



THE WOMEN'S CENTRE
— OF HALTON —

Community Resources and Supports

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Abortion Clinics

Clinic Name	Contact	Information
Brampton Woman's Clinic	905-789-7474 2250 Bovaird Drive, East, Suite 602, Brampton	Medical and Surgical abortion w/ Counselling Medical without OHIP: \$980 With OHIP \$ 70 Time Frame: up to 10 Weeks Surgical - Without OHIP \$600 (<12 weeks, increases with longer pregnancy. with OHIP \$70 also increases with weeks Time Frame: up to 17 weeks Cost: Ontario Health card + <12 weeks \$70 13-16 weeks \$100 16-18 weeks \$150 No health card: \$980 (pill) or \$600 (surgical) with weeks of preg. Time Frame: 4 to 18 weeks
Mississauga Woman's Clinic	905-629-4516 101 The Queensway W, Suite 401, Mississauga	Services: with OHIP Medical and Surgical 70.00 Medical and Surgical w/o OHIP: Medical \$830 4-10 weeks Surgical w/o OHIP: \$550 (4-16 weeks) Without OHIP/insurance can call Parent Parenthood who cover the cost to have procedure (medical surical in MWC)

Choice in Health	647-370-3203 1678 Bloor Street West, Suite 301, Toronto	Cost: Ontario Health Card, no other costs \$440 cash if no health insurance, at any stage of pregnancy Time Frame: From time of positive pregnancy test to 15+2 weeks
The Morgentaler Clinic	416-932-0446 ext. 2 Toll free: 1-800-556-6835 727 Hillsdale Ave. East. Toronto	Cost: NO OHIP, Medical \$1000 4-9.6 wk Surgical 600-1000 dep on guest Time Frame: 5 to 19 weeks
Women's Care Clinic	416-256-7149 416-256-4139 960 Lawrence Ave. West, Toronto	Cost: Ontario Health card + < 12 weeks \$60 12-16 weeks \$150 16-19 weeks \$300 No health card: sliding scale starting at \$500 medical \$1000 without OHIP \$0 with OHIP Surgical \$500 - \$1400 with OHIP \$60 4-15 weeks Time frame : 10 Weeks
Bloor West Women's Clinic	416-849-4595 Toll Free: 1844-785-1375 2425 Bloor Street West, Suite 403, Toronto	Cost: Ontario Health Card + <13 weeks \$60 13-16 weeks \$100 No Health card: sliding scale starting at \$400 Time frame: first day of positive pregnancy test to 19 weeks
Regional Woman's Health Centre	416-351-3700 790 Bay Street 8 th Floor, Toronto	Cost: Ontario Health Card, no other costs. Will see immigrants, refugees, and students without coverage. Some costs for tests done in hospital.

		Time frame: 5-14 weeks (some procedures through hospital)
Cabbagetown Clinic	416-323-0642 Toll Free: 1-800-399-1592 302 Gerrard St. East, Toronto	Cost: Ontario Health Card, no other costs. No Health Card: Sliding scale starting at \$600 Time frame: 5-24 weeks Need parental consent if under 16 years old
Hamilton Health Services	905-389-5068 Juravinski Hospital- Women's Clinic 711 Concession Street	Cost: Ontario Health Card, no other costs. No OHIP Card: approximately \$2500 Time frame: up to 15 weeks

Abuse Supports

Centre/Support	Contact	Services
SAVIS- Sexual Assault and Violence Intervention Services	Crisis line: 905-875-1555 Office line: 905-825-3622 1515 Rebecca St., Suite 227, Oakville	Provides support for survivors of violence 24/7 crisis line, counselling, and support groups
Halton Women's Place	Burlington/Oakville: 905-332-7892 Milton: 905-878-8555	Provides support for women living in Halton impacted by domestic violence 24/7 crisis line, shelter, counselling, safety planning, community referrals, housing support, court support, bridging families program
Embrave	Crisis Line: 905-403-0864 or 1-855-676-8515	Provides support for women and their children

	Office line: 905-403-9691	experiencing any form of violence in the Region of Peel and beyond 24/7 crisis line, emergency shelter, counselling
Thrive Counselling	Milton/Oakville: 905-845-3811 Burlington: 905-637-256 465 Morden Rd, Suite 200, Oakville 300 Main St East, #207, Milton	Provides free counselling for women and children who have experienced abuse Counselling, Violence Against Women Program, Partner Abuse Response Program, Caring Dads Program
Nina's Place- Domestic Violence Care Centre	905-632-3737 ext. 5708 Emergency Department: 905-336-4116 Located in Joseph Brant Hospital: 1245 Lakeshore Rd, Burlington	Provides support for domestic violence survivors Health services, risk assessment, emotional support, counselling, referrals
Assaulted Women's Helpline	1-866-863-0511 OR TTY: 1-866-863-7868	Provides 24/7 crisis Line for victims of abuse Support in over 200 languages
Halton Regional Intimate Partner Violence Unit	905-825-4777	Provides police assistance with intimate partner violence
Bayridge Counselling Centres	905-319-1488 Burlington: 845 Harrington Ct, #200a, Burlington Oakville: 345 Lakeshore Rd. East, Unit 309, Oakville	Provides individual and couples counselling services including trauma, PTSD, and abuse
Interval House of Hamilton	Crisis: 905-387-8881 Office: 905-387-9959 630 Sanatorium Rd., Hamilton	Provides services for women who have experienced abuse or violence

		24/7 crisis line, counselling, emergency shelter, safety planning, and support groups
Women Centre of Hamilton	905-522-0127 100 Main St. E, #205, Hamilton	Provides peer support, individual counselling, information and referrals, advocacy and support, and groups
Indus Community Services (Peel)	905-275-2369 3038 Hurontario Street, Suite 206, Mississauga info@indus.ca	Provides community based social services in Peel for abused women ACES Program- crisis intervention, culturally responsive counselling, safety planning, support groups
Chantel's Place- Domestic Violence Centre	905-848-7580 ext. 2548 Located at Mississauga Hospital: 100 Queensway W, Mississauga	Provides support for survivors of domestic violence Documentation and/or treatment of injuries, safety planning, and referrals
Toronto Interval House	Crisis line: 416-924-1491 or 1-888-293-5516	Provides services for intimate partner violence survivors and their children 24/7 crisis line, emergency shelter, counselling, workshops, employment and housing support, safety planning
North York Women's Centre	416-781-0479	Provides groups, one-to-one support for women
The Redwood	Crisis line: 416-533-8538 TTY: 416-533-3736 Text: 647-370-8300	Provides support for women and children fleeing abuse 24/7 crisis line, housing support, employment counselling, legal support, counselling
Metropolitan Action Committee on Violence	416-392-3135	Provides resources to help end violence

Against Women and Children (METRAC)		Counseling, group work, and education workshops
Family Service Association of Toronto	416-595-9618 355 Church Street Office Toronto, Ontario	Counselling, support groups, and educational workshops for women who have been in situations of partner abuse
The Gatehouse	416-255-5900 3101 Lake Shore Blvd West, Toronto	Support for individuals impacted by childhood sexual abuse.
Domestic Violence Care Centre in Toronto	416-323-6040	Provides services to survivors of domestic violence Crisis support, assessment and documentation of injuries, safety planning, referral to community resources
Domestic Violence Emergency Response System (DVERS)	416-808-7077	Provides home alarm systems in coordination with police (city of Toronto)
Fem'aide	1-877-336-2433	Support line for French speaking women experiencing violence
MyPlan	App for phone https://myplanapp.ca/en/	Allows users to create a tailored safety plan for individuals who experience violence/abuse

