



# HALTON DIVERSITY RESOURCE GUIDE

FOR THE INDIGENOUS, BLACK AND RACIALIZED COMMUNITY

## The Social Inclusion Project

An Initiative of the Halton Equity & Diversity Roundtable (HEDR)

Compiled by HEDR's Resident-Led Working Group

September 2021





# LAND ACKNOWLEDGEMENT

Boozhoo, She:kon, Tanshi, Greetings!

Halton Region acknowledges the Treaty Lands of the Mississaugas of the Credit First Nation as well as the Traditional Territory of the Haudenosaunee, Huron-Wendat and Anishinabek on which we gather.

In stewardship with Mother Earth and the enduring Indigenous presence connected to these lands we acknowledge the Indigenous Nations of the past, present and future.

In the spirit of ally-ship and mutual respect, we will take the path of Truth and Reconciliation to create change, awareness and equity as we strive to elevate the collective consciousness of society.

Miigwetch, Nia:wen, Marsi, Thank you.

*Halton Equity and Diversity Roundtable (HEDR) acknowledges the use of Halton Region's Land Acknowledgement in this resource with the recognition and approval of the Mississaugas of the Credit First Nation while HEDR continues our learning journey, and develops our own Territorial Acknowledgement.*



# The Social Inclusion Project





# HALTON



## ABOUT HALTON EQUITY & DIVERSITY ROUNDTABLE (HEDR)

The Halton Equity and Diversity Roundtable (HEDR) was officially formed in March 2013 as a result of multiple community consultations.

### MISSION

To develop the capacity of human service organizations to advance equity and inclusion in Halton through knowledge, skill and relationship building.

### VISION

An inclusive community where individuals are valued, respected and empowered.

### THE SOCIAL INCLUSION PROJECT

The Halton Equity and Diversity Roundtable (HEDR), with funding from the United Way Halton & Hamilton (UWH&H) and Halton Region, embarked on the Social Inclusion Project. The project's goal is to provide Halton Region's Indigenous, Black and other racialized residents with the opportunity and platform to share their experiences through community consultations, and the creation of a resident-led working group that empowers them to design, plan and implement initiatives that are for residents, by residents.

The results of community consultations and engagement will be captured in a final report to be shared with community partners in Halton. It is hoped that the report will contribute not only to increasing awareness and knowledge about Indigenous, Black and other racialized residents' experiences, but also to inform future programs and policies that focus on promoting inclusion in the region.

**For more information:** [www.hedroundtable.com](http://www.hedroundtable.com)

The **COVID-19** pandemic has deepened existing inequalities in Canada. It has hit Indigenous, Black and other racialized communities the hardest across Canada, including in Halton Region. The pandemic has disproportionately impacted them with grave socio-economic implications, particularly social isolation.



# THE RESIDENT-LED SOCIAL INCLUSION PROJECT

## ENGLISH

The Social Inclusion Project is an initiative by the Halton Equity & Diversity Roundtable (HEDR). A resident-led working group compiled this Directory of Resources to create awareness and a tailored guide on resources available to racialized residents. We understand that the pandemic has placed a lot of stressors on racialized communities. The goal of this document is to provide Halton Region's Indigenous, Black and other racialized residents the opportunity to access resources that address their needs; promote inclusion; and fill the gaps in resources unavailable to them.

## FRENCH

Le projet d'inclusion sociale est une initiative de Halton Equity & Diversity Roundtable (HEDR). Un groupe de travail dirigé par des résidents a compilé ce répertoire des ressources afin de sensibiliser le public et de créer un guide sur mesure sur les ressources disponibles aux résidents soumis au harcèlement racial. Nous comprenons que la pandémie a imposé beaucoup de facteurs de stress aux communautés qui subissent du harcèlement racial. L'objectif de ce document vise à offrir aux résidents autochtones, noirs et autres résidents affectés par l'harcèlement racial de la région de Halton la possibilité d'accéder à des ressources qui répondent à leurs besoins; promouvoir l'inclusion; et combler les lacunes dans les ressources qui ne leur sont pas disponibles.

## ARABIC

(HEDR). مشروع الإدماج الاجتماعي هو مبادرة من قبل طاولة هالتون لتعدد الثقافات والمساواة. هو عمل يرأسه مجموعة من المقيمين في هالتون لتجميع الموارد والخدمات لخلق الوعي والدليل المخصص حول الموارد والخدمات المتاحة للمقيمين الذين يعانون من العنصرية. نحن ندرك بأن جائحة الكوفيد قد خلقت العديد من الضغوط على المجتمعات العرقية. الهدف من هذه الوثيقة تزويد السكان الأصليين والسود وغيرهم من السكان الذين يعانون من العنصرية في منطقة هالتون بفرصة التعرف على الموارد والخدمات المتاحة لهم والتي تلبي إحتياجاتهم؛ تقوي اندماجهم بالمجتمع؛ وتسد الثغرات في الموارد والخدمات الغير مُتاحة لهم.

