesdays only

Web:

<https://ancastercommunityservices.ca/programs-services/food-assistance-program/AncasterCommunityServices@gmail.com>

Accessibility:

- Age & Gender Restrictions: No
- Languages: English
- Wheelchair Accessible: Yes
- Fragrance Policy: No
- Lighting: Windows and fluorescent

### BARAKAHBOX FOOD BANK

Provides Halal foods to families in the Hamilton area each month. Clients are mailed a reloadable gift card to shop at Eastern Food Market (920 Upper Wentworth St) on Hamilton Mountain. Allocation of funds is based on income, family size, and eligibility. Register using an online web form, or in person at the Hamilton Mountain Mosque on the second Saturday of each month. Deadline to register is the first of each month. Open to all Hamilton residents.

Online Application:

<https://mishkasocialservices.org/barakahbox-application/>

Mosque Address:  
Hamilton Mountain Mosque  
545 Stone Church Rd E  
Hamilton, ON L8W 3P8

Mosque Phone:  
905-383-1526

Mosque Hours:  
Daily, 6 am – 11 pm  
\* BarakahBox registration is ONLY on the second Saturday of each month.

**Mosque Accessibility:**

- Age & Gender Restrictions: No
- Languages:
- Wheelchair Accessible:
- Fragrance Policy:
- Lighting:

Market Address:  
Eastern Food Market  
920 Upper Wentworth St,  
Hamilton, ON L9A 5C5

Market Phone:  
289-755-3663

Market Hours:  
Monday to Saturday, 9 am – 9 pm  
Sunday, 9 am – 8 pm

Market Accessibility:  
- Age & Gender Restrictions: No  
- Languages: English, Arab, Farsi, Pakistani, Hindi, Kurdish, Urdu  
- Wheelchair Accessible: Yes  
- Fragrance Policy: No  
- Lighting: Fluorescent

Web:  
<https://mishkasocialservices.org/barakah-box/>  
[info@mishkasocialservices.org](mailto:info@mishkasocialservices.org)  
<https://hamiltonmosque.com/>  
<https://easternfoodmarket.ca/>

## HAMILTON DREAM CENTRE BLUE DOOR PANTRY

Distribution of food supplies and clothing items for people experiencing poverty, homelessness, or barriers in the community. Must call for appointment; appointments are booked on Thursdays starting at 9:30 am.

Hamilton Dream Centre  
627 Main Street East  
Hamilton, ON L8M 1J5  
\*Please enter from the back

Phone:  
905-527-8605

Hours:  
Tuesdays & Thursdays: 9:30 am – 5 pm

Web:  
<https://www.hamiltondreamcenter.ca/the-blue-door-pantry/rebekah@hamiltondreamcenter.ca>

### Accessibility:

- Age & Gender Restrictions:
- Languages:
- Wheelchair Accessible:
- Fragrance Policy:
- Lighting:

## CROSSFIRE ASSEMBLY

Protestant church in downtown Hamilton that offers free meals and grocery giveaways. Crossfire also offers weekly church services for deaf folks.

Address:  
458 King St W,  
Hamilton, ON L8P 1B7

Phone:  
905-525-8894

Web:  
<https://www.crossfireassembly.com/serve-our-city>  
[leah@crossfireassembly.com](mailto:leah@crossfireassembly.com)  
[office@crossfireassembly.com](mailto:office@crossfireassembly.com)

### Accessibility:

- Age & Gender Restrictions:
- Languages: English

- Wheelchair Accessible:
- Fragrance Policy:
- Lighting:

## EAT-IN OR TAKE-OUT SUPPER

Provides a free meal to people in need on the first Wednesday of every month. Join others in the Crossfire meeting room, or take a meal to go. Dinner guests can stick around for tv or film screenings after the meal.

Hours:

First Wednesday of the month, 5 pm – 6:30 pm

Location: Crossfire Parking Lot and Meeting Room

## GROCERY GIVE-AWAY & OPEN DOORS

Provides a bag of non-perishable food to people in need on the third Wednesday of every month. Pick up is at the Crossfire parking lot, or visit the indoor meeting room. Meeting room will also have coffee and desserts available.

Hours:

Third Wednesday of the month, 5 pm – 6:30 pm

Location: Crossfire Parking Lot and Meeting Room

## COMMUNITY LUNCH

Hours:

Second Saturday of the month, 5 pm – 6:30 pm

Location: Crossfire Parking Lot and Meeting Room

## COMMUNITY FRIDGES HAMILTON

Community fridges in which anyone can take or leave food donations on a first-come, first-served basis. Open Monday to Sunday, 24 hours a day.

Hours:

Daily, 24 hours

Web:

<https://www.facebook.com/cfhamont/>  
[communityfridgeshamont@gmail.com](mailto:communityfridgeshamont@gmail.com)

## GILKSON COMMUNITY FRIDGE

44 Greendale Dr  
Hamilton, ON L9C 5Z4

## CROWN POINT EAST COMMUNITY FRIDGE

204 Ottawa St N  
Hamilton, ON L8H 3Z5

## LOCKE STREET COMMUNITY FRIDGE

115 Stanley Ave  
Hamilton, ON L8P 2L5

## STRATHCONA COMMUNITY PANTRY

No fridge, non-perishable items only.  
460 York Blvd  
Hamilton, ON L8R 3J8

## MCMASTER COMMUNITY FRIDGE

1280 Main St W  
Hamilton, ON L8S 4L8

## IMMANUEL CHURCH COMMUNITY FRIDGE

61 Mohawk Rd W  
Hamilton, ON L9C 1V9

### Accessibility:

- Age & Gender Restrictions: No
- Languages: N/A
- **Wheelchair Accessible:**
- Fragrance Policy: No
- Lighting: Natural (fridges are outdoors)

## DE MAZENOD DOOR OUTREACH

Provides free daily breakfast and lunch meals to individuals in need. Fridays are BBQ meals (burgers/hot dogs/fries) all year round. Food is to-go, picked up outside the church.

### Address:

440 King St E  
Hamilton, ON L8N 1C6

### Phone:

905-522-9828

Hours:

Saturday to Thursday

Breakfast: 10 am – 11 am

Lunch: 11 am – 12 pm

Friday BBQ Lunch: 1 pm – 2:30 pm

Web:

<https://demazenod-door.ca/>

[demazenod@stpatrickshamilton.ca](mailto:demazenod@stpatrickshamilton.ca)

Accessibility:

- Age & Gender Restrictions: No
- Languages: English, Arabic, intermediate French
- Wheelchair Accessible: Yes
- Fragrance Policy: No
- Lighting: Natural

## EDITH'S PANTRY DELTA UNITED CHURCH

Food bank with non-perishable items. Clients can visit once a month to select a limited number of items from a variety of packaged/canned foods as well as health and hygiene items. Contact them before visiting to confirm.

Address:

47 Ottawa St S

Hamilton, ON L8K 2C9

Phone:

905-545-9520

Hours:

Monday, 10 am – 12 pm

Web:

<https://deltaunitedchurch.ca/services/community-food-bank/>

**Accessibility:**

- Age & Gender Restrictions:
- Languages:
- Wheelchair Accessible: Yes, fully equipped and accessible washroom on the ground floor, chair lift to the upper level, wheelchair ramp to the lower level
- Fragrance Policy: No
- Lighting: Natural

## EVA ROTHWELL CENTRE EMERGENCY FOOD PANTRY

Provides non-perishable food. Bring your own grocery bags.

Address:

460 Wentworth St. North  
Hamilton, ON L8L 5W8

Phone:

905-526-1558

Hours:

Monday to Thursday: 10 am – 2:30 pm

Web:

<https://www.evarothwell.ca/community-resources-and-essential-services#clothing-room-and-emergency-food-pantry>  
[chelsey@evarothwell.ca](mailto:chelsey@evarothwell.ca)

Accessibility:

- Age & Gender Restrictions: No
- Languages: English, google translate
- Wheelchair Accessible: Food and clothing banks are wheelchair accessible- there is a ramp to enter the building and a chair lift to go up the stairs. Upper levels are not wheelchair accessible.
- Fragrance Policy: No
- Lighting: Natural, Fluorescent

## FLAMBOROUGH FOOD BANK

Community food bank. Bring your own bags. Clients must register on their first visit; they will be asked for government ID, proof of income and monthly expenses, but no one will be turned away for lack of documentation.

Address:

Carlisle United Church  
1432 Centre Road,  
Carlisle, ON L0R 1H1

\* Entrance at the back of the Church

Phone:

905-690-1036

Hours:

Wednesdays, 9 am – 8 pm

Web:

<https://www.flamboroughfoodbank.com/flamborough1@hotmail.com>

Accessibility:

- Age & Gender Restrictions: No
- Languages: English, Google translate
- Wheelchair Accessible: Yes
- Fragrance Policy: No
- Lighting: Natural, Fluorescent

## GRACE ANGLICAN CHURCH WATERDOWN

Protestant Church that offers community services and drop-in programming in addition to Sunday service and study groups. Community services include: food programming, day centre for adults with disabilities, resiliency hub for extreme weather and other disasters, social groups and recreation activities, and more.

Address:

Grace Anglican Church Waterdown  
157 Mill St N,  
Waterdown, ON L0R 2H0

Phone:

905-689-6715

Web:

<https://www.graceanglicanwaterdown.org/food-with-grace-rector@graceanglicanwaterdown.org>

Accessibility:

- Age & Gender Restrictions: No
- Languages: English, French, a little Spanish, google translate
- Wheelchair Accessible: Yes; fully accessible washroom with adult-sized changing table
- Fragrance Policy: No
- Lighting: Natural and indoor lighting

## FOOD WITH GRACE WATERDOWN FOOD BANK

Emergency food and personal hygiene supplies for community members. Bring your own bags. Clients must show proof of address in Waterdown, however no one will be turned away for lack of documentation.

Hours:

Tuesdays, 2 pm – 5:30 pm

\* by appointment only, call 905-966-7900

[foodwgrace@graceanglicanwaterdown.org](mailto:foodwgrace@graceanglicanwaterdown.org)



## GRACE INCLUSIVE CAFE

Cafe drop-in serving free coffee, tea, juices, and a variety of baked goods. Staffed by persons of all abilities.

Hours:

Tuesday & Wednesday: 2 pm – 4.30 pm

Friday: 8.30 am – 11 am

## THE GIVING CUPBOARD

Food pantry with non-perishable items. Clients can shop the pantry once a month, using a points system. The Church also has a clothing program.

Address:

Crown Point Community Church

92 Ottawa St N

Hamilton, ON L8H 3Z1

Intersection:

Ottawa St. N & Main St. E

Neighbourhood:

Crown Point

Phone:

905-545-2002

Hours:

Wednesday: 12 pm – 2 pm

Web:

<http://crownpointcommunity.ca/ministries/the-giving-cupboard>  
[churchoffice@crownpointcommunity.ca](mailto:churchoffice@crownpointcommunity.ca)

Accessibility:

- Age & Gender Restrictions:
- Languages:
- Wheelchair Accessible:
- Fragrance Policy:
- Lighting:

## GLANBROOK COMMUNITY FOOD BANK

Community food bank that provides emergency help to individuals and families in the Binbook, Hannon or Mount Hope area.

Address:

Christ Church Woodburn  
1307 Woodburn Rd  
Hannon, ON L0R 1P0

Phone:

905-692-3781

Hours:

Thursdays, 9 am – 11 am

Web:

<https://www.facebook.com/christchurchwoodburn/woodburnanglican@rogers.com>

Accessibility:

- Age & Gender Restrictions:
- Languages:
- Wheelchair Accessible:
- Fragrance Policy:
- Lighting:

## GOOD SHEPHERD CENTRE DAILY MEAL PROGRAM

### (MEN+)

Packed meals are available for men at the Good Shepherd Centre, Monday through Saturday.

Address:

135 Mary Street  
Hamilton, ON L8R 1K4

Phone:

905-528-9109

Hours:

Monday to Friday, 3:30 pm – 4:45 pm  
Saturday, 11:30 am – 12:30 pm

Web:

<https://goodshepherdcentres.ca/services/good-shepherd-centre/>

Accessibility:

## KING'S WAY OUTREACH CENTRE

Address:  
390 King William St  
Hamilton, ON

Phone:  
905-296-9473

Web:  
<https://www.alifeatotime.com/programs>  
[admin@alifeatotime.com](mailto:admin@alifeatotime.com)

Accessibility:

- Age & Gender Restrictions:
- Languages:
- Wheelchair Accessible:
- Fragrance Policy:
- Lighting:

## FOOD BANK

Free weekly groceries including fresh fruit, vegetables, meats, dairy, packaged foods, and occasionally clothing. Drop-in, no appointment needed. No proof of income needed, but ID is required for each person in households with more than three people. Bring your own grocery bags.

Hours:  
Monday to Thursday: 10:30 am – 2:45 pm  
\* Closed from 12:30 pm – 1 pm for lunch

## KING'S WAY COFFEE HOUSE

Offers free pizza, treats, and refreshments, as well as community connections.

Hours:  
Second and fourth Friday of the month, from September to June, 7 pm – 9 pm

## KOSHER FOOD BANK

Provides kosher food and personal care items to families and individuals in Dundas and the Greater Hamilton area. Clients must either be a member of the Jewish community in Hamilton or surrounding areas, or live within 4 km of the Hamilton Jewish Family Services offices in Dundas. Clients can access the food bank once a month.

Address:

Hamilton Jewish Family Services  
30 King St East  
Dundas, ON L9H 5G6

Phone:

905-627-9922 ext. 22

Hours:

Monday to Thursday, 10 am – 3:30 pm

Web:

<https://hamiltonjfs.ca/programs-services/kosher-food-bank/>  
[info@hamiltonjfs.ca](mailto:info@hamiltonjfs.ca)  
[rachelb@hamiltonjfs.ca](mailto:rachelb@hamiltonjfs.ca)

Accessibility:

- Age & Gender Restrictions:
- Languages: English, Russian, Hebrew, French
- Wheelchair Accessible:
- Fragrance Policy:
- Lighting:

## LIVING ROCK YOUTH RESOURCES (AGES 13-25)

Drop-in and resource hub for youth aged 13 to 25. Living Rock offers free daily meals, a food bank, laundry room, showers and hygiene products, computer room and wifi access, life-skill groups, education and employment programs, counselling, recreation activities, chaplaincy, and more.

Address:

30 Wilson St  
Hamilton, ON L8R 1C5

Phone:

905-528-7625

Hours

Monday: 8 am – 4:30 pm  
Tuesday: 8 am – 8 pm

Wednesday: 8 am – 8 pm  
Thursday: 8 am – 8 pm  
Friday: 8 am – 4:30 pm  
Saturday & Sunday: 1 pm – 4 pm

Web:

<https://www.livingrock.ca/food-programs>

Accessibility:

- Age & Gender Restrictions: All genders, ages 13-25
- Languages:
- Wheelchair Accessible:
- Fragrance Policy:
- Lighting:

## FREE MEALS FOR YOUTH

Hot Breakfast:

Monday to Friday: 8am – 9:30am

Hot Dinner:

Tuesday, Wednesday & Thursday: 5pm – 8pm

Weekend Program:

Saturday & Sunday: 1 pm – 4 pm

Bagged Meal Program:

Monday & Friday: 1 pm – 4:30 pm

Free Grocery Delivery:

Youth aged 13 to 25 may request free grocery delivery to their home. Groceries are delivered Wednesdays & Fridays from 10am to 3pm; recipients must be home to receive the delivery. Requests can be made in person or using this form:

<https://www.livingrock.ca/blank-page>

## STACEY'S PLACE FOOD BANK

Groceries and other necessities for youth aged 13-25. Provides access to food, clothing, hospital care packages, baby products, and hygiene items. Youth can access other programs, services, and referrals at this site.

