



Recreational Services

City of Hamilton, Recreation
905-546-3747
hamilton.ca/parks-recreation

Speech/Language, Vision & Hearing

Blind/Low Vision & Infant Hearing Program
905-385-7927 x227
ascy.ca/ew-intro
Preschool Speech & Language Program
905-381-2828
ascy.ca/ew-intro

Primary Care

Hamilton Health Sciences Urgent Care
905-521-2100 x72000
Prenatal/Postnatal Support
Call Health Connections
905-546-3550
To find a Family Physician
hamiltondoctors.ca

Parental Well-Being & Parenting

Growing Together Resource
mcmasterchildrensfamily-resourcecentre.ca
Health Connections
905-546-3550
Ontario Early Years Centre / Parent & Family Literacy Centre
hamiltonbeststart.ca
905-524-4884

Infant/Child Developmental, Behavioural & Mental Well Being

CONTACT Hamilton
905-570-8888
Contact your Family Physician
Healthy Babies, Healthy Children
905-546-3550
McMaster Children's Hospital
mcmasterchildrenshospital.ca
Autism Spectrum Disorder Program
905-521-2100 x77758
Developmental Pediatrics & Rehabilitation Program
905-521-2100 x77950
Infant Parent Program
905-521-2100 x77406

Basic Needs

Food Access Guide
905-528-8127
Home Management, City of Hamilton
905-546-6280
Housing, City of Hamilton
905-546-2483
hamilton.ca/housing
Ontario Works, City of Hamilton
905-546-4800

Newcomer & Ethno Cultural Services

Immigrants Working Centre
905-529-5209
iwchamilton.ca
Wesley Urban Ministries
905-528-5629
YMCA Immigrant Settlement Services
905-662-9400

Early Learning & Child Care

Early Years Information Line
905-524-4884
Hamilton Child Care Registry
childcare.hamilton.ca

Program Descriptions & Additional Supports



Basic Needs

Dental Services, City of Hamilton
hamilton.ca/public-health/clinics-services/dental-health-bus

Financial Supports Catalogue
Information about benefits, tax credits, and local programs that provide financial assistance to help families with basic needs.
hamiltonbeststart.ca/community-initiatives

Food Access Guide 905-528-8127
A complete list of places in Hamilton where you can get food either for free or for a low cost. The listings include non-profit, community-based food assistance providers.
foodaccessguide.ca

Home Management, City of Hamilton
905-546-6280
Teaches individuals, families and groups, through practical instruction and coaching, the skills necessary to be more successful and independent in their day to day living.
hamilton.ca/social-services/support-programs/home-management-program

Housing, City of Hamilton 905-546-2483
Find information on homelessness prevention, social housing administration, affordable housing, hostels and emergency shelters.
hamilton.ca/housing

Ontario Works, City of Hamilton 905-546-4800
Provides income and employment assistance for those in temporary financial need.
ontario.ca/socialassistance



Primary Care

Aboriginal Health Centre 905-544-4320
Assists Aboriginal people in accessing culturally appropriate preventive and primary healthcare programs and services.
aboriginalhealthcentre.com

Centre de Santé Communautaire 905-528-0163
A multi-service agency providing health and social services to French-speaking clients in Hamilton.
cschn.ca

HamiltonDoctors.ca
A web-based resource useful in finding Family Physicians who are accepting patients.
hamiltondoctors.ca

Hamilton Family Health Team
Hamilton FHTs are community health care providers who offer multiple services and resources under one roof as well as user-friendly, web-based resources on their website.
hamiltonfht.ca

Health Connections 905-546-3550
Call a Public Health Nurse (PHN) who can provide expectant parents and families of children under six with support, information on a wide range of family health topics. PHNs help families identify their needs and link families with community resources and services.



Speech/Language, Vision & Hearing

Blind/Low Vision Program 905-385-7927 x221
Provides children who are blind or have low vision and their parents with education and support.
ascy.ca/ew-intro

Infant Hearing Program 905-385-7927 x227
Identifies and provides services to young children (and their families) born deaf, hard-of-hearing, or at risk for developing a hearing impairment in early childhood.
ascy.ca/ew-intro

Preschool Speech & Language Program
905-381-2828 x224
Umbrella organization of Hamilton's preschool speech and language services for young children. Parents, childcare providers and other professionals can call for info about children's speech/language development.
ascy.ca/ew-intro



Parental Well-Being & Parenting

Catholic Children's Aid Society 905-525-2012
Provides child welfare services to Catholic families and children in Hamilton.
hamiltonccas.on.ca

Catholic Family Services 905-527-3823
Provides a range of services related to social problems that disrupt individual and family living. Individuals of all denominations welcome.
cfshw.com

Children's Aid Society 905-522-1121
Works to protect children from physical, sexual and emotional abuse and neglect, and with parents to address concerns and resolve issues that impact a child's safety and well-being.
hamiltoncas.com

COAST 905-972-8338
24-hour crisis line for Hamiltonians who have serious mental health issues and are in crisis.
coasthamilton.ca

Health Connections 905-546-3550
Call a Public Health Nurse (PHN) who can provide expectant parents and families of children under six with support, information on a wide range of family health topics. PHNs help families identify their needs and link families with community resources and services.

