



YMCA Oakville Resource List

Alcohol, Drug and Gambling Services

Alcoholics Anonymous Halton: Call (905) 845-5900 or Visit www.aahalton.org

Narcotics Anonymous: Call 1-877-414-4464 or Visit www.haltonpeelna.org

Harm Reduction:

Exchange Works provides safer injection supplies, safer steroid supplies, safer inhalation supplies, safer sex supplies, nasal naloxone training and kits, education, written information and referrals, STI and HIV testing, along with Hep A + B vaccines

• Mobile Outreach Services:

(905) 330-3305 North Halton: (905) 702-4200 / Monday to Thursday 2 - 6 p.m.

Walk-in to the following Exchange Works sites:

• Burlington Health:

3350 Fairview Street (905) 330-3305 (North Halton: (905) 702-4200) / Monday to Friday 1 - 4 p.m.

• Oakville Health:

232 South Service Rd East, Unit B 905-330-3305 (North Halton: (905) 702-4200) / Monday to Friday 1 - 4 p.m.

Breaking Free by Lifeworks:

BreakingFree by LifeWorks is a free program provided for residents of Ontario and Newfoundland to assist in addictions around alcohol or drug use. The program provides a recovery and tracking plan that is based on the pace of the user, and focuses on improving negative thoughts and emotions, assisting with crisis situations, managing cravings and urges, and ends with a certification of completion. Visit www.breakingfreeonline.ca

ADAPT:

Halton Alcohol, Drug, and Gambling Assessment Prevention and Treatment Service

Non-profit, community-based, outpatient addiction, assessment, and treatment agency. The organization is funded by the Ministry of Health and Long Term Care, the Ministry of Children and Youth Services, the Ministry of Community Safety and Correctional Services, and the United Way. The organization offers drug addiction treatment, alcohol addiction treatment, gambling addiction treatment in addition to assistance to those with family or friends close to them that are experiencing addiction. Visit www.haltonadapt.org

Counselling/Therapy Services

Canadian Mental Health Association

Halton Region, providing free walk-in counselling by phone so that they can continue to support our community in a manner that is safe considering the present health climate
Call (289) 291-5396 and you will be contacted by a counsellor within 24 business hours
Information and Referral: Call (905) 315-8664

Hope for Wellness Help Line

The Hope for Wellness Help Line offers immediate help to all Indigenous peoples across Canada
Open 24 hours a day, 7 days a week. Call 1-855-242-3310 or chat online at www.hopeforwellness.ca.

ABRAR Trauma and Mental Health Services

ABRAR Trauma and Mental Health Services- offers counselling services (one on one and couple and family coaching), workshops, support groups, training, research, and PROJECT creation in a For-Profit approach. Services are offered in both English and Arabic and the organization's focus lies with newcomers to Canada in addition to focusing and working with women and youth. Visit www.abrarmh.ca

Kids Help Phone

Offers crisis assistance from trained volunteers 24/7 and counselling services from trained counsellors via telephone. Provides resources surrounding all things mental health in addition to offering a search engine to assist with providing applicable resources and programs within the vicinity of the participant's location.

Visit www.kidshelpphone.ca or Call 1-800-668-6868 or

Text with a trained crisis volunteer 24/7- text CONNECT to 686868,

Messaging services available via facebook messenger: www.kidshelpphone.ca/need-help-now-text-us/

Indigenous participants may seek to receive assistance from an Indigenous crisis volunteer if available by texting: FIRST NATIONS, INUIT, or METIS to 686868

Local Psychologists

Oakville CBT:

www.oakvillecbt.ca/contact/

1235 Trafalgar Rd.

Suite #405

Oakville, ON

Call (905) 338-1397

Oakville Psychologists:

www.oakvillepsychologists.ca

345 Lakeshore Road East, Suite 311

Oakville, ON

Call (905) 337-1895

Self Help Groups/Workshops

CMHA

Halton Regional Branch, Call 1 (877) 693-4270 or Visit www.halton.cmha.ca
Boots on the Ground, peer support for First Responders: 24/7 toll free 1-833-677-2668

Anxiety Canada

Anxiety Canada provides free online resources through the application of CBT as a means to improve anxiety. Options include online resources and information on anxiety in addition to offering an online group program to participate in and/or through the downloading and participation in Anxiety Canada's CBT app.
Visit www.anxietycanada.com/resources/mindshift-cbt/

BounceBack by CMHA

BounceBack is a free skill-building program managed by the Canadian Mental Health Association to help adults and youth (15+) manage low mood, mild to moderate depression and anxiety, stress and worry. The program is delivered via telephone with the assistance of a coach and through the supplementation of online videos. Referrals can be filled in by self or be provided by a doctor to which screening ensure the program is right for you. Visit bounceback.cmha.ca

National Eating Disorder Information Center

NEDIC provides information, resources, referrals, and support to those experiencing challenges with eating disorders. The organization aids through the availability of a helpline and live chat for those wishing to talk about their experiences with an eating disorder/disordered eating in addition to providing support and resources to those experiencing a family or friend with an eating disorder. The organization provides assistance for youth, adults, and children. Visit www.nedic.ca

