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## Conclusion

## Appendix 1 – Youth Services in Dundas

## Appendix 2 – Services for Older Adults in Dundas
Introduction

This report was commissioned by the Hamilton Family Health team as part of their efforts to better understand one of the communities they serve and to help inform potential projects that will better integrate community services and primary health care with the goal of improving population health, specifically for youth and older adults in Dundas.

A meeting with some of Dundas’ community leaders in 2015 found that Dundas is perceived as an engaged and friendly small-town community that is safe and cares for its members. Community leaders reflected on the many assets of Dundas, such as numerous faith groups and environmentally-conscious residents. Dundas’ natural landscapes and hiking trails allow for leisure activities within nature. Dundas presents as fostering, supportive, and encouraging of independence for older adults and residents as a whole, as illustrated by the availability of and access to community and social services, community oriented residents, and with “tremendous pride” found in the community.

Meetings with leaders of services and programs in Dundas, including schools, faith groups, doctors, child, youth and senior services, highlighted some challenges that their programs and clients face. Gaps identified included transportation, affordability, and catered programming that will be discussed in this report.

This profile will focus on two age groups: children 0-17 and older adults age 65 and over. These groups both face unique challenges towards a healthy and thriving life.

Dundas is a community of about 25,000 residents, of which about 20% are under age 20 and 22% are seniors over age 65 (Chart 1). Both the number and proportion of youth are declining in Dundas, while the number and proportion of seniors is increasing. Dundas has the largest proportion of seniors in all of Hamilton’s 15 wards1. One question this report will explore is if the services for Dundas seniors are keeping up with growth in this age group.

Chart 1. Residents under age 20 and 65 and older, Dundas, 2001-2011, Statistics Canada Census

In contrast, the percentage drop in residents under age 20 is twice as high in Dundas as in Hamilton overall (12% drop from 2001-2011 in Dundas, compared to 6% drop across Hamilton). This drop in youth population has led to a consolidation of Dundas’ two high schools, which has led to disruption in many young people’s lives. The difficult issue of school closures may confront Dundas in the near future as public and Catholic elementary accommodation reviews occur periodically to adjust school boundaries and programs to reflect demographic changes.

### Boundaries

The former municipality of Dundas (now a community of the larger city of Hamilton) has well defined boundaries. The neighbourhood boundaries defined by the city (Planning Units) within Dundas are less well known, and this report also uses data based on Statistics Canada’s six census tracts within Dundas. These overlapping boundaries along with the location of Dundas schools are displayed in Map 1.
The new combined public high school in Dundas, Dundas Valley Secondary School (DVSS), has boundaries that go beyond the community of Dundas and includes some parts of rural Flamborough and Ancaster:

Map 2.

Data sources

The demographic data in this report is from the last Census and National Household Survey (2011). While the data are now six years old, the census is the only source for detailed data at the neighbourhood level. 2016 Census and National Household Survey data will be released over 2017 and 2018.

The NHS is a voluntary survey and was introduced in 2011 as a replacement for the mandatory long-form Census. The NHS has produced lower quality data than available previously through the Census, especially at the community level and for smaller population groups. The SPRC follows the recommendation of the Social Planning Network of Ontario and only uses NHS data when higher quality data is not available.2

Statistics Canada has said their evaluations of NHS data “support the general reliability of the data at the national, provincial and territorial levels” but they have not extended this confidence

to using NHS data at the community level. They have noted that the “risk of error in NHS estimates increases for lower levels of geography and smaller population.” NHS data in this report is not compared to previous Census data due to changes in methodology between the two data sources. Statistics Canada’s indicator of data quality for the NHS is the “global non-response rate”, which combines how many households refused to participate in the NHS as well as households who only partially answered the NHS questionnaire. The global non-response rate was 29.0% for the City of Hamilton compared to an average of 26.1% across Canada. The global non-response rate for Dundas census tracts ranges from 19.8% to 36.6%. Data from the NHS in this report should be interpreted with caution.

**Poverty data**

Statistics Canada does not define one specific poverty line, but rather offers multiple measures of low income, which are often interpreted as poverty lines, by governments, media, research organizations and advocacy groups. The most commonly used poverty line currently is the after-tax Low Income Measure (LIM-AT). The low-income data in the 2011 NHS is based on household incomes from 2010 and this table shows the low income thresholds use to calculate the low-income rates.

**Table 1. After tax Low Income Measure (LIM-AT) poverty line (Statistics Canada)**

<table>
<thead>
<tr>
<th></th>
<th>2010 $</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 person</td>
<td>$19,161</td>
</tr>
<tr>
<td>2 persons</td>
<td>$27,098</td>
</tr>
<tr>
<td>3 persons</td>
<td>$33,188</td>
</tr>
<tr>
<td>4 persons</td>
<td>$38,322</td>
</tr>
<tr>
<td>5 persons</td>
<td>$42,845</td>
</tr>
<tr>
<td>6 persons</td>
<td>$46,935</td>
</tr>
<tr>
<td>7 persons or more</td>
<td>$50,695</td>
</tr>
</tbody>
</table>

This report also includes some poverty data from the 2006 census for Dundas schools, as the Ministry of Education has not opted to use 2011 NHS data for reporting poverty rates of students in schools across Ontario. As noted, the lower quality data from the 2011 NHS compared to previous census data indicates that NHS data cannot be compared to poverty data from previous Censuses. In this case, the 2011 NHS data and 2006 Census data also use different low-income measures making any comparison completely inaccurate. The 2006 poverty data is based on the 2005 Low Income Cut-Off (before tax), which are listed in Table 2.

**Table 2. Low Income Cut off (LICO) poverty measure, before tax (Statistics Canada)**

<table>
<thead>
<tr>
<th></th>
<th>2005 $</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 person</td>
<td>$20,791</td>
</tr>
<tr>
<td>2 persons</td>
<td>$25,884</td>
</tr>
<tr>
<td>3 persons</td>
<td>$32,821</td>
</tr>
<tr>
<td>4 persons</td>
<td>$38,635</td>
</tr>
<tr>
<td>5 persons</td>
<td>$43,819</td>
</tr>
<tr>
<td>6 persons</td>
<td>$49,420</td>
</tr>
<tr>
<td>7 persons or more</td>
<td>$55,022</td>
</tr>
</tbody>
</table>
Children in Dundas

General profile

Table 3 and 4 give a broad overview of the Dundas child population. Map 3 shows the distribution of children by ages in each of Dundas’ six census tracts.

In 2011 there were 4,650 children in Dundas, including 1,035 under age five and 2,405 age 10 and older. Just over eight in ten children live in couple family households (including two parent and step-parent families), which is only slightly higher than the proportion in Hamilton and the Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN).

The vast majority of Dundas children speak English at home, with about 4% speaking another language (Chinese dialects and French are the most common in this group). About 9% of children in Dundas identify with a visible minority group (415 individuals). The largest visible minority groups among Dundas children are Chinese, Black and South Asian.

Dundas children live in wealthier households on average than children in the city of Hamilton or the HNHB LHIN. Compared to the Canadian average of 10% of children in each of the income decile groups, Dundas has 5% of children in the bottom decile (11% for the HNHB LHIN in this lowest income group), and 12% in the top decile (while the HNHB LHIN has 6% of this top income group).
The larger income in Dundas families means that Dundas children are less likely to live in poverty than Hamilton or the larger LHIN region. But there still remains 8.5% of Dundas children who live in poverty, a total of about 385 kids. Due to the extra challenges of raising a family with less parental support, children in lone parent families are more likely to live in poverty. In Dundas, 22% of children in lone parent families live in poverty (180 children), compared to just 4% of children living in couple families (155 children).

Table 3a. Profile of population aged 0-17 years old, Dundas, city of Hamilton and Haldimand Niagara Hamilton Brantford LHIN, 2011 (Part A)

<table>
<thead>
<tr>
<th></th>
<th>Dundas child population</th>
<th>Dundas (% of total child population)</th>
<th>City of Hamilton (% of total child population)</th>
<th>HNHB LHIN (% of total child population)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total population of children aged 0-17</strong></td>
<td>4,650</td>
<td></td>
<td>106,665</td>
<td>279,575</td>
</tr>
<tr>
<td><strong>2011 Census data</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Age and sex (includes residents in institutional dwellings)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total population of children aged 0-17</td>
<td>4,650</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0 to 4 years</td>
<td>1,035</td>
<td>22%</td>
<td>26%</td>
<td>25%</td>
</tr>
<tr>
<td>5 to 9 years</td>
<td>1,205</td>
<td>26%</td>
<td>26%</td>
<td>26%</td>
</tr>
<tr>
<td>10 to 14 years</td>
<td>1,405</td>
<td>30%</td>
<td>28%</td>
<td>29%</td>
</tr>
<tr>
<td>15 to 17 years</td>
<td>1,000</td>
<td>22%</td>
<td>20%</td>
<td>20%</td>
</tr>
<tr>
<td>Males, total</td>
<td>2,375</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0 to 4 years</td>
<td>530</td>
<td>11%</td>
<td>13%</td>
<td>13%</td>
</tr>
<tr>
<td>5 to 9 years</td>
<td>610</td>
<td>13%</td>
<td>13%</td>
<td>14%</td>
</tr>
<tr>
<td>10 to 14 years</td>
<td>765</td>
<td>16%</td>
<td>15%</td>
<td>15%</td>
</tr>
<tr>
<td>15 to 17 years</td>
<td>465</td>
<td>10%</td>
<td>10%</td>
<td>10%</td>
</tr>
<tr>
<td>Females, total</td>
<td>2,270</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>0 to 4 years</td>
<td>495</td>
<td>11%</td>
<td>12%</td>
<td>12%</td>
</tr>
<tr>
<td>5 to 9 years</td>
<td>605</td>
<td>13%</td>
<td>13%</td>
<td>13%</td>
</tr>
<tr>
<td>10 to 14 years</td>
<td>645</td>
<td>14%</td>
<td>14%</td>
<td>14%</td>
</tr>
<tr>
<td>15 to 17 years</td>
<td>525</td>
<td>11%</td>
<td>10%</td>
<td>10%</td>
</tr>
<tr>
<td><strong>Children by family types</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Couple families</td>
<td>3,640</td>
<td>81%</td>
<td>78%</td>
<td>79%</td>
</tr>
<tr>
<td>Lone parent families</td>
<td>805</td>
<td>18%</td>
<td>21%</td>
<td>19%</td>
</tr>
<tr>
<td><strong>Language</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Language spoken most often at home</td>
<td>4,650</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Single responses</td>
<td>4,605</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>English</td>
<td>4,415</td>
<td>95%</td>
<td>86%</td>
<td>91%</td>
</tr>
<tr>
<td>French</td>
<td>20</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-official languages</td>
<td>155</td>
<td>3.3%</td>
<td>9.0%</td>
<td>5.7%</td>
</tr>
<tr>
<td>Top non-English languages</td>
<td>Chinese dialects, French</td>
<td>Arabic, Spanish, Spanish, Arabic</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Table 3b. Profile of population aged 0-17 years old, Dundas, city of Hamilton and Haldimand Niagara Hamilton Brantford LHIN, 2011 (Part B)

<table>
<thead>
<tr>
<th></th>
<th>Dundas child population</th>
<th>Dundas % (% of total child population)</th>
<th>City of Hamilton % (% of total child population)</th>
<th>HNHB LHIN % (% of total child population)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011 National Household Survey data</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total population of children aged 0-17 living in private households</td>
<td>4,540</td>
<td>106,080</td>
<td>279,105</td>
<td></td>
</tr>
<tr>
<td>Immigration</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-immigrants</td>
<td>4,235</td>
<td>91%</td>
<td>92%</td>
<td>95%</td>
</tr>
<tr>
<td>Immigrants</td>
<td>275</td>
<td>6%</td>
<td>7%</td>
<td>5%</td>
</tr>
<tr>
<td>Before 1971</td>
<td>-</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>1971 to 1980</td>
<td>-</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>1981 to 1990</td>
<td>-</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>1991 to 2000</td>
<td>40</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>2001 to 2011</td>
<td>225</td>
<td>5%</td>
<td>6%</td>
<td>4%</td>
</tr>
<tr>
<td>Visible minorities</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total visible minority population</td>
<td>415</td>
<td>8.9%</td>
<td>21.7%</td>
<td>14.4%</td>
</tr>
<tr>
<td>Chinese</td>
<td>80</td>
<td>1.7%</td>
<td>1.7%</td>
<td>1.3%</td>
</tr>
<tr>
<td>Black</td>
<td>50</td>
<td>1.1%</td>
<td>5.7%</td>
<td>3.7%</td>
</tr>
<tr>
<td>South Asian</td>
<td>50</td>
<td>1.1%</td>
<td>4.1%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Income distribution</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total population by decile of adjusted after-tax family income</td>
<td>4,540</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In bottom half of the Canadian distribution</td>
<td>1,725</td>
<td>37.1%</td>
<td>57.1%</td>
<td>56.0%</td>
</tr>
<tr>
<td>In bottom decile</td>
<td>225</td>
<td>4.8%</td>
<td>13.7%</td>
<td>10.7%</td>
</tr>
<tr>
<td>In second decile</td>
<td>195</td>
<td>4.2%</td>
<td>11.4%</td>
<td>11.1%</td>
</tr>
<tr>
<td>In third decile</td>
<td>350</td>
<td>7.5%</td>
<td>10.7%</td>
<td>11.8%</td>
</tr>
<tr>
<td>In fourth decile</td>
<td>595</td>
<td>12.8%</td>
<td>10.5%</td>
<td>11.6%</td>
</tr>
<tr>
<td>In fifth decile</td>
<td>345</td>
<td>7.4%</td>
<td>10.7%</td>
<td>10.8%</td>
</tr>
<tr>
<td>In top half of the Canadian distribution</td>
<td>2,810</td>
<td>60.5%</td>
<td>43.1%</td>
<td>44.3%</td>
</tr>
<tr>
<td>In sixth decile</td>
<td>415</td>
<td>8.9%</td>
<td>9.8%</td>
<td>10.2%</td>
</tr>
<tr>
<td>In seventh decile</td>
<td>475</td>
<td>10.2%</td>
<td>9.8%</td>
<td>10.2%</td>
</tr>
<tr>
<td>In eighth decile</td>
<td>610</td>
<td>13.1%</td>
<td>9.2%</td>
<td>9.5%</td>
</tr>
<tr>
<td>In ninth decile</td>
<td>780</td>
<td>16.8%</td>
<td>8.4%</td>
<td>8.6%</td>
</tr>
<tr>
<td>In top decile</td>
<td>540</td>
<td>11.6%</td>
<td>5.8%</td>
<td>5.8%</td>
</tr>
<tr>
<td>Poverty</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In low income in 2010 based on after-tax low-income measure (LIM-AT)</td>
<td>385</td>
<td>8.5%</td>
<td>20.9%</td>
<td>17.2%</td>
</tr>
<tr>
<td>Males</td>
<td>150</td>
<td>6.8%</td>
<td>21%</td>
<td>17.5%</td>
</tr>
<tr>
<td>Females</td>
<td>200</td>
<td>8.6%</td>
<td>20.7%</td>
<td>17.0%</td>
</tr>
<tr>
<td>Children in low income couple families</td>
<td>155</td>
<td>4%</td>
<td>14%</td>
<td>11%</td>
</tr>
<tr>
<td>Children in low income lone parent families</td>
<td>180</td>
<td>22%</td>
<td>48%</td>
<td>43%</td>
</tr>
</tbody>
</table>
Dundas neighbourhoods and child poverty

The most recent local poverty data available for Dundas neighbourhoods is the 2011 NHS, however this should be interpreted with caution due to methodological changes described in section 1.2. Older data from the 2006 census may be more reliable, but do not reflect changes in neighbourhood incomes since that time. A variety of local poverty data is included in this section to gather a wider picture of poverty in Dundas to aid navigating the multiple data sources currently available.