Addiction Supports

Centre/Support	Contact	Services
Halton Alcohol, Drug & Gambling Assessment Prevention & Treatment Services (ADAPT)	905-639-6537 ext. 0 Head Office: 165 Cross Ave, Suite 203 Oakville	Provides services for those impacted by alcohol, drug, and gambling addictions Assessment, referral, treatment, counselling, and

		support groups (youth programs available as well)
Alcoholics Anonymous	905-845-5900 141 Bronte Rd, Oakville	Offer support group for individuals who have a drinking problem
Hope Place Centre	905-875-3214 Toll free: 1-877-399-7299 Admissions: 905-465-1679 9605 Regional Road 25 North, Milton	Provides addiction support groups for individuals and families Live in treatment centres for women (men's centre also available)
Mississauga and Oakville Rapid Treatment Centre- MOST	905-842-4848 1108 Speers Rd., Oakville	Offers a treatment centre for anyone suffering from an opiate or painkiller addiction
Peel Addiction Assessment and Referral Centre- PAARC	905-629-1007 5170 Dixie Road, Suite 302, Mississauga	Offers a variety of programs for people experiencing challenges related to their own or someone else's substance abuse, gambling, gaming, or other addictions Individual/group counselling, assessments, treatment planning, case management, and referrals
Halton Region Harm Reduction Services - Exchange Works Program	905-330-3305	Provides mobile outreach services including exchanging needles, providing health information, distributing safe sex supplies, providing Naloxone, and referrals
Bayridge Counselling Centres	905-319-1488 Burlington: 845 Harrington Ct, #200a, Burlington Oakville: 345 Lakeshore Rd. East, Unit 309, Oakville	Provides counselling services including addiction

Alternatives for Youth	905-527-4469 38 James St. South, 2nd floor, Hamilton	Provides substance use services for ages 12-25
Womankind Addiction Service	905-521-9591 431 Whitney Ave, Hamilton	Provides addiction services affiliated with St. Joseph's Healthcare
Breakaway Addiction Services (Toronto)	416-537-9346	Provides substance use support and treatment
Women's Own Withdrawal Management Centre (Toronto)	416-603-1462 892 Dundas St. W, Toronto	Offers a withdrawal management centre
Centre for Addictions and Mental Health (CAMH)	416-535-8501	Offers addictions and mental health services based in Toronto Will connect to regional services
One-Link	905-338-4123 Toll free: 1-844-216-7411	Provides a connection to addictions and mental health services
Drug and Alcohol Registry of Treatment (DART)	1-800-565-8603	Offers a 24/7 helpline (translation services available) that provides information about drug and alcohol addiction services in Ontario
Ontario Problem Gambling Helpline (OPGH)	1-888-230-3505	Offers a telephone line for referral to gambling treatment programs and services in Ontario`
NARC Anonymous	1-888-811-3887	Offers a support group for recovering addicts

Bereavement Supports

Centre/Support	Contact	Services
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Bereaved Families of Ontario – Halton/Peel	905-848-4337 33 City Centre Dr, Suite 610, Mississauga	Provides 1 on 1 support and a variety of support groups for youth and adults
Acclaim Health	905-827-8800 Ext. 2313 Burlington Ext. 2312 Oakville Ext. 2320 North Halton 2370 Speers Rd., Oakville	Provides 1-on-1 support, palliative and hospice care, and a variety of grief support groups for youth and adults
Lighthouse for Grieving Children	905-337-2333 2522 Rebecca St., Oakville	Provides support groups for children and caregiver support
Thrive Counselling	905-845-3811 465 Morden Rd, Suite 200 Oakville 400 Main St. East, #207, Milton	Offers counseling – individual, couples or family including grief counselling
Heartache to Hope	905-599-4673 1155 North Service Rd, Unit 11, Oakville	Offers suicide loss support groups and peer support
Friends in Grief	905-574-0405 947 Rymal Rd East, Hamilton	Offers support groups for grief
C.O.P.E.S. (Community of People Extending Support)	416-767-6793	Offers a 6-week bereavement follow up program

Child and Youth Services

Centre/Support	Contact	Services
SAVIS- Sexual Assault and Violence Intervention Services	Crisis line: 905-875-1555 Office line: 905-825-3622	Provides support for all survivors of sexual violence

	1515 Rebecca St., Suite 227, Oakville	Youth support groups, LGBTQA+ services, and education on healthy relationships
Reach Out Centre for Kids (ROCK)	Crisis line: 905-878-9785 Office line: 289-266-0036 Burlington: 471 Pearl St., Burlington Oakville: 504 Iroquois Shore Rd., Unit 12A Milton: 400 Bronte St. S., Suite 10	Provides support programs for children, youth, and families 24/7 crisis line, mental health support, trauma support, autism and behavioural services, and walk in therapy clinics
Oak Park Neighbourhood Centre	905-632-6029 2200 Sawgrass Dr., Oakville	Offers preschool, child and youth, and family programs Family drop ins, play groups, after school activities
Thrive Counselling	Milton/Oakville: 905-845-3811 Burlington: 905-637-256 465 Morden Rd, Suite 200, Oakville 300 Main St East, #207, Milton	Provides individual or family counselling for youth and their families
SafetyNet Children and Youth Charities	905-845-7233 1317 Speers Rd., Oakville	Offers clothing bank, tutoring, music programs etc. for youth up to 18
YMCA	905-845-3417, 410 Rebecca St., Oakville	Offer wide variety of programs for youth
Family Association for Mental Health Everywhere (FAME)	416-207-5032	Provides education, individual counselling to family of persons dealing with mental health issues, support groups, specialized programming for children and youth
Woodview Mental Health & Autism Services	905-689-4727	Provides treatment services for social,

	69 Flatt Rd, Burlington	emotional, and psychological difficulties and therapy programs for children with autism.
Bridging the Gap	905-635-0663 Toll free: 1-877-425-8661	Provides support for youth 16-24 experiencing of at risk of homelessness
Alternatives for Youth	905-527-4469 38 James Street South, 2nd Floor, Hamilton	Offers substance use and mental health care services for youth ages 12-25
Child Development Institute (CDI)	416-603-1827 197 Euclid Ave. Toronto	Offers healthy child development program, early intervention, family violence services, learning disabilities and mental health services
Sick Kids Hospital (Toronto)	416-813-1500 555 University Avenue, Toronto	Provides care, support and assessment for youth
Kid's Help Phone	Call: 1-800-668-6868 Text: 686868	Provides 24/7 support for children and teens
Victim Support Line	416-314-2447 Toll free: 1-888-579-2888	Offers crisis Line, family court support program, and help for child victims
Naseeha Youth Helpline	1-866-627-3342	Provides anonymous, non-judgmental peer support, youth workshops, web therapy, and texting mental health support

Child Abuse Supports

Centre/Support	Contact	Services
Halton Children's Aid Society	905-333-4441	Provides phone line for reporting child abuse and neglect and provides

	<p>1-866-607-5437</p> <p>Burlington Office: 1445 Norjohn Court Burlington</p> <p>Milton Office: 325 Main Street East Milton</p>	resources for children, youth, and families to thrive
Reach Out Centre for Kids (ROCK)	<p>Crisis line: 905-878-9785</p> <p>Office line: 289-266-0036</p> <p>Burlington: 471 Pearl St., Burlington</p> <p>Oakville: 504 Iroquois Shore Rd., Unit 12A, Oakville</p> <p>Milton: 400 Bronte St. S., Suite 10, Milton</p>	<p>Provides support programs for children, youth, and families</p> <p>24/7 crisis line, trauma support, walk in therapy, crisis response</p>
Radius Child & Youth Services	<p>905-825-3242</p> <p>Toll free: 1-855-744-9001</p> <p>Oakville: 60 Lakeshore Road West, Oakville</p>	Offers assessment and counselling services to children, adolescents and families affected by child abuse
Halton Regional Police Service Child Abuse and Sexual Assault Unit	905-825-4777 ext. 8970	Provides phone line for reporting child abuse or neglect
Nina's Place- Domestic Violence Care Centre	<p>905-632-3737 ext. 5708</p> <p>Emergency Department: 905-336-4116</p> <p>Located in Joseph Brant Hospital: 1245 Lakeshore Rd, Burlington</p>	<p>Offers children services for victims of domestic violence and sexual abuse</p> <p>Examination and treatment of injuries, collection of evidence, counselling, risk assessment, collaborative effort between doctor, police, and children's aid society</p>
Thrive Child and Youth Trauma Services	<p>905-523-1020</p> <p>460 Main St. E, Suite #201, Hamilton</p>	Provides professional assessment and trauma treatment services, as well as prevention and educational programs for children who have been sexually abused

