

# Oakville Community Resources

## Children & Youth Services

### Halton Services: Halton Child Care Subsidy

(905) 825-6000  
1151 Bronte Road, Oakville  
<http://halton.ca/childcaresubsidy>;  
[accesshalton@halton.ca](mailto:accesshalton@halton.ca)

### Halton Region Services: Healthy Babies, Healthy Children & Halton Parents

breastfeeding, prenatal support, child assessment,  
classes, parenting support, supports for children  
with disabilities.  
905-825-6000  
1151 Bronte Road, Oakville  
[http://www.halton.ca/cms/one.aspx?portalId=8310&  
pageId=11705](http://www.halton.ca/cms/one.aspx?portalId=8310&pageId=11705)  
[accesshalton@halton.ca](mailto:accesshalton@halton.ca)

### Oak Park Neighbourhood Centre

Giggle and Grow Family drop in  
Hours: Monday –Fri. 930-1130am

#### Baby Rhyme Time

\*Public health nurse visit – 1st Tues. of every mth.

Hours: Tuesdays 1:15pm-2:45pm,

#### After School Drop In

Hours: Mon., Wed., Fridays 3:30PM-6:30PM

#### Speech Language Consultations

[kimberlythorman@gmail.com](mailto:kimberlythorman@gmail.com)

#### La Leche League Breastfeeding Support

Hours: Every second Tuesday at 12pm

[lloakville@gmail.com](mailto:lloakville@gmail.com)

2200 Sawgrass Drive

905-257-6029

[info@opnc.ca](mailto:info@opnc.ca) [www.opnc.ca](http://www.opnc.ca)

### Ontario Early Years Centre

Children 0-6 & their parents

Hours: Mon-Fri: 8:30AM-5:00PM; Sat. 9:00 a.m.-  
noon

Phone: (905) 849-6366

461 North Service Road West, Unit 17, & Sixth Line

Website: <http://www.op-cc.ca>

### Reach Out Centre for Kids (ROCK)

Maintaining healthy mental health for children, youth  
and parents. counseling, programs, workshops.

(905) 339-3525

504 Iroquois Shore Road, Unit 12A, Oakville

<http://rockonline.ca/services/>

## Clothing & Household

### Safetynet Charities & ClothingWorks

By Appointment

(416) 574-4581 and (905) 815-9411

226 Randall St., Suite 101

<http://www.safetynetservices.ca/Clothing-bank>

<http://clothingworksoakville.com/>

### The Salvation Army Thrift Store – Oakville

Hours: Mon - Wed: 9am - 6pm, Thurs - Fri: 9am -  
8pm, Sat: 9am - 6pm

(905) 845-2351

356 Kerr Street,

### GoodWill Oakville Retail Store & Donation Centre

Hours: Daily 9:30 am – 5:30 pm, Thurs and Fri until  
9:00 pm, Sun 12:00 pm - 5:00 pm

Contact Information:

(905) 338-6240

407A Speers Road, Oakville

### St Vincent De Paul

Phone the closest catholic church

## Housing

### Halton Region

Subsidized housing wait list.

Hours: Monday to Friday 8:30-4:30

(905) 825-6000;

1151 Bronte Rd., Oakville

[accesshalton@halton.ca](mailto:accesshalton@halton.ca)

# Employment

## **The Centre for Skill Development and Training**

**Hours:** Mon- Fri 8:30am – 4pm; Tues. till 7pm  
905-845-1157  
465 Morden Road, Suite 109 Oakville  
<http://thecentre.on.ca>

## **Goodwill, The Amity Group**

**Hours:** Monday-Friday: 8:30 am – 4:30 pm  
(905) 257-8856  
2387 Trafalgar Road, Unit B5, Oakville  
<http://www.goodwilljobs.ca>

## **Employment Halton – Oakville Resource Centre**

job searching and training for a new career.  
**Hours:** Mon-Fri: 8:30 am – 4:30 pm; Thurs. till 7 pm  
905-825-6000 ext. 2777  
2441 Lakeshore Road West, #16, Oakville  
<http://www.haltonjobs.ca>

## **STRIDE – South Halton Location**

Employment for people with mental health issues.  
**Hours:** Monday to Friday: 8 am to 4 pm  
(905) 842-8418  
2245 Wycroft Road, Units 1&2, Oakville  
<http://stride.on.ca/employment-services/employment-connections/>

