

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.

Housing Help Centre - Hamilton & Area

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

Housing
Help Centre
Hamilton & Area

TEL: 905-526-8100

MEALS

Good Shepherd Men's Centre

135 Mary Street, Hamilton
Phone: 905-528-9109
Monday to Friday- 3:30 pm - 4:45 pm
Saturday 11:30 am—12:30 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 - 10 am - 1 pm

De Mazenod Door Outreach

St Patrick's Roman Catholic Church
440 King Street E
Breakfast: Daily 10 am—11 am
Lunch: Saturday—Thursday 11 am—1 pm
Friday BBQ Lunch 1 pm

King's Way Outreach Centre

649 King Street E., Hamilton
Phone: 905-296-9473
Breakfast: Mon-Thurs 11 am—12:30 pm
Lunch: Mon—Thurs 1:30 pm—3:00 pm
Friday Pizza Night 6 pm—9 pm

New Vision United Church

24 Main Street W., Hamilton
Phone: 905-522-6843
Thursday Outreach Program
Doors Open: 10:00 am (tea and coffee)
Lunch served at 12:00

Hamilton Community Food Centre

310 Limeridge Rd W Unit 10, Hamilton
Phone: 905-574-1334 ext. 205
Thursday Dinner 5:30 pm - 6:30 pm

Friday Lunch 12:30 pm - 1:30 pm

Good Food Market and Café

Low-cost weekly fruit and vegetable market.
Saturday 10:30 am-12 pm

541 Eatery & Exchange

541 Barton St E., Hamilton
Phone: 289-389-0541
Non-profit café on Barton Street East, where you can pay-it-forward by turning dollars into buttons. Anyone can use 5

YOUTH

Best Start Breakfast Program

460 Wentworth Street N
Phone: 905-526-1558
Monday to Friday 7:00 am—8:30 am
Children within school catchment area

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-

ALERT: Due to the evolving situation surrounding COVID-19, always ensure to call each agency to confirm times and services are still as indicated.

FOOD BANKS

DOWNTOWN

Salvation Army

80 Bay St. N., Hamilton
Phone: 905-540-1888

By appointment only:

Monday, Tuesday, Wednesday, Friday:
9:30 am - 11:45 am & 1 pm - 3:30 pm
Thursday: 9:30 am - 11:30 am

Closed on Holidays

One piece of ID required for each family member. Proof of rent, address and income statements. Services can be used once a month.

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

Closed on Holidays

Two pieces of ID, proof of income, proof of rent payment, proof of bills 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, Thursday: 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 - 4:30 pm
Must be between 13-25 years old.

Good Shepherd Centre

155 Cannon St. E, Hamilton
Phone: 905-972-9485

By appointment only:

Monday to Friday:

9 am - 12 pm & 1 pm - 3 pm

Bring a rent receipt, proof of income, proof of address & one piece of ID for adults and children. Services can be used once a month
Food Bank is open while supplies last.

Mission Services of Canada

196 Wentworth St. N., Hamilton
Phone: 905-528-4212

Walk-in hours:

Monday, Wednesday, Friday:

9:30 am - 12 pm

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

Service the Wellington St. to Parkdale Ave & Cumberland Ave to Burlington St. areas

WATERDOWN

Food with Grace Waterdown Food Bank

157 Mill Street North
(Parking accessed from 182 Main St N)
Phone: 905-689-6715
Tuesday 2 pm—6 pm

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.

Ancaster Community Services

300 Wilson St E., Ancaster

Phone: 905-648-6675

By appointment only:

Monday, Tuesday: 9:00 am—3:30 pm

FLAMBOROUGH

Flamborough Food Bank

1432 Centre Rd., Flamborough

Phone: 905-690-1036

Services residents of Flamborough, Waterdown & area.

STONEY CREEK

Stoney Creek Food Bank

605 Highway 8, Stoney Creek

Phone: 905-643-2090

Monday, Wednesday, Thursday

9:30 am - 1 pm

DUNDAS

Salvation Army

150 King St. W., Dundas

Phone: 905-627-0572

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

Closed on Holidays

By appointment only:

Monday, Wednesday:

9:30 am - 11:45 am

Friday :

9:30 am - 11:45 am 1 pm - 3:30 pm

One piece of ID for all member of the household. Proof of rent, address and current income.

Jewish Social Services

Kosher Food Bank

30 King Street E., Dundas

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

SALVATION ARMY SOUP VAN

MacNab & Strachan

8 pm - 8:45 pm

Catherine & Rebecca St.

9 pm - 9:45 pm

Barton & Birch St.

OPERATES 7 DAYS A WEEK