## CHINESE (TRADITIONAL)

社會包容項目是荷頓平等與多元化圓桌 Halton Equity & Diversity Roundtable (HEDR) 的一項倡議。一個居民領導的工作組編制了本資源目錄，以提高居民對種族可用資源的認識和量身定制的指南。我們知道，大流行給種族化社區帶來了很多壓力。本文件的目標是為荷頓地區的原住民、黑人和其他種族居民提供獲得滿足其需求的資源的機會；促進包容；並填補他們無法獲得的資源缺口。



## THE RESIDENT-LED SOCIAL INCLUSION PROJECT

### IGBO

Ihe oru Social Inclusion bụ ihe sitere n'aka Halton Equity & Diversity Roundtable (HEDR). Otu onye ndu ndi mmadu biputara akwukwo a nke ihe omuma iji mee ka ndi mmadu mara ya na ndi ndu ndi mmadu. Anyi ghotara na oria ojoo a etinyela otutu nsogbu na obodo ndi mmadu. Ebumnuche nke akwukwo a bụ inye Halton Region's Indigenous, Black na ndi bi na agbụrụ ndi ọzọ nwere ohere inweta akwụkwọ na-egbo mkpa ha; kwalite nsonye; ma juputa oghere na akwụkwọ na-adighi ha.

### PUNJABI

ਹੈਲਟਨ ਇਕੁਇਟੀ ਐਂਡ ਡਾਇਵਰਸਿਟੀ ਰਾਊਂਡਟੇਬਲ (HEDR) ਦੁਆਰਾ ਸਮਾਜਿਕ ਸ਼ਮੂਲੀਅਤ ਪ੍ਰੋਜੈਕਟ ਇੱਕ ਪਹਿਲਕਦਮੀ ਹੈ। ਇੱਕ ਨਿਵਾਸੀ ਦੀ ਅਗਵਾਈ ਵਾਲੀ ਕਾਰਜਕਾਰੀ ਸਮੂਹ ਨੇ ਜਾਤੀਗਤ ਵਸਨੀਕਾਂ ਲਈ ਉਪਲਬਧ ਸਰੋਤਾਂ ਬਾਰੇ ਜਾਗਰੂਕਤਾ ਪੈਦਾ ਕਰਨ ਲਈ ਅਤੇ ਤਿਆਰ ਕੀਤੀ ਗਈ ਬਣਾਉਣ ਲਈ ਸਰੋਤਾਂ ਦੀ ਇਸ ਡਾਇਰੈਕਟਰੀ ਨੂੰ ਕੰਪਾਇਲ ਕੀਤਾ ਹੈ। ਅਸੀਂ ਸਮਝਦੇ ਹਾਂ ਕਿ ਮਹਾਂਮਾਰੀ ਨੇ ਨਸਲੀ ਸਮੂਹਾਂ 'ਤੇ ਬਹੁਤ ਸਾਰੇ ਦਬਾਅ ਪਾਏ ਹਨ। ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਟੀਚਾ ਹੈਲਟਨ ਖੇਤਰ ਦੇ ਸਵਦੇਸ਼ੀ, ਕਾਲੇ ਅਤੇ ਹੋਰ ਜਾਤੀਗਤ ਵਸਨੀਕਾਂ ਨੂੰ ਉਨ੍ਹਾਂ ਸਰੋਤਾਂ ਤੱਕ ਪਹੁੰਚ ਦਾ ਮੌਕਾ ਪ੍ਰਦਾਨ ਕਰਨਾ ਹੈ ਜੋ ਉਨ੍ਹਾਂ ਦੀਆਂ ਜ਼ਰੂਰਤਾਂ ਨੂੰ ਪੂਰਾ ਕਰਦੇ ਹਨ; ਸਾਰੇ ਨਸਲੀ ਵਸਨੀਕਾਂ ਨੂੰ ਸ਼ਾਮਲ ਕਰਨ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਦੇ ਹਨ ਅਤੇ ਉਹਨਾਂ ਲਈ ਉਪਲਬਧ ਨਾ ਹੋਣ ਵਾਲੇ ਸਰੋਤਾਂ ਵਿੱਚ ਪਾੜੇ ਨੂੰ ਭਰਦੇ ਹਨ।

### URDU

س سماجی شمولیت کا منصوبہ (سوشل انکلیوژن پراجیکٹ) ، بالٹن برابری اور تنوع گول میز (بالٹن ایکویٹی کا ایک آغاز کار) (انی شے ٹیو) ہے۔ رہائشیوں کی سربراہی میں کام کرنے والے (HEDR-اینڈ ڈائریکٹوری رائونڈ ٹیبل ایک گروہ نے آگاہی پیدا کرنے، اور نسلی تعصب کے شکار افراد کے لئے موجود وسائل کی خاص رہنمائی کے لئے وسائل کی اس ڈائریکٹوری (ڈائریکٹوری آف ریسورسز) کو مرتب کیا ہے۔ ہم سمجھتے ہیں کہ اس عالمی وباء نے نسلی عصبیت کے شکار طبقات پر بہت زیادہ دباؤ ڈالا ہے۔ اس دستاویز کا مقصد، بالٹن ریجن کے انڈی جینس، سیاہ فام اور نسلی عصبیت کے شکار دیگر رہائشیوں کو ان وسائل تک رسائی کا موقع دینا جو ان کی ضروریات کو پورا کریں، شمولیت کو فروغ دیں ، نیز ، ان وسائل کی عدم دستیابی سے پیدا ہونے والے خلاء کو پُر کرنا ہے۔

### YORUBA

Ìṣẹ́ Ìfowọ́sowọ́pọ̀ Àwùjọ̀ tí olùgbé ń darí Halton Equity & Diversity Roundtable (HEDR). Àwọn olùgbé ní wọ̀n darí tí wọ̀n sì ẹ̀ ẹ̀ àkójọ̀pọ̀ orisun ìtọ́sọ̀nà yí kí wọ̀n lè ẹ̀ ẹ̀ àfihàn àwọn ohun tí ó wà fún ànfàní àwọn ẹ̀yà oríṣiríṣi tó wya ní agbègbè wa. Ó yé wa wípé àjàkálẹ̀ àrùn Covid tó kárí ayé tí dá ìpọ̀njú sílẹ̀ fún àwọn ẹ̀yà oríṣiríṣi. Kókó iwé ìtọ́sọ̀nà yìí ní láti pèsè ọ̀nà fún àwọn ẹ̀lẹ́yà dúdú tó wà ní agbègbè Halton láti mó'jútó àwọn àìní wọn, láti gbé ìdarapọ̀mọ̀ ẹ̀yà wọn lárugẹ̀ àti láti mó'jútó àwọn àláfó tí ó wà nínú àwọn ohun tó ń ẹ̀'ni láánfàní tí kò sí fún wọn.



