# Mental Health support



### 2. One Stop Talk

Provides free virtual counselling with registered therapists for children and youth under 18 in Ontario. Parents and caregivers can access the service with their child.

**Website:** https://onestoptalk.ca/ **Phone:** 1-855-416-8255

### 3. Lynwood Charlton Center

Provides specialized mental health services for children and youth experiencing significant emotional or behavioural challenges, with programs and access requirements varying by need.

**Website:** https://lynwoodcharlton.ca/ **Phone:** (905) 389-1361

### 5. Kids Help Phone

Provides free, confidential, 24/7 support for young people across Canada through phone and online services. Children can contact a counselor or explore online mental health resources.

**Phone:** https://kidshelpphone.ca/ **Phone:** 1-800-668-6868

**Text:** CONNECT to 686868

### 6. COAST Hamilton — Crisis Outreach and Support Team

Provides 24/7 telephone support for people experiencing a mental health crisis. Parents can call for guidance when a family member is experiencing a mental health emergency.

**Phone:** 905-972-8338

**Website:** https://www.hamilton.ca/people-programs/public-health/mental mental-health/child-adolescent-services

### 7. Hamilton Family Health Team

Provides primary healthcare and may connect families with counselling, mental health support, or other services through participating family practices. Availability depends on the provider.

**Website:** https://www.hamiltonfht.ca/

### 8. Acorn Counselling

Offers counselling and psychotherapy for children, youth, and families. Fees, insurance coverage, and service availability should be confirmed directly with the provider.

**Website:** https://acorncounselling.org/

**You're not alone.** Help is here.

# Academic Support



### 2. One Stop Talk

Provides free virtual counselling with registered therapists for children and youth under 18 in Ontario. Parents and caregivers can access the service with their child.

Website: https://onestoptalk.ca/
Phone: 1-855-416-8255

### 3. Lynwood Charlton Center

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### 8. Acorn Counseling

Offers counselling and psychotherapy for children, youth, and families. Fees, insurance coverage, and services availability should be confirmed directly with the provider.

Website: https://acomcounselling.org/

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Reaching out is a strong first step.

# Free Online Supports



### 1. TVO Learn
Free learning activities aligned with Ontario's curriculum, including math, language, science, and social studies. Select your child's grade to get started.

Website: https://tvolearn.com/

### 2. TVO Learn Mathify
Free online math tutoring with Ontario Certified Teachers for Ontario students in Grades 4–12. A free account is required.

Website: https://mathify.tvolearn.com/

### 3. Khan Academy
Free video lessons and practice exercises in math, science, reading, and other subjects. Helpful for reviewing concepts and learning at your own pace.

Website: https://www.khanacademy.org/

### 4. TVOKids
Educational games and videos based on Ontario's curriculum. Preschool and school-age sections offer playful ways to explore math, science, and other learning topics.

Website: https://www.tvokids.com/

### 5. Mathies
Free interactive math tools, including number charts and visual models, that help children explore concepts and show their thinking.

Website: https://www mathies.ca/

### 6. The Math Learning Center
Free online math tools that use visual models to help children understand concepts such as fractions, numbers, and shapes.

Website: https://www mathlearningcenter.org/apps

### 7. ReadWriteThink — Student Interactives
Reading and writing tools, including story-planning activities and graphic organizers, that help students organize ideas for school assignments.

Website: https://www readwritethink.org/classroom-resources student-interactives

### 8. PBS LearningMedia
Free educational videos, interactive activities, and lessons across subjects.
Website: can search by grade and topic to support classroom learning.

Website: https://www.pbslearningmedia.org/

### 9. NASA Space Place
Games, activities, and short videos about space and Earth science, especially suited to children in the upper elementary grades.

Website: https://spaceplace.nasa.gov/

### 10. TFO Learning Activities
Free French-language learning activities covering subjects from Kindergarten to Grade 8. Useful for families supporting learning in French.

Website: https://apprendre.tfo.org/en

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Reaching out is a strong first step.

# BEFORE AND AFTER SCHOOL PROGRAMS



## 1. YWCA Hamilton — Before and After School Programs

Offers licensed before- and after-school care for children attending participating elementary schools. Activities include learning, healthy snacks, creative play, exploration, and social development.

**Website:** https://wcahamilton.org/programs-services/childrens-services/ before-and-after-school-programs/
**Phone:** 905-522-9922, ext. 140
**Note:** Program locations and spaces vary.

## 2. YMCA of Hamilton-Burlington-Brantford — School Age Child Care

Provides licensed school-age childcare at participating schools, with activities designed to support children's physical, social, emotional, and educational development.

**Website:** https://www.ymcahbb.ca/
**Access:** Check the website for current Hamilton locations and registration information.

## 5. Wesley — Children's and Family Programs

Offers childcare, school-age programs, and family services at participating locations. Parents can inquire about before- and after-school programming, camps, and available community activities.

**Contact:** 905-546-2424 Ext. 4535
**Website:** https://wesley.ca/services/

## EXPLORE. REGISTER. ENRICH.

Visit the websites or contact the organizations above to learn more about before and after school programs.