Phone:

905-528-7625 x259

Hours:

Tuesday & Thursday: 3 pm – 6 pm

Saturday: 1 pm – 4 pm

## MISSION SERVICES

### EAST HAMILTON FOOD CENTRE

Provides emergency food and hygiene supplies for 3-4 days for those with low income, experiencing poverty or homelessness. Access requires ID, proof of address, an income statement, rent or mortgage statement & copies of utility statements (if applicable). Wheelchair accessible.

Address:

625 Greenhill Ave  
Hamilton, ON L8K 5N8

Phone:

905-574-6201

Hours:

Tuesdays & Thursdays: 1 pm – 4 pm

Web:

<https://mission-services.com/programs-and-services/east-hamilton-food-centre/>  
[ehfc@mission-services.com](mailto:ehfc@mission-services.com)

Accessibility:

### GOOD FOOD CENTRE

Provides 7 days worth of emergency food and hygiene supplies for low income folks. They ask for ID, proof of address, proof of income statement, proof of rent.

Address:

196 Wentworth Street N  
Hamilton, ON L8L 7W2

\* Use the Community Services entrance

Intersection:

Wentworth St N & Barton St E

Neighbourhood:

Gibson

Phone:

Local: 905-528-4212

Toll-Free: 1-877-542-2732

Hours:

Monday, Wednesday, & Friday: 9 am – 3 pm

\* closed from 12 pm – 1 pm

Tuesday & Thursday: 9 am – 12 pm

Web:

<https://mission-services.com/programs-and-services/good-food-centre/admin@mission-services.com>

Accessibility:

- ID required for all household members (photo ID for adults), also proof of address, income statement, proof of rent.
- Wheelchair accessible.

## NATIVE WOMEN'S CENTRE EMERGENCY OUTREACH PROGRAM

Provides food, household cleaning supplies, personal hygiene items and traditional medicines in a monthly food hamper which is designed to improve the self-sufficiency of Indigenous individuals and families at imminent risk of homelessness in the city of Hamilton. Supplies are delivered to the applicant's homes. Call the office and leave a voicemail to register for a food delivery.

Phone:

Emergency Outreach: 905-977-0234

Crisis Line: 1-888-308-6559

Hours: Food delivery hours vary, contact for details

Web:

<http://www.nativewomenscentre.com/programs/eow1@nativewomenscentre.com>

Accessibility:

## NIWASA KENDAASWIN FOOD BANK

Emergency food access open to all. Available by appointment only.

Address:

785 Britannia Ave,  
Hamilton, ON L8H 2B6

Phone:  
905-549-4884 (press option 1)

Hours:  
Appointment scheduling:  
Monday to Friday, 8am – 12pm

Pick up hours:  
Mondays: 9 am – 12 pm  
Wednesdays: 12 pm – 3 pm  
Deliveries: Tuesday to Friday

Web:  
[https://niwasa.ca/food-bank/  
office@niwasa.ca](https://niwasa.ca/food-bank/office@niwasa.ca)

Accessibility:  
- Languages spoken include English, Mohawk, and Ojibwa.  
- Wheelchair ramp is on the side entrance.

## NEIGHBOUR TO NEIGHBOUR FOOD BANK

Provides emergency food support to the Hamilton Mountain community; must have a Hamilton Mountain address. First-time clients must provide proof of address, proof of income, and ID for all household members. Wheelchair accessible.

Address:  
28 Athens St  
Hamilton, ON L9C 3K9

Phone:  
905-574-1334 ext. 300

Hours:  
Monday, Tuesday, Wednesday: 9:30 am – 3:30 pm  
\* Closed 12 pm – 12:45 pm for lunch

Thursday: 12:30 pm – 7:15 pm  
\* Closed 3:15 pm – 3:45 pm for lunch

Friday: Closed

Web:  
[https://www.n2ncentre.com/emergency-services/food-bank/  
admin@n2ncentre.com](https://www.n2ncentre.com/emergency-services/food-bank/admin@n2ncentre.com)

Accessibility:



- Appointment required for each visit.
- First-time clients must provide ID for all household members, proof of address, and proof of income.
- Must have a Hamilton Mountain address.

## PARKVIEW CHURCH FOOD HELP

Food supplies for people in need. This is not a food bank, food is accessed at the pantry on the Church porch. No appointment necessary, first come-first served, open 24/7.

Address:

1120 West 5th St  
Hamilton, ON, L9B 1J6

Phone:

905-574-6917

Hours:

Daily, 24 hours

Web:

[https://www.parkviewchurchhamilton.ca/food/  
office@parkviewchurchhamilton.ca](https://www.parkviewchurchhamilton.ca/food/office@parkviewchurchhamilton.ca)

Accessibility:

- No appointment necessary.

## RESTORATION HOUSE HAMILTON FOOD BANK

Emergency food bank open to all low-income people and those living in poverty. They also give away one free turkey per family on a first-come first-serve basis during the Thanksgiving season.

Address:

103 MacNab St S  
Hamilton, ON

Phone:

905-527-1622

Hours:

Tuesday, Friday, Sunday: 12 pm – 2 pm

Web:

<https://www.restorationhouse.ca/outreach>

[office@restorationhouse.ca](mailto:office@restorationhouse.ca)

Accessibility:

X

## SALVATION ARMY FOOD BANK PROGRAM

Emergency food help for community members in the Greater Hamilton area. Christmas hampers are available by registration. Clients can only access the food banks once per month. Proof of identity, address, income, bills is required to access the food bank.

Information required:

- Identification for each applicant (one (1) photo ID or two (2) other IDs)
- Identification for all children claimed (birth certificate/health card. Must be original ID, they do not accept photocopies)
- Proof of current address (must reside in the Greater Hamilton area)
- Proof of rent (Rent receipt/lease agreement/mortgage statement/bank statement)
- Proof of Income of every adult (Government Assistance Stub/Pay Stub/other incomes)
- Child Benefit Income (CTB)

Web:

<https://www.sahamiltoncfs.ca/>

## HAMILTON LOCATION

Available walk-in or by appointment.

Address:

80 Bay St N  
Hamilton, ON L8R 3N3

Phone:

905-540-1888 ext. 101

Hours:

Monday: 9:30 am – 11:45 am, 1 pm – 3:30 pm  
Tuesday: 9:30 am – 11:45 am, 1 pm – 3:30 pm  
Wednesday: 9:30 am – 11:45 am, 1 pm – 3:30 pm  
Thursday: 9:30 am – 11:45 am  
Friday: 9:30 am – 11:45 am, 1 pm – 3:30 pm

Accessibility:

- Walk-in to access or book an appointment
- Adults must provide photo ID, proof of address, income statement, rent or mortgage statement, copies of utility bills (if applicable).
- Closed on weekends and statutory holidays.
- Clients can only access the food bank once per month.

## DUNDAS LOCATION

By appointment only.

Address:

150 King Street W.  
Dundas, ON, L9H 1V4

Phone:

905-627-0572

Hours:

Monday: 9:30 am – 12 pm

Tuesday: Closed

Wednesday: 9:30 am – 12 pm

Thursday: Closed

Friday 9:30 am - 12 pm, 1 pm – 3:30 pm

Accessibility:

- Appointment required– call or visit to book.
- Adults must provide photo ID, proof of address, income statement, rent or mortgage statement, copies of utility bills (if applicable).
- Closed on Tuesday, Thursday, Saturday, Sunday, as well as statutory holidays.
- Clients can only access the food bank once per month.

## S.A. MOBILE MEAL SERVICE

Provides daily meals of soup and sandwiches. Also offers emergency supplies such as blankets, sleeping bags, coats, hats, mittens, etc. when supplies are available.

Phone: 905-527-1444

Locations & Times:

Monday:

8 pm – 8:45 pm – Hamilton Urban Core Stop

9 pm – 9:45 pm – Bayfront Park Stop

10 pm – 10:45 pm – Barton Street Stop

Tuesday:

8 pm – 8:45 pm – Hamilton Urban Core Stop

9 pm – 9:45 pm – Bayfront Park Stop

10 pm – 10:45 pm – Barton Street Stop

Wednesday:

8 pm – 8:45 pm – Hamilton Urban Core Stop

9 pm – 9:45 pm – Bayfront Park Stop

10 pm – 10:45 pm – Barton Street Stop

Thursday:

8 pm – 8:45 pm – Hamilton Urban Core Stop

9 pm – 9:45 pm – Bayfront Park Stop

10 pm – 10:45 pm – Barton Street Stop

Friday:

8 pm – 8:45 pm – Hamilton Urban Core Stop

9 pm – 9:45 pm – Bayfront Park Stop

10 pm – 10:45 pm – Barton Street Stop

Saturday:

8 pm – 8:45 pm – Hamilton Urban Core Stop

9 pm – 9:45 pm – Bayfront Park Stop

10 pm – 10:45 pm – Barton Street Stop

Sunday:

8 pm – 8:45 pm – Hamilton Urban Core Stop

9 pm – 9:45 pm – Bayfront Park Stop

10 pm – 10:45 pm – Barton Street Stop

Hamilton Urban Core Stop

181 Main St W

Hamilton, ON L8P 4Y4

Bayfront Park Stop

590 Barton St E

Hamilton, ON L8L 2Z5

Barton Street Stop

200 Harbour Front Dr

Hamilton, ON L8L 1C8

## SEVENTH-DAY ADVENTIST CHURCH

### HAMILTON EAST FOOD BANK

LITERALLY NEED ALL THE INFO! NOTHING ON THEIR WEBSITE

*1st and 3rd Sabbath – Fellowship Lunch*

Address:

203 Bell Ave

Hamilton, ON L8K 3E5

Phone:

905-545-6180

Hours:

Web:

<http://www.hamiltoneastsda.org/ministries/hamiltoneastsda@cogeco.net>

Accessibility:

- Not wheelchair accessible, no entrance ramp

## MOUNTAIN FOOD BANK

Hamilton Emergency food services and distribution of gift cards for the local community members. The department also periodically provides clothing and furniture to the community, as well as Christmas baskets during the holiday. Must bring ID to access.

Address:

284 Concession St  
Hamilton, ON, L0R 1W0

Phone:

905-575-8764

Hours:

Third Saturday of the month: 1 pm – 2 pm

Web:

<https://www.hamiltonmountain.org/food-bank/hamiltoncommunityservices@gmail.com>

Accessibility:

- ID required.

## STONEY CREEK COMMUNITY FOOD BANK

Drop-in food access for residents of Stoney Creek. Must provide photo ID, proof of Stoney Creek residency, and (for first-time clients) proof of income.

Address:

Stoney Creek Municipal Service Centre  
777 Hwy 8  
Stoney Creek, ON L8E 5J4

Intersection:

Jones Rd & Hwy 8

Neighbourhood:

Fruitland

Phone:  
905-643-2090

Hours:  
Monday, Wednesday, Thursday: 9:30 am – 1 pm

Web:  
<https://www.stoneycreekfoodbank.com/>  
[mngr.stoneycreekfoodbank@gmail.com](mailto:mngr.stoneycreekfoodbank@gmail.com)

Accessibility:  
- Only serves residents of Stoney Creek.  
- Must provide photo ID, proof of Stoney Creek residency, and (for first-time clients) proof of income.

## TRANS FOOD BANK COMPASS COMMUNITY HEALTH CENTRE

Provides food to transgender and non-binary people and their families.

Address:  
438 Hughson St N  
Hamilton, ON L8L 4N5

Phone:  
905-523-6611 ext. 2022 (Autumn Getty)

Hours:  
Last Friday of the month, 1 pm – 3 pm

Web:  
<https://www.compassch.org/>  
[agetty@compassch.org](mailto:agetty@compassch.org)

Accessibility:

## VENTURE CENTRE EMERGENCY FOOD PROGRAM GOOD SHEPHERD CENTRES

Emergency access to food and other necessities for low income community members. Modelled after a traditional grocery store, clients browse aisles to pick up food, clothing, and personal items. Clients must register in person to access the program; requires ID and proof of address to register.

Address:  
155 Cannon St E  
Hamilton, ON L8L 2A6

Phone:  
905-972-9485

Hours:  
Registration hours:  
Monday to Friday: 8:30 am – 2 pm  
\* closed from 12 pm – 1 pm

Grocery hours:  
Monday to Friday: 9:30 am – 3 pm  
\* doors open at 8:30 am

Web:  
<https://goodshepherdcentres.ca/services/emergency-food/info@gsch.ca>

Accessibility:  
- Clients must register in person to access program  
- Registration requires ID and proof of address  
- Wheelchair accessible

## WELCOME INN COMMUNITY CENTRE

Provides a 3-day supply of food for each household member. Personal hygiene items are available as well as a community gathering place. Call or drop-in; community members can meet with staff and co-create a food hamper, or they can pick up a grab-and-go basket at the side door. Requires ID for each member of the household and proof of address. The food bank may only be accessed once every 30 days.

Address:  
40 Wood St E  
Hamilton, ON L8L 3Y3

Phone:  
905-525-5824

Hours:  
Monday, Wednesday, Thursday, Friday: 10:30 am – 2 pm

Web:  
<https://welcomeinn.ca/food-bank/info@welcomeinn.ca>

Accessibility:

- Requires ID for each member of the household and proof of address.
- May only be accessed once every 30 days.
- Wheelchair accessible.

## CONSUMPTION & TREATMENT SERVICES (CTS)

Consumption and Treatment Services (CTS) provide a safe, hygienic environment where people can use drugs (injection, intranasal, oral) under the supervision of harm reduction staff. CTS sites provide trained response to overdoses, wound care, and other immediate needs of people who use drugs including harm reduction supplies. They can also connect guests to wrap-around services such as housing, primary health care, mental health counselling, addiction treatment services, and other social supports.

### CONSUMPTION & TREATMENT SERVICE HAMILTON URBAN CORE COMMUNITY HEALTH CENTRE

Address:

70 James St South,  
Hamilton, ON L8P 2Y8

Phone:

905-522-3233 ext. 109 or 110

Hours:

Monday, Tuesday, Thursday, Friday: 10:30 am – 10:30 pm

Wednesday: 12:30 pm – 10:30 pm

Saturday & Sunday: 4 pm – 10:30 pm shows different hours on city of hamilton website  
“Needle Syringe Program Sites “ page **M-F 10:30 am- 11 pm / S-S 4-11 pm**

Web:

<http://hucchc.com/health-and-wellness-programs/harm-reduction/connections@hucchc.com>

Accessibility:

### SAFER DRUG USE SPACE (WOMEN, **TRANS**, NON-BINARY) CAROLE ANNE’S PLACE, YWCA

A place for unhoused women and gender-diverse folks to safely use drugs in a supervised environment. Guests bring their own drugs into the space and are monitored for 20 minutes after consumption by both a YWCA Hamilton Staff member and a worker from Keeping Six.



