

Pregnancy and New Parent Guide

Hamilton, Ontario

The Pregnancy and New Parent Guide lists services in Hamilton, Ontario that can support pregnant people and new parents.

November 2025



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Your Pregnancy Options

Services to support you after finding out you are pregnant, including pregnancy testing, testing for sexually transmitted infections and talking through pregnancy options. If you are unsure about your pregnancy and thinking about an abortion, the [Patient Pathway](#) can help you.

Birthright Hamilton Pregnancy Support Services

Phone: Work: [905-527-3677](tel:905-527-3677)

Contact:

Email: contact@birthright.org

Web: <https://birthright.org/hamilton>

Address: [370 Main St E, Hamilton, ON L8N 1J6, Canada](#)

Hours:

Cost: None

Who can access this service: Open to all.

How to apply: Call the office during scheduled hours to confirm a volunteer is available.

Offers free, confidential emergency service for women distressed by pregnancy. Services include information about pregnancy, childbirth, adoption, prenatal care, community programs, parenting skills, and child care. Provides referrals for medical support, financial resources, housing, legal support, social assistance, and professional counseling. Provides free pregnancy tests, as well as maternity and baby items.

Atwell Centre Pregnancy Support Services

Phone: Work: [905-393-8525](tel:905-393-8525) Work: [905-902-6082](tel:905-902-6082) (Text)

Contact:

Email: info@atwellcentre.ca

Web: <https://atwellcentre.com/>

Address: [681 Main St E, Hamilton, ON L8M 1K3, Canada](#)

Hours:

Cost: None

Who can access this service: Open to all

How to apply: Contact for information. Walk-ins are welcome but appointments are preferred.

A non-profit agency committed to providing hope, compassion, and informative assistance for anyone facing an unexpected pregnancy. Services are free and confidential. They include:

- Medical grade pregnancy tests
- Pregnancy options support
- Point-of-care ultrasound
- STI testing and treatment
- Pregnancy and beyond support

- Post-abortion support
- Resources and referrals
- Sexual Health and Relationship Education (S.H.A.R.E) for teens, students, and teachers
- Baby Boutique - free maternity and baby clothes (NB – 2T)

Sexual Health Ontario Live Chat and Info Line

Phone: Toll-Free Number: [1-800-668-2437](tel:1-800-668-2437)

Contact:

Email:

Web: <https://sexualhealthontario.ca/>

Address:

Hours: Mon-Fri 10am-10:30pm, Sat-Sun 11am-3pm Closed on statutory holidays.

Cost: None

Who can access this service: Open to all.

How to apply: Offered via phone or chat through website.

A free, anonymous live chat and phone line to speak with a counsellor or sexual health expert about sexual health, STIs (sexually transmitted infections), or reproductive health. There is also a searchable list of local clinics that can help with sexual health issues. This is not meant to be used if there is a medical emergency.

Action Canada Access Line

Phone: Toll-Free Number: [1-888-642-2725](tel:1-888-642-2725) Cell: [613-800-6757](tel:613-800-6757) (Text)

Contact:

Email: access@actioncanadashr.org

Web: <https://www.actioncanadashr.org/call-access-line-...>

Address:

Hours:

Cost: None

Who can access this service: Open to all.

How to apply: No application required

A free and confidential service that provides information and referrals on sexual health, pregnancy options, abortion, and safer sex.

Health Connections Information Line

Phone: Work: [905-546-3550](tel:905-546-3550)

Contact:

Email: publichealth@hamilton.ca

Web: <https://www.hamilton.ca/public-health>

Address:

Hours:

Cost: None

Who can access this service: Prenatal, expectant parents, and families with children starting from birth to 6 years of age

How to apply: No referral required. Call 905-546-3550 for service.

A telephone line answered by Public Health Nurses to provide information and assistance for expectant parents and families with children up to 6 years of age, on various health topics including:

- safety
- nutrition
- parenting
- mental health
- breastfeeding
- growth and development

Sexual Health Clinics

Phone: Work: [905-528-5894](tel:905-528-5894)

Contact:

Email: publichealth@hamilton.ca

Web: <https://www.hamilton.ca/people-programs/public-he...>

Address:

Hours: Hours vary by location, visit the website for details. Clients must register at least 15 minutes before the clinic closes.

Cost: None

Who can access this service: Open to people of all ages and genders. No health card required. For registration purposes, individuals must bring a form of ID to ensure that the name and date of birth are correct.

How to apply: Call to book an appointment or walk-in. No referral required. No health card required. For registration purposes, individuals must bring a form of ID to ensure that the name and date of birth are correct.

Offers confidential services to support sexual health. Services include:

- low-cost birth control
- free emergency contraceptive pill
- urine pregnancy testing
- testing and treatment for sexually transmitted infections
- access to harm reduction supplies
- free condoms
- Naloxone prevention kits

Visit the website to find the closest location.

Hamilton Birth Control and Sexual Health Clinic Services

Phone: Work: [289-225-4322](tel:289-225-4322)

Contact:

Email: hbcc@jacksonsquaremed.ca

Web: <https://www.hamiltonbirthcontrolclinic.ca/>

Address: [2 King St W, Hamilton, ON L8P 1A1, Canada](#)

Hours:

Cost: None OHIP funded , Service Private pay available for patients without OHIP, fees can be viewed on website.

Who can access this service: Open to anyone of reproductive age.

How to apply: Phone to make an appointment.

Offers a range of reproductive health services, including:

- IUD insertion and removal
- Nexplanon insertion and removal
- Birth control counselling
- Pregnancy options counselling
- Prenatal care (1st and 2nd trimester)
- Pap tests
- Menopause care
- STI testing and treatment
- Medication abortion care (up to and including 10w)

Catholic Children's Aid Society of Hamilton Adoption and Fostering Services

Phone: Work: [905-525-2012](tel:905-525-2012)

Contact:

Email:

Web: <https://hccas.ca/>

Address: [735 King St E, Hamilton, ON L8M 1A1, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: One parent must be of the Catholic faith. Parents must live in the Hamilton area.

How to apply: Contact the organization to speak to an adoption worker, or attend an adoption and fostering information session night.

Provides adoption and fostering education programs, home studies, adoption placement of children, kinship adoption, post-placement counselling and support, and fulfillment of legal requirements to finalize placement of children for adoption.

Hamilton Child and Family Supports Adoption and Fostering Services

Phone: Work: [905-522-1121](tel:905-522-1121) x6602

Contact: Sandra Chan, Resource Development

Email: schan@hamiltoncas.com , adoptioninfo@hamiltoncas.com

Web: <https://www.hamiltoncas.com/adoption/>, <https://www.hamiltoncas.com/fostering/>

Address: [26 Arrowsmith Rd, Hamilton, ON L8E 4H8, Canada](#)

Hours:

Cost: None

Who can access this service: Adoptive families can be couples who are married, common-law, same gender, single parents, families with children, and families of various religious and ethnic backgrounds.

How to apply: For fostering, contact Sandra Chan at 905-522-1121 ext. 6602 or email schan@hamiltoncas.com. Interested applicants must attend a Fostering Information Night session prior to receiving an application package. For adoption, send an email to adoptioninfo@hamiltoncas.com with:

- Full legal name(s)
- Date(s) of birth
- Address and phone numbers
- Email address(es)

Hamilton Child and Family Supports (formerly The Children's Aid Society of Hamilton) provides adoption and fostering education programs, home studies, adoption placement of children, post-placement counselling and support, and fulfillment of legal requirements to finalize placement of children for adoption. It also facilitates kinship adoptions.

Beginnings Family Services

Phone: Work: [905-528-6665](tel:905-528-6665) Toll-Free Number: [1-877-528-6665](tel:1-877-528-6665)

Contact:

Email: info@beginnings.ca

Web: <https://www.beginnings.ca/>

Address: [1 Young St, Hamilton, ON L8N 1T8, Canada](#)

Hours:

Cost: Service Fees apply for adoptive families, infertility counselling, and embryo donation services. , None
No cost for services to birth families.

Who can access this service: Open to all.

How to apply: Contact for information.

Offers pregnancy, adoption, and parenting support through a child-centred approach. Dedicated to building and supporting healthy family relationships in an inclusive, non-judgmental environment. Services include:

- Family support
- Community referrals
- Pregnancy counselling
- Adoption services
- Embryo donation services
- Education

Navigating Pregnancy and Beyond

These services can help support you during pregnancy and can connect you to other supports.

Jeanne Scott Parent & Child Resource Centre

Phone: Work: [905-549-4276](tel:905-549-4276)

Contact:

Email: info@gsch.ca

Web: <https://www.goodshepherdcentres.ca/services/jeann...>

Address: [1475 Barton St E, Hamilton, ON L8H 2X1, Canada](#)

Hours: Mon-Fri 9am-2pm September-June

Cost: None

Who can access this service: Young parents aged 18-25 years old.

How to apply: Contact for information.

A partnership between Hamilton-Wentworth Catholic District School Board and Good Shepherd that provides young parents the opportunity to complete their high school education, with free on-site child minding for their infants or toddlers.

Young Parents Resource Centre

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

Contact: Joanne Rochon

Email: info@gracehavenhamilton.org

Web:

Address: [138 Herkimer St, Hamilton, ON L8P 2H1, Canada](#)

Hours:

Cost: None

Who can access this service: Open to all new mothers aged 14 to 20.

How to apply: For registration information contact the school liaison at 905-522-7336.

School programs serving pregnant and/or parenting young women and their infants. Program consists of 3 Hamilton-Wentworth District School Board teachers and a Program Liaison, working together to ensure young moms achieve as many credits as possible, while continuing to build on their parenting skills, manage their finances, connect with community supports like Public Health, and more. The Infant Playtime Plus (IPP) serves infants 6 weeks to 24 months while mothers attend an on-site school program.

Young and Expecting Parent Program

Phone: Work: [905-308-1543](tel:905-308-1543)

Contact:

Email:

Web: <https://www.hwdsb.on.ca/secondary/programs/interv...>

Address: [1715 Main St E, Hamilton, ON L8H 1E3, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Young and expecting parents, age 14-21 years.

How to apply: Contact the guidance counsellor at the parent's school for registration information.

Students bring their infant to the classroom with them, where they work with a Secondary School teacher to earn credits and receive hands-on parenting support from an Early Childhood Educator. Students have the opportunity to learn alongside other young parents and connect with a variety of community resources such as the Ontario Early Years Centres.

Learning, Earning and Parenting Program (LEAP)

Phone: Work: [905-546-2424](tel:905-546-2424) x3088

Contact:

Email: leap@hamilton.ca

Web: <https://www.hamilton.ca/people-programs/financial...>

Address: [28 James St N, Hamilton, ON L8R 1A1, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Must be a parent between 16 and 25 years old and receiving support from Ontario Works and/or the Ontario Disability Support Program.

How to apply: Phone or email for information. Ontario Works recipients can call directly or speak to their case manager.

Offers support to young parents navigating a return to secondary school, adult education, or alternative education options to complete secondary school (Grade 12). The LEAP program also provides encouragement and enhancement of parenting skills through community involvement as well as promoting independence, self esteem, and job readiness as a part of the City of Hamilton's Youth Team.

Nurse-Family Partnership Program

Phone: Work: [905-546-3550](tel:905-546-3550)

Contact:

Email: publichealth@hamilton.ca

Web: <https://www.hamilton.ca/people-programs/public-he...>

Address: [110 King St W, Hamilton, ON L8P 4V3, Canada](#)

Hours:

Cost: None

Who can access this service: First time mothers, 21 years of age or less, in first or second trimester of pregnancy.

How to apply: Call Health Connections at 905-546-3550 for referral information or fax referral

A prenatal and infancy home visitation program for young, first time parents provided by public health nurses. Program begins during pregnancy and for the first two years of the children's lives. Goals include improving pregnancy outcomes, improving child health and development, and improving parents' self-sufficiency. Nurses

provide support and education on health, child development, parenting issues, life goals and access to community resources. Public health nurses are available to visit agencies and organizations, to further explain the program and the referral process.

Healthy Babies, Healthy Children Home Visiting Program

Phone: Work: [905-546-3550](tel:905-546-3550)

Contact:

Email: publichealth@hamilton.ca

Web: <https://www.hamilton.ca/people-programs/public-he...>

Address: [110 King St W, Hamilton, ON L8P 4V3, Canada](#)

Hours:

Cost: None

Who can access this service: Pregnant people and parents with children from birth up to school entry.

How to apply: Call Health Connections at 905-546-3550 to register.

Free and voluntary program providing in-home support by Public Health Nurses and family home visitors, helping pregnant people and parents with children from birth until school entry with:

- having a healthy pregnancy and birth
- fostering parent-child connection
- promoting child's growth and development
- breastfeeding, infant nutrition, and healthy eating
- mental health support for postpartum depression or anxiety
- connecting parents with community resources

Centre de Santé Communautaire Canada Prenatal Nutrition Program

Phone: Work: [905-528-0163](tel:905-528-0163) x3209

Contact:

Email: cschn@cschn.ca

Web: <https://www.cschn.ca/clinique-medicale/programme-...>

Address: [1320 Barton St E, Hamilton, ON L8H 2W1, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: For French-speaking expectant and new mothers and their partners, as well as parents of children up to one year of age.

How to apply: Contact for information.

Aims to educate new mothers on healthy interactions with their babies through prenatal classes, nutrition counselling, and postnatal home visits. The program includes:

- Promoting healthy choices during pregnancy
- Preparing for birth
- Breastfeeding
- Awareness of postpartum depression

- Mother-and-baby care after birth

Living Rock Ministries Wellness Works

Phone: Work: [905-528-7625](tel:905-528-7625) x223

Contact:

Email: val@livingrock.ca

Web: <https://www.livingrock.ca/wellness-works>

Address: [30 Wilson St, Hamilton, ON L8R 1C5, Canada](#)

Hours: Mon-Fri by appointment

Cost: None

Who can access this service: Open to young parents in Hamilton.

How to apply: Contact for information or to register.

Provides community support and case management services to pregnant and parenting youth. The main components of programming are:

- Outreach in food bank, breakfast, and evening programs
- Engagement in case management
- Encouragement in use of the Parent Resource Room/Incentive Room
- Equipping through participation in Pregnancy Support Group and one-on-one appointments

Welcome Baby Prenatal Nutrition Program

Phone: Work: [905-546-3550](tel:905-546-3550)

Contact:

Email: welcomebaby@hamilton.ca

Web: <http://www.hamilton.ca/prenatalnutritionprogram>

Address: [876 Cannon St E, Hamilton, ON L8L 8C1, Canada](#)

Hours: Hours vary by location. Visit website for specific times, dates, and locations.

Cost: None

Who can access this service: Participants must be pregnant to join and can continue attending until their baby is 6 months old. For City of Hamilton residents.

How to apply: Participants must be pregnant to join. Choose one Welcome Baby group to attend and register on your first visit, no pre-registration is required. There is an online group option available for those experiencing barriers to attending an in-person Welcome Baby group. For more information email welcomebaby@hamilton.ca or call Health Connections at 905-546-3550.

Free weekly groups for pregnant individuals. Discussions with a Registered Nurse and Registered Dietitian include pregnancy, labour and birth, managing stress, eating well and cooking healthy food, breastfeeding, and community supports. Grocery gift cards, multivitamin gift cards, and bus tickets are provided as needed. Online group options available for those experiencing barriers to attending an in-person Welcome Baby group.

Hamilton Regional Indian Centre Canada Prenatal Nutritional Program

Phone: Work: [905-548-9593](tel:905-548-9593) x227

Contact:

Email: cpnp@hric.ca

Web: <https://www.hric.ca/children-and-families-program/>

Address: [34 Ottawa St N, Hamilton, ON L8H 3Y7, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Expecting families who are willing to learn through Indigenous styles.

How to apply: Contact for information.

Encourages and promotes healthy pregnancies for Aboriginal mothers and their babies, offering culturally appropriate support for babies up to 6 months of age and their families by improving maternal infant care, promoting healthy birth weights, and overall better health promotion for expecting mothers and their families. Services offered include:

- Prenatal/Postnatal classes
- Home/Hospital visits
- Nutritional and prenatal supplements
- Cultural teachings
- Advocacy and referrals
- Breastfeeding support
- New parent support

Indigenous Healthy Babies, Healthy Children Program

Phone:

Contact:

Email:

Web: <https://www.hric.ca/children-and-families-program/>, <http://www.nativewomenscentre.com/programs>, <https://www.onwa.ca/healthy-babies-healthy-childr...>

Address: [34 Ottawa St N, Hamilton, ON L8H 3Y7, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Open to all Indigenous new parents.

How to apply: Contact for information.

Assists Indigenous families in providing the best opportunities for the healthy development of children 0-6 years of age through education, family home visits, service coordination, and referrals.