Child Development Institute (CDI)	416-603-1827 197 Euclid Ave. Toronto	Provide family violence services which include counselling, parenting support, group programs, shelter services, and links to community supports
SCAN (Suspected Child Abuse and Neglect) Program @ Sick Kids	416-813-7500 555 University Avenue, 6th Floor, Black Wing	Offers care, support, and assessment for abused or maltreated children and teens
Leave Out Violence Everywhere (LOVE) (Toronto)	416-785-8411 3120 Bathurst St. North York	Offers a program for youth (13-19) affected by violence either as victims, perpetrators, or witnesses
The Gatehouse	416-255-5900 3101 Lake Shore Blvd West Toronto	Provides support, resources, programs, and group support for victims of childhood sexual abuse
Kids Help Phone	Call: 1-800-668-6868 Text: 686868	Provides a 24/7 support line for children and teens on the phone, online, and through text
Victim Support Line	416-314-2447 Toll free: 1-888-579-2888	Provides crisis line, support, and services for child victims

Clothing Supports

Centre/Support	Contact	Services
SafetyNet	905-845-7233 1317 Speers Rd., Oakville	Provides clothing bank for all ages
Goodwill, The Amity Group	905-338-6240	Provides affordable clothing, household items, dishes, games, furniture, books, walkers, wheelchairs, etc.

Salvation Army Thrift Store	905-845-2351 356 Kerr St., Oakville	Provides affordable clothing, household items, dishes, games, furniture, books, walkers, wheelchairs, etc.
St. Vincent de Paul Society	905-549-3902	Catholic organization which supports people in poverty including a clothing bank
Compassion Society	905-592-3722 1881 Fairview St, Units 4 and 5 Burlington, ON L7S 2K4	Provides clothing and food to individuals in the community who need it
Good for Nothing Store	905-878-5664 2850 Derry Rd. W, Milton	Offers good quality women, children's, and men's clothing for no cost
Clothing for Charity	1-866-499-2999	Collects clothing in Ontario and re-donates clothing to women's shelters in the community

Criminal Justice Supports

Centre/Support	Contact	Services
Canadian Mental Health Association- Halton	905-693-4270 1540 Cornwall Road, Unit 102, Oakville	Provides support and services for individuals with mental health or addiction concerns and are involved with the criminal justice system
John Howard Society	Hamilton, Burlington, and Area- 905-522-4446 Peel, Halton, and Dufferin- 905-459-2205	Provides programs and services that help people affected by the justice system develop key life skills, navigate issues of criminal justice, and build productive futures after incarceration

Elizabeth Fry Society	905-459-1315 44 Peel Centre Dr., #200, Brampton	Provides support for women who are at risk or at in conflict with the law including: court support, drug treatment, counselling services, mother and child programs, transitional residences, and youth programs and services
ADAPT	905-639-6537 ext.0 Head office: 165 Cross Ave, Suite 203, Oakville, ON	Offers a variety of community Justice programs to youth and adults involved with the criminal justice system Assessment, counselling, and case management service
The Bridge Halton	905-634-2867 2-125 North Service Road, Oakville	offer reintegration services to people exiting incarceration and settling in Halton including case management, support groups, counselling, and referrals
Associated Youth Services of Peel	905-890-5222 160 Traders Blvd. E. Suite 100, Mississauga	provides programs for youth involved in the Youth Justice System including attendance centre, extrajudicial measures/sanctions program, multisystemic therapy, counselling, and case management
Victim Services Unit/Victim Quick Response Program	Halton Police Victim Services Unit 905-825-4777 Ext. 5239 Victim Quick Response Program (VQRP) 905-825-4777 Ext. 4810 Victim Support Line 1-888-579-2888	Provides support to victims of crimes VQRP contributes financial assistance to victims who have suffered physical or emotional harm because of violent crimes

Crisis Supports

Centre/Support	Contact	Services
Crisis Outreach and Support Team (COAST)	Crisis line: 1-877-825-9011 TTY: 1-844-646-1700	Provides 24/7 immediate outreach and support for those in a mental health crisis in Halton
Distress Centre Halton	Oakville: 905-849-4541 Burlington: 905-881-1488 Milton: 905-877-1211	Offers telephone and online support for crisis, loneliness, and emotional stress
Reach Out Centre for Kids (ROCK)	905-878-9785	Provides 24/7 immediate outreach and counselling for children and youth, their parents who are experiencing a mental health crisis
Sexual Assault and Violence Intervention Services (SAVIS)	Crisis Line: 905-875-1555 1515 Rebecca St., Suite 227, Oakville	Provides a 24/7 crisis line for anyone experiencing sexual violence
Halton Women's Place	Burlington & Oakville Crisis Line: 905-332-7892 Milton & Halton Hills Crisis Line: 905-878-8555	Provides a 24/7 crisis line for women experiencing abuse
Assaulted Women's Helpline (AWHL)	Crisis Line: 416-863-0511 TTY: 416-364-8762 Toll-free: 1-866-863-0511	Provides 24/7 crisis counselling, emotional support, info, and referrals for women who experienced any type of abuse
Barrett Centre for Mental Health Crisis Support	Crisis line: 905-529-7878	Offers confidential and free services 24/7, crisis line or in person crisis counselling for those experiencing mental health and/or substance use crisis

Canadian Mental Health Association (CMHA) Crisis Support (Peel/Dufferin)	Crisis line: 905-278-9036 1-888-811-2222	Offers 24/7 support line for anyone experiencing a mental health and addiction crisis
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Disability Supports

Centre/Support	Contact	Services
Ontario Disability Support Program (ODSP)	905-637-4500 Toll free: 1-800-567-6388	Provides financial support for living expenses for those who have a disability
Halton Support Services	905-844-7864 53 Bond St., Oakville	Provides community service for people with developmental disabilities including children and adult service coordination, respite program
March of Dimes Canada	416-425-3463 Toll-free: 1-800-263-3463	Provide a wide range of programs and services to adults with physical disabilities
Learning Disabilities Association of Halton-Hamilton	905- 333-1977 560 Guelph Line Burlington	Provides programs and services to individuals with a learning disability
Community Living North Halton	905-878-2337 917-B Nipissing Road Milton	Provides services and support for individuals with a developmental disability including residential accommodations, Supported Independent Living & Life Skills, work/job skills, recreational programs, autism programs, and child services
Bethany Residence	905-335-3463 2387 Industrial Street, Burlington, Ontario	Provides whole-person care to those facing cognitive impairments and/or psychiatric illness

ALS Society of Canada	1-800-267-4257	Support for individuals with ALS
Canadian Nation Institute for the Blind (CNIB) Helpline	Toll free: 1-800-563-2642	Support for blind or vision-impaired individuals
Hearing Society	1-866-518-0000 2227 South Millway #300 Mississauga Ontario TTY: 1-877-215-9530	Provides hearing tests, equipment sales, and counselling
Huntington Society of Canada	1-800-998-7398	Support for individuals with Huntington's Disease
Multiple Sclerosis (MS) Society	Burlington: 905-681-8770 Toll free: 1-800-268-7582	Support for individuals with Multiple Sclerosis
Parkinson Society Canada	1-800-565-3000 416 227 9700	Support for individuals with Parkinson's Disease

