

# Child & Youth Poverty Tool: Hamilton Region

*A practical tool for clinicians*



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Poverty poses a significant risk to child and youth health, and should be addressed as such.

***What can we do as healthcare providers to address this risk factor and reduce inequities?***

## **ASK...**

1

Do you have trouble making ends meet?

2

Do you have trouble feeding your family?

3

Do you receive the child tax benefit?

4

Do you have legal or immigration challenges?

5

Do you have a safe and clean place to live?

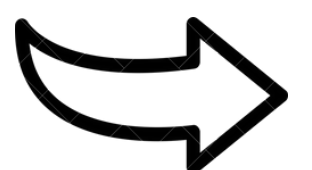
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Are you/your child in need of dental care?

7

Are you concerned about your/your child's mental health?

**TURN OVER FOR  
RESOURCES**





## 1. Do you have trouble making ends meet?

### Benefits & Supports

<https://benefitswayfinder.org/>

### Special Support Program & Affordable Transit Pass

<https://www.hamilton.ca/social-services/support-programs>

### Income Tax Clinics

<https://hamiltontaxhelp.ca>

## 2. Do you have trouble feeding your family?

### Food Banks

Search "food banks" at <https://redbook.hpl.ca/>

### Good Food Box

Affordable fresh fruit & veg program - on hold due to COVID

[https://www.environmenthamilton.org/good\\_food\\_box](https://www.environmenthamilton.org/good_food_box)

### City of Hamilton Food Access Guide

Information on free/low-cost meals, student nutrition programs, food cooperatives, & more

<http://foodaccessguide.ca/>

### Student Nutrition Programs

View their "Impact Report" for a list of program locations

<http://www.tastebudshamilton.ca>

### Children's Breakfast Club

Nutritious, hot breakfast for children & families every school day from 7:45-8:45am at Compass Community Health (438 Hughson St N).

### Community Fridges

24/7 access to free food in a community fridge & freezer

- 44 Greendale Dr, Hamilton, ON, L9C 5Z4
- 249 John St N, Hamilton, ON, L8L 4P4
- 204 Ottawa St N, Hamilton, ON, L8H 3Z5
- Corner of Locke St & Stanley Ave

### Essential Aid - Infant & Toddler Food Bank

100 Main St E, Suite 201, Hamilton, ON, L8N 3W4

Mon/Wed/Fri 10am-12pm, Tues/Thurs 7pm-9pm

## 3. Do you receive child & family benefits?

Tax-free payments to eligible families to help with the cost of raising children <18. Includes the **Canada Child Benefit, Ontario Child Benefit, & Child Disability Benefit**

<https://www.canada.ca/en/revenue-agency/services/child-family-benefits.html>

### Child Care Subsidy

Financial support for child care through the City of Hamilton

<https://www.hamilton.ca/social-services>

## 4. Do you have legal or immigration challenges?

### Hamilton Community Legal Clinic

(905) 527-4572, <https://hamiltonjustice.ca/>

### Ontario Council of Agencies Serving Immigrants

Information & services for newcomers <https://settlement.org/>

**Community Legal Education Ontario** <https://www.cleo.on.ca/en>

### Legal Aid Ontario

Legal aid services for those who financially qualify. Call 1-800-668-8258 (Mon-Fri 8am-7:30pm) or visit <http://www.legalaid.on.ca/>

### Hamilton Immigration Partnership Council

<https://www.hamiltonimmigration.ca/>

### Justice For Children & Youth

Legal services for youth under 18 and homeless youth under 25

<https://jfcy.org/en/>

## 5. Do you have a safe and clean place to live?

### Hamilton Housing Help Centre

(905) 526-8100 [www.housinghelpcentre.ca](http://www.housinghelpcentre.ca)

### Ontario Renovates Program

Financial assistance for low-income families to repair substandard housing to a minimum level of health & safety

<https://www.hamilton.ca/social-services/support-programs/ontario-renovates-program-homeowners>

### Good Shepherd Family Centre

24-hour intake line (905) 528-9442

### Notre Dame House & Community Outreach Services

Youth-only (16-21) shelter & services (905) 308-8090

## 6. In need of dental care?

### Healthy Smiles Ontario

Free dental care for children 17 & younger from low-income households. Automatic enrolment for families on OW/ODSP.

<https://ontario.ca/healthsmiles>

### Dental Health Bus

Mobile outreach clinic offering free emergency dental services

<https://www.hamilton.ca/public-health/clinics-services/dental-health-bus>

### Public Health Services Dental

Currently closed <https://www.hamilton.ca/public-health/clinics-services/public-health-services-childrens-preventive-dental-clinic>

For urgent dental needs, call (905) 546-2424 ext. 5369

### Further list of dental programs & services in Hamilton

<https://chs.hwcdsb.ca/support/parentresources/?fileID=172209>

## 7. Mental health concerns?

**Crisis Outreach & Support Team (COAST)** 24/7 (905) 972-8338

**Trans Lifeline** 24/7 (877) 330-6366

### Contact Hamilton

Entry point for child & youth mental health & developmental services. Self-refer at (905) 570-8888 or [info@contacthamilton.ca](mailto:info@contacthamilton.ca)

<https://contacthamilton.ca/>

### Alternatives for Youth

Free substance use & mental health services (905) 527-4469

<https://ay.on.ca/>

### Canadian Mental Health Association - Hamilton

(905) 521-0090, <https://cmhahamilton.ca/>

### Free mental health phone apps for youth

Clear Fear, Smiling Minds

Need more help? Call the Community Health Help Line at 211 or visit [www.211ontario.ca](http://www.211ontario.ca). 24/7, 365 days a year support in more than 150 languages.