Harm reduction supplies and naloxone kits are also available. Carole Anne's Place also offers meals, shower access, referrals, advocacy, and other services on a first-come first-served basis.

Address:

YWCA Hamilton

5 MacNab St S

Hamilton, ON L8P 3C1

\* Hunter Street, side entrance

Phone:

905-522-9922

Hours:

Safer Drug Use Space: Daily from 10 pm – 9 am

Drop-in programming: Daily from 10 pm – 1 pm

Web:

[www.ywcahamilton.org/housing/cap](http://www.ywcahamilton.org/housing/cap)

Accessibility:

XXXX

## CONSUMPTION & TREATMENT SERVICES THE AIDS NETWORK

NOT OPEN YET.

Address:

746 Barton Street East,

Hamilton, L8L 3B1

Phone: 905-528-0854 ext. 228

## HARM REDUCTION

### THE AIDS NETWORK

A community-based organization providing education, advocacy, information, and support for people living with or at-risk of HIV/AIDS. Clients can access harm reduction supplies and gear disposal (on-site and mobile services), HIV testing, and referrals to wrap around services. They also access an emergency food bank, support groups, health promotion programs, and programming/services specifically for African Caribbean and Black communities, as well as the LBGTQ2S+ community.

Address:

140 King St E Suite 101  
Hamilton, ON L8N 1B2

Phone:

Toll-free: 1-866-563-0563  
Hamilton: 905-528-0854

Hours:

Monday to Friday, 10 am – 4 pm

Web:

<https://aidsnetwork.ca>  
[info@aidsnetwork.ca](mailto:info@aidsnetwork.ca)

Accessibility:

XXXX

## HARM REDUCTION OUTREACH PROGRAM (AIDS NETWORK)

Provides supportive counselling services, supplies, and direct outreach to people who use drugs.

Address:

140 King St E Suite 101  
Hamilton, ON L8N 1B2

Phone:

905-528-0854 ext. 242 (Lisa Berry)

Hours:

Monday to Friday, 10 am – 4 pm

**Jamie Dereniowski**

**Youth Risk Reduction Worker, AIDS Network**

Work: 905-528-0854 ext. 248

Cell: 226-388-3559

[hnbregional@aidsnetwork.ca](mailto:hnbregional@aidsnetwork.ca)

## THE VAN MOBILE OUTREACH (AIDS NETWORK)

A mobile van that travels anywhere in Hamilton, Brantford, and Halimand/Norfolk/Brant to deliver and exchange needles and harm reduction supplies. They can also The Van will

come to your requested meeting spot. Call or text them early so they can get to you before 11pm. Free and confidential.

Phone (call or text)

Hamilton: 289-439-9565 (Tess Hopkins)

Brantford: 289-440-4912 (?)

Halton: 905-570-2014 (Vacant)

Haldimant, Norfolk & Brant: 905-520-8083 (Marijo Watt)

Hours:

Daily: 7 pm – 11 pm

\* Temporary daytime hours on Wednesday (11 am – 3 pm) and Thursday (11:30 am – 3 pm)

## ALTERNATIVES FOR YOUTH (AY) (ages 12–25)

Provides community-based substance use and mental health services for teenagers, young adults, and their families. Clients can access counselling, assessment, treatment, group programs (in-person and online), naloxone.

Address:

38 James St S 2nd Floor,  
Hamilton, ON L8P 4W6

Phone:

905-527-4469

Hours:

Monday, Thursday, Friday: 8:30 am – 5 pm

Tuesday & Wednesday: 8:30 am – 8 pm

Web:

<https://ay.on.ca/>

[admin@ay.on.ca](mailto:admin@ay.on.ca)

Accessibility:

XXXX

## CITY OF HAMILTON CRAVINGS HOTLINE

Call to hear messages to help with cravings for alcohol, drugs or gambling.

Available 24/7

905-546-3606 (press option 6)

## HAMILTON URBAN CORE COMMUNITY HEALTH CENTRE

Offers needles, safe injection supplies, naloxone and health information. HUCCHC also operates a safe consumption site at 70 James St South in Hamilton.

Address:

181 Main St W  
Hamilton, ON L8P 4Y4

Phone:

905-522-3233

Hours:

Monday: 9 am – 5 pm  
Tuesday: 9 am – 8 pm  
Wednesday: 12:30 pm – 5 pm  
Thursday: 9 am – 8 pm  
Friday\* 9 am – 5 pm  
Saturday\* 9 am – 1 pm  
\* Third week of the month

Web:

<http://hucchc.com/>

Accessibility:

## THE HUB STREET HEALTH CLINIC

Provides access to STI testing (including anonymous HIV and Hep C rapid testing), harm reduction supplies, and overdose response kits. No health card needed.

Address:

78 Vine Street,  
Hamilton, ON L8R 2A9

Phone:

365-833-7854

Hours:

Mondays, 1 pm – 4 pm

Web:

[info@thehamiltonhub.org](mailto:info@thehamiltonhub.org)  
[clinic@thehamiltonhub.org](mailto:clinic@thehamiltonhub.org)

## NATIONAL OVERDOSE RESPONSE SERVICE (NORS)

An overdose prevention hotline for Canadians providing confidential, non judgmental support. Call before using drugs to connect with people who want to help you stay safe. If the operator receives no response after using, they will call 911 to alert of a possible overdose at the location provided by the caller. NORS can also provide referrals to harm reduction products, gear, and assistance with home detox.

Available 24/7

1-888-688-NORS (6677)

<https://www.nors.ca/>

## WILLOW'S PLACE (WOMEN, TRANS, NON-BINARY, 18+) MISSION SERVICES OF HAMILTON

Drop-in centre for women, trans-, and non-binary folks that provides harm reduction supplies and other necessities (laundry, shower, meals, a place to rest, recreation). During harm reduction hours, there are trained harm reduction workers on site as well as a doctor.

Address:

196 Wentworth St N

Hamilton, ON L8L 5V7

Phone: 905-528-5100 ext 1200

Toll-Free: 1-877-542-2732

Hours:

Harm Reduction Hours:

Monday: 11 am – 7 pm

Tuesday: 11 am – 3 pm

Wednesday: 3 pm – 7 pm

Thursday: 11 am – 3 pm

Friday: 12:30 pm – 4:30 pm

Drop-in Hours:

Daily, 9 am – 9 pm

Web:

<https://mission-services.com/programs-and-services/willows-place/>  
[admin@mission-services.com](mailto:admin@mission-services.com)

Accessibility:

- Willow's Place is on the first floor and there is a wheelchair ramp to enter. Once inside, guests will need to navigate the space themselves as there are no personal support workers.

# EMERGENCY SHELTERS

## GOOD SHEPHERD CENTRES

### MARTHA'S HOUSE (WOMEN)

40-bed emergency shelter for women and their children who are homeless and fleeing violence and abuse. Private family-style units. Also offers safety planning and emergency transportation to shelter, if needed, as well as referrals and advocacy.

Address:

25 Ray St N  
Hamilton, ON L8R 2Y8

Phone:

Shelter: 905-523-8895  
Crisis Line: 905-523-6277

Hours:

Daily, 24 hours

Web:

[https://goodshepherdcentres.ca/services/martha-house/  
info@gsch.ca](https://goodshepherdcentres.ca/services/martha-house/info@gsch.ca)

Accessibility:

- Women experiencing violence/abuse

### MARY'S PLACE (WOMEN, 18+)

20-bed emergency shelter for women 18 years and older. Provides safety, support and emergency accommodation to clients who are dealing with homelessness, poverty, mental illness and/or violence.

Address:

20 Pearl St N  
Hamilton, ON L8R 2Y8

Phone:

Shelter: 905-540-8000  
Crisis line: 905-523-6277

Hours:

Daily, 24 hours

Web:

<https://goodshepherdcentres.ca/services/marys-place/info@gsch.ca>

Accessibility:

- Women aged 18+

## MEN'S EMERGENCY SHELTER (MEN, 18+)

54-bed emergency shelter with overflow spaces for up to 10 men. Services include meals and laundry, case management and referrals, hot meal program, and low barrier health care (nurse and doctor on-site three days a week).

Address:

135 Mary St  
Hamilton, ON L8N 3R1

Phone:

905-528-9109

Hours:

Daily, 24 hours

Daily Hot Meal:

Monday to Friday: 3:30 pm – 4:45pm

Saturday: 11:30 am – 12:30 pm

\* Meals are for shelter residents only

Web:

<https://goodshepherdcentres.ca/services/good-shepherd-centre/info@gsch.ca>

Accessibility:

- Men age 18+

## NOTRE DAME HOUSE (ALL GENDERS, AGES 16-21)

21-bed emergency shelter for youth aged 16 to 21. Clients can access hot meals, clothing, laundry facilities, and hygiene products. Additional services are available through their resource centre including mental health and addictions support, housing workers, referrals and case management, recreation programming, a public health nurse, and more.

Address:

14 Cannon Street West  
Hamilton, ON L8R 2B3

Phone:  
905-308-8090

Hours:  
Shelter: Daily, 24 hours  
Resource Centre: Daily, 9 am – 5 pm

Web:  
<https://goodshepherdcentres.ca/services/notre-dame-house/info@gsch.ca>

Accessibility:  
- Ages 16-21 only  
- Wheelchair accessible

## INTERVAL HOUSE (WOMEN, TRANS, NON-BINARY, AGES 16+)

22-bed emergency shelter for women, trans, and non-binary folks aged 16 years and older, with or without children, who have experienced violence or abuse.

Address:  
630 Sanatorium Road  
Hamilton, ON L9C 7S7

Phone:  
Office: 905-387-9959  
Crisis Line: 905-387-8881

Hours:  
Shelter: Daily, 24 hours  
Crisis Line: Daily, 24 hours  
Office: Monday to Friday, 9 am – 4:30 pm

Web:  
[info@intervalhousehamilton.org](mailto:info@intervalhousehamilton.org)  
<http://www.intervalhousehamilton.org/>

Accessibility:  
- Women, trans, and non-binary people experiencing violence/abuse, aged 16+



## MISSION SERVICES OF HAMILTON

### EMMA'S PLACE (WOMEN, TRANS, NON-BINARY, 18+)

15-bed emergency shelter for women, trans, and non-binary people over age 18. Beds are first-come first-served. Clients can access snacks and beverages, harm reduction supplies, emotional support, housing assistance, and more. Works in conjunction with Willow's Place drop-in at Mission Services.

Address:

196 Wentworth St N

Phone:

Local: 905-528-5100 ext 1200

Toll-Free: 1-877-542-2732

Hours:

9 am – 9 pm

Web:

<https://mission-services.com/programs-and-services/willows-place/emmas-place/admin@mission-services.com>

Accessibility:

- Women, trans, non-binary folks aged 18+

### INASMUCH HOUSE AT MISSION SERVICES (WOMEN, TRANS, NON-BINARY, 18+)

Emergency shelter for women-identified and non-binary people, with or without children, who have experienced violence, abuse and/or homelessness. Offering child and youth support, individual and group counselling, legal advocacy, transitional housing support. *\*\*Funded in part by the Ministry of Children, Community and Social Services of Ontario.*

Address:

196 Wentworth St N  
Hamilton, ON L8L 5V7

Phone:

Frontline Staff: 905-529-8149 ext 302 or 308

Administration: 905-529-8149 ext 125

Crisis Lines:

Local Phone: 905-529-8600

Texting: 289-212-6399

Toll-Free: 1-833-654-4217

Hours:  
Daily, 24 hours

Web:  
[https://mission-services.com/programs-and-services/inasmuch-house/  
inasmuch@mission-services.com](https://mission-services.com/programs-and-services/inasmuch-house/inasmuch@mission-services.com)

Accessibility:  
- Women, trans, non-binary people aged 18+ experiencing abuse and violence and/or homelessness

## MEN'S RESIDENCE

58-bed emergency shelter. Will not turn anyone away during a cold alert. Mission Services also helps to support people in finding and staying in affordable housing. *\*\*Note they are usually at or near capacity.*

Address:  
325 James St N  
Hamilton, ON L8L 1H3

Local Phone: 905-528-7635  
Toll-Free: 1-877-542-2732

Hours:  
Daily, 24 hours

Web:  
[https://mission-services.com/programs-and-services/mens-shelter/  
admin@mission-services.com](https://mission-services.com/programs-and-services/mens-shelter/admin@mission-services.com)

Accessibility:

## NATIVE WOMEN'S CENTRE EMERGENCY OUTREACH PROGRAM

Provides emergency food/clothing/household supplies to Indigenous women living in the Hamilton area who are homeless or at risk of being homeless. Supplies are delivered to the applicants homes.

Crisis Line Number: 1-888-308-6559  
Work: 905-977-0234 (Emergency Outreach)  
Work: 905-664-1114 (Shelter Services)

Web:

eow1@nativewomenscentre.com

Accessibility:

## SALVATION ARMY

### HAMILTON BOOTH CENTRE (MEN 18+)

82-bed emergency shelter for men providing short and long-term transitional accommodations. In-house programming includes caseworkers, a Diversion program, primary health clinic, Chaplin, and other services.

Address:

94 York Blvd  
Hamilton, ON L8R 1R6

Phone:

905-527-1444

Hours:

Daily, 24 hours

Web:

<http://www.salvationarmy.ca/>

<https://www.facebook.com/SalArmyHHB>

Accessibility:

- Men aged 18+

## YWCA HAMILTON

### CAROLE ANNE'S PLACE (WOMEN, TRANS, NON-BINARY FOLKS)

Overnight drop-in centre for unsheltered women and non-binary individuals in Hamilton. There are no beds available here, this is a place to hang out when shelters are full; however staff can support clients to find more permanent shelter. Clients are provided with meals, access to showers, low barrier health care, harm reduction supplies and withdrawal management services. There is a safe drug use space from 10:00 pm to 9:00 am every day.

Address:

75 MacNab St South  
Hamilton, ON, L8P 3C1

\* Use the side entrance on Hunter Street

Phone:  
905-527-9922 ext. 100

Hours:  
Drop-In: Daily, 10 pm – 1 pm  
Safer Use Space: Daily, 10 pm – 9 am

Web:  
<https://www.ywcahamilton.org/housing/cap/>

Accessibility:  
- Women, Trans, and Non-Binary individuals only

## CLOTHING BANKS

### HELPING HANDS STREET MISSION CLOTHING STORE

Free clothing for unhoused people in Hamilton.

Address:  
349 Barton St East  
Hamilton, ON L8L 2X8

Phone:  
905-522-4263

Hours:  
Mondays, Wednesdays, Fridays: 1 pm – 4 pm

Web:  
<https://hsmhamilton.com/programs-and-events/>  
[alice@hsmhamilton.com](mailto:alice@hsmhamilton.com)

Accessibility:  
- Wheelchair accessible via portable ramp

### HAMILTON DREAM CENTRE CLOTHING ROOM

New and gently used clothing and shoes.

