



# Halton's Older Adults Social Supports Service List

Prepared by Connection in Action.

Connection in Action supports adults aged 55+ who live in Halton by providing information on opportunities for increasing social connections, social networks, friendships, and companionship.

Connection in Action also supports communities across Halton by raising awareness about issues impacting older adults through our LITE (Loneliness, Isolation to Empowerment) Education.

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**(905) 844-2299**

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**www.ConnectionInAction.ca**

Community  
Safety &  
Well-Being  
in Halton



# Table of Contents

Information .....	2
Non-emergency .....	2
Mental Health Crisis Supports .....	2
Mental Health and Elder Abuse Supports .....	3
Social Supports .....	4
Support Groups .....	5
Caregiver Supports .....	5
Recreation and Libraries .....	6
Seniors' Associations and Committees .....	6
Newcomers and Immigrants .....	7
In-Home Supports .....	7
Meal Supports .....	7
Volunteer .....	7



Halton Older Adult Social Supports	Phone Number
<b>Information</b>	
<b>Halton Region Services</b> (call to find, pay, register, report or request services and general information from Halton Region)	311 or (905) 825-6000 TTY: (905) 827-9833
<b>211 Ontario</b> (24hr line for social services and programs in Ontario)	211 or 1(877) 330-3213 TTY: 1 (855) 405-7446
<b>Non-emergency</b>	
<b>Halton Region Police Service</b>	(905) 825-4777
<b>Fire Departments</b>	
Burlington .....	(905) 637-8207
Halton Hills .....	(905) 877-1133
Milton .....	(905) 878-9251
Oakville .....	(905) 637-8253
<b>Health 811</b> (24hr line for non-urgent health care information)	811 TTY: 1 (866) 797-0007
<b>Halton Region Paramedic Services</b>	1 (800) 668-7821
<b>Mental Health Crisis Supports</b>	
<b>988 Canada's Suicide Crisis Hotline</b> (24hrs)	988
<b>Senior Safety Line, Elder Abuse Prevention Ontario</b> (24hr crisis and support line)	1 (866) 299-1011
<b>Crisis Outreach and Support Team (COAST)</b>	1 (877) 825-9011
<b>Halton Women's Place</b> (24hr crisis and support line, shelter)	
North Halton .....	(905) 878-8555
South Halton .....	(905) 332-7892
<b>Sexual Assault and Violence Intervention Services of Halton (SAVIS)</b> (24hr crisis line)	(905) 875-1555

## Mental Health and Elder Abuse Supports

<b>Canadian Mental Health Association (CMHA) Halton Region Branch</b>	(905) 693-4270 or 1 (877) 693-4270
<b>Women's Centre of Halton</b> (no fee, counselling, peer support, workshops, etc.)	(905) 847-9104
<b>Ontario Caregiver Helpline</b> (no fee, 24hr line for resources and referrals)	1 (833) 416-2273
<b>Connex Ontario</b> (no fee, 24hr line for mental health and addiction services)	1 (866) 531-2600
<b>Distress Centre Halton</b> (no fee, 24hr crisis line, loneliness, emotional stress, bereavement, and more)	
Burlington .....	(905) 681-1488
Halton Hills / Milton .....	(905) 877-1211
Oakville .....	(905) 849-4541
<b>Seniors Forum Canada</b> (55+, no fee, volunteer counsellors provide support to socially isolated seniors)	(647) 922-5925

## Social Supports, Social Connections

<b>Connection in Action</b> (55+, no fee, M-F 8:30am – 4:00pm, call for information about programs and services, resources, and referrals)	(905) 844-2299
<b>Friendly Visiting and Calling</b> (in-person visits & phone calls with isolated older adults)	
<b>Friendly Visiting &amp; Tele-Touch, Acclaim Health</b> ..... (65+, no fee)	(905) 827-8800
<b>Links2Care</b> ..... (65+ & adults with disabilities, no fee)	(905) 844-0252
<b>TeleCheck, Distress Centre Halton</b> ..... (any age, no fee)	(905) 849-4559 x 104
<b>Phone-A-Friend, Town of Oakville</b> ..... (50+, no fee)	(905) 845-6601 dial 0
<b>Connect &amp; Share, March of Dimes Canada</b> ..... (no fee, adults with a disability are matched with a virtual volunteer)	1 (877) 427-6990
<b>Memory Visiting, Acclaim Health</b> ..... (18+, no fee, for people experiencing early to mid-stages of memory impairment due to dementia, stroke or injury)	(905) 827-8800
<b>Sisters Circle, Seniors Forum Canada</b> (55+ women, no fee, women of diverse ethnic backgrounds, religion, culture, and race to learn, socialize in active aging activities)	(647) 922-5925
<b>Alzheimer Society</b> (any age, no fee with one program exception, range of health, wellness, and social programs for those living with early to mid-stage dementia and their guest)	(289) 837-2310
<b>Bob Rumball Canadian Centre of Excellence for the Deaf</b> (wide range of services for Deaf, Hard of Hearing and Deafened Seniors along the continuum of care)	(416) 899-8758 Email: HDSCC@bobrumball.org