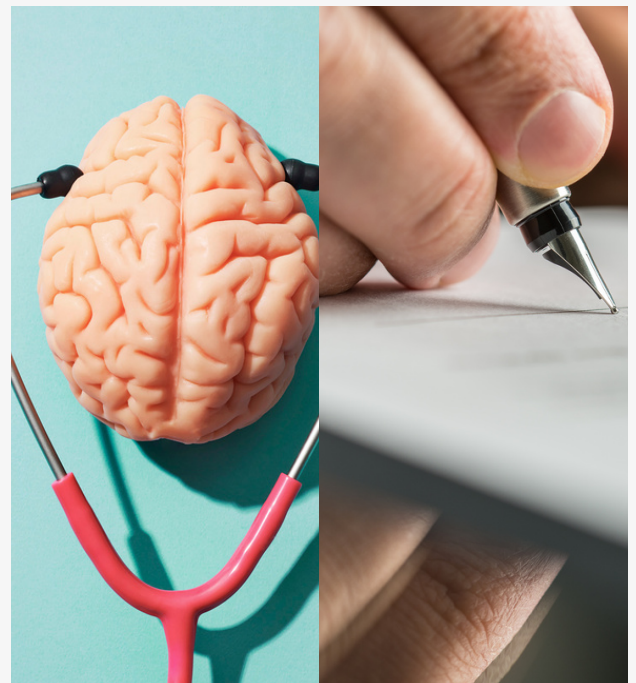
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For a full list of Community Resources not listed in this guide, please visit Halton Community Service Directory: [hipinfo.ca](http://hipinfo.ca)











EMERGENCY

## EMERGENCY SUPPORTS LINES

### **Halton Police, EMS, Fire**

Hours: 24/7  
Numbers: 911

### **Halton 311 (Halton Region) Ontario 211 (Community & Social Services)**

Hours: 24/7  
Numbers: 311 or 905-825-6000  
211

### **Shelter**

Hours:  
Numbers: 905-339-2918  
(Salvation Army Lighthouse)  
905-528-5629 (Wesley Housing  
Services)

### **Crisis Outreach & Support Team (COAST)**

**Mental Health Crisis Line**  
Hours: 24 Hour Daily  
Numbers: 1-877-825-9011

### **Distress Center Halton**

Hours: 24 Hour Daily  
Numbers: 905- 849-4541 (Oakville)  
905-681-1488 (Burlington)  
905-877-1211 (North Halton)

### **Sexual Assault & Violence Intervention Services of Halton (SAVIS)**

Hours: 24 Hour Daily  
Numbers: 905-875-1555  
Anti-Human Trafficking

### **Halton Women's Place (Domestic/Family Violence)**

Hours: 24 Hour Daily  
Numbers: 905-332-7892  
(Burlington)  
905-878-8555 (Milton)

### **First Nations & Inuit Hope for Wellness Helpline**

Hours: 24 Hour Daily  
Numbers: 1-855-242-3310

### **Halton Children's Aid Society**

Hours: 24 Hour Daily  
Numbers: 1-866-607-5437

### **ROCK (Reach Out Centre for Kids) kids Crisis Helpline**

Hours: 24 Hour Daily  
Numbers: 905-878-9785

### **Naseeha Youth Helpline (Support for Muslim Youths)**

Hours: 24 Hour Daily  
Numbers: 1-866-627-3342

### **Black Youth Helpline**

Hours: 24 Hour Daily  
Numbers: 1-833-294-8650 9 (Toll  
Free)

### **Telehealth Ontario**

Hours: 24 Hour Daily  
Numbers: 1-866-797-0000 (toll Free)  
1-866-797-0007 (TTY)





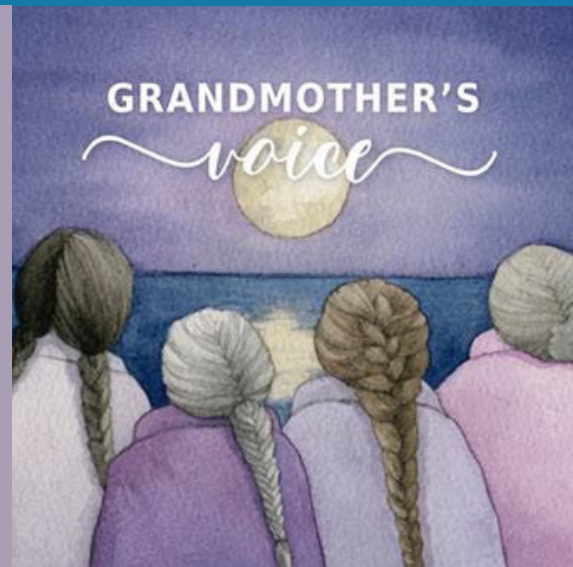
### Grandmother's Voice

Grandmothers Voice is as a body of unified Indigenous people creating a safe, secure community that advances education, knowledge, understanding of Indigenous cultures and practices. All individuals, corporations, organizations in public, private and non-profit sectors are welcome to stand shoulder to shoulder with Indigenous Peoples.

