

Harm Reduction

Hamilton Urban Core Community Health Center

430 Cannon St E.

Call +1 905-522-3233

Hours of Operation:

- Monday, Tuesday, & Thursday: 9 AM - 8 PM
- Wednesday: 1 PM - 5 PM
- Friday: 9 AM - 5 PM

Available Resources:

- Harm reduction programs
- Mental health and addiction services/support
- Substance use health services
- Overdose prevention and intervention support
- Naloxone distribution and training
- Sterile injection supplies/harm reduction supplies
- Nursing support connected to the supervised consumption/harm reduction program
- Referrals to additional services
- Low-barrier, trauma-informed substance use treatment
- Housing with supports and systems navigation

Van Needle Syringe Program

Call or Text 905-317-9966

Call the Van early so they can get to you before 11pm

Hours of Operation:

- Monday-Sunday: 7pm-11pm

Available Resources:

- Free Needles
- Condoms
- Safe Injection Supplies
- Sharps Containers and Disposal of Needles
- Counselling and referrals for drug and alcohol use, detox, health care and shelters
- Refills of overdose prevention kits
- Safer inhalation supplies

****For information Monday-Friday (8:30am to 4:30pm), call Public Health Services - Harm Reduction Program at 905-546-4276****

Overdose Prevention Site

St. Paul's Hospital, 70 James St South, Providence Building, Room 4007

Phone 604-682-2344, 63287

Hours of Operation:

- Monday-Sunday: 8am- 10pm

Available Resources:

- Overdose management and intervention
- Take-home naloxone kits and training
- Access to safer drug supplies, including clean injection supplies (e.g., needles, alcohol swabs) and clean inhalation supplies (e.g., stems, screens, bowl pipes), as well as safe needle disposal
- Peer support – harm reduction education
- Drug testing for fentanyl and benzodiazepines

Suntrac Wellness and Addiction Treatment Program

196 Wentworth St. N

Call for Referral 905-528-0389

Available Resources:

- FREE drop-in programs for those with substance abuse
We serve individuals ages 19+ in the Hamilton and surrounding areas

YWCA Safer Drug Use Space

75 MacNab St S

905-522-9922

Hours of Operation:

- Monday-Sunday: 10pm- 9am

Available Resources:

- Safer Use Drug Space
 - Supervised place to use substances
 - 20-minute post-use monitoring
 - Women- and non-binary-focused space
 - Clean needles
 - Safer smoking kits
 - Naloxone kits
 - Pregnancy tests
 - Connection to healthcare and other supports
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Food Banks/Meal Programs/Community Pantries

Good Shepherd Venture Food Bank

155 Cannon St E

****All new registrations must sign up in person.****

Registration Hours:

- Monday-Friday: 8:30 am-11:45 am & 12:30 pm-3:00 pm.

****Please bring I.D for all household members with proof of address when you register.****

Hours of Operation:

- Monday-Friday: 9:00am-2:45PM (Doors open at 8:30am and 12:30pm)

Neighbour to Neighbour Centre

28 Athens St

****Only services participants who have a Hamilton Mountain address****

An appointment is required to attend. Call 905-574-1334 ext 300.

First time shoppers must provide documentation; Proof of address, proof of income, and ID

Hours of Operation:

- Monday: 9:30am-3:30pm (Closed 12:00-12:45 pm for lunch)
- Tuesday: 9:30am-3:30pm (Closed 12:00-12:45 pm for lunch)
- Wednesday: 9:30am-3:30pm (Closed 12:00-12:45 pm for lunch)
- Thursday: 9:30am-6:30pm (Closed 3:15-3:45 pm for lunch)
- Friday: 9:30am-3:30pm

Community Fridges (24/7)

204 Ottawa St S

460 York Blvd

61 Mohawk Rd W

115 Stanley Ave

Hamilton Community Food Centre

310 Limeridge Rd W #10

Hours of Operation:

- Monday to Wednesday: 9:30am-4:00pm
- Thursday: 9:30am-6:00pm
- Friday: 9:30am-4:00pm
- Saturday: 10:30am-12:30pm

- Sunday: Closed

Available Resources:

- Drop in program with no registration required.
 - Community dinner on Thursdays from 4:30-6:00pm
 - Community lunch on Fridays from 12pm-1:30pm
- **ALL Community lunches and dinners available at no cost.**

King's Way Outreach Centre
390 King William St

Food Bank Requirements:

- Walk-Ins Accepted; No appointment required
- No proof of income required
- ID is required with households of 3+ people.

