

**Stepping Stones** @ St. Christopher's Anglican Church 905-634-7136  
A support group for those experiencing the death of a loved one.  
Call for the time and date of the next group

**Mending the Spirit** @ St. Christopher's Anglican Church 905-634-7136  
A support group for when life throws us a curve.  
Call for time and date of the next group

**Parent Connection** @ St. Christopher's Anglican Church 905-634-7136  
Free drop in and a chance to speak "adult" with other parents.  
Wednesdays 10 - 11.30am. Supervised child care

**Activities for Kids** @ St. Christopher's Anglican Church 905-634-1809  
Kid's Club (for children aged 5-10): games, snacks, arts and crafts in a fun-filled and safe environment. Every Tuesday during the school year, 4 - 6pm.  
Tween Club (for youth aged 10-13): a place to make new friends and enjoy their gifts through games, teamwork, social time, and craft projects.  
Every Tuesday during the school year, 4 - 6pm.

**CompassPoint Bible Church Computer Ministry**

Recycling computers for people in need  
email: [computer.ministry1010@gmail.com](mailto:computer.ministry1010@gmail.com)  
blog: [computerministry.wordpress.com](http://computerministry.wordpress.com)

**INCITE: A Single Moms Support Group** 905-592-9721  
Weekly support meeting, children's program, social outings, philanthropy events, affordable advice, consultations and a good samaritan program.  
Upper Canada Place, 460 Brant St, 3rd Floor, Suite 368, Burlington  
[www.incitesinglemoms.com](http://www.incitesinglemoms.com) email: [singlemoms@live.ca](mailto:singlemoms@live.ca)

# WHERE TO GET HELP IN BURLINGTON



This information was up to date as of October 17, 2011.

If you have revisions to be considered, please contact Lisa by email at [lisa@wsquare.ca](mailto:lisa@wsquare.ca)

## Food Availability

**Partnership West Food Bank** 905-637-2273  
1254 Plains Rd. East, Unit 1A

**Burlington Salvation Army** (walk-in and/or by appointment) 905-637-3893  
1800 Appleby Line, Unit 14

**Free Tuesday Night Supper** 905-634-1809  
Each Tuesday during the school year except Dec. 27, 2011  
St. Christopher's Anglican Church, 662 Guelph Line

**Free Friday Night Community Dinner** 905-634-1849  
Wellington Square United Church, 2121 Caroline Street

**Compass Point Food Market** Contact Fran Stewart [stewartfrances@hotmail.com](mailto:stewartfrances@hotmail.com)  
Non-perishable food and some fresh food items to help supplement groceries;  
2nd and 4th Saturday of each month, 9:30-11:30 am;  
1500 Kerns Road, entrance on lower level, Gym door

**Tuesday Food for Life** 905-634-1826  
Free fresh food (veggies, fruit, pastries, etc.) 12-1 each Tuesday  
St. Luke's Anglican Church, 1382 Ontario Street

**Fresh Fruit and Vegetables** (at cost) — Holy Cross Lutheran Church  
Lakeshore & Walker's Line (once a month)  
Contact Steve 905-315-9801 or Patti 905-844-1109

### Halton Fresh Food Boxes

Fresh fruit and vegetables at a great price, available monthly through:

St. Christopher's Anglican Church (Food Box Main Office)	905-634-8645
St. Luke's Anglican Church	905-634-1826
Tansley United Church	905-335-0090
Faith Christian Reformed Church	905-336-5353
Our Kids Network, Holy Rosary School	905-633-7108
Tecumseh School	905-639-8330
Don Quixote Housing Cooperative	905-616-1353
Nelson Housing Cooperative	905-632-9489
Our Community Cares Burloak	905-631-1218
Headen Forest Community	289-337-1033

## Housing Shelters

**Halton Region** 311

**Motel Ministry** for families with children Heidi 905-638-7101

**Halton Women's Place**, Burlington 905-332-1593

**Lighthouse**, 750 Redwood Square, Oakville 905-339-2918

**Salvation Army Shelter**, Hamilton 905-527-1444

**Mission Services**, 325 James St. N., Hamilton 905-528-7635

**Good Shepherd**, 135 Mary St., Hamilton 905-528-9109

## More Resources

### Free Clothing

Compassion Society (free clothing, food, etc.) 484 Plains Rd. 905-592-3722  
St. Christopher's Anglican Church, 662 Guelph Line 905-634-1809

**Halton Consumer Credit Counselling Service** 905-845-3811

(Division of Halton Family Services) A non-profit agency,  
provides assistance with budgeting or debt management

**The Women's Centre** 905-847-5520

Free income tax services, legal clinic, and budgeting workshops to  
women living Halton [www.haltonwomenscentre.org](http://www.haltonwomenscentre.org)

**Telecare Burlington Distress Centre** 905-681-1488

Depressed? Lonely? Suicidal?

**Danielle's Place** 1-866-277-9959

Eating Disorders Support  
895 Brant Street, Unit #3 [www.daniellesplace.org](http://www.daniellesplace.org)