Employment Supports

Centre/Support	Contact	Services
Centre for Skills Development & Training	Burlington: 905-333-3499 x 140 / 1-888-315-5521 Oakville: 905-847-8345 Milton: 905-693-8458	Provides free employment programs including one-on-one job search coaching, workshops, settlement services, ESL classes, academic upgrading, skilled trades programs
Employment Halton	905-825-6000 ext. 2777 Oakville: 567 Michigan Drive, Oakville Milton: 470 Bronte Street South, Milton	Offers free employment services including one-on-one support, job search support, preparation for employment, information resources, employment workshops, and training

STRIDE	905-693-4252 55 Ontario St. S, Suite #26, Milton	Provides employment assistance for individuals who suffer from a mental illness or addiction.
Sheridan College Community Employment Services	905-845-9430 ext. 8160	Offers free webinars and workshops on employment related topics
Goodwill Amity	Burlington – 905-633-8324 ext. 2221 3505 Upper Middle Rd., Burlington Oakville – 905-257-8856 2387 Trafalgar Rd. Oakville	Provides employment services including career counselling, finding employment, resume writing, preparation for interviews, developing employment action plans, career exploration, skills training, and workshops
ODSP Employment Support	905-637-4500 1-800-567-6388	Provides employment supports for individuals with a physical or mental disability
Women Centre of Hamilton	905-522-0127 100 Main St. E, #205, Hamilton	Provides employment counselling for women
Halton Region Small Business Centre	905-825-6000	Provides workshops to individuals wanting to start their own business

Family Services

Centre/Support	Contact	Services
Thrive Counselling	Milton/Oakville: 905-845-3811	Provides individual, couple, and family counselling, and a

	Burlington: 905-637-256 465 Morden Rd, Suite 200, Oakville 300 Main St East, #207, Milton	supervised access program
Family Association for Mental Health Everywhere (FAME)	416-248-2050	Offers a range of supports for individuals and their family members who are experiencing a mental health concern including support groups, counselling
Family Services of Peel	905-453-5775 5975 Whittle Rd., #300, Mississauga	Provides walk in counselling, family, and community support services
Family Service Toronto	416-595-9230 355 Church St., Toronto	Provides walk-in counselling, family, and individual support

Food Banks

Centre/Support	Contact	Services
Fareshare Food Bank	905-847-3988 1240 Speers Rd #6, Oakville	Initial interview to ensure qualification Open Mondays and Thursdays Clients may come in once a month
Food Market @ Kerr St. Mission	905-845-7485 485 Kerr St, Oakville	Must fill out referral form on website first Clients may come pick-up food once per week

Burlington Food Bank	905-637-2273 1254 Plains Rd E, Burlington	Provides food to anyone in need of food living in Burlington Shopping model: you choose what you get
Salvation Army Food Bank	905-827-5324 Emergency food provisions: 905-827-6523 1225 Rebecca St., Oakville	Provides emergency food assistance, by appointment only
Acton Foodshare	519-853-0457 352 Queen St, Unit 6, Acton	Open on Tuesdays for pick-up.
Georgetown Bread Basket	905-873-3368 4B Mountainview Rd North, Georgetown	Income assessment interview to ensure qualification
Eden Food for Change	905-785-3651 3185 Unity Dr., #2, Mississauga	Clients can use food bank once a month Also has a learning kitchen - cooking classes
The Mississauga Food Bank	905-270-5589 3121 Universal Dr., Mississauga	Provides healthy and appropriate food for people in need
Food For Life	905-635-1106 2258 Mountainside Burlington Ontario	Provides various neighbourhood food programs in the Halton region

Health Supports

Centre/Support	Contact	Services
Telehealth Ontario	1-866-797-0000	Offers health advice and information from a

		registered nurse 24 hours a day
Alzheimer Society of Hamilton and Halton	Hamilton/Burlington – 289-837-2310 4391 Harvester Rd, Unit 8 Burlington	Provides advocacy and support services to people with dementia, those at greatest risk of developing dementia, and their care partners
Arthritis Society	Burlington, Hamilton, and Niagara Region – 905-632-9390 Toll-Free: 1-800-321-1433 2289 Fairview St. Suite 316 Burlington	Provides research, advocacy and information and support for those living with arthritis
Wellspring Cancer Support Foundation	905-257-1988 Toll-Free: 1-877-499-9904 Oakville Location: 2545 Sixth Line Oakville	Offers programs and services for individuals affected by cancer: peer support, group support, counselling, cancer exercise and nutrition
Canadian Cancer Society	Toll-Free: 1-888-939-3333	Provides support to those affected by cancer including free programs and services, information specialists, online communities
Cancer Assistance Services of Halton Hills	905-702-8886 222 Mountainview Road North, Georgetown	Provides support to those affected by cancer including transportation, equipment and supplies, palliative and respite care, and health and wellness programs
Carpenter Hospice	905-631-9994 2250 Parkway Drive, Burlington	Offers residential-based care to people in the last stages of their life and community-based programs for people dealing with grief
Ian Anderson House	905-337-8004 430 Winston Churchill Blvd., Oakville	Provides a hospice that is open to individuals aged 16 or older with a life expectancy of three

		months or less, who cannot provide necessary care in their own homes
Juravinski Cancer Centre	905-387-9495 699 Concession Street, Hamilton	Provides cancer treatments such as chemotherapy and radiation
Diabetes Canada	1-800-226-8464 200-235 Yorkland Boulevard, Toronto	Provides information about diabetes, and resources
Halton Aphasia Centre	905-877-8474	Provides conversation group therapy for people with aphasia
The Regional Stroke Centre for South Ontario	905-527-4322 ext. 46049 237 Barton Street East, Hamilton	Improves access to evidence-based prevention and care to reduce stroke incidence, mortality, and residual disability
The Kidney Foundation of Canada	1-800-387-4474 1-905-278-3003 1599 Hurontario Street, Suite 201, Mississauga	Provides information and resources to individuals impacted by kidney disease
Canadian Liver Foundation	1-800-563-5483 3100 Steeles Ave Est, Markham	Provides information and patient support to those living with liver disease
Lung Health Foundation Canada	1-888-344-5864	Provides information and guidance on a variety of lung health concerns
Lupus Ontario	1-877-240-1099 905-415-1099 25 Valleywood Dr., Unit 21, Markham	Provides information and support to individuals living with lupus including online/on-person support groups
Bone Research and Education Centre	905-844-5677 3075 Hospital Gate, Unit# 223, Oakville, ON	Provides care and information to individuals with bone and calcium disorders
Osteoporosis Canada	1-800-463-6842	Provides services, education, and research to

	416-696-2663 201-250 Ferrand Dr., Toronto	help individuals take care of bone health
Sexual Health Information Line	Toll-free: 1-800-668-2437 416-392-2437	Provides opportunity to speak with a counsellor anonymously
Sexual Health Clinic- Halton	Burlington- 3350 Fairview Street: 905-825-6000 Ext. 4548 Oakville- 232 South Service Rd, Unit B: 905-825-6000 Ext. 7788 Milton-217 Main Street East, Unit 13, Second Floor : 905-825-6000 Ext. 8400	These clinics provide confidential sexual health services including birth control and pregnancy services, STI and blood borne infection testing and treatment

Housing Supports

Centre/Support	Contact	Services
Halton Housing Help	311 Oakville: 690 Dorval Drive, 7 th floor, Oakville Milton: 470 Bronte Street, 2nd Floor, Suite 207	Provides information and referrals to housing services and resources in Halton including one-to-one support appointments Provides information for emergency shelters in Halton
Halton Access to Community Housing (HATCH)	311 or 1-866-442-5866	Provides safe rental housing for individuals and families with low incomes or financial assistance
Summit Housing and Outreach Programs	Oakville: 905-847-3206	Provides affordable housing and support for