<b>Support Groups (no fee)</b>	
<b>ALS Society of Canada</b>	1 (800) 267-4257
<b>Alzheimer Society</b> (peer and caregiver support)	(289) 837-2310
<b>Arthritis Society</b>	1 (800) 321-1433
<b>Canadian Diabetes Association</b>	1 (800) 226-8464
<b>Canadian National Institute for the Blind (CNIB)</b>	1 (800) 563-2642
<b>Parkinson Canada</b>	1 (800) 565-3000
<b>Bereavement Support Groups</b>	
<b>Bereaved Families of Ontario</b> (tele-support and groups) ...	(905) 848-4337
<b>Acclaim Health</b> .....	1 (800) 387-7127
<b>Caregiver Supports</b>	
<b>Caregiver Support Groups</b>	
<b>Acclaim Health</b> .....	1 (800) 387-7127
(for caregivers of persons with dementia)	
<b>After Stroke Community Conversation, March of Dimes</b> ..	1 (800) 263-3463
(no fee, virtual, for survivors and caregivers)	
<b>Home Caregiver Support Program, St John Ambulance</b> ..	(905) 469-9325
(no fee, for caregivers of persons suffering from chronic or terminal illnesses)	
<b>Ontario Caregiver Online Support Group</b> .....	1 (888) 877-1626
(no fee, for people who provide physical and emotional support to a family member, partner, friend or neighbour)	
<b>The Regional Learning Centre</b>	(905) 829-7006
(no fee, education for caregivers)	

## Recreation and Libraries

### Senior Centres (fee)

<b>Burlington Seniors Centre (55+)</b> .....	(905) 335-7888
<b>Hillsview Active Living Centre, Acton (50+)</b> .....	(519) 853-5951
<b>Hillsview Active Living Centre, Georgetown (50+)</b> .....	(905) 877-6444
<b>Milton Seniors Activity Centre (55+)</b> .....	(905) 875-1681
<b>Oakville Seniors Centres (50+)</b> .....	(905) 845-6601 x 3976

<b>TelePALS, City of Burlington</b> (no-fee, phone-in adult recreation discussion program)	(905) 335-7738 x 4662
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<b>Without Walls (WOW), Town of Oakville</b> (50+, no fee, 30 to 60-minute multi-person phone conversations)	(905) 845-6601 x 3979
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<b>Seniors Fitness Program, Seniors Forum Canada</b> (55+, no fee, on-line, one-hour sessions, all abilities, diverse ethnic backgrounds, religion, culture, and race)	(647) 922-5925
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### Public Libraries

<b>Burlington</b> .....	(905) 639-3611
<b>Halton Hills</b> .....	(905) 873-2681
<b>Milton</b> .....	(905) 875-2665
<b>Oakville</b> .....	(905) 815-2042

## Seniors' Associations and Committees

<b>Halton's Older Adult Advisory Committee</b>	(905) 825-6000 x 7990
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<b>Burlington's Seniors' Advisory Committee</b>	(905) 335-7600 x 7458
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<b>Oakville's Seniors Working Action Group (SWAG)</b>	(905) 466-6212
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<b>Halton Seniors Advocacy Group</b>	(905) 319-7345
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<b>Partnering Aldershot Seniors Committee</b>	(905) 516-5157
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## Newcomers and Immigrants

<b>HMC Connections</b> (settlement services, conversation groups, and more)	(905) 842-2486
<b>Centre for Skills Development</b> (settlement services)	1 (888) 315-5521
<b>Seniors Engagement and Empowerment Program, <i>Achev</i></b> (no fee, for immigrant, racialized, low-income seniors, social isolation and loneliness, elder abuse, and more)	(905) 875-3851 x 5005

## In-Home Supports

<b>Home and Community Care Support Services</b> (formerly known as CCAC or LHIN) Oakville, Milton, Halton Hills .....	(905) 855-9090
Burlington .....	(905) 639-5228
<b>Home Help, <i>Links2Care</i></b> (65+ & adults with disabilities, fee, light cleaning, meal prep, grocery shopping, and more)	(905) 844-0252
<b>Home Maintenance &amp; Repair Referral Program, <i>Links2Care</i></b> (65+ & adults with disabilities, fee, referrals to reliable home maintenance handypersons)	(905) 844-0252

## Meal Supports

<b>Meals on Wheels</b> (fee)	
<b>Burlington, <i>Canadian Red Cross</i></b> .....	(905) 637-5664
<b>Halton Hills, <i>Links2Care</i></b> .....	(905) 873-6502
<b>Milton</b> .....	(905) 878-6699
<b>Oakville</b> .....	(905) 842-1411

## Volunteer

<b>Volunteer Halton</b>	(905) 632-1975 x 2
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Contact organizations directly by calling them or by checking out their website