- Professional peer counselling
- Education and support programs
- Cultural practices and teachings
- Breastfeeding education and support
- Pre/post-natal care

- Nutrition
- Growth and child development assessments
- Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE) information
- Bonding
- Building self-esteem and life skills
- Health and safety

Ujima Project

Phone: Work: [289-659-3857](tel:289-659-3857) (Family Navigator) Work: [289-659-5671](tel:289-659-5671) (Early Literacy Specialist)

Contact:

Email: info@gsch.ca

Web: <https://goodshepherdcentres.ca/services/reginas-p...>

Address: [1475 Barton St E, Hamilton, ON L8H 2X1, Canada](#)

Hours:

Cost: None

Who can access this service: Young parents, 29 years and under.

How to apply: Contact for information.

A one-stop model of access to services for young parents that strives to meet their children's early developmental needs. Programs include:

- Age-based screening and assessment
- Baby Love program
- Family navigator
- Early literacy supports
- Play and Learn

Online Prenatal Program

Phone: Work: [905-546-3550](tel:905-546-3550)

Contact:

Email: publichealth@hamilton.ca

Web: <https://www.hamilton.ca/people-programs/public-he...>

Address:

Hours:

Cost: None

Who can access this service: New or expecting parents.

How to apply: Fill out the registration form online.

A free, online program for new or expectant parents, that can be done at their own pace using a computer or mobile device. Topics covered:

- pregnancy
- birth
- breastfeeding

- newborn care

Young Parent Program

Phone: Work: [289-246-9064](tel:289-246-9064)

Contact:

Email: YPPreferrals@banyancs.org

Web: <https://banyancommunityservices.org/what-we-do/fa...>

Address: [688 Queensdale Ave E, Hamilton, ON L8V 1M1](#)

Hours: Contact for information.

Cost: None

Who can access this service: Parents aged 25 and younger.

How to apply: Contact for more information.

Provides individualized ongoing support to pregnant and parenting youth and their children using a collaborative approach to help remove barriers and engage parents to develop skills, foster resiliency, and increase self-efficacy through coordination of access to community-based services, and planning and coordination of multidisciplinary services such as:

- Health
- Nutrition
- Education
- Parenting
- Psychosocial development (emotional, intellectual, and social skills)
- Life skills (empowering critical thinking, problem solving, self-reflection, and interpersonal skills)
- Self-sufficient budgeting and housing solutions

Grace Haven Respite Program

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

Contact:

Email: info@gracehavenhamilton.org

Web:

Address: [138 Herkimer St, Hamilton, ON L8P 2H1, Canada](#)

Hours:

Cost: None

Who can access this service: Open to all parents ages 24 and younger with children ages 6 weeks to 6 years

How to apply: Call the office before Thursday of each week to schedule an time.

Offers a respite program for young parents age 24 and younger. Children ages 6 weeks to 6 years can be dropped off while the parents run errands, attend appointments etc.

Youth Services for Pregnancy and Parenting

These services focus on supporting youth who are pregnant or parenting.

Nurse-Family Partnership Program

Phone: Work: [905-546-3550](tel:905-546-3550)

Contact:

Email: publichealth@hamilton.ca

Web: <https://www.hamilton.ca/people-programs/public-he...>

Address: [110 King St W, Hamilton, ON L8P 4V3, Canada](#)

Hours:

Cost: None

Who can access this service: First time mothers, 21 years of age or less, in first or second trimester of pregnancy.

How to apply: Call Health Connections at 905-546-3550 for referral information or fax referral

A prenatal and infancy home visitation program for young, first time parents provided by public health nurses. Program begins during pregnancy and for the first two years of the children's lives. Goals include improving pregnancy outcomes, improving child health and development, and improving parents' self-sufficiency. Nurses provide support and education on health, child development, parenting issues, life goals and access to community resources. Public health nurses are available to visit agencies and organizations, to further explain the program and the referral process.

Indigenous Healthy Babies, Healthy Children Program

Phone:

Contact:

Email:

Web: <https://www.hric.ca/children-and-families-program/>, <http://www.nativewomenscentre.com/programs>, <https://www.onwa.ca/healthy-babies-healthy-childr...>

Address: [34 Ottawa St N, Hamilton, ON L8H 3Y7, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Open to all Indigenous new parents.

How to apply: Contact for information.

Assists Indigenous families in providing the best opportunities for the healthy development of children 0-6 years of age through education, family home visits, service coordination, and referrals.

- Professional peer counselling
- Education and support programs
- Cultural practices and teachings

- Breastfeeding education and support
- Pre/post-natal care
- Nutrition
- Growth and child development assessments
- Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE) information
- Bonding
- Building self-esteem and life skills
- Health and safety

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Contact:

Email: info@gsch.ca

Web: <https://goodshepherdcentres.ca/services/reginas-p...>

Address: [1475 Barton St E, Hamilton, ON L8H 2X1, Canada](#)

Hours:

Cost: None

Who can access this service: Young parents, 29 years and under.

How to apply: Contact for information.

A one-stop model of access to services for young parents that strives to meet their children's early developmental needs. Programs include:

- Age-based screening and assessment
- Baby Love program
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Young and Expecting Parent Program

Phone: Work: [905-308-1543](tel:905-308-1543)

Contact:

Email:

Web: <https://www.hwdsb.on.ca/secondary/programs/interv...>

Address: [1715 Main St E, Hamilton, ON L8H 1E3, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Young and expecting parents, age 14-21 years.

How to apply: Contact the guidance counsellor at the parent's school for registration information.

Students bring their infant to the classroom with them, where they work with a Secondary School teacher to earn credits and receive hands-on parenting support from an Early Childhood Educator. Students have the opportunity to learn alongside other young parents and connect with a variety of community resources such as the Ontario Early Years Centres.

Online Prenatal Program

Phone: Work: [905-546-3550](tel:905-546-3550)

Contact:

Email: publichealth@hamilton.ca

Web: <https://www.hamilton.ca/people-programs/public-he...>

Address:

Hours:

Cost: None

Who can access this service: New or expecting parents.

How to apply: Fill out the registration form online.

A free, online program for new or expectant parents, that can be done at their own pace using a computer or mobile device. Topics covered:

- pregnancy
- birth
- breastfeeding
- newborn care

Learning, Earning and Parenting Program (LEAP)

Phone: Work: [905-546-2424](tel:905-546-2424) x3088

Contact:

Email: leap@hamilton.ca

Web: <https://www.hamilton.ca/people-programs/financial...>

Address: [28 James St N, Hamilton, ON L8R 1A1, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Must be a parent between 16 and 25 years old and receiving support from Ontario Works and/or the Ontario Disability Support Program.

How to apply: Phone or email for information. Ontario Works recipients can call directly or speak to their case manager.

Offers support to young parents navigating a return to secondary school, adult education, or alternative education options to complete secondary school (Grade 12). The LEAP program also provides encouragement and enhancement of parenting skills through community involvement as well as promoting independence, self esteem, and job readiness as a part of the City of Hamilton's Youth Team.

Young Parent Program

Phone: Work: [289-246-9064](tel:289-246-9064)

Contact:

Email: YPPreferrals@banyancs.org

Web: <https://banyancommunityservices.org/what-we-do/fa...>

Address: [688 Queensdale Ave E, Hamilton, ON L8V 1M1](#)

Hours: Contact for information.

Cost: None

Who can access this service: Parents aged 25 and younger.

How to apply: Contact for more information.

Provides individualized ongoing support to pregnant and parenting youth and their children using a collaborative approach to help remove barriers and engage parents to develop skills, foster resiliency, and increase self-efficacy through coordination of access to community-based services, and planning and coordination of multidisciplinary services such as:

- Health
- Nutrition
- Education
- Parenting
- Psychosocial development (emotional, intellectual, and social skills)
- Life skills (empowering critical thinking, problem solving, self-reflection, and interpersonal skills)
- Self-sufficient budgeting and housing solutions

Grace Haven Respite Program

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

Contact:

Email: info@gracehavenhamilton.org

Web:

Address: [138 Herkimer St, Hamilton, ON L8P 2H1, Canada](#)

Hours:

Cost: None

Who can access this service: Open to all parents ages 24 and younger with children ages 6 weeks to 6 years

How to apply: Call the office before Thursday of each week to schedule an time.

Offers a respite program for young parents age 24 and younger. Children ages 6 weeks to 6 years can be dropped off while the parents run errands, attend appointments etc.

Pregnancy Health Care Providers

It is important to have a healthcare provider during pregnancy. This category lists service options in Hamilton. If you do not have a family doctor or nurse practitioner, learn how to find a provider who is accepting new patients. Visit www.needadoc.ca.

Refuge Hamilton Centre for Newcomer Health Services

Phone: Work: [905-526-0000](tel:905-526-0000)

Contact:

Email: info@newcomerhealth.ca

Web: <https://www.newcomerhealth.ca/>

Address: [183 Hughson St S, Hamilton, ON L8N 2B6, Canada](#)

Hours:

Cost: None

Who can access this service: Newcomers who are experiencing barriers to healthcare access, government assisted refugees and refugee claimants, privately sponsored refugees.

How to apply: Contact for appointment.

Provides primary healthcare services to new immigrants, including refugees, and to those who face barriers in accessing culturally-appropriate healthcare services. Services include:

- Routine physical exams
- Immunizations for both adults and children
- Assessment and treatment of acute episodic illnesses
- Chronic disease management
- Family contraceptive planning
- Home visits
- Mental health counseling and support
- Nutrition assessment and counseling
- Information, advocacy, service referral and support
- Translation and interpretation services
- Health services navigation
- Triage service for urgent issues
- Pediatric care

Health Care Connect

Phone: Toll-Free Number: [811](tel:811)

Contact:

Email: HealthCareConnect@ontariohealthathome.ca

Web: <https://www.ontario.ca/page/find-family-doctor-or...>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all Ontario residents who have a valid Ontario health card and do not currently have a family health care provider.

How to apply: Register online or by calling 811. Paired clients must contact the provider that has been found for them as soon as possible.

Provincial program that pairs Ontario residents with local doctors or nurse practitioners who are accepting new patients.

Hamilton Academy of Medicine Family Physician Referral Service

Phone: Work: [905-528-3434](tel:905-528-3434)

Contact:

Email: info@hamiltondoctors.ca

Web: <https://www.hamiltondoctors.ca/find-a-doctor/>

Address:

Hours:

Cost: None

Who can access this service: Register is publicly available. Contact each practitioner to inquire about eligibility requirements for their services.

How to apply: No application required to access the register. Contact each practitioner to inquire about eligibility for their services.

Provides a list of family physicians throughout Hamilton who may be able to accept a new patient.

Women's Reproductive Health and Newborn Care Program

Phone: Work: [905-521-2100](tel:905-521-2100) x75459 (McMaster University Medical Centre) Work: [905-645-2253](tel:905-645-2253) x11350 (West Lincoln Memorial Hospital)

Contact:

Email:

Web: <https://www.hamiltonhealthsciences.ca/areas-of-care...>, <https://www.hamiltonhealthsciences.ca/areas-of-care...>

Address: [1200 Main St W, Hamilton, ON L8S 2A5, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Open to all.

How to apply: Referral may be required for some services. Contact for additional details or to book an appointment.

Provides care for individuals pre-pregnancy, during pregnancy, labour, and delivery, and birth care. Services include obstetricians, midwives and family physicians, modern birthing facilities, pain management options, lactation consultants, genetic counselling in pregnancy, maternal fetal medicine, and critical care.

Midwifery Services, Hamilton Midwives (The)

Phone: Work: [289-217-9247](tel:289-217-9247) Fax Number: [905-527-9508](tel:905-527-9508)

Contact:

Email: info@hamiltonmidwives.ca

Web: <https://www.hamiltonmidwives.ca/>

Address: [25 Charlton Ave E, Hamilton, ON L8N 1Y2, Canada](#)

Hours:

Cost: None

Who can access this service: Low-risk pregnant women.

How to apply: Complete the form on the website or contact for information.

Provides primary care to low-risk pregnant women throughout their pregnancy, labour, and birth and during first six weeks following birth. Family-centred prenatal and postnatal care for home or hospital births, from practitioners with privileges at local Hamilton Hospitals. Postpartum support includes breast feeding help.

Maternity Centre of Hamilton Services

Phone: Work: [905-528-5553](tel:905-528-5553) Fax Number: [905-528-9178](tel:905-528-9178)

Contact:

Email:

Web: <https://mch.mcmaster.ca/>

Address: [100 Main St W, Hamilton, ON L8P 1H6, Canada](#)

Hours:

Cost: None Service is covered with valid Ontario Health Card

Who can access this service: Anyone who is pregnant or suspects they may be pregnant.

How to apply: Patients may self-refer. Phone to book an appointment.

Provides comprehensive and accessible maternity care using a collaborative, multidisciplinary approach. The clinic is attended for prenatal visits and Maternity Centre doctors are on call for delivery at St. Joseph's Hospital. Also offers support and care in the first six weeks after the baby is born. Other services include:

- Social Worker support
- Allied health providers (Registered Dietitian, Physiotherapist, system navigation)
- Smoking Treatment for Ontario Patients (STOP) Program
- Program for Substance Use in Pregnancy (PROSPR)

Midwifery Care, Community Midwives of Hamilton

Phone: Work: [905-546-5444](tel:905-546-5444) Fax Number: [905-546-1333](tel:905-546-1333)

Contact:

Email: info@cmoh.ca

Web: <https://www.cmoh.ca/>

Address: [1057 Main St W, Unit 201, Hamilton, ON L8S 1B7, Canada](#)

Hours:

Cost: None

Who can access this service: Low-risk pregnant women.

How to apply: Contact the clinic to become a client.

Provides primary care to low-risk clients and their newborns throughout pregnancy, labour and birth, and the first six weeks following delivery (referred to as postpartum and newborn care). Family-centred prenatal and postnatal care for home or hospital births, from practitioners with privileges at McMaster and St. Joseph's hospitals.

Midwifery Services, Access Midwives

Phone: Work: [905-546-5002](tel:905-546-5002) Fax Number: [905-573-1361](tel:905-573-1361)

Contact:

Email: info@accessmidwives.com

Web: <https://www.accessmidwives.com/>

Address: [115 Parkdale Ave S, Hamilton, ON L8K 1H1, Canada](#)

Hours:

Cost: None

Who can access this service: Low-risk pregnant women.

How to apply: Apply through website for call for information.

Registered health care professionals that provide primary care to low-risk women throughout pregnancy, labour and birth, and to both mother and baby for the first six weeks after birth. Family-centred prenatal and postnatal care for home or hospital births, from practitioners at local hospitals. Postpartum support includes breastfeeding help.

Midwifery Care, Mountain Midwifery Care

Phone: Work: [905-296-3665](tel:905-296-3665) Fax Number: [289-426-3226](tel:289-426-3226)

Contact:

Email: info@mountainmidwiferycare.com

Web: <https://mountainmidwifery.care/>

Address: [849 Upper Wentworth St, Suite 409, Hamilton, ON L9A 4W5, Canada](#)

Hours:

Cost: None

Who can access this service: Women with low-risk pregnancies.

How to apply: Fill out the form online or call for information.

Provides primary care to low-risk pregnant women throughout their pregnancy, labour and birth, and during the first six weeks following birth. Family-centred prenatal and postnatal care for home or hospital births, from practitioners at local hospitals. Postpartum support includes breastfeeding help.

Prenatal Education

Programs that provide education on pregnancy, birth and newborn care.

Welcome Baby Prenatal Nutrition Program

Phone: Work: [905-546-3550](tel:905-546-3550)

Contact:

Email: welcomebaby@hamilton.ca

Web: <http://www.hamilton.ca/prenatalnutritionprogram>

Address: [876 Cannon St E, Hamilton, ON L8L 8C1, Canada](#)

Hours: Hours vary by location. Visit website for specific times, dates, and locations.

Cost: None

Who can access this service: Participants must be pregnant to join and can continue attending until their baby is 6 months old. For City of Hamilton residents.

How to apply: Participants must be pregnant to join. Choose one Welcome Baby group to attend and register on your first visit, no pre-registration is required. There is an online group option available for those experiencing barriers to attending an in-person Welcome Baby group. For more information email welcomebaby@hamilton.ca or call Health Connections at 905-546-3550.

Free weekly groups for pregnant individuals. Discussions with a Registered Nurse and Registered Dietitian include pregnancy, labour and birth, managing stress, eating well and cooking healthy food, breastfeeding, and community supports. Grocery gift cards, multivitamin gift cards, and bus tickets are provided as needed. Online group options available for those experiencing barriers to attending an in-person Welcome Baby group.

Hamilton Regional Indian Centre Canada Prenatal Nutritional Program

Phone: Work: [905-548-9593](tel:905-548-9593) x227

Contact:

Email: cpnp@hric.ca

Web: <https://www.hric.ca/children-and-families-program/>

Address: [34 Ottawa St N, Hamilton, ON L8H 3Y7, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Expecting families who are willing to learn through Indigenous styles.

How to apply: Contact for information.

