



WHEN I'M 64

A Hamilton guide to benefits and services



Chris Charlton, MP



SENIOR SERVICES DIRECTORY

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A Message from Chris



When I was the NDP Critic for Seniors and Pensions, I had the great privilege of working with the Hamilton Seniors and Poverty Committee.

As the committee discussed ways of providing assistance to seniors in our community, it became apparent that there was no single resource that would help seniors identify and access the myriad of services that are available to them. Creating such a resource became our first priority.

The directory in this booklet was developed from current online resources published by Inform Hamilton under the guidance of our committee. Partners involved in the committee include Catholic Family Services, the Hamilton Community Foundation, Hamilton Council on Aging, Social Planning and Research Council of Hamilton, St. Matthew's House, and the Welcome Inn. Thanks to Community Information Services for input on this resource. The committee now comes under the Hamilton Council on Aging. For more information on the Council, please contact Jahan Zeb at 905-777-3837, ext. 12238.

Now that our guide is complete, I wanted to share it with everyone on the Mountain ~ seniors and their families. Family members are often actively engaged in the well-being of their parents and, moreover, many of the services listed in this directory are available to the community as a whole.

I hope you will find it helpful.

With best wishes,

A handwritten signature in black ink, appearing to read "Chris Charlton".

Chris Charlton, MP

FOOD: Services and Food Banks

Community Information Services of Hamilton

55 York Boulevard Box 2700
Hamilton, ON L8N 4E4
Telephone: 905 528 0104
E-Mail: info@cishw.on.ca
Website: www.cishw.on.ca

Good Shepherd Centre, Free Hot Meals

135 Mary St.
Hamilton, ON L8N 3R1
Telephone: 905-528-9109
E-Mail: info@goodshepherdcentres.ca
Website:
www.goodshepherdcentres.ca

VON Hamilton Meal Service Congregate Dining

414 Victoria Ave. North Suite M2
Hamilton ON L8L 5G8
Telephone: 905-522-1022
E-Mail: hamilton.volunteerservices@von.ca
VON Hamilton administers a service for group dining at a community location. Transportation is available to help clients arrive at the event.

VON Hamilton Volunteer Services - Meals on Wheels

414 Victoria Ave. North Suite M2
Hamilton, ON L8N 5G8
Telephone: 905-522-1022
E-Mail: hamilton.volunteerservices@von.ca
Website: www.von.ca
VON Hamilton administers Meals on Wheels for residents of Hamilton and Stoney Creek who are unable

to attend to their own nutritional needs, but wish to continue living independently in the community.

Neighbour to Neighbour Centre

Family Emergency Services and Food Bank
28 Athens St
Hamilton, ON L9C 3K9
Telephone: 905-574-1334
E-Mail: admin@neighbourtoneighbourcentre.com
Website: www.n2ncentre.com
Provides supplementary and emergency food for residents of Hamilton mountain and neighbouring communities.

GRANDPARENTS

Offering services to assist primary caregivers, including grandparents

The Children's Aid Society of Hamilton

26 Arrowsmith Rd.
Hamilton, ON L8E 4H8
Telephone: 905-522-1121
E-Mail: info@hamiltoncas.com
Website: www.hamiltoncas.com

The Catholic Children's Aid Society of Hamilton

735 King St. East
Hamilton, ON L8M 1A1
Telephone: 905-525-2012
E-Mail: karen.dolynuik@hamiltonccas.on.ca
Website: www.hamiltonccas.on.ca

SHELTER: Housing and In-Home Supports

City of Hamilton Housing Support Programs for Home Owners:

Residential Rehabilitation Assistance Program (RRAP)
Telephone: 905-528-0104
Homeowner RRAP: offers financial assistance to low-income households who own and occupy substandard housing to enable them to repair their dwellings to a minimum level of health and safety.
Persons with disability RRAP: offers financial assistance to households occupied by persons with disabilities who require special modifications to improve accessibility to their residence.