Table 5 presents poverty data for each of Dundas’ school prepared by the Ministry of Education. To develop these poverty estimates for each school, the Ministry of Education takes information about the location where current students live and estimates how many of the students may be living in poverty for each school, based on the 2006 Census poverty rates in those areas (which may be different than current rates of poverty). This data indicates that Dundas Central, and Dundas Valley have the highest rates of poverty among Dundas schools (estimated to be 16% and 13% respectively).
Table 5. Dundas schools: enrolment, special education and estimate of poverty rates, Ontario Ministry of Education, 2015*

<table>
<thead>
<tr>
<th>School and grades</th>
<th>Enrolment 2015</th>
<th>Percentage of students who receive special education services, 2015</th>
<th>Estimate of percentage of students living in low income households†</th>
<th>Estimate of number of students living in low income households‡</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dundana (K-5)</td>
<td>339</td>
<td>9%</td>
<td>7%</td>
<td>24</td>
</tr>
<tr>
<td>Dundas Central (K-8)</td>
<td>410</td>
<td>22%</td>
<td>16%</td>
<td>66</td>
</tr>
<tr>
<td>Sir William Osler (K-8)</td>
<td>630</td>
<td>22%</td>
<td>11%</td>
<td>69</td>
</tr>
<tr>
<td>St. Augustines (K-8)</td>
<td>228</td>
<td>13%</td>
<td>11%</td>
<td>25</td>
</tr>
<tr>
<td>St. Bernadette (K-8)</td>
<td>262</td>
<td>7%</td>
<td>7%</td>
<td>18</td>
</tr>
<tr>
<td>Yorkview School (K-8)</td>
<td>183</td>
<td>16%</td>
<td>9%</td>
<td>16</td>
</tr>
<tr>
<td>Dundas Valley Secondary School (9-12)</td>
<td>1,066</td>
<td>20%</td>
<td>13%</td>
<td>139</td>
</tr>
<tr>
<td>~St-Mary's Separate School (9-12)</td>
<td>1,086</td>
<td>19%</td>
<td>9%</td>
<td>98</td>
</tr>
<tr>
<td>Average of Dundas schools</td>
<td>3,118</td>
<td>18%</td>
<td>11%</td>
<td>343</td>
</tr>
<tr>
<td>Provincial average</td>
<td></td>
<td>16%</td>
<td>20%</td>
<td></td>
</tr>
</tbody>
</table>

* Data available on the Ministry of Education’s School Information Finder website: http://edu.gov.on.ca/eng/sift/

† The poverty data is based on the location where current students live and the Ministry of Education’s estimate of how many of the students may be living in poverty for each schools. Their calculation is based on the 2006 Census poverty rates in those areas (which may be different than current rates of poverty).

This data cannot be compared to other data in this report (which is from 2011 NHS), due to methodological changes with the National Household Survey. In addition this data is based on the Low Income Cut Off poverty line, which is a different poverty line than the Low Income Measure used in 2011 NHS data published in this report. See Section 1.3 of this report for more details.

~St-Mary's is located outside of Dundas boundaries, but included in this table as its catchment area includes Dundas. St-Mary’s is not included in the calculation for the average for Dundas schools.
When more recent 2011 data by Census tract is analysed (Map 4), the map shows that the areas south of Governors Road has the highest child poverty rate, followed closely by the census tract encompassing the Creighton and Sydenham Road neighbourhoods. These two neighbourhoods combined had approximately 225 children living in poverty according to the 2011 NHS.
The same 2011 NHS poverty data is available for some neighbourhoods (due to small populations, not all neighbourhoods are available) and shows that the Central Business District and Spencer Creek neighbourhoods along King Street have the highest child poverty rate in Dundas at 38% and 33% respectively, with 135 children in these neighbourhoods living in poverty.

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**Child and Youth matters**

**Early Years development and childcare**

“Early childhood development is foundational. An abundance of research has demonstrated that successful learning and development during the first few years of life sets the stage for successful transitions into school, for lifelong learning and full participation in society. Conversely, poor developmental outcomes during the first few years of life leave children unprepared for the transition into school and make them vulnerable to school failure, delinquency, substance abuse, poor health, and unfavourable socioeconomic outcomes.”

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One important early years support in Hamilton for families and caregivers of young children is the neighbourhood Ontario Early Years Centres (OEYC) drop-in programs. OEYCs are not childcare programs; they are drop-in programs that require parents or caregivers to remain with their children.

All neighbourhoods in Dundas have a relatively high participation in OEYCs, as compared to the average across Hamilton. In Dundas the OEYC is located at Knox Presbyterian Church on Melville St. near Cross St, but includes families who may be driving to further locations outside of Dundas. Today’s Family, a non-profit childcare organization with sites across Hamilton, runs the Knox OEYC program.

Through participation in the Dundas OEYC, families can access programs such as: Child Development Drop-in, Family Gathering Time, Native Family Gathering Time, Parent and New Baby Network, Car Seat Safety, Infant Massage, Managing Routines, Playing with your Child, Positive Parenting, Product Safety, Parent-child-Mother Goose Program, Understanding your Child’s Temperament.

The Knox Presbyterian Church site is a satellite of the main OEYC in Waterdown for the regional network of OEYCs covering Flamborough, Dundas, Ancaster and Westdale. OEYC also has a mobile program delivered in the Dundas branch of the Hamilton Public Library.

While Dundas OEYC participation is among the highest in the city, less than 50% of families with kids 0-6 are attending any drop-in or registered programs, even in the downtown Dundas and driving park neighbourhoods that are within walking distance of Knox Presbyterian Church. Neighbourhoods further from Knox Presbyterian Church along Governor’s road have much lower rates of OEYC participation (Table 6).

Table 6. Participation at Dundas Ontario Early Years site, by parent’s neighbourhood and neighbourhood poverty rates, City of Hamilton, 2014-15

<table>
<thead>
<tr>
<th>Community</th>
<th>Neighbourhoods*</th>
<th>Ontario Early Years Centres participation rate of all children in area</th>
<th>Poverty rate of children 0-6</th>
<th>Estimated number of children 0-6 living in poverty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dundas census tract boundaries</td>
<td>Pleasant Valley and Dundana neighbourhoods</td>
<td>21%</td>
<td>0%*</td>
<td>0*</td>
</tr>
<tr>
<td></td>
<td>Highland Hills and Turnbull neighbourhoods</td>
<td>19%</td>
<td>18%</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td>University Gardens and York Road neighbourhoods</td>
<td>25%</td>
<td>8%</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td>Downtown Dundas and Driving Park neighbourhoods</td>
<td>39%</td>
<td>12%</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td>Morden and Sobel neighbourhoods</td>
<td>14%</td>
<td>0%*</td>
<td>0*</td>
</tr>
<tr>
<td></td>
<td>Creighton and Sydenham Road neighbourhoods</td>
<td>32%</td>
<td>11%</td>
<td>50</td>
</tr>
<tr>
<td></td>
<td>City of Hamilton average</td>
<td>18%</td>
<td>24%</td>
<td></td>
</tr>
</tbody>
</table>

* For exact boundaries, please see Map 3
In preparation of this report, Today’s Family in Dundas shared some of their experiences and perspectives of the children and families who use their services. Their programming is open to children between 18 months and 12 years of age. Some of the strengths these children present are positive problem-solving, self-help and collaborative skills. Many of these children are also creative, imaginative, and innovative. Today’s Family’s programing improves children’s socialization, confidence and self-regulation through a “loving and nurturing environment where children can learn, grow and explore the world around them.”

Today’s Family further shared that some of the children they see come from low-income families. With lack of resources in Dundas, transportation to appointments outside of Dundas becomes a challenge for some parents, as noted by staff. The cost of Today’s Family’s childcare can be a financial barrier for some Dundas families. Another barrier staff shared was a lack of capacity and support for children with special needs. Some additional services they would like to see in Dundas include reading programs, speech therapy, and after school drop-in programs.

**Transition planning for new Ontario Early Years and Family Centres**

The trend across Hamilton is that lower income residents are less likely to access programs and supports at Ontario Early Years Centres⁴. While abuse and neglect happens in families across the income spectrum, low income adds additional stress for parents and research shows that children in low income families are more likely to face adverse childhood events⁵. Children who experience abuse or neglect other adverse childhood events also potentially have the most to gain from accessing a high quality play space to enhance their development, which helps children become more resilient to a challenging home life and parents better manage the stress of child-raising. The US Centre for Disease Control “promotes pre-school enrichment with family engagement” as a critical strategy in the prevention child abuse and neglect.

Adverse childhood events, including at key stages of development in early childhood, have lifelong impacts especially if they are experienced without the proper supports to develop resiliency. More focus on young children and their families in Dundas, especially families that may not have all the social and emotional support they need is crucial if the community wants to significantly improve outcomes for teens and young adults. Lone parent families and/or low income families are for example often left out of many parental social networks, but many other families may also need extra support. The daunting challenge for social service providers is to connect with these families and build the trust necessary to develop an effective relationship that lead to positive outcomes, and becomes even more difficult when outreach budgets most agencies have access to are quite small.

OEYCs are agencies that have an important place in the early years’ service landscape. They offer the opportunity for parents to connect with other parents, access advice and support of early childhood education and public health staff, and attend parenting and child development workshops, so are an important neighbourhood asset for pre-school enrichment as promoted by the CDC.

However, thus far, the evidence shows that low income parents have clearly not felt as comfortable in the OYEC environments as higher income parents. This is one of the reasons that the provincial government is leading to a change in the mandate and structure of OYECs. Instead of reporting directly to the Ministry of Child and Youth Services as they were originally reported to by the Ministry of Community and Social Services.

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conceived, now all OEYCs, along with school-based Parent and Family Literacy Centres, will be coordinated by local municipalities (in this case the City of Hamilton), which historically had not been involved in OEYC management. OEYCs will be renamed Early Years Child and Family Centres (OEYCFCs) and will be funded by the Ministry of Education. As core objectives, the Ministry of Education has set out that OEYCFCs be accessible, non-stigmatizing places to seek support and that local agencies coordinate and actively engage parents and caregivers to increase participation in these programs (Ministry of Education, 2016: Ontario Early Years Child and Family Centres: A Public Plan). The province will lead a branding and public awareness strategy to ensure OEYCFCs become well-known in all communities and neighbourhoods. The City of Hamilton will be engaging local stakeholders to develop an OEYCFC service plan, and the program in Dundas along with all other programs in the city will be part of the discussion, including how each program meets or doesn’t meet the needs of local parents. The province expects municipalities to complete the transition of the new OEYCFC local service plans to be complete by 2018.

**Youth and Substance use**

While no specific data is available for Dundas students, provincial data from the Ontario Student Drug Use and Health Survey conducted by the Centre for Addiction and Mental Health offers a glimpse into substance use by average Ontario teenagers today\(^6\).

The 2015 CAMH survey showed that in Grade 7 the most common substances used are high-caffeine energy drinks (used by 19.2% of students in the past year), opioid pain relievers (9.5%), and alcohol (8.6%)\(^7\). By grade 12, 72.4% of students have used alcohol in the past year, with 32.6% binge drinking in the last month.


\(^7\) Alcohol use is defined as “more than a few sips”.

The survey found that opioid use is generally trending lower since the last survey. In 2015, across all ages, 10.0% of students reported using opioid medication for non-medical purposes, compared to 12.4% in 2013. In contrast, self-reported use of ecstasy has increased from 3.3% to 5.4% (Both of these tested as statistically significant differences.)

Longer term trends from 1977-2015 showed that generally substance use, including alcohol use is declining, with the exception of cannabis.

**HNHB LHIN results**

Regional data for the HNHB LHIN area as a whole compared to the provincial averages showed largely similar results as the Ontario data, save for significant differences in the following areas:

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Table 8. Significant differences in substance use data between Hamilton Niagara Hamilton Brant health region and Ontario, youth in grades 7-12, Ontario Student Drug Use and Health Survey, 2015

<table>
<thead>
<tr>
<th>Substance Category</th>
<th>Hamilton Niagara Haldimand Brant LHIN</th>
<th>Ontario</th>
<th>HNHB LHIN compared to Ontario</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opioid pain relievers (non-medical use)</td>
<td>12.8% (C.I. range 11.1%-14.8%)</td>
<td>10.6% (C.I. range 9.5%-11.7%)</td>
<td>Worse</td>
</tr>
<tr>
<td>Any non-medical prescription drug use</td>
<td>15.2% (C.I. range 12.6%-18.2%)</td>
<td>12.1% (C.I. range 11.0%-13.4%)</td>
<td>Worse</td>
</tr>
<tr>
<td>Was given/offered/sold a drug at school</td>
<td>27.4% (C.I. range 22.1%-33.4%)</td>
<td>22.3% (C.I. range 19.6%-25.2%)</td>
<td>Worse</td>
</tr>
<tr>
<td>Drug use at school is a “big problem”</td>
<td>39.9% (C.I. range 32.7%-47.6%)</td>
<td>30.2% (C.I. range 27.3%-33.3%)</td>
<td>Worse</td>
</tr>
</tbody>
</table>

Developmental Assets lens for addressing substance use among young people

The HWDSB identifies underage drinking as the most commonly used substance for grade 7-12 students. Dr Elizabeth Richardson, Medical Officer of Health stated that “alcohol is particularly harmful to youth as their brains are still developing. Alcohol use can lead to memory loss, problems thinking and understanding, and can be linked to depression in youth.”

While the provincial rate of alcohol use is down significantly compared to previous decades, the 2010 death by alcohol poisoning of Waterdown teen Christopher Skinner and the subsequent coroner’s inquiry have put into stark relief the continued binge drinking by a still too high number of young people in Hamilton and the tragic consequences that can result.

Hamilton’s Public Health Services department (PHS) has responded to the Coroner’s Inquiry’s recommendations and has met with stakeholders across Hamilton to do more work to prevent binge drinking among teenagers through a “four pillars” approach: prevention, treatment, harm reduction and enforcement. PHS uses a “developmental assets” lens in its work with youth substance and mental health concerns, which focuses on building positive values, strengths, and resiliency in youth, and opportunities for healthy development (internal and external assets) so that they can become more secure in making healthier choices in the face of negative peer pressure.

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http://www.hwdsb.on.ca/elementary/supports/prevention/


11 Full list of Developmental Assets for Adolescents is available at:
http://www.search-institute.org/content/40-developmental-assets-adolescents-ages-12-18
and social pressures. The PHS summary of a US study of 150,000 grade 6 to 12 students showed that the more assets a young person reported having, the fewer risky behaviours they reported engaging in (Chart 3).

**Chart 3. City of Hamilton Public Health Services summary of US study on protecting youth from high risk behaviours: % of students engaging in risky behaviours in relation to developmental assets of youth (grades 6 through 12), 2003**

![Chart showing percentage of students engaging in risky behaviours in relation to developmental assets](chart)

**Youth and Mental Health**

CAMH's *Ontario Student Drug Use and Health Survey* also offers important insights into teenage mental and physical health.  

Ontario students report high levels of mental health concerns, as seen both through internalizing and externalizing indicators of mental health. Tables 9 and 10 show that young people experience a very wide range of physical and mental health challenges, and there are also important differences by age and by gender.

In the month before the survey, more than one in three students reported moderate to severe psychological distress. More than one in four of Ontario students wanted to talk to someone about their mental health in the past year, but had no one to turn to. More than 1 in 10 students have had suicidal thoughts in the past year, and 3.0% have attempted suicide.

Bullying at school and/or cyber-bullying was experienced by at least one in five students. About one in 10 students have had a physical fight at school in the past year, and 13% reported bullying other students since the school year started.

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Females report higher rates than male students for almost all of these indicators, with only male students reporting higher levels of anti-social behaviours and physical fights. The largest differences between male and female mental health indicators include females reporting suicide attempts at three times the rate as males, and male students reporting physical fights at school at 3.5 times the rate of female students.