Encourages and promotes healthy pregnancies for Aboriginal mothers and their babies, offering culturally appropriate support for babies up to 6 months of age and their families by improving maternal infant care, promoting healthy birth weights, and overall better health promotion for expecting mothers and their families. Services offered include:

- Prenatal/Postnatal classes
- Home/Hospital visits
- Nutritional and prenatal supplements
- Cultural teachings
- Advocacy and referrals
- Breastfeeding support
- New parent support

Centre de Santé Communautaire Canada Prenatal Nutrition Program

Phone: Work: [905-528-0163](tel:905-528-0163) x3209

Contact:

Email: cschn@cschn.ca

Web: <https://www.cschn.ca/clinique-medicale/programme-...>

Address: [1320 Barton St E, Hamilton, ON L8H 2W1, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: For French-speaking expectant and new mothers and their partners, as well as parents of children up to one year of age.

How to apply: Contact for information.

Aims to educate new mothers on healthy interactions with their babies through prenatal classes, nutrition counselling, and postnatal home visits. The program includes:

- Promoting healthy choices during pregnancy
- Preparing for birth
- Breastfeeding
- Awareness of postpartum depression
- Mother-and-baby care after birth

Online Prenatal Program

Phone: Work: [905-546-3550](tel:905-546-3550)

Contact:

Email: publichealth@hamilton.ca

Web: <https://www.hamilton.ca/people-programs/public-he...>

Address:

Hours:

Cost: None

Who can access this service: New or expecting parents.

How to apply: Fill out the registration form online.

A free, online program for new or expectant parents, that can be done at their own pace using a computer or mobile device. Topics covered:

- pregnancy
- birth
- breastfeeding
- newborn care

Home Visiting Programs

Services that come to you, to provide support for pregnancy and parenting.

Nurse-Family Partnership Program

Phone: Work: [905-546-3550](tel:905-546-3550)

Contact:

Email: publichealth@hamilton.ca

Web: <https://www.hamilton.ca/people-programs/public-he...>

Address: [110 King St W, Hamilton, ON L8P 4V3, Canada](#)

Hours:

Cost: None

Who can access this service: First time mothers, 21 years of age or less, in first or second trimester of pregnancy.

How to apply: Call Health Connections at 905-546-3550 for referral information or fax referral

A prenatal and infancy home visitation program for young, first time parents provided by public health nurses. Program begins during pregnancy and for the first two years of the children's lives. Goals include improving pregnancy outcomes, improving child health and development, and improving parents' self-sufficiency. Nurses provide support and education on health, child development, parenting issues, life goals and access to community resources. Public health nurses are available to visit agencies and organizations, to further explain the program and the referral process.

Healthy Babies, Healthy Children Home Visiting Program

Phone: Work: [905-546-3550](tel:905-546-3550)

Contact:

Email: publichealth@hamilton.ca

Web: <https://www.hamilton.ca/people-programs/public-he...>

Address: [110 King St W, Hamilton, ON L8P 4V3, Canada](#)

Hours:

Cost: None

Who can access this service: Pregnant people and parents with children from birth up to school entry.

How to apply: Call Health Connections at 905-546-3550 to register.

Free and voluntary program providing in-home support by Public Health Nurses and family home visitors, helping pregnant people and parents with children from birth until school entry with:

- having a healthy pregnancy and birth
- fostering parent-child connection
- promoting child's growth and development
- breastfeeding, infant nutrition, and healthy eating

- mental health support for postpartum depression or anxiety
- connecting parents with community resources

Indigenous Healthy Babies, Healthy Children Program

Phone:

Contact:

Email:

Web: <https://www.hric.ca/children-and-families-program/>, <http://www.nativewomenscentre.com/programs>,
<https://www.onwa.ca/healthy-babies-healthy-childr...>

Address: [34 Ottawa St N, Hamilton, ON L8H 3Y7, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Open to all Indigenous new parents.

How to apply: Contact for information.

Assists Indigenous families in providing the best opportunities for the healthy development of children 0-6 years of age through education, family home visits, service coordination, and referrals.

- Professional peer counselling
- Education and support programs
- Cultural practices and teachings
- Breastfeeding education and support
- Pre/post-natal care
- Nutrition
- Growth and child development assessments
- Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE) information
- Bonding
- Building self-esteem and life skills
- Health and safety

Ujima Project

Phone: Work: [289-659-3857](tel:289-659-3857) (Family Navigator) Work: [289-659-5671](tel:289-659-5671) (Early Literacy Specialist)

Contact:

Email: info@gsch.ca

Web: <https://goodshepherdcentres.ca/services/reginas-p...>

Address: [1475 Barton St E, Hamilton, ON L8H 2X1, Canada](#)

Hours:

Cost: None

Who can access this service: Young parents, 29 years and under.

How to apply: Contact for information.

A one-stop model of access to services for young parents that strives to meet their children's early developmental needs. Programs include:

- Age-based screening and assessment
- Baby Love program
- Family navigaton
- Early literacy supports
- Play and Learn

Breastfeeding Services

Services that provide support with breastfeeding and infant feeding.

Primary Care: Some family doctors, midwives, Community Health Centres or Family Health Teams have breastfeeding support available for their patients. Check with your primary care provider to find out if they have breastfeeding support. If they do not have support, your provider may be able to complete a referral form for services outside of their practice.

Private Practice: Some people look for support from an International Board Certified Lactation Consultant® (IBCLC®). Search for a Lactation Consultant online outside of this guide. Some Lactation Consultant services may be free with provincial healthcare (OHIP) if you get a referral from your primary care provider, or there may be a cost to the service. If you are unsure if a service requires payment, please check with the individual or clinic.

Hamilton Regional Indian Centre Canada Prenatal Nutritional Program

Phone: Work: [905-548-9593](tel:905-548-9593) x227

Contact:

Email: cpnp@hric.ca

Web: <https://www.hric.ca/children-and-families-program/>

Address: [34 Ottawa St N, Hamilton, ON L8H 3Y7, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Expecting families who are willing to learn through Indigenous styles.

How to apply: Contact for information.

Encourages and promotes healthy pregnancies for Aboriginal mothers and their babies, offering culturally appropriate support for babies up to 6 months of age and their families by improving maternal infant care, promoting healthy birth weights, and overall better health promotion for expecting mothers and their families. Services offered include:

- Prenatal/Postnatal classes
- Home/Hospital visits
- Nutritional and prenatal supplements
- Cultural teachings
- Advocacy and referrals
- Breastfeeding support
- New parent support

Women's and Infants' Program, St. Joseph's Healthcare Hamilton

Phone: Work: [905-522-1155](tel:905-522-1155) x33515

Contact:

Email:

Web: <https://www.stjoes.ca/health-services/women-s-inf...>

Address: [50 Charlton Ave E, Hamilton, ON L8N 4A6, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Infants and their mothers

How to apply: Registration may be required depending on the program. Contact the program unit for more information.

Provides parents with informed support before, during, and after the birthing process. Services include:

- Baby-Friendly Initiative
- Birthing Unit
- Breastfeeding and Newborn Assessment Clinic (BANA)
- Mother Baby Unit
- Special Care Nursery

A virtual tour of these units is provided online.

Breastfeeding Clinic at Joseph Brant Hospital

Phone: Work: [905-681-4840](tel:905-681-4840) x1

Contact:

Email:

Web: <https://www.josephbranthospital.ca/en/programs-an...>

Address: [1245 North Shore Blvd E, Burlington, ON L7S 1C5, Canada](#)

Hours:

Cost: None

Who can access this service: Women who have delivered at Joseph Brant Hospital, and/or women who have a family doctor, midwife, or care provider with privileges at Joseph Brant Hospital. Not appropriate for babies over 6 weeks of age.

How to apply: Contact for information.

Assists new mothers and babies (up to 6 weeks) with breastfeeding during their hospital stay and provides support and assistance after discharge both in the clinic and over the telephone. Visits are by appointment only.

Health811

Phone: Toll-Free Number: [811](tel:811) TTY Number: [1-866-797-0007](tel:1-866-797-0007)

Contact:

Email:

Web: <https://health811.ontario.ca/static/guest/home>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all residents of Ontario.

How to apply: Phone 811, or visit website for live chat.

A free, confidential service which provides health advice and general health information from a registered nurse, as well as assistance finding health care providers, symptom assessment tool, and medical library. **In emergency situations a person should always call 911.** Also offers 24/7 breastfeeding support line. Breastfeeding experts available 24/7 to answer questions, provide breastfeeding plans, and provide referrals to in-person breastfeeding services in Hamilton.

Leche League Hamilton (La)

Phone: Home: [289-880-8125](tel:289-880-8125)

Contact:

Email: brittney.holton@llc.ca

Web: <https://www.llc.ca/hamilton>

Address:

Hours: Email and phone support available 7 days per week.

Cost: None

Who can access this service: Open to parents, their support people, and their children.

How to apply: Email or phone to receive support.

Provides peer-to-peer infant feeding support, from pregnancy to weaning. Support is available through email or phone.

Ancaster Pediatric Breastfeeding Clinic

Phone: Work: [905-304-8017](tel:905-304-8017)

Contact:

Email: ancasterpediatric@gmail.com

Web: <https://ancasterpediatrics.ca/services/>

Address: [1144 Wilson St W, Ancaster, ON L9G 3K9, Canada](#)

Hours: By appointment.

Cost: None Covered by OHIP

Who can access this service: Open to all breastfeeding.

How to apply: Contact for an appointment. A referral from the child's primary care provider is preferred.

Provides individualized support with a Lactation Consultant, who works with clients to help manage any challenges and to help reach infant feeding goals.

Hamilton Public Health Breastfeeding Support

Phone: Work: [905-546-3550](tel:905-546-3550)

Contact:

Email: breastfeedingsupport@hamilton.ca

Web: <https://www.hamilton.ca/people-programs/public-he...>

Address:

Hours:

Cost: None

Who can access this service: Open to all breastfeeding families in Hamilton.

How to apply: Contact for information and to book an appointment.

Lactation Consultant or Public Health Nurse support for breastfeeding challenges and concerns via phone, virtual, or in person for eligible families with infants up to one year old.

Welcome Baby Prenatal Nutrition Program

Phone: Work: [905-546-3550](tel:905-546-3550)

Contact:

Email: welcomebaby@hamilton.ca

Web: <http://www.hamilton.ca/prenatalnutritionprogram>

Address: [876 Cannon St E, Hamilton, ON L8L 8C1, Canada](#)

Hours: Hours vary by location. Visit website for specific times, dates, and locations.

Cost: None

Who can access this service: Participants must be pregnant to join and can continue attending until their baby is 6 months old. For City of Hamilton residents.

How to apply: Participants must be pregnant to join. Choose one Welcome Baby group to attend and register on your first visit, no pre-registration is required. There is an online group option available for those experiencing barriers to attending an in-person Welcome Baby group. For more information email welcomebaby@hamilton.ca or call Health Connections at 905-546-3550.

Free weekly groups for pregnant individuals. Discussions with a Registered Nurse and Registered Dietitian include pregnancy, labour and birth, managing stress, eating well and cooking healthy food, breastfeeding, and community supports. Grocery gift cards, multivitamin gift cards, and bus tickets are provided as needed. Online group options available for those experiencing barriers to attending an in-person Welcome Baby group.

Centre de Santé Communautaire Canada Prenatal Nutrition Program

Phone: Work: [905-528-0163](tel:905-528-0163) x3209

Contact:

Email: cschn@cschn.ca

Web: <https://www.cschn.ca/clinique-medicale/programme-...>

Address: [1320 Barton St E, Hamilton, ON L8H 2W1, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: For French-speaking expectant and new mothers and their partners, as well as parents of children up to one year of age.

How to apply: Contact for information.

Aims to educate new mothers on healthy interactions with their babies through prenatal classes, nutrition counselling, and postnatal home visits. The program includes:

- Promoting healthy choices during pregnancy

- Preparing for birth
- Breastfeeding
- Awareness of postpartum depression
- Mother-and-baby care after birth

Neonatal Assessment Post Discharge Clinic

Phone: Work: [905-521-2100](tel:905-521-2100) x76347

Contact:

Email:

Web: <https://www.hamiltonhealthsciences.ca/areas-of-ca...>

Address: [1200 Main St W, Hamilton, ON L8S 2A5, Canada](#)

Hours: By appointment only.

Cost: None

Who can access this service: Families with infants born at McMaster University Medical Centre and are 7 days old or less.

How to apply: Contact for information. Lactation support available to inpatients at McMaster by referral only. Appointments are subject to availability.

Follow-up medical care once discharged from the hospital relating to jaundice care and breastfeeding support from a Lactation Consultant.

Parenting and Early Child Development

Services that can answer your questions and discuss your concerns about parenting and your child's development.

For more parenting courses and workshops in Hamilton, see the Growing Together Guide at [Family Resources - Hamilton Health Sciences](#).

To learn about EarlyON locations, Early Years services, and resources see [Early Years Services | City of Hamilton](#)

Blind Low Vision Early Intervention Program

Phone: Work: [905-574-6876](tel:905-574-6876) (General inquiries) Work: [905-381-2828](tel:905-381-2828) x225 (Early Words) Fax Number: [905-385-2778](tel:905-385-2778)

Contact:

Email: info@ascy.ca , earlywrd@earlywords.ca

Web: <https://ascy.ca/families/blind-low-vision/>

Address: [1425 Cormorant Rd, Hamilton, ON L9G 4V5, Canada](#)

Hours:

Cost: None

Who can access this service: For young children who are blind or have low vision, and their families.

How to apply: Contact to register. Referrals accepted by a physician, ophthalmologist, optometrist, parent or caregiver.

Provides education and support for parents to help encourage the healthy development of their children. Parents learn to help their children develop the skills they need for daily activities at home and in early learning and care settings. Program services include:

- home visiting
- child care consultation
- family support
- intervention

Funded by the Ontario Ministry of Children, Community and Social Services and the Government of Ontario.

Early Words Preschool Speech and Language Program

Phone: Work: [905-381-2828](tel:905-381-2828) x224 Fax Number: [905-385-2778](tel:905-385-2778)

Contact: Ruth Doherty, Manager, Program Coordinator, Affiliated Services for Children and Youth, Early Words Site

Email: earlywrd@earlywords.ca

Web: <https://ascy.ca/families/preschool-speech-languag...>

Address: [1425 Cormorant Rd, Hamilton, ON L9G 4V5, Canada](#)

Hours:**Cost:** None**Who can access this service:** Early Words accepts speech and language referrals for children before they enter Junior Kindergarten. The deadline is June 15th.**How to apply:** Complete referral form online. Bring your child's health card to the first appointment.

Offers speech and language support and services for children from birth to school entry. Parents and caregivers can self-refer their child if they have any concerns related to their speech and language development. Also offers parent training programs, public and professional education. Program is administered by the Ontario Ministry of Children, Community and Social Services.

Healthy Babies, Healthy Children Home Visiting Program

Phone: Work: [905-546-3550](tel:905-546-3550)**Contact:****Email:** publichealth@hamilton.ca**Web:** <https://www.hamilton.ca/people-programs/public-he...>**Address:** [110 King St W, Hamilton, ON L8P 4V3, Canada](#)**Hours:****Cost:** None**Who can access this service:** Pregnant people and parents with children from birth up to school entry.**How to apply:** Call Health Connections at 905-546-3550 to register.

Free and voluntary program providing in-home support by Public Health Nurses and family home visitors, helping pregnant people and parents with children from birth until school entry with:

- having a healthy pregnancy and birth
- fostering parent-child connection
- promoting child's growth and development
- breastfeeding, infant nutrition, and healthy eating
- mental health support for postpartum depression or anxiety
- connecting parents with community resources

Hamilton Regional Indian Centre Canada Prenatal Nutritional Program

Phone: Work: [905-548-9593](tel:905-548-9593) x227**Contact:****Email:** cpnp@hric.ca**Web:** <https://www.hric.ca/children-and-families-program/>**Address:** [34 Ottawa St N, Hamilton, ON L8H 3Y7, Canada](#)**Hours:** Contact for information.**Cost:** None**Who can access this service:** Expecting families who are willing to learn through Indigenous styles.**How to apply:** Contact for information.

Encourages and promotes healthy pregnancies for Aboriginal mothers and their babies, offering culturally appropriate support for babies up to 6 months of age and their families by improving maternal infant care, promoting healthy birth weights, and overall better health promotion for expecting mothers and their families. Services offered include:

- Prenatal/Postnatal classes
- Home/Hospital visits
- Nutritional and prenatal supplements
- Cultural teachings
- Advocacy and referrals
- Breastfeeding support
- New parent support

Violence Against Women Emergency Shelter

Phone: Work: [905-664-1114](tel:905-664-1114) Crisis Line Number: [1-888-308-6559](tel:1-888-308-6559)

Contact:

Email:

Web: <https://www.nativewomenscentre.com/breaking-free-...>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all women, regardless of age, ancestry, culture, place of origin, sexual orientation, with or without children who are experiencing crisis in their lives.

How to apply: Contact for information.

A 15 bed emergency shelter for women, with or without children, fleeing from domestic violence, dangerous situations, or experiencing homelessness. Services offered include group programs, women's abuse education program, referrals, assistance in finding safe and suitable housing, and traditional healing methods. Service is available for a time up to and including six weeks. All residents will receive meals, personal hygiene items, safety planning, and assistance with plans of care.