Food Bank Hours of Operation:

- Monday- Thursday: 10:30am-2:45pm (Closed 12:30-1:00pm for lunch)

Good Food Centre Mission Services of Hamilton
196 Wentworth St N

Can provide emergency food and hygiene supplies for 7 days.

Hours of Operation:

- Monday-Friday: 8:30am-12:00pm and 1:00pm-4:30pm
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Clothing Banks

Parkview Church
Free clothing and household items
****First come first served****

Hours of Operation:

- Mondays: 10:30am-1pm
- Tuesdays: 10:30am-1pm
- Thursdays: 10:30am-1pm

**Good Shepherd Venture Centre Marketplace Emergency Clothing
Program**

155 Cannon Street East

Call **905-972-9485** for details or visit in person to register for the program.

Bring ID for registration

Registration Hours of Operation:

- Monday-Friday: 8:30am-11:00am and 12:30pm-1:45pm

Program Hours of Operation:

- Monday-Friday: 9:30am-2:45pm (Doors Open at 8:30am)

Eva Rothwell Centre Emergency Clothing Room

460 Wentworth St. N

Hours of Operation:

- Tuesdays & Thursdays 10am-12pm and 3:00pm-5:00pm

Hamilton Dream Center The Blue Door Market

627 Main Street East

905-527-8605

****Appointment Only****

Hours of Operation:

- Tuesday: 10:00am

Helping Hands Street Mission

Clothing store

E-669 Barton Street East

Hours of Operation:

- Monday and Wednesday: 1:00-4:00pm

Free Legal Resources/Landlord Tenant Board **Information**

Landlord and Tenant Board

15 Grosvenor Street, Ground Floor, Toronto, ON M7A 2G6

(416) 645-8080 (Toronto)

1-888-332-3234 (Toll-Free)

Jared's Place Legal Advocacy and Resource Centre for Women

100 Main St E, Suite 205, Hamilton, ON, L8N 3W7

(905) 522-0127

Available Resources:

- Providing Information
- Providing referrals, and support navigating the legal system.

Hamilton Community Legal Clinic

100 Main St E Suite 203 (Second Floor)

(905) 527-4572

Legal Services:

In House:

- French Language Services
- Housing Rights
- ODSP
- Ontario Works (OW)
- Worker Compensation
- Affidavits
- Canadian Pension Plan (CPP)
- Employment Insurance
- Wills
- Employment Law
- Immigration
- Community Resources/Information

In Community:

- Family Law
- Criminal Law
- Consumer Rights
- Human Rights
- Criminal Injuries Compensation Board
- Other

Hours of Operation:

- Monday: 8:30am-12:00pm and 1:00pm-4:00pm
- Tuesday: 8:30am-12:00pm and 1:00pm-4:00pm
- Wednesday: 8:30am-12:00pm
- Thursday: 8:30am-12:00pm and 1:00pm-4:00pm
- Friday: 8:30am-12:00pm and 1:00pm-4:00pm

John Howard Society

654 Barton St East & 225 King William St Suite 505

If self-referring, contact: (905) 522-4446 (ext 225)

reception@jhshba.ca

Available Programs:

- Adult Anger Management Program
- Aggression Management Program
- Bail Verification and Supervision Program
- Choices: Cognitive Skills for Youth at Risk
- Cognitive Programming Initiative
- Community Education Program
- Direct Accountability
- Extrajudicial Measures Program
- Extrajudicial Sanctions Program
- Family Support Program (Adult)
- Family Support Program (Youth)
- Federal Adult Diversion Program
- Hamilton Youth Drug Diversion Program (HYDDP)
- Non-Residential Attendance Centre (NRAC)
- Parenting Skills Program
- Seniors Restorative Justice Committee Project
- Transportation Program
- Volunteer Program
- Youth Justice Committee

Legal Aid Ontario

1-800-668-8258

****Live Chat Tool Available****

Hours of Operation:

- Monday-Friday 8am-5pm (EST)
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Pet Resources

Feeding Pets of the Homeless – Good Shepherd Venture Centre

155 Cannon Street East

(905) 972-9485

Hours of Operation:

- Monday - Friday: 8:30 AM - 4 PM

Available Resources:

- Provided pet food and (depending on availability) crates or pet supplies.