There are much higher rates of unmet mental health support and suicidal thoughts among females than males. Because this data is self-reported, it is not known if males are experiencing fewer mental health concerns, or if socialization and stereotypes of masculinities are affecting these results. For example, are boys less likely to report in the survey an unmet need for mental health support if they feel it is “unmanly” to disclose feeling mentally unwell.
<table>
<thead>
<tr>
<th>Indicator</th>
<th>Total %</th>
<th>(95% CI)</th>
<th>Estimated Number</th>
<th>Males %</th>
<th>Females %</th>
</tr>
</thead>
<tbody>
<tr>
<td>fair/poor self-rated physical health</td>
<td>7.6</td>
<td>(6.8-8.5)</td>
<td>72,200</td>
<td>6.4</td>
<td>8.9</td>
</tr>
<tr>
<td>asthma diagnosis (current)</td>
<td>8.0</td>
<td>(6.8-9.4)</td>
<td>71,900</td>
<td>7.4</td>
<td>8.7</td>
</tr>
<tr>
<td>no physician health care visit (past year)</td>
<td>28.6</td>
<td>(26.6-30.8)</td>
<td>256,600</td>
<td>31.9</td>
<td>25.1</td>
</tr>
<tr>
<td>daily physical activity (60 mins. activity daily past week)</td>
<td>22.3</td>
<td>(20.7-23.9)</td>
<td>210,600</td>
<td>27.0</td>
<td>17.2</td>
</tr>
<tr>
<td>physically inactive (no days of activity in past week)</td>
<td>6.4</td>
<td>(5.5-7.5)</td>
<td>60,400</td>
<td>5.4</td>
<td>7.4</td>
</tr>
<tr>
<td>sedentary behaviour (3+ hours of screen time daily)</td>
<td>62.6</td>
<td>(57.6-67.4)</td>
<td>570,300</td>
<td>61.6</td>
<td>63.8</td>
</tr>
<tr>
<td>overweight or obese</td>
<td>26.4</td>
<td>(24.9-28.0)</td>
<td>239,600</td>
<td>30.0</td>
<td>22.5</td>
</tr>
<tr>
<td>8 or more hours of sleep on an average school night</td>
<td>41.0</td>
<td>(38.9-43.2)</td>
<td>388,800</td>
<td>44.9</td>
<td>36.9</td>
</tr>
<tr>
<td>often/always go to bed or school hungry (food insecurity)</td>
<td>4.6</td>
<td>(3.9-5.5)</td>
<td>43,800</td>
<td>5.0</td>
<td>4.2</td>
</tr>
<tr>
<td>use of an indoor tanning device (past year)</td>
<td>3.6</td>
<td>(2.9-4.6)</td>
<td>32,300</td>
<td>4.1</td>
<td>3.1</td>
</tr>
<tr>
<td>medically treated injury (past year)</td>
<td>43.7</td>
<td>(41.0-46.3)</td>
<td>396,500</td>
<td>45.4</td>
<td>41.8</td>
</tr>
<tr>
<td>used an opioid pain reliever medically (past year)</td>
<td>21.1</td>
<td>(19.2-23.2)</td>
<td>193,000</td>
<td>19.3</td>
<td>23.1</td>
</tr>
<tr>
<td>not always wear a bike helmet (among bicyclists)</td>
<td>76.9</td>
<td>(74.3-79.4)</td>
<td>541,800</td>
<td>78.6</td>
<td>74.9</td>
</tr>
<tr>
<td>not always wear a seatbelt when in motor vehicle</td>
<td>23.9</td>
<td>(21.8-26.3)</td>
<td>219,100</td>
<td>22.5</td>
<td>25.5</td>
</tr>
<tr>
<td>texting while driving (past year, among drivers)</td>
<td>35.3</td>
<td>(31.0-39.9)</td>
<td>103,400</td>
<td>35.5</td>
<td>35.1</td>
</tr>
<tr>
<td>vehicle collision as a driver (past year, among drivers)</td>
<td>8.6</td>
<td>(6.5-11.4)</td>
<td>25,200</td>
<td>10.0</td>
<td>7.0</td>
</tr>
<tr>
<td>mental health care visit (past year)</td>
<td>20.9</td>
<td>(18.9-23.0)</td>
<td>205,300</td>
<td>17.1</td>
<td>24.9</td>
</tr>
<tr>
<td>sought counselling over phone or Internet (past year)</td>
<td>3.0</td>
<td>(2.3-3.7)</td>
<td>29,200</td>
<td>1.8</td>
<td>4.2</td>
</tr>
<tr>
<td>unmet need for mental health support</td>
<td>28.4</td>
<td>(28.1-30.9)</td>
<td>280,400</td>
<td>18.6</td>
<td>39.0</td>
</tr>
<tr>
<td>used tranquilizers/sedatives medically (past year)</td>
<td>3.3</td>
<td>(2.9-3.7)</td>
<td>22,800</td>
<td>1.8</td>
<td>4.9</td>
</tr>
<tr>
<td>used an ADHD drug medically (past year)</td>
<td>2.6</td>
<td>(2.1-3.3)</td>
<td>26,000</td>
<td>2.9</td>
<td>2.4</td>
</tr>
<tr>
<td>prescribed medication for depression/anxiety/both (past year)</td>
<td>5.6</td>
<td>(4.6-6.9)</td>
<td>39,300</td>
<td>2.8</td>
<td>8.4</td>
</tr>
<tr>
<td>fair/poor self-rated mental health</td>
<td>16.5</td>
<td>(14.8-15.9)</td>
<td>163,800</td>
<td>10.3</td>
<td>23.2</td>
</tr>
<tr>
<td>low self-esteem</td>
<td>7.0</td>
<td>(5.7-8.5)</td>
<td>68,700</td>
<td>4.7</td>
<td>9.5</td>
</tr>
<tr>
<td>elevated stress</td>
<td>28.7</td>
<td>(26.1-31.4)</td>
<td>283,500</td>
<td>19.8</td>
<td>38.2</td>
</tr>
<tr>
<td>moderate-to-serious psychological distress (past month)</td>
<td>34.0</td>
<td>(31.5-36.7)</td>
<td>328,600</td>
<td>22.7</td>
<td>45.9</td>
</tr>
<tr>
<td>serious psychological distress (past month)</td>
<td>14.2</td>
<td>(13.2-15.2)</td>
<td>137,200</td>
<td>7.0</td>
<td>21.7</td>
</tr>
<tr>
<td>suicidal ideation (past year)</td>
<td>12.4</td>
<td>(10.9-14.1)</td>
<td>113,500</td>
<td>8.2</td>
<td>16.9</td>
</tr>
<tr>
<td>suicide attempt (past year)</td>
<td>3.0</td>
<td>(2.2-3.9)</td>
<td>27,000</td>
<td>1.5</td>
<td>4.5</td>
</tr>
<tr>
<td>symptoms of ADHD (past 6 months)</td>
<td>15.8</td>
<td>(14.0-17.6)</td>
<td>152,700</td>
<td>13.6</td>
<td>18.1</td>
</tr>
<tr>
<td>antisocial behaviour (3+9 behaviours in past year)</td>
<td>5.2</td>
<td>(4.2-6.4)</td>
<td>50,700</td>
<td>6.4</td>
<td>4.1</td>
</tr>
<tr>
<td>carried a weapon (past year)</td>
<td>5.1</td>
<td>(4.1-6.4)</td>
<td>49,600</td>
<td>7.8</td>
<td>2.3</td>
</tr>
<tr>
<td>physical fight at school (past year)</td>
<td>10.4</td>
<td>(9.1-11.9)</td>
<td>102,200</td>
<td>15.9</td>
<td>4.5</td>
</tr>
<tr>
<td>threatened/injured with weapon at school (past year)</td>
<td>5.8</td>
<td>(4.8-6.9)</td>
<td>56,900</td>
<td>7.9</td>
<td>3.6</td>
</tr>
<tr>
<td>worried about being harmed or threatened at school</td>
<td>12.1</td>
<td>(10.2-14.4)</td>
<td>120,300</td>
<td>11.4</td>
<td>12.9</td>
</tr>
<tr>
<td>bullied others at school (since September)</td>
<td>13.1</td>
<td>(11.5-14.8)</td>
<td>127,700</td>
<td>14.6</td>
<td>11.5</td>
</tr>
<tr>
<td>been bullied at school (since September)</td>
<td>23.6</td>
<td>(21.5-25.6)</td>
<td>231,200</td>
<td>19.6</td>
<td>27.8</td>
</tr>
<tr>
<td>been cyberbullied (past year)</td>
<td>19.8</td>
<td>(18.0-21.7)</td>
<td>194,200</td>
<td>14.0</td>
<td>25.8</td>
</tr>
<tr>
<td>any gambling activity (past year)</td>
<td>31.8</td>
<td>(29.3-34.5)</td>
<td>308,200</td>
<td>40.3</td>
<td>22.9</td>
</tr>
<tr>
<td>multi-gambling activity (5+ activities in past year)</td>
<td>1.7</td>
<td>(1.3-2.3)</td>
<td>16,700</td>
<td>3.2</td>
<td>s</td>
</tr>
<tr>
<td>high gambling problem severity (past 3 months)</td>
<td>1.1</td>
<td>(0.7-1.8)</td>
<td>7,500</td>
<td>1.9</td>
<td>s</td>
</tr>
<tr>
<td>video gaming problem (past year)</td>
<td>12.5</td>
<td>(11.1-14.1)</td>
<td>122,600</td>
<td>20.2</td>
<td>4.5</td>
</tr>
<tr>
<td>3 or all 4 coexisting problems</td>
<td>7.8</td>
<td>(6.5-9.5)</td>
<td>56,100</td>
<td>6.0</td>
<td>9.8</td>
</tr>
</tbody>
</table>

Notes: the survey sample size is 10,426 students; some estimates are based on a random half sample; CI = confidence interval; 1 the estimated number of students is based on a student population of about 961,550 in Ontario (numbers have been rounded down); *indicates a significant sex difference (p≤.05) not controlling for other factors; † among grades 9-12 only; medical drug use is defined as use with a prescription; coexisting problems refers to the following four problems: psychological distress, antisocial behaviour, hazardous/harmful drinking, and drug use problem.

### Table 10.

**Percentage Reporting Selected Mental Health and Well-Being Indicators by Grade, 2015 OSUHs**

<table>
<thead>
<tr>
<th>Indicator</th>
<th>G7</th>
<th>G8</th>
<th>G9</th>
<th>G10</th>
<th>G11</th>
<th>G12</th>
</tr>
</thead>
<tbody>
<tr>
<td>fair/poor self-rated physical health</td>
<td>4.4</td>
<td>5.8</td>
<td>7.5</td>
<td>7.4</td>
<td>9.0</td>
<td>9.6</td>
</tr>
<tr>
<td>asthma diagnosis (current)</td>
<td>9.3</td>
<td>8.1</td>
<td>7.1</td>
<td>8.5</td>
<td>9.9</td>
<td>6.4</td>
</tr>
<tr>
<td>no physician health care visit (past year)</td>
<td>29.8</td>
<td>28.1</td>
<td>25.5</td>
<td>28.9</td>
<td>29.6</td>
<td>29.6</td>
</tr>
<tr>
<td>daily physical activity (60 mins. activity daily past week)</td>
<td>28.3</td>
<td>19.0</td>
<td>28.0</td>
<td>21.5</td>
<td>19.7</td>
<td>19.4*</td>
</tr>
<tr>
<td>physically inactive (no days of activity in past week)</td>
<td>2.1</td>
<td>4.1</td>
<td>4.0</td>
<td>6.5</td>
<td>9.1</td>
<td>9.6*</td>
</tr>
<tr>
<td>sedentary behaviour (3+ hours of screen time daily)</td>
<td>45.7</td>
<td>56.3</td>
<td>66.0</td>
<td>66.4</td>
<td>65.8</td>
<td>67.7*</td>
</tr>
<tr>
<td>overweight or obese</td>
<td>21.9</td>
<td>24.8</td>
<td>24.1</td>
<td>26.7</td>
<td>29.8</td>
<td>28.3*</td>
</tr>
<tr>
<td>8 or more hours of sleep on an average school night</td>
<td>72.3</td>
<td>65.6</td>
<td>46.4</td>
<td>33.7</td>
<td>23.7</td>
<td>23.7*</td>
</tr>
<tr>
<td>often/always go to bed or school hungry (food insecurity)</td>
<td>3.8</td>
<td>3.9</td>
<td>4.2</td>
<td>5.9</td>
<td>4.2</td>
<td>5.2</td>
</tr>
<tr>
<td>use of an indoor tanning device (past year)</td>
<td>3.7</td>
<td>3.8</td>
<td>3.2</td>
<td>3.2</td>
<td>4.1</td>
<td>3.4</td>
</tr>
<tr>
<td>medically treated injury (past year)</td>
<td>40.1</td>
<td>48.0</td>
<td>41.5</td>
<td>44.9</td>
<td>43.5</td>
<td>43.8*</td>
</tr>
<tr>
<td>used an opioid pain reliever medically (past year)</td>
<td>13.6</td>
<td>14.1</td>
<td>17.9</td>
<td>19.3</td>
<td>28.2</td>
<td>27.0*</td>
</tr>
<tr>
<td>not always wear a bike helmet (among bicyclists)</td>
<td>58.2</td>
<td>65.5</td>
<td>76.7</td>
<td>80.0</td>
<td>84.9</td>
<td>86.1*</td>
</tr>
<tr>
<td>not always wear a seatbelt when in motor vehicle</td>
<td>17.3</td>
<td>18.9</td>
<td>25.3</td>
<td>25.3</td>
<td>24.2</td>
<td>27.9*</td>
</tr>
<tr>
<td>texting while driving (past year, among drivers)</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>s</td>
<td>24.7</td>
<td>24.4*</td>
</tr>
<tr>
<td>vehicle collision as a driver (past year, among drivers)</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>s</td>
<td>4.0</td>
<td>12.4*</td>
</tr>
<tr>
<td>mental health care visit (past year)</td>
<td>26.5</td>
<td>21.9</td>
<td>16.8</td>
<td>20.0</td>
<td>19.5</td>
<td>21.3*</td>
</tr>
<tr>
<td>sought counselling over phone or Internet (past year)</td>
<td>1.1</td>
<td>3.2</td>
<td>3.6</td>
<td>3.3</td>
<td>4.5</td>
<td>2.1</td>
</tr>
<tr>
<td>unmet need for mental health support</td>
<td>17.6</td>
<td>28.7</td>
<td>24.6</td>
<td>33.5</td>
<td>32.6</td>
<td>30.9*</td>
</tr>
<tr>
<td>used tranquilizers/sedatives medically (past year)†‡</td>
<td>--</td>
<td>--</td>
<td>3.0</td>
<td>3.4</td>
<td>2.6</td>
<td>3.8</td>
</tr>
<tr>
<td>used an ADHD drug medically (past year)</td>
<td>s</td>
<td>3.3</td>
<td>s</td>
<td>3.4</td>
<td>3.4</td>
<td>s</td>
</tr>
<tr>
<td>prescribed medication for depression/anxiety/both†‡</td>
<td>--</td>
<td>--</td>
<td>3.3</td>
<td>4.9</td>
<td>5.8</td>
<td>7.4</td>
</tr>
<tr>
<td>fair/poor self-rated mental health</td>
<td>7.7</td>
<td>13.4</td>
<td>14.2</td>
<td>18.8</td>
<td>23.2</td>
<td>18.9*</td>
</tr>
<tr>
<td>low self-esteem</td>
<td>2.1</td>
<td>s</td>
<td>6.8</td>
<td>6.6</td>
<td>10.0</td>
<td>5.9</td>
</tr>
<tr>
<td>elevated stress</td>
<td>10.9</td>
<td>16.2</td>
<td>20.0</td>
<td>32.8</td>
<td>39.5</td>
<td>42.2*</td>
</tr>
<tr>
<td>moderate-to-serious psychological distress (past month)</td>
<td>18.7</td>
<td>30.7</td>
<td>27.6</td>
<td>37.2</td>
<td>42.4</td>
<td>40.8*</td>
</tr>
<tr>
<td>serious psychological distress (past month)</td>
<td>6.4</td>
<td>11.7</td>
<td>11.1</td>
<td>14.6</td>
<td>19.1</td>
<td>18.3*</td>
</tr>
<tr>
<td>suicidal ideation (past year)</td>
<td>6.4</td>
<td>10.1</td>
<td>9.6</td>
<td>15.4</td>
<td>16.4</td>
<td>14.6*</td>
</tr>
<tr>
<td>suicide attempt (past year)</td>
<td>s</td>
<td>s</td>
<td>1.9</td>
<td>3.0</td>
<td>5.3</td>
<td>2.5</td>
</tr>
<tr>
<td>symptoms of ADHD (past 6 months)</td>
<td>8.2</td>
<td>10.9</td>
<td>14.8</td>
<td>16.7</td>
<td>22.0</td>
<td>18.6*</td>
</tr>
<tr>
<td>antisocial behaviour (3+/9 behaviours in past year)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>carried a weapon (past year)</td>
<td>3.8</td>
<td>4.3</td>
<td>4.5</td>
<td>5.6</td>
<td>4.6</td>
<td>6.9</td>
</tr>
<tr>
<td>physical fight at school (past year)</td>
<td>17.9</td>
<td>18.6</td>
<td>8.9</td>
<td>8.9</td>
<td>7.0</td>
<td>5.5</td>
</tr>
<tr>
<td>threatened/injured with weapon at school (past year)</td>
<td>4.2</td>
<td>9.4</td>
<td>4.6</td>
<td>4.8</td>
<td>6.3</td>
<td>5.8</td>
</tr>
<tr>
<td>worried about being harmed or threatened at school</td>
<td>16.0</td>
<td>15.6</td>
<td>12.7</td>
<td>12.0</td>
<td>10.9</td>
<td>8.3</td>
</tr>
<tr>
<td>bullied others at school (since September)</td>
<td>7.6</td>
<td>16.9</td>
<td>11.4</td>
<td>14.6</td>
<td>10.8</td>
<td>15.7*</td>
</tr>
<tr>
<td>been bullied at school (since September)</td>
<td>26.3</td>
<td>27.2</td>
<td>21.1</td>
<td>25.3</td>
<td>18.5</td>
<td>23.8</td>
</tr>
<tr>
<td>been cyberbullied (past year)</td>
<td>19.0</td>
<td>19.0</td>
<td>19.7</td>
<td>21.3</td>
<td>19.7</td>
<td>19.7</td>
</tr>
<tr>
<td>any gambling activity (past year)</td>
<td>23.7</td>
<td>27.6</td>
<td>25.6</td>
<td>31.3</td>
<td>36.3</td>
<td>40.5*</td>
</tr>
<tr>
<td>multi-gambling activity (5+ activities in past year)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>high gambling problem severity (past 3 months)†</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>video gaming problem (past year)</td>
<td>8.4</td>
<td>11.8</td>
<td>12.8</td>
<td>14.1</td>
<td>14.7</td>
<td>12.7</td>
</tr>
</tbody>
</table>

3 or all 4 coexisting problems†‡

---

**Notes:** * indicates a significant grade difference (p<.05) not controlling for other factors; s' indicates estimate suppressed due to unreliability; †‡ among grades 9–12 only; medical drug use is defined as use with a prescription; "coexisting problems" refers to the following four problems: psychological distress, antisocial behaviour, hazardous/harmful drinking, and drug use problem.
Further analysis in the *Ontario Student Drug Use and Health Survey* report shows that many mental health indicators are stable. Among those indicators increasing or decreasing there are positive indicators, including decrease in school bullying, anti-social behaviour, carrying weapons, and physical fighting. The negative indicators of mental health that are increasing include higher proportions of young people reporting fair or poor mental health, or moderate or serious psychological distress. In response to this increase in psychological distress, or perhaps reduction in stigma associated with seeking care, the survey showed an increase in young people reporting one or more mental health care visits in the last year. The proportion of respondents attending a mental health care visit (21%), however, remains lower than the proportion reporting moderate-to-serious psychological distress (34%).
Table 11.

