

Community Partner Services during COVID-19

We have done our best to consolidate a list of the community partners we work directly with to identify their operational functions during the State of Emergency due to the COVID-19 pandemic.

We are doing our best to keep this list updated on a weekly basis with the information we receive.

However, as things are changing very quickly each day, for the most up-to-date information, it is always best to contact the community partner directly.

SEARCH by CATEGORY

Click on a category name below to jump to the list of those community partners to learn what they are offering during this time including a direct link to their website.



RESOURCES to Help Talk to Children and Youth about COVID-19

[Click here](#) to access a list of resources to help caregivers talk to children and youth about COVID-19 and a series of videos to support caregivers and youth during this time.

To Our Community Members ...

The organizations contained in this list are primarily the community partners we work directly with. For a complete list of all services available within our community, you can visit [Hamilton's Red Book](#)

Red Book by Hamilton Public Library (HPL) provides access and support for programs, organizations, and services in the community to help connect people to the resources they need. The Red Book is for residents, healthcare professionals, and community organizations in the City of Hamilton. Red Book can be searched by topic or specific organization name and directly links you to individual organization's websites.

Child Protection Services



Catholic Children's Aid Society of Hamilton

Accepting New Referrals

www.hamiltonccas.on.ca

The Catholic Children's Aid Society continues to support children, youth, and families during the COVID-19 crisis. During the COVID-19 pandemic, we recognize that there is increased stress on families and the well-being and safety of vulnerable children, youth and families could be at greater risk. We remain open and providing services. Call if you have a concern about the safety or well-being of a child or youth, or if your family is in need of support. The safety and well-being of children and youth and strengthening families is at the centre of all of our decision-making.

Every family situation is unique. We are continuing to follow our usual practice of assessing each situation and the related risk to an infant, child or youth, individually. Our child welfare workers are working compassionately with families, youth and children, to ensure they have the emotional support they need during a difficult time. We are also ensuring that we provide inclusive services that meet the needs of diverse communities. This includes ensuring decisions are informed by the specific cultural needs of children, youth, and families. During the pandemic, our commitment is unwavering.

We recognize our responsibility to address the safety of our employees and the community, while adhering to our mandate. During the COVID-19 pandemic, we are following public health guidance and adapting how we support and protect vulnerable children to ensure the health and safety of everyone involved. We are striking a balance between the need to keep physical distance as much as possible for health and safety, while also meeting the needs of families, youth and children. In-person visits continue to happen when needed, in particular, when there is a serious risk of harm to a child. There are also many innovative ways in which the agency has adapted our services, including check-ins by phone and virtual technologies. There is COVID-19 screening before any visit, with clear protocols to protect employees and families during the visit, including the use of personal protective equipment as needed.

Last Updated: June 23, 2020

OPEN

YES

The Children's Aid Society of Hamilton

Accepting New Referrals

www.hamiltoncas.com

Our agency continues to provide core child protection services, with a focus on keeping children and youth safe. The health and wellbeing of children, families, our community, staff, caregivers, and partners are our primary concern. With the current outbreak of COVID-19, we continue to follow recommendations from public health officials. The office is closed to the public with the exception of employees, those with appointments, anyone reporting child protection concerns, and couriers.

As always, if you have any concerns about a child or youth, please contact us at 905-522-1121 or After Hours at 905-522-8053.

Last Updated: June 23, 2020

OPEN

YES

Health and Wellness



Child Advocacy and Assessment Program (CAAP) McMaster Children's Hospital

OPEN

Accepting New Referrals

YES

fhs.mcmaster.ca/pediatrics/child_advocacy_assessment.html

The Child Advocacy and Assessment Program (CAAP) continues to provide medical services (virtually and in person when deemed necessary) and will continue to do work through intervention and comprehensive clinics virtually through sites like Zoom.com or Ontario Teleconferencing Network or by phone.

Last Updated: March 26, 2020

Hamilton Family Health Team

OPEN

Accepting New Referrals

YES

www.hamiltonfht.ca

All HFHT Groups are cancelled until further notice.

We have asked our teams to take extra care in keeping workspaces clean and making hand sanitizer available. HFHT employees will be required to consult with their managers before returning to work after travel. HFHT employees will follow public health guidelines when it comes to identifying COVID-19 risk factors and self-isolating.

You may receive a call from your health care provider screening you for COVID-19 symptoms before your appointment.

Our HFHT family practices remain open, providing largely telephone and virtual care, operating with reduced staff, limiting office visits to those essential services only. The Mental Health Counsellors and Psychiatrists have moved to providing telephone and virtual care. Both groups are proactively reaching out to vulnerable patients, continuing with mental health care, as well as continuing to accept new referrals. The Mental Health Group Services have been suspended; planning for virtual groups is underway.

For updates on any changes to HFHT groups or other HFHT services, check back on this webpage, or follow us on social media on Facebook, Twitter, or Instagram.

Last Updated: March 30, 2020

Health and Wellness



HNHB LHIN

Accepting New Referrals

www.hnhblhin.on.ca

OPEN

YES

HNHB LHIN are accepting referrals but our team will only be making in person visits if necessary and are contacting patients via telephone at this time.

Last Updated: March 18, 2020

Ron Joyce Children's Centre Health Centre

Accepting New Referrals

www.hamiltonhealthsciences.ca/about-us/our-organization/our-locations/ron-joyce-childrens-health-centre/

OPEN

YES

The following programs of the Ron Joyce Children's Health Centre, have made the difficult decision to suspend service delivery effective March 17–April 5, 2020:

- ASD Diagnostic Hub – McMaster Children's Hospital
- Audiology / Cleft Lip and/or Palate
- Brokerage Services
- Developmental Pediatrics – Physician Clinics (in person visits ONLY)
- Developmental Pediatrics & Rehabilitation Program

Services identified as URGENT/ESSENTIAL will be made available and include:

- Addressing urgent needs of patients already registered and receiving ASD/DPR/Brokerage services
- Medication management issues
- Urgent infant hearing testing
- Emergent Cleft Lip and/or Palate services

In these situations, families should be directed to call:

MCH – Autism Program: (905) 521-2100, ext. 78972

Developmental Pediatrics & Rehabilitation: (905) 521-2100, ext. 77950 or (905) 521-7950

Last Updated: June 19, 2020

Health and Wellness



THRIVE

Accepting New Referrals

www.thrivechildandyouth.ca

Effective March 17, 2020 at 4:30 pm, the THRIVE office will be closed for all in-person meetings and appointments until April 6, 2020. Clients will be contacted by their clinician and offered options to reschedule, or to continue to meet through telephone or online meetings. Staff will be available and working from home and can be reached by email should you require any support. Contact information can be located on our webpage. Please be advised that all voicemails will be checked daily and responded to within 24 business hours.

CLOSED

NO

Last Updated: March 17, 2020

Youth Wellness Centre

Accepting New Referrals

www.reachouthamilton.ca

St. Joseph's Healthcare Hamilton's Youth Wellness Centre is a safe, accessible environment for young people age 17 to 25 to receive expert care for mental health and addiction issues. We believe it is never too early to #ReachOut. The Youth Wellness Centre is located in downtown Hamilton. Staff of the Youth Wellness Centre are not seeing anyone in person, but they are providing all support through telephone or Zoom. The drop-in program is available on Wednesday/Thursday 1:00–4:00 pm CALL-IN ONLY. Online referrals are being accepted. Phone and virtual visits are happening.

OPEN

YES

Last Updated: March 16, 2020

Mental Health/Addictions



Alcohol, Drug and Gambling Services

Accepting New Referrals

www.hamilton.ca/public-health/clinics-services/alcohol-drug-gambling-services

ADGS has stopped all groups and in-person work. We are offering phone counselling and accepting new referrals/self-referrals into phone counselling. Individuals can call 905-546-3606, Option 3 for substance use and Option 4 for gambling and speak with our intake staff Belinda for further information or to complete registration with our program. We also continue to provide consultation to families and friends and professionals

OPEN (Phone Only)

YES

Last Updated: April 2, 2020

Alternatives for Youth

Accepting New Referrals

www.ay.on.ca

Alternatives for Youth is taking appropriate, proactive measures to manage and respond to the COVID-19 global pandemic and this is something we are taking very seriously. In light of recommendations from Public Health and Ontario Health, and in consultation with our Board of Directors, Alternatives for Youth is adjusting our service delivery model. We are continuing to provide services; however, we are temporarily moving away from face-to-face appointments and shifting our service delivery model to one of offering telephone appointments and support. We are offering all intake, screening and modified assessment services by telephone and are providing counselling services to our current/active clients in the same manner. Please call 905-527-4469 ext. 3 for services.

OPEN (Phone Only)

YES

Last Updated: June 11, 2020

Anxiety Treatment and Research Clinic

Accepting New Referrals

www.stjoes.ca/health-services/mental-health-addiction-services/mental-health-services/anxiety-treatment-and-research-clinic-atrc

The Anxiety Treatment and Research Clinic's (ATRC) mission is to provide excellence and leadership in evidence based clinical service, education and research for anxiety disorders. A team of experts offer comprehensive evaluations and proven treatments for anxiety-related conditions. Treatments at the ATRC include both medications and effective psychological treatments. Interdisciplinary staff are available to consult with your family doctor, psychiatrist and other professionals who are involved in your care. A physician referral is required to access care at the ATRC. Please note that all groups and group appointments have been cancelled. If you received a notice regarding cancellation of an appointment rescheduling will happen when the pandemic is over.

