

Youth Supports in the Hamilton Area

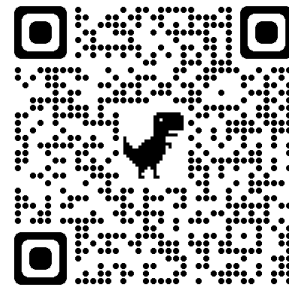


Living Rock

30 Wilson St, Hamilton

Drop-in, meals, employment programs, food bank

Visit livingrock.ca for more information or call 905-528-7625



Good Shepherd Notre Dame

14 Cannon St W, Hamilton

*Ages 16-21

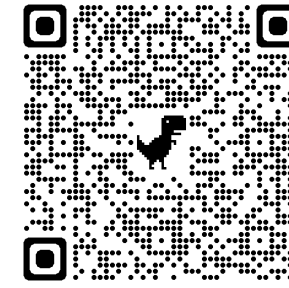
24/hr emergency shelter

905-308-8090



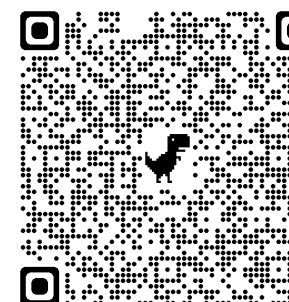
Womankind Addiction Service

431 Whitney Ave, Hamilton
Crisis support and residential withdrawal management, relapse prevention
(905) 545-9100.



MASH (Men's Addiction Service Hamilton)

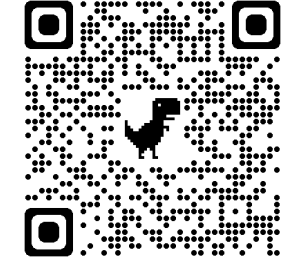
595 Main Street East
Hamilton
Crisis support and residential withdrawal management, relapse prevention
24/7 Access: 905 527-9264



Alternatives for Youth

38 James St S, Hamilton
Phone: (905) 527-4469

Community based substance use & addiction and treatment services



Youth Wellness Centre

38 James St S, 2nd Floor

Call (905) 522-1155 ext. 31725 or visit their Instagram @reachouthamont for more info



Connect Mental Health & Addictions Programs

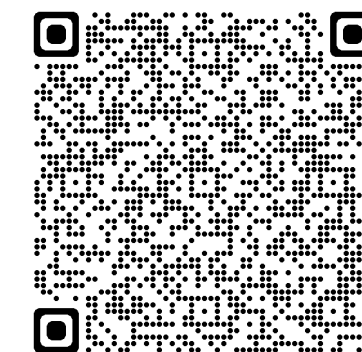
Connect is a centralized intake service for 17 different adult outpatient mental health and addictions programs at St. Joseph's Healthcare Hamilton.

100 West 5th Street, Hamilton, ON, Canada L8N 3K7

Phone: 905-522-1155 ext. 36499

Fax: 905-389-3815

Office Hours: Monday-Friday 8:00 a.m. to 5:00 p.m.



YA-SUP

St. Joseph's
Healthcare Hamilton

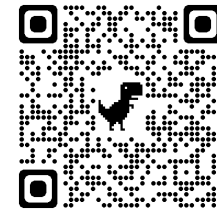
Youth Supports in the Hamilton Area



Ongoing Community Supports & Activities

Keeping Six Hamilton

Drop-in Every Tuesday at the Aids Network
Dance Class - Wednesday at the Music Hall (24 Main St W Hamilton)
Writer's group - Wednesday Central Branch Hamilton Library



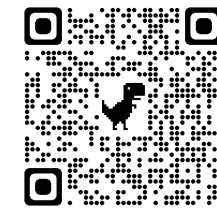
RE-Create Drop-in Art Studio

A free, drop-in art studio for youth 16-24
141 Park St N, Hamilton
Tues 7pm-9pm, Wed 1pm-3pm, & Thurs 4pm-6pm
905-528-0353



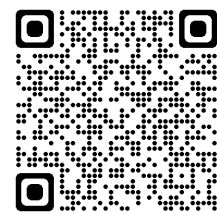
Speqtrum Youth Services

2S-LGBTQ+ community building
Online Peer support, events, and specialized programming for 2S-LGBTQ+ newcomer youth

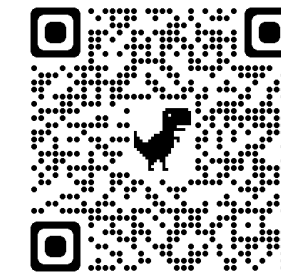


Capacity Building Concurrent Disorders Drop-in Groups

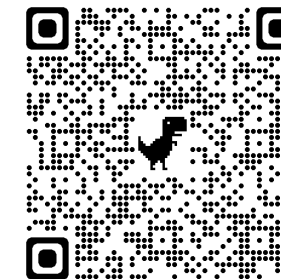
Monday - Friday virtual group programming



Harm Reduction Resources

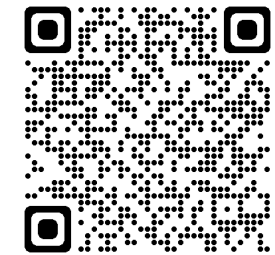


Hamilton HUB
thehamiltonhub.org

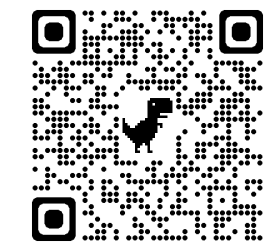


<https://www.hamilton.ca/people-programs/public-health/alcohol-drugs-gambling/harm-reduction-services>

Community Food Supports & Warming Centres



List of foodbanks
www.ssvphamiltonpc.org



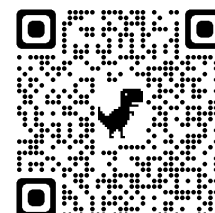
Cathedral Café
cathedralhamilton.ca

Crisis Supports

COAST: 905-972-8338
Barrett Centre: 905-529-7878

Or Visit

<https://spcch.org/services-in-hamilton/>



Young Adult Substance Use Program (YA-SUP)

Young adults age 17-25 who are looking to make changes to their substance use

