

THERAPY DOG PROGRAM
 St. John Ambulance 905-469-9325
 Humane Society 905-845-1551

GAY AND LESBIAN SUPPORT
 BURLINGTON COUNSELLING AND FAMILY SERVICES
 905-637-5256

HALTON ORGANIZATION FOR PRIDE AND EDUCATION (HOPE) 1-877-860-4673
 LGTBTTQ Youth Groups 905-632-4551

PARENTS FAMILIES AND FRIENDS OF LESBIANS AND GAYS (PFLAG) Support Line 416-406-6378

HEALTH SERVICES
 HALTON HEALTH DEPARTMENT 905-825-6000

HALTON HEALTHCARE SERVICES
 Oakville Trafalgar Memorial Hospital 905-845-2571

LOCAL HEALTH INTEGRATION NETWORK,
 Mississauga/Halton 905-337-7131

ONTARIO MINISTRY OF HEALTH AND LONG-TERM CARE
 Telehealth Ontario 1-866-797-0000
 TTY 1-866-797-0007

HEART AND STROKE
 HALTON HEALTH DEPT 905-825-6000
 Heart Health and Cancer Prevention Program

HALTON HEALTHCARE SERVICES
 Cardiac Rehabilitation Program 905-845-2571 ext 6653

HEART AND STROKE FOUNDATION OF ONTARIO
 Halton Region Office 905-634-7732
 Healthline 1-888-473-4636

OAKVILLE STROKERS
 Pam Arnold, Coordinator 905-827-3637
 Liz Webster, Coordinator 905-845-5097

HOMEMAKING
 ACCLAIM HEALTH (formerly VON HALTON) 05-827-8800

COMMUNITY CARE ACCESS CENTRE OF HALTON 905-639-5228

COMMUNITY HEALTH SERVICES
 Canadian Red Cross 905-632-9420

LINKS2CARE 905-844-0252

HOUSING
 HALTON ACCESS TO COMMUNITY HOUSING (HATCH) 905-825-6000

HALTON CHILD AND YOUTH SERVICES
 Crisis Line 905-878-9785
 Head Office 905-634-2347
 Oakville Office 905-339-3525

Housing Help Centre 905-825-6000 ext 7142

ONTARIO MARCH OF DIMES
 Oakville Supportive Housing Services 905-845-7412

LEGAL SERVICES
 HALTON COMMUNITY LEGAL SERVICES 905-875-2069

LEGAL AID ONTARIO 905-845-7591
 1-800-387-4088

OAKVILLE PROVINCIAL SMALL CLAIMS COURT/
 ONTARIO PROVINCIAL COURT OF JUSTICE
 905-842-8380

LESBIAN SUPPORT
 See GAY AND LESBIAN SUPPORT

LITERACY
 DOORWAYS 905-333-3499
 905-878-1240 ext 132

HALTON CATHOLIC DISTRICT SCHOOL BOARD,
 Literacy and Basic Skills
 Colleen Berube, Coordinator 905-849-7555

OAKVILLE LITERACY COUNCIL 905-469-8528

OAKVILLE PUBLIC LIBRARY 905-815-2042

PEEL-HALTON-DUFFERIN ADULT LEARNING NETWORK 905-812-3533

MEAL PROGRAMS
 MEALS ON WHEELS
 Oakville Kiwanis 905-842-1411

WHEELS TO MEALS
 Oakville Senior Citizens Recreation Centres
 Kerr Street Centre 905-815-5966
 Sir John Colborne Centre 905-815-5960
 Iroquois Ridge Older Adult Centre 905-815-5960

MENTAL HEALTH
 See also ANXIETY DISORDERS; See also SCHIZOPHRENIA

CANADIAN MENTAL HEALTH ASSOCIATION
 Halton Region Branch 905-693-4270
 Oakville Office 905-338-2130

Mental Health Promotion and Education Office
 905-465-0584

CENTRE FOR ADDICTION AND MENTAL HEALTH
 Switchboard 416-535-8501
 Information Centre 416-595-6111

DISTRESS CENTRE OAKVILLE
 Crisis Line 905-849-4541

HALTON FAMILY SERVICES 905-845-3811

HALTON HEALTH DEPARTMENT
 Mental Health Promotion 905-825-6000

HALTON HEALTHCARE SERVICES
 Oakville Trafalgar Memorial Hospital
 Community Support Team 905-338-4630

SCHIZOPHRENIA SOCIETY OF ONTARIO
 Oakville Chapter 905-876-1647

SUPPORTED TRAINING & REHABILITATION IN DIVERSE ENVIRONMENTS (STRIDE)
 Oakville Contact 905-842-7248

NEUROLOGICAL DISEASES
 ASSOCIATION FOR THE NEUROLOGICALLY DISABLED OF CANADA 1-800-561-1497

EPILEPSY ONTARIO 1-800-463-1119

MULTIPLE SCLEROSIS SOCIETY OF CANADA
 Halton Chapter 905-681-8770

TOURETTE SYNDROME FOUNDATION OF CANADA
 416-861-8398

TUBEROUS SCLEROSIS CANADA SCLEROSE
 TUBEREUSE English 1-800-347-0252

NEWCOMER SERVICES
 INFORMATION OAKVILLE provides free information for newcomers and newcomer kits for a nominal fee. Call 905-815-2046.

HALTON MULTICULTURAL COUNCIL 905-842-2486

OAKVILLE NEWCOMERS CLUB
 Marie Purchase, Membership 905-827-0461
 Pam Nixon, President 905-847-1108

WELCOME WAGON 416-364-9010

NURSING HOMES
 COMMUNITY CARE ACCESS CENTRE OF HALTON
 Placement Services 05-639-5228

NURSING SERVICES
 See your telephone directory for Nurses
 ACCLAIM HEALTH (formerly VON HALTON) 905-827-8800

COMMUNITY CARE ACCESS CENTRE OF HALTON 905-639-5228

OSTEOPOROSIS
 OAKVILLE BONE CENTRE 905-844-5677

OSTEOPOROSIS SOCIETY OF CANADA
 416-696-2663

SIR JOHN COLBORNE RECREATION CENTRE FOR SENIORS
 Fitness Classes 905-815-5960

WOMEN'S CENTRE (THE)
 Oakville Osteoporosis Group
 Phyllis Spillone 905-829-4863

PARKINSONS DISEASE
 PARKINSON SOCIETY CANADA
 Oakville Chapter Phyllis Egbert 905-820-0652

PARENTING
 ASSOCIATION OF PARENT SUPPORT GROUPS IN ONTARIO INC
 Information Line 1-800-488-5666

BURLINGTON COUNSELLING AND FAMILY SERVICES 905-637-5256

HALTON CHILD AND YOUTH SERVICES 905-339-3525

HALTON FAMILY SERVICES 905-845-3811

HALTON HEALTH DEPARTMENT
 Healthy Babies Healthy Children 905-825-6000
 Baby and Child Line 905-825-6000
 Children's Services 905-825-6000

Dedicated Driven Dependable





Rina DiRiso
SALES REPRESENTATIVE

The most important work you and I will ever do will be within the walls of our own homes. ~ Harold B. Lee



DIRECT 905.849.3346 OFFICE 905.338.3737 EMAIL rina@rina.ca WEB www.rina.ca