CLOSED

YES

Last Updated: April 2, 2020

Mental Health/Addictions



Barrett Centre

Accepting New Referrals

www.goodshepherdcentres.ca/barrett-centre-for-crisis-support

Our goal is to provide a safe place in the community where individuals can receive help in resolving a personal crisis. At the Barrett Centre, we strive to enhance the quality of life for all those who seek our assistance and support. The Centre is still currently taking intakes although their bed numbers are down as to increase social distancing. Screening for Covid-19 is being done over the phone and in-person for those staying at the Centre. Still providing 24-hour phone support. PLEASE USE THE 1-844-777-3571 number due to phone congestion issues. Kitchen is only open during mealtime hours. Also are asking that those staying at Barrett limit their access to the community.

OPEN

YES

Last Updated: April 2, 2020

Bridge to Recovery Program

Accepting New Referrals

www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/bridge-to-recovery-program

The Bridge to Recovery program provides time limited care for people with serious mental illness over the age of 17. All referrals receive an assessment to determine treatment goals of the client. The Bridge program offers a variety of evidence based group therapy interventions, with the addition of individual sessions based on a client's specific needs. The goal of the program is to assist clients to transition back into the community. In some cases, clients will be referred to other specialized outpatient treatment and services. Following are the support service group streams offered through the Bridge program:

OPEN

YES

- Managing Emotions Stream (DBT and skill building)
- Peer Support Groups
- Wellness Recovery Action Planning
- Therapeutic Recreation Groups

Last Updated: April 2, 2020

Mental Health/Addictions



Catholic Family Services Accepting New Referrals

www.cfshw.com/

Catholic Family Services of Hamilton (CFS) is a nonprofit, multi-service agency offering services to anyone in need regardless of faith, race, ethnicity, economic status, sexual orientation, gender, age, physical and/or intellectual ability. Currently providing phone and/or video support and clients can book a walk-in appointment as well.

Last Updated: April 2, 2020

OPEN
YES

Child and Youth Mental Health Outpatient Services Accepting New Referrals

www.mcmasterchildrensmentalhealth.ca

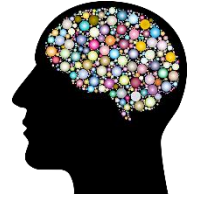
As of March 16, 2020, CYMHOS reduced our services as part of our hospital's response to COVID-19 planning. This meant we were only able to provide services to existing open and active clients and families. We have now begun to complete initial assessments for referrals on our waiting list received from CONTACT Hamilton prior to March 16th. We have also implemented a Risk Support Team to support high-needs clients and situations in our community. We continue to provide psychiatric consultation services. On March 18th, our physical location at the Ron Joyce Children's Health Centre temporarily closed.

OPEN (Physical building closed)
YES

As of Monday, April 27th, the following services are available with our Child & Youth Mental Health Outpatient Services:

- The Ron Joyce Children's Health Centre building remains temporarily closed.
- Clients and families active in service continue to receive individual services via phone calls and video calls. (There are no in-person appointments at this time.) Due to limitations with our current virtual video system, we are unable to provide our group programs at this time.
- Our CYMHOS Risk Support Team meets twice each day to review urgent, high-risk youth/families in our community who may have immediate service needs.
- While we have accepted some high-risk/concerning referrals from CONTACT Hamilton since March 16th, we will be accepting **ALL** new referrals from CONTACT Hamilton as of Monday, April 27th. (We note that referrals volumes, through CONTACT Hamilton, are reduced at this time.)
- Psychiatric Consultation services are being provided to patients on our waitlist and to any patients identified through our Risk Support Team. Psychiatric consultation referrals were paused briefly, but we have continued to accept Psychiatric Consultation requests since March 23, 2020.
- Psychiatric Consultation services remain available for all community physicians and Nurse Practitioners. Requests should be sent via fax to 905-521-7938.
- Requests for prescription renewals continue to be reviewed daily.

Mental Health/Addictions



If you should have any questions regarding our services, access to services or consultation resources please contact 905-521- 2100, ext. 77621 Monday–Friday between the hours of 9:00 am and 4:00 pm and leave a message. Someone will return your inquiry within 24 hours.

Last Updated: April 29, 2020

Cleghorn Early Intervention Clinic

OPEN (Phone Only)

Accepting New Referrals

YES

www.stjoes.ca/health-services/mental-health-addiction-services/mental-health-services/schizophrenia-community-integration-service-scis-/cleghorn-early-intervention-clinic

The Cleghorn Early Intervention Clinic works with people who are experiencing symptoms of psychosis for the first time. The Cleghorn Early Intervention Clinic offers: a time-limited (2–3 years) service that focuses on early psychosis intervention (EPI). Staff at the Cleghorn Program are currently working remotely but every client is being supported by phone and video support.

Last Updated: April 2, 2020

CMHA Hamilton

OPEN

Accepting New Referrals

YES

cmhahamilton.ca/

Canadian Mental Health Association (CMHA) is continuing to support clients remotely. Our general information line is still open for support and/or questions. The CMHA Primary Health Care Clinic is supporting clients through phone and video/OTN. In response to COVID-19, CMHA Hamilton is offering free short-term phone and virtual supportive counselling to health and social services staff working on the frontlines of COVID-19. Starting Monday April 6th, 2020, front-line workers can call (905) 521-0090 to self-refer.

Last Updated: April 2, 2020

Mental Health/Addictions



COAST

Accepting New Referrals

www.coasthamilton.ca

The COAST program is a program of St. Joseph's Healthcare and serves the residents of the City of Hamilton who have serious mental health issues and are in crisis. COAST is a multidisciplinary team consisting of child and youth crisis workers, mental health workers, nurses, social workers and plain-clothes police. COAST is currently operating at full capacity (phone and mobile visits). The mobile support is suspended at this time.

Last Updated: May 4, 2020

OPEN (Phone Only)

YES

Concurrent Disorders Program (SJHH)

Accepting New Referrals

www.stjoes.ca/hospital-services/mental-health-addiction-services/addiction-services/concurrent-disorders-program

The concurrent disorders (CD) program operates through St. Joseph's Healthcare and is among the first major mental health programs to provide a competent approach to care for individuals that are experiencing mental health and addiction issues. The concurrent disorders program is a 20-bed inpatient treatment setting for individuals that are experiencing both mental health and addiction issues. Currently there are no groups or drop-ins being scheduled but they are providing support over the phone or through OTN visits.

Last Updated: April 2, 2020

OPEN (Phone Only)

YES

CONTACT Hamilton Children's Services

Accepting New Referrals

contacthamilton.com/

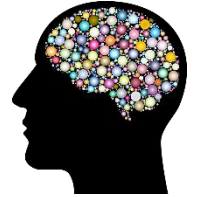
Children's Services is a program of CONTACT Hamilton that helps children, youth and their guardians find services for children and youth that have social, emotional, behavioural, psychiatric and/or developmental concerns. We are completely operational, only the office is closed. This means we continue to accept referrals for children and youth by phone, fax, and email and will respond in our typical manner over the phone. All programs, Access, Coordinated Service Planning, and FASD are operational and providing services to both current and new clients. Our role is to provide service recommendations, referrals, and navigation to children, youth, and their families. Contact is registering clients that need the services to support future referral and facilitate an urgent response to high needs situations. Please leave a detailed message or email info@contacthamilton.ca.

Last Updated: April 9, 2020

OPEN

YES

Mental Health/Addictions



Drug and Alcohol Helpline

Accepting New Referrals

1-800-565-8603

www.drugandalcoholhelpline.ca

The Drug and Alcohol Helpline is a 1-800 telephone line and website that provides health professionals with a range of suitable treatment options tailored to their individual clients. The Drug and Alcohol Helpline also links members of the general public with local assessment and referral, withdrawal management, and other treatment resources for themselves or someone they know. In addition to this, they also offer support and strategies to assist individuals with their goals. Phone call, email, and chat available 24/7.

OPEN

YES

Last Updated: April 2, 2020

Family Counselling Centre

Accepting New Referrals

www.familycounsellingctr.com

Family Counselling Centre is now closed to the public, but staff are still available via telephone and email. We have spoken to our local resolution team and all members have agreed to meet via teleconference if any new high-needs cases should arise. Many of our children's service agencies have limited services at this time, but staff are still available remotely to connect with existing clients. Our lead mental health agency is also working to expand telephone services.

CLOSED

YES (High-Needs Cases Only)

Last Updated: March 18, 2020

Mental Health/Addictions



Good Shepherd

Accepting New Referrals

www.goodshepherdcentres.ca/

Good Shepherd is this community's leading provider of human services to vulnerable men, women and children.

