

Youth Services Guide

24 Hour Crisis Lines

- **In an emergency call 911.**
- **Child & Youth Mental Health Emergency Services (CHYMES):** For ages 17 & under. Go to McMaster Children's Hospital Emergency Department.
- **Crisis lines for women with or without children who experienced abuse:**
 - Inasmuch House Crisis Line 905.529.8600
 - Interval House Help Line 905.387.8881
 - Martha House Crisis Line 905.523.6277
 - Native Women's Centre Crisis Line 1.888.308.6559 or 905.664.1114
- **Crisis Outreach and Support Team (COAST for Youth):** For ages 17 & under. For mental health crisis situations. 905.972.8338 www.coasthamilton.ca
- **Crisis Service Canada 1.833.456.4566**
- **Kids Help Phone:** For ages 20 & under. 1.800.668.6868 Text CONNECT to 686868 www.kidshelpphone.ca
Find counselling and support resources. <https://kidshelpphone.ca/resourcesaroundme>
- **Naseeha Muslim Youth Helpline:** For ages 18 to 25. Hours 6-9pm. 1-866-627-3342
- **Salvation Army Suicide Prevention Crisis Line:** 905.522.1477 or 1.855.294.HOPE (4673) hopesalive.ca
- **Sexual Assault Centre:** For ages 16 & over. 905.525.4162 www.sacha.ca



Health

- **Anxiety Canada:** <https://youth.anxietycanada.com>
- **Bounce Back Ontario:** For ages 15 & up to learn skills to manage anxiety and depression. bouncebackontario.ca
- **Danielle's Place:** Eating disorders support & resource centre in Burlington. 905.634.2347 or 1-866-277-9959 www.daniellesplace.org
- **De Dwa Da Dehs Nye>s:** Culturally safe mental wellness services for ages 6-24 years. 678 Main St. E. 905.544.4320 www.aboriginalhealthcentre.com
- **East Region Mental Health Services:** Ages 16 & up. 905.573.4801
- **Hamilton Public Health Dental Services:** Free dental care for ages 17 & under with low income. 905.546.2424 ext. 3566
- **Dental Health Bus.** Emergency dental services for those with low income & no dental insurance. 905.546.2489 or 905.546.2424 ext. 3789 Check website for schedule. www.hamilton.ca/dentalhealthbus
- **Hamilton Urban Core Community Health Centre:** 71 Rebecca St. 905.522.3233 www.hucchc.com/
- **Health Connections Information Line:** For information about pregnancy, breastfeeding and parenting of children 0-6 years. 905.546.3550
- **Mindyourmind:** <https://mindyourmind.ca>
- **North Hamilton Community Health Centre:** 905.523.6611 www.nhchc.ca
- **Telehealth:** 24 hour free confidential health advice. 1.866.797.0000
- **To find a doctor:** 905.528.3434 www.hamiltondoctors.ca or iamsick.ca
- **Urgent Care Centres:** 690 Main St. W. Hours 9am-9pm 905.521.2100 ext. 72000 2757 King St. E. Hours 8am-10pm 905.573.7777
- **Youth Wellness Centre:** 905.522.1155 ext. 31725 reachouthamilton.ca



Housing & Shelters



- **Access to Housing:** For 16 years & up. www.hamilton.ca/social-services/housing/social-housing
- **Brennan House:** Housing with a mental health program for ages 15-20. 614 King St. E. 905.577.1166
- **Housing Help Centre of Hamilton:** Provides housing access & support. 119 Main St. E. 905.526.8100 www.housinghelpcentre.ca
- **Emergency shelters for women over 16:**
Inasmuch House 905.529.8149
Interval House 905.387.9959
Martha House 905.523.8895
- **Living Rock:** Support to find housing. 30 Wilson St. 905.528.ROCK (7625)
- **Native Women's Centre:** Emergency shelter for women in crisis. 905.664.1114
- **Notre Dame House:** Emergency shelter & resources for homeless teens ages 16-21. 14 Cannon St. W. 905.308.8090
- **Regina's Place:** Housing for mothers ages 21 & under and their children. 905.549.4276
- **Wesley Newcomer Services:** 905.528.5629 ext 301 <https://wesley.ca/services/newcomer-community/resettlement-assistance-program/>
- **Wesley Youth Housing Program:** Transitional housing for homeless or at risk of homelessness youth ages 16-21. 191 Main St. W., Suite 401. 905.527.4430 ext. 28

