

Programs at Open Doors

Community Food

Food Bank

Tuesday: 4:00pm-6:30pm

Thursday: 12:45pm-2pm

Saturday: 10am-12pm

Fresh and non-perishable items available.

Tuesday Dinner

Tuesday: 6pm-7pm

Healthy Community Meal. Builds community and is the central weekly celebration.

Thursday Lunch

Thursday: 12pm-1pm

Healthy meal in a community setting. Community nurse present, and professionals speak about topics that are relevant to seniors today.

Halton Fresh Food Box Distribution

Third Tuesday: 3:30pm-6:30pm

Three sizes of boxed veggies and fruit, sustainably sourced, low cost. Order through Fresh Food Box office, 905.634.8645.

Feeding Halton Pop-up Market

Some Tuesdays and Thursdays

Focus on improving access to fresh affordable food. Markets bring local fresh veggies and fruit for affordable prices.

Community Access Garden

May – October

Veggie garden open to all. Community planting in the spring. All are welcome to care for and harvest.

Resources

Free Clothing Store

Tuesday: 4pm-6pm, Thursday: 1pm-2pm

Saturday: 10am-12pm

A community based clothing store that is free to everyone. Clothing offered seasonally.

OESP Ontario Energy Savings Program

Low income individuals and families may apply for a monthly discount on their electrical bill. Call 905.634.1809 for an appointment to apply.

Free Walk-in Counseling

Tuesdays 1pm-7pm

Talk one-on-one with friendly, qualified counselors who can help you find ways to improve your wellness, cope better, and create positive solutions to life's challenges.

Employment Services

Third Tuesdays 4:30pm-5:30pm

Client services representative from The Centre will be available to connect with people who are looking for employment.

Christmas Families

Seasonal program that provides grocery vouchers and toys for families who are struggling during the holiday season.

Wellness Programs

Throughout the year we plan various activities to help promote positive mental health within our community. This includes therapeutic art, physical activity, and more.

Child, Youth, and Parenting

Calling All Parents

Tuesdays 7pm-8:30pm

Parenting workshops run in cooperation with Halton Public Health. Community kitchens run throughout the summer. Open group. Child minding provided.

Kids and Tweens Club

Tuesdays 4pm-6pm

After school programming for youth 4-14 years old. Healthy snacks, active living, creative crafts and games.

Active Tots

Wednesdays 10am-11:30am

Parents and preschoolers are welcome to come to play and learn together. Music, songs, story time, and healthy snacks.

rEcess Respite

Saturdays Once Monthly 4:30pm-9pm

Free child care and programming for children with special needs and their families. Parents and caregivers are given the night off. To register call Rachel 905.634.1809

Open Doors Program Hours

Program	Tuesday	Wednesday	Thursday	Saturday
Community Meals	6pm-7pm		12pm-1pm	
Food Bank	4pm-6.30pm		12:45pm- 2pm	10am - 12pm
Clothing Store	4pm-6pm		1pm- 2pm	10am - 12pm
Child and Youth Programming	4pm-6pm (4-14 years)	10am-11:30am (Active Tots)	<p>Open Doors Office hours Monday-Friday 9am-4pm</p>	
Walk-in Counselling	1pm-7pm	OESP by appointment		