Please note the Following:

- SAM (Adult Day Therapy Program): All programs are suspended until further notice
- Emmanuel House Hospice: Closed to visitors except loved ones
- Daily Hot Meal: Packed meals will be handed out at the Good Shepherd Centre on Mary Street
- Venture Centre: We are reducing the number of clients visiting the Marketplace each day and will eliminate clothing and housewares from the shop. We are enforcing social distancing by having only one household member in the program at any given time.
- Women's Service Wellness Program: Programming is suspended until further notice
- Volunteer Program: All interviews and new placements are temporarily suspended
- Donations: We encourage online donations at goodshepherdcentres.ca/donate or give to our Emergency Virtual Food Drive at <https://bit.ly/2woXjSW>

Additionally:

A Good Shepherd response team is meeting daily to monitor local circumstances and to liaise with our internal and external health partners. We are communicating with key stakeholders and community partners to share resources and support coordinated response efforts. Existing pandemic and business continuity plans are being reviewed and updated at both the corporate and program/department level. Resources to promote prevention and self-screening are being distributed to all program sites. All volunteers and clients will be screened as they enter our programs.

Out of an abundance of caution:

- We have decided to cancel GLAMOUR IN THE HAMMER on April 17. All tickets will be refunded.
- The EMMANUEL HOUSE HOSPICE FUNDRAISING DINNER scheduled for April 30 has been postponed to September 3. Tickets already purchased will be valid for the new date and if you are unable to attend, your ticket will be refunded.
- The VOLUNTEER APPRECIATION DINNER scheduled for May 4 has been cancelled.

OPEN (With Exceptions Listed Below)

YES

Last Updated: April 9, 2020

Mental Health/Addictions



Grenfell Ministries

Accepting New Referrals

www.grenfellministries.org

Peer support mental health line at 1-866-212-4575 through text or phone. Overdose Prevention Line at 888-853-8542

OPEN (Phone Only)

YES

Last Updated: March 31, 2020

Hamilton Mental Health Outreach Program

Accepting New Referrals

A community mental health organization that provides client-directed intensive case management services for adults who have a serious and persistent mental illness. Is currently still providing medication management and support via telephone for clients. *Referral through IntAc

OPEN (Phone Only)

YES

Last Updated: April 2, 2020

Hamilton Program for Schizophrenia

Accepting New Referrals

www.hpfs.on.ca/

The Hamilton Program for Schizophrenia is a comprehensive community-based treatment and rehabilitation program. They are dedicated to helping people with schizophrenia through case management services, rehabilitation programs and psychiatric care. Currently the program is providing medication management to clients and also supporting them through the phone. *Referral through IntAc

OPEN (Phone Only)

YES

Last Updated: April 2, 2020

Mental Health/Addictions



IntAc

Accepting New Referrals

[905-528-0683](tel:905-528-0683)

A single point of access to mental health intensive case management services provided by the Canadian Mental Health Association, Hamilton Branch (CMHA); City of Hamilton Mental Health/Outreach Team* (Community Mental Health Promotion Program - CMHPP); Hamilton Program for Schizophrenia (HPS); Hamilton Mental Health Outreach Program (HMHO).

*Street Outreach Services are available to individuals who are homeless (on the street or in an Emergency Shelter). Referrals can be from self, a physician, or other professionals.

Referrals are being processed but not forwarded to the organizations until after the pandemic.

OPEN (Phone Only)

YES

Last Updated: April 2, 2020

IAM—Institute for Advancement in Mental Health

(Previously, Schizophrenia Society of Ontario)

Accepting New Referrals

www.iamentalhealth.ca/

We are now IAM – Institute for Advancements in Mental Health! We envision ***redesigning society for better mental health***. This means creating environments that are more inclusive, positive, and accepting for people with mental illness and partnering with others to create solutions that improve mental wellbeing and allow people to thrive. At IAM, the programs and services that we previously offered at SSO still remain, but we are growing these to help even more people. What we have achieved in the past 40 years with you, informs our future today. Staff at IAM are working remotely and providing support through the phone. Our Ask The Expert information line/email is still operational. Our support line is staffed by a multidisciplinary team of mental health counselors who provide individualized supportive counseling, system navigation, and customized information and education to caregivers, individuals living with chronic mental illness, and our community as a whole. We address challenges across the mental health spectrum and have increased capacity to support during this time... Whether you're dealing with increased stress and anxiety due to the pandemic, or experiencing challenges related to a mental health issue, we're here to help! Call us at 1-855-449-9949, or leave a confidential message at asktheexpert@schizophrenia.on.ca Offers support/educational groups for families/friends, recovery support groups, immigration support and mental health/justice support.

OPEN (Phone Only)

YES

Last Updated: April 17, 2020

Mental Health/Addictions



John Howard Society **Accepting New Referrals** johnhoward.on.ca/

OPEN (Phone Only)
YES

John Howard Society of Hamilton, Burlington and area is one of 19 affiliates in Ontario and over 50 across Canada. Our agency works with at risk individuals and is committed to providing a continuum of evidence based and impact driven prevention and intervention services supporting individuals and families to develop the skills and assets necessary to make positive and long lasting life changes, enabling them to become fully contributing members of the community. Currently the John Howard Society has suspended all in person support but is connecting with clients remotely.

Last Updated: April 2, 2020

Lynwood Charlton Centre **Accepting New Referrals** www.lynwoodcharlton.ca

OPEN
YES

Lynwood Charlton Centre is a publicly funded charitable organization in the City of Hamilton which provides a spectrum of innovative and evidence-based, mental health services, including residential, day treatment, treatment foster care and in-home and community based services, to children, youth, families and the community. Lynwood is currently open, but reduced programming and do have some youth on site they are continuing to support. They are still accepting referrals; however, they will not be processed until after Covid-19.

All Intensive Out of Home Programs:

We have prioritized clients who must stay in our service and are also beginning to collapse sites and move remaining children, youth and staff to operate at 3 sites only at this time. We will operate at Upper Paradise, Forest Avenue and Flamborough sites, holding our Augusta site in reserve should we need to care for a child or youth who is infected with COVID 19 virus.

Day Treatment Programs:

We will be continuing to provide telephone support to all families and clients in our Day Treatment Programs.

Community Based - Home and School Programs:

We will be continuing to provide telephone support to all families and clients in our Community Based Programs.

Last Updated: June 5, 2020

Mental Health/Addictions



Men's Addiction Service Hamilton

OPEN

Accepting New Referrals

YES

www.stjoes.ca/hospital-services/mental-health-addiction-services/addiction-services/men's-addiction-service-hamilton-mash

The MASH program provides a safe and welcoming environment to assist men (16+), who are in crisis with substance use. The clinic is currently operating with a reduced model and is only able to offer 4 crisis beds. However, they are still able to provide 24 hour a day phone support for past, present, or future clients and service providers.

Last Updated: April 2, 2020

Mental Health Rights Coalition

CLOSED

Accepting New Referrals

NO

mentalhealthrights.ca/

MHRC is a consumer/survivor initiative. Its functions are reflective of the needs of the membership. Members, staff and volunteers all have lived experience with mental health and or addiction. Provides Peer Support (in person or on telephone), Daily Activities, Computer/Internet Access, Resource Library, Peer Support Training. In addition to this the MHRC advocates for systematic change based on collective complaints at various committee meetings.

Last Updated: April 2, 2020

New Choices

OPEN (Phone Only)

Accepting New Referrals

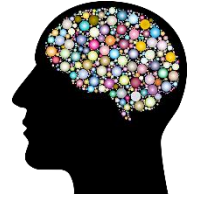
YES

[905-522-5565](tel:905-522-5565)

New Choices offers a one-stop setting for pregnant and parenting women, with substance use concerns, and their children ages 0–6. Services for women include assessment, treatment and referral and both individual and group counselling concerning substance use. Outreach services are also provided to mothers and children. Services for women also include prenatal and postnatal education, and general wellness. Parenting education and support is provided both individually and in group format as well as through interactive play between mother and child. Services for children include individualized therapeutic play programs that promote physical, social, and emotional development, developmental screening and assessment, and speech and language services. Children have access to early identification, assessment and intervention services. By locating a team of staff from a range of services at one site, a woman can receive assessment of her own needs and those of her children, and support in her parenting efforts.

Last Updated: April 2, 2020

Mental Health/Addictions



Ontario Problem Gambling

Accepting New Referrals

1-800-230-3505

The Ontario Problem Gambling Helpline provides information about problem gambling services in Ontario. Additional services include support/strategies to meet the individual's needs, as well as setting up a first appointment with a treatment provider. Funded by the Government of Ontario. Service is live answer 24/7, confidential, and free.

OPEN

YES

Last Updated: April 2, 2020

Parents for Children's Mental Health (PCMH)

Accepting New Referrals

www.hamiltonhealthsciences.ca/about-us/our-organization/our-locations/ron-joyce-childrens-health-centre/

PCMH Hamilton drop-ins will take place online, NOT in-person, until further notice. New online drop-in dates have been added to help meet the increased need for support at this challenging time. Individual support by phone, email, and text continues to be available. Tech support for online courses can be reached by calling 905-536-9323.

OPEN (Online Only)

YES

Last Updated: March 13, 2020

Rapid Access Addictions Medicine Clinic (RAM)

Accepting New Referrals

www.stjoes.ca/hospital-services/mental-health-addiction-services/rapid-access-addiction-medicine-raam-clinic

The Rapid Access Addiction Medicine (RAAM) Clinic serves those with substance abuse issues, primarily addictions to opioids and alcohol. The purpose of the clinic is to provide quick access to care for addiction issues, including assessments, counselling and prescriptions for medications that may help with lessening cravings and withdrawal symptoms. The clinic is still operating 8:00 am–4:00 pm and is taking faxed referrals. Staff are providing primarily telephone support but are seeing patients if deemed necessary.