Ontario Early Years Centres (OEYC) 905-524-4884
Children 0-6 and parents/caregivers can take part in programs and activities together. Parents and caregivers can also get information about their children's development and supporting services.
hamiltonbeststart.ca/oeyc

Parent & Family Literacy Centres (PFLC)
905-524-4884
These are free school-based programs for families with children 0-6 years that run during the school day. They support early literacy, familiarize children with school staff and routines and connect families with other programs and services in their community.
hamiltonbeststart.ca/pflc

Youth Pregnancy Care Pathway
System navigation and process tool to guide healthcare and service providers in connecting pregnant youth to supports and offering best possible care.
Youth Pregnancy Care Pathway for Service Providers:
informationhamilton.ca/hbwc/carepathway
Young Parent Resource Tool (for pregnant youth):
informationhamilton.ca/ypn/resourcetool



Recreational Services

Recreation Services, City of Hamilton
905-546-3747
Find out more information about a variety of programs available for families within the City of Hamilton.
hamilton.ca/parks-recreation

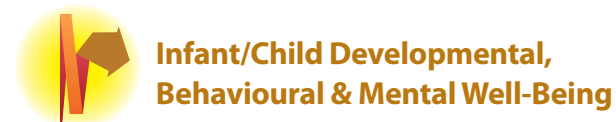


Newcomer & Ethno Cultural Services

Immigrants Working Centre 905-529-5209
Essential settlement services for newcomers to Canada and are available at four locations as well as online.
iwchamilton.ca

Wesley Urban Ministries Resettlement Assistance Program 905-528-5629
The Resettlement Assistance Program (RAP) provides temporary accommodation to Government Assisted Refugees during their initial days in Canada.
wesley.ca

YMCA Immigrant Settlement Services
905-662-9400
Provides support and services to Newcomers to Canada
ymcahbb.ca



Infant/Child Developmental, Behavioural & Mental Well-Being

Check It Out Drop In 905-524-4884
Free drop-ins across Hamilton for families w/ children 0-6 featuring a team of community professionals who can answer questions and provide information regarding a child's growth, development and/or behaviour.
hamiltonbeststart.ca/check-it-out

CONTACT Hamilton 905-570-8888
This is the first point of access for children's mental health services, youth with emotional, behavioural or developmental concerns and adults with developmental disabilities.
contacthamilton.ca

Health Connections 905-546-3550
Call a Public Health Nurses (PHN) who can provide expectant parents and families of children under six with support, information on a wide range of family health topics. PHNs help families identify their needs and link families with community resources and services.

Healthy Babies, Healthy Children
Public Health Nurses and Family Home Visitors provide free home visits to families during pregnancy and after birth up to school entry to promote positive parent/child relationships, healthy growth and development and family well-being. For more information or to self-refer to the program, call the Health Connections at 905-546-3550.
hamilton.ca/search/home-visiting

McMaster Children's Hospital – Autism Services 905-521-7950 x77758
Provides assessment, treatment and consultation services for children and adolescents ranging in age from 2 to 18 years diagnosed with autism spectrum disorders.
mcmasterchildrenshospital.ca/body.cfm?id=65

McMaster Children's Hospital – Developmental Pediatrics & Rehabilitation Program
905-521-2100 x77950
Provides outpatient services to children with developmental, behavioural, physical, or communication needs and their families.
mcmasterchildrenshospital.ca/body.cfm?id=203

McMaster Children's Hospital – Exercise & Nutrition Centre 905-521-2100 x77967
Clinical programs involve consultation, education, medical care, and prescription of physical activity, nutrition, and lifestyle alterations to modify health-related behaviours of patients, their families, and caregivers.
mcmasterchildrenshospital.ca/body.cfm?id=70

McMaster Children's Hospital – Feeding & Swallowing Clinic 905-521-2100 x75013
This clinic requires a physician referral and provides outpatient care for children with feeding and/or swallowing difficulties.
mcmasterchildrenshospital.ca/body.cfm?id=76



Early Learning & Child Care

Child Care Fee Subsidy 905-546-4870
Financial assistance for eligible families who need child care for children aged 0-12 years old.
hamilton.ca/childcare

Early Years Information Line 905-524-4884
Use this resource to find Child Care as well as Early Years and Early Learning Centres close by.

Hamilton Child Care Registry
A central application and registry for all families looking for licensed child care in Hamilton.
childcare.hamilton.ca

Therapeutic Referral for Child Care
905-546-2424 x4872
By referral from a professional, families may be eligible for a child care placement, when a child is deemed at risk.
hamilton.ca/social-services/child-care/about-child-care-fee-subsidy