Address:  
627 Main Street East

Hamilton, ON L8M 1J5

\* enter through the Blue Door at the back of the building

Phone:

905-527-8605

Hours:

Tuesday, 9:30 am – 5 pm

Web:

[rebekah@hamiltondreamcenter.ca](mailto:rebekah@hamiltondreamcenter.ca)

Accessibility:

- Wheelchair accessible

## EVA ROTHWELL CENTRE CLOTHING ROOM

Gently used free clothing and shoes.

Address:

460 Wentworth St. North

Hamilton, ON L8L 5W8

Phone:

905-526-1558

Hours:

Tuesday & Thursday: 10 am – 12 pm, 3 pm – 5 pm

Web:

<https://www.evarothwell.ca/community-resources-and-essential-services#clothing-room-and-emergency-food-pantry>

[chelsey@evarothwell.ca](mailto:chelsey@evarothwell.ca)

Accessibility:

- Partially accessible

## GOOD SHEPHERD EMERGENCY CLOTHING PROGRAM

Free clothing for those in need. Registration is required (call or visit), and ID for each person accessing services.

Address:

Good Shepherd Venture Centre

155 Cannon Street East

Hamilton ON L8L 2AS

Phone:

905-972-9485

Hours:

Program hours:

Monday to Friday, 9:30 am – 3 pm

Doors open at 8:30 am.

Registration hours:

Monday to Friday, 8:30 am – 11 am, 1 – 2 pm

Web:

[https://goodshepherdcentres.ca/services/clothing/  
info@gsch.ca](https://goodshepherdcentres.ca/services/clothing/info@gsch.ca)

Accessibility:

## LIVING ROCK YOUTH ACCESS LAUNDRY ROOM (AGES 13-25)

Living Rock Youth Ministries provides free laundry access to youth aged 13-25, as well as showers, a computer room, food, and other resources.

Address:

30 Wilson St

Hamilton, ON L8R 1C5

Phone:

905-528-7625

Hours:

Monday to Friday, 9 am – 5 pm

Web:

<https://www.livingrock.ca/>

Accessibility:

## PARKVIEW CHURCH CLOTHING BANK

Distribution of gently-used clothing, household items, and furniture on a first-come first-served basis. **Partially accessible.**

Address:

The Yellow House  
1136 West 5th St  
Hamilton, ON L9B 1J6

Phone:

905-574-6917

Hours:

Mondays, Tuesdays, Thursdays, Fridays: 10 am – 12 pm

Web:

<http://www.parkviewchurchhamilton.ca/clothing/>

Accessibility:

- Partially accessible

## TRANSPORT

**Call Hamilton labour - Care Fare transit proposal**

[https://www.hamiltonlabour.ca/endorse\\_care\\_fare\\_transit](https://www.hamiltonlabour.ca/endorse_care_fare_transit)

## LEGAL & JUDICIAL SUPPORT

### ARCH DISABILITY LAW CENTRE

Legal clinic for disabled folks in Ontario. ARCH only practices in disability rights law. They provide a range of legal services, including summary legal advice, basic legal information, and referrals on disability-related areas of the law to people with disabilities.

For people who cannot use the phone for disability-related reasons, please email for legal information: [intake@arch.clcj.ca](mailto:intake@arch.clcj.ca). Include both your first and last name when emailing.

Address:

55 University Avenue, 15th Floor,  
Toronto, ON M5J 2H7

Phone:

Office: 416-482-8255

Toll-free: 1-866-482-2724

TTY: 416-482-1254

TTY Toll-free: 1-866-482-2728

Hours:

Monday to Friday: 9 am – 5 pm

\* Closed between 1:00 – 2:00 pm each day.

\* No summary advice or referrals on Thursdays.

Web:

<https://archdisabilitylaw.ca>

[general@arch.clcj.ca](mailto:general@arch.clcj.ca)

## BLACK LEGAL ACTION CENTRE

An independent, not-for-profit community legal clinic for low-income Black folks in Ontario.

Online intake form:

<https://www.blacklegalactioncentre.ca/wp-content/uploads/2022/11/Online-Intake-Form.pdf>

Address:

Phone:

Tel.: 416-597-5831

Toll-free: 1-877-736-9406

TTY Line: 1-800-855-0511

Correctional Facilities Toll Free: 1-877-279-0680 or 1-844-302-2694

Hours:

Monday, Wednesday, Thursday, Friday: 9 am – 4:30 pm

Tuesday: 1:30 pm – 4:30 pm

\* Closed daily for lunch from 12:30 pm – 1:30 pm

\* Closed on statutory holidays and Emancipation Day (August 1)

Web:

[info@blac.clcj.ca](mailto:info@blac.clcj.ca)

<https://www.blacklegalactioncentre.ca/>

Accessibility:

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## CANADIAN MENTAL HEALTH ASSOCIATION (CMHA) MENTAL HEALTH COURT SUPPORT SERVICES

Provides alternatives and options for people with serious mental illness who become involved in the criminal justice system. Programs include Mental Health Court Diversion, Intensive Case Management, and Release from Custody. Emergency and crisis services not provided.

**Address:**

John Sopinka Courthouse  
45 Main St East  
Hamilton, ON L8N 2B7

**Phone:**

905-645-5252 ext 3662

**Hours:**

Monday to Friday, 8 am – 4:30 pm

**Web:**

<https://cmhahamilton.ca/programs/mental-health-court-support-services/info@cmhahamilton.ca>

**Accessibility:**

- English and French language services available.

## HAMILTON COMMUNITY LEGAL CLINIC (HCLC)

Free or low-cost legal services. HCLC does not offer support for criminal charges, but they can help in other areas such as financial assistance, housing, employment, immigration, school advocacy. Call or apply for services online.

**Address:**

Landmark Place  
100 Main St E, Suite 203  
Hamilton, ON L8N 3W4

**Phone:**

905-527-4572

**Hours:**

Monday, Tuesday, Thursday & Friday: 8:30 am – 4 pm  
Wednesday: 8:30 am – 12 pm  
\* Closed daily from 12 – 1 pm

**Web:**

<https://hamiltonjustice.ca/>

Accessibility:

- English and French language services

## HAMILTON LEGAL OUTREACH

Provides free legal services to people living with mental health and substance use concerns which cause barriers to accessing traditional legal services. These free legal clinics are offered throughout the Hamilton community. Times and locations can be seen on the online calendar.

Note that some sites only accept or prioritize youth, Indigenous clients, and women. Those who do not identify to any of these groups or need further assistance can call the clinic for more information.

Hamilton Legal Outreach Coordinator: Maria Antelo

905-527-4572 x51

[maria.antelo@hclc.clcj.ca](mailto:maria.antelo@hclc.clcj.ca)

<https://hamiltonjustice.ca/en/community-justice/>

## TOGETHER WE RISE! BLACK JUSTICE

Working to combat individual and systemic Anti-Black racism by providing a range of clinic law services to Black/African-Canadian/PAD clients in Hamilton. Contact the Black Justice

Black Justice Coordinator: Gachi Issa

<https://hamiltonjustice.ca/en/community-justice/black-justice/>

## QUEER JUSTICE PROJECT

Informed and direct legal support and services for disadvantaged 2SLGBTQ+ clients. It serves as a resource for education, system navigation, and access to justice for queer people.

Queer Justice Project Coordinator:

<https://queerjustice.ca/en/>

## YÉN:TENE INDIGENOUS JUSTICE

Providing access to justice for Indigenous people in Hamilton and surrounding communities.

Indigenous Justice Coordinator: Lyndon George

Cell: 289-680-4544

Office: 905-527-4572

<https://hamiltonjustice.ca/en/community-justice/indigenous-justice/>

## HAMILTON REGIONAL INDIAN CENTRE (HRIC) INDIGENOUS COURT WORKER PROGRAM

Provides assistance to Indigenous adults and youth, regardless of status, who are in contact with the legal system (criminal and family court) to help navigate the process and better understand their rights, options, and responsibilities when appearing before the courts.

Address:

34 Ottawa St North  
Hamilton, ON L8H 3Y7

Phone:

905-548-9593

Hours:

Monday to Friday, 9 am – 5 pm

Web:

<https://www.hric.ca/>

Accessibility:

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## HIV & AIDS LEGAL CLINIC ONTARIO (HALCO)

Not-for-profit community-based legal clinic that provides free legal services for people living with HIV/AIDS in Ontario. HALCO provides public legal education, community development and law reform activities.

Address:

55 University Avenue, Suite 1400,  
Toronto, ON M5J 2H7

Phone:

Tel.: 416-340-7790

Toll-free in Ontario: 1-888-705-8889

Hours

Monday to Thursday: 9 am – 5 pm

Friday: 9 am – 3 pm

\* HALCO does not take new inquiries on Tuesdays or Thursdays

Web:

<https://www.halco.org/>  
[talklaw@halco.org](mailto:talklaw@halco.org)

Accessibility:

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## HUMAN RIGHTS LEGAL SUPPORT CENTRE (HRLSC)

An independent agency, funded by the Government of Ontario, to provide legal services to individuals who have experienced discrimination. The Centre will provide legal assistance to individuals in making an application to the Human Rights Tribunal of Ontario to resolve a human rights dispute.

For those unable to communicate by telephone because of a disability, please e-mail [accommodation@hrlsc.on.ca](mailto:accommodation@hrlsc.on.ca). Please mark the e-mail or letter clearly as a request for accommodation.

Address:

180 Dundas St West  
Toronto, ON M5G 1C7

Phone:

Tel. 416-597-4900  
Toll Free: 1-866-625-5179  
TTY: 416-597-4903  
TTY Toll Free: 1-866 612-8627

Hours:

Monday, Tuesday, Wednesday, Friday: 9 am – 5 pm  
Thursday: 2 pm – 6 pm

\* The Centre may close the phone lines when experiencing an unusually high call volume or shortage of call centre staff.

\* Phones are busiest on Thursdays between 2 pm to 4 pm

Web:

<http://www.hrlsc.on.ca>  
[hrlsc@hrlsc.on.ca](mailto:hrlsc@hrlsc.on.ca)

Accessibility:

## INNOCENCE CANADA

For people in Canada that have been convicted of a crime they did not commit.

CURRENTLY ONLY TAKING HOMICIDE CASES. Prospective clients must have completed an appeal for their conviction to the provincial court of appeal. Innocence Canada does not

offer legal advice. Their lawyers review all applications, but only a few cases proceed to an investigation.

To request an application by mail, or for assistance in completing the application, contact Win Wahrer, Director of Client Services by email ([wwahrer@innocencecanada.com](mailto:wwahrer@innocencecanada.com)) or phone (416-504-7500 ext. 5).

English Application Form:

<http://innocencecanada.com/assets/Uploads/PDFs/Innocence-Canada-Case-Application-Form-December-2020.pdf>

French Application Form:

<https://www.innocencecanada.com/assets/Uploads/PDFs/FRENCH-Innocence-Canada-Case-Application-Form-December-2020.pdf>

Address:

555 Richmond St West, Suite 1111,  
Toronto, ON M5V 3B1

Phone:

Tel.: 1-416-504-7500

Toll Free: 1-800-249-1329

Hours:

Monday to Friday, 9 am – 5 pm

Web:

<http://www.innocencecanada.com>

Accessibility:

## JOHN HOWARD SOCIETY (JHS) OF HAMILTON

Address:

Phone:

905-522-4446

Hours:

Web:

[reception@jhshamilton.on.ca](mailto:reception@jhshamilton.on.ca)

JHS ALL 4 ONE – FASD (Fetal Alcohol Spectrum Disorder) Youth Justice Program An individualized program that provides intervention and support to justice involved youth (ages 12-17), and their caregivers, living with FASD, or seeking a diagnosis. This program is

comprised of a Family Support Worker and a Youth Worker, who will provide wide-ranging assistance to both youth and caregivers, as they navigate the judicial system, access community resources, and expand their networks of support in developing the young person's circle of care. Open to community referrals. Funded by Government of Canada. Beth Fennell: 289-556-6171 [bfennell@jhshamilton.on.ca](mailto:bfennell@jhshamilton.on.ca) Jeff Parker: 289-442-5886 [jparker@jhshamilton.on.ca](mailto:jparker@jhshamilton.on.ca) JHS Extrajudicial Measures Program (Funded by the Ministry of Children and Youth Services) In partnership with Hamilton Police Services, youth are diverted from the formal youth justice process while holding them accountable for their actions in a community context. We work with each young person to design a program of measures that addresses their risks and needs as well as the needs of the person(s) harmed and the community. The outcome of each case is reported back to Hamilton Police Services. This program serves youth 12 to 17 years of age. JHS Extrajudicial Sanctions Program (Funded by the Ministry of Children and Youth Services) In partnership with the Hamilton Crown Attorney's Office and Hamilton Youth Probation Services, we assist youth through a diversion program as an alternative to the formal court process. We contract with the young person and provide them with sanctions (tasks) to complete as a means of holding them accountable for their actions while helping them recognize the impact of their behaviour on the person(s) harmed and their community. The youth's strengths and needs are targeted to create an individual program with the intention of benefits to both the youth and their community. JHS Youth Justice Committee (Funded by the Ministry of the Attorney General) The Youth Justice Committee involves trained community members who meet with victims, young people 12 to 17 years of age accused of minor, non-violent offences, and their parents, to negotiate an appropriate way for the young person to make amends for his or her actions. The Committee may develop and implement alternatives to formal court proceedings, either on referral by police or the Crown. Examples of alternate interventions include community service, restitution and counselling programs. All young people must agree to accept responsibility for their actions, and to apologize to the victim. JHS Non-Residential Attendance Centre (NRAC) (Funded by the Ministry of Children and Youth Services) The JHS of Hamilton Burlington & Area provides a highly structured intensive community based alternative to custody for youth (ages 12-17) who have come in contact with the law. Youth engage in effective cognitive programming based on prevention, rehabilitation and reintegration. The program provides individualized support for youth to assist them in achieving their program goals, motivate and facilitate change and supports them in becoming positive members of the Hamilton Community.

## JUSTICE FOR CHILDREN AND YOUTH (AGES 15-25)

Community legal services for young people under age 18 and for homeless youth under the age of 25 in Ontario. Legal representation in many areas of law including criminal matters, immigration, education, gendered violence, child welfare, human rights, financial assistance, leaving home, etc.

Address:

55 University Avenue, 15th Floor  
Toronto, ON M5J 2H7

Phone:

Tel.: 416-920-1633

Toll-free: 1-866-999-5329

\* Accepts collect calls

Hours:

Monday to Friday, 9 am – 5 pm

\* Closed between 12 pm and 1 pm

Web:

<https://jfcy.org/en/>

[info@jfcy.org](mailto:info@jfcy.org)

Accessibility:

- English and French language services available

- Must be under age 18, and under age 25 for homeless youth

## STREET YOUTH LEGAL SERVICES (SYLS) (Ages 16-25)

Delivers legal services directly to young street-involved people in drop-in centres and shelters. provides legal information, advice, referrals and representation to street-involved youth through workshops and individual consultations. The SYLS lawyer will provide legal information, advice, and referrals to all street involved youth that contact JFCY directly or through the drop-in's.

