

## 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 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  
3<sup>rd</sup> Tuesdays of the Month:  
Pancake Breakfast - 10 am - 12 pm  
3<sup>rd</sup> Friday of the Month:  
Dinner & Movie - 5 pm - 8 pm  
3<sup>rd</sup> 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: 8:30 am - 9:00 am  
Lunch: 12:00 pm - 1:00 pm  
Sundays - Dinner: 4:00 pm - 5:00 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.

### **Hamilton Community Food Centre**

310 Limeridge Rd W Unit 10, Hamilton  
Phone: 905-574-1334 ext. 305  
Thursday Dinner 5:30 pm - 6:30 pm  
Friday Lunch 12:30 pm - 1:30 pm

## 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.

### **7<sup>th</sup> 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**