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Among Grades</th>
<th>Period</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>% fair/poor self-rated physical health</td>
<td>7, 9, 11</td>
<td>1991–2015</td>
<td>Stable</td>
</tr>
<tr>
<td>% daily physical activity (60 mins. per day)</td>
<td>7–12</td>
<td>2009–2015</td>
<td>Stable</td>
</tr>
<tr>
<td>% sedentary behaviour (3+ hours screen time daily)</td>
<td>7–12</td>
<td>2009–2015</td>
<td>Increased from 57% to 63%</td>
</tr>
<tr>
<td>% overweight/obese</td>
<td>7–12</td>
<td>2009–2015</td>
<td>Increased from 23% to 26%</td>
</tr>
<tr>
<td>% medically treated injury</td>
<td>7–12</td>
<td>2003–2015</td>
<td>Increased from 35% to 44%</td>
</tr>
<tr>
<td>% not always wear a seatbelt in vehicle</td>
<td>7–12</td>
<td>2011–2015</td>
<td>Decreased from 28% to 24%</td>
</tr>
<tr>
<td>% texting and driving (students with a licence)</td>
<td>10–12</td>
<td>2013–2015</td>
<td>Stable</td>
</tr>
<tr>
<td>% 1+ mental health care visit (past year)</td>
<td>7–12</td>
<td>1999–2015</td>
<td>Increased from 12% to 21%</td>
</tr>
<tr>
<td>% medical use of ADHD prescription drugs</td>
<td>7–12</td>
<td>2007–2015</td>
<td>Stable</td>
</tr>
<tr>
<td>% prescription for depression/anxiety/both</td>
<td>9–12</td>
<td>2001–2015</td>
<td>Increased from 3% to 6%</td>
</tr>
<tr>
<td>% fair/poor self-rated mental health</td>
<td>7–12</td>
<td>2007–2015</td>
<td>Increased from 11% to 17%</td>
</tr>
<tr>
<td>% moderate-to-serious psychological distress</td>
<td>7–12</td>
<td>2013–2015</td>
<td>Increased from 24% to 34%</td>
</tr>
<tr>
<td>% serious psychological distress</td>
<td>7–12</td>
<td>2013–2015</td>
<td>Increased from 11% to 14%</td>
</tr>
<tr>
<td>% suicidal ideation (past year)</td>
<td>7–12</td>
<td>2001–2015</td>
<td>Stable</td>
</tr>
<tr>
<td>% suicide attempt (past year)</td>
<td>7–12</td>
<td>2007–2015</td>
<td>Stable</td>
</tr>
<tr>
<td>% antisocial behaviour (past year)</td>
<td>7, 9, 11</td>
<td>1993–2015</td>
<td>Decreased from 16% to 4%</td>
</tr>
<tr>
<td>% carried a weapon (past year)</td>
<td>7, 9, 11</td>
<td>1993–2015</td>
<td>Decreased from 16% to 4%</td>
</tr>
<tr>
<td>% physical fighting at school (past year)</td>
<td>7–12</td>
<td>2001–2015</td>
<td>Decreased from 17% to 10%</td>
</tr>
<tr>
<td>% threatened/injured with a weapon at school</td>
<td>7–12</td>
<td>2003–2015</td>
<td>Stable</td>
</tr>
<tr>
<td>% worried about being harmed/threatened at school</td>
<td>7–12</td>
<td>1999–2015</td>
<td>Stable</td>
</tr>
<tr>
<td>% been bullied at school (since September)</td>
<td>7–12</td>
<td>2003–2015</td>
<td>Decreased from 33% to 24%</td>
</tr>
<tr>
<td>% been cyberbullied (past year)</td>
<td>7–12</td>
<td>2011–2015</td>
<td>Stable</td>
</tr>
<tr>
<td>% any Internet gambling (past year)</td>
<td>7–12</td>
<td>2003–2015</td>
<td>Stable</td>
</tr>
<tr>
<td>% any gambling activity (past year)</td>
<td>7–12</td>
<td>2003–2015</td>
<td>Decreased from 57% to 32%</td>
</tr>
<tr>
<td>% multi-gambling activity (past year)</td>
<td>7–12</td>
<td>2003–2015</td>
<td>Decreased from 6% to 2%</td>
</tr>
<tr>
<td>% video gaming problem (past year)</td>
<td>7–12</td>
<td>2007–2015</td>
<td>Increased from 9% to 13%</td>
</tr>
</tbody>
</table>

Note: trend analyses are based on a p-value of <0.01.
The CAMH report notes that many mental health and substance use co-exist among an important proportion of young people. Conversely to how multiple developmental assets are protective and lead to better outcomes for youth, the combination of several mental health or substance use issues can have a multiplier effect that leads to worse outcomes. These challenges often don’t arise independently, but rather substance use often follows mental health concerns as a coping mechanism (known as the “self-medicating hypothesis”). For other young people, the “common cause hypothesis” explains, for example, that adverse childhood events (discussed in the Early Years section of this report) lead to the onset of both mental health and substance use challenges.

As seen in chart 4, the CAMH survey found that 49% of students reported no major mental health or drug use problems (out of four major problem categories), 32% reported one major problem, and 18% reported two or more major problems (breakdown as follows: 10% reported two major problems, 6% reported three major problems, and 2% reported all four major problems).

**Chart 4**

Count of Coexisting Problems (Psychological Distress, Antisocial Behaviour, Hazardous/Harmful Drinking, and Drug Use Problem), 2015 OSDUHS (Grades 9–12)

Note: error bars represent 95% confidence intervals
**HNHB LHIN results**
Just as with the substance use data in the Ontario Substance Use and Health Survey results, the Regional health data for the HNHB LHIN area as a whole compared to the provincial averages showed generally similar results as the Ontario data, save for significant differences in the following areas:

Table 12. Significant differences in mental health and well-being data between Hamilton Niagara Hamilton Brant health region and Ontario, youth in grades 7-12, Ontario Drug Use and Health Survey, 2015

<table>
<thead>
<tr>
<th>Measure</th>
<th>Hamilton Niagara Haldimand Brant</th>
<th>Ontario</th>
<th>HNHB LHIN compared to Ontario</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily physical activity (in the past week)</td>
<td>18.7% (C.I. range 16.6%-21.1%)</td>
<td>21.8% (C.I. range 20.0%-23.8%)</td>
<td>Worse</td>
</tr>
<tr>
<td>Did not visit a doctor for physical health</td>
<td>40.7% (C.I. range 34.9%-46.8%)</td>
<td>28.6% (C.I. range 26.2%-31.0%)</td>
<td>Worse</td>
</tr>
<tr>
<td>Worried I will be harmed/threatened at school</td>
<td>15.1% (C.I. range 12.5%-18.2%)</td>
<td>10.7% (C.I. range 9.2%-12.3%)</td>
<td>Worse</td>
</tr>
<tr>
<td>Been a victim of cyber-bullying</td>
<td>23.8% (C.I. range 20.5%-27.6%)</td>
<td>10.7% (C.I. range 9.2%-12.3%)</td>
<td>Worse</td>
</tr>
<tr>
<td>Video-game playing problem</td>
<td>16.8% (C.I. range 13.1%-21.3%)</td>
<td>13.5% (C.I. range 11.7%-15.5%)</td>
<td>Worse</td>
</tr>
<tr>
<td>Co-existing problems</td>
<td>4.7% (C.I. range 3.4%-6.3%)</td>
<td>7.8% (C.I. range 6.5%-9.5%)</td>
<td>Better</td>
</tr>
</tbody>
</table>
Overall substance and health concerns among youth

Chart 5 taken from the 2015 Ontario Substance Use and Health Survey report provides a useful graphical summary of how common and widespread various challenges investigated through the survey are among Ontario’s youth population.

**Chart 5.**

Overview of Mental Health and Well-Being Indicators, 2015 OSDUHS

<table>
<thead>
<tr>
<th>% of Ontario Students in Grades 7–12</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
</tr>
<tr>
<td>Any gambling activity – 32%</td>
</tr>
<tr>
<td>Moderate-to-serious psychological distress – 34%</td>
</tr>
<tr>
<td>Texting while driving (drivers) – 35%</td>
</tr>
<tr>
<td>Physically inactive at school – 42%</td>
</tr>
<tr>
<td>Medically treated injury – 44%</td>
</tr>
<tr>
<td>Screen time sedentary behaviour – 63%</td>
</tr>
<tr>
<td>Not always wear bicycle helmet (cyclists) – 77%</td>
</tr>
<tr>
<td>Hazardous/harmful drinking* – 20%</td>
</tr>
<tr>
<td>Been cyberbullied – 20%</td>
</tr>
<tr>
<td>Mental health care visit – 21%</td>
</tr>
<tr>
<td>Medical use of prescription opioid – 21%</td>
</tr>
<tr>
<td>Not always wear a seatbelt – 24%</td>
</tr>
<tr>
<td>Been bullied at school – 24%</td>
</tr>
<tr>
<td>Overweight/obese – 26%</td>
</tr>
<tr>
<td>Unmet need for mental health support – 28%</td>
</tr>
<tr>
<td>Elevated stress – 29%</td>
</tr>
</tbody>
</table>

- Severe gambling problem* – 1%
- Sought phone/internet help – 3%
- Medical use of ADHD drug – 3%
- Medical use of tranq./sedative* – 3%
- Suicide attempt – 3%
- Low subjective school status – 5%
- Often go to bed/school hungry – 5%
- Weapon carrying – 5%
- Antisocial behaviour – 5%
- Threatened/injured at school – 6%
- Prescr. for anxiety/depression* – 6%
- Low self-esteem – 7%
- Physically inactive – 7%
- Fair/poor physical health – 8%

* among grades 9–12 only
Stakeholder feedback about youth and mental health and substance use in Dundas

Community interviews held over the spring of 2016 with staff from Dundas Valley Secondary School revealed that Dundas youth commonly engage in substance use as early as middle school. The school’s guidance counselors, social worker, and public health nurse noted that substances used by Dundas youth include alcohol, marijuana, acid/LSD, and prescription drugs. They shared that experimentation with substances is popular with youth. The staff also noted that some youth are exposed to addictions from within their household, and find that there aren’t many local resources available to those youth and family members, and that resources that are available have a long wait-list time.

Although high schools generally have more resources and capacity than middle schools to work with varying social and mental health needs, high school staff still need to make referrals and most of the referrals are made to resources outside of Dundas due to the lack of formalized local supports. The school social worker focuses on students with chronic non-attendance while guidance counsellors see students for counselling and one-on-one support. Guidance counselors and the public health nurse also run group programs, for example a positive space group runs weekly with anywhere from 6-20 students in attendance.

An Alternatives for Youth worker (non-profit agency serving all of Hamilton) visits the school once a week and offers one-on-one counselling. Seeing many students on a regular basis (both voluntarily and mandatorily), parents of the students see the benefits of the program and also access the programs themselves to learn more about their child’s substance use challenges. School staff shared that both themselves and parents would like this program and other resources to expand and be delivered in middle schools, as they too see a need for earlier intervention and supports.

Community interviews also validated that the trends in youth and mental health are an important issues in Dundas. DVSS staff who were interviewed found that anxiety is a major stressor for youth, especially with regards to relationships with and perception among peers. School staff and Routes Youth Centre coordinators see suicidal ideation as early as eight years of age. The interviews showed that common risky behaviours include cutting class, shop lifting, sexual harassment, and “belligerent behaviour”. Routes staff believe that self-harming behaviours such as cutting is widely prevalent in middle school aged children and youth. Eating disorders has also been identified for male and female students by school staff.

The social worker at DVSS, who also works within Dundas elementary schools, observes that some JK/SK students begin school with little practice in routine and socialization, skills that could have been learned in their home environment. Through a structured environment in JK/SK classrooms, along with the recent introduction of mindfulness practice in class, the social worker observes positive behavioural changes in those students at the end of the year.

Many youth face adversity at home, as noted by staff, such as poverty, emotional and social neglect, a lack of a safe space at home, and addictions within the family. Youth arrive at school distracted with issues that are not being addressed properly. This is partly due to a lack of local resources and partly due to youth not showing an interest in seeking support and/or denying that there are concerns that need addressing. This is likely a result of the stigma around mental health, for instance, although the AY program at DVSS is successful with its regular participating students, there are many students who would benefit from AY’s services who do not participate. The reason for lack of participation, again, is around stigma, anxiety, and a lack of readiness to admit they need supports. Furthermore, group supports and services labelled with a connection to mental health are underused by youth; staff strongly suggest using non-
targeting words to name groups, such as their *Let’s Talk* skill-building workshop, in an effort to reduce potential for stigma.

School staff and the Canadian Mental Health Association in Hamilton find that peer support groups are beneficial, that students want them, and that more peer support groups are needed. They have also suggested a need for a wellness centre in schools. From his “Let’s *Talk Well Being*” presentation at Sherwood Secondary in 2016, Dr. Bruce Ferguson explained that increased levels of school connectedness decreases suicide ideation, binge drinking, and poor health in youth. Accordingly, staff at DVSS are expecting to reintroduce groups such as *Let’s Talk, Talking with Teens*, and other anxiety-focused groups in the fall of 2016. The public health nurse has been facilitating an LGBTQ youth group at the school with participation ranging anywhere from six (6) to 20 students. Routes Youth Centre has also recently begun facilitating an LGBTQ group for 14 year olds and up as they saw a need for LGBTQ supports.

An informal option for action suggested by school staff is to implement accessible and affordable recreational programs for youth. School staff along with many resources and studies share that recreational participation can lead to improved mental health and quality of life. The Wellesley Institute, *Exercising Good Policy: Increasing Access to Recreation in Toronto’s 2013 Budget* report shares that “(p)articipation in physical activity is associated with reduced symptoms of depression, anxiety, and improvements in self-esteem as well as an improved cognitive and academic performance.” The report also states that neighbourhoods with a lack of support and accessibility to local recreation services may see reduced level of health and well-being in the community, and that this lack of accessibility impacts vulnerable populations the most.

Staff at DVSS expressed that some youth would prefer to engage in social and sports groups rather than access one-to-one counseling or peer support groups, especially if the youth are not ready to talk about their mental health. Some of the barriers of participation in recreational programs has been financial and transportation. Deeper rooted participation barriers for youth stem from a lack in confidence and high levels of anxiety.

Further inquiry into utilization rates of youth services and programming, and with recreational participation in Dundas is needed to help better understand the needs, gaps, strengths and barriers of youth participation and lack thereof.

**Youth Employment**

The 2015 Hamilton Vital Signs report noted that retail jobs are the most common first employment for youth. However, with the suburbanization of retail centres into malls and big box developments away from traditional retail centres on main streets in neighbourhoods, has meant that many teens must travel further than in previous decades to these retail jobs.

The report noted:

“Hamilton’s youngest workers, those aged 15-19, face a particularly challenging job market and the challenges grow where there are fewer youth jobs close to home or school. […] For teens who grew up in poor households, lack of employment experience early in their work life may be contributing to a reduced likelihood of escaping poverty as they transition to adulthood.

A 2014 UBC study (*Summer McJobs are good for kids, says Sauder study*) found that Canadian teenagers benefit substantially from part-time jobs in their teenage years, as they develop a better understanding of work life and gain related skills and experiences. The data from Statistics Canada’s National Youth in Transition Survey, found teens employed in part-time jobs
"is linked to later life outcomes such as higher income, better fitting jobs, and better career networks".

Map 6 shows that while there are a few hundred jobs held by teens in Dundas, the largest job centres are in the retail centers of Ancaster (including Meadowlands), and Waterdown. While geographically, these are nearby to Dundas, there is no direct transit to these areas from Dundas, making these jobs out of reach for teens who don’t have their own car, or someone who can drive them on a regular basis.

Locally, Dundas Community Services runs a youth employment service only during the summer months, from June until August, which connects students to interested local businesses. It is not known, however, how many students have been connected to local businesses and whether there are any particular strengths and challenges of this service. Further inquiry would be needed to understand more contextually the needs and gaps of local youth employment and employment services.