OPEN

YES

Last Updated: April 2, 2020

Mental Health/Addictions



Salvation Army

Accepting New Referrals

salvationarmy.ca/ontariogreatlakes/tag/hamilton/

The Salvation Army gives hope and support to vulnerable people today and every day in 400 communities across Canada and in more than 125 countries around the world. The Salvation Army office is currently closed but staff are working remotely. If you require family assistance or food bank please call 905-540-1888 or if you require support, you can call the 24 hour men's support line at 905-527-1444 ext. 0

OPEN (Phone Only)

YES

Last Updated: April 2, 2020

Sexual Assault Centre Hamilton Area

Accepting New Referrals

sacha.ca/

The 24 Hour Support Line offers confidential and anonymous 24-hour non-judgmental telephone support. This service is for adults, 16 years of age or older, who have experienced sexual violence at any point in their lives and to those supporting survivors. The 24-hour line is covered by an answering service that will connect you with a SACHA volunteer. 905-525-4162

OPEN

YES

Last Updated: April 2, 2020

Suntrac Addiction and Treatment Program

Accepting New Referrals

www.missionservices.com

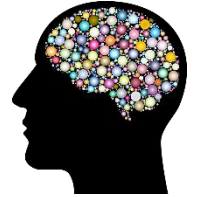
New referrals are being accepted. Intake will be done via phone. Referrals can be made at 905-528-0389, ext. 2256. Drop-in groups are suspended. Phone support is available for those who request it.

OPEN (Phone Only)

YES

Last Updated: April 2, 2020

Mental Health/Addictions



The LOST Organization Accepting New Referrals

www.wearelost.org/

A community peer support group for those supporting people with mental health issues. At their sessions, subjects such as depression, anxiety, mindfulness, self-injury and addiction are openly discussed. We provide a safe and comfortable environment for anyone who is dealing or knows someone who is dealing with these issues to come and discuss, or listen, to people's stories and gain insight into these various problems. Has suspended all in-person contact but is providing a number of resources and groups via Zoom. For more information, check out their Facebook page for ongoing updates.

**OPEN (Virtual Only)
YES**

Last Updated: April 2, 2020

Wayside House (Men) Accepting New Referrals

www.waysidehouse.ca/

Wayside House is a long-term residential addiction treatment program for men. While adhering to best practices, they support the client from first contact through their multi-phase program, discharge, and aftercare. Currently Wayside is still accepting referrals and is providing support to all current and past clients. The program is still operating providing support to 37 units, while adapting programming to increased phone support as well as increased access to virtual supports for those receiving care. The Hep-C team is providing support through the Shelter Health Network as well as phone and virtual support for existing clients.

**YES
YES**

Last Updated: April 2, 2020

Womankind Addiction Service Accepting New Referrals

www.stjoes.ca/hospital-services/mental-health-addiction-services/addiction-services/womankind-addiction-service

The MASH program provides a safe and welcoming environment to assist men (16+), who are in crisis with substance use. The clinic is currently operating with a reduced model and is only able to offer 4 crisis beds. However, they are still able to provide 24 hour a day phone support for past, present, or future clients and service providers.

**YES
YES**

Last Updated: April 2, 2020

Mental Health/Addictions



Woodview Mental Health & Autism Services

Accepting New Referrals

www.woodview.ca

We are happy to announce that starting July 6th, we will begin a gradual re-opening of some of our locations to be able to support our clients and families with scheduled face-to-face appointments!

To ensure everyone's safety, our re-opening of buildings will be a phased-in approach and in line with the province's re-opening plan.

Over the course of the pandemic, we've been working hard to prepare for a return to face-to-face appointments. Clients and families will continue to have the option to visit us in person for an appointment or to continue to receive support by phone or video, whichever is most comfortable for you.

Please note that at this time, home visits, in-person groups, camps, and school programming will not be available until further notice.

Clients and families will receive program-specific information from their worker.

Residential services continue to operate at The Manor and Supported Independent Living program. We are committed to the safety of our clients and staff and have taken strict precautionary measures such as enhanced client screening, sanitizing the physical space on a regular basis, and limiting face-to-face and group interactions to what is necessary to support our clients.

OPEN (Phone Only)

YES

Last Updated: June 23, 2020

Family/Youth Support



Hamilton & District Extend-A-Family Accepting New Referrals

www.hamiltonextendafamily.com

We have decided to suspend our recreational programs until April 6th. Staff are working from home and will responding to email and phone messages.

Last Updated: March 18, 2020

CLOSED
NO

Hamilton Public Library

www.hpl.ca/

While branches are closed, we're still here to help. Access [resources from home](#) with your Library Card and PIN. Many resources offer guides to help you through the learning process.

Quality Online Training is available. Use this time to learn or enhance your skills. Try [Lynda.com](#) and [Great Courses](#) to help with your technology skills and other learning needs.

Watch Movies: Pop some corn and [enjoy popular movies](#), documentaries, world cinema, classic films and independent cinema.

Read or Listen to a New Book: More than 120,000+ [eBooks](#), [eAudiobooks](#) and more. Have questions? [Book an appointment](#) for phone/email help with your research, information or technology support needs.

We look forward to welcoming you back to the branches upon re-opening. Check hpl.ca for updates.

Last Updated: April 15, 2020

CLOSED

Family/Youth Support



Living Rock

Accepting New Referrals

www.livingrock.ca/

Engage youth through open access programs; crisis support; youth food banks; work to earn and learn opportunities; parenting and pre-natal groups, referrals to other agencies. Youth must be between the ages of 13-25. As of Monday March 23, 2020, all services for youth (13 to 25) and Alumni will be “take-out” from the side door of Living Rock. The building will not be open, but we can be reached by phone.

- Breakfast meals and supports will be Monday to Friday from 9:00 to 10:00 am.
- Evening Program meals and supports will be Tuesday, Wednesday, and Thursday from 4:00 to 5:00 pm.
- Food Bank Hampers will be Tuesday and Thursday from 1:00 to 4:00 pm.
- Weekend Program will be Saturdays from 1:00 to 4:00 pm with hampers and meals.

Youth can let us know their needs, such as for clothing, baby supplies and hygiene products and we will do what we can to be a support. Call us if you have questions and we are opening up telephone support. We are active on Facebook, e-mail and Instagram. We have created different hampers for youth that have housing and for those that are on the streets. Call us if you have donations and we can pick them up at the side door. Donations are still needed including soups, canned pasta sauce and pasta as well as granola bars and juice boxes. Thanks for all your care and prayers, as we stand together to support each other in this season.

Last Updated: March 18, 2020

OPEN (Take-out/Phone Only)

YES

Cultural Services



Compass Community Health

Accepting New Referrals

www.nhchc.ca/

Open to immigrants and refugees. This program is beneficial for integration into the community. Goal of Program: To assist refugees and new immigrants. All non-essential programs have been cancelled as well as all groups.

CLOSED

NO

Last Updated: April 2, 2020

Centre de Santé Communautaire

Accepting New Referrals

www.cschn.ca/

The Centre de Santé Communautaire Hamilton/Niagara is a Francophone Community Health Centre that is a multi-service agency providing health and social services to French-speaking clients. The Centre is currently open Monday to Friday from 9:00 am to 5:00 pm but only providing essential services by phone. All non-essential programming has been cancelled. Employees are working from home, checking voicemail twice a day, and offering phone counselling and working towards OTN counselling. We are accepting new referrals. All face-to-face services are currently on hold unless deemed an emergency (i.e., medical services only). We have a rotating crew in the office including our medical team and management.

OPEN (Phone only)

YES

Last Updated: June 23, 2020

Cultural Services



De dwa da dehs nye>s Aboriginal Health Centre

Accepting New Referrals

www.aboriginalhealthcentre.com

OPEN

YES

We understand and share in your concern around the risks associated with the coronavirus and know you might have questions about how we are working to keep you and your loved ones safe. We want you to feel safe in our programs and because of that, we have been planning. Below you can find a list of what we are doing:

- We will be cancelling all our group programming until April 5, 2020.
- We are asking everyone to self-monitor for symptoms.
- Non-urgent appointments will be conducted by telephone or rescheduled as appropriate.
- We are implementing our emergency Pandemic plan.
- We will be implementing screening stations at our Hamilton and Brantford locations.
- We have limited emergency supplies on hand.
- We are advising everyone to follow travel advisories.
- We are asking those who are not feeling well to remain home.
- We have enhanced communication on handwashing, contact with others and respiratory health protocols.
- We have increased our cleaning protocols, especially in high touchpoint and traffic areas like elevators and doorknobs.

We will continue to refer to the World Health Organization, the Public Health Agency of Canada, the Ontario Ministry of Health Public Health Units for information, and keep you updated on this evolving situation.

Last Updated: April 2, 2020

Cultural Services



Hamilton Regional Indian Centre (HRIC)

Accepting New Referrals

www.hric.ca

Effective immediately until Monday, April 6, 2020 HRIC will be suspending all day and evening programming. This suspension will include any internal and external services hosted at the HRIC and the Centre is closed to the public.