Phone number: 519-697-2251

For more information: [www.grandmothersvoice.com](http://www.grandmothersvoice.com)

Urban Indigenous Centre for HOPE: 8560 Tremaine Rd, Milton, ON L9T 2X3



### Indigenous Child Service Management Limited (ICSM)

Provides specialized services to Urban Indigenous children and youth at risk, in care of Children's Aid Societies.

ICSM focuses on the children / youth voice, choice, well-being through health, social, educational and cultural responses.

Services: ICSM services extend to the following regions: Niagara, Hamilton, Halton and Waterloo.

Indigenous Advocacy, Traditional Knowledge Keeper Program (in-home support / 1:1 / respite), Mediation IADR, AADR, ODR, ICP circle process, Elder Services and Indigenous Horse Therapy EAL.

Languages: English, French upon request, ASL interpreter upon request

Hours of Operation: Monday - Friday (9:00am to 5:00pm)

Service Hours: Direct services are scheduled to meet the children's / youth's needs.

Address: 140 Welland Avenue, Unit 7, St. Catharines, Ontario L2R2N6

Office: (289) 434-6072 Fax: (289) 362-6286

Email: [info@indigenousscm.com](mailto:info@indigenousscm.com)

Website: [www.indigenousscm.com](http://www.indigenousscm.com)







## ANTI-RACISM GROUPS / ADVOCACY SUPPORT



### Halton Equity & Diversity Roundtable (HEDR)

Provides resources, education, training, and advocacy to organizations, groups, businesses, and community members to be more inclusive and equitable in their practices, policies and services.

Services offered (Free/Paid): Free

Languages offered: English

Hours of Operation: Monday - Friday 9am - 4:30pm

Address: 504 Iroquois Shore Rd, Unit 12A. Oakville, ON L6H 2Y7

Phone number: 905-467-4305

Email: [info@hedroundtable.com](mailto:info@hedroundtable.com)

Website: [www.hedroundtable.com](http://www.hedroundtable.com)

### African Caribbean Council of Halton (ACCH)

Provides advocacy, inclusion and cultural education and social service support to the African community.

Services offered (Free/Paid):

Languages offered: English

Hours of Operation: Not Specified

Address: No physical address

Email: [acch@africancaribbeancouncilofhalton.com](mailto:acch@africancaribbeancouncilofhalton.com)

Website: [www.africancaribbeancouncilofhalton.com](http://www.africancaribbeancouncilofhalton.com)







### Halton Multicultural Council (HMC)

Serves newcomers, immigrants and refugee communities and provides a full range of settlement, language, employment support and community connections in Halton.

Services offered (Free/Paid): Free; fee for interpretive Services.

Languages offered: English and more than 15 languages & interpretation services ; French; Albanian; Arabic ; Bosnian; Chinese (Cantonese/Mandarin); Croatian; Farsi; Hindi ; Korean; Portuguese; Punjabi; Spanish; Tamil; Turkish ; Twi ; Urdu and services for languages other than those noted are available through cultural interpreters as requested.

Hours of Operation: Mon, Tue, Wed, Fri 9am - 4:30pm; Thur 9am-8pm

Address: Head Office: 1092 Speers Rd., Oakville, ON L6L 2X4 and other location i the Halton region

Phone number: (905) 842-2486

Email: [info@hmcconnections.com](mailto:info@hmcconnections.com)

Website: [www.hmcconnections.com](http://www.hmcconnections.com)

### Chinese Cultural Centre of Greater Toronto

This center is a multifunctional service organization for Chinese. This organization may receive funding from the Chinese government

Services offered (Free/Paid): Free

Languages offered: English and Chinese

Hours of Operation: Monday to Saturday 10am - 6pm

Address: 5183 Sheppard Avenue East, Toronto, M1B 5Z5

Phone number: 416-292-9293

Email: [info@cccgt.org](mailto:info@cccgt.org)

Website: [www.cccgt.org](http://www.cccgt.org)



### The Burlington Caribbean Connection (BCC)

Non-profit organization promoting Caribbean culture through charitable events, post-secondary scholarships funds, and donations.

Services offered (Free/Paid): Free

Languages offered: English

Hours of Operation:

Address: 1450 Headon Rd. P.O. Box 93096

Burlington, ON. L7M 4A3

Phone number: 905-332-4570

Email: [thebcc2000@yahoo.ca](mailto:thebcc2000@yahoo.ca)

Website: [www.thebcc.ca](http://www.thebcc.ca)

### Canadian Caribbean Association of Halton (CCAH)

Non-profit promoting diversity and inclusion through civic engagement and youth programs

Services offered (Free/Paid): Free (membership)

Languages offered: English

Hours of Operation: Not Specified

Address: 2302 Bridge Road. Oakville, ON L6L 2G6

Phone number: 905-815-6184

Email: [info@ccah.ca](mailto:info@ccah.ca)

Website: [www.ccah.ca](http://www.ccah.ca)





### Milton Chinese Association

Promotes Chinese culture with supports, recreational activities and events.