Map 6. Density of teenagers compared to location of jobs held by teens aged 15-19, city of Hamilton census tracts, 2011 National Household Survey (Statistics Canada)
Best practices to support and engage youth

The SPRC’s *Seeking Better Outcomes for Youth*\(^\text{15}\) report laid out a variety of interventions both at the program and policy level that have been shown to improve the lives of young people. The common themes to solutions in all areas include:

1. Planning with youth - engaging youth in order to build on their experience, knowledge and capacity to define effective strategies for change
2. Working in collaboration - to foster collaboration between providers and public institutions in the health, education and social service sectors
3. Looking at diversity - to plan for change using a diversity lens, as suggested by the city of Hamilton’s Framework for Human Services Plan

Some examples to address specific challenges include:

<table>
<thead>
<tr>
<th>Issue</th>
<th>Mental Health Issues</th>
<th>Substance Use</th>
<th>Disconnection from family, community and services</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Attention to risk factors that could indicate mental health concerns</td>
<td>Outreach that focuses on youth engagement</td>
<td>Meaningful engagement in decision making and planning</td>
</tr>
<tr>
<td></td>
<td>Intervention in multiple settings especially school</td>
<td>Staff who are youth friendly, client-centered, open-minded and non-judgmental.</td>
<td>Prevention – such as engaging school to work programs</td>
</tr>
<tr>
<td>Best practices</td>
<td>A focus on skill building, empowerment and respect</td>
<td>Service providers such as shelter workers, teachers, outreach workers who are trained in issues related to substance use</td>
<td>Presence of caring, supportive, consistent adults</td>
</tr>
<tr>
<td></td>
<td>Trained non-professionals to establish trusting relationships</td>
<td>A focus on building trust with youth</td>
<td>Participation in the arts to feel more connected to their community and themselves</td>
</tr>
<tr>
<td></td>
<td>Involvement of multiple stakeholders</td>
<td>Substance use and treatment conversations that include a young person’s system of supports (family, community, etc.)</td>
<td>Low threshold engagement - opportunities to engage with service providers in ways that are not overly-programmed</td>
</tr>
<tr>
<td></td>
<td>Comprehensive support systems</td>
<td>Approaches that take emotional, mental and physical aspects of the young person into consideration</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Multiple interventions</td>
<td>A harm-reduction strategies approach</td>
<td></td>
</tr>
</tbody>
</table>

The discussions with school stakeholders emphasized in particular that any mental health strategy for youth cannot be effective if those words are included in the program name because


youth turn away from deficit oriented approaches due to stigma among other reasons. Strengths based approaches are more successful and is consistent with the best practices above, which fit with the developmental assets lens advocated by Public Health Services described earlier in this report.

Services for youth

Routes for Youth Centre

One service that uses some of the best practices for youth engagement in Dundas is the Routes Youth Centre, located in the Dundas Lions Community Centre. Routes mission is “to provide a safe place and guidance for youth by building relationships in a safe, social, and caring environment.” In 2015/16 they served almost 200 youth, who visited a total of almost 4,000 times during the year. Chart 6 shows that they have a very high growth in visits by age 11-13, while seeing a drop in visits by ages 14 and over. The drop corresponds with the closure of Parkview High School, which for many high school students made traveling to Routes more convenient than travelling from the new Dundas Valley Secondary School.

Chart 6. Percentage of visits to Routes Youth Centre by age group, 2013-2016

Inventory of services and programs for youth in Dundas

Appendix 1 provides details on over 100 agencies and programs serving Dundas youth. The information on services for youth shows that Dundas is especially strong in recreation programs for youth, formal art programs and school-aged childcare. Major gaps exist in areas such as:

1. Childcare for young children. Despite the documented need for childcare spaces for infants less than 2 years old in Dundas, there continues to be a major gap for this age group.

2. Free and drop-in services for youth. Recreation and arts programs in Dundas require advance registration and payment of fees often out of reach for families with little disposable income. The city of Hamilton offers a partial recreation subsidy program but only for families living in poverty, with no smaller subsidies for families that may have incomes just above the poverty line, but are still struggling to afford everyday expenses. There are no subsidy programs for arts programs in Hamilton. Routes Youth Centre, run by the Dundas Youth Chaplaincy, a committee of the Dundas association of Churches, does fill some of the gaps. However their programming has mainly attracted younger ages, and older teens may need more targeted programing that appeals to their age group.

3. Youth mental health and substance use services. While the best approach to many of these issues is preventative, and many services in this directory enhance mental wellness (even when not the direct aim of the program), there remains a gap in Dundas with regards to addressing mental health or substance use once they occur.

4. The recent move of the Dundas location of Public Health Services Sexual Health Clinic has been noted as an important loss by some service providers. Dundas youth and adults must now travel to downtown or other locations if they want to access these services anonymously. (They can though access services through their family doctor in Dundas, on a confidential but not anonymous basis).
Seniors in Dundas

General profile

Dundas senior population (persons aged 65 and over) is large and growing. Some of the growth is due to the aging of the large baby-boomer cohort seen across Canada. The new housing developments in downtown Dundas aimed at older adults have also attracted more seniors to move to Dundas or remain in Dundas after retirement. Dundas also has a large senior population because it has one of the largest long-term care facilities in Ontario, St-Joseph’s Villa, with 431 beds, almost all of which are occupied by persons over the age of 65.

The map of seniors by Census tract shows that the neighbourhoods on either side of King St have large number of seniors, as well as neighbourhoods along York Rd, the Dundana and Pleasant Valley neighbourhoods. Each of these areas has about 750-1200 seniors. Three census tracts (including the neighbourhoods along York Rd and Governors Rd) show that the senior population could be increased substantially as they had a much high number of 55-64 year olds in 2011 than the number of seniors.

As a percentage of the population, seniors make up over half of the population in parts of the Creighton East neighbourhood between Governors Rd and King St. Other areas with seniors making up about one third of the local population include neighbourhoods south of Osler Dr, which includes Wentworth lodge long-term care facility, as well as in the Cootes neighbourhood south of York Rd.
Tables 11a, b and c show an overview of the demographics of Dundas seniors. In total, Dundas had about 5,365 seniors over age 65, with a higher percentage of persons over age 85 (20% of Dundas seniors, compared to 15% of Hamilton’s seniors, and 14% of HNHB LHIN seniors in this age group).

More detailed data on Dundas’ seniors is only available for the 4,895 seniors who live in “private households” as Statistics Canada’s National Household Survey is not sent to individuals living in “collective households”, including nursing homes, and some other types of assisted living facilities. Among Dundas’ seniors who live in private households, 27% live alone, which is the same proportion as the city and the HNHB LHIN. Due to their longer life spans, there are more than 3 times as many female as male seniors living alone. In Dundas, 945 female and 300 male seniors lived alone in 2011.

Half of Dundas seniors living in private households (50%, approximately 2,270 seniors) report difficulties with activities of daily living, a basic and broad measure of disability. This rate is slightly lower than in the larger comparison communities (57% for the city of Hamilton and 55% for the HNHB LHIN). Many activity difficulties become more challenging when there is no family member or friend to help with everyday tasks. About 15% of Dundas seniors have activity difficulties and live alone, a similar proportion as the city (17%) and the LHIN (16%). In Dundas, approximately 690 seniors have activity difficulties and live alone, of which almost all are women (530).

Of the Dundas seniors who live in private households, all but 0.3% understand English. About 5% of Dundas seniors speak a language other than English at home, with the most common being German and Italian.

About 30% of Dundas seniors are immigrants, a lower percentage than the city (44%) and the LHIN region (37%). But in each of these regions, almost all immigrant seniors arrived decades ago in their younger adulthood or childhood.

The education profile of Dundas seniors shows they have completed much higher levels of schooling than the average senior in Hamilton or the LHIN region. The most common education level for Dundas seniors is university (30%).
Table 11a. Profile population aged 65 and over, Dundas, city of Hamilton and Haldimand Niagara Hamilton Brantford LHIN, 2011 (Part A)

<table>
<thead>
<tr>
<th></th>
<th>Dundas senior population</th>
<th>Dundas % (of total senior population)</th>
<th>City of Hamilton % (% of total senior population)</th>
<th>HNHB LHIN (% of total senior population)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total population of persons aged 65 and over</td>
<td>5,365</td>
<td></td>
<td>81,575</td>
<td>232,380</td>
</tr>
<tr>
<td>Total senior population in collective households/dwellings</td>
<td>795</td>
<td>15%</td>
<td>7%</td>
<td>7%</td>
</tr>
<tr>
<td>2011 Census data</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age and sex (includes residents in institutional dwellings)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total population of persons aged 65 and over</td>
<td>5,365</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65 to 69 years</td>
<td>1,360</td>
<td>25%</td>
<td>28%</td>
<td>29%</td>
</tr>
<tr>
<td>70 to 74 years</td>
<td>1,060</td>
<td>20%</td>
<td>23%</td>
<td>23%</td>
</tr>
<tr>
<td>75 to 79 years</td>
<td>975</td>
<td>18%</td>
<td>19%</td>
<td>19%</td>
</tr>
<tr>
<td>80 to 84 years</td>
<td>910</td>
<td>17%</td>
<td>15%</td>
<td>15%</td>
</tr>
<tr>
<td>85 years and over</td>
<td>1,050</td>
<td>20%</td>
<td>15%</td>
<td>14%</td>
</tr>
<tr>
<td>Median age of the population</td>
<td>76.2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Males, total</td>
<td>2,190</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65 to 69 years</td>
<td>640</td>
<td>12%</td>
<td>13%</td>
<td>14%</td>
</tr>
<tr>
<td>70 to 74 years</td>
<td>485</td>
<td>9%</td>
<td>11%</td>
<td>11%</td>
</tr>
<tr>
<td>75 to 79 years</td>
<td>410</td>
<td>8%</td>
<td>8%</td>
<td>8%</td>
</tr>
<tr>
<td>80 to 84 years</td>
<td>340</td>
<td>6%</td>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td>85 years and over</td>
<td>315</td>
<td>6%</td>
<td>5%</td>
<td>5%</td>
</tr>
<tr>
<td>Median age of the male population</td>
<td>74.7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Females, total</td>
<td>3,175</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65 to 69 years</td>
<td>725</td>
<td>14%</td>
<td>15%</td>
<td>15%</td>
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<tr>
<td>70 to 74 years</td>
<td>575</td>
<td>11%</td>
<td>12%</td>
<td>12%</td>
</tr>
<tr>
<td>75 to 79 years</td>
<td>565</td>
<td>11%</td>
<td>11%</td>
<td>11%</td>
</tr>
<tr>
<td>80 to 84 years</td>
<td>575</td>
<td>11%</td>
<td>9%</td>
<td>9%</td>
</tr>
<tr>
<td>85 years and over</td>
<td>735</td>
<td>14%</td>
<td>10%</td>
<td>9%</td>
</tr>
<tr>
<td>Median age of the female population</td>
<td>77.5</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
Table 11b. Profile population aged 65 and over, Dundas, city of Hamilton and Haldimand Niagara Hamilton Brantford LHIN, 2011 (Part B)

<table>
<thead>
<tr>
<th></th>
<th>Dundas senior population</th>
<th>Dundas % (of total senior population)</th>
<th>City of Hamilton % (of total senior population)</th>
<th>HNHB LHIN % (of total senior population)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2011 Census data</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total population in private households</td>
<td>4570</td>
<td></td>
<td>75,760</td>
<td>216,305</td>
</tr>
<tr>
<td><strong>Living arrangements</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of persons not in census families</td>
<td>1,465</td>
<td>32%</td>
<td>34%</td>
<td>32%</td>
</tr>
<tr>
<td>Living with relatives</td>
<td>155</td>
<td>3.4%</td>
<td>5.3%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Living with non-relatives only</td>
<td>60</td>
<td>1.3%</td>
<td>1.7%</td>
<td>1.6%</td>
</tr>
<tr>
<td>Living alone</td>
<td>1,250</td>
<td>27%</td>
<td>27%</td>
<td>27%</td>
</tr>
<tr>
<td>Number of census family persons</td>
<td>3,105</td>
<td>68%</td>
<td>66%</td>
<td>68%</td>
</tr>
<tr>
<td><strong>Total number of males in private households</strong></td>
<td>2,000</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of males not in census families</td>
<td>350</td>
<td>8%</td>
<td>10%</td>
<td>9.0%</td>
</tr>
<tr>
<td>Living with relatives</td>
<td>25</td>
<td>0.5%</td>
<td>1.2%</td>
<td>1.0%</td>
</tr>
<tr>
<td>Living with non-relatives only</td>
<td>20</td>
<td>0.4%</td>
<td>0.8%</td>
<td>0.8%</td>
</tr>
<tr>
<td>Living alone</td>
<td>300</td>
<td>7%</td>
<td>7.5%</td>
<td>7.2%</td>
</tr>
<tr>
<td>Number of census family males</td>
<td>1,650</td>
<td>36%</td>
<td>35%</td>
<td>36%</td>
</tr>
<tr>
<td><strong>Total number of females in private households</strong></td>
<td>2,570</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of females not in census families</td>
<td>1,115</td>
<td>24%</td>
<td>25%</td>
<td>24%</td>
</tr>
<tr>
<td>Living with relatives</td>
<td>130</td>
<td>2.8%</td>
<td>4.1%</td>
<td>3.4%</td>
</tr>
<tr>
<td>Living with non-relatives only</td>
<td>45</td>
<td>1.0%</td>
<td>0.8%</td>
<td>0.8%</td>
</tr>
<tr>
<td>Living alone</td>
<td>945</td>
<td>21%</td>
<td>20%</td>
<td>19%</td>
</tr>
<tr>
<td>Number of census family females</td>
<td>1,460</td>
<td>32%</td>
<td>31%</td>
<td>31%</td>
</tr>
<tr>
<td><strong>2011 National Household Survey data</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disability</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Persons with activity limitations</td>
<td>2,270</td>
<td>50%</td>
<td>57%</td>
<td>55%</td>
</tr>
<tr>
<td>Persons with activity limitations and living alone</td>
<td>690</td>
<td>15%</td>
<td>17%</td>
<td>16%</td>
</tr>
<tr>
<td>Males with activity limitations and living alone</td>
<td>160</td>
<td>4%</td>
<td>5%</td>
<td>4%</td>
</tr>
<tr>
<td>Females with activity limitations and living alone</td>
<td>530</td>
<td>12%</td>
<td>12%</td>
<td>12%</td>
</tr>
</tbody>
</table>
Table 11c. Profile population aged 65 and over, Dundas, city of Hamilton and Haldimand Niagara Hamilton Brantford LHIN, 2011 (Part C)

<table>
<thead>
<tr>
<th></th>
<th>Dundas senior population</th>
<th>Dundas % (of total senior population)</th>
<th>City of Hamilton % (of total senior population)</th>
<th>HNHB LHIN % (of total senior population)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2011 Census data</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Language (excludes population in institutional dwellings)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Knowledge of: Neither English nor French</td>
<td>15</td>
<td>0.3%</td>
<td>5.2%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Detailed language spoken most often at home</td>
<td>4,895</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Single responses</td>
<td>4,815</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>English</td>
<td>4,565</td>
<td>93%</td>
<td>78%</td>
<td>85%</td>
</tr>
<tr>
<td>French</td>
<td>10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-official languages</td>
<td>235</td>
<td>4.8%</td>
<td>18.0%</td>
<td>11.1%</td>
</tr>
<tr>
<td>Top non-official languages</td>
<td>German, Italian</td>
<td></td>
<td>Italian, Portuguese</td>
<td></td>
</tr>
<tr>
<td><strong>2011 National Household Survey data</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Immigration</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-immigrants</td>
<td>3,180</td>
<td>70%</td>
<td>56%</td>
<td>63%</td>
</tr>
<tr>
<td>Immigrants</td>
<td>1,380</td>
<td>30%</td>
<td>44%</td>
<td>37%</td>
</tr>
<tr>
<td>Before 1971</td>
<td>1,060</td>
<td>23%</td>
<td>33%</td>
<td>29%</td>
</tr>
<tr>
<td>1971 to 1980</td>
<td>145</td>
<td>3%</td>
<td>5%</td>
<td>5%</td>
</tr>
<tr>
<td>1981 to 1990</td>
<td>65</td>
<td>1%</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>1991 to 2000</td>
<td>55</td>
<td>1%</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td>2001 to 2011</td>
<td>55</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td><strong>Visible minorities</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total visible minority population</td>
<td>170</td>
<td>3.7%</td>
<td>7.3%</td>
<td>4.8%</td>
</tr>
<tr>
<td>South Asian</td>
<td>75</td>
<td>1.6%</td>
<td>1.8%</td>
<td>1.2%</td>
</tr>
<tr>
<td>Chinese</td>
<td>45</td>
<td>1.0%</td>
<td>1.2%</td>
<td>0.7%</td>
</tr>
<tr>
<td><strong>Education</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Less than High School education</td>
<td>880</td>
<td>19.3%</td>
<td>40.2%</td>
<td>36.6%</td>
</tr>
<tr>
<td>High School diploma</td>
<td>1,165</td>
<td>25.5%</td>
<td>22.7%</td>
<td>23.6%</td>
</tr>
<tr>
<td>Apprenticeship diploma</td>
<td>460</td>
<td>10.1%</td>
<td>11.5%</td>
<td>11.8%</td>
</tr>
<tr>
<td>College diploma</td>
<td>685</td>
<td>15.0%</td>
<td>12.4%</td>
<td>14.0%</td>
</tr>
<tr>
<td>University diploma, bachelors, or graduate degree</td>
<td>1,365</td>
<td>29.9%</td>
<td>13.2%</td>
<td>14.0%</td>
</tr>
<tr>
<td><strong>Labour Force</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In the labour force</td>
<td>680</td>
<td>15%</td>
<td>12%</td>
<td>12%</td>
</tr>
<tr>
<td>Employed</td>
<td>660</td>
<td>14%</td>
<td>11%</td>
<td>12%</td>
</tr>
<tr>
<td>Unemployed</td>
<td>20</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not in the labour force</td>
<td>3,880</td>
<td>85%</td>
<td>89%</td>
<td>88%</td>
</tr>
</tbody>
</table>
Incomes and Poverty

Largely in consequence of their high levels of educational attainment, Dundas seniors have relatively high incomes, on average (Table 12). The average income for Dundas seniors is almost $44,000, compared to about $36,000 for both the city and the LHIN region. More than half of the income of Dundas seniors comes from pensions, RRSPs and employment sources. Due to their higher rate of access to private pensions and savings, Dundas seniors are much less likely to live in poverty, than the average for the city or the HNHB LHIN region. Approximately 150 seniors living in private households have an income level below the poverty line as measured by the 2011 NHS using the after-tax Low Income Measure (LIM-AT) as the poverty line. This is a rate of 3.3% for Dundas, compared to 8% of Hamilton’s seniors who live in poverty, and 7% for the HNHB. All communities have higher rates of female seniors, due to discrimination in the labour market women have often faced over the decades and because women are more likely to live alone having survived longer than their spouses. But in Dundas the disparity between male and female seniors living in poverty is especially high: at 4.5% the poverty rate for female seniors is two and a half times the rate for men (1.8%).