Community Care Access Centre Hamilton Branch Office

Case Management
310 Limeridge Road West
Hamilton, ON L9C 2V2
Telephone: 905-523-8600 or 1-800-450-8002
Website: www.ccacont.ca
The Community Care Access Centre (CCAC) is the local point of access to community-based health care services. CCAC staff can assist you in planning and making informed choices about health care options. We work in partnership with clients, families, care providers, hospitals, long-term care homes and others to ensure that the right care is available at the right time and place.

Community Information Hamilton

55 York Boulevard Box 2700
Hamilton ON L8N 4E4
(Hamilton Public Library)
Telephone: 905-528-0104
E-Mail: info@cishw.on.ca
Website: www.cishw.on.ca
Counsellors will help callers to identify their problem and to find appropriate services to meet their needs. Information is available on housing and a list of local shelters in Hamilton is provided.

Hamilton Community Services Department: Housing Division

181 Main St W
Hamilton, ON L8P 4R8
Telephone: 905-523-8496
Email: saphsweb@hamilton.ca
Website: www.hamilton.ca/socialservices
City of Hamilton owned housing, known as City Housing Hamilton, provides Rent-Geared-to-Income Housing, Support Programs and Policies for Homeowners, Housing Providers, Landlords, Tenants of CityHousing Hamilton Corporation, and Developers and Stakeholders of Affordable Housing and Homelessness Initiatives. For information on how to apply for subsidized housing contact "Access to Housing" at 905-524-2228.

SHELTER: Housing and In-Home Supports

Hamilton Tenant Helpline

210 Napier St.
Hamilton, ON L8R 1S7
Telephone: 905-526-9119
E-Mail: hamiltontenanathelpline@gmail.com

Tenants can call to get basic information about their housing issues including eviction and repairs. The Helpline also has an updated guide to help you find rental housing in Hamilton. The program is also available to do presentations to groups about tenant rights.

Home Adaptations for Seniors' Independence (HASI), Canada Mortgage and Housing Corporation

25 Main St. West Suite 1000
Hamilton, ON L8P 1H1
Telephone: 1-800-704-6488 TDD
Phone: 1-888-841-4975
E-Mail: rrap_ontario@cmhc-schl.gc.ca
Website: www.cmhc.ca

The Home Adaptations for Seniors' Independence Program (HASI) helps homeowners and landlords pay for minor home adaptations to extend the time low-income seniors can live in their own homes independently.

Housing Help Centre

210 Napier St.
Hamilton, ON L8R 1S7
Telephone: 905-526-8100
E-Mail: housinghelpcentre@cogeco.net
A centrally located centre staffed by housing workers providing practical

assistance to persons with low incomes or special needs who are homeless or in danger of being homeless and who are looking for affordable housing.

Participation House Hamilton and District

1022 Waterdown Rd.
Burlington, ON L7T 1N3
Telephone: 905-527-7040 (Select 1)
or 905-333-3553
E-Mail: info@participationhouse.hamilton.on.ca
Website: www.participationhouse.hamilton.on.ca

Participation House is a non-profit organization that provides client centered service to adults with long term physical disabilities. Services include non-medical personal care, homemaking, life skills instruction and housing.

St. Matthew's House Seniors Support Program

402 Barton St. E
Hamilton, ON L8L 2Y3
Telephone: 905-523-5546 Ext. 240
E-Mail: admin@stmatthewshouse.ca
The Seniors Home Support Program provides on-going support to seniors with low incomes so as to enable them to maintain their independence and remain in their homes. The program will provide friendly visiting, intervention and assistance, as well as a seniors' drop-in Monday to Fridays.