Ujima Project

Phone: Work: [289-659-3857](tel:289-659-3857) (Family Navigator) Work: [289-659-5671](tel:289-659-5671) (Early Literacy Specialist)

Contact:

Email: info@gsch.ca

Web: <https://goodshepherdcentres.ca/services/reginas-p...>

Address: [1475 Barton St E, Hamilton, ON L8H 2X1, Canada](#)

Hours:

Cost: None

Who can access this service: Young parents, 29 years and under.

How to apply: Contact for information.

A one-stop model of access to services for young parents that strives to meet their children's early developmental needs. Programs include:

- Age-based screening and assessment
- Baby Love program
- Family navigator
- Early literacy supports
- Play and Learn

Contact Hamilton Children and Youth Services

Phone: Work: [905-570-8888](tel:905-570-8888)

Contact:

Email: info@contacthamilton.ca

Web: <https://contacthamilton.ca/how-we-can-help/>

Address: [140 King St E, Suite 4, Hamilton, ON L8N 1B2, Canada](#)

Hours:

Cost: None

Who can access this service: Children in Hamilton who are experiencing fetal alcohol syndrome disorder (FASD), autism (ASD), developmental, and/or complex needs.

How to apply: Contact for information.

This program helps children, youth, and their caregivers in the following ways:

- Access Program: connects children and youth to services for their developmental, FASD, autism, and/or complex needs.
- Coordinated Service Planning: helps children and youth with complex needs, and their caregivers, coordinate their multiple services.
- Fetal Alcohol Spectrum Disorders (FASD) Service: helps families of children and youth with FASD, or possible FASD, access services in the community by working closely with the Hamilton FASD Collaborative to get families connected to their services, including case conferencing, training/education, and caregiver support.

Young and Expecting Parent Program

Phone: Work: [905-308-1543](tel:905-308-1543)

Contact:

Email:

Web: <https://www.hwdsb.on.ca/secondary/programs/interv...>

Address: [1715 Main St E, Hamilton, ON L8H 1E3, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Young and expecting parents, age 14-21 years.

How to apply: Contact the guidance counsellor at the parent's school for registration information.

Students bring their infant to the classroom with them, where they work with a Secondary School teacher to earn credits and receive hands-on parenting support from an Early Childhood Educator. Students have the opportunity to learn alongside other young parents and connect with a variety of community resources such as

the Ontario Early Years Centres.

Online Prenatal Program

Phone: Work: [905-546-3550](tel:905-546-3550)

Contact:

Email: publichealth@hamilton.ca

Web: <https://www.hamilton.ca/people-programs/public-he...>

Address:

Hours:

Cost: None

Who can access this service: New or expecting parents.

How to apply: Fill out the registration form online.

A free, online program for new or expectant parents, that can be done at their own pace using a computer or mobile device. Topics covered:

- pregnancy
- birth
- breastfeeding
- newborn care

Learning, Earning and Parenting Program (LEAP)

Phone: Work: [905-546-2424](tel:905-546-2424) x3088

Contact:

Email: leap@hamilton.ca

Web: <https://www.hamilton.ca/people-programs/financial...>

Address: [28 James St N, Hamilton, ON L8R 1A1, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Must be a parent between 16 and 25 years old and receiving support from Ontario Works and/or the Ontario Disability Support Program.

How to apply: Phone or email for information. Ontario Works recipients can call directly or speak to their case manager.

Offers support to young parents navigating a return to secondary school, adult education, or alternative education options to complete secondary school (Grade 12). The LEAP program also provides encouragement and enhancement of parenting skills through community involvement as well as promoting independence, self esteem, and job readiness as a part of the City of Hamilton's Youth Team.

Young Parent Program

Phone: Work: [289-246-9064](tel:289-246-9064)

Contact:

Email: YPPreferrals@banyancs.org
Web: <https://banyancommunityservices.org/what-we-do/fa...>
Address: [688 Queensdale Ave E, Hamilton, ON L8V 1M1](#)
Hours: Contact for information.
Cost: None
Who can access this service: Parents aged 25 and younger.
How to apply: Contact for more information.

Provides individualized ongoing support to pregnant and parenting youth and their children using a collaborative approach to help remove barriers and engage parents to develop skills, foster resiliency, and increase self-efficacy through coordination of access to community-based services, and planning and coordination of multidisciplinary services such as:

- Health
- Nutrition
- Education
- Parenting
- Psychosocial development (emotional, intellectual, and social skills)
- Life skills (empowering critical thinking, problem solving, self-reflection, and interpersonal skills)
- Self-sufficient budgeting and housing solutions

Courses and Workshops, McMaster Children's Hospital

Phone: Work: [905-521-2100](tel:905-521-2100) x77243
Contact:
Email: frc@hhsc.ca
Web: <https://www.hamiltonhealthsciences.ca/mcmaster-ch...>
Address: [325 Wellington St N, Hamilton, ON L8L 0A4, Canada](#)
Hours: Contact for information.
Cost: None
Who can access this service: Open to children, parents, and caregivers.
How to apply: Register online.

Provides free educational courses and skills training workshops to the community on a variety of topics, including parenting, child development, and child and youth mental health issues. Programs are available for children, youth, and caregivers, and are held regularly at locations across the Greater Hamilton Area.

New Choices Program

Phone: Work: [905-522-5556](tel:905-522-5556)
Contact:
Email: info@gracehavenhamilton.org
Web:
Address: [431 Whitney Ave, Hamilton, ON L8S 2H6, Canada](#)
Hours: Contact for information.
Cost: None

Who can access this service: Women with substance use concerns who are pregnant or mothering children that are age 6 and younger.

How to apply: Contact for information.

A community day treatment program for women who are pregnant or mothering young children and have substance addictions. Women attend once a week with their children. Provides the opportunity to access addiction and parenting services based on individual needs. Childcare is available for participants while they are at the program.

Parenting Programs

Phone: Work: [905-546-3550](tel:905-546-3550)

Contact:

Email: publichealth@hamilton.ca

Web: <https://www.hamilton.ca/people-programs/public-he...>

Address:

Hours: Contact for information.

Cost: None

Who can access this service: Programs available for parents with children ages 6 and younger. Visit website for specific age requirements of each program.

How to apply: Call Health Connections at 905-546-3550 to register.

Offers drop-in and multiple week programs on a variety of topics to support and help improve parental skills. Contact or visit website for details on the programs offered, as well as dates, times and locations.

- Parenting with LOVE
- Group Triple P
- Triple P Discussion Groups
- Theraplay

Centre de Santé Communautaire Postnatal Programs for Parents

Phone: Work: [905-528-0163](tel:905-528-0163)

Contact:

Email: cschn@cschn.ca

Web: <https://www.cschn.ca/promotion-de-la-sante/progra...>

Address: [1320 Barton St E, Hamilton, ON L8H 2W1, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: French-speaking parents and their children.

How to apply: Contact for information.

Offers a variety of classes for new parents and their babies.

- **Baby Talk (0-12 months):** child safety, introducing solids, first aid, postpartum depression
- **Workshops for Parents (0-6 years):** postpartum depression, parent/child bonding, burns, water safety, poisons, food safety, healthy eating for mother and baby, health impacts of obesity

- **Postnatal Yoga Classes (0-12 months):** teaches relaxation for both mothers and babies while enhancing babies' sensory experience and the development of their nervous system

Infant Parent Program, Ron Joyce Children's Health Centre

Phone: Work: [905-521-2100](tel:905-521-2100) x77406

Contact:

Email: ipp@hhsc.ca

Web: <https://www.hamiltonhealthsciences.ca/mcmaster-ch...>

Address: [325 Wellington St N, Hamilton, ON L8L 0A4, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Parents of newborns, infants, and toddlers.

How to apply: Call, email, or register online for workshops. A referral form, found online, is required for other services.

Provides a variety of services to children 0-2.5 years old and their families. Team includes infant-parent specialists, a psychometrist, a psychologist, and a speech-language pathologist. Services include:

- virtual and in-person parenting groups and workshops
- in-home sessions with Infant-Parent Program clinicians
- developmental assessments
- consultation with a speech-language pathologist
- information about other services and resources

Grace Haven Respite Program

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

Contact:

Email: info@gracehavenhamilton.org

Web:

Address: [138 Herkimer St, Hamilton, ON L8P 2H1, Canada](#)

Hours:

Cost: None

Who can access this service: Open to all parents ages 24 and younger with children ages 6 weeks to 6 years

How to apply: Call the office before Thursday of each week to schedule an time.

Offers a respite program for young parents age 24 and younger. Children ages 6 weeks to 6 years can be dropped off while the parents run errands, attend appointments etc.

Recreation Assistance Program

Phone: Work: [905-546-2424](tel:905-546-2424) x4569

Contact:

Email: rap@hamilton.ca

Web: <https://www.hamilton.ca/things-do/recreation/cust...>

Address: [28 James St N, Hamilton, ON L8R 1A1, Canada](#)

Hours:

Cost: None

Who can access this service: Open to all individuals or families living in Hamilton who have a low income. Contact for details.

How to apply: Complete application form (available online) and submit with proof of family net income and proof of home address. Completed applications can be submitted:

- by email (rap@hamilton.ca) or fax (905-546-2338)
- in person at City of Hamilton rec centres or arenas
- by mail: City of Hamilton
Recreation Assistance Program
Lister Block Building
P.O. Box 2040
Hamilton, ON L8P 4Y5

Provides financial assistance to City of Hamilton residents living with low income to ensure the opportunity to participate in organized sports and recreation programs.

Hamilton Public Library Branch Services

Phone: Work: [905-546-3200](tel:905-546-3200)

Contact:

Email: askhpl@hpl.ca

Web: <http://www.hpl.ca>

Address: [300 Wilson St E, Ancaster, ON L9G 2B9, Canada](#)

Hours: Hours vary by branch, visit website for details.

Cost: Membership Free for residents who live, work, or attend school in Hamilton. \$100 fee for non-residents. Reciprocal borrowing available, contact for details.

Who can access this service: Open to all with a valid library card.

How to apply: Register for a library card online or in person through your local branch.

Hamilton Public Library offers many services to residents who live, work, or attend school in Hamilton. Services include:

- Access to print, non-print, and digital collections
- Public computers with internet access
- Printing, photocopying, and scanning
- Study tables and meeting spaces
- Online learning resources
- Information and referral
- Programming
- Multi-lingual material
- Large print material
- Holds pick-up

- Makerspaces
- Faxing (Central branch, local and toll-free numbers only)

24 Hour Helplines

These services are available by phone 24 hours a day, seven days a week.

Hamilton Police Service, Non-Emergency Reporting

Phone: [905-546-4925](tel:905-546-4925)

Contact:

Email:

Web: <https://hamiltonpolice.on.ca/report-crime/non-eme...>

Address: [155 King William St, Hamilton, ON L8R 1A7, Canada](#)

Hours: Mon-Sun 24 Hrs

Cost: None

Who can access this service: No restrictions

How to apply:

Used for reporting incidents that are non-urgent or not life-threatening. Can also be used for making general inquiries or for those looking for police support and resources. Non-emergency incidents can be reported over the phone, online or in person at any Hamilton police station.

Ontario Poison Centre Phone Line

Phone: Toll-Free Number: [1-844-764-7669](tel:1-844-764-7669)

Contact:

Email:

Web: <https://www.ontariopoisoncentre.ca/>

Address: [555 University Ave, Toronto, ON M5G 1X8, Canada](#)

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all

How to apply: No application required.

Provides expert poison advice over the phone 24 hours a day, offering help with poison emergencies and with questions about poisoning. Available assistance for:

- Concerns that a poisoning has occurred
- Information on how to prevent poisonings
- Treatment advice for health-care professionals

COAST Hamilton Services

Phone: Crisis Line Number: [905-972-8338](tel:905-972-8338) Toll-Free Number: [1-844-972-8338](tel:1-844-972-8338)
Contact:
Email:
Web: <http://coasthamilton.ca/>
Address:
Hours: Mon-Sun 24 hours
Cost: None
Who can access this service: Open to anyone experiencing a mental health crisis.
How to apply: No application necessary.

Emergency crisis line and response team to assist individuals who have serious mental health issues and who are in crisis. Also supports caregivers in the management of acute mental health concerns and crisis. Intake can be initiated by individuals directly or through their family members and caregivers. Referrals are accepted from community agencies and professionals.

Good Shepherd Centres, Mental Health Crisis Line

Phone: Crisis Line Number: [905-529-7878](tel:905-529-7878) Toll-Free Number: [1-844-777-3571](tel:1-844-777-3571)
Contact:
Email:
Web: <https://www.goodshepherdcentres.ca/services/barre...>
Address: [126 Emerald St S, Hamilton, ON L8N 2V5, Canada](#)
Hours: Mon-Sun 24 hours
Cost: None
Who can access this service: Open to all.
How to apply: No application required.

24 hour confidential telephone support and crisis intervention. Provides referrals to local community supports and inpatient programs, including the Good Shepherd Barrett Centre for Crisis Support.

Good2Talk

Phone: Crisis Line Number: [1-866-925-5454](tel:1-866-925-5454) Crisis Line Number: [686868](tel:686868) (Text GOOD2TALKON)
Contact:
Email:
Web: <https://good2talk.ca/>
Address:
Hours: Mon-Sun 24 hours
Cost: None
Who can access this service: Open to post-secondary students in Ontario.
How to apply: Phone, text, or message via the website. For text message support, text GOOD2TALKON to 686868. The first few messages received will be automated messages from Kids Help Phone giving information about the service and privacy policy, before being connected to a volunteer Crisis Responder. The conversation can be ended anytime by texting the word STOP.

Free and confidential helpline that provides professional counselling, information, and referrals for mental health, addictions, and well-being to post-secondary students in Ontario. Operates in partnership with Kids Help Phone, ConnexOntario, Ontario 211, and the Knowledge Institute on Child and Youth Mental Health and

Addictions.

Kids Help Phone

Phone: Crisis Line Number: [1-800-668-6868](tel:1-800-668-6868) Crisis Line Number: [686868](tel:686868) (Text)

Contact:

Email:

Web: <https://kidshelpphone.ca/>

Address:

Hours: Mon-Sun 24 hours a day

Cost: None

Who can access this service: Open to all kids, teens, and young adults in Canada.

How to apply: Phone, text, or message via the website.

National call, text, and live chat counselling services for youth. Services are free, anonymous, and confidential. Professional counsellors are available 24/7 for support, information, and referrals. Services include:

- Mental health tips and info
- Crisis support
- Professional counselling
- Support forums and real-life stories
- A support service directory

Hope for Wellness Helpline

Phone: Toll-Free Number: [1-855-242-3310](tel:1-855-242-3310)

Contact:

Email:

Web: <https://www.hopeforwellness.ca/>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all Indigenous people

How to apply: Call or chat via the website.

Offers confidential counselling by telephone and online chat 24 hours a day, 7 days a week. Provides immediate, culturally relevant mental health counselling and crisis intervention, and refers callers to additional supports if needed.

Barrett Centre for Crisis Support Services

Phone: Crisis Line Number: [905-529-7878](tel:905-529-7878) Toll-Free Number: [1-844-777-3571](tel:1-844-777-3571) Work: [905-529-4343](tel:905-529-4343)

Contact:

Email:

Web: <https://www.goodshepherdcentres.ca/services/barre...>

Address: [126 Emerald St S, Hamilton, ON L8N 2V5, Canada](#)

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to anyone 16 years of age or older and experiencing a mental health crisis. People who stay overnight at Barrett Centre must be able to physically care for themselves or have supports in place.

How to apply: Apply through referral or call the crisis line.

Provides a safe environment for individuals who experience a mental health and/or substance use crisis and who do not require a hospital stay. Confidential and free services are available 24 hours a day, 365 days a year. **Services provided:**

- Telephone crisis assessment, intervention, and support
- In-person crisis counselling
- Short-term crisis stabilization bed stay (including police designated Safe Beds)
- Group counselling
- Peer support drop-in group

Crisis Line for Sexual Assault Centre Hamilton and Area

Phone: Crisis Line Number: [905-525-4162](tel:905-525-4162)

Contact: Sonia Renwick, Office Coordinator, Administration , Jessica Bonilla-Dampney, Director, Administration

Email: sacha@sacha.ca

Web: <https://sacha.ca/services/24-hour-support-line>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all.

How to apply: No application required.

24 hour crisis line offering confidential support for survivors of all genders who have experienced sexual violence as well as friends, family, and any others seeking information. Can organize accompaniment to the hospital or the police. All services are confidential and free of charge.

Assaulted Women's Helpline

Phone: Crisis Line Number: [1-866-863-0511](tel:1-866-863-0511) Crisis Line Number: [416-863-0511](tel:416-863-0511) TTY Number: [1-866-863-7868](tel:1-866-863-7868) Cell: [#7233](tel:7233) (Text on Bell, Rogers, Fido, or Telus mobile phone)

Contact:

Email:

Web: <https://www.awhl.org/>

Address:

Hours: Mon-Sun 24 hours, online chat available Mon-Fri 11am-8pm.

Cost: None

Who can access this service: Open to all women experiencing domestic violence who are age 16 and older and all friends, families, neighbours, and others in contact with abused women.