	871 Equestrian Ct, Unit 7 Burlington: 905-333-4814 760 Brant Street Suite 405A	individuals with mental illnesses in Halton including case management, peer support, health and wellness programs, support groups
Support House	1-833-845-9355 Head office: 165 Cross Ave, Suite 201, Oakville, ON	Offers a full range of supportive housing options for those with mental health and/or substance use issues Support with mental health, substance use, and/or addictions, peer support, supportive housing options, transitional housing support
Services and Housing in the Province (SHIP)	905-795-8742 969 Derry RD E, Suite 107, Mississauga	Provides crisis support, transitional housing programs, supportive housing, and other supports for those with mental illnesses in Peel
Shifra Homes	905-681-9633 1860 Appleby Line, Suite #340, Burlington	Provides residential program and shelter for homeless pregnant women
Armagh House	905-855-0299 1801 Lakeshore Rd W, Mississauga	Offers a transitional supportive housing program for women experiencing domestic violence (intake required)
YWCA Hamilton Transitional Living Program	905-522-9922 ext. 114 75 MacNab St. S, Hamilton	Provides temporary housing up to 11 months for women at risk (supportive counselling and crisis intervention available)
Good Shepherd Second Stage Housing	905-523-8895 Crisis Line: 905-529-7878 Hamilton	Provides mid-term housing for abused women and their children and community and counselling services

YWCA Hamilton	905-522-9922	Provides safe, affordable housing options for women fleeing violence
Sacajawea Non-Profit Housing	905-544-3406 370 Main Street East, Hamilton ON	Provides housing for low-income indigenous families and individuals
Ontario Aboriginal Housing Services	1-866-391-1061	Provides safe and affordable housing for Indigenous people

Indigenous/Aboriginal Supports

Centre/Support	Contact	Services
Hamilton Regional Indian Centre	905-548-9593 34 Ottawa St N, Hamilton	Provides a variety of culturally sensitive programs and services regarding addictions, education, family, parenting, wellness, and more
Native Women's Centre	905-664-1114 1-888-308-6559 Hamilton	Provides safe emergency shelter for all women who are experiencing crisis
De Dwa Da Dehs Nyes s Health Centre	905-544-4320 678 Main St. E, Hamilton	Offers health education and promotion, traditional health, and mental health services
Metis Women's Circle	905-628-5813 44 Park St. E, Dundas	Offers culturally specific programs
Niwasas Kendaaswin Teg	905-549-4884	Multi service Indigenous organization
Sacajawea Non-Profit Housing	905-544-3406	Provides housing for low-income indigenous families and individuals

Ontario Aboriginal Housing Services (OAHS)	1-866-391-1061 229 Candlewood Dr., Stoney Creek	Provides safe, affordable housing and support services for aboriginal peoples
Anduhyau Emergency Shelter	416-920-1492 ext. 221 1296 Weston Rd., York	Offers an emergency shelter and other culturally sensitive services for Aboriginal and non-Aboriginal women fleeing violence including counselling, housing support services
The Indigenous Network	905-712-4726	Offers programs and services for indigenous peoples
The Native Women's Resource Centre of Toronto	416-963-9963 191 Gerrard St E, Toronto	Provides programs for Aboriginal women and their children in the Greater Toronto Area including housing, families, advocacy, employment, education, and youth
Native Canadian Centre of Toronto	416-964-9087 16 Spadina Road, Toronto	Offers a wide range of programs and services based on Indigenous cultural traditions and teachings
Aboriginal Legal Services	416-408-3967 211 Yonge Street, Suite 500, Toronto	Offers legal-related programs for Aboriginal people in Toronto
Indian Residential School Survivors Society	1-800-721-0066	Available 24/7 for anyone experiencing pain or distress as of a Residential school experience
Talk4Healing	1-855-554-4325	Offers a culturally sensitive helpline for Indigenous women that provides crisis counselling and referrals

Legal Supports

Centre/Support	Contact	Services
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Law Society of Upper Canada	416-947-3300 Toll free: 1-800-668-7380 www.lsuc.on.ca	Provides a free 30-minute legal consultation
Steps to Justice (Website)	https://stepstojustice.ca	Provides comprehensive information on common legal problems
Law Help Ontario (Pro Bono Ontario)	1-855-255-7256 https://www.probonoontario.org	Provides general information on going to court, employment, housing, consumer issues, power of attorney, and corporate law Provides up to 30 minutes of free legal advice and assistance to individuals who cannot afford a lawyer
Ontario Legal Information Centre	1-844-343-7462 613-842-7462	Provides free 30-minute meetings with a lawyer
Legal Aid Ontario	Toronto: 416-979-1446 Toll free: 1-800-668-8258	Legal assistance for low-income individuals For domestic violence survivors, LAO provides two hours of free legal advice for those who need immediate advice and assistance in relation to family law, immigration, and refugee law
Family Law Information Centre (FLIC)	Milton: 905-878-7281 Brampton: 905-456-4700	Provides legal and non-legal information regarding family law issues (Legal advice in person only)

Halton Community Legal Services	905-875-2069 700 Dorval Dr., #400, Oakville	Offers free legal information and advice (must be a low-income resident of Halton) Income support and public benefits, housing law, employment rights, human rights, Indigenous Rights and Services, Youth Rights, and secondary legal consultation
Mississauga Community Legal Services	905-896-2050 130 Dundas St. E, Mississauga	Provide free legal services to the low-income residents of Mississauga. Housing law, immigration law, ODSP, OW, CPP, employment law, and WSIB
North Peel & Dufferin Community Legal Services	905-455-0160 Toll free: 1-866-455-0160 24 Queen St E, #700, Brampton	Provide free legal services for low-income residents of Brampton, Caledon & Dufferin County Employment law, housing law, immigration law, ODSP, OW, and CPP
Hamilton Community Legal Clinic	905-527-4572 100 Main St. E, #203, Hamilton	Provides legal services for low-income individuals Housing rights, employment law, ODSP, OW, CPP, affidavits, wills, immigration
Labour Community Services of Peel	905-696-7444 10 Gillingham Dr., #213, Brampton	Helps individuals access their rights, benefits, and government programs

Employment Halton	905-825-6000 ext. 2777 567 Michigan Dr., Oakville	Provide no charge appointments with employment lawyers
The Barbra Schlifer Clinic	416-323-9149 489 College Street, Suite 503 Toronto	Provide free legal advice for marginalized women who have experienced violence or abuse Criminal law, Family law, Immigration & Refugee Law, Family Court Support Program
Jared's Place	905-522-0127 ext. 207 100 Main St. E, #205, Hamilton	Offer a legal advocacy centre for victims of domestic violence Criminal, family, immigration, and civil issues

LGBTQA+ Supports

Centre/Support	Contact	Services
Sexual Assault and Violence Intervention Services (SAVIS)	905-825-3622 24/7 Crisis Line: 905-875-1555 1515 Rebecca St., Suite 227, Oakville	Offers support to all survivors of violence including female-identified, male-identified, and members of the transgender community
LGBT Youth Line	1-800-268-9688 Text: 647-694-4275	Offers a support line on Sunday – Friday at 4:00-9:30pm
Trans Lifeline	1-877-330-6366	Offers a peer support phone service run by trans people for trans

		and questioning peers that connects individuals to support and resources
Reach Out Centre for Kids (ROCK)	289-266-0036 Crisis Line: 905-878-9785	Provides counselling with a 2SLGBTQ+ therapist
Positive Space Network @ ROCK	289-208-0886 504 Iroquois Shore Road, Unit 12A, Oakville	Offers services for 2SLGBTQ+ youth ages 6-24 in Halton Region including: mental health support, community-building events, workshops, referrals Offers support for parents and families as well
PFLAG Halton	1-888-530-6777 ext. 582	Offers monthly peer support meetings for parents, youth, allies, and members of the 2SLGBTQ+ community
Women's Centre of Hamilton	905-522-0127 100 Main St. E, #205, Hamilton	Offers peer support, individual counselling, information and referrals, and a LGBTQ support group
Family Service Toronto	416-595-9230	Provides LGBTQ+ counselling
Supporting Our Youth (SOY) (Toronto)	416-324-4100	Offers groups, programs, 1-on-1 support for LGBTQ youth
The 519 (Toronto)	416-392-6874 519 Church St., Toronto	Provides LGBTQ + space for training, workshops, programs, and services (includes counselling)