## **Sheridan College Community Employment**

905-845-9430, ext. 8160  
1430 Trafalgar Road Oakville

# Finance

## **Halton Family Services - Credit/Debt Counselling**

by appointment only.  
**Hours:** Mon-Thurs 9:00-5:00  
(905) 845-3811 ext. 0;  
235 Lakeshore Rd. E., Oakville  
[info@haltonfamilyservices.org](mailto:info@haltonfamilyservices.org)

## **Credit Canada Debt Solutions**

Free credit counselling and debt consolidation.  
**Hours:** Mon-Thurs 8:00-6:00, Fri 8:00-5:00, Sat 8:30-4:30  
(905) 592-2344;  
11-1155 North Services Rd. W., Oakville  
[info@creditcanada.com](mailto:info@creditcanada.com)

## **Halton Region - Social Assistance/OW/ Emergency Assistance**

Provides financial assistance  
**Hours:** Monday to Friday 8:30-4:30  
(905) 825-6000; 1151 Bronte Rd., Oakville  
[accesshalton@halton.ca](mailto:accesshalton@halton.ca)

## **Oak Park Utility Bill Payment & Tax Clinic & Support Groups**

Pays Hydro & Gas Bills once a year. Application on website 2 mths bank statements, ID req;d.  
**Contact information:**  
(905) 257-6029  
[info@opnc.ca](mailto:info@opnc.ca) [www.opnc.ca](http://www.opnc.ca)

## **Tax Clinics**

See <http://search.hipinfo.info/> for list

# Food

## **Halton Region**

Free monthly fresh food box at various churches  
(905) 825-6000;  
1151 Bronte Rd., [accesshalton@halton.ca](mailto:accesshalton@halton.ca)

## **Harvest Bible Chapel - Harvest Market**

photo ID, address proof & grocery bag req'd.  
**Hours:** Sun.1:30pm-3:30pm; Mon. 9:30am & 11:30am 905-827-4888;  
500 Great Lakes Blvd.  
[www.harvestoakville.ca/](http://www.harvestoakville.ca/); [hbcmarket@gmail.com](mailto:hbcmarket@gmail.com)

## **Kerr Street Mission - Meals & Food Bank Meals**

**Hours:** Family dinner Mon. 6:15pm. Community meal Thurs. 6:15 pm. Sat. Breakfast 9:15am.

## **Food Bank**

Req'd- rental agreement w address, photo ID, report card, income tax, 1 mth bank statements, expense list (rent, hydro, etc).  
**Hours:** Registration Tues.& Thurs. 2-3pm.  
Food bank: Mon. & Thurs. 6:30pm-7:30pm, Tues. & Fri.10:15am-12pm, Sat. 9:30am-10:30am  
905-845-7485; 485 Kerr St  
[meals@kerrstreet.com](mailto:meals@kerrstreet.com); [admin@kerrstreet.com](mailto:admin@kerrstreet.com)  
<http://www.kerrstreet.net/>

## **Oakville Fare Share Food Bank**

Qualification interview required.  
**Hours:** Mon 10am-2pm and Thurs 3pm-7pm  
905-847-3988 1240 Speers Road,  
<http://www.oakvillefoodbank.com>

## **Oak Park Neighbourhood Centre - Food Bank & Community Garden**

Pre-register with 2 mths. bank statements,

ID req'd, L6H or L6M

Hours: Wed. 12pm-12:30pm. Gardens - call for spot  
905-257-6029;  
2200 Sawgrass Dr.,  
[admin@opnc.ca](mailto:admin@opnc.ca); [www.opnc.ca](http://www.opnc.ca)

### **Salvation Army - Emergency Food Provisions**

Proof of address, ID, and source of income & expenses.

Hours: Mon. to Fri. 9am-12pm and 1pm-4pm. Call for appointment.

