



Fresh Start
CLINIC

COMMUNITY RESOURCES
HAMILTON/STONEY CREEK

1-866-840-7474

www.freshstartclinic.ca

ADDICTION SERVICES/SUPPORT GROUPS

Al-Anon http://www.alanonhamiltonburlington.ca/contact/	905-522-1733
Alcoholics Anonymous http://www.hnhbhealthline.ca/displayservice.aspx?id=80504	905-522-8399
Center for Addiction and Mental Health (CAMH) www.camh.ca	1-866-622-4636
COAST Hamilton www.coasthamilton.ca	905-972-8338
Alcohol, Drug & Gambling Services (ADGS) 21 Hunter Street East, 3 rd floor, Hamilton https://www.hamilton.ca/public-health/clinics-services/alcohol-drug-gambling-services	905-546-3606
Cocaine Anonymous http://ca-on.org	1-866-550-5205
Drug and Alcohol Registry of Treatment (DART) http://www.drugandalcoholhelpline.ca	1-800-565-8603
Hamilton Men's Withdrawal Management Centre 595 Main Street East, Hamilton http://www.hhsc.ca/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=17	905-527-9264
Narcotics Anonymous 558 Queenston Road, #15, Hamilton https://411.ca/business/profile/2971812	905-522-0332
Womankind Addiction Services 431 Whitney Avenue, Hamilton https://www.stjoes.ca/hospital-services/mental-health-addiction-services/addiction-services/womankind-addiction-service	905-545-9100

COUNSELLING SERVICES

Alternatives for Youth (AY) - Ages 12 - 22 https://ay.on.ca	905-527-4469
Canadian Mental Health Association – Hamilton 131 John Street South, Hamilton http://cmhahamilton.ca	905-521-0090

Catholic Family Services (CFS) – Walk in counselling clinic 447 Main Street East, Suite 201, Hamilton http://www.cfshw.com	905-527-3823
Hamilton Mental Health Outreach 987 King Street East, Suite 103, Hamilton http://www.mentalhealthhelpline.ca/Directory/Organization/1665	905-522-9767
Mission Services of Hamilton 196 Wentworth Street North, Hamilton http://www.hnhbhealthline.ca/displayService.aspx?id=81862	905-528-0389
Urban Core 71 Rebecca Street, Hamilton http://www.hucchc.com/contact.html	905-522-3233
West Niagara Mental Health Program 167A Main Street East, Grimsby https://www.westniagramentalhealth.com	905-309-3336

FOOD BANKS/MEAL PROGRAMS

Meals on Wheels 414 Victoria Avenue North, Suite M2, Hamilton http://www.von.ca/en/hamilton/service/meals-wheels	905-522-1022
Hamilton Food Share 339 Barton Street, Stoney Creek https://www.hamiltonfoodshare.org/about-us/member-agencies-of-hamilton-food-share/	905-664-9065

SUPPORT PROGRAMS

Living Rock Youth Resources (food, clothing, employment) http://www.livingrock.ca	905-528-7625
Legal Aid 110 King Street West, Suite 780, Hamilton http://www.hnhbhealthline.ca/displayService.aspx?id=80748	905-528-0134
Hamilton Community Legal Clinic (McQuesten) 360 Queenston Road, Hamilton http://www.phonepages.ca/ON/Hamilton/Mc-Questen-Legal-Cmnty-Svc-b7445011	905-545-0442
Ontario Drug Benefit Program www.ontario.ca/page/get-coverage-prescription-drugs	1-866-532-3161
Ontario Ministry of Health and Long Term Care (Health Card Renewal) Hamilton – 119 King Street West Hamilton East – 163 Centennial Parkway North Grimsby – 41 Main Street West, Unit A https://www.ontario.ca/page/health-card-renewal-replacement-and-cancellation	1-800-267-8097

HOUSING HELP/SHELTERS

Good Shepherd Family Shelter (Families) 143 Wentworth Street South, Hamilton http://www.hnhbhealthline.ca/display/service.aspx?id=81487	905-528-9442
Good Shepherd – Outreach Women’s Services 30 Pearl Street North, Hamilton http://www.hnhbhealthline.ca/display/service.aspx?id=81380	905-523-8766
Hamilton Housing Help Centre http://www.housinghelpcentre.ca	905-526-8100
Inasmuch House (Women’s Shelter) http://www.mission-services.com/programs-and-services/womens-services/inasmuch-house/index.html	905-529-8149
Interval House (Women’s Shelter) 630 Sanatorium Road, Hamilton https://intervalhousehamilton.org/contact	905-387-9959
Martha’s House (Women’s Shelter) 120 Cannon Street East, Hamilton https://411.ca/business/profile/14101209	905-523-8895
Mission Services – Men’s Shelter 325 James Street North, Hamilton http://local.thespec.com/hamilton-on/community/family-and-social-services/mission-services-905-528-7635	905-528-7635
Notre Dame Youth Shelter 14 Cannon Street West, Hamilton http://www.hnhbhealthline.ca/display/service.aspx?id=82087	905-308-8090
Salvation Army 535 Main Street East, Hamilton 94 York Boulevard, Hamilton 59 King Street East, Hamilton 138 Herkimer Street, Hamilton 300 Winterberry Drive, Stoney Creek	905-527-6212 905-527-1444 905-521-0548 905-522-7336 905-573-0635
Wesley Urban Ministries 52 Catharine Street North, Hamilton http://wesley.ca	905-528-5629
YMCA Downtown Men’s Residence 79 James Street South, Hamilton http://www.hnhbhealthline.ca/display/service.aspx?id=81627	905-317-4912

HEALTH PARTNERS/MEDICAL SERVICES

Aboriginal Health Services Hamilton 678 Main Street East, Hamilton http://aboriginalhealthcentre.com	905-544-4320
Barrett Centre for Crisis Support 135 Mary Street, Hamilton http://www.goodshepherdcentres.ca/barrett-centre-for-crisis-support	905-529-7878
Canadian Cancer Society Smoker’s Helpline http://www.smokershelpline.ca	1-877-513-5333

East Region Mental Health Services 2757 King Street East, Hamilton https://www.stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/east-region-mental-health-services-ermhs-	905-573-4801
Hamilton Community Health Centre 414 Victoria Avenue North, Hamilton http://hchc-fho.ca	905-529-5221
Hamilton Public Health Department https://www.hamilton.ca/public-health	905-546-2489
Health Bus (Dental) Hamilton/Stoney Creek http://hamiltonbeststart.ca/dental-health-bus/	905-546-2489
Hepatitis C – AVIVA	905-662-3303
Ontario Information (Dial 211) Assistance with housing, food, money www.211ontario.ca	Dial 211
Medical Walk In Clinic – Stoney Creek 140 Centennial Parkway North, Unit 2A, Hamilton http://www.hnhbhealthline.ca/display/service.aspx?id=81537	905-561-9255
Mental Health Helpline	1-866-531-2600
SACHA Sexual Assault Centre 75 MacNab Street South, 3 rd floor, Hamilton http://sacha.ca	905-525-4573
Sexual Health Clinic Hamilton (Birth Control) http://sexualhealthontario.ca/city-of-hamilton-public-health/	905-528-5894
Tobacco Hotline Hamilton http://www.hnhbhealthline.ca/display/service.aspx?id=81436	905-540-5566
Van Needle Exchange http://www.aidsnetwork.ca/van	905-317-9966