Counselling & Support Services



- **Birthright of Hamilton:** Support for unplanned pregnancy and childbirth. 1.800.550.4900 or 905.527.3677
- **Catholic Children's Aid Society:** 905.525.2012. After hours emergency: 905.522.8053 www.hamiltonccas.on.ca
- **Catholic Family Services:** For all faiths. 905.527.3823 ext. 279 intake@cfshw.com www.cfshw.com
- **Child & Adolescent Services:** For ages 17 & under. Call Contact Hamilton. 905.570.8888
- **Child & Youth Mental Health Services:** (McMaster Children's Hospital): For ages 17 & under. Hospital mental health services. 905-521-2100 ext. 74382 <http://www.mcmasterchildrensmentalhealth.ca>
- **Children's Aid Society:** 905.522.1121. After hours emergency 905.522.8053 www.hamiltoncas.com
- **The Cleghorn Program:** For ages 16 & up. Assessment & treatment for people experiencing psychosis for the first time. 905.522.1155 ext. 36586. Email cleghorninfo@stjoes.ca
- **Connex Ontario:** Information for those with alcohol & drug, mental illness and gambling problems. 1.866.531.2600
- **Contact Hamilton:** For ages 17 & under. Connects to mental health & community services. 905.570.8888 www.contacthamilton.ca
- **Good2Talk:** For post-secondary students ages 17-25. 1.866.925.5454 or 2-1-1
- **Good Shepherd Community Mental Health Program:** For street involved youth ages 12-21. 905.308.8090 Barrett Centre for crisis support. For ages 16 & older. 905.529.7878 Toll free 1.844.777.3571
- **Hamilton Regional Indian Centre:** Youth programs. hric.ca
- **Learning Effective Anti-violence for Families (LEAF) Program:** For ages 4-16. Group programs for those who witnessed the abuse of their mothers. Good Shepherd 905.528.5877. Catholic Family Services 905.527.3823. Mission Services 905.528.5100 ext. 3132
- **Métis Nation of Ontario Youth Wellness Engagement:** www.keepingitriel.com
- **Pregnancy Support Services of Hamilton:** Free tests for pregnancy. 905.393.8525
- **Schizophrenia Society of Ontario, Hamilton Chapter:** Support groups for family members of someone with a mental illness. 905.523.7413. Helpline 1.855.449.9949
- **Spectrum Hamilton:** LGBTQ resources. spectrumhamilton.ca
- **St. Joseph's Youth Wellness Centre:** For ages 17-25 to receive care for mental health & addiction issues. 905.522.1155 ext. 31725 ReachOutHamilton.ca
- **Thrive Child & Youth Trauma Services:** 905.523.1020 www.childabusecouncil.ca
- **Your Life Counts:** Support & online help. www.yourlifecounts.org
- **Your Space:** Information & support for mental health issues. <https://yourspacehamilton.ca>

Employment

- **Community Employment Services Youth (Job Connect):** Free services for ages 15-18. 905.575.2177
- **Employment Hamilton (Youth):** 905.522.4902 www.employmenthamilton.com
- **Human Resources Development Canada:** Employment Information. www.jobbank.gc.ca
- **Ontario Works:** Financial support (Social Assistance) for basic needs. 905.546.4800 hamilton.ca/social-services/ontario-works
- **Raise the Grade:** Online links and tools for post-secondary preparation. my.raisethegrade.ca/en/liy
- **Youth Employment Network:** <http://youthemploymentnetwork.ca>
- **Youth Info Line:** Information on Government of Canada employment programs, services & resources. www.youth.gc.ca