Dundas poverty rates are higher among seniors with activity limitations (4.2%), women (4.5%), and persons living alone (8.3%). When these demographics intersect, the risk of poverty multiplies.
Table 12. Incomes and poverty, persons aged 65 and over, Dundas, city of Hamilton and Haldimand Niagara Hamilton Brantford LHIN, 2011

<table>
<thead>
<tr>
<th></th>
<th>Dundas senior population</th>
<th>Dundas % (of total senior population)</th>
<th>City of Hamilton % (of total senior population)</th>
<th>HNHB LHIN % (of total senior population)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2011 National Household Survey data</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Senior Individual income</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>All seniors (living in private households)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Median income $</td>
<td>$34,543</td>
<td>$26,269</td>
<td>$36,068</td>
<td></td>
</tr>
<tr>
<td>Average income $</td>
<td>$43,931</td>
<td>$35,371</td>
<td>$36,068</td>
<td></td>
</tr>
<tr>
<td>Males</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Median income $</td>
<td>$46,747</td>
<td>$33,596</td>
<td>$45,818</td>
<td></td>
</tr>
<tr>
<td>Average income $</td>
<td>$57,047</td>
<td>$44,699</td>
<td>$45,818</td>
<td></td>
</tr>
<tr>
<td>Females</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Median income $</td>
<td>$26,300</td>
<td>$21,601</td>
<td>$28,054</td>
<td></td>
</tr>
<tr>
<td>Average income $</td>
<td>$34,415</td>
<td>$27,759</td>
<td>$28,054</td>
<td></td>
</tr>
<tr>
<td><strong>Seniors’ Income sources</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Employment</td>
<td>17%</td>
<td>16%</td>
<td>14%</td>
<td></td>
</tr>
<tr>
<td>Pensions, RRSPs</td>
<td>39%</td>
<td>32%</td>
<td>29%</td>
<td></td>
</tr>
<tr>
<td>CPP</td>
<td>16%</td>
<td>18%</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>OAS/GIS</td>
<td>13%</td>
<td>19%</td>
<td>21%</td>
<td></td>
</tr>
<tr>
<td><strong>Senior Income distribution</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total population by decile of adjusted after-tax family income</td>
<td>4,555</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In bottom half of the Canadian distribution</td>
<td>1,775</td>
<td>38.8%</td>
<td>55.7%</td>
<td>55.1%</td>
</tr>
<tr>
<td>In second decile</td>
<td>280</td>
<td>6.1%</td>
<td>13.1%</td>
<td>12.2%</td>
</tr>
<tr>
<td>In third decile</td>
<td>410</td>
<td>9.0%</td>
<td>14.9%</td>
<td>14.7%</td>
</tr>
<tr>
<td>In fourth decile</td>
<td>540</td>
<td>11.8%</td>
<td>14.1%</td>
<td>13.7%</td>
</tr>
<tr>
<td>In fifth decile</td>
<td>515</td>
<td>11.3%</td>
<td>12.4%</td>
<td>13.4%</td>
</tr>
<tr>
<td>In top half of the Canadian distribution</td>
<td>2,780</td>
<td>60.8%</td>
<td>44.4%</td>
<td>45.0%</td>
</tr>
<tr>
<td>In sixth decile</td>
<td>460</td>
<td>10.1%</td>
<td>11.3%</td>
<td>12.0%</td>
</tr>
<tr>
<td>In seventh decile</td>
<td>605</td>
<td>13.2%</td>
<td>9.7%</td>
<td>10.3%</td>
</tr>
<tr>
<td>In eighth decile</td>
<td>545</td>
<td>11.9%</td>
<td>9.5%</td>
<td>9.1%</td>
</tr>
<tr>
<td>In ninth decile</td>
<td>610</td>
<td>13.3%</td>
<td>7.7%</td>
<td>7.3%</td>
</tr>
<tr>
<td>In top decile</td>
<td>565</td>
<td>12.4%</td>
<td>6.2%</td>
<td>6.3%</td>
</tr>
<tr>
<td><strong>Senior Poverty (all 2010 income data based on after-tax low-income measure: LIM-A1)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In low income</td>
<td>150</td>
<td>3.3%</td>
<td>8.3%</td>
<td>7.2%</td>
</tr>
<tr>
<td>Males in low income in 2010 (LIM-AT)</td>
<td>35</td>
<td>1.8%</td>
<td>5.8%</td>
<td>4.7%</td>
</tr>
<tr>
<td>Females in low income in 2010 (LIM-AT)</td>
<td>115</td>
<td>4.5%</td>
<td>10.4%</td>
<td>9.3%</td>
</tr>
<tr>
<td>Living alone and in low income in 2010 (LIM-AT)</td>
<td>110</td>
<td>8.3%</td>
<td>22%</td>
<td>19%</td>
</tr>
<tr>
<td>Males living alone and in low income in 2010 (LIM-AT)</td>
<td>25</td>
<td>11.1%</td>
<td>19%</td>
<td>15%</td>
</tr>
<tr>
<td>Females living alone and in low income in 2010 (LIM-AT)</td>
<td>85</td>
<td>8.2%</td>
<td>23%</td>
<td>21%</td>
</tr>
<tr>
<td>Persons with activity limitations and in low income in 2010 (LIM-AT)</td>
<td>95</td>
<td>4.2%</td>
<td>9%</td>
<td>8%</td>
</tr>
<tr>
<td>Males living alone and in low income in 2010 (LIM-AT)</td>
<td>25</td>
<td>2.6%</td>
<td>7%</td>
<td>5%</td>
</tr>
<tr>
<td>Females living alone and in low income in 2010 (LIM-AT)</td>
<td>70</td>
<td>5.4%</td>
<td>11%</td>
<td>10%</td>
</tr>
</tbody>
</table>
Map 8 shows that the neighbourhoods bordering King St W have the highest poverty rates (around 6-7% of the neighbourhood population), along with the Hunter neighbourhood around King St E, and the area around St-Joseph’s Villa (with the caveat that many neighborhoods are missing data and could include higher rates). The data shows that...
Services for Seniors

Appendix 2 provides detail on roughly 50 agencies and programs serving Dundas seniors. The information about services shows that Dundas is especially strong in general recreation, volunteering, leisure and social clubs for seniors, and in home supports. Major gaps exist in areas such as:

1. Senior-specific recreational programs run by the City of Hamilton recreation department
2. Public transportation services
3. Gambling and addictions services

Interviews in the community highlighted the gaps in recreation and transportation and are discussed in more detail in the following sections.
Community-wide issues and concerns for Dundas youth and seniors

Transportation

HSR service
In almost all conversations with service providers, insufficient public transit options in Dundas, was named as a major barrier to improved population health in Hamilton for youth and seniors. Map 7 shows the HSR bus lines in Hamilton. Bus service in Dundas has not changed in decades, and is based on the traditional employment and mobility model of residents needing transit to travel from Dundas to McMaster or downtown Hamilton. Even for travel within Dundas, the bus lines are based on an older “hub and spoke” transit model, assuming that downtown Dundas is the final destination for most riders. If a rider for example wants to travel by transit from Dundas Valley Secondary School to the Lions Memorial Community Centre, which is only about 1km away, it would take transferring between two bus lines to get there.

The frequency of service is another important issue, as the major lines (5 Delaware) along King St W and Governors Rd only have buses running about every half hour and the service that serves Pleasant Valley and York Road (52A Dundas local) is very minimal with only 6 trips in each of the weekday morning and afternoon peak times and no service at all outside of these times. There is also no dependable transit to destinations in neighbouring suburbs in Ancaster or Waterdown, which are major shopping destinations for many people living in Dundas, and employment destination for many of Dundas’ teenager and young adults as discussed in the youth employment section of this report on page 26.
Map 9.

Transit service and population density in Dundas

<table>
<thead>
<tr>
<th>Service type</th>
<th>Population density</th>
</tr>
</thead>
<tbody>
<tr>
<td>52 local - infrequent service</td>
<td>Total population per square km</td>
</tr>
<tr>
<td>5 Delaware to Governor’s Rd - regular service</td>
<td></td>
</tr>
<tr>
<td>5 Delaware to Head St loop - regular service</td>
<td></td>
</tr>
</tbody>
</table>

High quality transit service is an important support for improving health and quality of life, especially for those who don’t own a car, either due to age, disability, choice or lack of income. But in Dundas, there are some major challenges to improved transit in Dundas: the transit funding model and geographic factors.

The first challenge for improvements to transit in Dundas is the way transit is funded differently across the city of Hamilton. Because of Hamilton’s history as a regional municipality and now an amalgamated city, the transit funding model still reflects the original way that suburban municipalities paid a smaller portion of their taxes towards transit than the former city of Hamilton. This means that, currently, to increase service in Dundas, the cost has to be fully paid by Dundas households, instead of the increased costs shared with the entire city. This system is called “area rating” and means that because Dundas has less HSR service, Dundas residents only pay about $74 per household for transit, compared to about $267 in transit taxes paid by residents in the former city of Hamilton (Table 14). Elimination of area rating for transit would mean a higher tax bill for Dundas residents (as well as residents of other suburban areas), but it would make it easier for HSR to expand service in Hamilton’s suburbs like Dundas as the costs would be shared by the whole city (as is the case with enhancements for other services, such as recreation and roads).
Table 14. Transit taxes for Dundas compared to other former municipalities in the city of Hamilton, 2016 (City of Hamilton Property Tax information: http://taxcalculator.hamilton.ca/)

<table>
<thead>
<tr>
<th>Urban areas within each former municipality</th>
<th>Former city of Hamilton</th>
<th>Glanbrook</th>
<th>Stoney Creek</th>
<th>Ancaster</th>
<th>Dundas</th>
<th>Flamborough</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total municipal tax bill for home assessed at $300,000</td>
<td>$3,537</td>
<td>$3,296</td>
<td>$3,250</td>
<td>$3,254</td>
<td>$3,261</td>
<td>$3,271</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>$2,922</td>
</tr>
<tr>
<td>Amount of taxes that pay for HSR</td>
<td>$267</td>
<td>$134</td>
<td>$81</td>
<td>$82</td>
<td>$74</td>
<td>$55</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>$0</td>
</tr>
<tr>
<td>Proportion of tax bill that pays for HSR</td>
<td>7.5%</td>
<td>4.1%</td>
<td>2.5%</td>
<td>2.5%</td>
<td>2.3%</td>
<td>1.7%</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>0.0%</td>
</tr>
</tbody>
</table>

The second challenge is the geography and population density of Dundas. Compared to density thresholds in traditional transit planning, only the central areas of Dundas have enough population to justify frequent transit service (areas in darkest brown in Map 1). Neighbourhoods in the second tier of density in Dundas (coloured medium brown in Map 8) have enough population to justify basic transit service. Even for areas of Dundas that have enough population to support transit service, the relatively compact area of Dundas means that most trips within Dundas are in the 1-2 km range, which often means walking would often be faster than waiting for a bus that only comes every 20 or 30 minutes, for those that are able-bodied. The Dundas valley topography, however, makes walking in some areas more challenging for many residents, and therefore bus service is more crucial than it otherwise might be in an area that was more flat.

Despite the challenges for improved transit in Dundas, including problems with funding mechanisms and lower densities in most Dundas neighbourhoods, the very high proportion of seniors in Dundas, along with the valley topography, means that there will be larger numbers of people who depend on transit for their mobility needs, compared to other areas of Hamilton with higher densities but fewer seniors and less hilly geography.

Cycling infrastructure
For those that are able bodied, development of a high quality bike network in Dundas would improve mobility options, including for young people, working age adults and some seniors. Evidence from other cities is showing that protected bike lanes help increase safety for cyclists and make more residents feel comfortable to use cycling to as a mode of transportation to everyday activities.

Currently no designated bike lanes exist anywhere in Dundas. The City of Hamilton’s Cycling Master Plan has approved bike lanes along Governors Rd, King St W, Main St, Dundas St, Osler Dr, Sydenham Rd, Hatt St, Creighton Rd, and Ogilvie St to be implemented over a period of 20 years, starting in 2009. A group of Dundas residents has started a petition for the City of
Hamilton to install a protected bike lane on Sydenham Rd, as it is a key cycling route for moving up and down the escarpment. The petition has garnered over 500 signatures, and was delivered to City Council by Cycle Hamilton. One avenue for further advocacy would be to engage youth and young adults in Dundas, the age groups with the highest rate of cycling, and determine if the City’s 2009 Cycling Master Plan matches the needed location for bike routes in Dundas, or whether the planned bike network should be optimized to match the locations of destinations that are popular with Dundas’ youth population.

Along with a high quality bike network, many cities have seen significant increases in cycling when there is a dense network of bike sharing hubs, which makes choosing cycling for short trips easier and more convenient for a whole population with an area. The Hamilton SoBi bike share program currently offers three hubs in Dundas, all within and very near to downtown Dundas. If this small number of hubs could be expanded, it would complement and increase use of a future high quality bike network.

Even with the small network of bike share hubs in Dundas, Dundas older adults in particular have shown a large interest in participating in this new cycling option. The membership data from SoBi Hamilton shows that Dundas members have the highest rate of older adults among all of Hamilton’s wards. A total of 18% of Dundas SoBi Hamilton members are aged 55 and over, which is double the average for SoBi membership across the system. Dundas bike share membership among youth is 18%, compared to a system wide average of 35%, which in part reflects Dundas’ lower percentage of youth aged 16-24 is lower than the average for the city.

Table 15. Younger and older members of Hamilton’s bike share system, Dundas and all SoBi Hamilton, 2014-2016

<table>
<thead>
<tr>
<th></th>
<th>Dundas</th>
<th>City of Hamilton</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of members</td>
<td>324</td>
<td></td>
</tr>
<tr>
<td>Percentage of members</td>
<td></td>
<td></td>
</tr>
<tr>
<td>that are in each age</td>
<td></td>
<td></td>
</tr>
<tr>
<td>group</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age 16-24 years</td>
<td>58</td>
<td>18%</td>
</tr>
<tr>
<td>Age 55 and over</td>
<td>57</td>
<td>18%</td>
</tr>
<tr>
<td>Total members with</td>
<td></td>
<td></td>
</tr>
<tr>
<td>location and age info</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Average</td>
<td>9%</td>
<td></td>
</tr>
</tbody>
</table>

Accessible Transit, DARTS and transportation offered by social service providers
For residents with disabilities who cannot take transit independently or travel by bike, DARTS is the only public transportation option. The application process for DARTS through the City of Hamilton’s Accessible Transportation Services department is somewhat complicated, and can pose challenges for residents who have low English literacy skills or don’t have a healthcare provider who is willing to complete the health section of the application.