How to apply: Phone, live chat on the website, or text #SAFE (#7233). Visit website for more information.

Provincial telephone and online (chat) crisis counselling, emotional support, information and referrals to emergency shelters, legal information and community services, as well as culturally appropriate resources for abused women.

- liaison with diverse communities
- confidential and anonymous

Fem'aide

Phone: Crisis Line Number: [1-877-336-2433](tel:1-877-336-2433) TTY Number: [1-866-860-7082](tel:1-866-860-7082)

Contact:

Email: info@femaide.ca

Web: <http://www.femaide.ca/>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Francophone women 16 years and older.

How to apply: Call, text, or visit the website.

Confidential helpline for Francophone women dealing with violence that offers:

- crisis intervention
- support and referral to community agencies

Action Canada Access Line

Phone: Toll-Free Number: [1-888-642-2725](tel:1-888-642-2725) Cell: [613-800-6757](tel:613-800-6757) (Text)

Contact:

Email: access@actioncanadashr.org

Web: <https://www.actioncanadashr.org/call-access-line-...>

Address:

Hours:

Cost: None

Who can access this service: Open to all.

How to apply: No application required

A free and confidential service that provides information and referrals on sexual health, pregnancy options, abortion, and safer sex.

Abuse and Violence

If you or someone you know is experiencing abuse or violence, these services can provide support.

Honouring the Circle Transitional Housing

Phone: Work: [289-527-2637](tel:289-527-2637) Crisis Line Number: [1-888-308-6559](tel:1-888-308-6559)

Contact:

Email:

Web: <http://www.nativewomenscentre.com/honouring-the-c...>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Indigenous women and their children.

How to apply: Contact for information.

Offers transitional housing and support programs for up to 12 months for Indigenous women and their children who are at risk of homelessness, poverty, or abuse. Families are offered tools of empowerment, self-reliance, and economic independence in the hopes that they can find sustainable and safe permanent housing.

Inasmuch House Women's Shelter Services

Phone: Crisis Line Number: [905-529-8600](tel:905-529-8600) Crisis Line Number: [289-212-6399](tel:289-212-6399) (Text) Crisis Line Number: [1-833-654-4217](tel:1-833-654-4217) (Toll-free) Work: [905-529-8149](tel:905-529-8149)

Contact:

Email:

Web: <https://mission-services.com/programs-and-service...>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Female-identifying and non-binary people, with or without children in their care, who are experiencing abuse and/or homelessness.

How to apply: Contact for information.

An emergency shelter for women and non-binary people, with or without children, who are experiencing domestic abuse and/or homelessness. Services available for residents include:

- safe shelter with access to meals, clothing, laundry, and other personal supports
- child and youth workers
- legal advocacy
- transitional housing support worker
- safety planning
- referral to other community services

Good Shepherd Women's Emergency Services, Mary's Place

Phone: Crisis Line Number: [905-523-6277](tel:905-523-6277) Work: [905-540-8000](tel:905-540-8000)

Contact:

Email: info@gsch.ca

Web: <https://www.goodshepherdcentres.ca/services/marys...>

Address: [20 Pearl St N, Hamilton, ON L8R 2Y8, Canada](#)

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Women dealing with homelessness, poverty, mental illness and/or violence.

How to apply: Contact for information.

A 20 bed emergency shelter, providing safety, support, and emergency accommodation to women who are dealing with homelessness, poverty, mental illness, and/or violence. Programs and services:

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

Good Shepherd Women's Emergency Services, Martha House

Phone: Crisis Line Number: [905-523-6277](tel:905-523-6277) Work: [905-523-8895](tel:905-523-8895)

Contact:

Email: info@gsch.ca

Web: <https://goodshepherdcentres.ca/services/martha-ho...>

Address: [25 Ray St N, Hamilton, ON L8R 2X5, Canada](#)

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Women and their children fleeing violence and abuse.

How to apply: Contact for information.

A 40-bed emergency shelter for individuals and their children who are fleeing violence and abuse. Programs and service:

- Safe, short-term accommodation in private family-style units
- Safety planning and emergency transportation to the shelter, if needed
- Referrals and advocacy for legal, medical, financial, employment, housing and community services
- Recreational and therapeutic programs for children
- Counselling
- Access to cultural interpreters

Victoria and Friends Women's Shelter

Phone: Crisis Line Number: [905-387-8881](tel:905-387-8881)

Contact:

Email:

Web: <https://intervalhousehamilton.org/immediate-servi...>

Address: [630 Sanatorium Rd, Hamilton, ON L9C 7S7, Canada](#)

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all women, with or without children, who are experiencing violence, abuse, and/or trafficking.

How to apply: Call the 24-hours crisis line at 905-387-8881.

An emergency shelter for women, with or without children, who are experiencing family violence, abuse, and/or human trafficking. Offers emergency shelter, a safe environment, meals, and access to support workers.

Violence Against Women Counselling

Phone: Work: [289-246-9064](tel:289-246-9064)

Contact:

Email: VAWreferrals@banyancs.org

Web: <https://banyancommunityservices.org/what-we-do/he...>

Address: [688 Queensdale Ave E, Hamilton, ON L8V 1M1](#)

Hours: Contact for information.

Cost: None

Who can access this service: Open to all women age 16 and older who identify themselves as having been physically, sexually, emotionally, or financially abused, or are at risk for abuse, and their children.

How to apply: Contact for information.

Offers support to women who have been exposed to abuse and violence, whether physical, sexual, emotional, or financial. Programs provide knowledge and understanding of abuse, safety planning, and access to community resources.

Banyan Community Services, Partner Assault Response

Phone: Work: [289-246-9064](tel:289-246-9064)

Contact:

Email: PARreferrals@banyancs.org

Web: <https://banyancommunityservices.org/what-we-do/he...>

Address: [688 Queensdale Ave E, Hamilton, ON L8V 1M1](#)

Hours: Contact for information.

Cost: Service Client fee based on sliding scale

Who can access this service: Offenders 18 years and older, ordered by the court to attend the program in response to a criminal charge involving intimate partner violence.

How to apply: Call to schedule an intake meeting.

12 week group education and counselling program on intimate partner violence and non-abusive ways of resolving conflict. Topics include:

- Domestic Violence Defining Abuse
- How Beliefs and Attitudes Affect Behaviour
- The Effects of Abuse on Children, Partners and Self
- Understanding Triggers and Warning Signs
- The Impact of Substance Abuse
- Healthy Relationships
- Respectful Communication
- Dealing with Conflict
- Responsibility and Accountability

Survivors/partners of the offender are provided with support, including safety planning, referrals to community resources, and information on offender's progress.

Breaking Free From Violence Family Support Worker

Phone: Work: [905-664-1114](tel:905-664-1114) Crisis Line Number: [1-888-308-6559](tel:1-888-308-6559)

Contact:

Email: BFFV@nativewomenscentre.com

Web: <https://www.nativewomenscentre.com/programs/>

Address:

Hours:

Cost: None

Who can access this service: Open to all Indigenous women.

How to apply: Contact for information.

Supports Indigenous women in a culturally rooted, holistic way to navigate through complex systems encountered when experiencing violence and involvement in child welfare matters. Focuses on crisis management and stabilization, awareness and education, planning and goal setting, liaising with service providers, and providing conflict resolution support.

Centre de Santé Communautaire Program Combating Violence Against Women and Sexual Assault

Phone: Work: [905-528-0163](tel:905-528-0163) Toll-Free Number: [1-866-437-7606](tel:1-866-437-7606) Crisis Line Number: [1-877-336-2433](tel:1-877-336-2433)
(Fem'aide)

Contact:

Email:

Web: <https://www.cschn.ca/programme-luttant-contre-la-...>

Address: [1320 Barton St E, Hamilton, ON L8H 2W1, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: French-speaking individuals who have experienced sexual assault or domestic violence.

How to apply: Contact to book an appointment.

Offers personalized, confidential support services to those directly and indirectly affected by domestic violence or related to sexual assault, regardless of their sexual identity or orientation, by providing a safe, confidential space. Services include:

- Activities and support groups for women
- Services for children exposed to violence
- Support for survivors of sexual assault (women and men)
- Services for families and loved ones of survivors of sexual assault
- Anti-human trafficking program
- Community awareness and prevention activities

Crisis Line for Sexual Assault Centre Hamilton and Area

Phone: Crisis Line Number: [905-525-4162](tel:905-525-4162)

Contact: Sonia Renwick, Office Coordinator, Administration , Jessica Bonilla-Dampney, Director, Administration

Email: sacha@sacha.ca

Web: <https://sacha.ca/services/24-hour-support-line>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all.

How to apply: No application required.

24 hour crisis line offering confidential support for survivors of all genders who have experienced sexual violence as well as friends, family, and any others seeking information. Can organize accompaniment to the hospital or the police. All services are confidential and free of charge.

Inasmuch House Crisis Line Services

Phone: Crisis Line Number: [905-529-8600](tel:905-529-8600) Crisis Line Number: [289-212-6399](tel:289-212-6399) (Text)

Contact:

Email:

Web: <https://mission-services.com/programs-and-service...>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all individuals experiencing domestic violence, and friends, family, and any others seeking information.

How to apply: Call, text, or web chat for support.

Offers text message and web chat support for women experiencing abuse and homelessness. Provides confidential emotional support, practical advice, safety planning, and referrals to other local services.

Good Shepherd Centres, 24 Hour Women's Crisis Line Services

Phone: Crisis Line Number: [905-523-6277](tel:905-523-6277)

Contact:

Email:

Web: <https://www.goodshepherdcentres.ca/services/marth...>

Address: [25 Ray St N, Hamilton, ON L8R 2X5, Canada](#)

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all individuals experiencing domestic violence, and all families, friends, and others seeking information.

How to apply: No application required.

24 hour confidential crisis line offering support for individuals experiencing domestic violence. Offers emergency counselling, crisis intervention, safety planning, and referral to community services or other emergency shelters.

Assaulted Women's Helpline

Phone: Crisis Line Number: [1-866-863-0511](tel:1-866-863-0511) Crisis Line Number: [416-863-0511](tel:416-863-0511) TTY Number: [1-866-863-7868](tel:1-866-863-7868) Cell: [#7233](tel:7233) (Text on Bell, Rogers, Fido, or Telus mobile phone)

Contact:

Email:

Web: <https://www.awhl.org/>

Address:

Hours: Mon-Sun 24 hours, online chat available Mon-Fri 11am-8pm.

Cost: None

Who can access this service: Open to all women experiencing domestic violence who are age 16 and older and all friends, families, neighbours, and others in contact with abused women.

How to apply: Phone, live chat on the website, or text #SAFE (#7233). Visit website for more information.

Provincial telephone and online (chat) crisis counselling, emotional support, information and referrals to emergency shelters, legal information and community services, as well as culturally appropriate resources for abused women.

- liaison with diverse communities
- confidential and anonymous

Fem'aide

Phone: Crisis Line Number: [1-877-336-2433](tel:1-877-336-2433) TTY Number: [1-866-860-7082](tel:1-866-860-7082)

Contact:

Email: info@femaide.ca

Web: <http://www.femaide.ca/>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Francophone women 16 years and older.

How to apply: Call, text, or visit the website.

Confidential helpline for Francophone women dealing with violence that offers:

- crisis intervention
- support and referral to community agencies

Education

These services can help people finish high school or pursue other educational opportunities.

Hamilton Wentworth District School Board Welcome Centre Services

Phone: Work: [905-521-2554](tel:905-521-2554) Fax Number: [905-521-2550](tel:905-521-2550)

Contact:

Email:

Web: <https://www.hwdsb.on.ca/community/welcome-centre/>

Address: [465 E 16th St, Hamilton, ON L9A 4K6, Canada](#)

Hours:

Cost: Service Fees vary by program, contact for details

Who can access this service: Varies by program, contact for information.

How to apply: Contact for information.

Supports students and their families with their transition to attending school in Hamilton. Provides English as a Second Language (ESL) assessment services to mature students, newcomers, and children. Also supports adult students with initial assessments as they resume their studies toward achieving their Ontario High School Diploma. Services include:

- Admissions for International and Exchange Students
- English as a Second Language Assessments for Newcomers
- Prior Learning Equivalent Credits
- Supporting Families from Ukraine

Learning, Earning and Parenting Program (LEAP)

Phone: Work: [905-546-2424](tel:905-546-2424) x3088

Contact:

Email: leap@hamilton.ca

Web: <https://www.hamilton.ca/people-programs/financial...>

Address: [28 James St N, Hamilton, ON L8R 1A1, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Must be a parent between 16 and 25 years old and receiving support from Ontario Works and/or the Ontario Disability Support Program.

How to apply: Phone or email for information. Ontario Works recipients can call directly or speak to their case manager.

Offers support to young parents navigating a return to secondary school, adult education, or alternative education options to complete secondary school (Grade 12). The LEAP program also provides

encouragement and enhancement of parenting skills through community involvement as well as promoting independence, self esteem, and job readiness as a part of the City of Hamilton's Youth Team.

Young and Expecting Parent Program

Phone: Work: [905-308-1543](tel:905-308-1543)

Contact:

Email:

Web: <https://www.hwdsb.on.ca/secondary/programs/interv...>

Address: [1715 Main St E, Hamilton, ON L8H 1E3, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Young and expecting parents, age 14-21 years.

How to apply: Contact the guidance counsellor at the parent's school for registration information.

Students bring their infant to the classroom with them, where they work with a Secondary School teacher to earn credits and receive hands-on parenting support from an Early Childhood Educator. Students have the opportunity to learn alongside other young parents and connect with a variety of community resources such as the Ontario Early Years Centres.

Adult Day School

Phone: Work: [905-561-2190](tel:905-561-2190)

Contact:

Email: ce@hwdsb.on.ca

Web: <https://www.hwdsb.on.ca/cce/adult-programs/credit...>

Address: [110 King St W, Suite 606, Plaza Level, Hamilton, ON L8P 4V3, Canada](#)

Hours:

Cost: None

Who can access this service: Adults 18 years and older. English language learners must have CLB 6 or higher to participate in core ADS courses. Some credit ESL courses are available.

How to apply: Register online.

A program for adults to earn high school credits through 6-week programs using Ontario Secondary School curriculum as per Ministry of Education guidelines. Course lessons and teacher support are delivered both in person and online, with morning and/or afternoon classes. Workplace, college, and university level courses are available. Mature students with fewer than 26 credits will receive assistance to prepare for their Mature PLAR (Prior Learning Assessment and Recognition) Testing and Application, where they can obtain credits for prior learning of knowledge and skills acquired in both formal and informal ways, outside of secondary school.

Adult High School Diploma Programs

Phone:

Contact:

Email: ce@hwdsb.on.ca , info@stcharles.ca

Web: <https://www.hwdsb.on.ca/cce/adult-programs/credit/>, <http://www.stcharles.ca/>

Address: [110 King St W, Suite 606, Plaza Level, Hamilton, ON L8P 4V3, Canada](#)

Hours: Contact for information.

Cost: Service Fees vary, contact for details, people on a lower income may qualify for financial assistance

Who can access this service: Open to all adults, EI recipients and displaced workers, persons re-entering the work force and resuming their education.

How to apply: Contact for information.

Courses designed for adult learners who want to complete their high school diploma, with a focus on reading, writing, mathematics, and social sciences.

Jeanne Scott Parent & Child Resource Centre

Phone: Work: [905-549-4276](tel:905-549-4276)

Contact:

Email: info@gsch.ca

Web: <https://www.goodshepherdcentres.ca/services/jeann...>

Address: [1475 Barton St E, Hamilton, ON L8H 2X1, Canada](#)

Hours: Mon-Fri 9am-2pm September-June

Cost: None

Who can access this service: Young parents aged 18-25 years old.

How to apply: Contact for information.

A partnership between Hamilton-Wentworth Catholic District School Board and Good Shepherd that provides young parents the opportunity to complete their high school education, with free on-site child minding for their infants or toddlers.

Young Parents Resource Centre

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

Contact: Joanne Rochon

Email: info@gracehavenhamilton.org

Web:

Address: [138 Herkimer St, Hamilton, ON L8P 2H1, Canada](#)

Hours:

Cost: None

Who can access this service: Open to all new mothers aged 14 to 20.

How to apply: For registration information contact the school liaison at 905-522-7336.

School programs serving pregnant and/or parenting young women and their infants. Program consists of 3 Hamilton-Wentworth District School Board teachers and a Program Liaison, working together to ensure young moms achieve as many credits as possible, while continuing to build on their parenting skills, manage their finances, connect with community supports like Public Health, and more. The Infant Playtime Plus (IPP) serves infants 6 weeks to 24 months while mothers attend an on-site school program.

Emergency Housing and Housing Support

These services support people who are pregnant or have young children and need emergency shelter, are experiencing homelessness, or are at risk of losing their housing.

Honouring the Circle Transitional Housing

Phone: Work: [289-527-2637](tel:289-527-2637) Crisis Line Number: [1-888-308-6559](tel:1-888-308-6559)

Contact:

Email:

Web: <http://www.native womenscentre.com/honouring-the-c...>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Indigenous women and their children.

How to apply: Contact for information.