# Community Programs for Children



## 3. BGC Hamilton-Halton

Offers youth programs, recreation, community activities, and childcare opportunities for children and families. Programs and age requirements vary by location.

**Website:** https://www.bgchh.com/

**Phone:** 905-549-2814

**Address:** 45 Ellis Avenue, Hamilton

## 4. Eva Rothwell Centre

Provides community-based programming for children, youth, and families in Hamilton's North End. Activities and support may include youth enrichment, literacy, and after-school opportunities.

*Note: Check current program eligibility and registration details.*

**Website:** https://www.evarothwell.ca/parent-portal#CHILD-AND-YOUTH-PROGRAMS-ANCHOR

**Phone:** 905-526-1558

**Address:** 460 Wentworth Street North, Hamilton

## 7. City of Hamilton — Recreation Programs

Offers registered recreation activities for children, including sports, swimming, arts, fitness, and other opportunities outside school hours.

**Website:** https://www.hamilton.ca/things-do/recreation

## 8. Hamilton Public Library — Children's Programs

Offers free educational and recreational activities, including STEAM learning, crafts, literacy activities, and other programs for children at participating library branches.

**Website:** https://www.hpl.ca/

**Phone:** 905-546-3200

# City of Hamilton — Recreation Fee Assistance



Provides information about financial assistance that may help eligible residents access municipal recreation programs.

This can help families looking for affordable activities after school.

**CONTACT**

Phone: 905-546-3747 · Email: rap@hamilton.ca

Recreation Customer Service · hamilton.ca/things-do/recreation/customer-service/recreation-assistance-program

# Food Banks and Services



## 1. Neighbour to Neighbour Centre

Provides emergency food assistance and practical support for Hamilton residents and families experiencing financial difficulties.

**Website:** https://n2centre.com/ **Phone:** 905-574-1334

## 2. Good Shepherd Venture Centre Food Bank

Provides emergency food and clothing assistance to eligible individuals and families. Contact the centre to confirm appointment requirements and eligibility.

**Website:** https://goodshepherdcentres.ca/ **Phone:** 905-972-9485

## 3. Mission Services of Hamilton — Good Food Centre

Operates a market-style food bank providing food assistance to individuals and families experiencing food insecurity.

**Website:** https://mission-services.com/food-services/ **Phone:** 905-528-4212

## 4. Welcome Inn Community Centre

Provides emergency food assistance and personal hygiene items for individuals and families who need support.

**Website:** https://welcomeinn.ca/food-bank/ **Phone:** 905-525-5824

## 5. Hamilton Food Share

Connects families with local food banks and meal programs throughout Hamilton. It helps residents locate participating organizations that provide food directly to the public.

**Website:** https://hamiltonfoodshare.org/looking-for-help/ **Phone:** 905-664-9065

## 6. City of Hamilton — Food Access Guide

An online directory of places offering free or low-cost food, meals, and other food assistance programs throughout Hamilton.

**Website:** https://foodaccessguide.ca/

## 7. Hamilton Dream Center — Blue Door Pantry

Provides food and clothing assistance to eligible individuals and families experiencing financial hardship. Contact the organization to confirm current eligibility and appointment requirements.

**Website:** https://www.hamiltondreamcenter.ca/services/ **Phone:** 905-527-8605

## 8. Wesley — Community Services

Offers community programs that include food services, family supports, and other assistance. Families can contact Wesley to find appropriate programs.

**Website:** https://wesley.ca/services/

### CONTACT

Phone: 905-546-3747 · Email: rap@hamilton.ca

Recreation Customer Service · hamilton.ca/things-do/recreation customer-service/recreation-assistance-program

# Hamilton Legal Services



## 1. Hamilton Community Legal Clinic

Helps eligible residents with low incomes address housing problems, social assistance and disability benefits, workers' compensation, and certain legal documents. Contact the clinic to find out whether it can help with your situation.

**Website:** https://hamiltonjustice.ca/en/
**Phone:** 905-527-4572

## 2. Legal Aid Ontario

Helps eligible people access legal assistance for covered issues, including family, criminal, refugee, and immigration matters. Financial eligibility and the type of legal problem determine what assistance is available.

**Website:** https://www.legalaid.on.ca/
**Phone:** 1-800-668-8258

## 3. Hamilton Family Law Information Centre

Provides free information about separation, divorce, family court processes, mediation, and community resources. Ask about access to legal advice and current service availability.

**Website:** https://www.ontario.ca/page/family-law-information-centres
**Phone:** 905-645-6250 — courthouse general inquiries; ask for the Family Law Information Centre.

## 4. Pro Bono Ontario — Free Legal Advice Hotline

Offers free telephone legal advice on issues such as housing and workplace problems. Its employment service supports non-unionized employees. Available to Hamilton residents through its Ontario-wide hotline.

**Website:** https://www.probonoontario.org/about-pbo/
**Phone:** 1-855-255-7256

## 5. Law Society Referral Service

Connects Ontario residents with a lawyer or licensed paralegal offering a free initial consultation of up to 30 minutes to discuss their rights and options. Further legal work may involve fees.

**Website:** https://lsrs.lso.ca/lsrs/loadCustInfoCollectionForm
**Access:** Request a referral online.