SYLS Lawyer: Claire Millgate

Office: 416-920-1633 ext. 8231

Cell: 416-262-0995

Toll-Free: 1-866-999-5329

[claire.millgate@jfcy.clcj.ca](mailto:claire.millgate@jfcy.clcj.ca)

## LAW SOCIETY REFERRAL SERVICE (LSRS)

Online service for residents of Ontario for referrals to lawyers or paralegals who will provide a free, up to 30 minute consultation by phone or in person. A crisis line for people who are unable to use online services is also available from Monday to Friday, 9 am to 5 pm. The Crisis line is intended for those in custody, unhoused, no internet, or in remote communities.

Address:

Osgoode Hall

130 Queen St West

Toronto, ON M5H 2N6

Phone:

Tel.: 416-947-3300

Toll-free: 1-800-668-7380

TTY: 416-644-4886

Toll-Free Crisis line: 1-855-947-5255 (Monday to Friday, 9 am – 5 pm)

Hours:  
Monday to Friday, 9 am – 5 pm

Web:  
<http://www.findlegalhelp.ca>  
[lsrs@lso.ca](mailto:lsrs@lso.ca)

Accessibility:

## LEGAL AID ONTARIO CRIMINAL LAW ADVICE DUTY COUNSEL

Private bar or Legal Aid Ontario staff lawyers who offer immediate, legal assistance to low-income people who appear in court without a lawyer. The counsel can provide limited general advice to everyone, and if the person meets the financial guidelines set by Legal Aid Ontario, they may be able to assist further.

Address:  
John Sopinka Courthouse  
45 Main Street East, Room 100  
Hamilton L8M 2B7

Phone:  
Tel: 905-528-0387 ext 12  
Toll-Free: 1-800-668-8258

Hours:  
Monday to Friday, 8:30 am – 4:45 pm

Web:  
<https://www.legalaid.on.ca/services/criminal-legal-issues/info@lao.on.ca>

Accessibility:  
- English and French language services

## MUSLIM LEGAL SUPPORT CENTRE (MLSC)

A non-profit organization that defends the rights of Muslims in Ontario and connects people to culturally informed and accessible legal services. Provides a range of free legal services, including legal advice and education, referrals, test case litigation and law reform.

Program requirements:

- Self-identify as Muslim, or



- Are perceived to be Muslim
- Live in Ontario
- Low to modest income
- Have a legal problem

Address:

Hours:

Phone:  
416-350-2914

Web:  
<https://muslimlegalcentre.ca>  
[info@muslimlegalcentre.ca](mailto:info@muslimlegalcentre.ca)

Accessibility:

-

## PRO BONO ONTARIO

A non-profit organization that supports Ontarians with everyday civil legal needs. The Free Legal Advice Hotline provides up to 30 minutes of free legal advice and assistance with civil law matters in Ontario (ie. going to court, appeals, housing, employment). \* Due to very high demand, clients cannot receive more than one consultation per day. **They do not offer advice on family law, immigration or criminal matters.**

Toll-Free Legal Advice Hotline:  
1-855-255-7256

Hours:  
Monday to Friday, 9 am – 5 pm

Web:  
<https://www.probonoontario.org/>  
[info@probonoontario.org](mailto:info@probonoontario.org)

Accessibility:

## CRISIS SUPPORT

*Canada will be getting a 3-digit crisis support number on November 30 2023.  
In emergencies contact 911.*

## ASSAULTED WOMEN'S HELPLINE

Confidential and anonymous telephone crisis line for individuals experiencing domestic violence. Provides counselling, emotional support, information and referrals. \*\*This service is run by the Ontario Ministry of Children, Community, and Social Services.

Toll-Free: 1-866-863-0511

Toll-Free TTY: 1-866-364-8762

Text: 7233 (Must be on Bell, Rogers, Fido, or Telus mobile phone)

Hours:

24/7

<https://www.awhl.org/home>

## BLACK YOUTH HELPLINE

Open to all youth and their families; culturally appropriate supports and services for Black youth and families.

Toll-Free: 1-833-294-8650

Hours:

Monday to Sunday, 9 am – 10 pm

<https://blackyouth.ca/>

## CRISIS OUTREACH AND SUPPORT TEAM (COAST)

Emergency crisis line and response team to assist individuals experiencing a mental health crisis. \*\*COAST is a partnership between mental health professionals from St. Joseph's Healthcare Hamilton and the Hamilton Police Service. Available 24/7.

Local: 905-972-8338

Toll-Free: 1-844-972-8338

Hours:

24/7

<https://coasthamilton.ca/>

## CONNEXONTARIO

For people seeking information about mental health and addictions treatment services in Ontario. This is not for emergencies. Available 24/7.

Call: 1-866-531-2600

Text: 247247

Web chat: <https://www.connexontario.ca/>

Hours:

24/7

## DISTRESS CENTRE HALTON

Provides emotional support and encouragement, suicide risk assessment and prevention, as well as community resource and information referrals.

Crisis line: 905-561-5800 (Hamilton)

*Crisis Line Number: 905-681-1488 (Burlington)*

*Crisis Line Number: 905-877-1211 (Halton Hills/Milton)*

*Crisis Line Number: 905-849-4541 (Oakville)*

Hours:

24/7

<https://www.dchaltontario.ca/>

## GOOD SHEPHERD CENTRES

### BARRETT CENTRE FOR CRISIS SUPPORT (AGES 16+)

Confidential and free telephone support and intervention services for people experiencing a mental health and/or substance use crisis and who do not require a hospital stay. Offers 10 beds (first-come first-served), in-person counselling, and telephone counselling. Collect calls are accepted. Available 24/7.

Local: 905-529-7878

Toll-Free: 1-844-777-3571

Hours:

24/7

<https://goodshepherdcentres.ca/services/barrett-centre-for-crisis-support/>

## MARTHA HOUSE (WOMEN ONLY)

24/7 crisis line for women and their children fleeing violence and abuse. Martha House crisis line is connected to a secure emergency shelter for women and their children who are homeless and fleeing domestic violence.

Crisis Line: 905-523-6277

Hours:  
24/7

<https://goodshepherdcentres.ca/services/martha-house/>

## YOUTH COMMUNITY MENTAL HEALTH PROGRAM (AGES 16-21)

Based out of Notre Dame House, the Community Mental Health Program serves street-involved youth ages 16-21 in Hamilton, meeting youth at various residential and non-residential programs within Good Shepherd Youth Services and the Street Youth Planning Collaborative (SYPC). The Program offers intervention for suicidal and seriously ill youth seeking hospitalization; mental health assessments; consultation with child and adolescent psychiatrists; individual therapy; Skills for Life group education; staff training at Good Shepherd Youth Services and the SYPC agencies to increase the mental health knowledge and skills of frontline workers.

905-308-8090  
50 James St N

## INTERVAL HOUSE (WOMEN, AGED 16+)

Provides anonymous and confidential crisis support, counselling, safety planning, information, and referrals for women that have experienced abuse or violence. Phone and text services are available 24/7. Online web chat is available from 7 pm until 12 am EST.

Phone: 905-387-8881  
Text:

Hours:  
Daily, 24 hours

<https://intervalhousehamilton.org/immediate-services/>

## KIDS HELP LINE (AGES 5-25)

Offering mental health support for kids, teens and young adults in Canada. You can call, text, or use a web-based chat service.

Toll-Free: 1-800-668-6868

Text: Text CONNECT to 686868 to chat with a crisis responder

Online chat: <https://kidshelpphone.ca/urgent-help>. Click on the cartoon face to open a chat box.

Hours:

Phone and text services: 24/7

Online web chat: 7 pm until 12 am EST

## LGBT YOUTH LINE (AGES 29 and under)

LGBT YouthLine is a Queer, Trans, and Two-Spirit youth-led organization that affirms and supports the experiences of youth ages 29 and younger across Ontario. Trained peer support workers are available via phone, text, web-chat, and email.

Toll-free: 1-800-268-9688

Text: 647-694-4275

Chat: Click the Chat button on their website

E-mail: [askus@youthline.ca](mailto:askus@youthline.ca)

Hours:

Sunday to Friday, 4 pm – 9 pm

<https://www.youthline.ca/>

## MISSION SERVICES CRISIS LINE (WOMEN, TRANS, NON-BINARY FOLKS)

Based out of Inasmuch House, the crisis line provides phone, text, and web chat support for women, trans, and non-binary folks experiencing abuse and homelessness. Provides confidential emotional support, practical advice, safety planning, and referrals to other local services. Available 24/7.

Phone: 905-529-8600

Text: 289-212-6399

Web chat:

<https://mission-services.com/programs-and-services/inasmuch-house/textinasmuch/>

Hours: 24/7

## NASEEHA YOUTH HELPLINE

A confidential phone and text helpline for Muslim youth and young adults to receive immediate, anonymous, and confidential peer support. There is also a chat option on their website.

Toll-free: 1-866-627-3342

Hours:

Daily, 12 pm – 3 am EST

<https://naseeha.org>

[info@naseeha.org](mailto:info@naseeha.org)

## NATIVE YOUTH CRISIS LINE (AGES 18 and under)

A toll-free phone line for Indigenous children and youth under 18 years of age. Anonymous. Available 24/7 to people in Canada and the United States.

Toll-free: 1-877-209-1266

<https://students.carleton.ca/services/native-youth-crisis-hotline/>

## ONTARIO ONLINE TEXT CRISIS SERVICE (ONTX)

Text based crisis support for people experiencing distress and/or suicide ideation. There is also a web chat option

Text SUPPORT to 258258

Web chat:

<https://na0messaging.icarol.com/ConsumerRegistration.aspx?org=66184&pid=55&cc=en-US>

Hours:

Daily, 2 pm – 2 am

<https://www.dcontario.org/ontx-html/>

## REACH OUT CENTRE FOR KIDS (ROCK) CRISIS LINE (AGES 17 and under)

24/7 crisis line providing immediate support for children and youth, their parents/caregivers, and community members. \*\*Designated by the Ministry of Child and Youth Services (MCYS).

24/7 Crisis line: 905-878-9785.

## SACHA CRISIS LINE (SEXUAL ASSAULT CENTRE HAMILTON AND AREA)

Crisis phone line for people that have been sexually assaulted in the past and/or recently. SACHA also provides text and online chat support. The online chat service routinely changes the hours, so check the website for the latest schedule.

Phone: 905-525-4162

Text: 289-207-7790

Web chat: <https://sacha.ca/services/chat-support>

Hours:

Phone line: 24/7

Text: ?

Web chat: varies

[sacha.ca](http://sacha.ca)

## SALVATION ARMY HOPE LINE

Support line providing telephone assistance and in-person intervention to people experiencing life challenges related to loneliness, mental health, relationships, employment, housing, finances, and more.

Tel.: 905-522-1477

Toll-Free: 1-855-294-4673

Hours:

Monday to Friday, 9 am – 4 pm

<https://www.hopesalive.ca/>

## TALK SUICIDE

Provides nationwide, 24-hour, support to anyone who is coping with suicidal thoughts or worried about someone else. Trained responders will listen, provide support, and, when desired, offer helpful resources. Phone, text, and web chat services available in French and English.

Phone: 1-833-456-4566 (available 24/7)

Text: 45645 (available between 4pm and midnight)

## TRANS LIFELINE

Peer support phone service run by trans people for trans and questioning peers. Anonymous and confidential. No nonconsensual active rescue (will not call 911, emergency services, or law enforcement). \*\*When call volumes are high it may take a little longer to get connected—please try calling again.

Toll-Free: 877-330-6366

Hours:  
24/77

<https://translifeline.org/hotline/>

## INDIGENOUS SPECIFIC CRISIS RESOURCES

### ANISHINABEK NATION COMMUNITY ASSISTANCE PROGRAM (CAP)

Gaawiin nchke gda'aasii. You are not alone. Call for support with relationship concerns, anxiety, depression, grief, substance use, or coping with health issues. Available 24/7 to any citizen from each of the 39 Anishinabek First Nations, both on and off-reserve.

Toll-Free: 1-800-663-1142

Hours:  
24/7

<https://nfn.ca/wp-content/uploads/2021/04/AN-CAP15968.pdf>

### GANOHKWASRA- FAMILY ASSAULT SUPPORT SERVICES

24 hour support line for Indigenous people experiencing domestic violence.

Phone: 519-445-4324 (Ohsweken)

Hours:  
24/7

<https://ganohkwasra.com/>

### GEḐEḐO COMMUNITY CRISIS HUB

Offered by Six Nations Health Services, the GeḐeḐo Community Crisis Hub is a safe space where community members can call or walk-in for support. Languages?



Six Nations Health Services  
1546 Chiefswood Rd  
Ohsweken, ON N0A 1M0

Phone:  
226-446-9902

Hours:  
Monday to Friday, 8:00 am – 11:00 pm  
\* closed on holidays

Web:  
<https://www.snhs.ca/mental-wellness/crisis-hub/csault@sixnations.ca>

Accessibility:

## HOPE FOR WELLNESS HELPLINE

Available to all Indigenous people across Canada. Experienced and culturally-competent counsellors are reachable by telephone and web chat 24/7. Telephone support is available in English, French, as well as Cree, Ojibway (Anishinaabemowin), and Inuktitut by request, however these language supports are not available 24/7, so clients may need to call and find out the next time a language-speaker will be available. Web chat is only available in French and English.

Toll-Free: 1-855-242-3310  
Online chat: <https://www.hopeforwellness.ca>

Hours:  
24/7

## MÉTIS NATION OF ONTARIO HEALING AND WELLNESS BRANCH

Culturally specific mental health and addiction supports for adults, youth, and families in Ontario. Services are available 24/7 in English and French languages. For non-urgent matters, referrals to the Mental Health and Addictions programs, or for help navigating appropriate services in your community, please contact the confidential support services line.

Toll-Free Crisis Line: 1-877-767-7572.  
Toll Free Support Service: 1-800-263-4889 ext. 7

[https://www.metisnation.org/programs-and-services/healing-wellness/?doing\\_wp\\_cron=1692826648.2496509552001953125000](https://www.metisnation.org/programs-and-services/healing-wellness/?doing_wp_cron=1692826648.2496509552001953125000)

[MHA@metisnation.org](mailto:MHA@metisnation.org)

## MISSING AND MURDERED INDIGENOUS WOMEN AND GIRLS CRISIS LINE

An independent, national, toll-free support line for anyone who requires assistance or wants to speak to a counsellor. Services are available 24/7 in English, French, Cree, Anishnaabemowin (Ojibway) and Inuktitut.

Toll-Free: 1-844-413-6649

Hours:  
24/7

<https://www.mmiwg-ffada.ca/contact/>

## NATIONAL INDIAN RESIDENTIAL SCHOOL CRISIS LINE

National crisis line for Indian Residential School Survivors. Available 24/7 for anyone experiencing pain or distress as a result of their Residential school experience.