Long-Term Care / Seniors Support

Centre/Support	Contact	Services
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Chartwell Waterford Long Term Care Residence	905-827-2405 2160 Baronwood Dr., Oakville	Long term care residence
Wyndham Manor	905-849-7766 291 Reynolds St., Oakville	Long term care centre
Post Inn Village	905-825-6000 ext. 4046 203 Georgian Dr., Oakville	24-hour nursing and medical care, and social/recreational, and therapeutic programs
Northridge Long Term Care	905-257-9882 496 Postridge Dr., Oakville	Long term care home offering many different programs and services to residents
West Oak Village Long-Term Care	905-469-3294 2370 Third Line, Oakville	Long term care home offering many different programs and services to residents
Links 2 Care	Oakville/Burlington: 905-844-0252 Georgetown/Milton: 905-873-6502	In-home support for seniors and individuals with disabilities
Home Well Senior Care	905-639-4357 2349 Fairview St., Burlington	In-home senior care
Acclaim Heath	905-827-8800 Ext. 2313 Burlington Ext. 2312 Oakville Ext. 2320 North Halton 2370 Speers Rd., Oakville	Offers resources and support groups for elders
Alzheimer Society of Hamilton and Halton	Hamilton/Burlington – 905 529 7030 Oakville – 289-837-2310	Offers health promotion, advocacy, and support services for the dementia population
Halton Geriatric Mental Health Outreach Program	1-866-429-7677	Offers services focused on improving mental health of seniors

Halton Healthcare Services Geriatric Assessment Clinic	905-338-4362	Offers a comprehensive assessment, a plan for management, and follow-up for geriatric patients
Home Care Assistance Oakville	289 276 1383	Provide home health care and home aides
ParaMed	905-847-1025 700 Dorval Dr., Oakville	Offers home health care
Home and Community Care Support Services Mississauga and Halton	Oakville/North Halton: 905-855-9090 310-222-2222	Coordinates services for seniors, people with disabilities, and people who need health care services to help them live independently in the community
Catholic Family Services of Hamilton	905-527-3823 447 Main St. E, Unit 201, Hamilton	Offers case coordination programs, elder abuse support, peer support program
Companionship and Ride Services (Toronto)	647-678-2803	Provides ride services and support for elders
LumaCare	416-398-5511 Toll Free: 1-833-338-5862	Offers adult day programs
H.O.M.E. Recreational Services for Seniors	647-971-4033	Offers home health care service in Toronto
Care 2000 Health Services	416-447-8409 1262 Don Mills Rd., North York	Offers personalized home care
Elder Abuse Ontario Seniors Safety Line	Toll free: 1-866-299-1011	Provides information, referrals, and support in over 150 languages

Mental Health Supports

Centre/Support	Contact	Services
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Crisis Outreach & Support Team (COAST)	1-877-825-9011	Offers a 24/7 mental health crisis line and response team which will provide immediate outreach and support
Centre for Addiction and Mental Health (CAMH)	416-535-8501	Toronto-based addictions and mental health services which will connect to regional services
Canadian Mental Health Association (CMHA) Halton Branch	905-693-4270 1540 Cornwall Rd., #102, Oakville	Offer support services for individuals with mental health concerns Information and referrals, walk-in phone counselling, peer support, transitional case management program, criminal justice services
Distress Centre Halton	Oakville – 905-849-4541 Burlington – 905-681-1488 Milton/Halton Hills – 905-877-1211	Offers telephone and online support for crisis, loneliness, and emotional stress
Thrive Counselling	Milton/Oakville: 905-845-5256 Burlington: 905-637-5226 465 Morden Rd, Suite 200, Oakville 300 Main St East, #207, Milton	Provides individual, couple & family counselling for a variety of issues
Bayridge Counselling Centres	905-319-1488 Main Office: 845 Harrington Ct, #200a, Burlington Oakville Office: 345 Lakeshore Rd. East, Unit 309, Oakville	Offers counselling for various mental health concerns including life issues, couples, and kids and adolescents
One-Link	905-338-4123	Provides a connection to addictions and mental

	Toll free: 1-844-216-7411	health services through one referral and intake assessment process
Bounce Back Program	1-866-345-0224	Offers a free skill-building program managed (CMHA) that is designed to help adults and youth 15+ manage mental health Uses online videos, workbooks, and phone coaching
Support House	1-833-845-9355 165 Cross Ave, Suite 201, Oakville	Offers support for those experiencing a mental health issue including support coordination, distress/crisis support, peer support
Women's Centre of Hamilton	Crisis Line: 905-387-8881 905-522-0127 100 Main St. E, #205, Hamilton	Provides peer support, individual counselling, information and referrals, advocacy and support, and groups
Connex Ontario	1-866-531-2600	Offers a 24/7 support line that provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness, or gambling
Reach Out Centre for Kids (ROCK)	Crisis line: 905-878-9785 Office line: 289-266-0036 Burlington: 471 Pearl St., Burlington Oakville: 504 Iroquois Shore Rd., Unit 12A Milton: 400 Bronte St. S., Suite 10	Provides 24/7 immediate support and outreach for children/youth and their loved ones experiencing a mental health crisis.
Good 2 Talk	1-866-925-5454 Or	Provides confidential support services for post-secondary students in Ontario

	Text GOOD2TALKON to 686868	
Halton Eating Disorder Clinic	905-845-2571 ext. 4900 Located at Oakville Trafalgar Memorial Hospital	Provides assessment, support, and individual and group treatment for patients and their families who are affected by eating disorders
Danielle's Place	289-266-0036 471 Pearl Street, Burlington	Provides targeted prevention and early intervention programs and services for children and youth 17 and under who are at risk of or are expressing concerns around low self-esteem, body image or who have a pre-occupation with food and weight

Newcomer Supports

Centre/Support	Contact	Services
Halton Multicultural Council	905-842-2486 North Oakville ext. 271 Milton ext. 281 Burlington ext. 291 1092 Speers Rd., Oakville	Provides information and guidance on matters regarding social services, education, health care, housing, employment for immigrant and refugee communities
The Centre for Skills Development & Training	Milton: 905-693-8103 x 201 550 Ontario St. S, #208, Milton Oakville: 905-847-8345 x 101 1395 Abbeywood Drive Oakville, Ontario Burlington: 905-333-3499 x 264	Offers free services for qualified immigrants including learning English, finding employment, citizenship preparation

	3350 South Service Road Burlington, Ontario	
Achēv	905-875-3851 690 Dorval Drive, Suite 100, Oakville, ON	Provides career development, language education, and a variety of free newcomer services
Indus Community Services	Mississauga Head Office: 905-275-2369 Oakville: 289-295-0765 483 Dundas Street West, Unit 209, Oakville	Provides culturally appropriate services to newcomers, families, women, and seniors
Newcomer Centre of Peel	905-306-0577 165 Dundas St. W, Mississauga	Offers settlement and language services
African Community Services of Peel	905 460 9514 10 Gillingham Drive Suite 308, Brampton	Provides newcomer settlement services to the Black/African community in Peel and the surrounding areas including settlement programs, youth development, senior support programs, mental health support
Centre de Santé Communautaire	905-528-0163	Offer French support for newcomers
Circle of Friends for Newcomers	905-529-1840 155 Queen St. N, Hamilton	Provide English classes
Hamilton Centre for Civic Inclusion	905-297-4694 423 King St. Hamilton	Work with oppressed individuals/groups to build an equitable and just society
Hamilton Urban Core Community Health Centre	905-522-3233 71 Rebecca St., Hamilton	Offer virtual programs for newcomer women
Immigrants Working Centre	905-529-5209 8 Main St. E., Hamilton	Offer English classes, employment support, settlement support, and networking
YWCA Hamilton Settlement Services	905-522-9922	Offers free services for newcomers