Once approved by Accessible Transportation Services as a client, residents can call DARTS to reserve rides to and from their destinations. DARTS has been underfunded for a number of years, so is not always able to accommodate all trip requests. Discretionary trips in particular are given second priority on the DARTS system and are not guaranteed to be fulfilled. Discretionary trips, however, are the trips that contribute most to quality of life.
Likely because of this transit gap in service for seniors, non-profit organizations across Hamilton have volunteers who offer rides for seniors who can’t otherwise access transit due to mobility limitations. Offered to Dundas residents, these services include anything from medical appointments, grocery shopping, and trips to the cottage. Some of these organizations include Dundas Community Services, Red Cross, Seniors for Seniors, and VON Hamilton. These services require some advance arrangements, and medical appointments are usually accommodated. Because organizations such as Dundas Community Services and Seniors for Seniors offer volunteer-run transportation services, availability of dates and times especially for longer trips may not always be accommodated; the service is only as well-run as the number and availability of the volunteers.

There is no currently available data on how many seniors are accessing these various services, and whether Dundas seniors are aware of transportation options available to them. Further inquiry would need to be made with organizations offering transportation services to understand how many Dundas seniors are accessing their services, the capacity of their staff and volunteers, the kinds of trips that are granted and not granted, as well as the kinds of requests that the receiving organization cannot meet. This information would help us better understand met and unmet needs in relation to quality of life for seniors and reducing social isolation.

**Affordable Housing**

For many of the Dundas youth, families and seniors living on a modest income, the rising cost of housing is a major worry, as Dundas along with all communities in Hamilton are currently experiencing the most rapid increases in rent over a short period ever recorded.

**Subsidized housing in Dundas**

According to the 2011 National Household Survey, only about 19% of low income children and 30% of low income seniors in Dundas live in subsidized housing and are protected from rising housing prices in the private market, as their rent is fixed at 30% of their income through a rent-g geared-to-income (RGI) subsidy. Due to long waitlists for social housing, and the federal and provincial governments decision to stop building new social housing in the 1990s, however, most of Dundas’ children and seniors living in low income households are not able to access subsidized housing and are subject to increasingly high rents in the private market.

As seen in Table 16, there are approximately 480 residents who live in the approximately 260 subsidized housing units in Dundas (usually social housing). Most of these residents live under the poverty line and access a deep RGI subsidy to make their housing costs affordable. The rate of poverty for Dundas children living in subsidized housing is 47%. Among seniors in subsidized housing, 65% are living on incomes below the poverty line. Even though the rent is affordable in social housing, the underfunding of social housing by all levels of government has led to backlog in repairs to buildings and units which can lead to stress and lower quality of life for renters in social housing.
Table 16. Housing Statistics for Dundas residents living in subsidized housing

<table>
<thead>
<tr>
<th>Social Housing in Dundas (City of Hamilton data)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of social housing units for seniors</td>
<td>69</td>
</tr>
<tr>
<td>Number of social housing units for singles and families</td>
<td>194</td>
</tr>
<tr>
<td>Total number of social housing units</td>
<td>263</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2011 National Household Survey data</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dundas residents living in subsidized housing:</td>
<td></td>
</tr>
<tr>
<td>Total persons living in subsidized housing</td>
<td>480</td>
</tr>
<tr>
<td>Children 0-17 living in subsidized housing</td>
<td>150</td>
</tr>
<tr>
<td>Seniors 65 and over living in subsidized housing</td>
<td>65</td>
</tr>
<tr>
<td>Percentage of children 0-17 living in subsidized housing also in low income</td>
<td>47%</td>
</tr>
<tr>
<td>Percentage of seniors 65 and over living in subsidized housing also in low income</td>
<td>69%</td>
</tr>
<tr>
<td>Number of children 0-17 in low income and living in market housing (not subsidized)</td>
<td>315</td>
</tr>
<tr>
<td>Number of seniors 65 and over in low income and living in market housing (not subsidized)</td>
<td>105</td>
</tr>
<tr>
<td>Percentage of low income children 0-17 living in market housing (not subsidized)</td>
<td>81%</td>
</tr>
<tr>
<td>Percentage of low income seniors 65 and over living in market housing (not subsidized)</td>
<td>70%</td>
</tr>
</tbody>
</table>

Primary rental market housing in Dundas

Among units in the private rental market, Dundas has the highest rents among all communities in Hamilton. In 2015, the average rent in Dundas was $965 per month, compared to $836 average for the city of Hamilton (Table 17).

Lowest income individuals including seniors, and families with children most often live in bachelor or 1 bedroom apartments, as they can’t afford larger units. Rents for bachelor and one bedroom apartments in Dundas, however, are rising faster than other units. Between 2010 and 2015, rents for bachelor and 1 bedroom units in Dundas rose by 16% and 13% respectively, compared to average rent increase of 6% for larger 2 bedroom units in Dundas. Rent increases for the smallest units in Dundas are also increasing faster than the cost of living (9.4% increase during the 2010-2015 period), on which pension and old age security increases are based on, and faster than social assistance shelter rates (which only went up by a combined average of 4.3% during this same time period).
Table 17. Primary rental market statistics, Dundas and City of Hamilton, 2010 and 2015, Canadian Housing and Mortgage Corporation (Housing Market Information Portal – CMHC Rental Market Survey) with comparisons to inflation and social assistance rates

**Average rents in primary rental market units (2015), Dundas**

<table>
<thead>
<tr>
<th>Type</th>
<th>2015 ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bachelor</td>
<td>$639</td>
</tr>
<tr>
<td>1 bedroom</td>
<td>$891</td>
</tr>
<tr>
<td>2 bedroom</td>
<td>$994</td>
</tr>
<tr>
<td>3 bedroom or larger</td>
<td>Not available</td>
</tr>
<tr>
<td>Average for all units</td>
<td>$965</td>
</tr>
</tbody>
</table>

**Increase in monthly rent, 2010-2015, Dundas**

<table>
<thead>
<tr>
<th>Type</th>
<th>Increase (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bachelor</td>
<td>16</td>
</tr>
<tr>
<td>1 bedroom</td>
<td>15</td>
</tr>
<tr>
<td>2 bedroom</td>
<td>6</td>
</tr>
<tr>
<td>3 bedroom or larger</td>
<td>Not available</td>
</tr>
<tr>
<td>Average for all units</td>
<td>8%</td>
</tr>
</tbody>
</table>

**Comparisons**

<table>
<thead>
<tr>
<th>Description</th>
<th>2015 ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average rent for all units in the City of Hamilton, 2015</td>
<td>$836</td>
</tr>
<tr>
<td>Shelter amounts for social assistance, 2015:</td>
<td></td>
</tr>
<tr>
<td>Ontario Works: single parent with one child</td>
<td>$609</td>
</tr>
<tr>
<td>Ontario Works: single person</td>
<td>$376</td>
</tr>
<tr>
<td>Ontario Disability Support Program: single person</td>
<td>$479</td>
</tr>
<tr>
<td>Average increase in monthly rent for all units in the city of Hamilton, 2010-2015</td>
<td>15%</td>
</tr>
<tr>
<td>Inflation increase 2010-2015, Ontario, Statistics Canada</td>
<td>9.4%</td>
</tr>
<tr>
<td>Increase in shelter amounts for social assistance (2010-2015):</td>
<td></td>
</tr>
<tr>
<td>Ontario Works: single parent with one child</td>
<td>6.5%</td>
</tr>
<tr>
<td>Ontario Works: single person</td>
<td>3.2%</td>
</tr>
<tr>
<td>Ontario Disability Support Program: single person</td>
<td>3.3%</td>
</tr>
</tbody>
</table>
Among all of Hamilton’s seniors who rent their homes, the combination of high rental prices and stagnant pension incomes is particularly challenging in Dundas. Chart 8 shows that Dundas has the highest rate of seniors spending more than 30% of their income on housing (the common definition of affordable housing), among Hamilton’s 15 wards. In comparison, Dundas rate of unaffordable housing among senior owners is the second only among Hamilton’s wards, with 12% of Dundas senior homeowners spending 30% or more on their income on rent.

Chart 8. Older adult households spending 30% or more on housing costs, by ward and housing tenure, City of Hamilton, Statistics Canada (2011 NHS)

These findings point to the need for service providers in Dundas who work to support vulnerable seniors to focus special attention on seniors who are renting their homes, as they are a group that are facing difficult challenges related to income and housing, which have important effects on their health and quality of life.

The large increases in lower priced rental units across Hamilton, including Dundas, is leading to displacement of low income families across the city, as they are forced to move to neighbourhoods with lower quality and lower priced housing, or out of the city altogether to places like St. Catharines, Brantford or nearby rural areas with lower rents.

To better understand the impacts of displacement on low-income families, there is some research currently underway, by McMaster geography doctoral student Kathleen Kinsella and professor Richard Harris. There is an opportunity for health and community service providers to collaborate on this research to track where clients are moving and to measure the increase in displacement in the last few years.
Recreation for seniors and youth

The main recreation centre in Dundas is the Lions Memorial Community Centre, with space used by programming for the city of Hamilton Recreation department, Rotary and the Routes Youth Centre. The city of Hamilton’s recreation department offers a range of programs at the Community Centre, including pre-school, school-aged and adult programs. The Rotary runs a Seniors Centre at the Community Centre. Routes recreation and social programing is primarily used by youth ages 8-13.

Seniors recreation

The adult programing offered by the city of Hamilton at the Community Centre includes ballroom dancing, badminton, pilates, yoga, and cardio classes, but is mainly attended by younger adults. The city does not offer any recreation programming in Dundas that is catered to the needs of older adults.

The Rotary Cattel Seniors Centre serves some of the needs of the older adults for social and recreation programming, primarily seniors interested in playing cards or Tai-Chi. Rotary however has not changed its programming to reflect changes in the demographics and interests of Dundas seniors. In addition, all the Rotary programs have been consistently full, showing the demand for programing for seniors is not fully met by the current offerings. Despite the need for more programs, there are many hours during the day and evening that rooms and the gym at Lions remain empty due to programming decisions by Rotary.

The Dundas Active 55+ committee has been doing some work to show that the needs for programming for this age group are not fully met by the current landscape of social and recreation programs in Dundas. The Dundas Active 55+ committee has recently collaborated with Jewish Social Services in Dundas to offer yoga and singing programs for older adults in Dundas at that location.

The Dundas Community Pool located next to the Community Centre, offers a one-hour drop-in combined seniors and adult swim twice a week, with a free session once a week. For ages 12+, which include older adults, lane swim is offered at ten different times per week and waterfit drop-in classes at seven different times per week.

Many seniors who have access to a car travel to the Ancaster Seniors Achievement Centre or the Flamborough Seniors Centre where there is a wide variety of programing. By bus, the nearest full service seniors centres include the downtown YWCA seniors Active Living centre and the Sackville Hill Seniors Recreation Centre, but they are further from Dundas.

Youth recreation

Although Dundas has more seniors than young people, currently there is more city-run recreation programming for youth than older adults. The city’s programing for children and youth in Dundas is primarily focussed on early and middle years, with almost no programing for teenagers. The city offers physical activity, music and art-based classes for children up to age 12. For teens aged 13-17, the only course currently offered by the city at the Dundas Lions Community Centre is guitar lessons. Teens often turn to organized sports leagues for recreation, which are fairly numerous in Dundas. But with decreasing levels of physical activity in youth across Canada, especially girls, there remain gaps that could be filled to improve the health of teens in Dundas.

The Dundas Community Pool located next to the Community Centre, offers multiple registered swimming lessons and drop-in times for youth of all ages. Registered swim lessons span the child age groups, with programing for teens including Rookie Patrol, and synchronized
swimming. Drop in programing for all ages includes Family Watersports, public swim and for ages 12+, lane swim is offered at ten different times per week and waterfit drop-in classes at seven different times per week.

Among the barriers for youth recreation is the fact that most of the formal recreation opportunities for youth require fee payment and/or equipment purchase, which make recreation harder to access for families which need the opportunities the most. The City of Hamilton’s recreation subsidy program offers some relief ($150 of free lessons and courses, and 50% discount on league registration fees), but only for families living on incomes below the poverty line.

Even when families can access registration subsidies, transportation remains a barrier for some youth. Lack of sufficient public transportation limits social and recreation participation of Dundas children and youth.

There is free recreation programming for youth offered by Routes Youth Centre, currently on Friday evenings. Routes, however, is also limited in the space and hours they can use in the Dundas Lions Community Centre due to Rotary programing decisions.

Hamilton’s Plan for an Age-Friendly City

Hamilton’s Plan for an Age-Friendly City was adopted by Council in September 2014 and is the City’s strategy to improve city services and infrastructure for the rapidly increasing population of older adults as the baby boomer cohort ages. But the “Age-Friendly” focus of the plan reflects the reality that the strategies will not only be helpful for aging adults, but will improve the city for all ages and groups.

The plan includes seven principles:

1. **Creating supportive and enabling environments** where hospitality is practiced and accessibility is the norm

2. **Optimizing opportunities for health, participation, security and life-long learning** across the life-cycle. Health refers to physical, mental and social well-being

3. **Equity, inclusion and respect**; recognizing the diversity of older adults including their wide range of interests, cultural preferences, capacities and resources while reducing barriers to social connectivity that result from differences

4. An informed community that practices **accountability and transparency** while facilitating personal, social and system **connectivity**

5. **Neighbourhood capacity building**

6. **Effective public service, delivered with integrity**, that is adaptive, dynamic and uses an equity and inclusion lens and is responsive to individual and collective needs as well as emerging opportunities while delivering value for money spent

7. **Community engagement** where people have meaning full opportunities to have a saying designing services and influencing decisions that affect them.

Hamilton’s Plan for an Age-Friendly City has recommendations in seven key areas:
Table 18. Hamilton’s Plan for an Age-Friendly City, summary of goals and actions

<table>
<thead>
<tr>
<th>Focus area</th>
<th>Goal</th>
<th>Number of actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Housing</td>
<td>Everyone should have a place to live. People are supported in ways that make sense for their unique circumstances with a full range of housing options in their neighbourhoods.</td>
<td>18</td>
</tr>
<tr>
<td>2. Getting Around Greater Hamilton: Mobility, Outdoor Spaces &amp; Public Buildings:</td>
<td>The City’s transportation systems, urban design and physical infrastructure enable people to participate in community life as they choose, as well as age in their community.</td>
<td>20</td>
</tr>
<tr>
<td>3. Communication &amp; Information</td>
<td>Older adults have access to information and systems that are better connected, and are able to influence and design the type of information systems they need; customer service and way-finding are intentional and responsive to individual needs and capacities.</td>
<td>15</td>
</tr>
<tr>
<td>4. Health &amp; Community Services: Aging in Community Safely &amp; Securely</td>
<td>Older adults have access to a wide range of supports and services that allow them to remain in their homes and attend to their health and personal needs. Aging in community is eased by good urban design, appropriate housing, and the support of family and community.</td>
<td>9</td>
</tr>
<tr>
<td>5. Social Participation: Recreation, Learning, Arts &amp; Culture</td>
<td>Social engagement opportunities are welcoming and reflect the diverse interests and preferences of older adults in the community, and are available in a variety of formats.</td>
<td>13</td>
</tr>
<tr>
<td>6. Civic Engagement, Volunteerism &amp; Employment</td>
<td>Hamilton’s vibrant civic life includes meaningful roles for older people as leaders, influencers, employees and volunteers.</td>
<td>5</td>
</tr>
<tr>
<td>7. Age-Friendly Public Service</td>
<td>Leaders in all City of Hamilton departments will champion age-friendly strategies in their scope of authority and practice, and in partnership with the community</td>
<td>18</td>
</tr>
</tbody>
</table>
Access to information about services in Dundas

A study of older adults’ knowledge of services in Hamilton summarized some of the major barriers: “Access to community support services is challenging because of a multiplicity of small agencies providing community support and the lack of a central access point. Further, as the healthcare system becomes more complex, navigating the system for older persons, their families and other health care professionals becomes more difficult.”17

This McMaster phone survey of over 1,000 older adults in Hamilton, found many factors associated with higher rates of awareness of community support services including:

- Being female
- Having a higher income
- a younger age
- membership in clubs, organizations, churches
- reporting higher social support
- number of information sources

In interviews, Dundas doctors and service providers reported that there was not enough information about services available to the community.

To fill some of the gaps in awareness of community services, this report includes as appendices lists of services for youth and for older adults. These will be used for the Dundas Info Spot enhancement project, which will improve the navigation, accessibility and content of the Dundas Info Spot website, developed by the Dundas Active 55+ committee.

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Conclusion

While Dundas is an affluent community within Hamilton, this report points to populations within Dundas who experience vulnerability and decreased quality of life, including seniors who rent their home, children and families living in poverty and youth experiencing mental health challenges.

Dundas has a strong basis of community services that would benefit from increased coordination among services and increased support from health care organizations and the city. It is important to note that many services in Dundas serve a broader population than only residents within the Dundas boundary, especially isolated residents living in rural areas near Dundas, who are not included in the data in this report.