Recreation, Hang-Outs & Drop-In Centres

- **City of Hamilton Parks & Recreation:** www.hamilton.ca/parks-recreation
Inclusive Recreation Services:
www.hamilton.ca/parks-recreation/inclusive-recreation-services
Parkfinder: www.hamilton.ca/parks-recreation/parks-trails-and-beaches/parkfinder
Recreation Assistance Program: For residents living with low income. 905.546.2424 ext 4569
www.hamilton.ca/parks-recreation/registered-rec-programs/recreation-fee-assistance-program
Recreation Centres: www.hamilton.ca/parks-recreation/recreation/facilities-recreation-centres-indoor-pools
- **Eva Rothwell Resource Centre at Robert Land:** Teen after-school program. www.robertland.org/programs
- **Hamilton East Kiwanis Boys and Girls Club:** Rec activities, gym, pool. 45 Ellis Ave. 905.549.2814
www.kboysandgirlsclub.com
- **Hamilton Public Library:** Digital media labs, homework help, piano room, music downloads. 905.546.3200
www.hpl.ca
- **Jump Start:** Fee assistance for ages 4-18 to participate in physical activity and sport.
<http://jumpstart.canadiantire.ca>
- **KidSport Ontario.** Fee assistance for up to age 18 to participate in physical activity and sport.
www.kidsportcanada.ca/ontario/apply-for-assistance/
- **Living Rock:** Evening & weekend drop-in & recreation. 30 Wilson St. 905.528.7625 www.livingrock.ca
- **Routes Youth Centre:** Programs & drop-in for ages 8 to 19. 10 Market St. S., Dundas 905.929.0572
www.routesyouthcentre.ca
- **The Space (NGen Youth Centre):** A positive space where youth develop leadership skills, work together & build community. For ages 13-24. 24 Main St. W. 905.524.2222 www.ngenyouth.ca
- **Wesley Ministries Teen Drop-in Centre:** For ages 13-18. Evening drop-in and recreation. Betty Brooks Community Centre, 155 Queen St. N. or Beasley Community Centre, 145 Wilson St. Call 905-521-0926 for hours. <http://wesley.ca/children-youth-and-family/teen-drop-in-programs/>
- **Willow's Place:** For ages 18 & up. A safe, female-identified space. Access to a kitchen, washer & dryer, & free activities. 905.528.4211
- **YMCA - NYC Newcomer Youth Centre:** For newcomers ages 13-24. 79 James St. S. 905.529.7102 ext. 5558 or 211. Centennial Pkwy N. 905.662.9400 [http://ymcahbb.ca/Programs/Community-Initiatives/Newcomer-Youth-Centres-\(NYC\)](http://ymcahbb.ca/Programs/Community-Initiatives/Newcomer-Youth-Centres-(NYC))
- **YMCA:** Recreation programs for youth. 905.529.7102 <http://ymcahbb.ca/Home>
- **YWCA:** Programs for girls. 905.522.9922 <http://ywcahamilton.org/>
- **Youth for Christ/Youth Unlimited:** 273 Parkside Drive, Waterdown. 905.690.9639 <http://yfcwaterdown.com/>
- **Youth Space @ Centre on Barton:** www.kboysandgirlsclub.com/centre-on-barton.html



Food Banks

Call for hours



- **Flamborough Food Bank:**
1432 Centre Rd., Carlisle.
905.690.1036
- **Good Shepherd Centres:**
Pre-register.
155 Cannon St. E.
905.972.9485 ext. 2
- **Hamilton Dream Centre:**
627 Main St. E.
905.527.8605
- **The Kings Way Outreach Centre:** 649 King St. E.
905.296.9473
- **Living Rock:** Youth-focused.
30 Wilson St. 905.528.7625
ext. 259 www.livingrock.ca
- **Mission Services of Hamilton:**
196 Wentworth St. N.
905.528.4212
www.mission-services.com
- **Neighbour to Neighbour:**
28 Athens St. 905.574.1334
www.n2ncentre.com
- **St. Matthew's House:**
785 Britannia Ave.
905.523.5546
- **Salvation Army:**
150 King St. W., Suite 1,
Dundas. Call 905-627-0572
for appointment or 80 Bay St.
N. Hamilton. 905.540.1888
- **Stoney Creek Community Food Bank:** For SC residents
only. 605 Hwy 8, rear entrance.
905.643.2090
- **Welcome Inn:** 40 Wood St. E.
905.525.5824
www.welcomeinn.ca
- **For complete listing:**
foodaccessguide.ca