TRANSPORTATION

DARTS

2200 Upper James St.
Hamilton, ON L0R 1W0
Telephone: 905-529-1717
E-Mail: mwahlman@hamilton.ca
Website: www.dartstransit.com
DARTS provides transportation to those individuals who are registered with the City under Accessible Transportation Services, and are unable to use regular public transit due to a disability. Services include Para-transportation of disabled persons to work, medical appointments, day care, education, therapy, social recreation and shopping. All applications to register to ride DARTS service must go through Accessible Transportation Services at (905) 546-2424, Ext. 1830 or 2200.

Hamilton Street Railway

36 Hunter St. East
Hamilton, ON L0R 1W0
Telephone: 905-528-4200
E-Mail: hsrserve@hamilton.ca
Website: www.hamilton.ca/hsr
The Hamilton Street Railway operates the local busing system in the City of Hamilton. Senior bus passes are available with monthly payment options.

Taxi Scrip Program

2200 Upper James St. S, RR1
Mount Hope, ON L0R 1W0
Telephone: 905-528-4200 Ext 1830
E-Mail: accesstrans@hamilton.ca

Website: www.myhamilton.ca
Program provides subsidized rides for people with a disability by means of regular or accessible taxis.
- Clients must apply to, and be registered with, Accessible Transportation Services (ATS)
- Application detailing disability information to be completed by attending physician
- Photo identification is issued at the time of client interview
- Users pay \$24.00 for each coupon book
- Coupon books have a face value of \$40.00
- Maximum purchase of three books per month
- Coupons are used to pay taxi meter fares
- Clients arrange all rides individually with the taxi company of their choice



PHOTO: Chris with Deirdre Pike from the Social Planning and Research Council of Hamilton at the Seniors and Poverty Working Group Press Conference

INCOME SECURITY

Guaranteed Income Supplement (GIS)

Telephone: 1-800-277-9914 or 1-800-277-9914.

Website: www.hrsdc.gc.ca/en/isp/pub/oas/gismain.shtml

The Guaranteed Income Supplement provides additional money, on top of the Old Age Security pension, to low-income seniors living in Canada. To be eligible for the GIS benefit, you must be receiving the Old Age Security pension and meet certain income requirements. Call to find out if you are eligible.

Canada Pension Plan (CPP)

Telephone: 1800-277-9914

Website: www.servicecanada.gc.ca/seniors

Most working Canadians contribute to the Canada Pension Plan and are entitled to a retirement pension. You can apply in person, or by sending your application by mail.

Old Age Security (OAS)

Telephone: 1-800-277-9914

Website: www.servicecanada.gc.ca/seniors

The OAS program is the cornerstone of Canada's retirement income system. It provides you with a modest pension at age 65 if you have lived in Canada for at least 10 years.

Service Canada: Hamilton

1550 Upper James St. Floor 1
Hamilton, ON L9B 1K3

Telephone: CPP/OAS 1-800-277-9914
Direct Phone Services Hamilton Branch 905- 572-2211

Website: www.servicecanada.gc.ca/en/audiences/seniors/index.shtml

Services Include: Employment, Housing, Income Assistance, Legal Assistance, Personal Documents, Savings Plans, Special Events, Starting a Business, Travel, Education and Training,

Hamilton Central/East Service Canada Centre

2255 Barton St. East
Hamilton, ON L8H 7T4

Telephone: 905-572-2211

Service Area: Caistor Centre, Carlisle, Dundas, Flamborough, Freelon, Fruitland, Hamilton, Millgrove, Smithville, Stoney Creek, Vinemount, Waterdown, Winona

Tax savings for seniors and pensioners

To find out about sharing pensions to save on income tax, the age credit increase that could reduce your taxes, or how you can now wait until you are 71 to convert RRSPs, please call: 1-800-959-8281.

MENTAL HEALTH

Canadian Mental Health Association

Hamilton Branch

Telephone: 905-521-0090

E-Mail: cmhahamilton@nas.net

Website: www.cmhahamilton.on.ca

The Hamilton Branch is a non-profit community mental health agency which provides services to adults with serious mental illness.