During this time the following limited services will still be available:

- Over the phone services with HRIC staff for general inquiries, intake, requests for food or health items
- Restricted home visits by HRIC staff to deliver food or health items
- Medical transportation

Phone calls to main line (905-548-9593) will be answered or returned between 9:00 am and 5:00 pm .

Last Updated: April 9, 2020

Hamilton Urban Core

Accepting New Referrals

www.hucchc.com/

Hamilton Urban Core is an inner city health Centre with thousands of registered clients who routinely access the Centre's many programs and services. Some services include therapeutic and supportive counselling, health and wellness programs, client education and support programs, personal and community development programs, as well as parenting and family support. Hamilton Urban Core has cancelled all drop-ins and non-essential appointments.

Last Updated: April 2, 2020

OPEN (Phone Only)

YES

CLOSED

NO

Cultural Services



Immigration Working Centre Accepting New Referrals

www.iwchamilton.ca

IWC is working at full capacity in all our services: Employment, Settlement, LINC classes, and financial assistance info. Our website is updated to show our services on one page, with a summary of all our services by area. Our office is virtually open Monday to Friday from 9:00 am to 5:00 pm. All the messages in our social media and Live Chat will be answered promptly.

OPEN (Virtual Only)
YES (By Phone Only)

Employment—The IWC Employment Team can provide information and help you with:

- Employment needs assessment
- Customized action planning
- Targeted resume
- Interview preparation and practice
- 1-on-1 job search support and assistance
- Ontario College of Trades Equivalency Application

To book an appointment with an Employment Counsellor, you can contact Uzma by email to uqureshi@IWCHamilton.ca or by phone 905-529-5209 ext. 239.

Settlement—The IWC Settlement Team is continuing to support our clients to ensure that they have access to critical resettlement and case management services.

The Settlement Team can provide one-on-one information and help with COVID-19 information and information and assistance with:

- Citizenship applications, PR card assistance, and other immigration-related processes
- Education for adults and children
- Financial assistance and benefits
- How to access housing and housing supports
- How to access healthcare
- Information about the current state of emergency in Ontario, and how to access what you need during this time
- Assistance and guidance to clients seeking basic need supports, mental health referrals, etc.

Make sure you leave a message if you do not get through right away. To book an appointment with a Settlement Counsellor, you can contact Rosemary by email to

Cultural Services



raswani@IWCHamilton.ca or Silva (Arabic) by phone to 905-529-5209 ext. 221.

LINC—Online classes are available for current students.

IWC will be offering online classes soon. To learn more and join the waiting list, contact communications@IWCHamilton.ca or use the “We are here” live chat on the bottom right side of your screen (Monday to Friday between 9:00 am and 5:00 pm).

Financial Assistance Information—If you have lost your job, need information about financial supports available, or need assistance meeting your basic needs (food and housing) you can contact Rosemary by email to raswani@IWCHamilton.ca or by phone to 905-529-5209 ext. 236 to discuss your needs and book an appointment with a Settlement Counsellor. Make sure to leave a message if you do not reach Rosemary directly.

Live Chat in our Website for easy questions and answers access.

Last Updated: April 8, 2020

Niwasa Kendaaswin Teg Accepting New Referrals

niwasa.ca/

Niwasa is closed and there is not yet a date to resume services at this time given the ongoing pandemic. Niwasa is not accepting any new childcare referrals at this time. However, the Indigenous Food Bank continues to be OPEN and we are providing contactless delivery to families. To access the food bank, individuals can call the main number at 905-549-4884 and enter extension 416 for the call centre. They will do a brief intake and the caller will be given a date/time of when their food will be delivered. Niwasa is aiming for contactless delivery where the food will be left at the door/porch and once staff are back in their vehicle, they will call the client to advise the food has been delivered.

**CLOSED
NO**

Last Updated: April 14, 2020

Shelters



Brennan House

OPEN

Accepting New Referrals

NO

www.goodshepherdcentres.ca/brennan-house

Brennan House is a 15 bed, co-ed transitional housing program for youth 16 to 20 years of age. This long-term, personal strength-based program supports young people in transition from homelessness to independence. Residents are expected to establish their own personal goals with the aid of Youth Support Workers. Brennan House is still open but are not taking any new referrals. They are doing ongoing screening at the door and are asking for no visitors or guests at this time.

Last Updated: April 2, 2020

Good Shepherd Family Centre

CLOSED

Accepting New Referrals

YES (Essential Services Only)

www.goodshepherdcentres.ca/the-family-centre

The Family Centre offers temporary emergency accommodation and residential support to as many as 20 families who have become homeless. Operating 24 hours a day, 7 days a week, the Family Centre endeavours to help families identify their unique barriers to achieving safe, sustainable housing. Staff assists residents as they strive to develop effective short- and long-term strategies for re-establishing housing and re-integrating into the community. The Family Centre is currently closed for all non-essential services. If families are experiencing homelessness or are in danger of becoming homeless, they can contact the centre for an assessment and support.

Last Updated: April 2, 2020

Good Shepherd's Martha House

OPEN

Accepting New Referrals

YES

www.goodshepherdcentres.ca/martha-house

Martha House is a secure and accessible, 40-bed emergency shelter for women and their children who are homeless and fleeing violence and abuse. At this time, the Women's Service Wellness Program is suspended until further notice. 24-Hour Crisis Line: 905.523.6277

Last Updated: April 15, 2020

Shelters



Grace Haven

Accepting New Referrals

[905-522-7336](tel:905-522-7336)

Grace Haven is a resource that provides residential and community programs for pregnant adolescents/women and young, single parents (mothers & fathers) that are 21 years of age or younger. Currently still supporting in home clients and going to extensive measures for sterilization and safety for Covid-19.

OPEN

YES

Last Updated: April 2, 2020

Interval House

Accepting New Referrals

www.intervalhousehamilton.org

The COVID-19 Pandemic impacts everyone. At Interval House of Hamilton, our commitment to women and children's safety remains steadfast. We want you to know that we are still providing services to women with or without children who have experienced abuse, violence human trafficking, or trauma. **Our services are essential in saving and changing lives every day.** Due to COVID-19 we have made some changes, some of which include:

OPEN

Yes (With Restrictions)

Emergency Shelter:

- Restricted intakes which will include screening for COVID-19, assessments and other regulated requirements that are in place to support everyone's health and wellness as directed by the Chief Public Health Officer of Canada and the Government of Canada. Please call our crisis line at 905-387-8881 or 905-387-9959.
- Visitors are restricted to essential services/businesses only.
- Crisis lines remain available for telephone support 905-387-8881.

Women's Centre Hamilton / Flamborough Women's Resource Centre / Jared's Place

- Counseling is continuing via telephone only. If you wish counseling, support legal advocacy, housing, please call 905-387-9959 and ask to speak with a staff member from the Women's Centre (Women's Centre and Jared's Place), 289-895-8580 (Flamborough),
- Groups are suspended.
- Outreach services are suspended.

Shelters



Events:

While our traditional events have either been cancelled or postponed, we are busy exploring new strategies for events. We will be sending out more details as soon as possible.

On behalf of Interval House of Hamilton, we wish everyone good health.

Last Updated: April 1, 2020

Mission Services (Good Food Centre; Inasmuch; Men's Shelter; Willow's Place)

OPEN

Accepting New Referrals

YES

mission-services.com/

Care and support from loved ones is vital to recovery. Family members and friends can help loved ones every step of the way by learning about the recovery process and how they can support their loved one's goals in a caring, informed, and compassionate way. All non-essential programming has been suspended (including tax clinics and food demonstrations).

The 196: Our youth program is cancelled until April 5.

Willow's Place: Willow's Place will remain open with enhanced preventative measures.

Emergency Food: The Good Food Centre will continue as usual, with enhanced preventative measures. Please note that effective March 20, 2020, the East Hamilton Food Centre will be closed until further notice. If you are in need of immediate food access and are experiencing symptoms of COVID-19, or have come in contact with someone with symptoms, please do not visit the Good Food Centre. Instead, please ask a friend or family member to do so for you. Please provide a letter of permission and your ID

Men's Shelter and Inasmuch House: Based on recommendations from physicians at the Shelter Health Network, external access to our Men's Shelter and Inasmuch House is restricted with the exception of essential individuals (such as physicians). Social distancing practices are in place for mealtimes and sleeping arrangements. People seeking assistance will not be turned away.

Last Updated: April 2, 2020

Shelters



Native Women's Centre—Hamilton Chapter

Accepting New Referrals

www.nativewomenscentre.com/

The Native Women's Centre provides safe, emergency shelter for all women regardless of age, ancestry, culture, place of origin or sexual orientation with or without children who are experiencing crisis in their lives due to family violence, homelessness, or conflict with the law. Safe emergency shelter services are available 24 hours per day, 7 days per week including all meals, emergency clothing, and personal need items for all residents. **24 Hour Crisis Line 1-888-308-6559**

**OPEN
YES**

Last Updated: April 15, 2020

Notre Dame House

Accepting New Referrals

www.goodshepherdcentres.ca/notre-dame-house

Notre Dame House is a 24-hour emergency shelter and multi-agency resource centre for homeless and street-involved youth 16 to 21 years of age. The six-week program uses a unique team approach that pairs each young person with a youth support worker who helps them reach their personal goals using strength based, client centred approaches. Still open but limiting intakes at this time. Screenings done at front door.