Services offered (Free/Paid): Membership (Family)

Languages offered: English; Chinese - Mandarin and Cantonese

Hours of Operation: First Friday 7:30pm each month

Address: 336 Bronte St S, Unit 228. Milton, ON L9T 7W6

Phone number: 905-876-2916

Email: [mca8302008@gmail.com](mailto:mca8302008@gmail.com)

Website: [www.miltonchinese.org](http://www.miltonchinese.org)

### Dar Foundation

Canadian Islamic non-profit providing social service supports including refugee settlement services.

Services offered (Free/Paid): Free programs - tax clinic, food, refugee support, newcomer

Languages offered: English; French; Arabic; Hindi; Punjabi; Urdu

Hours of Operation: Hours ranges per program

Address: 485 Morden Road, Oakville, ON

Phone number: 905-815-0780

Email: [info@darfoundation.com](mailto:info@darfoundation.com)

Website: [www.darfoundation.com](http://www.darfoundation.com)



### Sedulous Women Leaders

Provides empowerment and professional support to immigrant women in business and entrepreneurship through free workshops, mentorship, training, access to grants etc.

Services offered (Free/Paid): Paid memberships but access to Free workshops and grants

Languages offered: English

Hours of Operation: Monthly meeting (operates virtually due to COVID)

Address: Alberta (Main) & Ontario.

Phone number: 780-380-4757

Email: [connect@sedulouswomenleaders.net](mailto:connect@sedulouswomenleaders.net)

Website: [www.sedulouswomenleaders.net](http://www.sedulouswomenleaders.net)

### Vaishno Devi Temple

Provides religious, spiritual and social services to children, youth, seniors and families.

Services offered (Free/Paid): Membership and Free food program.

Languages offered: English; Hindi; Punjabi; Sanskrit for prayers

Hours of Operation: Monday - Saturday 7am - 7pm;

Sunday 7am, 3pm - 6pm

Address: 3259 Regional Road 25 N. Oakville, ON L6M 4J3

Phone number: 905-825-4202

Email: [info@vaishnodevi.ca](mailto:info@vaishnodevi.ca)

Website: [www.vaishnodevi.ca](http://www.vaishnodevi.ca)







### Council of Nigerian Professionals (CNP)

Non-profit providing education and social service support to Nigerian professionals and Africans through community outreach and empowerment programs

Services offered (Free/Paid): Paid Annual Membership

Languages offered: English and other African languages

Hours of Operation: Not Specified

Address: no physical address

Phone number: 647-988-9915

Email: [info@cnpngo.ca](mailto:info@cnpngo.ca)

Website: [www.cnpngo.ca](http://www.cnpngo.ca)

## HEALTH ORGANIZATIONS



### Health Care Connect

Health Care Connect helps Ontarians without a family health care provider to find a family doctor or nurse practitioner.

Services offered (Free/Paid): Free

Hours of Operation: Monday to Friday, 9am to 5pm

Phone number: 1-800-445-1822

Website: [www.health.gov.on.ca](http://www.health.gov.on.ca)

### Halton Family Health Centre

Walk-in medical clinic with associated family practice doctors and nurses.

Services offered (Free/Paid): Free with OHIP, some paid

Languages offered: English, French, Arabic, Spanish

Hours of Operation: Monday - Friday 9am - 5pm,

Saturday - Sunday 9am 5:00 pm.

Address: 2951 Walkers Line, Burlington, Ontario L7M 4Y1

Phone number: 905-336-3437

Website: [www.haltonfamilyhealth.com](http://www.haltonfamilyhealth.com)







## **Fare Share Food Bank**

Food Bank

Services offered (Free/Paid): Free (proof of income required)

Hours of Operation: Mondays, 10 a.m. to 2 p.m. and  
Thursdays, 3 to 7 p.m.

Address: 1240 Speers Road, Unit 6, Oakville

Phone number: 905-847-3988

Website: [www.oakvillefoodbank.com](http://www.oakvillefoodbank.com)



## **Burlington East Presbyterian Church**

Description: Provides food or food vouchers on a short-term or emergency basis

Services offered (Free/Paid): Free

Hours of Operation: Monday

Address: 505 Walkers Line, Burlington

Contact Person (if available):

Phone number: 905-637-5155

Website: [www.burlingtoneast.net](http://www.burlingtoneast.net)

## **Milton Bible Church**

Description: Emergency food program

Services offered (Free/Paid): Free

Hours of Operation: Thursday

Address: 200 Main Street East, Milton

Phone number: 905-876-3586

Website: [www.miltonbiblechurch.ca](http://www.miltonbiblechurch.ca)



## **St. Christopher's Anglican Church**

Emergency food, clothing, visiting services, mental health counseling to individuals, children and families.

Services offered (Free/Paid): Free

Languages offered: English

Hours of Operation: varies per program, call.

Address: 662 Guelph Line. Burlington, ON L7R 3M8

Phone number: 905-634-1

Email: [opendoorsprograms@stcb.ca](mailto:opendoorsprograms@stcb.ca)

Website: [www.stcb.ca](http://www.stcb.ca)





### Halton Region's Subsidized Housing Program

Halton Region offers an assisted living program which provides personal support

Hours of Operation: All housing services will continue to be delivered by appointment only

Address: 1151 Bronte Road, Oakville L6M3L1

Phone number: 311 or 905-825-6000

Website: [www.halton.ca/For-Residents/Housing-Supports-and-Services](http://www.halton.ca/For-Residents/Housing-Supports-and-Services)

### Halton Housing Help

Service that helps individuals access and maintain safe and affordable housing.