Toll-Free: 1-866-925-4419

Hours:  
24/7

<http://www.sac-isc.gc.ca/eng/1581971225188/1581971250953>

## NATIVE WOMEN'S CENTRE HAMILTON

Crisis line for Indigenous women, with or without children, experiencing crisis related to family violence, homelessness, or conflict with the law

Toll-Free: 1-888-308-6559

Hours:  
24/7

<https://www.nativewomenscentre.com/>

## SIX NATIONS MOBILE CRISIS SERVICE

Provides holistic and culturally appropriate immediate support to individuals in crisis through phone, text, live chat, or in person (walk-in / mobile response). They can also provide referrals to community agencies.

Crisis Line: 519-445-2204

Toll-Free Crisis Line: 1-866-445-2204

Text Crisis Support: 226-777-9480

Live Chat Crisis Support:

<https://na0.icarol.com/pub/Messaging/StatusBadge.aspx?orgNum=129080&pid=639&cc=en-US>

Walk-in Crisis Support: Available at Child and Family Services during business hours (M-F, 8:30 am to 4 pm; closed on holidays)

Hours:

Crisis line: 24/7

Text / Live Chat / Walk-In: Monday to Friday, 8:30 am – 4 pm

Six Nations Child & Family Services

15 Sunrise Ct,

Ohsweken, ON N0A 1M0

Office phone: 519-445-2071

Monday to Friday, 8:30am - 4:30pm

Web:

<https://www.sixnations.ca/department/social-services>

Accessibility:

## TALK 4 HEALING (FOR INDIGENOUS WOMEN)

Provides 24/7 support and resources for Indigenous women, by Indigenous women, all across Ontario. Services are provided via phone, text, or chat, and are available in the following languages: Oji-Cree, Cree, Algonquin, Inuktitut, Mohawk, Oneida, Odawa, Potawatomi, Micmac, Black Foot, Anishinaabe, Moose Cree, Swampy Cree, and English.

\*\*This service is run by the Ontario Ministry of Children, Community, and Social Services.

Crisis line: 1-855-554-4325

Crisis line: 1-888-200-9997

Text: ???

Chat:

<https://webapp.icarol.com/pub/Messaging/StatusBadge.aspx?orgNum=91565&pid=215&cc=en-US>

Hours:

24/7

<https://www.beendigen.com/programs/talk4healing/>

## LOW-BARRIER & PUBLIC HEALTH CLINICS

### **Sexual Health Infoline Ontario (SHILO)**

Call or eChat from anywhere in Ontario to speak with a live counsellor. It's free, anonymous and inclusive. Counsellors provide information, support and referrals in English, French and other languages on sexual health topics.

Phone: 1-800-668-2437

E-chat (English-only): <http://sexualhealthontario.ca/en/chat/>

Monday to Friday: 10 am – 10:30 pm

Saturday & Sunday: 11 am – 3 pm

### **THE AIDS NETWORK**

Address:

140 King St E Suite 101

Hamilton, ON L8N 1B2

Phone:

Tel.: 905-528-0854

Toll-free: 1-866-563-0563

Hours:

Monday to Friday, 10 am – 4 pm

Web:

<https://aidsnetwork.ca/clinical-services/>

[info@aidsnetwork.ca](mailto:info@aidsnetwork.ca)

Accessibility:

XXXX

### **MEN4MEN HAMILTON MEN'S CLINIC**

Sexual health clinic for gay, bisexual and other men who have sex with men. Provides rapid, anonymous HIV testing, confidential STI screening (syphilis, chlamydia and gonorrhoea), HPV vaccination (Gardasil 9 – available for men 26 years old and younger), and free safer sex and safer drug use supplies.

Phone:

Toll-Free: 1-866-563-0563

Office: 905-528-0854 ext. 231

Mobile/Text/WhatsApp: 289-527-1613

Hours:

Second Wednesday of every month, 5 pm – 8 pm

Web:

<https://aidsnetwork.ca/men4men-clinical-services/men4men@aidsnetwork.ca>

## SASS CLINIC (AIDS Network x HAMSMart)

The Support And Safer Supply Clinic is a harm reduction clinic in partnership with HAMSMart. They aim to provide pharmaceutical grade opioid alternatives to people at risk of dying from contaminated opioid supply. Also offers peer support toward overall health and wellbeing.

Phone:

1-833-426-7678 ext. 2

Hours:

Tuesdays, 1 pm – 4 pm

## SEXUAL HEALTH / HIV TESTING

In partnership with Hamilton Public Health Services. Services include: Rapid, anonymous HIV testing, confidential STI screening.

Hours:

Third Friday of the month, 1 pm – 4 pm

Fourth Thursday of the month, 1 pm – 4 pm

## STREET HEALTH CLINIC

Services such as testing for STIs, anonymous HIV rapid testing, needle syringe and harm reduction supplies and overdose prevention kits. No health card is needed, all ages can attend.

Hours:

Mondays, 10 am – 1 pm

## ATWELL CENTRE COMMUNITY PARTNER HEALTH CLINIC

By Appointment Only:

Monday to Friday 8:30am to 4:30pm

40 WELLINGTON STREET NORTH

905-393-8525 <https://atwellcentre.ca/booking/>

# CITY OF HAMILTON PUBLIC HEALTH SERVICES

## DENTAL HEALTH CLINIC

Free dental care for low-income Hamiltonians with no other dental coverage. Services include dental exams, x-rays, fillings, extractions or removal of teeth, and cleanings. Call to book an appointment.

Address:

Public Health Services - Robert Thomson Building  
110 King Street West, 3rd Floor  
Hamilton, Ontario L8P 4S6

Phone:

905-546-2424 ext 3789

Hours:

Monday to Friday, 8:30 am – 4:30 pm.

\* Closed from 12 noon to 1 pm

Web:

<https://www.hamilton.ca/people-programs/public-health/dental-health/public-health-services-downtown-dental-clinic>  
[dentalclinic@hamilton.ca](mailto:dentalclinic@hamilton.ca)

## DENTAL HEALTH BUS

Free dental care for low-income Hamiltonians with no other dental coverage. Services include dental exams, x-rays, fillings, extractions or removal of teeth, antibiotics for dental infections, and cleanings. No appointments are booked– services are first-come, first-serve, with priority given to people with emergencies.

Staff assess patients at 8:30 am and 1 pm and at other times when possible. Clients must register before 3:15 pm. Bring a list of your current medications and/or the name of your pharmacy with you.

Clients with Ontario Works or Ontario Disability Support Program coverage cannot access dental services on the bus.

Address:

See below for current locations. Locations are subject to change– call ahead or check the online schedule.

Phone:

905-546-2489

Hours:

Monday to Friday: 8:30 am – 4:30 pm

\* Closed from 12 noon to 1 pm

\* Assessment times are at 8:30 am and 1 pm

\* The bus is closed for all Statutory Holidays and when the school board is closed for inclement weather

Web:

<https://www.hamilton.ca/people-programs/public-health/dental-health/dental-health-bus>

Monday

Central Memorial Recreation Centre

93 West Ave. S, Hamilton

Tuesday

Dominic Agostino Riverdale Community Centre

150 Violet Dr, Hamilton - off Centennial Pkwy

Wednesday

Neighbour2Neighbour

28 Athens St, Hamilton (off Mohawk between Upper James St & West 5th St)

Thursday

East Kiwanis Boys and Girls Club

45 Ellis Ave, Hamilton (at Barton St & Ellis Ave)

Friday

Norman Pinky Lewis Recreation Centre

192 Wentworth S. N., Hamilton

## SEXUAL HEALTH CLINIC

Testing and treatment for sexually transmitted infections. Also provides family planning services, safer sex supplies, safer drug use and harm reduction supplies, and vaccines. Call to book appointment; clients must register 15 minutes before clinic closes. No referral or health card required.

Address:

David Braley Health Science Centre

100 Main St W, 3rd floor

Hamilton, ON L8P 1H6

Phone:

905-528-5894

Hours:

Wednesday, 4:30 pm – 7:00 pm

Web:

<https://www.hamilton.ca/people-programs/public-health/sexual-health/sexual-health-clinics>  
[publichealth@hamilton.ca](mailto:publichealth@hamilton.ca)

Accessibility:

-

## CMHA PRIMARY HEALTH CARE CLINIC (AGES 16+)

Available to individuals 16 years of age or older who are without a Family Doctor and experiencing homelessness. Services available include mental health and addictions support, primary care, and referrals offered by a Registered Nurse, two Physicians and a Psychiatrist. Appointments must be booked. No Health Card required. Part of the Shelter Health Network.

Address:

Canadian Mental Health Association Hamilton  
131 John St. South  
Hamilton, ON L8N 2C3

Phone:

(905) 521-0090, ext. 256

Hours:

Monday to Friday, 8 am – 4:30 pm

Web:

<https://cmhahamilton.ca/programs/primary-health-care-clinic/>  
[info@cmhahamilton.ca](mailto:info@cmhahamilton.ca)

Accessibility:

## GOOD SHEPHERD CENTRES

### YOUTH PUBLIC HEALTH CLINIC (AGES 16-21)

For youth of all genders aged 16 to 21 who are street-involved and/or facing barriers to health care. STI testing is available for Chlamydia, Gonorrhoea, Syphilis, Hepatitis and HIV. Nurses on-hand. No Physician on site, clients will be referred to a doctor if needed.

Address:

Notre Dame House  
14 Cannon Street West  
Hamilton, ON L8R 2B3

Phone:



905-308-8090

Hours:

Tuesdays, 3:30 pm – 5:30 pm

Web:

<https://goodshepherdcentres.ca/services/notre-dame-house/info@gsch.ca>

Accessibility:

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## MEN'S PUBLIC HEALTH CLINIC (AGES 18+)

For men who are street-involved and/or facing barriers to health care. A nurse practitioner is available twice a week and a physician once a week. Part of the Shelter Health Network.

Address:

Good Shepherd Men's Shelter  
135 Mary Street  
Hamilton, ON L8R 1K4

Phone:

905-528-9109

Hours:

Nurse: Monday & Wednesday, 8 am – 4 pm

Doctor: Thursdays, 9 am – 12 pm

Web:

<https://goodshepherdcentres.ca/services/good-shepherd-centre/info@gsch.ca>

Accessibility:

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## WOMEN'S PUBLIC HEALTH CLINIC (AGES 18+)

For clients only?

thursdays physician

By appointment only

*10 Pearl St N*

*Foot care for women on most Tuesday afternoons and Wednesday mornings. Appointments for these clinics can be booked by calling 905-523-8766 ext. 4232 or by emailing*

*[wellness@gshc.ca](mailto:wellness@gshc.ca).*

*Foot care for both men and women on most Fridays. Please call our SHN clinic coordinator at 905-526-7137 to book an appointment.*

Address:

PEarl st

Phone:

905-540-8000

Hours:

Thursdays,

Web:

Accessibility:

[The Good Shepherd Centre - 15 Mary St](#)

[Good Shepherd Women's Services - 30 Pearl St N](#)

**GOOD SHEPHERD HEALTH CLINIC (850 KING ST E)**

**GOOD SHEPHERD HEALTH CLINIC (95 HESS ST S)**

## THE HAMILTON CLINIC

Provides support and counselling to those struggling with addictions of all types, including opioids, stimulants and alcohol.

Address:

200 Main St E, Lower Level

Hamilton, ON L8N 1H3

Clinic Phone: 905-523-4567

Pharmacy Phone: 905-523-4367

Hours:

Monday: 8 am – 2 pm

Tuesday: 8 am – 6:30 pm

Wednesday: 8 am – 5:30 pm

Thursday: 9 am – 4 pm

Friday: 9 am – 3 pm

Saturday: 9 am – 12:30 pm

Web:

<https://www.thehamiltonclinic.com/>

Accessibility:

## HAMSMART MOBILE HEALTH CLINIC

Mobile outreach service from HAMSMart (Hamilton Social Medicine Response Team) for individuals with barriers to accessing care in the traditional medical system. Provides general internal medicine and infectious disease physicians, registered nurses, midwifery and outreach workers. Requires a referral (physician or self-referral).

Phone:

905-521-2100 ext 42471

**Hours:**

Web:

<https://hamsmart.ca/>

[info@hamsmart.ca](mailto:info@hamsmart.ca)

## HAMILTON URBAN CORE COMMUNITY HEALTH CENTRE (HUCCHC)

Downtown health centre that provides primary health care, community health care, harm reduction services, mental health and addictions counselling, meal programs, and more.

Address:

181 Main St West

Hamilton, ON L8P 4Y4

Phone:

905-522-3233

Hours:

Monday: 9 am – 5 pm

Tuesday: 9 am – 8 pm

Wednesday: 12:30 pm – 5 pm

Thursday: 9 am – 8 pm

Friday\*: 9 am – 5 pm

Saturday\* 9 am – 1 pm

\* Third week of the month

Web:

<http://hucchc.com/health-and-wellness-programs/health-promotion/administration@hucchc.com>

Accessibility:

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## FOOT CLINIC

Registered Nurses and Chiropodists collaborate to provide foot care to maintain foot health. All services are available to clients free-of-charge, and include removal of corns and callouses, treatment of toenail problems and nail care, wound and ulcer care, foot orthotics, surgical procedures.

Contact the HUCCHC office for more info.

## ORAL HEALTH CLINIC

Oral health care for individuals that are under-served and lack access to adequate oral health care. Services include cleaning & polishing, fluoridation, pits and fissure sealants, nutritional counselling, check-ups, advice, referrals. Call for appointment; registration is required.

Contact the HUCCHC office for more info.

## HEALTH CONNECT ONTARIO HOTLINE (HEALTH811)

A free, confidential service to get health advice or information on non-urgent health issues. This service requires a phone number for the nurse to call you back. Clients are seen in priority sequence. This is not for emergencies– please call 911.

Phone:

Dial 811 to connect

Toll-Free: 1-866-797-0000

TTY: 1-866-797-0007

Online chat: <https://health811.ontario.ca/static/guest/chat-online>

Hours:

24/7

<https://health811.ontario.ca>

## HEP C TEAM

Support services for people living with or at risk of acquiring Hepatitis C– outreach, assessments, referral, psycho-social counselling, peer support, education, awareness, medical assistance, support through treatment process. Operated by the Shelter Health Network. Appointment and referral necessary to access services.

Address:  
131 John St S  
Hamilton, ON L8N 2C3

Phone:  
905-667-0474

Hours:

Web:  
[http://shelterhealthnetwork.ca/?page\\_id=156](http://shelterhealthnetwork.ca/?page_id=156)  
[info.hepc@gmail.com](mailto:info.hepc@gmail.com)

Accessibility:

## THE HUB STREET HEALTH CLINIC

Drop-in health care for those experiencing homelessness and/or addictions. Mondays are the Street Health Clinic (STI / HIV / Hep C rapid testing), harm reduction supplies, and overdose response kits. Tuesday through Friday are the Primary health care clinic. No health card needed, all ages can attend. In partnership with the Shelter Health Network.

Address:  
78 Vine Street,  
Hamilton, ON L8R 2A9

Phone:  
365-833-7854

Hours:  
Street Health Clinic: Monday, 1 – 4 pm  
Primary Care Clinic: Tuesday to Friday, 1 – 4 pm

Web:  
<https://www.thehamiltonhub.org/clinic>  
[clinic@thehamiltonhub.org](mailto:clinic@thehamiltonhub.org)

Accessibility:

MISSION SERVICES MEN'S SHELTER CLINIC  
Shelter Health Network

## SALVATION ARMY BOOTH CENTRE

Foot care is available at the Salvation Army Booth Centre (94 York Blvd) on Wednesday evenings from 5-9pm. Michael Spoljar (nurse practitioner) provides both foot care and primary health care in this clinic. No appointments necessary. This is a walk-in clinic for both men and women.