**OPEN
YES**

Last Updated: April 2, 2020

Wesley

Accepting New Referrals

Wesley offers daily support, every step of the way, to over 1250 children, youth, adults and seniors living in poverty in Hamilton. Our essential supports for vulnerable populations and people experiencing homelessness, including the Wesley Day Centre, have remained open throughout this crisis. Donations of hygiene items, cleaning supplies and non-perishable food are needed! If you are able, please drop off donated items in Hamilton Food Share bins at your local grocery stores, such as Fortinos (50 Dundurn St S, Hamilton) and Metro at Fennell/Upper Gage (967 Fennell Ave E. Hamilton). Please contact info@wesley.ca if you have a large donation.

**OPEN
YES**

Please note, all regular volunteer opportunities have been cancelled until further notice. We are currently looking for skilled volunteers to help in the isolation centres for the homeless. Contact volunteer@wesley.ca if you are a retired health care professional, student (i.e., medicine, nursing, physician assistants), foreign trained doctor or have related professional experience.

Shelters



On March 12, 2020, the Government of Ontario issued an order to close all publicly funded schools in Ontario for two weeks following March break, in response to the emergence of COVID-19. This means that Ontario schools have been ordered to remain closed from Saturday, March 14 through to Sunday, April 5, 2020. The City of Hamilton has given the direction to close all EarlyON Child and Family Centres that are not in schools. Wesley will also be closing the Child Care Centre, 80 Queen St. N.

On Monday March 16, CityHousing Hamilton closed the 3rd floor of First Place Seniors Residence. First Start Café and the Food Service Training Program will be closed until further notice. You can still email firststart.cafe@wesley.ca to inquire about catering. The Shopping by Bus program is also cancelled until further notice.

Last Updated: April 2, 2020

YWCA Hamilton

Accepting New Referrals

www.ywcahamilton.org

We are now three weeks into the COVID-19 crisis and while we try to make sense of rapidly-evolving developments, the deep impact to our community can be felt as we stretch critical resources in ways we had never imagined possible. In compliance with requests from leading health authorities for all non-essential workers to stay home, YWCA Hamilton non-essential programs and services will remain closed until May 4, 2020, at which point we'll reassess.

[Carole Anne's Place](#), an overnight drop-in centre for women experiencing homelessness, will remain open until April 30, 2020 and of course, our residential programs, including the [Transitional Living Program](#) at 75 MacNab and our residences for Developmental Services, will continue to operate.

We are moved by the generosity of those who have answered our plea for donations of food and other essential items to support the many women and families we serve. And while the COVID-19 situation shifts from day to day, so do the needs of our community. But in encouraging self-isolation and distancing amongst the 65 residents who call YWCA Hamilton home, and women who are homeless who we are supporting in temporary hotel spaces provided by the City of Hamilton, one harsh reality becomes clear: isolation and hunger are huge threats to safety and well-being. With limited access to food and activities, we simply need supplies to keep those who rely on us active, engaged and fed while isolating in their rooms.

Last Updated: April 1, 2020

CLOSED

YES (Overnight Drop-in/Residential Programs Remain Open)

Education



Hamilton Wentworth Catholic District School Board

CLOSED

Accepting New Referrals

NO

www.hwcdsb.ca

HWCDSB schools and administrative buildings are closed to non-essential staff on government orders, effective 11:59 pm Tuesday, March 24, 2020 as part of the province's COVID-19 containment efforts. The only exceptions are custodial staff who conduct daily monitoring and checks of buildings; contractors on approved work; and essential staff at administrative sites, identified by the Director of Education and/or the Associate Director of Corporate Services.

Last Updated: June 26, 2020

Hamilton Wentworth District School Board

CLOSED

Accepting New Referrals

NO

www.hwdsb.on.ca

The Hamilton Wentworth District School Board's **Adult Day School** and **D2L Night School** are still operating virtually. Please follow the instructions below to book an MS Teams Meeting (online) with a guidance counselor and we can register you.

Please click on the following link: <https://www.hwdsb.on.ca/cce/adult-programs/credit/adult-day-school/> or <https://www.hwdsb.on.ca/cce/adult-programs/credit/d2lnight/>

HWDSB is offering Mental Health & Well-being programming over the summer for students and caregivers.

Virtual and Telephone Support (Monday to Friday, 9:00 am–4:00 pm):

Social Workers are available to provide single session and on-going support to students and parent/givers of HWDSB. Referrals for the following mental health and wellbeing support groups can also be accessed through this contact information. Call 905-527-5092, ext. 2038 Text 365-366-7721 Use the HWDSB Helps app for iOS and Android and located on the We Help website.

Education



Groups for Students:

AFFIRM—Secondary

Project Youth AFFIRM is now offering 8 FREE ONLINE sessions of coping skills training for anyone between 14 and 18 years old who identifies as lesbian, gay, bisexual, pansexual, Two Spirit, trans, non-binary, queer and/or questioning your sexuality or gender. The goals of AFFIRM are to decrease unhelpful thoughts, learn stress coping skills to navigate mental health and the COVID-19 pandemic, make healthy choices for your sexual and mental health, and build community with other Two Spirit and LGBTQIA+ youth. Visit www.projectyouthaffirm.org and click “Participate” to fill out the online registration form. This group will be offered in July and August.

AFFIRM—Elementary (Grades 7/8)

Project Youth AFFIRM is now offering 8 FREE ONLINE sessions of coping skills training for anyone between 12 and 13 years old who identifies as lesbian, gay, bisexual, pansexual, Two Spirit, trans, non-binary, queer and/or questioning your sexuality or gender. The goals of AFFIRM are to decrease unhelpful thoughts, learn stress coping skills to navigate mental health and the COVID-19 pandemic, make healthy choices for your sexual and mental health, and build community with other Two Spirit and LGBTQIA+ youth. Visit www.projectyouthaffirm.org and click “Participate” to fill out the online registration form. This group will be offered in July and August.

Virtual Teen Activation Group (TAG)

(Offered in a virtual format through MS Teams, starting July 13.)

TAG is a treatment group for adolescents struggling with depression and anxiety who are not ready to access other treatment options at this time. The group is based on Cognitive Behaviour Therapy (CBT) and Behaviour Activation Therapy. The goal of the group is to help students reduce their depressive and anxious symptoms and increase their overall activity level, so they can access other treatment options or no longer require treatment. The group engages in education sessions, as well as social and physical activities. Through these sessions and activities, students learn strategies to increase healthy behaviours and enjoyable activities thereby improving their quality of life. TAG is open to students in grades 9 to 12, who show signs of depression and/or anxiety, who recognize these signs and are ready to take steps to make changes in these areas.

Virtual Chilled

(Virtual offering via MS Teams, also with information for caregivers. Sessions in July and August.)

Chilled is an evidence-based anxiety treatment program for adolescents in grades 7 to 12 who are experiencing worry or anxiety that is impacting their daily functioning. The program focuses on teaching adolescents strategies to find better ways to manage their anxiety. Chilled uses Cognitive Behavioural Therapy (CBT) techniques and provides participants with knowledge, practical skills, and tips on how to face fears and overcome worries.

Education



Getting Ready for Grade 9—Secondary Transition Group

(Runs from the week of August 24 to mid-September, hope for in-person sessions with physical distancing pending public health parameters.)

This is a newly developed group that recognizes the transition from elementary school to secondary is a challenging time that has been made even more overwhelming by COVID-19. This group is for students currently in grade 8 starting high school in September 2020, who are expressing heightened worry and anxiety about integrating into their secondary school and would benefit from additional supports to navigate this transition.

A Place to Start—Introduction to Mental Health Treatment Group

(Four sessions, runs twice weekly, starting the week of August 17.)

A Place to Start is designed to help support students in grades 7-12, who are struggling with anxiety and mood related issues, but not ready to fully commit to some of our other groups or more intensive one-on-one work. Students who find themselves struggling with self-expression, self-awareness and goal-setting often find it overwhelming to start working towards change. A Place to Start aims to help students develop a starting point and the “know how” to develop a road map to the changes that they want to see in their lives.

What to Expect—Student Session

(Six session group that runs twice a week, starting the week of August 17.)

One of the most challenging aspects of the pandemic is the unknown – this can be very worrisome for students who are planning to return to school in the fall and are unsure about what to expect. This group is designed for students in grades 7 to 12, who are finding that their worry and anxiety is overwhelming their excitement and willingness to return to class. This group will focus on learning about what they can expect, exploring mood and anxiety related to the new learning environment, and activities to embed their newly learned skills for coping into their school day.

Groups for Caregivers:

Virtual Cool Little Kids

(In July and August, with two weekly sessions over a three-week period using the MS Teams platform.)

The Cool Little Kids Program is an anxiety prevention program for primary caregivers of children in Junior Kindergarten to Grade 1 who show signs of being shy, withdrawn or inhibited. The program uses Cognitive Behavioural Therapy (CBT) techniques and gives caregivers knowledge, practical skills and tips on how to help their young child manage and overcome anxiety, including how to manage setbacks and maintaining progress after the group ends.