Services offered (Free/Paid): Free

Languages offered:

Hours of Operation:

Address: 690 Dorval Dr, 7th Floor. Oakville, ON L6K 3X9

Phone number: 311 or 905 825 6000

Email: [halton@housinghelpcentre.ca](mailto:halton@housinghelpcentre.ca)

Website: [www.halton.ca](http://www.halton.ca)



### FINANCIAL SUPPORTS

#### Ministry of Children, Community and Social Services, Ontario

Ontario Works Program provides income and employment supports to people who are in temporary financial need

Services offered (Free/Paid): Free (must meet eligibility criteria)

Hours of Operation: 8:30 am to 4:30 pm

Address: 1151 Bronte Road Oakville ON L6K 3M1

Phone number: 311 or 905 825 6000

Website: [www.mcscs.gov.on.ca](http://www.mcscs.gov.on.ca)

### I Am I Can I Will

Non-profit organization focused on empowering minority women and children, globally. Provides COVID-19 support to Halton residents in the GTA since 2020.

Provides financial literacy, anti black racism and mental health webinars

Services offered (Free/Paid): Free (donations, supports, webinars etc.)

Languages: English

Hours of Operation: Irregular hours based on programs

Address: Oakville, ON

Phone Number: 905-5991261

Email: [iamicaniwill4@gmail.com](mailto:iamicaniwill4@gmail.com)

Website: [www.iamicaniwill.me](http://www.iamicaniwill.me)







### Ontario Electricity Support Program (OESP)

Provides \$30 - \$75 discount off monthly gas and hydro bills for low income residents.

Services offered (Free/Paid):

Languages offered: English

Hours of Operation: Monday - Friday 8:30am - 5pm

Phone number: 1-877-632-2727

Email: [publicinformation@oeb.ca](mailto:publicinformation@oeb.ca)

Website: [www.oeb.ca](http://www.oeb.ca)

### National Zakat Foundation

Assist Canadians experiencing financial hardship and unable to meet their essential needs.

Services offered (Free/Paid): Free but must reside in Canada & provide financial proof

Phone number: 1-888-693-2203

Language offered: English, French, Arabic, Urdu, Somali, and Punjabi

Email: [info@nzfcanda.com](mailto:info@nzfcanda.com)

Website: [www.nzfcanda.com/apply/zakat](http://www.nzfcanda.com/apply/zakat)



## LEGAL CLINICS

### Halton Community Legal Services

Helps low income individuals living in Halton with their legal problems

Services offered (Free/Paid): Free

Languages offered: Interpreters available by phone

Hours of Operation: Monday to Friday from 8:30 am to 4:30 pm

Address: 420-690 Dorval Dr., Oakville, ON L6K 3W7

Phone number: 905-875-2069

Website: [www.haltonlegal.ca](http://www.haltonlegal.ca)

### Chinese and Southeast Asia Legal Clinic

Community legal clinic for low income individuals in relation to immigration, social assistance, domestic violence issues etc.

Services offered (Free/Paid):

Languages offered: English; Khmer; Lao 7 other languages.

Hours of Operation: Irregular hours Mon, Tue, Wed, Thurs 9am - 12pm; 1pm - 5pm

Address: Ontario

Phone number: 416-971-9674

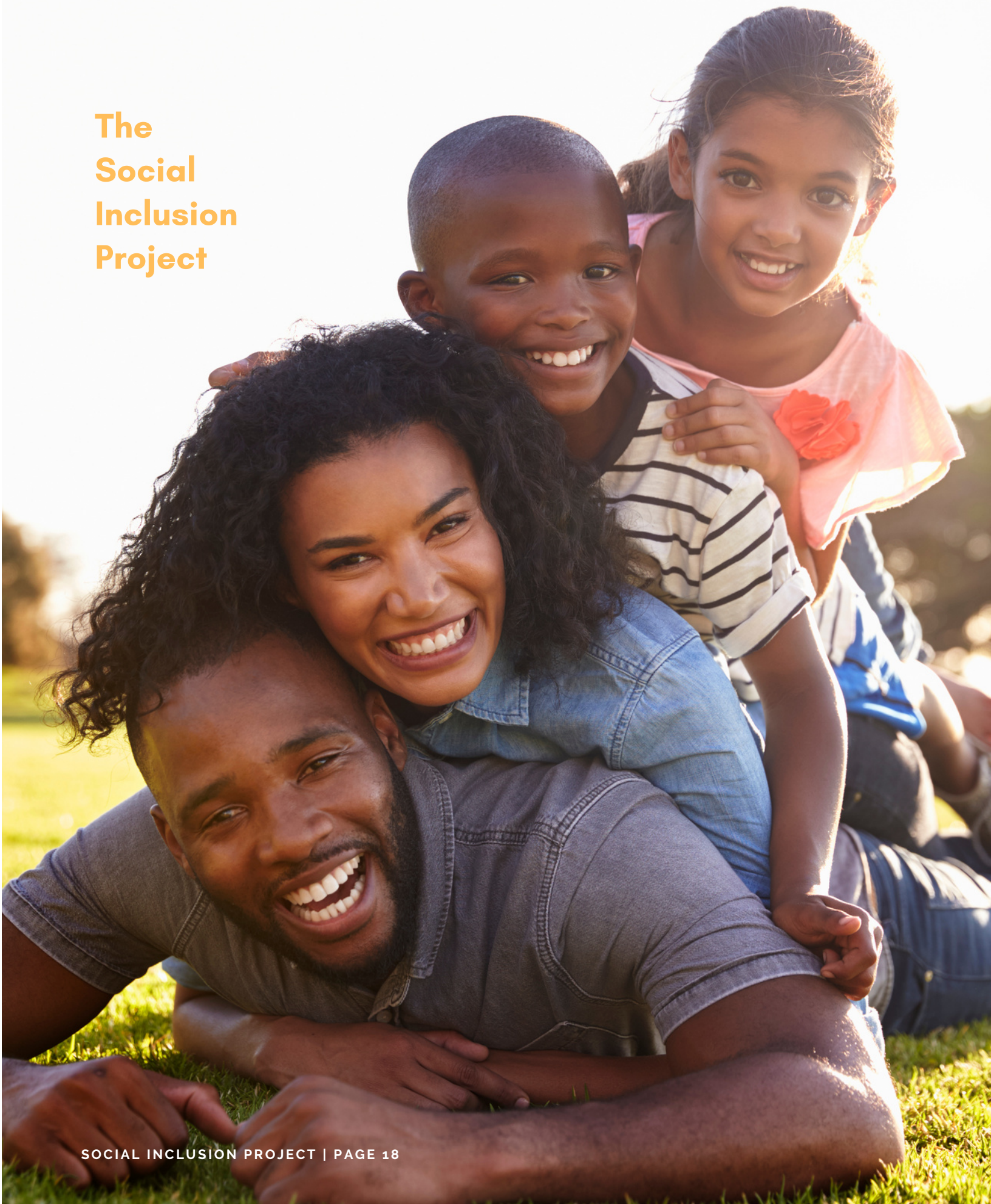
Email: [csalegalclinic@gmail.com](mailto:csalegalclinic@gmail.com)