Elspeth Heyworth Centre for Women	416-663-2978	Provide services for immigrant women with focus on domestic violence
CAFCAN (Caribbean African Canadian Social Services)	416-740-1056	Offer youth and family services, program for abused and assaulted Black and Caribbean women
Newcomer Women's Services Toronto	416-469-0196 General x 801 416-469-0196 x 148 Settlement Program 647 223 9017 Employment Services	Offer a variety of services for immigrant women like language, employment, self-defence
Citizenship and Immigration Immigration, refugees, citizenship Canada client support centre services.	1-888-242-2100	Provides government information
Naseeha Youth Helpline	1-866-627-3342	Offers a Muslim youth helpline that individuals can call or text
Across Boundaries	416-787-3007 416-787-3007 x 222 intake and program info 416-787-3007 x 297 gen. inquiries	Offers mental health and addiction services for racialized communities

Parenting Supports

Centre/Support	Contact	Services
Oakville Parent-Child Centre	905-849-6366 461 North Service Rd., Oakville	Offers a variety of child and parent programs

Nobody's Perfect Parenting Program	905-825-6000 905 821 7494	Offers a group parenting program for parents of children from birth to age five
Adjusting to Parenthood Group	Burlington ROCK – 905-632-9377 710 Cumberland Ave Oakville Parent Child Centre– 905-849-6366 461 North Service Rd. W, Unit #17	Offers a group about adjusting to parenting and to learn coping strategies (free childcare available)
Triple P	905-825-6000 or 905 713 0700x 3118	Offers a parenting program that helps parents get the information and support they need to be better parents
Parenting with Love	905-333-4441 halton childrens aid society	Offers a free-eight-week parenting program for families working with the Children's Aid Society
Calling All Parents	905-634-1809	Offers a parenting group that provides parents with support and information on topics related to their children
Oak Park Neighbourhood Centre	905-257-6029 2200 Sawgrass Drive, Oakville	Provides a variety of family and young child programs
Single Mothers in Progress	647-812-5720 2 County Court Blvd #400 Brampton	Provides programs and services to assist mothers with basic needs, education, and employment

Pregnancy Supports

Centre/Support	Contact	Services
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Halton Region Health Department	905-825-6000 Toll free: 1-866-442-5866	Offers Halton Prenatal Nutrition Program which is a weekly program for parents who are pregnant or have a baby under 6 months of age Meet other expecting moms and speak with a public health nurse and Food Coordinator Free food vouchers for prenatal vitamins and vitamin D, free transportation to groups, free support and referrals
Healthiest Babies Possible	416-338-7600	Offers confidential prenatal nutrition program where Public Health Dietitians provide one-to-one nutrition counselling and education
Healthy Babies, Healthy Children	311	Offers voluntary and free home visiting for new parents
Halton Parents	905-825-6000 or toll free 1-866-442-5866 or 311	Public health nurses are available to answer your questions about breastfeeding, pregnancy, child development or concerns about your child or yourself
Halton Healthcare Services	Oakville Trafalgar Memorial Hospital- 905-338-4131 Milton District Hospital- 905-878-2383	Public breastfeeding clinic
Joseph Brant Memorial Hospital	905-681-4840	Public breastfeeding clinic
Birthright	1-800-550-4900 24 Hour helpline.	Offers support for pregnant women, pregnancy tests, referrals, maternity and baby clothes, and information

	<p>2600 Edenhurst Dr, Unit 307, Mississauga 905 373 9409</p> <p>or</p> <p>225 Main St. E, Suite 9, Milton 905 875 1245</p>	
Vita Centre	<p>905-502-7933</p> <p>5659 McAdam Rd Unit C2 Mississauga</p>	Offers support, education and counselling for pregnant and parenting women aged 15-30
Jessie's Centre (Toronto)	416-365-1888	Provide pregnancy support centre for women under 19 including: counselling, parenting groups, housing support, and respite care
Pregnancy Care Centre (Toronto)	416-229-2607	Provides an array of pregnancy services to individuals who are met with an unexpected pregnancy
Brampton Women's Clinic	905-789-7474	Provides abortion services in a non-judgemental environment including counselling services
Mississauga Women's Clinic	<p>905-629-4516</p> <p>101 Queensway Ave. W Unit 401, Mississauga</p>	Provides safe and confidential pregnancy termination and reproductive health services to women
Halton Baby Friendly Initiative	<p>1-866-442-5866</p> <p>905 825 6000</p>	Referrals to community services
Shifra Homes	<p>905-681-9633</p> <p>1860 Appleby Line, Suite #340, Burlington</p> <p>Mailing Address</p>	Maternity residence and resource centre for homeless and pregnant women
Halton Breastfeeding Connection	<p>905-825-6000</p> <p>311</p> <p>hbfc@halton.ca</p>	Provides mother-to-mother telephone support for expectant or breastfeeding mothers

Telehealth Ontario- 24/7 Telephone Breastfeeding Support	1-866-797-0000	Provides breastfeeding and lactation support 24/7
The Womb	905-842-2434 388 Main St. East, Milton	Provides breastfeeding education and support

Separation & Divorce Supports

Centre/Support	Contact	Services
Legal Aid Ontario	416-979-1446 Toll free: 1-800-668-8258	Provides legal assistance for low-income individuals Provides up to 20 minutes of free general legal advice For domestic violence survivors, LAO provides two hours of free legal advice for those who need immediate advice and assistance in relation to family law.
Law Society Referral Service (LSRS)	Crisis Line: 416-947-5255 Toll Free: 1-855-947-5255 www.findlegalhelp.ca	Connects with the Law Society of Ontario to find a lawyer or paralegal for a free consultation of up to 30 minutes to help you determine your rights and options
Steps to Justice	https://stepstojustice.ca	Provides comprehensive information on common legal problems including family law
Family Law Information Centre (FLIC)	905-878-7281 ext. 3447	Offers several resources to assist in family law issues

	Located in Milton courthouse	
Ontario Legal Information Centre	1-844-343-7462 613 842 7462 https://legalinfocentre.ca/	Provides free 30-minute meetings with a lawyer to any resident in Ontario including family law
Metro Toronto Family Law Services	416-696-2992	Provides family law services to financially eligible low-income clients at community legal clinics and other locations in Toronto
JusticeNet	https://www.justicenet.ca/	Helps people access legal services when their income is too high to qualify for legal aid but too low to afford legal fees (net family income under \$59,000) Will refer you to a directory of lawyers who provide help at reduced rates Registration fee of \$25
Jared's Place	905-522-0127 ext. 207 100 Main St E, Hamilton, ON L8N 3W4	Provides legal support for women who have experienced domestic abuse including help with custody and access, separation and divorce, and child support
Thrive Counselling	Milton/Oakville: 905-845-3811 Burlington: 905-637-5256 465 Morden Rd, Suite 200, Oakville 300 Main St East, #207, Milton	Provides counseling – individual, couples or family for issues including separation and divorce Provides supervised access program for non-custodial parents to visit their children
Bayridge Counselling Centre	905-319-1488 Burlington Office:	Counselling for individuals struggling with separation and divorce

	845 Harrington Ct. #200a, Burlington Oakville Office: 345 Lakeshore Rd. East, Unit 309 Oakville	
Fair Split	289-878-7770 1-844-878-7770	Helps divorced families with a wide array of financial issues

Sexual Assault/Violence Supports

Centre/Support	Contact	Services
Sexual Assault and Violence Intervention Services – SAVIS	Crisis Line: 905-875-1555 Office Line: 905-825-3622 1515 Rebecca St., Suite 227, Oakville	Provides 24/7 crisis line, counselling, and support groups to survivors of sexual violence
Nina's Place	905-632-3737 ext. 5708 Emergency number: 905- 336-4116 Joseph Brant Hospital- 1245 Lakeshore Rd, Burlington	Provides sexual assault services including treatment, collection of evidence, pregnancy testing, STI testing, counselling and referrals
Thrive Counselling	Milton/Oakville: 905-845- 3811 Burlington: 905-637-5256 465 Morden Rd, Suite 200, Oakville	Violence Against Women Program that offers free counselling and support groups for women and children who have experienced sexual abuse