Education



Virtual Families Worrying Less Together

(In July and August, with two weekly sessions over a three-week period using the MS Teams platform.)

Families Worrying Less Together is an anxiety treatment program for primary caregivers of children in grades 3 to 6 who show signs of being shy, worried, excessively fearful or inhibited. The program uses Cognitive Behavioural Therapy Techniques and gives participants knowledge, practical skills, support and tips on how to help their child manage and overcome anxiety. Caregivers will also gain an increased understanding of their own reactions to their child's behaviour, and learn how their own worries about their child can be managed differently.

What to Expect—Caregiver Session

(Sessions offered in afternoons and evenings starting the week of August 17, hopefully in person with physical distancing, pending public health parameters.)

For caregivers, the need to receive clear and consistent messaging about how best to keep our children safe, has been at the forefront during the pandemic. HWDSB is offering 90-minute information sessions for caregivers of an HWDSB student of any age, with the aim to explore caregivers' own stress and worries about sending kids back to school and how best to support your child as you navigate this transition together.

Last Updated: June 26, 2020

Food and Nutrition



Breakfast Club Canada Accepting New Referrals

CLOSED
YES

www.breakfastclubcanada.org/covid-special-grant-application/

As soon as the closures were announced, we saw to it that the perishable goods in our breakfast program network were redistributed to local organizations. Currently, we are working with the federal and provincial governments and community organizations across Canada to pool resources and find solutions to support families during this crisis. If you yourself need a helping hand, contact your local [food bank](#).

An emergency fund has also been created to reallocate funds that are normally earmarked for breakfast programs. We have been asking partners across the country to help us raise \$5 million or more to reach out to as many food-insecure families and children as possible. The demand thus far has been overwhelming. We have received more than 320 applications for a total of \$9 million in funding. We are proud to say that many partners have already stepped up and contributed to the fund, including Belairdirect/Intact Assurance, Danone, Kellogg Canada, and National Bank, to name but a few. To contribute, go to the [Emergency Fund](#) section of our website. Community organizations and schools can apply for special grants through the emergency fund to help ensure children and families continue to have access to food during the COVID-19 crisis. For more information, go to the [Special Grants Application](#) section of our website.

A number of solutions have been introduced across Canada to get food to children with the schools being closed. A portion of the funding is being reallocated to [food banks](#), based on what we know about the level of local needs. Schools have also received some of these funds to keep the service they offer running, only in a modified format that is consistent with current public health and safety guidelines. To control the spread of COVID-19, we collaborate with respected community organizations that are familiar with and rigorously apply hygiene and sanitation measures associated with handling food as well as the requirements developed by public health authorities during this pandemic.

Last Updated: April 9, 2020

Essential Aid Accepting New Referrals

OPEN
YES

www.essentialaid.ca

Emergency Infant & Toddler Food Bank—Emergency Infant Formula, Diapers, Infant Cereal and Baby Food.

Crisis Referral—Working with other Agencies to meet the needs of families during crisis.

Low Income Support Infant Nutrition—A monthly support program for qualifying pre-registered low income families with infants under 12 months of age.

Last Updated: April 9, 2020

Food and Nutrition



Feed Ontario

Accepting New Referrals

feedontario.ca/covid-19/

We have a plan. We're working together with Food Banks Canada, local food banks, and our partners to create pre-packed emergency food boxes for all food banks in the province. By combining our efforts, we can help Ontario's food banks continue to support their communities while also minimizing exposure to COVID-19. We're calling on everyone to join us in our COVID-19 Emergency Response and help put our Emergency Food Boxes into the hands of those that need them most during this crisis.

Last Updated: April 9, 2020

OPEN

YES

Food Program for Students of HWDSB

Accepting New Referrals

The Food Program for students of HWDSB is still running for children in need who are on their lists.

Last Updated: March 31, 2020

OPEN (Phone Only)

NO

Good Shepherd Centres

Accepting New Referrals

www.goodshepherdcentres.ca/food-bank

Daily Hot Meal: Packed meals will be handed out at the Good Shepherd Centre on Mary Street.

Venture Centre: We are reducing the number of clients visiting the Marketplace each day and eliminating clothing and housewares from the shop. We ask for patience as we enforce social distancing and only one household member in the program at any given time.

Last Updated: April 9, 2020

OPEN

YES

Food and Nutrition



Hamilton Food Share Accepting New Referrals

www.hamiltonfoodshare.org/contact2/food/

Hamilton Food Share is the hub of the Emergency Food Network within Hamilton, raising food and funds for emergency food programs including food banks and hot meal programs in neighbourhoods across the city. Last year, we raised and distributed over 3.35 million pounds of nutritionally rich foods to help ensure that people living in poverty have access to healthy food for themselves and their families. We do this by receiving large-scale food donations and shipping them out to front-line service organizations each and every business day.

Hamilton Food Share continues to respond to the rapidly evolving situation in the city as a result of COVID-19. Please check our website regularly for updates on food bank hours of operation, services, and closures.

Hamilton Food Share is an emergency food bank hub that supplies healthy food to 12 food banks and hot meal programs across Hamilton. Please note: We do not serve clients at our facility. Please contact the organization closest to your home to receive emergency food assistance. Food banks have changed their service models to ensure proper social distancing measures are in place and will be providing prepackaged meals or food hampers. We will continue to update this list as more information becomes available. Any questions, please call (905) 664-9065.

Dundas, Flamborough, Ancaster

Salvation Army, Dundas | 150 King St. W., Dundas ON L9H 1V4 | (905) 627-0572 **[By appointment only]**

Downtown Hamilton

Salvation Army | 80 Bay St. N., Hamilton ON L8R 3N3 | (905) 540-1888 **[By appointment only]**

Living Rock Ministries | 30 Wilson St., Hamilton ON L8R 1C5 | (905) 528-7625 ext. 259

Hours of Operation:

Monday to Friday 9am-10am (Breakfast)

Tuesday, Wednesday, Thursday 4pm-5pm (Dinner)

Tuesday, Wednesday, Thursday 1pm-4pm (Food Hampers)

Saturday 1pm-4pm (Meals and Food Hampers)

Good Shepherd Family Services | 155 Cannon St. E., Hamilton ON L8L 0A2 | (905) 972-9485 **[By appointment only]**

**OPEN
YES**

Food and Nutrition



Welcome Inn Community Centre | 40 Wood St. E., Hamilton ON L8L 3Y3 | (905) 525-5824

Hours of Operation:

Monday, Wednesday, Thursday, Friday 10:30am-2pm

Wesley Urban Ministries | 52 Catharine St. N., Hamilton ON L8R 1J1 | (905) 528-5629 **[Please call]**

Mission Services of Hamilton | 196 Wentworth St. N., Hamilton ON L8L 5V7 | (905) 528-4212

Hours of Operation:

Monday, Wednesday, and Friday, 9am-12pm & 1pm-3pm

Tuesday and Thursday, 9am-12pm

De Mazenod Door Outreach, St. Patrick's Church | 440 King St. E, Hamilton, ON L8N 1C6 | (905) 522 -9828

Hours of Operation:

Saturday, Sunday, Monday, Tuesday, Wednesday, Thursday 10am-11am & 11am-12pm (Breakfast & Lunch)

Friday (BBQ) 10am-11am (Breakfast), 1pm-2:30pm (Lunch)

Hamilton Mountain

Neighbour to Neighbour Centre | 28 Athens St., Hamilton ON L9C 3K9 | (905) 574-1334

Hours of Operation:

Monday, Tuesday, Wednesday 9:30am-3:15pm

Thursday 12:30pm-7:15pm

East Hamilton

Stoney Creek Food Bank | 605 Highway #8, Stoney Creek ON L8G 5G2 | (905) 643-2090 **only serves residents of Stoney Creek*

Hours of Operation:

Monday, Wednesday, Thursday 9:30am-1pm

Niwasa Kendaaswin Teg | 785 Britannia Ave, Hamilton, ON L8H 2B5 | (905) 549-4884 ext. 416 **[By appointment only]**

Hours of Operation:

Monday and Thursday 9am – 12pm

Native Women's Centre | 1900 King St. E., Hamilton ON L8K 1W0 | (905) 664-1114 **[Existing clients only]**

Last Updated: April 9, 2020

Food and Nutrition



Neighbour 2 Neighbour

Accepting New Referrals

<http://www.n2ncentre.com/>

With growing global concerns around COVID-19, the safety, health, and wellbeing of our visitors, participants, volunteers, and employees remains our top priority. Our immediate focus is on foodbank access. This vital service remains open to serve the community. We are returning to regular hours of operation to meet the task of maintaining physical distance. Effective Monday, March 27th, our foodbank at 28 Athens Street will be operating during the following times: Monday, Tuesday, Wednesday from 9:30 am–3:15 pm and Thursday from 12:30–7:15 pm. Effective Sunday, March 28th, our Community Food Centre at 310 Limeridge Road West will be closed. We continue to monitor this situation closely, will provide ongoing updates at n2ncentre.com and encourage everyone to stay up-to-date through Canada’s Public Health site at canada.ca.