****New registrations require in-person, first-come-first-served, with I.D. for all household members and proof of address.****

Hamilton/ Burlington SPCA Pet Food Pantry

Pickup Location: 395 Anchor Rd Unit #17

905-574-7722

Delivery Hours of Operation:

- Monday - Friday: 9am- 5pm
- Saturday: 10am- 2pm

Pickup Hours of Operation:

- Monday-Friday: 10am- 2pm
- Saturday: 10am- 2pm

Available Resources:

- Pet food and basic supplies
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Shelters

See Pg. 11-14 for shelters pertaining to women specifically

Good Shepherd Men's Centre & Daily Meals

135 Mary Street

905-528-9109

Available Resources:

- Emergency overnight accommodations
- Laundry Service
- Meals
- Case Management
- Referrals to appropriate community resources

Meal Hours of Operation:

- Monday-Friday: 3:30pm-4:45pm
- Saturday: 11:30am-12:30pm

Mission Services Men's Services Opportunity Centre

400 King Street East

905-528-7635

Emergency Shelter for men over the age of 18

Available Resources:

- Supportive housing
 - Under the Addiction Supportive Housing Program, rental units are available to people who are homeless and are attending or have already graduated from an addiction recovery program
- Housing UP!
 - A team who helps support homeless individuals in obtaining safe, affordable and stable housing

Salvation Army- Booth Centre Men's Shelter

**94 York Blvd
905-527-1444**

Showers/Laundry

Willows Place: A Hub for Women

**196 Wentworth St N
905-528-5100 ext 1200**

A low barrier space for all women, trans and non-binary people.

Available Resources:

- Access to laundry, shower facilities.
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Youth Centers/Supports

Notre Dame House

**14 Cannon St W
(905) 308-8090**

****For youth ages 16-21 years of age****

Hours of Operation:

- Open 24/7

Available Resources:

- Help with getting back into school or finding employment
- Assistance with obtaining/replacing ID
- Access to housing workers

- Applying/maintaining social assistance
- Hot meal program (7 days a week)
- Ontario Works Youth Trustee Program
- Connections to community supports
- Free laundry facilities
- Access to mental health/medical/addiction services
- Designated worker to support pregnant/parenting teens

Salvation Army Grace Haven Young Parent and Family Resource Centre

182 Rebecca St

(905) 522-7336 (Call)

(905) 818-6716 (Text)

HamiltonGH.DayPrograms@salvationarmy.ca

Hours of Operation:

- Monday-Friday: 8am-4pm

Available Resources:

- Life navigation
- Parenting and new parent support
- Dads connection program
- Infant and Children's Playtime Plus
- Food and Nutrition Groups
- Wellness Groups
- School and day programs for young parents (moms, dad, and partners in a parenting role)

Living Rock Ministries, Youth Resources

30 Wilson St

(905) 528-7625

Available Resources:

- Food Bank and Grocery Delivery Programs for Ages 13-25
- Free meals and drop in 7 days a week
- Youth food bank
- Grocery delivery and wellness checks
- Laundry room
- Access to showers and hygiene products
- Educational assessment and support
- Prenatal and parenting support
- Life skills and work readiness support
- Computer/wifi access
- Food service training
- Crisis support

- Housing support
 - Recovery support
 - Chapalin
 - Employment training and work placement
 - Available for people 18-30
 - Offered through Tri-Rock
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Mental Health/Addictions

COAST Crisis Line 24/7

905-972-8338

Barrett Centre

128 Emerald St S #126

24hr Crisis Line: 905-529-7878

Assists those experiencing a mental health/substance use crisis who do not require a hospital stay.

****Apply by calling the crisis line****

Drug and Alcohol Helpline 24/7

1-800-565-8603

Provides information about drug and alcohol addiction services in Ontario

Suntrac Wellness & Addiction Treatment Centre

Contact **905-528-0389** to make a referral to Suntrac

Women's Resources

Crisis Lines:

Fem'aide 24/7 1-877-336-2433

Inasmuch House

24/7 Crisis Line 905-529-8600

24/7 Crisis Line 1-833-654-4217 (Toll Free)

24/7 Crisis Line 289-212-6399 (Text)

Emergency shelter and support for women and children fleeing violence. Contact the **24/7 Crisis line** or **905-529-8149** for admin support.