Shelter/Housing

Lighthouse Shelter

A 32 bed emergency shelter offered by the Salvation Army and Halton Region Social Services. Offers emergency shelter services for individuals identifying as male 16 years and up. Individuals who are in immediate need of housing can contact (905) 339-2918 from Monday to Sunday 24 hours. Address: 750 Redwood Square, Oakville, ON L6L 6X7

Assisted Housing

Halton Access to Community Housing (HATCH): Provides assistance in the form of rent-geared-to-income (RGI), which provides safe rental housing for individuals and families with low incomes or financial assistance where you are currently renting. Visit www.halton.ca/For-Residents/Housing-Supports-and-Services/Assisted-Housing

Employment Supports/Resources

Center for Skills Development

Delivers free government-funded programs to help people at various stages of life (youth, job seekers, second career seekers and newcomers to Canada) get on a path to career success.
Visit www.centreforskills.ca

Morden Location

465 Morden Road Unit 109, Oakville ON L6K 3W6
Call 905-333-3499 x 421 or toll-free 1-888-315-5521 x 421

Abbeywood Location

Address: 1395 Abbeywood Drive, Oakville ON L6M 3B2
Call 905-333-3499 x 460 or toll-free 1-888-315-5521

Government Services/Income Support

ODSP Employment Support

Oakville Office

Dorval Drive (Ontario Works): 690 Dorval Drive 7th Floor, Oakville, L6K 3X9
Call (905) 825-6000 or toll-free 1-866-442-5866

Halton Regional Center

1151 Bronte Road, Oakville, L6K 3M1
Call (905) 825-6000 or toll-free 1-866-442-5866

Burlington Local Office (Ontario Disability Support Program):

2180 Itabashi Way, Building B Unit 1, Burlington, L7M 5A5
Call (905) 637-4500 or toll-free 1-800-567-6388
Visit www.burlington@ontario.ca

Legal Support/Advocacy Services

Halton community legal services:

Call (905) 875-2069 (Interpreters available by phone)

Legal Aid:

Call 1-800-668-8258

Women's Centre of Halton:

Call (905) 847-9104 (offers 30 minutes free legal advice in addition to counselling, life skills coaching, peer support, employment coaching, and lending of laptops in house) Visit www.thewomenscentreofhalton.com

Food Banks

Oakville Food Bank

Visit www.oakvillefoodbank.com or Call (905) 847-3988

Salvation Army (Oakville)

Call (905) 827-6523

Meals on Wheels

Visit www.oakvillemealsonwheels.com or Call (905) 842-1411

Kerr Street Mission

Visit www.kerrstreet.com or Call (905) 845-7485

24 Hour Crisis

The Crisis Outreach and Support Team (COAST) crisis line

Call 1-877-825-9011. For Information and Referral, Call (905) 693-4270.

Kids Help Phone

Our professional counsellors are here for you 24/7 across Canada.

They provide free, totally private support for all kids, teens and young adults. Call 1-800-668-6868.

Sexual Assault and Violence Intervention Services of Halton

Call (905) 875-1555 or Visit www.savisofhalton.org

Toronto Rape Crisis Centre

Call (416) 597-8808 or Visit www.trccmwar.ca

Halton Hospitals

Oakville Trafalgar Memorial Hospital (905) 845-2571

Georgetown Hospital (905) 873-0111

Joseph Brant Memorial Hospital (905) 632-3730

Milton District Hospital (905) 878-2383

List of Outreach Locations

Sheridan College

1430 Trafalgar Rd, Oakville, ON L6H 2L1, (905) 845-9430 (Posters/ Information booth)

Toronto Rock Athletic Facility

1132 Invicta Dr, Oakville, ON L6H 6G1, (416) 596-3075 (Posters)

This facility houses lacrosse and ball hockey for people of all ages, including young adults 18-30 years of age.

Affiliation with the Toronto Rock professional lacrosse team. Visit TRAC@torontorock.com

Brodie Rec League

Basketball league for young adults, 952 Century Dr, Burlington, ON L6M 3H5 (Posters)

Basketball league for young adults ages 18 and up

Average Joes Sports Club

504 Iroquois Shore Road, Unit 10, Oakville, ON, L6H 3K4

email: burloak@averagejoesports.ca or call (905) 845-6JOE (6563)

Oakville Public Library (Posters)

120 Navy St, Oakville, ON L6J 2Z4

Call (905) 815-2042



Y Mind

1070 McCraney St E, Oakville, ON L6H 2R6
Call (905) 815-2038

1415 Third Line, Oakville, ON L6M 3G2
Call (905) 815-2039

Trafalgar Park Community Center (Posters)
133 Rebecca St, Oakville, ON L6K 1J5
Call (905) 338-4406

YMCA of Oakville (Posters)

Halton Community Housing
Dorval/ Merchant's Gate (Posters/ Information booth)

Indigenous Reservations

If applicable, reach out to indigenous reservations nearby to distribute information about the virtual program:
Visit www.mncfn.ca

Mississauga of the Credit First Nation

2789 Mississauga Road R.R. #6, Hagersville, Ontario N0A 1H0
Call (905) 768-1133 or Email: communications@mncfn.ca

Six Nations

Visit www.sixnations.ca
1695 Chiefswood Rd, PO Box 5000 Ohsweken, ON N0A 1M0
Call (519) 445-2201 or Fax (519) 445-4208