OPEN

YES

Last Updated: April 9, 2020

Salvation Army

Accepting New Referrals

salvationarmy.ca/what-we-do/in-your-community/social-services/family-services/#1508934538782-be561ba0-1658

[Nutritional Support](#)—Food banks, community meals and kitchens, cooking classes, gardens and school-based programs.

[Outreach](#)—Mobile feeding vans, hygiene kits, blankets, community events.

OPEN

YES

Last Updated: April 9, 2020

Tastebuds Hamilton

Accepting New Referrals

www.tastebudshamilton.ca

All students in Hamilton have universal access to healthy foods in schools and community environments to improve student success, support healthy growth, development, and lifelong eating habits.

OPEN

YES

Last Updated: April 9, 2020

Food and Nutrition



Welcome Inn

Accepting New Referrals

welcomeinn.ca/

Food Bank Update—We have modified our food bank and introduced a grab-and-go system. Our food bank is REMAINING OPEN four days a week (Monday, Wednesday, Thursday, and Friday). Our new hours of operation will be 10:30 am–2:00 pm. All food will be distributed as pre-packaged hampers, based on household size. We are limiting all direct physical contact and trying to create distance between community members, volunteers, and staff. Our intake staff will connect with community members outside, and the pre-packaged hampers will be brought to the front door by volunteers. Community members are encouraged to not all arrive at 10:30 am. There is plenty of food at this point, and all hampers will contain the same items. Community members are encouraged to practice social-distancing when approaching the intake table and are asked to immediately leave the area.

OPEN
YES

NOTE: Welcome Inn will be closed to all public access throughout this crisis. Community members are encouraged to bring umbrellas if it's raining, and there are no bathroom facilities available at this time. Thanks for your understanding in this regard.

Last Updated: April 9, 2020

Older Adult Programs



Alzheimer's Society of Hamilton

Accepting New Referrals

www.alzhn.ca/

Supports for people with Alzheimer's disease and other dementias, and their caregivers. Seminars, workshops and training sessions, one-on-one care plan consultations with health professionals, and advanced care planning for future health care needs. All in-person programming has been cancelled. Support is being made available via telephone

Last Updated: April 2, 2020

OPEN (Phone Only)

YES

Friendly Calling Program with the Brown Bag Network

Accepting New Referrals

www.ssipp.info/

A group of students at McMaster University and UWaterloo have started the Mac-Waterloo-Niagara Student Senior Isolation Prevention Partnership (SSIPP) to assist socially isolated seniors during the COVID outbreak. Our program pairs student volunteers with socially isolated older adults to check-in via weekly phone calls in order to provide social comfort and standard patient education about COVID-19. Older adults living in the Hamilton, Waterloo, or Niagara regions can be referred through a member of their healthcare team or community organizations to the program. At the moment, we have over 100 healthcare professional students signed up to help us (many of whom speak different languages). If you or your colleagues have any patients that you feel would benefit from this program, please contact us at

MacSeniorIsolationPrevention@gmail.com for more information on the simple referral process. We will call all referred patients to determine interest and explain the program, assign them to volunteers, and provide you with updates on our program!

Last Updated: April 15, 2020

OPEN

YES

Seniors Mental Health Clinic and Outreach Services

Accepting New Referrals

www.stjoes.ca/health-services/mental-health-addiction-services/mental-health-services/seniors-mental-health-service/seniors-mental-health-outpatient-and-outreach-programs

We provide high quality and responsive seniors' mental health care. The SJHH Seniors Mental Health Outpatient and Outreach Programs are designed to serve the complex mental health concerns of seniors. Our Hamilton-based program is primarily a clinic-based program located out of the Margaret & Charles Juravinski Centre for Integrated Healthcare (West 5th Campus) and offers outreach (e.g., home visit) for persons as needed, within our Hamilton catchment area. Currently the clinic is not doing any face to face consults all supports are being done over the phone.

Last Updated: April 2, 2020

OPEN (Phone Only)

YES

Financial Supports



Autism Funding

www.ontario.ca/page/ontarioautism-program#section-4

The Ministry has extended the deadline to apply to the Ontario Autism Program to be eligible for Interim One-Time Funding. The previously deadline was March 31, 2020 but due to the COVID-19 situation, they have extended the deadline to a date that they will announce later. We will let you know as soon as they have set that new date. This is great news for families who have not registered yet with the OAP—they still have time to do this.

Last Updated: April 9, 2020

Child Care Benefits

www.hamilton.ca/coronavirus/financial-support-individuals

An extra \$300 per child will be given through the Canada Child Benefit for 2019–2020. This benefit will be delivered as part of the scheduled Canada Child Benefit payments in May. A one-time payment of \$200 per child up to 12 years of age, and \$250 for those with special needs up to 20 years of age, including children enrolled in private schools, will be given to help families pay for extra costs because of school and daycare closures.

Last Updated: April 9, 2020

Electricity

www.hamilton.ca/coronavirus/financial-support-individuals

In Ontario, residential electricity prices are now set at off-peak pricing 24 hours a day. This began on Tuesday, March 24, 2020 and will last for 45 days. This rate has been applied to all households—you do not need to apply. Electricity bills are being made more affordable for people by providing additional funds for the Ontario Electricity Support Program and expanding the criteria to qualify for the Low-income Energy Assistance Program.

Last Updated: April 9, 2020

Employment Insurance

www.canada.ca/en/employment-socialdevelopment/corporate/notices/coronavirus.html

Employment Insurance (EI) sickness benefits provide up to 15 weeks of income replacement and is available to eligible claimants who are unable to work because of illness, injury or quarantine, to allow them time to restore their health and return to work. Canadians quarantined can apply for Employment Insurance (EI) sickness benefits.

Last Updated: April 9, 2020

Financial Supports



Homeowners

www.hamilton.ca/coronavirus/financial-support-individuals

Homeowners facing financial challenges may be eligible to put off mortgage payments for up to 6 months.

Last Updated: April 9, 2020

Indigenous Peoples

www.hamilton.ca/coronavirus/financial-support-individuals

Additional supports to Indigenous peoples and communities, including emergency assistance for urban Indigenous people in financial need, will be made available by the Province of Ontario. **How do I apply?** Information on how to apply for this support will be provided when it becomes available.

Last Updated: April 9, 2020

Loss of Income

www.hamilton.ca/coronavirus/financial-support-individuals

The **Canada Emergency Response Benefit** will give individuals \$2,000 per month for up to four months to those who have lost their income because of COVID-19. People will receive this money within 10 days of submitting an application. All Canadians who have stopped working because of COVID-19, whether you are eligible for Employment Insurance or not, will be able to get this benefit to make sure you have the income support you need. You can apply for additional emergency assistance funding if you are not currently receiving Ontario Works or ODSP. You can apply for discretionary benefits if you or your family already receive Ontario Works or ODSP.

Last Updated: April 9, 2020

Renters

www.ontario.ca/page/rentingchanges-during-covid-19

See website on how the support is being developed for renters.

Last Updated: April 9, 2020

Taxes

www.hamilton.ca/coronavirus/financial-support-individuals

The due date for filing individual tax returns has been pushed back to June 1, 2020. You will now have until September 1, 2020 to pay any 2019 income tax amounts owed.

Last Updated: April 9, 2020

RESOURCES to Help Talk to Children and Youth about COVID-19

Helping Young Children

- [How to Talk to Your Kids About Coronavirus](#) — PBS Kids
- [Talking to your anxious child about COVID-19](#) — CMHO
- [Helping Children Cope with Emergencies](#) —Centers for Disease Control and Prevention
- [Covibook: Supporting and reassuring children around the world](#) (in multiple languages) —Mindheart
- [How to Talk to Kids and Teens About the Coronavirus](#) — Psychology Today
- [How can we talk to kids about COVID-19? Be “realistically reassuring”](#) — Canadian Paediatric Society

Teen and Youth-Focused Resources

- [Resources around me](#) — Kids Help Phone
- [How can I cope with my feelings about the future?](#) — Kids Help Phone
- [Tips on how to manage your mental health during COVID-19](#) — Canadian Mental Health Association

Videos to Support Parents and Youth

- Advice for Coping with Uncertainty: <https://www.youtube.com/watch?v=zFznQa4QNNM>
- Radical Acceptance: <https://www.youtube.com/watch?v=MzFJiSEtkBQ>
- Praise Goes a Long Way: Encouraging Positive Behaviour: <https://www.youtube.com/watch?v=fg0EvvOhBuk>
- Coping with Big Emotions: <https://www.youtube.com/watch?v=pOwk4ATB0-g>
- Supporting Children with ADHD During COVID-19: <https://www.youtube.com/watch?v=5l2ApQgP6Gw>
- Taking Control During Times of Change: <https://www.youtube.com/watch?v=XYCmAiVfjuY>
- Dealing with Sibling Conflict: https://www.youtube.com/watch?v=_9YcW4h6lO8
- Parents: Make Time to Care for Yourself: <https://www.youtube.com/watch?v=9Q4R1K7Z0cw>
- How to Understand Changes in Behavior: <https://www.youtube.com/watch?v=RxP8XtdLyCo>
- Tips to Avoid the Cycle of Anxiety: https://www.youtube.com/watch?v=euNkk_VH4rg