Mental Health Rights Coalition

678 Main St. East, Suite 102

Hamilton, ON L8M 1K2

Telephone: 905-545-2525

E-Mail: mentalhealthrights@bellnet.ca

Website: www.mentalhealthrights.ca/contact.html

Services Offered:

- The Drop In and Resource Centre is open from Monday to Friday, 11a.m. - 4p.m.

- Peer Support and Systemic Advocacy

MHRC offers support through telephone or in person. MHRC practices systemic advocacy through various forms of community involvement.

Crisis Outreach and Support Team (COAST)

Telephone: 905-972-8118 or 905-972-8338

E-Mail: coast@coasthamilton.ca

Website: www.coasthamilton.ca

The Crisis Outreach and Support Team provides the following service:

Assists individuals with a serious mental illness in acute distress or crisis to remain and be treated or supported in the environment of their choice. Supports caregivers (including family members) in managing acute psychiatric problems and crisis through education and problem solving approaches. Links the individual during and following a crisis with the necessary community resources and support systems (including peer support), in order to prevent further crises. COAST offers these interventions and supports anywhere within the City of Hamilton. It acts as a resource for other communities within the Central-West Health District interested in developing similar programs.

Barrett Centre for Crisis Care and Support

Telephone: 905-529-7878 General Information: 905-529-4343

E-Mail: barretctr@goodshepherdcentres.ca

Website: www.goodshepherdcentres.ca/barrett.htm

The Barrett Centre responds to the needs of individuals in the Hamilton community who are experiencing a mental health crisis and who do not require a hospital stay. The Barrett Centre provides a safe place in the community where individuals can receive help in resolving a personal crisis. All services are confidential and are supplied without cost.

MEDICAL CARE

FINDING A DOCTOR:

Hamilton Academy of Medicine

1 Young St., Suite 206
Hamilton ON L8N 1T8
Telephone: 905-528-1611
E-Mail: info@hamiltondoctors.ca
Website: www.hamiltondoctors.ca
Those in the community wishing to find a family doctor who is accepting new patients can locate one by calling the academy or through the website listed in this record.

ASSISTIVE DEVICES:

Assistive Devices Program/Home Oxygen Program

5700 Young St. 7th Floor
Hamilton, ON L8K 6M3
Telephone: Applications: 1-800-387-5559 Enquiries: 416-327-8804
TDD Phone: 1-800-387-5559
Website: www.health.gov.on.ca/english/public/pub/pub_menus/pub_adp.html
The Assistive Device Program covers over 8,000 separate pieces of equipment or supplies including: prostheses; wheelchairs/mobility aids and specialized seating systems, monitors and test strips for insulin-dependent diabetics, hearing aids, respiratory equipment, visual and communication aids, oxygen and oxygen delivery equipment. Grants are provided for ostomy supplies, breast prostheses and for needles and syringes for insulin-dependent seniors.

Ontario Drug Benefit Program (ODB)

Phone: 1-866-532-3161
Website: www.health.gov.on.ca
If you are over 65 and have a valid Ontario Health Insurance card issued in your name, you may be eligible for drug coverage under the ODB Program. The ODB Program covers some or all of the cost of the following as long as they have been prescribed by an authorized prescriber:
approximately 3,000 quality-assured prescription drug products and a number of limited-use drug products.

HAMILTON COUNCIL ON AGING

c/o St. Peter's Hospital
88 Maplewood Avenue
Hamilton ON L8M 1W9
Telephone: 905-777-3837, x12238
E-mail: jzeb@stpetes.ca
Web: <http://www.coahamilton.ca>
The Council on Aging:
- Assists seniors with healthcare, community support services, and income supplements such as, income Tax, GIS, and City Special Support
- Links seniors from ethno-cultural communities with social and community support services