Education



- **Compass:** For ages 13-17. Mental health treatment & educational services. 905.577.1020
- **Empowerment Squared:** Provides mentoring and sports & recreation programs. 905.393.5370 <https://empowermentsquared.org>
- **Grace Haven:** Housing & onsite school for pregnant & parenting youth. 905.522.7336
- **HWDCSB Alternative Learning:** 905.525.2930
- **Notre Dame House School.** High school education. Principal referral. 905.308.8090
- **PASS/SOAR.** 905.525.2930 ext. 2525
- **St. Martin's Manor.** Housing & onsite school for pregnant & parenting youth. 905.575.7500
- **Wilma's Place.** For ages 16-19. Principal referral. 905.525.6640
- **HWDCSB Community & Continuing Education:** For ages 18 and up. 905.561.2190 www.hwdsb.on.ca/cce/
- **System Alternative Education Programs (HWDCSB).** Independent learning & co-op placements. 905.383.5111
www.hwdsb.on.ca/altered/alternative-education/
- **Hamilton Pathways to Education:** For youth grades 9-12 in the North Hamilton area (Barton to Waterfront; Queen to Sherman). 905.523.6719
www.pathwaystoeducation.ca/pathways-hamilton
- **LEAP (Learning, Earning & Parenting):** Support for young parents ages 16-25 to obtain their Grade 12 diploma or equivalency. 905.546.3088
<http://hamiltonbeststart.ca/learning-earning-and-parenting-leap-program/>
LEAP@hamilton.ca

Sexual Health



- **The AIDS Network:** Counselling, support, information & referrals for people infected with & affected by HIV or AIDS. 905.528.0854 www.aidsnetwork.ca
- **LGBT Youth Line:** Support for LBTTQ2SI. 1.800.268.9688
Txt; 647.694.4275 www.youthline.ca
- **Pregnancy Support Services of Hamilton:** Free pregnancy tests. 905.393.8525
- **Sexual Health Clinics:** Free tests for pregnancy and STIs. Low cost birth control. 905.528.5894
- **Sexual Health Information Line:** Counselling about STIs, safer sex, birth control. No call display. Clinics around city. 905.528.5894.
Other languages 1.800.668.2437
- **Street Health Centre:** Testing for HIV or STIs, Hepatitis vaccine, needle exchange, emergency contraceptive pill. 905.777.7852
- **The Van Needle Syringe Program:** Free condoms, needle exchange, Hepatitis B vaccine, counselling & referrals. No call display. 905.317.9966

Alcohol, Drugs, Tobacco & Gambling

- **Alcohol, Drugs & Gambling Services:** For ages 12 & up. with gambling and gaming problems. **905-546-3606**
- **Al-Anon/Alateen:** For ages 10-19. Support for teens affected by someone else's drinking. **905.522.1733** www.alanonhamiltonburlington.ca
- **Alternatives for Youth:** For ages 12-23. Provides substance use counselling, education & outreach. **905.527.4469** www.ay.on.ca
- **Drug & Alcohol Helpline:** **1.800.565.8603**
- **Rapid Access Addiction Medication Clinic (RAAM):** For ages 16 & up with substance abuse issues with opioids and alcohol. **905.522.1155 ext. 35800**
- **Smokers' Helpline:** Support to quit smoking. **1.977.513.5333** www.smokershelpline.ca
- **Tobacco Hotline:** Counselling & clinics to quit smoking. **905-540-5566**
- **YMCA Youth Gambling Awareness Program:** Information for youth ages 8-24. **289.260.8635** www.youthbet.com
- **The VAN Needle Syringe Program:** New needles & harm reduction supplies. **905.317.9966**



Legal Issues

- **Banyan:** 905.545.0133 banyancommunityservices.org
- **Hamilton Community Legal Clinic:** 100 Main St. E., Suite 203. **905.527.4572** www.hamiltonjustice.ca
- **John Howard Society of Hamilton, Burlington & Area:** Offers a variety of youth programs. **905.522.4446** johnhoward.on.ca/hamilton/
- **Liberty for Youth:** For ages 12-25 involved in or at-risk of criminal behaviour **905.297.7929**
- **Youth Criminal Law:** youth.cleo.on.ca



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