## SHELTER HEALTH

*Shelter Health Network partners with local agencies to provide health and social services to clients. They provide access to family physicians, nurse practitioners, registered nurses, psychiatrists, internists, midwives, case managers and social workers.*

### *Good Shepherd Centre*

- *Men's Shelter*
- *Women's Shelter*
- *Notre Dame House (Youth)*
- *Good Shepherd Health Clinic (850 King St E)*
- *Good Shepherd Health Clinic (95 Hess St S)*

*The Hamilton Clinic (Addictions treatment)*

*The Hub*

*Salvation Army Booth Centre*

*St Joseph's Healthcare (residential treatment)*

- *Youth Wellness Centre*
- *Men's Addiction Services Hamilton (MASH)*
- *Womankind Addictions Services*

*Trans Health Clinic*

*Wayside House (residential treatment)*

*Wesley House Special Care Unit (residential treatment)*

*Willow's Place at Mission Services*

*YWCA Hamilton*

## TRANS COMMUNITY HEALTH CLINIC (AGES 18+)

Weekly clinic for trans and gender non-conforming Hamiltonians. The Trans CHC facilitates gender transitioning and hormone therapy for people 18 years and older. Accepting new clients for the waitlist.

Address:

Phone:  
905-526-7137

Hours:

Web:  
[http://shelterhealthnetwork.ca/?page\\_id=713](http://shelterhealthnetwork.ca/?page_id=713)  
[admin@shelterhealthnetwork.ca](mailto:admin@shelterhealthnetwork.ca)

Accessibility:

## WILLOW'S PLACE PUBLIC HEALTH CLINIC (WOMEN+)

Women-identified people can visit the drop-in centre on the second and fourth Friday of the month to see a public health nurse.

Address:  
Mission Services of Hamilton  
196 Wentworth St N  
Hamilton, ON L8L 5V7

Phone:

Hours:  
Second & fourth Friday of the month, 10 am – 1 pm

Web:

Accessibility:

## YWCA PUBLIC HEALTH CLINIC

Public health clinic for women, trans, and non-binary individuals focusing on primary care, mental health, and addictions.

Address:

75 MacNab St S  
Hamilton, ON

Phone:

905-522-9922

Hours:

Monday, Tuesday, Thursday, 1 pm – 4 pm

First and third Tuesday of the month at Carole Anne's Place drop-in, 10 am – 1 pm

Web:

<https://www.ywcahamilton.org/housing/health-care/>

Accessibility:

## HOUSING PROGRAMS

### THE BRIDGE HAMILTON (Men? Ages?)

Non-profit organization that facilitates community reintegration and reconciliation for people exiting incarceration, including a Transitional Housing Program.

Address:

399 Barton St. East  
Hamilton, ON L8L 2X6

Phone:

905-522-0283

Mike Raynsford, Hamilton Caseworker

Cell: 905 719 4927

[mike@hamilton-bridge.ca](mailto:mike@hamilton-bridge.ca)

Web:

<https://www.hamilton-bridge.ca/transitional-housing-program-hamilton/info@hamilton-bridge.ca>

Accessibility:

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## CANADIAN MENTAL HEALTH ASSOCIATION (CMHA) MENTAL HEALTH AND JUSTICE - HOUSING SUPPORT SERVICES (HAMILTON BRANCH) (AGES 16+)

Support for people with serious mental illness who are involved in the criminal justice system to find and maintain permanent housing. CMHA can provide connections to other community resources as needed. Clients may self-refer.

### Program requirements

- Must be over the age of 16
- Must have a serious mental health illness
- Must be a resident of Hamilton
- Must be currently involved in the criminal justice system
- Must be connected to clinical supports in the community
- Must be considered “low-risk”

### Address:

131 John St South  
Hamilton, ON L8N 2C3

### Phone:

905-521-0090

### Hours:

Monday to Friday, 8 am – 4:30 pm

### Web:

<http://cmhahamilton.ca/programs/mental-health-and-justice-housing-support-services>  
[info@cmhahamilton.ca](mailto:info@cmhahamilton.ca)

### Accessibility:

- English and French language services available

## HAMILTON REGIONAL INDIAN CENTRE (HRIC)

### ENDAAYAANG: HOUSING FIRST 4 YOUTH (AGES 16-24)

HF4Y supports Indigenous youth who are exiting systems such as Child Protection Services, Justice, Healthcare, or youth whose personal safety may be at risk by providing them with immediate access to housing that is safe, affordable, and appropriate, with zero preconditions.

### Program requirements:

- Must be between the ages of 16-24
- Youth must meet with their navigator once a week as a minimum
- Weekly unit checks must happen to ensure the youth is maintaining their unit and demonstrating the skills necessary to live independently
- Youth must participate in the research component of this project which includes filling out surveys and engaging with a research coordinator to capture their story

Online intake form: <https://www.hric.ca/endaayaang-referral-form/>

Contact: Sheryl Green, [sgreen@hric.ca](mailto:sgreen@hric.ca)

## GANOHKWASRA

<https://ganohkwasra.com/programs-and-services/outreach-services/>

## LYNWOOD CHARLTON CENTRE

Publicly funded charitable organization in the City of Hamilton with the mission to support children, youth, and families to achieve better mental health. There are outpatient and intensive residential treatment programs.

ANY REFERRALS TO LYNWOOD MUST COME FROM CONTACT HAMILTON WHICH IS FUNDED BY MINISTRY OF CHILD YOUTH SERVICES & THE MINISTRY OF COMMUNITY AND SOCIAL SERVICES.

Programs: Charlton Hall Program, COMPASS Elementary Program, Flamborough Program and School, Forest Avenue Program, Guiding Partnerships and Solutions (GPS) - Complex Needs, Guiding Partnerships and Solutions (GPS) - Home Guiding, Partnerships and Solutions (GPS) - School, Lynwood Hall Program, Temper Tamers

### CHARLTON HALL PROGRAM (AGES 12-18)

6-bed short-term Intensive Out of Home Program and regional centre offering assessment and stabilization services to all gender youth 12-18 years of age. Typical length of stay is 6 weeks. Wheelchair accessible. Referrals to the program come from CONTACT Hamilton.

121 Augusta Street

Monday to Friday, 8:30 am - 4:30 pm

Charlton Hall Program: 905-529-7262

Contact Hamilton: 905-570-8888

[info@lynwoodcharlton.ca](mailto:info@lynwoodcharlton.ca)

## NISA HOMES HAMILTON

Transitional housing for women, with or without children, who have experienced domestic violence, poverty, or seeking asylum. Provides culturally appropriate services for immigrant, refugee, and Muslim women, as well as case management, children's programming, financial assistance, mental health support, and spiritual support.

Applications are online and must be emailed to [info@nisahomes.com](mailto:info@nisahomes.com). Nisa will be in touch within 24 hours to book an intake assessment. All applications are kept confidential within the team.

Application: <https://nisahomes.com/apply/>

PDF: <https://nisahomes.com/wp-content/uploads/2022/10/Apply-for-Help-Form.pdf>

Toll-Free Phone:

1-888-456-8043 ex 410

Hours:

XXX

Web:

<https://nisahomes.com>

[info@nisahomes.com](mailto:info@nisahomes.com)

[hamilton@nisahomes.com](mailto:hamilton@nisahomes.com)

Accessibility:

- Women, with or without children, who have experienced violence, poverty, or are seeking asylum
- Languages include English, Arabic, Gujarati, Somali, Urdu

## RESTORATIVE JUSTICE HOUSING ONTARIO (RJHO)

RJHO provides accommodation for people coming from prison who don't have family or friends to live with upon release, offering rent-geared-to-income in a community setting. This includes sharing responsibilities for the maintenance of the residence, meeting with other residents for a common weekly meal, community-based volunteer work. There are no drugs or alcohol permitted on site. RJHO volunteers support with community reintegration

<http://.rjho.ca>

[info@rjho.ca](mailto:info@rjho.ca)

1-888-293-9540

## SACAJAWEA NON-PROFIT HOUSING (AGES 18+)

Provides low to moderate-income Indigenous, Inuit and Metis individuals and families with affordable housing in Hamilton, Ontario. Based on a rent geared to income model. Also offers referrals to services to help tenants with their individual needs.

Address:

219 East Ave N, Suite 107  
Hamilton, ON L8L 5J4

Phone:

905-544-3406

Hours:

Friday, 8:30 am – 4 pm

Web:

<https://sacajawea.ca/>  
[osw@sacajawea.ca](mailto:osw@sacajawea.ca)

Accessibility:

## WESLEY URBAN MINISTRIES

### WESLEY YOUTH HOUSING PROGRAM

Apartment-style units for youth aged 16-21 who are unhoused or at risk of homelessness. Conditions: must be in school, working, or looking for work; have income or are eligible to receive Ontario Works; have independent living goals and can live cooperatively with other youth. Requires an [application](#); youth can self-refer to the program.

905-527-4430 ext. 28

[youth.housing@wesley.ca](mailto:youth.housing@wesley.ca)

### WESLEY YOUTH DIVERSION PROGRAM

For youth, ages 16-24, who are accessing shelter for the first time, at imminent risk of becoming homeless, couch surfing or experiencing family conflict. Case management, shelter diversion, housing supports and family mediation. Short-term accommodation at Wesley Youth Housing as one of the housing supports

(905) 527-4430 x28

[youth.diversion@wesley.ca](mailto:youth.diversion@wesley.ca)

# YMCA OF HAMILTON

## YOUTH IN TRANSITION – HOUSING SUPPORT

The Housing Support Program is for youth ages 16 and 17 that are currently in need of housing attainment, maintenance, and support. They can assist with searching, viewing, applying, and retaining independent housing, as well as developing household management skills and life skills such as budgeting.

365-889-6600

[sarah.trimble@ymcahbb.ca](mailto:sarah.trimble@ymcahbb.ca)

## RESOURCE HUBS & DROP-INS

### THE HUB HAMILTON (AGES 17-29)

The Hub is for people aged 17-29 experiencing homelessness, poverty, and/or addictions. They can assist with crisis intervention, justice services support, transportation & accompaniment, relationship navigation & emotional support, street outreach, group home & foster care engagement, and mediation services. No health card needed for medical care.

Address:

78 Vine St

Hamilton, ON L8R 2A9

Phone:

365-833-7854 (24-hour intake line)

Hours:

General Drop-In (all ages?):

Monday to Friday, 5 pm – 9 pm

Youth Drop-In (ages 17-25):

Saturdays: 7 pm – 11 pm

Primary Care Clinic:

Tuesday to Friday 1 – 4 PM

Street Health Clinic:

Monday, 1 – 4 pm

Web:

<https://www.thehamiltonhub.org/>

[info@thehamiltonhub.org](mailto:info@thehamiltonhub.org)

[clinic@thehamiltonhub.org](mailto:clinic@thehamiltonhub.org)

## HRIC

### LIFE LONG CARE PROGRAM

The Life Long Care program services chronically ill, cognitively impaired, physically disabled, frail and elderly urban Indigenous people. The delivery of community support services include transportation, friendly visiting, congregate dining, culturally-specific support, security checks, subsidized foot-care clinics and life skills outreach in the community.

## JOHN HOWARD SOCIETY

### **Hamilton Youth Navigation Program (YNP)**

This community based initiative for youth requiring support will help young people navigate the service systems, and connect them to resources in the community. The program provides individual case management and group sessions to support youth in identifying, developing and implementing a personal plan based on their own goals. Program services include; anger management, mental health, financial literacy, conflict resolution, and employment support. Self referrals are welcome and programming is free to all participants aged 12-24 years.

905-522-4446 ext. 313

[reception@jhshamilton.on.ca](mailto:reception@jhshamilton.on.ca)

## ST. MATTHEW'S HOUSE

A charitable, non-profit, multi-service agency that serves the needs of families, children, youth, seniors and individuals living in poverty.

Address:

414 Barton St East

Hamilton, ON L8L 2Y3

Phone:

905-523-5546

Hours:

Monday to Friday, 8:30 am – 4:30 pm

Web:

<https://stmatthewshouse.ca>

[admin@stmatthewshouse.ca](mailto:admin@stmatthewshouse.ca)

Accessibility:

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## HOUSING FOCUSED STREET OUTREACH

Provides support for individuals who are experiencing homelessness and face barriers to engaging with services within the community. Outreach workers assist individuals in connecting to programs providing housing, income, health care, and other appropriate community supports. In partnership with the City of Hamilton's Housing Services Division.

Contact:

905-546-2828

[unsheltered@hamilton.ca](mailto:unsheltered@hamilton.ca)

## SENIORS CRISIS INTERVENTION PROGRAM (AGES 55+)

Supports seniors who are at risk of homelessness and/or have an urgent situation that requires immediate support. Aimed to assist individuals in stabilizing their current crisis and connecting people with community services. The program also provides care plans, short term case management (up to 3 months), as well as linkages and referrals to long term community supports.

Contact:

905-523-5546 ext. 230

## SENIORS FIRST RESPONSE PROGRAM (AGES 55+)

Offers immediate support to seniors 55+ needing a rapid crisis response due to mental health, poverty, addictions, disabilities, and other vulnerabilities. The team includes emergency food delivery and follow up supports to alleviate a future crisis.

Contact:

905-523-5546 ext. 240

## INDIGENOUS FOLKS

### **Mental Health & Addiction Services — De dwa da dehs nye s — Aboriginal Health Centre**

For members of the Urban Indigenous community over the age of 6. Offering counseling (youth and adult), groups, outreach, navigation, case management and peer support.

678 Main Street East

905-544-4320 ext. 555

[info@dahac.ca](mailto:info@dahac.ca)

### **Community Assistance Program (CAP) — Anishinabek Nation**

Call for support with relationship concerns, anxiety, depression, grief, substance use, or coping with health issues. Available 24/7 to any citizen of the 39 Anishinabek Nation member First Nations. 1-800-663-1142

### **Ganohkwasra- Family Assault Support Services**

8-bed co-ed residence for First Nations youth 12-18 years with behavioural challenges. Priority given to Six Nations or New Credit members.

Youth Lodge: 519-445-0216

Ganohkwasra: 519-445-4324

Crisis: 24-hour support line: 519-445-4324

### **Gędęo Community Crisis Hub — Six Nations Health Services**

The Gędęo Community Crisis Hub is a safe space where community members can walk-in or call for crisis support. The Crisis Hub houses specialized mental wellness teams that work together to provide meaningful support to those impacted by crisis.

1546 Chiefswood Rd, Ohsweken

226-446-9902

[csault@sixnations.ca](mailto:csault@sixnations.ca)

Monday to Friday (except holidays): 8:00 am – 11:00 pm

### **Hamilton Regional Indian Centre**

Provides and advocates for a full range of community-based services for Indigenous peoples. Offers culturally appropriate programs focused on child and youth development, community wellness, and the promotion of healthy lifestyles choices. Wheelchair accessible.