Offers transitional housing and support programs for up to 12 months for Indigenous women and their children who are at risk of homelessness, poverty, or abuse. Families are offered tools of empowerment, self-reliance, and economic independence in the hopes that they can find sustainable and safe permanent housing.

Inasmuch House Women's Shelter Services

Phone: Crisis Line Number: [905-529-8600](tel:905-529-8600) Crisis Line Number: [289-212-6399](tel:289-212-6399) (Text) Crisis Line Number: [1-833-654-4217](tel:1-833-654-4217) (Toll-free) Work: [905-529-8149](tel:905-529-8149)

Contact:

Email:

Web: <https://mission-services.com/programs-and-service...>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Female-identifying and non-binary people, with or without children in their care, who are experiencing abuse and/or homelessness.

How to apply: Contact for information.

An emergency shelter for women and non-binary people, with or without children, who are experiencing domestic abuse and/or homelessness. Services available for residents include:

- safe shelter with access to meals, clothing, laundry, and other personal supports
- child and youth workers
- legal advocacy
- transitional housing support worker
- safety planning

- referral to other community services

Good Shepherd Women's Emergency Services, Mary's Place

Phone: Crisis Line Number: [905-523-6277](tel:905-523-6277) Work: [905-540-8000](tel:905-540-8000)

Contact:

Email: info@gsch.ca

Web: <https://www.goodshepherdcentres.ca/services/marys...>

Address: [20 Pearl St N, Hamilton, ON L8R 2Y8, Canada](#)

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Women dealing with homelessness, poverty, mental illness and/or violence.

How to apply: Contact for information.

A 20 bed emergency shelter, providing safety, support, and emergency accommodation to women who are dealing with homelessness, poverty, mental illness, and/or violence. Programs and services:

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

Good Shepherd Women's Emergency Services, Martha House

Phone: Crisis Line Number: [905-523-6277](tel:905-523-6277) Work: [905-523-8895](tel:905-523-8895)

Contact:

Email: info@gsch.ca

Web: <https://goodshepherdcentres.ca/services/martha-ho...>

Address: [25 Ray St N, Hamilton, ON L8R 2X5, Canada](#)

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Women and their children fleeing violence and abuse.

How to apply: Contact for information.

A 40-bed emergency shelter for individuals and their children who are fleeing violence and abuse. Programs and service:

- Safe, short-term accommodation in private family-style units
- Safety planning and emergency transportation to the shelter, if needed
- Referrals and advocacy for legal, medical, financial, employment, housing and community services
- Recreational and therapeutic programs for children
- Counselling
- Access to cultural interpreters

Victoria and Friends Women's Shelter

Phone: Crisis Line Number: [905-387-8881](tel:905-387-8881)

Contact:

Email:

Web: <https://intervalhousehamilton.org/immediate-servi...>

Address: [630 Sanatorium Rd, Hamilton, ON L9C 7S7, Canada](#)

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all women, with or without children, who are experiencing violence, abuse, and/or trafficking.

How to apply: Call the 24-hours crisis line at 905-387-8881.

An emergency shelter for women, with or without children, who are experiencing family violence, abuse, and/or human trafficking. Offers emergency shelter, a safe environment, meals, and access to support workers.

Notre Dame House Youth Shelter

Phone: Work: [905-308-8090](tel:905-308-8090)

Contact:

Email: info@gsch.ca

Web: <https://www.goodshepherdcentres.ca/services/notre...>

Address: [14 Cannon St W, Hamilton, ON L8R 2B2, Canada](#)

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to youth 16 to 21 years of age.

How to apply: Contact for information, bring proof of age to first visit.

A 24-hour emergency shelter providing beds for youth between 16 and 21 years of age. It provides programming and support to youth in the following manner:

- 24-hour a day intake and admissions
- Meeting all basic needs by providing meals and snacks, clothing, laundry, hygiene products, etc.
- Advocacy and case coordination
- Recreational/therapeutic programming
- Access to mental health services and consulting psychiatry
- Access to a general practitioner and/or nurse practitioner
- Addiction/substance use supports (Alternatives for Youth)
- Withdrawal management assessment and monitoring (St. Joseph's Healthcare)
- After-care services through the Community Resource Centre

Good Shepherd Centres, Family Centre Emergency Shelter Services

Phone: Work: [905-528-9442](tel:905-528-9442)

Contact:

Email: fctr@gsch.ca

Web: <https://www.goodshepherdcentres.ca/services/famil...>

Address: [143 Wentworth St S, Hamilton, ON L8N 2Z1, Canada](#)

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all families experiencing homelessness in the Hamilton region.

How to apply: Contact for information.

Provides temporary emergency accommodation for families experiencing homelessness in the form of private, accessible self-contained units. Services include:

- 24/7 access to residential support workers
- Individual case management
- Assistance searching for permanent housing
- Connections to post-shelter networks
- Referrals to medical, legal, and other community services
- On-site access to support services such as Ontario Works, Public Health etc.
- Specialized services for children and youth, landlord/tenant issues, parenting etc.
- Cultural interpretation services

Violence Against Women Emergency Shelter

Phone: Work: [905-664-1114](tel:905-664-1114) Crisis Line Number: [1-888-308-6559](tel:1-888-308-6559)

Contact:

Email:

Web: <https://www.nativewomenscentre.com/breaking-free-...>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all women, regardless of age, ancestry, culture, place of origin, sexual orientation, with or without children who are experiencing crisis in their lives.

How to apply: Contact for information.

A 15 bed emergency shelter for women, with or without children, fleeing from domestic violence, dangerous situations, or experiencing homelessness. Services offered include group programs, women's abuse education program, referrals, assistance in finding safe and suitable housing, and traditional healing methods. Service is available for a time up to and including six weeks. All residents will receive meals, personal hygiene items, safety planning, and assistance with plans of care.

Ontario Aboriginal Housing Services

Phone: Work: [1-866-391-1061](tel:1-866-391-1061)

Contact:

Email: info@oahssc.ca

Web: <https://www.ontarioaboriginalhousing.ca/>

Address: [42 Mary St, Hamilton, ON L8R 3M9, Canada](#)

Hours:

Cost: Service Rent geared to income housing units as well as some market rate units.

Who can access this service: Indigenous individuals and families living in Hamilton who are homeless or on a low income. Some complexes have additional eligibility criteria based on age and gender of applicants. Contact for more details.

How to apply: Fill out the application form online or contact for information.

Operates affordable housing complexes and support services for Indigenous people in the City of Hamilton. Properties include:

- **Kenatah Housing Complex:** for homeless Indigenous families
- **Koo Gaa Da Win Manitou:** for homeless Indigenous seniors
- **Odrohekta Housing Complex:** for homeless Indigenous men

Wesley Housing Services - Hamilton

Phone: Work: [905-528-5629](tel:905-528-5629)

Contact:

Email: housing.hamilton@wesley.ca

Web: <https://wesley.ca/services/housing-homelessness/h...>

Address: [467 Main St E, Hamilton, ON L8N 1K1, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Open to all individuals experiencing long-term shelter use and homelessness.

How to apply: Application can be made through emailing or calling the organization.

A housing program supporting individuals experiencing episodic or chronic homelessness in acquiring and maintaining safe, affordable, and stable housing in Hamilton. Offers intensive case management, referrals, supports, and help obtaining government assistance.

Women's Transitional Living Program

Phone: Work: [905-522-9922](tel:905-522-9922)

Contact:

Email: TLPReferrals@ywcahamilton.org

Web: <https://www.ywcahamilton.org/housing/tlp/>

Address: [75 MacNab St S, Hamilton, ON L8P 3C1, Canada](#)

Hours: Mon-Sun 24 hours

Cost: Program Fees for a room are subsidized based on income

Who can access this service: Women in need of supportive accommodations.

How to apply: Contact for details.

Provides safe, affordable, and temporary housing to women and non-binary individuals experiencing poverty, homelessness, and violence. Services include:

- low-barrier and inclusive health care
- peer support programming
- activities and outings

- individualized case management
- one-on-one support
- systems navigation and advocacy

Phoenix Place Domestic Violence Support

Phone: Work: [905-527-2238](tel:905-527-2238)

Contact:

Email:

Web: <https://www.ywcahamilton.org/housing/phoenix-plac...>

Address:

Hours:

Cost: None

Who can access this service: Women and their children.

How to apply: Contact for information

Provides support for women and their children who are experiencing domestic violence. Offered at a confidential location for up to one year. Services include:

- supportive housing
- counseling
- client advocacy
- safety planning
- help navigating other community resources

Regina's Place Services

Phone: Work: [905-549-4276](tel:905-549-4276)

Contact:

Email: info@gsch.ca

Web: <http://www.goodshepherdcentres.ca/reginas-place>

Address: [320 Tragina Ave N, Hamilton, ON L8H 5E3, Canada](#)

Hours: Mon-Sun 24 hours

Cost: Program Subsidized units

Who can access this service: Young parents under 22 years, and their children starting at prenatal 7 months.

How to apply: Contact for information.

A transitional housing program for young parents under and their children. Provides furnished apartments and support to young parents, with on-site programming and support staff. Programs and supports include (but are not limited to):

- Cooking/Baking
- Healthy Relationships/Co-parenting
- Infant bonding and attachment
- Child development

- Life/Living/Parenting Skills
- Pre-employment counselling
- Problem solving
- Public health support
- LEAP (Learning, Earning and Parenting)
- Mental health and addiction support

Good Shepherd Centres, Women's Services

Phone: Work: [905-523-8766](tel:905-523-8766) Crisis Line Number: [905-523-6277](tel:905-523-6277)

Contact:

Email: info@gsch.ca

Web: <https://goodshepherdcentres.ca/services/community...>

Address: [25 Ray St N, Hamilton, ON L8R 2X5, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Women with or without children who are victims of domestic violence.

How to apply: Contact for information.

Provides a place of sanctuary, safety, and support for women (and their children) with a variety of programs.

Family Court Support Worker Program Facilitates a victim's understanding of and passage through the family court system. Support provided includes:

- information on the family court process
- assistance in preparing for family court proceedings (documenting history of abuse, accessing Legal Aid,
- debriefing with clients following family court appearances
- referral to specialized services and supports in the community
- safety planning
- court accompaniment to proceedings when appropriate

Transitional Housing and Support Program

- Helps women and their children access services to establish violence and abuse-free lives in the community.

Second Stage Services

- Offers furnished, affordable housing to both single women and women with children for up to one year. Supports are geared to creating greater physical, emotional, and financial stability in the aftermath of violence and abuse.

Nisa Homes Hamilton Transitional Shelter

Phone: Work: [1-888-456-8043](tel:1-888-456-8043) x410

Contact:

Email: hamiltonhome@nisafoundation.ca

Web: <https://www.nisafoundation.ca/programs/nisa-homes...>

Address:

Hours:

Cost: None

Who can access this service: Immigrant women, refugees, and non-status women, with or without children, fleeing domestic violence, homelessness, or poverty.

How to apply: Fill out the application form online, or call 1-888-456-8043 or email info@nisahomes.com

Transitional housing in a supportive, culturally based home environment for women, with or without children, who are fleeing abuse, experiencing homelessness, or seeking refuge in Canada. Includes support to develop tools to achieve independence and self-sustainability.

- capacity 16 women and children
- confidential, supportive counselling
- case management
- information and community referrals
- life skills development
- support groups

Nihdawin Program

Phone: Toll-Free Number: [1-800-667-0816](tel:1-800-667-0816)

Contact:

Email: onwa@onwa.ca

Web: <https://www.onwa.ca/nidawin>

Address: [412 Rennie St, Hamilton, ON L8H 3P5, Canada](#)

Hours:

Cost: None

Who can access this service: Indigenous women and families at the risk of homelessness.

How to apply: Contact for information.

Assists Indigenous women and their families who are or are at risk of homelessness with services required to improve self sufficiency, independence, and stability.

- Assist with housing search, placements, securing and maintaining housing, rehousing and relocation assistance following eviction, and arrears
- Budgeting and life skills guidance
- Support and advocacy
- System navigation
- Referrals (education, employment, partnering agencies)
- Access to cultural programming, teachings, and healing, Elders and Traditional Healers
- Assist with addictions and/or mental health issues and recovery support
- Maintenance and follow up support (plan of care, safety planning, home visits, and aftercare)

Home Management Program

Phone: Work: [905-546-2424](tel:905-546-2424) x4804 Fax Number: [905-546-3064](tel:905-546-3064)

Contact:

Email: homemanagement@hamilton.ca

Web: <https://www.hamilton.ca/people-programs/financial...>

Address: [28 James St N, Hamilton, ON L8R 1A1, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Low income families or individuals, Ontario Works (OW), or Ontario Disability Support Program (ODSP) recipients, who live in Hamilton.

How to apply: By referral from community agencies or individuals. Referral form available online, submit by fax or email.

Offers practical instruction and coaching programs to individuals, families, and groups to help promote healthy and independent living. Programs are designed to meet the unique needs of each client and group with the goal of developing skills in areas such as:

- basic budgeting, household management, and routines
- coping with housing issues
- basic nutrition and menu planning
- advocacy and community supports
- goal setting, problem-solving, time management, stress management, self-esteem, and more

Notre Dame Community Resource Centre

Phone: Work: [905-308-8090](tel:905-308-8090)

Contact:

Email: info@gsch.ca

Web: <https://www.goodshepherdcentres.ca/services/notre...>

Address: [14 Cannon St W, Hamilton, ON L8R 2B2, Canada](#)

Hours:

Cost: None

Who can access this service: Open to all youth age 16 to 21 years of age.

How to apply: Drop in, or contact for information.

A centre for at-risk youth residing within the community who are between 16 and 21 years of age, providing access to a number of support services and programs to assist them in remaining housed, diverting them from homelessness and street involvement. A case coordinator assists the youth in navigating community and internal services based on their identified needs. Services include:

- Help with getting back into school or finding employment
- Assistance obtaining or replacing ID
- Access to housing workers
- Help with applying for or maintaining social assistance
- Hot meal program, seven days a week (lunch and dinner)
- Connections to community supports
- Free laundry facilities and clothing/household donations
- Access to all on-site mental health, medical care, addiction/substance use services
- Recreational and life skills programming
- Early diversion and family mediation

Housing Support Services

Phone: Work: [905-526-8100](tel:905-526-8100)

Contact:

Email: info@housinghelpcentre.ca

Web: <http://www.housinghelpcentre.ca/housing-support.h...>

Address: [119 Main St E, Hamilton, ON L8N 1G5, Canada](#)

Hours:

Cost: None

Who can access this service: Open to all individuals and families with a low income.

How to apply: Contact for information.

Provides services to assist individuals who are experiencing homelessness or are on a low income in finding safe and affordable housing. Services include:

- listing of available rental accommodations
- free phone access
- subsidized housing applications
- housing search assistance
- information services
- community referrals

Indigenous Services

These services provide Indigenous individuals with various supports in pregnancy and parenting.

Hamilton Regional Indian Centre Canada Prenatal Nutritional Program

Phone: Work: [905-548-9593](tel:905-548-9593) x227

Contact:

Email: cpnp@hric.ca

Web: <https://www.hric.ca/children-and-families-program/>

Address: [34 Ottawa St N, Hamilton, ON L8H 3Y7, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Expecting families who are willing to learn through Indigenous styles.

How to apply: Contact for information.

Encourages and promotes healthy pregnancies for Aboriginal mothers and their babies, offering culturally appropriate support for babies up to 6 months of age and their families by improving maternal infant care, promoting healthy birth weights, and overall better health promotion for expecting mothers and their families. Services offered include:

- Prenatal/Postnatal classes
- Home/Hospital visits
- Nutritional and prenatal supplements
- Cultural teachings
- Advocacy and referrals
- Breastfeeding support
- New parent support

Indigenous Healthy Babies, Healthy Children Program

Phone:

Contact:

Email:

Web: <https://www.hric.ca/children-and-families-program/>, <http://www.nativewomenscentre.com/programs>, <https://www.onwa.ca/healthy-babies-healthy-childr...>

Address: [34 Ottawa St N, Hamilton, ON L8H 3Y7, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Open to all Indigenous new parents.

How to apply: Contact for information.

Assists Indigenous families in providing the best opportunities for the healthy development of children 0-6 years of age through education, family home visits, service coordination, and referrals.

- Professional peer counselling
- Education and support programs
- Cultural practices and teachings
- Breastfeeding education and support
- Pre/post-natal care
- Nutrition
- Growth and child development assessments
- Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE) information
- Bonding
- Building self-esteem and life skills
- Health and safety

Violence Against Women Emergency Shelter

Phone: Work: [905-664-1114](tel:905-664-1114) Crisis Line Number: [1-888-308-6559](tel:1-888-308-6559)

Contact:

Email:

Web: <https://www.nativewomenscentre.com/breaking-free-...>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all women, regardless of age, ancestry, culture, place of origin, sexual orientation, with or without children who are experiencing crisis in their lives.

How to apply: Contact for information.