Available Resources:

- Safe Shelter & Basic Needs

- Legal & Housing Advocacy
- Child & Youth Support
- 24-Hour Crisis Line and Support

Interval House of Hamilton

24/7 Crisis Line 905-387-8881

****For service requests please call 905-387-9959 or the crisis line.****

Emergency shelter, safety planning and support services for women with or without children that have experienced abuse or violence.

Martha's House

25 Ray St. North

24/7 Crisis line 905-523-6277 or 905-523-8895

Emergency shelter for individuals and their children who are fleeing abuse and violence.

Available Resources:

- Safe and short term living accommodations
- Safety planning and transportation to the shelter
- Referrals and advocacy for legal, medical, financial employment, housing and community services
- Recreational and therapeutic programs for children
- Counselling
- Access to cultural interpreters

Mary's Place

20 Pearl Street North

905-540-8000

24/7 Crisis Line 905-523-6277

Emergency shelter for individuals and their children who are fleeing abuse and violence.

Available Resources:

- Emergency accommodation and safety planning
- Referrals and advocacy for medical, legal and other community services
- Assistance in establishing permanent housing
- Recreational and educational daily activities for residents and women living in the community

Phoenix Place

905-527-2238

Provides support for women and children fleeing gender-based violence, can remain at Phoenix Place for up to a year. **Contact their transitional housing support worker for more information after transitioning out of Phoenix Place.**

Willow's Place

196 Wentworth St N

905-528-5100 ext 2100

A low barrier space for all women, trans, and non-binary people.

Available Resources:

- Meals
- Laundry
- Showers
- Harm reduction
- Connection to community support.

Emma's Place

196 Wentworth St N

905-528-5100 ext 2100

Working in conjunction with Willows Place.

****First come first serve basis by community or self-referral****

Available Resources:

- 30 low-barrier shelter beds to women, trans, and non-binary people **(18+)**
- Meals
- Laundry
- Showers
- Harm reduction
- Connection to community support.

Women's Centre of Hamilton

100 Main Street East Suite 205

905-522-0127

Available Resources:

- Information and referrals
- Advocacy and support
- Employment counselling
- Individual violence against women counselling
- Women's Groups
- Legal Advocacy and resource centre (**Jared's Place: See Pg. 6**)
- Individual peer support
- Peer support training

Woman Abuse Educational Support Program

905-527-3823 (Ext 264)

Indigenous Services

Hamilton Regional Indian Centre

34 Ottawa St N
(905) 548-9593 (Call)
(905) 545-4077 (Fax)
contact@hric.ca

Indigenous Drop In

Available Resources:

- Housing Assistance
- Cultural Programming
- Access to Traditional Medicines
- Connect with an Elder or Knowledge Keeper
- Identification Support
- Food Insecurity Supports

Hours of Operation:

- Monday-Friday: 9am-5pm

Sacajawea Non-Profit Housing

219 East Avenue N Suite 107
(905) 544-3406

Hours of Operation:

- Monday-Friday: 8:30am-4:00pm

Applications are available at the office during office hours.

Aboriginal Health Centre

678 Main Street East
(905) 544-4320 (Call)
(905) 544-4247 (Fax)
info@dahac.ca

Hours of Operation:

- Monday: 8:30am-4:30pm
- Tuesday: 8:30am-4:30pm
- Wednesday: 8:30am-6pm
- Thursday: 8:30am-4:30pm
- Friday: 8:30am-3pm

Resources Available:

- Mental and addictions health help

- Traditional healing
- General practitioners

Native Women's Centre

1900 King St E

Hours of Operation:

- Open 24/7

Available Resources:

- Violence Against Women (VAW) emergency shelter
 - Contact **(905) 664-1114** for bed availability
- Healing our Sisters; Anti-human trafficking program
 - Offers:
 - Emergency beds
 - Transportation
 - Medical Care
 - Meals
 - Contact: **905-869-5027**

Niwasa Head Start Food Bank

****Location will be provided when scheduling appointment****

By Appointment ONLY; Call (905) 549-4884 (Ext 1)

Hours of Operation:

- Monday-Friday: 9am-12:30pm

Pick up Hours:

- Monday AM or Wednesday PM

Delivery Hours (LIMITED):

- Tuesday-Friday
-