Website: [www.csalc.ca](http://www.csalc.ca)





# The Social Inclusion Project







### Black Legal Action Centre

Provides free legal services to low & no income Black Ontarians facing issues related to anti-Black racism.

Services offered (Free/Paid): Free (operates virtually during COVID).

Languages offered: English

Hours of Operation: Monday - Friday 9am - 4:30pm,

Tuesday 1:30pm - 4:30pm

Address: 720 Spadina Avenue, Suite 221. Toronto, Ontario, M5S 2T9

Phone number: 18777369406/ 416-597-5831

Website: [www.blacklegalactioncentre.ca](http://www.blacklegalactioncentre.ca)



## Family, Women, Youth and Children Services

### Indus Community Services

Provides employment, LINC programs, settlement, family and health services to newcomers and families.

Services offered (Free/Paid): Free to permanent residents, refugees

Languages offered: English; Arabic; Hindi; Punjabi; Urdu

Hours of Operation: Monday - Friday 9am - 4:30pm

Address: 483 Dundas St W, Unit 209. Oakville, ON L6M 4M2

Phone number: 289-295-0765

Email: [employmentservices@induscs.ca](mailto:employmentservices@induscs.ca)

Website: [www.induscs.ca](http://www.induscs.ca)

### Halton Women's Place

Halton Women's Place provides shelter and crisis services for physically, emotionally, financially and sexually abused women and their dependent children.

Services offered (Free/Paid): free

Hours of Operation: 24-hour daily

Mailing address: 2211 Brant Street, #20060 Burlington, ON L7P 0A4

Phone number: 905-332-7892

Email: [info@haltonwomensplace.com](mailto:info@haltonwomensplace.com)

Website: [www.haltonwomensplace.com](http://www.haltonwomensplace.com)

### Sexual Assault & Violence Intervention Services of Halton

SAVIS provides confidential and non-judgmental support to all survivors of violence including women, men and members of the transgender community.

Services offered (Free/Paid): free

Hours of Operation: 24-hour daily

Address: 515 Rebecca St, Suite 227, Oakville

Phone number: (905)825-3622 Crisis Line 905-875-1555

Email: [savis@savisofhalton.org](mailto:savis@savisofhalton.org)

Website: [www.savisofhalton.org](http://www.savisofhalton.org)

### Halton Children's Aid Society

The Society works with the community to ensure the safety and well-being of children and youth.

Services offered (Free/Paid): Free

Hours of Operation: Monday-Thursday 8:30 am to 7:30 pm, Friday 8:30 am to 4:30 pm

Address: 1445 Norjohn Court Burlington. ON L7L 0E6/ 325 Main Street East, Milton, ON L9T 1P5

Phone number: 905-333-4441

Website: [www.haltoncas.ca](http://www.haltoncas.ca)







### **Art House Halton**

Connects low income Halton families with extra-curricular art program, weekly fresh meals.

Services offered (Free/Paid): Free, summer programs available

Languages offered: English

Hours of Operation: Based on program schedule

Address: 115 George Street, Suite 522. Oakville, ON L6J 0A2

Phone number: 905-467-8851 / 647-869-3009

Email: [don@arthousehalton.com](mailto:don@arthousehalton.com)

Website: [www.arthousehalton.com](http://www.arthousehalton.com)



## **Education & Employment Supports**

### **Halton Industry Education Council**

Nonprofit organization providing education, partnership, mentorship, and workforce development in Halton.

Languages offered: English

Hours of Operation: Monday - Friday 8:30am - 4:30 pm

Address: 5230 South Service Rd, Unit 200, Burlington, ON L7L 5K2

Phone number: 905-634-2575

Email: [info@hiec.on.ca](mailto:info@hiec.on.ca)

Website: [www.hiec.on.ca](http://www.hiec.on.ca)

### **Achev**

Provides employment support, newcomer settlement, language and youth services.

