Program Descriptions & Additional Supports

**Basic Needs**

Dental Services, City of Hamilton hamilton.ca/public-health/clinic-services/dental-health

Financial Supports Catalogue Information about benefits, tax credits, and local programs that provide financial assistance to help families with basic needs.

Led by community initiatives

Food Access Guide 905-528-8127 A complete list of places in Hamilton where you can get food either for free or for a low cost. The listings include non-profit, community-based food assistance providers.

FoodAccessGuide.ca

Home Management, City of Hamilton 905-546-6280 Teaches individuals, families and groups, through practical instruction and coaching, the skills necessary to be more successful and independent in their day-to-day living.

hamilton.on.ca/social-services/program-supports/home-management-program

Housing, City of Hamilton 905-546-2483 Find information on homelessness prevention, social housing administration, affordable housing, hostels and emergency shelters.

hamilton.on.ca/housing

Ontario Works, City of Hamilton 905-546-4800 Provides income and employment assistance for those in temporary financial need.

ontario.ca/socialassistance

**Primary Care**

Aboriginal Health Centre 905-544-4320 Assists Aboriginal people in accessing culturally appropriate preventive and primary healthcare programs and services.

aboriginalhealthcentre.com

Centre de Santé Communautaire 905-528-0163 A multi-service agency providing health and social services to French-speaking clients in Hamilton.

csh.nh.ca

HamiltonDoctors.ca A web-based resource useful in finding Family Physicians who are accepting patients.

hamiltondoctors.ca

Hamilton Family Health Team Hamilton FHTs are community health care providers who offer multiple services and resources under one roof as well as user-friendly, web-based resources on their website.

hamilton.on.ca

Health Connections 905-546-3550 Call a Public Health Nurse (PHN) who can provide expectant parents and families of children under six with support, information on a wide range of family health topics. PHNs help families identify their needs and link families with community resources and services.

ontario.ca/children

**Recreational Services**

Recreation Services, City of Hamilton 905-546-3747 Find out more information about a variety of programs available for families within the City of Hamilton.

hamilton.on.ca/parks-recreation

**Speech, Language, Vision & Hearing**

Blind/Low Vision Program 905-385-7927 x221 Provides children who are blind or have low vision and their parents with education and support.

ascy.ca/ew-intro

Infant Hearing Program 905-385-7927 x227 Identifies and provides services to young children (and their families) born deaf, hard-of-hearing, or at risk for developing a hearing impairment in early childhood.

ascy.ca/ew-intro

Preschool Speech & Language Program 905-381-2828 x224 Umbrella organization of Hamilton's preschool speech and language services for young children. Parents, childcare providers and other professionals can call for information about children's speech/language development.

ascy.ca/ew-intro

**Parental Well-Being & Parenting**

Catholic Children's Aid Society 905-525-2012 Provides child welfare services to Catholic families and children in Hamilton.

hamiltoncacs.on.ca

Catholic Family Services 905-527-3823 Provides a range of services related to social problems that disrupt individual and family living. Individuals of all denominations welcome.

cfshw.com

Children's Aid Society 905-522-1121 Works to protect children from physical, sexual and emotional abuse and neglect, and with parents to address concerns and resolve issues that impact a child's safety and well-being.

hamiltoncacs.on.ca

Health Connections 905-546-3550 Call a Public Health Nurse (PHN) who can provide expectant parents and families of children under six with support, information on a wide range of family health topics. PHNs help families identify their needs and link families with community resources and services.

ontario.ca/children

**Infant/Child Developmental, Behavioural & Mental Well-Being**

Check It Out Drop In 905-524-4884 Free drop-ins across Hamilton for families w/children 0-6 featuring a team of community professionals who can answer questions and provide information regarding a child's growth, development and/or behaviour.

hamiltonbeststart.ca/check-it-out

CONTACT Hamilton 905-570-8888 This is the first point of access for children’s mental health services, youth with emotional, behavioural or developmental concerns and adults with developmental disabilities.

contacthamilton.ca

Health Connections 905-546-3550 Call a Public Health Nurse (PHN) who can provide expectant parents and families of children under six with support, information on a wide range of family health topics. PHNs help families identify their needs and link families with community resources and services.

ontario.ca/children

Healthy Babies, Healthy Children Public Health Nurses and Family Home Visitors provide free home visits to families during pregnancy and after birth up to school entry to promote positive parent/child relationships, healthy growth and development and family well-being. For more information or to self-refer to the program, call the Health Connections at 905-546-3550.

hamilton.ca/search home visiting

McMaster Children's Hospital – Autism Services 905-529-7950 x77758 Provides assessment, treatment and consultation services for children and adolescents ranging in age from 2 to 18 years diagnosed with autism spectrum disorders.

mcmasterchildrenshospital.ca/body.cfm?id=65

McMaster Children's Hospital – Developmental Pediatrics & Rehabilitation Program 905-521-2100 x77950 Provides outpatient services to children with developmental, behavioural, physical, or communication needs and their families.

mcmasterchildrenshospital.ca/body.cfm?id=203

McMaster Children’s Hospital – Exercise & Nutrition Centre 905-521-2100 x77967 Clinical programs involve consultation, education, medical care, and prescription of physical activity, nutrition, and lifestyle alterations to modify health-related behaviours of patients, their families, and caregivers.

mcmasterchildrenshospital.ca/body.cfm?id=70

McMaster Children’s Hospital – Feeding & Swallowing Clinic 905-521-2100 x75913 This clinic requires a physician referral and provides outpatient care for children with feeding and/or swallowing difficulties.

mcmasterchildrenshospital.ca/body.cfm?id=76

**Early Learning & Child Care**

Child Care Fee Subsidy 905-546-4870 Financial assistance for eligible families who need child care for children aged 0-12 years old.

hamilton.ca/childcare

Early Years Information Line 905-524-4884 Use this resource to find Child Care as well as Early Years and Early Learning Centres close by.

hamilton.on.ca/childcare

Hamilton Child Care Registry A central application and registry for all families looking for licensed child care in Hamilton.

childcare.hamilton.on.ca

Therapeutic Referral for Child Care 905-546-4244 x4872 By referral from a professional, families may be eligible for a child care placement, when a child is deemed at risk.

hamilton.on.ca/social-services/child-care/about-child-care-fee-subsidy

**Immigrants Working Centre**

Essex Immigration Services 905-529-5209 Essential settlement services for newcomers to Canada and are available at four locations as well as online.

iweg.hamilton.ca

Westley Urban Ministries Resettlement Assistance Program 905-528-5629 The Resettlement Assistance Program (RAP) provides temporary accommodation to Government Assisted Refugees during their initial days in Canada.

westley.ca

YMCA Immigrant Settlement Services 905-662-9400 Provides support and services to Newcomers to Canada.

ymcanhill.ca