ISOLATION: Social Networks for Seniors

Snow Angels Service Volunteer Hamilton

267 King Street East
Hamilton, Ontario
L8N 1B9
Telephone: 905-523-1910
Seniors with a disability are eligible to receive snow removal service, based on income.
Please note that there must be no additional able-bodied adults living at this address.
Apply online at:
www.volunteerhamilton.on.ca/svc_snowapplication.php

St. Matthews House Seniors Drop In Centre

402 Barton St. E
Hamilton, ON L8L 2Y3
Telephone: 905-523-5546
E-Mail: admin@stmatthewshouse.ca
The Centre is an informal seniors drop-in providing light breakfasts and lunches as well as on-site support, friendly visiting, counseling, information, referrals, advocacy, case coordination, foot care and assistance with a variety of practical needs, e.g. housing, income tax preparation, clothing.

VON Hamilton Volunteer Services Volunteer Visiting

414 Victoria Ave. North Suite M2
Hamilton ON L8L 5G8
Telephone: 905-522-0053
E-Mail: hamilton.volunteerservices@von.ca
Website: www.von.ca

VON Hamilton administers a Volunteer Visiting Program for clients who are frail seniors or persons with disabilities who may require social support as well as professional health support. Volunteers are matched to the client to form a one-to-one relationship. The volunteers are men and women who can share special quality time once a week with these individuals.

Welcome Inn Community Centre

40 Wood St. East.
Hamilton, ON L8L 3Y3
Telephone: 905-525-5824
E-Mail: admin@welcomeinn.ca
Website: www.welcomeinn.ca/programs/seniors_support.php
Welcome Inn's Senior Support Program serves to foster resilient seniors. Helping seniors to remain independent, along with providing opportunities for friendship and a healthy community form the major objectives of the program.

Tuesday Diners Club:

Every Tuesday seniors gather at noon time for a home-cooked meal and an hour of interactive programming.

Community Visitation:

Caring volunteers visit seniors one-on-one in their homes on a weekly basis. Time is spent listening, playing games, making crafts, going on outings, telling stories, and enjoying one another's company.

DENTAL CARE

Community Health Bus (Hamilton Public Health Services)

Hamilton City Centre
77 James St N
Hamilton, ON L8R 2K3
Telephone: 905-546-2489 or 905-546-2424, ext. 2974
Website: www.hamilton.ca/publichealth

The community Health Bus is a mobile service offering free health, medical and dental services to children, youths and adults living in Hamilton.

Hamilton Urban Core (Community Health Centre)

71 Rebecca St.
Hamilton, ON L8R 1B6
Telephone: 905-522-3233
E-Mail: haidar@hucchc.com
Website: www.hucchc.com

A hygienist is available on a regular basis for teeth cleaning. Referrals can be made out if further care is required.

St. Peter's Seniors Dental Health

88 Maplewood Ave
Hamilton, ON L8M 1W9
Telephone: 905 777-3837 Ext. 12336
E-Mail: lbadzioch@stpetes.ca
Website: www.stpetes.ca
The Seniors Dental Clinic provides dental services to in-patients at St. Peter's Hospital, frail elderly in the community and nursing home residents. There are fees for services.

ABORIGINAL ELDERS

De Dwa Da Dehs Nye>s (Aboriginal Health Centre)

678 Main St. East Suite 200
Hamilton, ON L8M 1K2
Telephone: 905-544-4320
E-Mail: dedwada@execulink.com
Website: www.aboriginalhealthcentre.com

The Aboriginal Health Centre is a culture based health care facility designed specifically to meet the needs of aboriginal people through holistic assessment and services focusing on preventative and primary healthcare. There are choices of traditional healing, western medicine and complementary therapies as well as chiropractic, naturopathic and community health supports.

Hamilton Regional Indian Centre

712 Main St. East
Hamilton, ON L8M 1K6
Telephone: 905-548-9593
Website: www.hric712.tripod.com
The Hamilton Regional Indian Centre provides quality, culturally sensitive programs and services for the betterment of the Native population in the City of Hamilton. Numerous services are available, combining cultural, social, educational and recreational components in the program delivery.