Services offered (Free/Paid): Free

Languages offered: English

Hours of Operation: Monday - Friday 9am - 4pm

Address: 690 Dorval Drive, Suite 100. Oakville, ON, L6K 3X9

Phone number: 905-875-3851

Email: [lac@achev.ca](mailto:lac@achev.ca)

Website: [www.achev.ca](http://www.achev.ca)

### **YMCA of Hamilton, Burlington & Brantford**

Employment and training programs to residents, students, newcomers in Halton.

Services offered (Free/Paid): Free (remote support available)

Languages: English

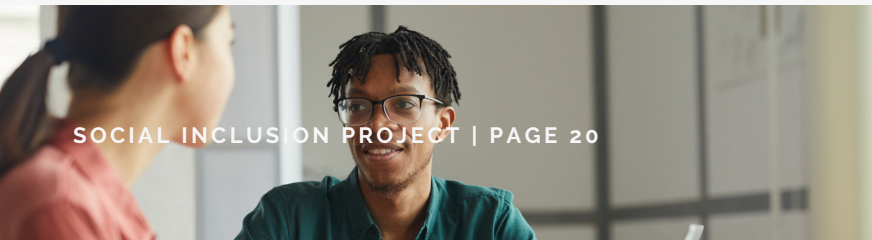
Hours of Operation: Irregular hours based on programs

Address: 500 Drury Lane - Lower Level, Burlington, ON L7R 2X2

Phone Number: 289-208-4632 or 905-681-1149 ext. 6248

Email: [sharon.munslow@ymcahbb.ca](mailto:sharon.munslow@ymcahbb.ca)

Website: <http://www.ymcahbb.ca>



## Mental Health & Addictions Services

### Naseeha Muslim Youth

Provides mental health and confidential phone counselling support to young Muslims.

Services offered (Free/Paid): Free

Languages offered: English

Hours of Operation: Monday to Sunday 12pm - 9pm

Address: 1450 Meyerside Dr, Suite 603.

Mississauga, ON L5T 2N5

Phone number: 905-890-2365

Email: [info@naseeha.net](mailto:info@naseeha.net)

Website: [www.naseeha.org](http://www.naseeha.org)

### Canadian Mental Health Association (CMHA) - Halton Branch

Provides mental health support, counseling, justice service, case management, peer and crisis management in Halton  
Services Offered (Free/Paid): Free and some fees for educational services

Languages offered: English

Hours of Operation: Monday - Friday 8:30 am to 4:30 pm

Address: 1540 Cornwall Road, Unit 102, Oakville, ON L6J 7W5

Phone number: 905-693-4270/ 24hr

Crisis Line: 1-877-825-9011

Email: [info@cmhahrb.ca](mailto:info@cmhahrb.ca)

Website: [www.halton.cmha.ca](http://www.halton.cmha.ca)

### Summit Housing & Outreach Programs - Halton

Provides long-term outreach programs ranging from housing, case management, wellness group, Assertive Community Treatment and justice support to people diagnosed with a serious mental illness.

Services offered (Free/Paid): Free (wait list available), accepts self-referrals

Languages offered: English

Hours of Operation: Monday - Friday 8:30am - 4:30pm

Address: 871 Equestrian Court, Unit 7, Oakville, ON L6L 6L7 (main), Burlington & Milton.

Phone number: 905-847-3206

Email: [info@summit-housing.ca](mailto:info@summit-housing.ca)

Website: [www.summit-housing.ca](http://www.summit-housing.ca)

## Bereavement & Counselling Services

### Acclaim Health

Hospice Care and Bereavement Support

Services offered (Free/Paid): Free

Language offered: English

Hours of Operation: Monday - Sunday, 7am to 11pm

Address: 2370 Speers Rd, Oakville, ON L6L 5M2

Phone number: 1-800-387-7127

Email: [generalinquiries@acclaimhealth.ca](mailto:generalinquiries@acclaimhealth.ca)

Website: [www.acclaimhealth.ca](http://www.acclaimhealth.ca)





**The  
Social  
Inclusion  
Project**







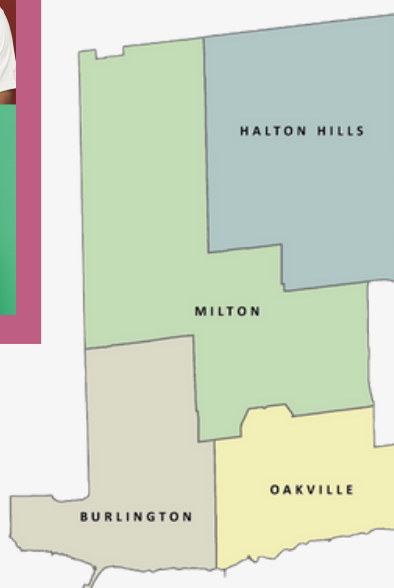
## The Social Inclusion Project

### **Content Disclaimer**

This Resource guide is for information purposes only, and solely for the use of promoting diversity resources in Halton. The information contained in this guide is derived from a number of sources and reasonable steps have been taken to ensure that all information is from reliable and reputable sources. If you have any questions kindly email HEDR at [coordinator@hedroundtable.com](mailto:coordinator@hedroundtable.com)



For More Information:  
[www.hedroundtable.com](http://www.hedroundtable.com)  
[info@hedroundtable.com](mailto:info@hedroundtable.com)



**An Initiative of the Halton Equity & Diversity Roundtable (HEDR)  
Compiled by the Resident-Led Social Inclusion Project Members**

**Funded By:**

**Contributor: Halton Community Services Directory**