A 15 bed emergency shelter for women, with or without children, fleeing from domestic violence, dangerous situations, or experiencing homelessness. Services offered include group programs, women's abuse education program, referrals, assistance in finding safe and suitable housing, and traditional healing methods. Service is available for a time up to and including six weeks. All residents will receive meals, personal hygiene items, safety planning, and assistance with plans of care.

Niwasa Kendaaswin Teg Child Care

Phone: Work: [905-549-4884](tel:905-549-4884)

Contact:

Email: office@niwasa.ca

Web: <https://niwasa.ca/programs/licensed-child-care/>

Address: [24 Smith Ave, Hamilton, ON L8L 5P1, Canada](#)

Hours:

Cost: Service Fees vary, contact for details, subsidized spaces are available

Who can access this service: Open to children ages 5 and younger.

How to apply: Contact for information.

Licensed child care providing an early learning environment that follows Indigenous teachings and knowledge that support the growth and development of children and families. Provides meals, land-based literacy program, and an outdoor learning environment. Full or part time care available.

Niwasa Head Start Preschool

Phone: Work: [905-549-4884](tel:905-549-4884)

Contact:

Email: office@niwasa.ca

Web: <https://niwasa.ca/programs/head-start-preschool/>

Address: [785 Britannia Ave, Hamilton, ON L8H 2B6, Canada](#)

Hours:

Cost: None

Who can access this service: For First Nations, Inuit, and Métis children and their families living in Hamilton.

How to apply: Contact for information.

A full-day program providing an early learning environment that follows Indigenous teachings and knowledge that help to support the growth and development of children and families. Indigenous languages, drumming, dancing and story telling are embedded into every aspect of the program. The program includes the following components:

- Culture and Language
- Education
- Health Promotion
- Nutrition
- Social Support
- Parental Involvement

Funded by the Public Health Agency of Canada.

Legal Supports

Programs that provide legal support in Hamilton.

John Howard Society Youth Justice Committee

Phone: Work: [905-522-4446](tel:905-522-4446)

Contact:

Email: reception@jhshamilton.on.ca

Web: <https://johnhoward.on.ca/hamilton/services/youth-...>

Address: [654 Barton St E, Hamilton, ON L8L 3A2, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Open to youth 12 to 17 years of age.

How to apply: Contact for information.

The Youth Justice Committee involves trained community members who meet with victims, young people aged 12-17 accused of minor, non-violent offences, and their parents, to negotiate an appropriate way for the young person to make amends for their actions. All young people must agree to accept responsibility for their actions and to apologize to the victim. This program is funded by the Ministry of the Attorney General.

Jared's Place Legal Support Services

Phone: Work: [905-522-0127](tel:905-522-0127)

Contact:

Email: info@intervalhousehamilton.org

Web: <https://intervalhousehamilton.org/immediate-servi...>

Address: [100 Main St E, Hamilton, ON L8N 3W7, Canada](#)

Hours: By appointment only.

Cost: None

Who can access this service: Women experiencing any type of abuse from an intimate partner.

Accompanying children are welcome.

How to apply: Call to make an appointment.

Offers legal advocacy support, information, and court accompaniment to women who have experienced family violence. Provides support with navigating legal systems when leaving an abusive relationship, including family, criminal, immigration, and child welfare issues.

Community Legal Services

Phone: Work: [905-527-4572](tel:905-527-4572)

Contact:

Email:

Web: <https://hamiltonjustice.ca/>

Address: [100 Main St E, Hamilton, ON L8N 3W7, Canada](#)

Hours:

Cost: None

Who can access this service: Focused on those with low income.

How to apply: Contact for information.

Provides legal information and advice, referrals, and representation to low-income residents in Hamilton. Legal services provided include, but are not limited to:

- Housing rights
- Ontario Disability Support Program (ODSP)
- Ontario Works
- Employment Insurance
- Family, Criminal, and Employment Law
- Wills
- Immigration

Mental Health and Counselling

This category includes a range of mental health supports for people who are pregnant, new parents or young children.

Counselling and Community Services

Phone: Work: [905-522-0127](tel:905-522-0127) (Hamilton) Work: [289-895-8580](tel:289-895-8580) (Flamborough)

Contact:

Email: info@intervalhousehamilton.org

Web: <https://intervalhousehamilton.org/counselling-and...>

Address: [100 Main St E, Hamilton, ON L8N 3W7, Canada](#)

Hours: By appointment only.

Cost: None

Who can access this service: Women experiencing domestic abuse, and their children.

How to apply: Contact to book an appointment.

Provides support for women and their children who are experiencing domestic violence and abuse including:

- community counselling services
- individual counselling
- employment counselling
- peer support
- wellness and recovery groups

Nurse-Family Partnership Program

Phone: Work: [905-546-3550](tel:905-546-3550)

Contact:

Email: publichealth@hamilton.ca

Web: <https://www.hamilton.ca/people-programs/public-he...>

Address: [110 King St W, Hamilton, ON L8P 4V3, Canada](#)

Hours:

Cost: None

Who can access this service: First time mothers, 21 years of age or less, in first or second trimester of pregnancy.

How to apply: Call Health Connections at 905-546-3550 for referral information or fax referral

A prenatal and infancy home visitation program for young, first time parents provided by public health nurses. Program begins during pregnancy and for the first two years of the children's lives. Goals include improving pregnancy outcomes, improving child health and development, and improving parents' self-sufficiency. Nurses provide support and education on health, child development, parenting issues, life goals and access to community resources. Public health nurses are available to visit agencies and organizations, to further explain

the program and the referral process.

Healthy Babies, Healthy Children Home Visiting Program

Phone: Work: [905-546-3550](tel:905-546-3550)

Contact:

Email: publichealth@hamilton.ca

Web: <https://www.hamilton.ca/people-programs/public-he...>

Address: [110 King St W, Hamilton, ON L8P 4V3, Canada](#)

Hours:

Cost: None

Who can access this service: Pregnant people and parents with children from birth up to school entry.

How to apply: Call Health Connections at 905-546-3550 to register.

Free and voluntary program providing in-home support by Public Health Nurses and family home visitors, helping pregnant people and parents with children from birth until school entry with:

- having a healthy pregnancy and birth
- fostering parent-child connection
- promoting child's growth and development
- breastfeeding, infant nutrition, and healthy eating
- mental health support for postpartum depression or anxiety
- connecting parents with community resources

Centre de Santé Communautaire Canada Prenatal Nutrition Program

Phone: Work: [905-528-0163](tel:905-528-0163) x3209

Contact:

Email: cschn@cschn.ca

Web: <https://www.cschn.ca/clinique-medicale/programme-...>

Address: [1320 Barton St E, Hamilton, ON L8H 2W1, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: For French-speaking expectant and new mothers and their partners, as well as parents of children up to one year of age.

How to apply: Contact for information.

Aims to educate new mothers on healthy interactions with their babies through prenatal classes, nutrition counselling, and postnatal home visits. The program includes:

- Promoting healthy choices during pregnancy
- Preparing for birth
- Breastfeeding
- Awareness of postpartum depression
- Mother-and-baby care after birth

Connect Mental Health and Addiction Outpatient Programs

Phone: Work: [905-522-1155](tel:905-522-1155) x36499 Fax Number: [905-389-3815](tel:905-389-3815)

Contact:

Email: connectmh@stjoes.ca

Web: [https://www.stjoes.ca/hospital-services/mental-he...](https://www.stjoes.ca/hospital-services/mental-health/)

Address: [100 West 5th Street, Hamilton, ON L8P 3R2, Canada](#)

Hours:

Cost: None

Who can access this service: Individuals with mental health concerns.

How to apply: Complete and submit the online application form. If the fillable form will not open, download the flattened referral form, complete it by hand and fax it to 905-389-3815.

Connect is a centralized intake service for St. Joe's Mental Health and Addiction outpatient programs. Accepts and processes referrals for the following clinics:

- Anxiety Treatment and Research Clinic
- Mood Disorders Program
- Women's Health Concerns Clinic
- Schizophrenia Outpatient Clinic
- Cleghorn Early Intervention for Psychosis Clinic
- Youth Wellness Centre
- Seniors Mental Health
- Outpatient Eating Disorders
- Concurrent Disorders Program
- Community Psychiatry Clinic
- Bridge to Recovery Program
- East Region Mental Health Service

Centre de Santé Communautaire Counselling Services

Phone: Work: [905-528-0163](tel:905-528-0163) Toll-Free Number: [1-866-437-7606](tel:1-866-437-7606)

Contact:

Email: cschn@cschn.ca

Web: <https://www.cschn.ca/sante-mentale/>

Address: [1320 Barton St E, Hamilton, ON L8H 2W1, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Open to French-speaking individuals.

How to apply: Contact for information.

Counselling services provided by registered social workers or registered psychotherapists. Mental health services are available for children, youth, and their families, as well as for adults and people dealing with addictions. Includes one-on-one counselling, family counselling, group workshops, and support groups.

Child and Adolescent Services

Phone: Work: [905-570-8888](tel:905-570-8888) Work: [905-546-2424](tel:905-546-2424) x3678

Contact:

Email: info@contacthamilton.ca

Web: [https://www.hamilton.ca/people-programs/public-he...](https://www.hamilton.ca/people-programs/public-health)

Address: [100 Main St E, Hamilton, ON L8N 3W7, Canada](#)

Hours: Walk-in Single Sessions Mon, Wed 3:30pm-7pm; Tue, Fri 8:30am-12 noon; Thu 1pm-4:30pm

Cost: None

Who can access this service: Call for details.

How to apply: For ongoing counselling and therapy services, call Contact Hamilton at 905-570-8888 or email info@contacthamilton.ca to arrange for a referral.

Child and Adolescent Services is a community-based children's mental health clinic, providing confidential and free mental health counselling and treatment for children and youth under 18, and their families. Walk-in single session counselling is available at a first-come, first-served basis. Please allow 90 minutes for the session. Support is available for children, youth, and families with:

- Social, emotional and behavioral difficulties
- Self-harm
- Suicidal thoughts
- Anxiety
- Depression
- Grief
- Gender and sexuality
- Trauma
- Fire setting
- School difficulties

Hamilton Postpartum Peer Support Group

Phone:

Contact:

Email: crownpointmidwives@gmail.com

Web: <https://www.hamiltonpostpartum.ca/peer-support-gr...>

Address: [67 Kenilworth Ave N, Hamilton, ON L8H 4R6, Canada](#)

Hours:

Cost: None

Who can access this service: Prenatal or postpartum up to 12 months.

How to apply: Email or fill out the form online.

Online peer support group, facilitated by a registered midwife, for individuals experiencing symptoms of perinatal mood disorders (PMD). People who attend the group will receive support and encouragement from peers in a safe, nonjudgmental atmosphere, while sharing stories, discussing problems, and seeking solutions.

Crisis Line for Sexual Assault Centre Hamilton and Area

Phone: Crisis Line Number: [905-525-4162](tel:905-525-4162)

Contact: Sonia Renwick, Office Coordinator, Administration , Jessica Bonilla-Dampney, Director, Administration

Email: sacha@sacha.ca

Web: <https://sacha.ca/services/24-hour-support-line>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all.

How to apply: No application required.

24 hour crisis line offering confidential support for survivors of all genders who have experienced sexual violence as well as friends, family, and any others seeking information. Can organize accompaniment to the hospital or the police. All services are confidential and free of charge.

Inasmuch House Crisis Line Services

Phone: Crisis Line Number: [905-529-8600](tel:905-529-8600) Crisis Line Number: [289-212-6399](tel:289-212-6399) (Text)

Contact:

Email:

Web: <https://mission-services.com/programs-and-service...>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all individuals experiencing domestic violence, and friends, family, and any others seeking information.

How to apply: Call, text, or web chat for support.

Offers text message and web chat support for women experiencing abuse and homelessness. Provides confidential emotional support, practical advice, safety planning, and referrals to other local services.

Good Shepherd Centres, 24 Hour Women's Crisis Line Services

Phone: Crisis Line Number: [905-523-6277](tel:905-523-6277)

Contact:

Email:

Web: <https://www.goodshepherdcentres.ca/services/marth...>

Address: [25 Ray St N, Hamilton, ON L8R 2X5, Canada](#)

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all individuals experiencing domestic violence, and all families, friends, and others seeking information.

How to apply: No application required.

24 hour confidential crisis line offering support for individuals experiencing domestic violence. Offers emergency counselling, crisis intervention, safety planning, and referral to community services or other emergency shelters.

Assaulted Women's Helpline

Phone: Crisis Line Number: [1-866-863-0511](tel:1-866-863-0511) Crisis Line Number: [416-863-0511](tel:416-863-0511) TTY Number: [1-866-863-7868](tel:1-866-863-7868) Cell: [#7233](tel:7233) (Text on Bell, Rogers, Fido, or Telus mobile phone)

Contact:

Email:

Web: <https://www.awhl.org/>

Address:

Hours: Mon-Sun 24 hours, online chat available Mon-Fri 11am-8pm.

Cost: None

Who can access this service: Open to all women experiencing domestic violence who are age 16 and older and all friends, families, neighbours, and others in contact with abused women.

How to apply: Phone, live chat on the website, or text #SAFE (#7233). Visit website for more information.

Provincial telephone and online (chat) crisis counselling, emotional support, information and referrals to emergency shelters, legal information and community services, as well as culturally appropriate resources for abused women.

- liaison with diverse communities
- confidential and anonymous

Fem'aide

Phone: Crisis Line Number: [1-877-336-2433](tel:1-877-336-2433) TTY Number: [1-866-860-7082](tel:1-866-860-7082)

Contact:

Email: info@femaide.ca

Web: <http://www.femaide.ca/>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Francophone women 16 years and older.

How to apply: Call, text, or visit the website.

Confidential helpline for Francophone women dealing with violence that offers:

- crisis intervention
- support and referral to community agencies

Good Shepherd Centres, Mental Health Crisis Line

Phone: Crisis Line Number: [905-529-7878](tel:905-529-7878) Toll-Free Number: [1-844-777-3571](tel:1-844-777-3571)

Contact:

Email:

Web: <https://www.goodshepherdcentres.ca/services/barre...>

Address: [126 Emerald St S, Hamilton, ON L8N 2V5, Canada](#)

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all.

How to apply: No application required.

24 hour confidential telephone support and crisis intervention. Provides referrals to local community supports and inpatient programs, including the Good Shepherd Barrett Centre for Crisis Support.

Good2Talk

Phone: Crisis Line Number: [1-866-925-5454](tel:1-866-925-5454) Crisis Line Number: [686868](tel:686868) (Text GOOD2TALKON)

Contact:

Email:

Web: <https://good2talk.ca/>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to post-secondary students in Ontario.

How to apply: Phone, text, or message via the website. For text message support, text GOOD2TALKON to 686868. The first few messages received will be automated messages from Kids Help Phone giving information about the service and privacy policy, before being connected to a volunteer Crisis Responder. The conversation can be ended anytime by texting the word STOP.

Free and confidential helpline that provides professional counselling, information, and referrals for mental health, addictions, and well-being to post-secondary students in Ontario. Operates in partnership with Kids Help Phone, ConnexOntario, Ontario 211, and the Knowledge Institute on Child and Youth Mental Health and Addictions.

Kids Help Phone

Phone: Crisis Line Number: [1-800-668-6868](tel:1-800-668-6868) Crisis Line Number: [686868](tel:686868) (Text)

Contact:

Email:

Web: <https://kidshelpphone.ca/>

Address:

Hours: Mon-Sun 24 hours a day

Cost: None

Who can access this service: Open to all kids, teens, and young adults in Canada.

How to apply: Phone, text, or message via the website.

National call, text, and live chat counselling services for youth. Services are free, anonymous, and confidential. Professional counsellors are available 24/7 for support, information, and referrals. Services include:

- Mental health tips and info
- Crisis support
- Professional counselling
- Support forums and real-life stories
- A support service directory

Hope for Wellness Helpline

Phone: Toll-Free Number: [1-855-242-3310](tel:1-855-242-3310)

Contact:

Email:

Web: <https://www.hopeforwellness.ca/>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all Indigenous people

How to apply: Call or chat via the website.

Offers confidential counselling by telephone and online chat 24 hours a day, 7 days a week. Provides immediate, culturally relevant mental health counselling and crisis intervention, and refers callers to additional supports if needed.

Barrett Centre for Crisis Support Services

Phone: Crisis Line Number: [905-529-7878](tel:905-529-7878) Toll-Free Number: [1-844-777-3571](tel:1-844-777-3571) Work: [905-529-4343](tel:905-529-4343)

Contact:

Email:

Web: <https://www.goodshepherdcentres.ca/services/barre...>

Address: [126 Emerald St S, Hamilton, ON L8N 2V5, Canada](#)

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to anyone 16 years of age or older and experiencing a mental health crisis. People who stay overnight at Barrett Centre must be able to physically care for themselves or have supports in place.

How to apply: Apply through referral or call the crisis line.