ADVOCACY: Legal Assistance and Advocacy

Catholic Family Services of Hamilton – Seniors Intervention and Support Program

447 Main Street East, Unit 201
Hamilton, ON L8N 1K1
Telephone: 905-527-3823 ext 254
E-Mail: jzsoldos@cfshw.com
Website: www.cfshw.com/senior-programs.html
Catholic Family Services helps support independent living. Learn about options, regaining control of decisions, and improving your quality of life.

Community Information Services of Hamilton

55 York Boulevard Box 2700
Hamilton ON L8N 4E4
(Hamilton Public Library)
Telephone: 905-528-0104
E-Mail: info@cishw.on.ca
Website: <http://www.cishw.on.ca>
Counselors help callers to identify their problem and to find appropriate services to meet their needs. Information is available on housing, child care, legal services, counseling, seniors' activities and services. CIS is the original regional contact point for information about elder abuse. Callers who believe they are being abused, or suspect that an elderly person is being abused, can receive information and will be referred to the most appropriate community resources.

Government of Ontario Seniors' Secretariat

777 Bay St. Suite 601
Toronto, ON M7A 2J4
Telephone: 1-888-910-1999 TTY: 1-800-387-5559
The Ontario Seniors' Secretariat develops a wide variety of programs and services. The secretariat provides assistance for seniors to live safe, active and healthy lives. It also builds partnerships with seniors' organizations across Ontario, and guides the development of policies and programs across government, on behalf of seniors.

LEGAL AID

Dundas Community Services:

Phone: 905-627-5461
www.dundascommunityservices.on.ca

Dundurn Community Legal Services:

Phone: 905-527-4572
www.hamiltonlegalclinics.ca

Hamilton Mountain Legal and Community Services:

Phone: 905-575-9590
www.hamiltonlegalclinics.ca

McQuesten Legal and Community Services:

Phone: 905-545-0442

IMMIGRANT SENIORS: Help for Newcomers

Centre de Santé Communautaire Hamilton/Niagara Francophone Community Health Centre

460 Main St. East
2nd Floor
Hamilton, ON L8N 1K4
Telephone: 905-528-0163 or 1-866-437-7606
Crisis Line for Women/Femme:
1-877-336-2433
E-Mail: cscn@iaw.on.ca
Website: www.

centredesantecommunautaire.com
The Centre de santé communautaire Hamilton/Niagara offers health and social services to the French-speaking community of the Hamilton and Niagara regions. The services are offered in French, are free of charge, and confidential. Services include a medical clinic, laboratory services, nutrition and dietitian services, counselling services for all ages, support and programs for seniors, settlement and integration services for French-speaking newcomers and immigrants, volunteer programs and programs tailored to women who are victims of violence and abuse.

Settlement and Integration Services Organization (SISO)

360 James St. North
Lower Concourse
Hamilton, ON L8L 1H5
Telephone: 905-667-7476
E-Mail: siso@sisohamilton.org
Website: www.siso-ham.org

Settlement Counselling Services: Assistance and facilitation of matters related to the process of settlement, such as providing information, counselling and support to newcomers; assistance with various forms and applications; providing group and individual orientation; assistance with locating housing; assistance with immigration processes; escorting and accompaniment to appointments; cultural interpretation and translation; referral to community resources; client in-take and assessment, advocacy, advice and other services to facilitate early settlement or the support necessary to facilitate integration and adaptation.

St. Joseph Immigrant Women Centre

8 Main St. East Unit 101
Hamilton, ON L8N 1E8
Hamilton, ON L8L 1H5
Telephone: 905 529-5209
E-Mail: linc@stjosephwomen.on.ca
Website: www.stjosephwomen.on.ca
St. Joseph Immigrant Women's Centre is an equality seeking, anti-racist, non-profit, charitable organization committed to the social, political and economic inclusion of refugee and immigrant women in Hamilton. Services include: Language Instruction for Newcomers, LINC ESL, Family Home Visiting Program, Driving Club, legal orientation and referral.



