

PLEASE NOTE

Please note that times and locations stated within this brochure are subject to change. Although we do our best to keep this information updated, it is advisable that you call these organizations directly for confirmation.

Hamilton Housing Help Centre

Mailing Address

119 Main Street East
Hamilton ON L8N 3Z3

Hours of Operation

Monday Tuesday Thursday Friday
10:00 am - 4:30 pm
Wednesday 12:00 pm - 4:30 pm

Access

P-905-526-8100
F-905-528-1448
www.housinghelpcentre.ca
info@housinghelpcentre.ca

EMERGENCY FOOD

Information about
Food Banks, Meals &
the Soup Van in
Hamilton

Hamilton
Housing
HelpCentre

TEL: 905-526-8100

MEALS

Good Shepherd Men's Centre

135 Mary Street, Hamilton
Phone: 905-528-9109
Monday to Saturday - 3:30 pm - 4:45 pm
Men, women and children welcome.

Hamilton Urban Core Health Centre

71 Rebecca Street, Hamilton
Phone: 905-522-3233
Mondays & Thursdays:
Drop-in - 10 am - 12 pm
3rd Tuesdays of the Month:
Pancake Breakfast - 10 am - 12 pm
3rd Friday of the Month:
Dinner & Movie - 5 pm - 8 pm
3rd Saturday of the Month:
Family Saturday - 9 am - 1 pm

Wesley Urban Ministries Inc.

195 Ferguson Ave. North, Hamilton
Phone: 905-528-5640
Monday to Saturday:
Breakfast: 8:00 am - 8:45 am
Lunch: 12:30 pm - 1:30 pm
Sundays - Dinner: 2:00 pm - 6:00 pm

Olive Branch

195 Rebecca Street, Hamilton
Phone: 905-522-7482
Wednesday—Sunday:
Doors Open: 10:00 am—2:00 pm
Lunch: 12:00 am—1:30 pm
Clothing is available while supplies last.

Salvation Army

94 York Blvd., Hamilton
Phone: 905-527-1444
Pay \$10 per month & get one meal a day, your choice:
Breakfast: Mon - Fri: 7 am - 7:30 am
Sat - Sun: 7:30 am - 8 am
Lunch: every day: 11:15 am - 12 pm
Dinner: Mon - Sat: 4 pm - 4:45 pm
Sun: 3:45 pm - 4:15pm
Church vouchers for meals also available.

YOUTH

Notre Dame

14 Cannon Street W., Hamilton
Phone: 905-308-8090
Sunday to Saturday:
Lunch: 11:30 am - 12:15 pm
Dinner: 4 pm - 4:45 pm
For youth ages 16 - 21 years.

Living Rock Ministries

30 Wilson Street, Hamilton
Phone: 905-528-7625
Monday to Friday:
Breakfast: 7:45 am - 9:30 am
Tuesday, Wednesday, Thursday-
Dinner: 6:30 pm - 9:00 pm
For youth ages 13 - 25 Years

FOOD BANK

DOWNTOWN

Good Shepherd Centre

155 Cannon St. E, Hamilton

Phone: 905-972-9485

Food Bank Information: 289-639-8199

Monday to Friday:

9 am - 11:30 am & 1 pm - 3 pm

Bring a rent receipt, utility bills, proof of income & one piece of ID for adults and children. Services can be used once a month.

Food Bank is open while supplies last.

St. Matthew's House

414 Barton St. E., Hamilton

Phone: 905-523-5546

Monday to Friday:

9 am - 11:30 am & 1 pm - 3:30 pm

Two pieces of ID and proof of income are required for the head of household & one piece of ID for everyone else. Only 1 St. Matthew's food bank location can be used per month.

Welcome Inn

40 Wood St. E., Hamilton

Phone: 905-525-5824

Monday, Wednesday, Friday: 11:30 am - 2 pm. ID required for each household member. Services can be used once per month per household.

Living Rock Ministries

30 Wilson St., Hamilton

Phone: 905-528-7625

Tuesday & Thursday: 1 pm - 4 pm, Wednesday: 1:30 pm - 4 pm, Saturday: 1:30 pm - 6:30 pm

Must be between 13-25 years old. Emergency food hampers also available.

Salvation Army

80 Bay St. N., Hamilton

Phone: 905-540-1888

Monday Tuesday Wednesday, Friday:

9:30 am - 11:30 am & 1 pm - 3:30 pm

Thursday: 9:30 am - 11:30 am

One piece of ID required for each family member. Services can be used once a month.

Mission Services of Canada

196 Wentworth St. N., Hamilton

Phone: 905-528-4212

Walk-in hours:

Monday: 9 am - 11 am

Wed: 9 am - 11 am & 1 pm - 3 pm

Friday: 9 am - 11 am

One piece of ID is required per person along with a recent income statement and rent receipt. Services can be used once every 30 days and are available for the first 50 households each day.

Hamilton Dream Centre

627 Main St. E., Hamilton

Phone: 905-527-8605

By appointment only:

Tues: 9:30 am - 1:30 pm. For clients on OW.

Thurs: 9:30 am - 1:30 pm. For clients on ODSP.

(Both above service the Wellington St. to Parkdale Ave & Cumberland Ave to Burlington St. areas)

Tues: 5pm - 6:30 pm. For all working families and students in Hamilton.

Food, clothing and at times small household items available.

FOOD BANK

EAST END

St. Matthew's House

785 Britannia Ave., Hamilton

(Inside St. Helen's School)

Phone: 289-684-8716

Monday & Thursday: 9 am - 12 pm

Only 1 food bank location can be used once a month.

MOUNTAIN

Neighbour to Neighbour

28 Athens St., Hamilton

Phone: 905-574-1334

Monday to Wednesday: 9:30 am - 3:30 pm

Thursday: 1:00 pm - 8:00 pm

Emergency & Supplementary Food

Must live on the mountain

ID required for each family member, proof of income & address. Services can be used once a month.

7th Day Adventist Church Community Food Bank

284 Concession St., Hamilton

Phone: 905-575-8764

Wednesday: 6 pm - 7 pm (Side Door)

Services can be used once a month (4 weeks from last visit). ID is required.

FLAMBOROUGH

Flamborough Food Bank

1432 Centre Rd., Flamborough

Phone: 905-690-1036

Services residents of Flamborough, Waterdown & area.

Wednesday: 1 - 3 pm, 7 - 8:30 pm

Income information is required.

STONEY CREEK

Stoney Creek Food Bank

605 Highway 8, Stoney Creek

Phone: 905-643-2090

Monday: 9:30 am - 1 pm

Wednesday: 9:30 am - 1 pm

Thursday: 9:30 am - 1 pm

Must live in Stoney Creek.

DUNDAS

Salvation Army

150 King St. W., Dundas

Phone: 905-627-0572

Services residents of Dundas, Flamborough, Waterdown & West Hamilton.

Monday to Thursday:

9 am - 11:30 am & 1 pm - 3:30 pm

ID is required.

SALVATION ARMY SOUP VAN

MacNab & Strachan

8 pm - 8:45 pm

Catherine & Rebecca St.

9 pm - 9:45 pm

Barton & Birch St.

10 pm - 10:45 pm

OPERATES 7 DAYS A WEEK