Provides a safe environment for individuals who experience a mental health and/or substance use crisis and who do not require a hospital stay. Confidential and free services are available 24 hours a day, 365 days a year. **Services provided:**

- Telephone crisis assessment, intervention, and support
- In-person crisis counselling
- Short-term crisis stabilization bed stay (including police designated Safe Beds)
- Group counselling
- Peer support drop-in group

COAST Hamilton Services

Phone: Crisis Line Number: [905-972-8338](tel:905-972-8338) Toll-Free Number: [1-844-972-8338](tel:1-844-972-8338)

Contact:

Email:

Web: <http://coasthamilton.ca/>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to anyone experiencing a mental health crisis.

How to apply: No application necessary.

Emergency crisis line and response team to assist individuals who have serious mental health issues and who are in crisis. Also supports caregivers in the management of acute mental health concerns and crisis. Intake can be initiated by individuals directly or through their family members and caregivers. Referrals are accepted from community agencies and professionals.

St. Joseph's Healthcare Hamilton Youth Wellness Centre

Phone: Home: [905-522-1155](tel:905-522-1155) x31725 Crisis Line Number: [905-972-8338](tel:905-972-8338) Fax Number: [905-527-8291](tel:905-527-8291)

Contact:

Email: ywcintake@stjoes.ca

Web: <https://www.stjoes.ca/hospital-services/mental-he...>

Address: [38 James St S, Hamilton, ON L8P 4W6, Canada](#)

Hours: , Drop-in counseling Wed, Thu 1pm-4pm

Cost: None

Who can access this service: Youth experiencing emerging mental health and addiction concerns, looking for support transitioning from child and adolescent mental health services to adult mental health and addiction services, attending Mohawk College, McMaster University, or Redeemer University College, and/or facing significant barriers to accessing care for mental health or addiction concerns.

How to apply: Self-referral or referral from community agency or medical professional.

Fill out the online referral form.

Offers care for mental health and addiction issues to young people age 17 to 25 in a safe environment. Clinical mental health care is offered in an early intervention stream, a transition support stream, and from a mobile team. Drop-in counselling is also available. The Centre has staff who are from the LGBTQA+ community and offers psychiatrists with expertise in working with trans youth.

Newcomer Support

Services that provide support to individuals who are new to Canada.

Health Connections Information Line

Phone: Work: [905-546-3550](tel:905-546-3550)

Contact:

Email: publichealth@hamilton.ca

Web: <https://www.hamilton.ca/public-health>

Address:

Hours:

Cost: None

Who can access this service: Prenatal, expectant parents, and families with children starting from birth to 6 years of age

How to apply: No referral required. Call 905-546-3550 for service.

A telephone line answered by Public Health Nurses to provide information and assistance for expectant parents and families with children up to 6 years of age, on various health topics including:

- safety
- nutrition
- parenting
- mental health
- breastfeeding
- growth and development

Immigrant Women in Hamilton

Phone: Work: [905-522-3233](tel:905-522-3233) x313/x113

Contact:

Email:

Web: <https://hucchc.com/>

Address: [430 Cannon St E, Hamilton, ON L8L 2C8, Canada](#)

Hours:

Cost: None

Who can access this service: Newcomer women

How to apply: Contact for information.

A weekly program providing a welcoming space for immigrant and refugee women to build connections, share experiences, and gain practical knowledge. Topics include mental health, parenting, and navigating Canadian systems. Refreshments and snacks are provided.

Good Shepherd Centres, Women's Services

Phone: Work: [905-523-8766](tel:905-523-8766) Crisis Line Number: [905-523-6277](tel:905-523-6277)

Contact:

Email: info@gsch.ca

Web: <https://goodshepherdcentres.ca/services/community...>

Address: [25 Ray St N, Hamilton, ON L8R 2X5, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Women with or without children who are victims of domestic violence.

How to apply: Contact for information.

Provides a place of sanctuary, safety, and support for women (and their children) with a variety of programs.

Family Court Support Worker Program Facilitates a victim's understanding of and passage through the family court system. Support provided includes:

- information on the family court process
- assistance in preparing for family court proceedings (documenting history of abuse, accessing Legal Aid,
- debriefing with clients following family court appearances
- referral to specialized services and supports in the community
- safety planning
- court accompaniment to proceedings when appropriate

Transitional Housing and Support Program

- Helps women and their children access services to establish violence and abuse-free lives in the community.

Second Stage Services

- Offers furnished, affordable housing to both single women and women with children for up to one year. Supports are geared to creating greater physical, emotional, and financial stability in the aftermath of violence and abuse.

Refuge Hamilton Centre for Newcomer Health Services

Phone: Work: [905-526-0000](tel:905-526-0000)

Contact:

Email: info@newcomerhealth.ca

Web: <https://www.newcomerhealth.ca/>

Address: [183 Hughson St S, Hamilton, ON L8N 2B6, Canada](#)

Hours:

Cost: None

Who can access this service: Newcomers who are experiencing barriers to healthcare access, government assisted refugees and refugee claimants, privately sponsored refugees.

How to apply: Contact for appointment.

Provides primary healthcare services to new immigrants, including refugees, and to those who face barriers in accessing culturally-appropriate healthcare services. Services include:

- Routine physical exams
- Immunizations for both adults and children
- Assessment and treatment of acute episodic illnesses
- Chronic disease management
- Family contraceptive planning
- Home visits
- Mental health counseling and support
- Nutrition assessment and counseling
- Information, advocacy, service referral and support
- Translation and interpretation services
- Health services navigation
- Triage service for urgent issues
- Pediatric care

Centre de Santé Communautaire Postnatal Programs for Parents

Phone: Work: [905-528-0163](tel:905-528-0163)

Contact:

Email: cschn@cschn.ca

Web: <https://www.cschn.ca/promotion-de-la-sante/progra...>

Address: [1320 Barton St E, Hamilton, ON L8H 2W1, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: French-speaking parents and their children.

How to apply: Contact for information.

Offers a variety of classes for new parents and their babies.

- **Baby Talk (0-12 months):** child safety, introducing solids, first aid, postpartum depression
- **Workshops for Parents (0-6 years):** postpartum depression, parent/child bonding, burns, water safety, poisons, food safety, healthy eating for mother and baby, health impacts of obesity
- **Postnatal Yoga Classes (0-12 months):** teaches relaxation for both mothers and babies while enhancing babies' sensory experience and the development of their nervous system

Wesley Newcomer Services - Resettlement Assistance Program

Phone: Work: [905-528-5629](tel:905-528-5629) x266

Contact:

Email: newcomer.services@wesley.ca

Web: <https://wesley.ca/services/newcomers-to-canada/re...>

Address: [467 Main St E, Hamilton, ON L8N 1K1, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Open to government assisted refugees (GARs)

How to apply: Referrals are made through Immigration, Refugees and Citizenship Canada (IRCC). Contact for information.

Under the national Resettlement Assistance Program (RAP), the Government of Canada helps Government-Assisted Refugees (GARs) when they first arrive in Canada by providing direct financial support, and funding the provision of immediate and essential services. Wesley delivers RAP immediate and essential services to clients generally within 4-6 weeks of arrival in Canada. These services include:

- securing temporary accommodation
- assistance with locating permanent accommodation, and helping with moving preparations (including furniture and supplies)
- information about life in Canada, including healthcare, government and community services, housing, public transportation, Canadian laws and norms
- help with banking and budgeting
- support with learning about shopping
- assistance accessing healthcare

Centre de santé Communautaire Services for Newcomers

Phone: Work: [905-528-0163](tel:905-528-0163) (x3226 or x3331)

Contact:

Email: cschn@cschn.ca

Web: <https://www.cschn.ca/services-aux-nouveaux-arriva...>

Address: [1320 Barton St E, Hamilton, ON L8H 2W1, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Services for French-speaking persons who are newly immigrated to Canada.

How to apply: Contact for information.

Works with local partners to offer a wide range of services and activities in order to help newcomer individuals and families settle and integrate into their new community and obtain access to health and social services.

Services include:

- Reception services
- Community connections
- Settling into school life
- Settlement hub

Immigrants Working Centre Settlement Services

Phone: Work: [905-529-5209](tel:905-529-5209) x2221

Contact:

Email: adminsettlement@iwchamilton.ca

Web: <https://iwchamilton.ca/services/settlement-servic...>

Address: [8 Main St E, Suite 101, Hamilton, ON L8N 1E8, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Open to all newcomers to Canada.

How to apply: Contact for information.

Provides a range of services to support newcomers get settled in Canada. Settlement counsellors assist newcomer families with the following:

- Settlement information
- Orientation and referral to community resources
- Interpretation services
- Assistance with making appointments
- Assistance filling out government forms

YWCA Hamilton Newcomer Settlement Services

Phone: Cell: [289-260-6064](tel:289-260-6064) Cell: [365-323-0788](tel:365-323-0788)

Contact:

Email:

Web: <https://www.ywcahamilton.org/join/settlement-coun...>

Address: [75 MacNab St S, Hamilton, ON L8P 3C1, Canada](#)

Hours:

Cost: None

Who can access this service: Participants must:

- identify as a woman, non binary person or gender-diverse newcomer and,
- be selected by IRCC as a Permanent Resident, Protected Person/Convention Refugee or a Live-in Caregiver: Temporary Foreign Worker with an approved work permit

How to apply: Contact for information.

Offering settlement services for newcomer women and gender-diverse folks, providing a comprehensive range of services and support immigrants settling in their new communities. Some of the services offered through this program are:

- One-on-one and group settlement counselling on topics related to housing, education, healthcare, transportation, and more
- Referrals to other community agencies and government services
- Assistance in filling out the forms and applications
- Information sessions with guest speakers from various walks of life
- Assistance with making appointments and connecting with other services

Substance Use Supports

Services that can help individuals who have concerns about alcohol, drugs, tobacco or gambling.

Centre de Santé Communautaire Counselling Services

Phone: Work: [905-528-0163](tel:905-528-0163) Toll-Free Number: [1-866-437-7606](tel:1-866-437-7606)

Contact:

Email: cschn@cschn.ca

Web: <https://www.cschn.ca/sante-mentale/>

Address: [1320 Barton St E, Hamilton, ON L8H 2W1, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Open to French-speaking individuals.

How to apply: Contact for information.

Counselling services provided by registered social workers or registered psychotherapists. Mental health services are available for children, youth, and their families, as well as for adults and people dealing with addictions. Includes one-on-one counselling, family counselling, group workshops, and support groups.

Alcohol, Drug, and Gambling Services

Phone: Work: [905-546-3606](tel:905-546-3606)

Contact:

Email:

Web: <https://www.hamilton.ca/people-programs/public-he...>

Address: [21 Hunter St E, Hamilton, ON L8N 3W8, Canada](#)

Hours: , Drop in Thursdays 9:30am-11:30am

Cost: None

Who can access this service: Open to people with concerns about alcohol, drugs, or gambling. Alcohol and drug programs are open to all ages 21 and older. Gambling programs are open to all age 12 and older.

How to apply: Call or drop-in to book an appointment with an intake worker.

Provides information, counselling, and programs on alcohol, drugs, and gambling. Services include:

- individual, couple and family counselling
- methadone case management
- referrals to residential treatment
- needle syringe program for dropping off used needles and picking up supplies
- group programs to teach skills such as coping skills, relapse prevention, mindfulness
- support groups
- information and referral

Aboriginal Alcohol and Drug Worker Program

Phone: Work: [905-548-9593](tel:905-548-9593)

Contact:

Email:

Web: <https://www.hric.ca/health-and-wellness-program-d...>

Address: [34 Ottawa St N, Hamilton, ON L8H 3Y7, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Open to all members of the Indigenous community of Hamilton.

How to apply: Contact for information.

A community-based assessment, referral, and support program for Aboriginal people desiring to improve their quality of life by moving away from addiction lifestyles. The AADWP provides alternatives to alcohol, drug, and solvent abuse through activities and events, assists with plans of recovery and after care support programs for those returning from treatment centres, and provides education and information services to schools, community groups, and mainstream treatment and service providers.

Womankind Addiction Service

Phone: Crisis Line Number: [905-545-9100](tel:905-545-9100) (24/7 Withdrawal Management/Telephone Support) Work: [905-521-9591](tel:905-521-9591) x237 (Treatment) Work: [905-521-9591](tel:905-521-9591) x234 (Supportive Housing) Work: [905-521-9591](tel:905-521-9591) x240 (Aftercare) Fax Number: [905 528-7255](tel:905-528-7255)

Contact:

Email: womankindinquiries@stjoes.ca

Web: <https://www.stjoes.ca/hospital-services/mental-he...>

Address: [431 Whitney Ave, Hamilton, ON L8S 2H6, Canada](#)

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Women, woman-identified individuals, transgender, and non-binary individuals with substances uses issues age 16 and older. Support provided to women under the age of 16 with informed consent. Eligibility for 5 week treatment program and shelter beds require the individual to be 18 years or older.

How to apply: Self-referral

Provides a range of gender specific substance use programs, supporting women seeking change with their substance use. Operates a 26 bed facility located in west Hamilton that offers a safe, inclusive and caring place where all women, woman-identified individuals, transgender, and non-binary individuals, are welcomed and assisted by a specially trained team to assess and define next steps regarding their substance use and recovery. Part of the Shelter Health Network, Womankind Addiction Service was created in the amalgamation of Hamilton Women's Detox Centre and Mary Ellis House.

Tobacco Hotline

Phone: Work: [905-540-5566](tel:905-540-5566)

Contact:

Email: tobacco@hamilton.ca

Web: <https://www.hamilton.ca/people-programs/public-he...>

Address:

Hours:

Cost: None

Who can access this service: Open to all.

How to apply: No referral required. Call 905-540-5566 for service.

Provides information to callers regarding tobacco control legislation, such as local smoking by-laws and the provincial Smoke-Free Ontario Act, and on smoking cessation programs and services.

Program for Substance Use in Pregnancy (PROSPR)

Phone: Work: [905-528-5553](tel:905-528-5553) Fax Number: [905-528-9178](tel:905-528-9178)

Contact:

Email:

Web: <https://mch.mcmaster.ca/services/#tab-content-pro...>

Address: [100 Main St W, Hamilton, ON L8P 1H6, Canada](#)

Hours:

Cost: None

Who can access this service: Open to all pregnant people with substance use disorders.

How to apply: Walk-in on Wednesdays, or contact for an appointment. Self-referrals are accepted by phone or in person, health care providers can refer by fax with prenatal investigations and obstetrical history if available.

An integrated prenatal and substance use care program at the Maternity Centre of Hamilton for pregnant people with substance use disorders. Provides a one-stop model where individuals can receive:

- prenatal care
- substance use care, including methadone or suboxone
- mental health support
- social work
- linkages to primary care

Alternatives for Youth Services

Phone: Work: [905-527-4469](tel:905-527-4469)

Contact:

Email: intake@ay.on.ca

Web: <https://ay.on.ca/programs/>

Address: [460 Main St E, Hamilton, ON L8N, Canada](#)

Hours:

Cost: None

Who can access this service: Eligibility may vary by program, contact for details.

How to apply: Complete online referral form through website or contact intake worker (intake@ay.on.ca or 905-527-4469) at the main office for information, consultation, and to schedule an appointment.

Provides substance use and mental health services for teenagers, young adults, and their families or caregivers. Programs include:

- Secondary School-on-site Treatment
- Getting Ready Education Group
- Family Education, Support and Skills Development
- Youth Affected by Substance Use of Others
- Street-Involved Youth Outreach
- Pregnant and Parenting Youth Outreach
- Community Education, Consultation & Training
- Naloxone Distribution

Rapid Access Addiction Medicine

Phone: Work: [905-522-1155](tel:905-522-1155) x35800

Contact:

Email:

Web: <https://www.stjoes.ca/hospital-services/mental-he...>

Address: [50 Charlton Ave E, Hamilton, ON L8N 4A6, Canada](#)

Hours: , Walk-in Wednesdays 9:30am-12 noon

Cost: None Services are OHIP funded – fees apply for medications, some are covered under OW, ODSP, and private insurance

Who can access this service: Individuals struggling with addiction.

How to apply: By appointment, self-refer by calling (905) 522-1155 x35800 or filling out a referral form found on the website.

Short-term outpatient addiction clinic serving those with substance abuse issues. 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. Services include:

- Rapid assessment
- Pharmacological treatment
- One on one counselling
- Referrals to community resources

New Choices Program

Phone: Work: [905-522-5556](tel:905-522-5556)

Contact:

Email: info@gracehavenhamilton.org

Web:

Address: [431 Whitney Ave, Hamilton, ON L8S 2H6, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Women with substance use concerns who are pregnant or mothering children that are age 6 and younger.

How to apply: Contact for information.

A community day treatment program for women who are pregnant or mothering young children and have substance addictions. Women attend once a week with their children. Provides the opportunity to access addiction and parenting services based on individual needs. Childcare is available for participants while they are at the program.

Canadian Cancer Society Smokers' Helpline

Phone: Toll-Free Number: [1-877-513-5333](tel:1-877-513-5333) Cell: [123456](tel:123456) (Text "iQuit" for support.)

Contact:

Email: shlsupport@cancer.ca

Web: <http://www.smokershelpline.ca>

Address:

Hours:

Cost: None

Who can access this service: Open to all.

How to apply: Call, text, live chat online, or email for support

Confidential and non-judgmental telephone, text message, and online support for those wanting to quit smoking.