34 Ottawa St N

905-548-9593

[adavis@hric.ca](mailto:adavis@hric.ca)

### **HRIC Endaayaang: Housing First 4 Youth (HF4Y)**

Endaayaang is a HF4Y project that supports Indigenous youth, aged 16-24, who are exiting systems such as Child Protection Services, Justice, Healthcare, or youth whose personal safety may be at risk. They provide immediate access to housing that is safe, affordable and appropriate, with zero preconditions.

### **HRIC Housing Support Worker**

Supporting youth entering a Voluntary Youth Service Agreement (VYSA) with the Children's Aid Society and other child protection agencies.

### **HRIC Indigenous Youth Wellness Program (ages 16-25)**



Offers support for mental health and trauma challenges from a traditional approach. In partnership with Youth Wellness Centre St. Joseph's Healthcare.  
905-548-9593

### **HRIC Youth in Transition**

Connecting youth leaving care with the proper services to support their mental health and well being, while providing culturally appropriate programming.

### **HRIC – Provincial Youth Outreach Worker (YOW) Program**

The purpose of the Provincial Youth Outreach Worker (YOW) program is to help marginalized and at-risk youth (12-25) and families better navigate and connect with services and pro social opportunities in their communities to improve youth outcomes. The program focuses on at-risk youth who live in an identified priority communities and/or belong to a distinct priority population (e.g. Syrian specific). These youth may experience increased barriers in accessing the opportunities that can help them to develop their capacity to make healthy life choices and achieve their goals.

The Provincial YOW program in Hamilton and Brantford is *funded by the Ministry of Children, Community, and Social Services (MCCSS) and led by Wesley. The Hamilton YOW team works in partnership with Good Shepherd and the Hamilton Regional Indian Centre.*

[yow.hamilton@wesley.ca](mailto:yow.hamilton@wesley.ca)

[yow.brantford@wesley.ca](mailto:yow.brantford@wesley.ca)

### **HRIC — Indigenous Community Mental Health Program**

Provides access to wholistic Anishinaabe/Haudenosaunee worldview and culture-based resources to assist Urban Indigenous community members in addressing mental health concerns, substance misuse, and intellectual wellness. Weaving traditional ways of helping with trauma-informed and strength-based approaches. Clients can access individual sessions as well as virtual Sharing Circles to support one's journey to Mino Pimaadzawiin, using a Good Mind and becoming in harmony with Spiritual ways.

Brennan House (ages 15-18) — Good Shepherd Centres

8 bed facility for youth with complex mental health issues. Staff at Brennan House develop individualized treatment plans to support or enhance youth with their integration into the community. Youth have barrier free access to the Mental Health Clinician as well as individualized and clinically informed care.

614 King Street East

905-577-1166

### **HRIC — Kizhaay Anishinaabe Niin – “I Am a Kind Man”**

The overall purpose of Kizhaay Anishinaabe Niin – “I Am a Kind Man” initiative is to engage children, male youth, men, two Spirited people, and families to speak out and work together in a safe and confidential place to end all forms of violence towards Indigenous women, girls, children and families.

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### **Métis Women's Circle Programs and Events**

A women's social group who meet to support, educate, and empower Métis women. Through reciprocity and the healing journey, the Circle aims to help Métis women reclaim and celebrate their cultures, histories and identities.

44 Park St E  
905-628-5813

[info@metiswomenscircle.ca](mailto:info@metiswomenscircle.ca)

Monday to Friday, 8:30 am - 4:30 pm

### **At Honouring the Circle (Enskoñ:nions tsi Teionkwahwe>noñ:ni in Cayuga) — Native Women's Centre**

Transitional housing for women and their children who are at risk of homelessness, poverty or abuse. While at HTC, families are offered tools of empowerment, self-reliance, and economic independence. Through traditional Indigenous culture and values, our goal is to strengthen women and their children in the hopes that they can find sustainable and safe permanent housing. For more information please call: 905-318-1822.

### **Hope for Wellness Helpline**

Available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online 'chat' 24 hours a day, 7 days a week. Telephone and online chat services are available in English and French. Telephone support is also available upon request in Cree, Ojibway (Anishinaabemowin), and Inuktitut, however the language supports are not available 24/7, so you may need to call in to find out the next time that a language-speaker will be available. 1-855-242-3310 Online chat available: [hopeforwellness.ca](http://hopeforwellness.ca)

### **Indian Residential School National Crisis Line**

National crisis line for Indian Residential School Survivors. Available 24-hours a day, seven days a week for anyone experiencing pain or distress as a result of their Residential school experience.

1-866-925-4419

### **Indian Residential Schools Resolution Health Support Program**

Provides residential schools-related counselling for former students and their family members (no Status Card required) for up to 22 hours to be used within 12 months. For a list of service providers in Ontario, call 1-888-301-6426.

### **Mental Health and Addictions Services — Six Nations Health Services**

Offering mental health and addiction services for members and residents of Six Nations of the Grand River Territory. The type of support varies based on the needs of the individual. Client services are by appointment only.

1769 Chiefswood Road, Ohsweken  
519-445-2143  
[health@sixnations.ca](mailto:health@sixnations.ca)

Monday to Friday (except Holidays): 8:30 am – 4:30 pm

### **Métis Nation of Ontario's (MNO) — Healing and Wellness branch**

Facilitates and coordinates programs, services, and activities to address the holistic needs of Métis people in Ontario. A 24-hour Mental Health and Addictions (MHA) Crisis Line, is available in English and French.

Crisis line: 1-877-767-7572

Non-urgent:

Children and Youth (ages 0 – 17): 613-217-3143  
Adults (ages 18+): 705-929-4753  
Toll-Free Number: 1-800-263-4889

### **Métis Nation of Ontario (MNO) – Community Justice Services Program**

The MNO Community Justice Services Program helps Métis Nation of Ontario citizens access free legal advice, as well as information and referrals for navigating the criminal justice system. They also provide access to restorative justice practices as an alternative to the criminal justice system.

1-800-263-4889  
[justice@metisnation.org](mailto:justice@metisnation.org)

### **Missing and Murdered Indigenous Women and Girls Crisis line**

An independent, national, toll-free support line for anyone who requires assistance. Available 24/7.

1-844-413-6649

### **Native Youth Crisis Line (youth under 18)**

A National toll-free 24/7 phone line for Indigenous children and youth under 18 yrs. Any issue, challenge or struggle can be discussed anonymously.  
1-877-209-1266

### **Native Youth Sexual Health Network (NYSHN)**

NYSHN is led by and for Indigenous youth under the age of 30. They work with Indigenous peoples across Canada and the United States to advocate for and build strong, comprehensive, and culturally safe initiatives in their own communities around sexuality and reproductive health, rights, and justice.

NYSHN is based in Toronto, however there are opportunities to organize workshops, beading circles, and other events for Indigenous youth. There are also some online resources, which we are including here.

[nativeyouthsexualhealth.com](http://nativeyouthsexualhealth.com)

[info@nativeyouthsexualhealth.com](mailto:info@nativeyouthsexualhealth.com)

### **You Are Made of Medicine**

An online [Mental Health Peer Support Manual](#) for Indigiqueer, Two-Spirit, LGBTQ+, and Gender Non-Conforming Indigenous youth.

<https://www.nativeyouthsexualhealth.com/peersupportmanual>

### **niizh jijaag gashkibijigan: Building Our Bundles of Support with Two-Spirit Youth**

A resource for sharing tools and teachings around how to better support 2SLGBTQQIA+ young people. NYSHN will be holding four 3-hour virtual gatherings between now and 2025. Honorarium and meal gift cards will be available for all participants.

Sign up for updates online: <https://www.nativeyouthsexualhealth.com/2sbundles>

### **Native Women's Centre Emergency Outreach Program**

Provides emergency food/clothing/household supplies to Indigenous women living in the Hamilton area who are homeless or at risk of being homeless. Supplies are delivered to the applicants homes.

Crisis Line Number: 1-888-308-6559

Work: 905-977-0234 (Emergency Outreach)

Work: 905-664-1114 (Shelter Services)

[eow1@nativewomenscentre.com](mailto:eow1@nativewomenscentre.com)

### **Niwasa Kendaaswin Teg**

Programs and services for Indigenous children, youth, families and community that are rooted in culture and language revitalization. Holistic education programming for Indigenous preschoolers, youth, and families designed to develop self-esteem and life-long learning. Speaking English, Ojibwa and Mohawk. There is also a food bank and grocery delivery service available— call to schedule an appointment.

785 Britannia Ave  
905-549-4884

office@niwasa.ca

## **Q̄gwan̄hgwahtrāz:’ Tsēh Niȳq̄gwai:ho’d̄e’ (Traditional Medicine Program) — Six Nations Health Services**

Q̄gwan̄hgwahtrāz:’ Tsēh Niȳq̄gwai:ho’d̄e: provides Six Nations Community Members and their families with access to Hodi:n̄q̄sh̄q̄ni: traditional medicines. They offer a range of health care choices from community recognized traditional medicine practitioners who specialize in a variety of areas of traditional medicine.

727 3rd Line, Ohsweken  
226-387-0775

Monday to Friday (except Holidays): 8:30 am – 4:00 pm  
Client Services: By Appointment Only

<https://www.snhs.ca/mental-wellness/traditional-medicine-program/>

### **Six Nations Mobile Crisis Service**

Providing holistic and culturally appropriate immediate support to individuals in crisis through phone, text, live chat, or in person (walk-in / mobile response). They can also provide referrals to community agencies. All calls, texts, live chats, mobile visits and walk-ins are strictly confidential. The crisis phone line available 24/7; text / walk-in / live chat crisis support is available weekdays from 8:30 am to 4:00 pm.

24/7 Crisis Line:  
519-445-2204  
866-445-2204

Monday to Friday, 8:30 am – 4:00 pm:

Text: 226-777-9480

Live chat: sixnations.ca – go to “Crisis Support - Start Live Chat”

Walk-in Crisis Support is available at Child and Family Services during business hours

Six Nations Social Services

15 Sunrise Court

Office phone: 519-445-2071

Monday to Friday, 8:30am - 4:30pm

### **W̄ichih̄w̄auwin Helpline — Cree Board of Health and Social Services of James Bay (CBHSSJB)**

Service available 24/7. Cree speakers and Elders are available upon request. Providing a safe and confidential space for people who need to talk on the phone about any difficult situations concerning their well-being. The service is offered in English and French. Cree speakers and traditional healers are also available upon request.

### **YÉN:TENE Indigenous Justice**

Providing access to justice for Indigenous people in Hamilton and surrounding communities.

Contact the Indigenous Justice Coordinator: Lyndon George.

Cell: 289-680-4544

Office: 905-527-4572

### **Youth In Transition — Six Nations Social Services (ages 16-24)**

A program is to support First Nations, Métis and Inuit Youth in their successful transition out of the Child Welfare System.

15 Sunrise Court, Ohsweken

519-445-2071 ext 4203

[yitw@sixnations.ca](mailto:yitw@sixnations.ca)

### **Aboriginal Sexual Health Network**

<http://www.aboriginalsexualhealth.ca/>

## 2SLGBTQIA+ FOLKS

### COMPASS COMMUNITY HEALTH CENTRE – TRANS ID CLINIC

The trans ID clinics runs on the third Thursday of every month from 5-7pm. Virtual, telephone and in-person options. Call the Hamilton Community Legal Clinic to book an appointment: 905-527-4572

More info: [https://www.compassch.org/userfiles/Changing\\_Your\\_ID\\_FAQs.pdf](https://www.compassch.org/userfiles/Changing_Your_ID_FAQs.pdf)

## DISABILITY SUPPORT

# RESIDENTIAL ADDICTIONS TREATMENT SERVICES

## HAMILTON REGIONAL INDIAN CENTRE (HRIC)

### ABORIGINAL ALCOHOL AND DRUG WORKER PROGRAM (AADWP)

The goal of the Aboriginal Alcohol and Drug Worker Program (AADWP) is to assist Aboriginal people in addressing alcohol/drug issues and preventing or minimizing the negative effects of addictive substances for aboriginal individuals, families and communities. The AADWP is designated as a community based assessment, referral and support program for Aboriginal people desiring to improve their quality of life by moving away from addiction lifestyles.

The AADWP also provides alternatives to alcohol, drug and solvent abuse through family and community based activities and events, which promote healthy active living free from alcohol and substance abuse. Plans of recovery and after care support programs are also provided to those who return from Treatment Centres.

The AADWP also provides education and information services to schools, community groups, and mainstream treatment and service providers. Worker also participates in community events to promote and articulate the aspirations of the urban Aboriginal community.

## MISSION SERVICES

### SUNTRAC WELLNESS AND ADDICTION CENTRE -- MISSION SERVICES??? (19+)

Addiction treatment, harm reduction supplies for people at drop in or shelters. Personalized support for adults who are seeking to change their substance use \* participants learn to identify and deal with triggers while living in the community \* offers harm reduction stream. Call to register.

### SUNTRAC TREATMENT PROGRAMMING

Intake and GAIN Assessment, Case Management; day & Evening Group Programs; mental Health Supports; Harm Reduction & Abstinence Approaches Supported; Group & One-on-one Sessions. There is also an aftercare program to prevent relapse, for those who have completed the programming.

196 Wentworth St N  
905-528-0389

[suntrac@mission-services.com](mailto:suntrac@mission-services.com)

## ST. JOSEPH'S HEALTHCARE ADDICTIONS SERVICES

### YOUTH WELLNESS CENTRE (AGES 17-25)

Mental health and addictions clinic for youth aged 17 to 25. Part of the Shelter Health Network.

Address:

Phone:

Hours:

Monday: 8:30 am – 4:30 pm

Tuesday: 8:30 am – 8 pm

Wednesday: 8:30 am – 4:30 pm

Thursday: 8:30 am – 4:30 pm

Friday: 8:30 am – 4:30 pm

Web:

<https://www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/youth-wellness-centre>

Accessibility:

## MEN'S ADDICTION SERVICES HAMILTON (MASH)

## WOMANKIND ADDICTIONS SERVICES

## WAYSIDE HOUSE

Wayside House of Hamilton Location. A long-term residential addiction treatment facility for males and transitional male youth with a 20 bed capacity. Part of the Shelter Health Network.

M- F 8 am – 4 pm

<http://www.waysidehouse.ca/>

<https://redbook.hpl.ca/node/27256>



## WESLEY SPECIAL CARE UNIT

Harm reduction and managed alcohol program for women and men experiencing homelessness, addiction, and serious health problems. Up-front discharge planning for effective transition to the community. Offering care for health and emotional needs, residential and outpatient services. Part of the Shelter Health Network in Hamilton.

<https://wesley.ca/program/special-care-unit/>

<https://redbook.hpl.ca/node/16831>

## OTHER

### ONLINE COMMUNITY RESOURCE DIRECTORIES

HEALTH SERVICES FOR HAMILTON NIAGARA HALDIMAND BRANT

<https://www.hnhbhealthline.ca/index.aspx>

RED BOOK

<https://redbook.hpl.ca/>

211 ONTARIO

<https://211ontario.ca/>