	300 Main St East, #207, Milton	
Interval House Hamilton	905-387-9959 Crisis: 905-387-8881 630 Sanatorium Road, Hamilton	Provides counselling and support groups for victims of sexual assault
Sexual Assault Centre Hamilton and Area (SACHA)	24 support line: 905-525-4162 office: 905 525 4573 75 MacNab St. South, 3rd Floor, Hamilton	Offers a 24-hour support line and counselling for survivors of sexual assault
Chantel's Place	General: 905-848-7580 ext. 2548 Counselling: 905-848 - 7689 100 Queensway W, Mississauga	Domestic abuse and sexual assault centre that provides medical, forensic, and counselling services
Hope 24/7: Sexual Assault Centre of Peel	Crisis line: 1-800-810-0180 Office: 905-792-0821	Offers a 24/7 crisis line, support groups, therapy, and workshops
Women's College Hospital Sexual Assault/Domestic Violence Care Centre	416-323-6040 76 Grenville Street, Toronto	Acute care for those who have been sexually assaulted including crisis support, medical and forensic services, and referrals
Toronto Rape Crisis Centre	Crisis line: 416-597-8808	Offers 24/7 crisis line and support services for survivors of sexual violence including counselling and group supports
Ontario Network of Sexual Assault/Domestic Violence Treatment Centre	416-323-7327	Assistance in finding a sexual assault centre in survivor's location
The Gatehouse	416-255-5900 2101 Lake Shore Blvd West Toronto	Provides support and resources for adult victims of childhood sexual abuse

Assaulted Women's Helpline	Crisis line: 416-863-0511 1-866-863-0511 TTY: 1-866-863-7868	24/7 Crisis Line for Victims of Abuse in over 200 languages Provides counselling, emotional support, information, and referrals
Legal Advice for Victims of Sexual Assault	1-855-226-3904	Offers free independent legal advice for all victims of sexual assault
Canadian Human Trafficking Hotline	1-833-900-1010	Offers a 24/7 confidential, multilingual service, to connect victims and survivors with social services, law enforcement, and emergency services
Halton Regional Police Victim Services	905-825-4777 x 5239	Provides police assistance and resources for victims of sexual assault

Shelters

Centre/Support	Contact	Services
Halton Women's Place North Shelter Milton	905-878-8970 crisis info support line 905 332 7892	Welcome women 16+ Bedrooms, laundry facilities, children's services, counselling, depart planning, danger assessments
Halton Women's Place South Shelter Burlington	905-332-1593 support crisis line 905- 878 8555	Welcome women 16+ Bedrooms, laundry facilities, children's services, counselling, depart planning, danger assessments

Shifrah Homes Burlington	905-681-9633	Shelter for homeless, pregnant women age 16-27 Perinatal care, parenthood prep, life skills training, wellness programs, financial support Necessities provided Support for up to 5 women at a time May stay until baby is 6 months old
Gillian's Place St. Catherine's	905-684-8331 15 Gibson Place, St. Catherine's	Welcome women, children, and LGBTQ2S+ Private bedrooms - individual or family Counselling rooms, kitchen, play area and structure All necessities provided
Martha House Hamilton	905-523-8895 25 Ray St. N, Hamilton	Welcome women and children Provide emergency transportation to shelter 40 beds
Inasmuch House Hamilton	905-529-8149 ext. 302, 308	Welcome women, non-binary, and children Child and youth workers Legal advocacy Transitional support worker
Mary's Place Hamilton	905 540 8000 135 Mary St, Hamilton	Welcome women 18+ 20 bed emergency shelter

		<p>Legal and medical referrals and advocacy</p> <p>Recreational and educational activities</p>
Native Women's Centre Hamilton	<p>1-888-308-6559 emergency outreach program 905 644 1114</p>	<p>Emergency shelter for all women</p> <p>Provides meals, clothing, and personal need items</p>
Hamilton Interval House	<p>905-387-9959</p> <p>630 Sanatorium Rd, Hamilton</p> <p>crisis line- 905 387 8881</p>	<p>Emergency shelter for women who have experienced violence or abuse</p> <p>Safety planning and support services</p>
YWCA Hamilton Hamilton	905-522-9922	Has a few housing programs including Transitional Living Program, Carole Anne's Place, and Phoenix Place
Embrave (formerly Interim Place) Mississauga and Hamilton locations	<p>905-403-0864</p> <p>1-855-676-8515</p>	<p>Private rooms for families, shared rooms for individuals</p> <p>Laundry, child and youth rooms, kitchen</p> <p>Counselling supports</p>
Nellies	<p>416-461-1084</p> <p>Toronto</p>	Operates a 36-bed Emergency Shelter for women and their children who are leaving situations of violence, poverty, and homelessness
Mississauga Women's Shelter	<p>1-705-356-7800</p> <p>Toll free: 1-800-461-2232</p>	<p>Shelter for all women and their children</p> <p>Educate on issues and impacts of the cycle of violence</p> <p>Promote healthy lifestyle</p>

Women's Habitat Etobicoke	416-252-5829 140 Islington Ave, Etobicoke	Do not provide transportation to shelter Counselling, housing and legal support Programs and activities for children. Some meals provided
Nova Vita Women's Shelter Brantford	519-752-4357 59 North Park St, Brantford	33 beds, 18 bedrooms 2 bedrooms fully accessible May have to share bathrooms Case management, safety planning, crisis supports
Interval House Toronto	1-888-293-5516 (24 hour crisis line)	Safe place for women and children who have experienced violence
Ernestine's Women's Shelter	Crisis line: 416-746-3701 416-746-3716	Provides shelter for women who are single or those with children who need immediate shelter
Anduhyaun Emergency Shelter	416-920-1492 ext. 221	Emergency Shelter servicing Aboriginal and Non-Aboriginal women with or without children fleeing violence 18 bed shelter that provides culturally sensitive counselling and referrals for women and their children
Sakeenah Homes	1-888-671-3446	provide immediate shelter through transitional shelters and emergency motel/hotel placements for Muslim women

		Etobicoke and Brampton location
Shelter Safe	https://sheltersafe.ca/ontario/	Provides a list of shelters available in each region in Canada
Central Intake Toronto for Single Women	1-877-338-3398 416-338-4766	

Social Assistance/ Financial Supports

Centre/Support	Contact	Services
Halton Region Social Assistance	Dial 311	Offers several programs to individuals and families requiring financial assistance
Ontario Works	Dial 311 website ontario.ca/page/ontario-works	Offers financial and employment assistance Must be 16+, live in Ontario, need help with living expenses
Ontario Disability Support Program (ODSP)	1-800-567-6388 ontario.ca/page/ontario-disability-support-program	Offers financial assistance with living expenses for those who have a disability
Thrive Counselling	Milton/Oakville: 905-845-3811 Burlington: 905-637-5256 465 Morden Rd, Suite 200, Oakville	Offers credit/debt counselling
Emergency Energy Fund	647-727-8988	Offers financial assistance to low-income residents of Toronto who are not

		supported by Ontario Works or ODSP and have received a disconnection of energy notice
Oak Park Neighbourhood Centre	905-257-6029 2200 Sawgrass Dr., Oakville	Offer financial assistance with hydro bills, preschool programs, child & youth programs, and adult & family programs
Subsidized Passes for Low Income Transit (SPLIT) Pass	Apply online https://www.halton.ca/For-Residents/Employment-and-Financial-Assistance/Subsidized-Passes-for-Low-Income-Transit-(SPLIT)/SPLIT-application Or Dial 311	Provides subsidized transit passes for low-income individuals in Halton
Halton Consumer Credit Counselling Services	647 776 0485 1888 527 8999	Offers private, confidential credit counselling for couples and individuals
Child Care Subsidy	Dial 311	Offers financial assistance with the cost of childcare for families who are working, training or attending school