DIABETES AFFILIATED PHARMACIES

**Day Night
Pharmacy**
505 Rymal Rd.
(905) 387-7878

**Rexall Pharma
Plus**
930 Upper
Paradise Rd
(905) 318-5383

Dell Pharmacy
1119 Fennell
Ave. E.
(905) 383-3386

Dell Pharmacy
1955 King St. E.
(905) 549 9774
Hamilton Central

**Pharmasave
(Prisms)**
155 James St. S.
(905) 527-5771

**Day Night
Pharmacy**
930 Upper
Paradise Rd.
(905) 318-5383

**Lee's
Pharmacy**
58 King St. E. 3
(905) 627-4584

**Day Night
Pharmacy**
1070 Stone
Church
(905) 383-5999

Dell Pharmacy
346 Dundurn
St S
(905) 522-7575

**Marchese
Pharmacy**
316 James Street
North
(905) 528-4201

**Westmount
Pharmacy**
723 Rymal Rd W
(905) 575-9090

Dell Pharmacy
517 Upper Sher-
man
(905) 383-3217

Dell Pharmacy
712 Mohawk
Rd. E.
(905) 389-1333

Dell Pharmacy
387 Barton St. E.
(905) 527-8031

Dell Pharmacy
234 Parkdale
Ave. N.
(905) 547-2174

Dell Pharmacy
730 Upper
James St
(905) 388-3410

VETERANS

Veterans Affairs Canada

Phone: 1-866-522-2122
E-Mail: information@vac-acc.gc.ca
Website: www.vac-acc.gc.ca
Veterans Affairs Canada (VAC) offers a wide range of services and benefits to:
>> qualified Veterans;
>> Canadian Forces (CF) members;
>> serving and discharged members of the RCMP;
>> certain civilians; and
>> their families.



ABOVE: Chris with Veteran Harold Woods

BELOW: Chris at the Remembrance Day Service at Royal Canadian Legion Branch 163





Chris Charlton, MP

Important Phone Numbers:

Chris Charlton, MP: 905-574-3331

Police*Fire*Ambulance: 911

Poison Control: 1-800-268-9017

Women's Helpline: 1-866-863-0511

Seniors Infoline: 1-888-910-1999

Crime Stoppers: 1-800-222-8477

Hamilton City Hall: 905-546-2424

HSR (Bus Service): 905-527-4441

DARTS: 905-529-1717

Passport Office: 1-800-567-6868

EI Benefits: 1-800-206-7218

Revenue Canada: 1-800-959-8281

Child Tax Benefit: 1-800-387-1193

Citizenship: 1-888-242-2100

CPP, OAS and GIS: 1-800-277-9914

Veterans' Affairs: 1-866-522-2122

Drug Benefit: 905-521-7100

Provincial Issues: 1-800-267-8097

Lawyer Referral: 1-800-268-8326

Ontario Works: 905-546-4800

ODSP: 905-521-7280



For an additional guide to financial services and supports available to Hamiltonians, please visit the Hamilton Council on Aging at:
www.coahamilton.ca

The Council also has comprehensive guide to income supplements and benefits available to seniors. A link to this guide can be found on Chris Charlton's website at:
www.chrischarlton.ca

Contact Chris:

Hamilton Community Office:

845 Upper James Street

Suite 230B

Hamilton ON L9C 3A3

Tel: (905) 574-3331

Fax: (905) 574-4980

E-mail: charlc1@parl.gc.ca

Ottawa Parliamentary Office:

Room 129 West Block

Ottawa ON K1A 0A6

Tel: (613) 995-9389

Fax: (613) 992-7802

E-mail: charlc@parl.gc.ca



www.chrischarlton.ca