905-827-6523; 1225 Rebecca St.  
[shannon\\_robinson@can.salvationarmy.org](mailto:shannon_robinson@can.salvationarmy.org);  
[www.salvationarmyoakville.ca](http://www.salvationarmyoakville.ca)

### **Safetynet Children and Youth Charities**

small non-perishable food bank. Online application

Hours: By appointment only

905-845-7233; 226 Randall St W, Ste 101,  
[safetynetca@hotmail.com](mailto:safetynetca@hotmail.com);  
[www.safetynetservices.ca](http://www.safetynetservices.ca)

## **Mental Health/Addictions**

### **ADAPT Halton Alcohol Drug and Gambling Assessment Prevention and Treatment**

Adults/youth/families affected or at risk of being affected by alcohol, drugs and gambling. Provides treatment,

#### **Housing Halton**

Adults & youth with mental illness or addiction issues - transitional housing, 24 hr phone line, counselling, support, life skill training. Needs OHIP coverage.

Hours: 24/7 crisis phone line, various  
905.845.9212

599 Chartwell Rd., Oakville  
<http://www.shhalton.org/> [info@shhalton.org](mailto:info@shhalton.org)

### **Summit Housing and Outreach Programs**

People 16+ living with severe mental health issues and addiction problems include: support, community connections, housing, counseling, crisis intervention, and skill building. The team can assess, prescribe, dispense, administer, & monitor medications. .

Hours: Monday- Friday: 8:30 a.m. -4:30 p.m.  
905-847-3206

871 Equestrian Court, Unit 7, Oakville  
[info@summit-housing.ca](mailto:info@summit-housing.ca)  
<http://www.summit-housing.ca/>

### **CMHA Oakville**

Case management, community-based treatment and support, programs for people with mental health and/or addictions problems, crisis intervention, and assistance with judicial system.

Hours: 8:30 am to 4:30 pm

Crisis Outreach and Support Team (COAST) available by phone 24/7 at 1-877-825-9011.

(905) 693-4270,  
1540 Cornwall Road, Unit 102  
<http://halton.cmha.ca/>; [info@cmhahrb.ca](mailto:info@cmhahrb.ca)

### **Distress Centre Oakville**

24-hour crisis phone line for stress, mental health issues, and addictions.

Hours: 24/7 phone line

905-849-4541  
<http://www.dcoakville.com/>

## **Newcomer Resources**

### **Halton Multicultural Council - Oakville**

Guidance, education, health care, housing, employment, immigration and recreation. Application req'd.

Hours: 9:00- 4:30 Monday-Friday

North Oakville: 905-257-1555;

Oakville: 905-842-2486

380 Dundas, #D11(Longos Plaza); & 1092 Speers Rd.

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

### **Sheridan College**

English language, employment-readiness and training.

Hours: Inquiries 9:00 - 5:00, Monday-Friday.

(905) 845 - 9430 Ext. 8101

407 Iroquois Shore Road, Room A23

<https://www.sheridancollege.ca/academics/faculties/continuing-and-professional-studies/newcomers.aspx>

### **Oakville Centre for Education and Training**

Employment support, education and training, citizenship consult, computer training, support groups

Hours: Mon-Fri 9 am-4 pm

905-875-3851 ext 5008, ext 1266

171 Speers Rd, Unit 20

<http://www.tcet.com/>; [nic@tcet.com](mailto:nic@tcet.com)

**Oak Park Neighbourhood Centre- Cultural Programs**

La Hora del Cuento\_Spanish program  
Hours: Mondays 10-11am September to June  
[chaves123@hotmail.com](mailto:chaves123@hotmail.com)

Japanese Circle time  
Hours: Thursday 1p.m.- 3 p.m. September to June  
German Circle Time

Hours: Second Wednesday of every month  
[annelisa\\_adam@yahoo.ca](mailto:annelisa_adam@yahoo.ca)

## **Transportation**

**Subsidized Passes for Low Income Transit (SPLIT)**

Hours: 24 hours/day  
1151 Bronte Road, Oakville  
Dial 311 or 905-825-6000; Toll free: 1-866-442-5866

**ODSP – Medical Transportation Form**

ODSP recipients who spend \$15 or more a mth on medical transport, can get costs covered.  
\*form filled out by doctor and given to ODSPworker.

**Volunteer Driving - Canadian Red Cross Society**

Hours: To book call in advance  
Contact Information: 905-845-5241

**Wheel-Trans Services**

Assessment interview required  
Hours: everyday from 7:00 a.m. to 11:00 p.m;  
trip booking available daily from 5:00 a.m. to 11:00 p.m  
Reservations Office: 416-393-4222