More work is needed to assess the impact of the existing programs and whether they are meeting the needs of the community.
# Appendix 1 – Youth Services in Dundas

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Public and Catholic Schools

High schools

- **Dundas Valley Secondary School (DVSS)**
  310 Governors Road, Dundas, ON L9H 5P8
  Telephone: (905) 628-2203
  
  - Alternatives for Youth (AY)
    - Individual drug and alcohol counselling throughout the school day
    - Students can voluntarily enrol, or get referred by school staff
  - HAT - Health Action Teams
    - a public health initiative for individuals from a school community to work together in collaboration with a Public Health Nurse (students, staff and community volunteers) to promote wellness and healthy, positive environments.
  - Leadership class
  - Leadership camp
  - Let’s Talk Girls Group
    - 8-week session: skill building, destressing, coping with daily pressures,
  - Let’s Talk, aka Talking with Teens
    - Leadership opportunity for students to speak at elementary schools of the issues
  - LGBTQ group
    - Weekly student group led by public health nurse
  - Mental Health Action Team:
    - Group discussions about anxiety, peer support
  - TAMI – Talking about Mental Health:
    - Speaker visits DVSS
  - Tastebuds Student Nutrition Collaborative

- **St Mary Catholic Secondary School**
  200 Whitney Avenue, Hamilton, ON L8S 2G7
  Telephone: (905) 528-0214
JK-8 Schools

- **Dundas Central**
  73 Elgin Street, Dundas, ON L9H 2A2
  Telephone: (905) 627-3521
  - Big brothers and big sisters mentoring program
  - Tastebuds Student Nutrition Collaborative

- **Sir William Osler**
  330 Governor’s Road, Dundas, ON L9H 0A3
  Telephone: (905) 628-1588
  - Social Justice Group
  - Student Leadership Program

- **St Augustine Catholic Elementary School**
  25 Alma Street, Dundas, ON L9H 2C9
  Telephone: (905) 523-2338
  - Full of Ourselves
    - A Wellness program to advance girl power, health, and leadership
  - Tastebuds Student Nutrition Collaborative

- **St. Bernadette Catholic Elementary School**
  270 Governors Rd, Dundas, ON L9H
  Telephone: (905) 523-2336

JK-5 Schools

- **Dundana**
  23 Dundana Ave, Dundas, ON L9H 4E5
  Telephone: (905) 628-2622

- **Yorkview**
  86 Cameron Avenue, Dundas, ON L9H 1P8
  Telephone: (905) 628-8212
Pregnancy and Parenting Support and Childcare Services

Pregnancy and parenting groups and online support

Pre-natal programs

Public health nurses talk about the following topics in prenatal classes:
- Baby’s growth and development
- Healthy eating
- Changes during pregnancy
- Physical activity
- Preterm labour
- Labour, birth and support
- Family life and community supports for new parents
- The six weeks after birth—breastfeeding, infant safety, caring for your baby, parenting

Prenatal classes are open to all pregnant women and their partners or support person. Options for prenatal classes in Hamilton include:
- Prenatal drop-in groups for young moms (outside of Dundas)
- Online prenatal classes
- Group prenatal classes (includes Dundas location)

Dundas Coach House, 22 Victoria Street, offers classes for couples (7pm to 9pm on a series of weeknights) and a weekend class (9am to 3pm). Call Public Health at 905-546-3591 Monday to Friday 8:30 am to 4:30 pm for dates with availability and to register.
- The cost for group prenatal classes is $101. There is no charge for teen prenatal classes.
- Assistance is available for families experiencing financial limitations.

Parenting classes and support

The City of Hamilton offers the following parenting groups:
- Parenting with LOVE for parents with children under age six
- The Incredible Years for parents of children ages three to six
- Group Triple P for parents of children ages two to six
- Triple P Discussion Groups for parents of children ages two to six

Programs locations rotate at locations across the city of Hamilton. In 2016 the following programs will be offered in Dundas:
Developing good bedtimes routines
September 15, 2016 9:30-11:30 a.m.
For more information contact Health Connections: 905-546-3550 or publichealth@hamilton.ca
Website: https://www.hamilton.ca/public-health/classes/parenting-groups-in-hamilton

Healthy Families Hamilton - Public Health Facebook group for parenting support
Healthy Families Hamilton is a City of Hamilton Public Health Services' Facebook page for parents of children 0-6 updated by Registered Nurses and Registered Dietitians Monday to Friday, 8:30am – 4:30pm (excluding holidays). We share information and respond to parent questions about pregnancy, breastfeeding, parenting, child safety, growth and development, healthy eating, and self-care for parents. Private messages can be sent via Facebook Messenger @HealthyFamiliesHamilton

Public Health plans to expand our page in the future to include information for parents of children and youth up to age 18.

https://www.facebook.com/HealthyFamiliesHamilton/
Hours: Monday-Friday 8:30 a.m. – 4:30 p.m.
Parents and caregivers can also call Health Connections 905-546-3550 or visit us at www.hamilton.ca/familyhealth.

Home visit programs for parents

Healthy Babies, Healthy Children program
The City of Hamilton has a program for pregnant women or new moms, where a public health nurse and trained home visitors visits a child’s home to answer questions from new moms. Home visits help new moms learn about:

- Connecting with your baby
- Your child’s growth and development
- Breastfeeding, food and healthy eating
- Local community programs and supports

Call Health Connections at 905-546-3550 to see if you are eligible for the Healthy Babies, Healthy Children program.

Home Management
The City of Hamilton’s Home Management program offers home visits for instruction and coaching to meet the unique needs of each client and group with the goal of gaining skills in basic daily living such as:

- budgeting, household management and routines
• coping with housing issues
• basic nutrition, menu planning and meal preparation
• parenting
• goal setting, problem-solving, time management, stress management, self-esteem and more

Referral forms available on website: https://www.hamilton.ca/social-services/support-programs/home-management-program
More information: homemanagement@hamilton.ca or 905-546-4804

Early Years Drop-in programs

• **Dundas Ontario Early Years Centre (OEYC) Neighbourhood site:**
  Today's Family Dundas Early Learning and Child Care Centre
  Knox Presbyterian Church  
  23 Melville Street, Dundas, ON L9H 1Z7 (entrance off Victoria Street)  
  Telephone: 905-689-9500  
  Email: oeycadf@todaysfamily.ca  
  Website: www.todaysfamily.ca/our-programs/ontario-early-years-centres/

  o Ontario Early Years Centres are places where parents, grandparents, caregivers, and children six years of age and younger play and learn together.
  o At the Ontario Early Years Centres, parents and caregivers can:
    ▪ Take part with their children in a range of programs and activities
    ▪ Get answers to questions
    ▪ Get information about available programs and services
    ▪ Talk to early years professionals as well as with other parents and caregivers in the community
  o Locations include Knox Presbyterian Church, Hamilton Public Library at the Dundas Branch, and Dundas Coach House
  o Drop in hours at the Dundas OEYC neighbourhood site are:
    ▪ Monday, Tuesday, Thursdays and Fridays 9 a.m. to 12 p.m. during the school year (excluding holidays). Fridays are gym days, for gross motor play opportunities.
    ▪ Tuesdays and Thursdays 9:45 a.m. to 12:00 p.m. during the summer months.
Pre-school Childcare Centres and Before and After School Care

- **Today's Family Dundas Early Learning and Child Care Centre**
  Knox Presbyterian Church
  23 Melville Street, Dundas, ON L9H 1Z7
  Telephone: (905) 627-5335
  Email: ccd@todaysfamily.ca
  Website: todaysfamily.ca
  - This centre offers care for children 18 months to 12 years of age and operates Monday to Friday from 7:00 a.m. to 6:00 p.m.

- **Early Learning Care Centre: Hamilton Wentworth Catholic Child Care Centres**
  St. Bernadette
  270 Governors Road, Dundas, ON L9H 5E3
  Telephone: (905) 628-1808
  Website: www.hwcccc.ca/sites/stbe/
  - Full Day Preschool for children 2.5 to 5 years old
  - JK Before and After School Program for children 4 and 5 years of age
  - JK Full Day program for children 4 and 5 years of age
  - School Age Before and After School Program for children 6 to 12 years of age
  - School Age Full Day program for children 6 to 12 years of age
• **St James Co-op Preschool**  
  137 Melville Street, Dundas, ON L9H 2A6  
  Telephone: (905) 627-8773  
  Website: stjamescoop.com  
  
  - Preschool Ages 20 months – 5 years  
    - Super Stars (age 2 by December 31st) from 9:15-11:30  
    - Kids Club (ages 3, 4, & 5) from 9:00-11:45  
    - Full Day Kids Club (ages 3, 4, & 5) Drop off is 9:00am and pick up is 2:30pm.  
  - JK, SK, and Grade 1  
    - Alphabet Soup (ages 3, 4, & 5) 1230-230  
    - Word Detectives (ages 4 & 5) from 9:00am-2:30pm, or mornings-only from 9:00am-11:45am.  
    - Print Works (ages 5 & 6) after school program  
  - Active, Balance, Circuit  
    - Thursday afternoons from 12:30pm – 1:30pm for kids born in 2011, 2012 and 2013  
  - Fees range from $80-$140 per month  

• **St Mark’s Co-op Preschool**  
  St. Mark’s United Church  
  1 Lynndale Drive, Dundas, ON L9H 3L4  
  Telephone: (905) 627-9251  
  Website: stmarkscooppreschool.com  
  
  - Preschool for children 27 months to 5 years runs Tuesday, Wednesday, and Thursdays from September to June  
  - The morning program runs from 9:00am to 12:00pm.  
  - Fees are as followed:  

• **Today’s Family Dundas St. Paul’s Before and After School Program**  
  St. Paul’s Dundas Church  
  29 Park Street West, Dundas, ON L9H 1X3  
  Telephone: (905) 627-5335  
  Email: ccd@todaysfamily.ca  
  Website: todaysfamily.ca  
  
  - This program operates from 7:00 a.m. to 6:00 p.m. and offers school-aged children up to 12 years of age a safe place to enjoy arts and crafts, chat with friends, or work on homework
• Umbrella Family and Child Centres of Hamilton
  Dundas Central Elementary School
  73 Melville Street, Dundas ON L9H 2A2
  and
  Dundana Elementary School
  23 Dundana Avenue, Dundas ON L9H 4E5
  Telephone: (905) 312-9836
  Website: www.umbrellafamily.com

  o Before and After school program
  o Full day programs for 18mo to 30mo toddlers and 30mo to 44mo preschoolers
  o Extended day program for kindergarten (44mo to 68mo) and school age (68mo to 12yrs)

• YMCA School Age Child Care (SACC): Sir William Osler
  Sir William Osler
  330 Governor’s Road, Dundas, ON L9H 0A3
  Telephone: (905) 628-8144
  Email: osler_childcare@ymca.ca
  Website: ymcahbb.ca/Programs/Categories/Child-Care

  o Before and after school program for 3.8 - 12 years
  o Preschool child care for infants to 5 years
  o PA Day program
    ▪ Note: register one full month in advance

• YMCA School Age Child Care (SACC): Yorkview
  Yorkview
  86 Cameron Avenue, Hamilton, ON L9H 1P8
  Telephone: (905) 317-4916
  Email: hamilton_sacc@ymca.ca
  Website: ymcahbb.ca/Programs/Categories/Child-Care

  o Before and after school program for 3.8 - 12 years from 7:30am to 6:00pm
Summer Day Camps in Dundas

- **Great Big Theatre Company**  
  St Paul’s United Church  
  29 Park Street West, Dundas, ON L9H 1X3  
  Telephone: (905) 628-9747  
  E-mail: onstage@gbtc.com  
  Website: [www.gbtc.com](http://www.gbtc.com)

  - Great Big Theatre Company is a non-profit and registered charity; our focus is children's theatre. We offer camps, classes, mainstage and travelling productions, afterschool programs and in-school workshops.
  - The benefits for kids include: increased self-confidence; imagination; empathy; enhanced capacities for cooperation / collaboration; better concentration and "focus"; better communication skills; problem-solving skills: emotional outlet; relaxation; self-discipline; trust; physical fitness; memory; social awareness; aesthetic appreciation; and of course, fun.
  - Eligible families can register a child for a full week of summer camp for $130.00 (a discount of approximately 50 % below full registration rates).
    - Summer Camp for Ages 3-5
      - July, one week sessions, full-day and half-day offered
      - Our young campers, ages 3-5 years will enjoy storytelling and creative role play. Fun movement games and activities spark a spacial awareness in the young child enabling the child to interact physically with peers in a positive and effective manner.
    - Summer Camp for Ages 6-14
      - July and August, one week sessions
      - Campers will work together in groups, mostly within their own age groups but also at times across age levels. One goal is to work toward an end-of-week presentation, which is performed on Friday afternoons for an audience of parents, friends and relatives.
    - March Break for Ages 6-14
• **Dundas Valley School of Art**  
  21 Ogilvie Street, Dundas, ON L9H 2S1  
  Telephone: (905) 628-6357  
  E-mail: info@dvsa.ca  
  Website: [https://dvsa.ca](https://dvsa.ca)

  o Summer weekly programs of various classes offered starting at $104 per week.

• **Today’s Family**  
  Dundas, Knox Church  
  23 Melville Street, Dundas, ON  
  Telephone: (905) 574-9344 ext. 103  
  E-mail: camp@todaysfamily.ca  
  Website: [http://camp.todaysfamily.ca](http://camp.todaysfamily.ca)

  o Dundas 2016 Kinder Camp  
    - Ages 4-6 years  
    - Our Kinder Camp Program provides a great opportunity for children to explore their environment in a safe and supervised setting. Campers will enjoy trips in their community, physical activity, songs and games, arts

  o Dundas 2016 Adventure Camp  
    - Ages 7-9 years  
    - Our Adventure Camp Program provides campers with an active, fun-filled opportunity. Campers will go on weekly outings, swim, enjoy arts, music and drama experiences, physical activities, outdoor adventures

  o Dundas 2016 Extreme Camp  
    - Ages 10-12 years  
    - Our Camp Extreme Program is an action packed adventure for campers. Campers will experience outdoor activities, sports, arts and crafts, swimming, weekly

  o Leader-in-Training (LIT) Program (Ages 13-16 years)  
    - Our Leader-in-Training (LIT) Program provides a great opportunity for teens to develop communication skills in a team environment. Participants also learn how to supervise young children as they plan activities to help them learn and grow.
• **YMCA Day Camp**
  Camp Chippewa (Christie Conservation Area)
  1000 5 Highway West, Hamilton, ON L9H 5E2
  Telephone: (905) 317-4929
  Email: HamBurl_Daycamps@ymca.ca
  Website: ymcahbb.ca/Programs/Categories/Camps/Day-Camps
  - Monday to Friday: 9am to 4pm (closed on statutory holidays)
  - Bussing provided. Pick up and Drop off at Sir William Osler
  - **Eco Explorers**
    - Ages 8-11
    - Cost: $188 per week / $150 week 5
  - **Canoe Camp**
    - Ages 8-13
    - Cost for ages 8-13: $200 per week / $160 per week (Week 5)
    - Cost for ages 10-13: $220 per week / $176 per week (Week 5)
  - **Kayak Camp**
    - Ages 10-13
    - Cost: $220 per week / $176 week 5
  - **Leader in Training Level 1, 2 and 3**
    - For age 14
    - Develop camp-related skills: canoeing, archery and large group leadership, while learning how to work as part of a team.
    - Learn to promote YMCA core values: caring, honesty, respect and responsibility throughout your camp experience.
    - Cost: $185/2 week session (available weeks 1-2 and 3-4 - must attend both weeks)
  - **Camp Fundamentals**
    - Ages 10-13
    - Staff camper ratio is 1:10.
    - Bussing provided.
    - Cost: $230 per week / $184 Week 5
- **McMaster University day camps**
  Telephone: Recreation Dept. (905) 525-9140 ext. 24612
  E-mail: reconline@mcmaster.ca
  Telephone: Mini University (905) 525-9140 ext. 24464
  E-mail: miniu@mcmaster.ca
  Telephone: Venture (905) 525-9140 ext. 24906
  E-mail: vespi@mcmaster.ca

  **Mini University Summer Camp**
  - [http://rec.mcmaster.ca/programs/camps/mini-university-summer-camp](http://rec.mcmaster.ca/programs/camps/mini-university-summer-camp)

  **Venture Engineering and Science Summer Camp**
  - [http://venture.mcmaster.ca/](http://venture.mcmaster.ca/)

  **March Break Camp**

  Bussing provided from Dundas ($20/week)

  Day camps available:
  - Free Aboriginal Youth Summer Camp (ages 10-14)
  - Mini-University (age 8-14)
  - Para Sport Fitness School (ages 10-14)
  - Sports Fitness School (ages 6-14)
  - Sport-specific camps (ages 8-13)
  - Venture (ages 6-14)
  - Leaders-in-Training (ages 15-16)

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**Youth programing at places of worship**

- **Christian Life Assembly**
  165 King Street West, Dundas, ON L9H 1V3
  Telephone: (905) 627-4340

  - Teen Discussion Group
    - Wednesdays from 6pm (for dinner) and 6:45pm (discussion) on Seven Habits of Highly Effective Teenagers. This series runs until Wednesday March 30. For ages 14 – 18. Attendance is free.
  - Kids Sunday School Group for ages 6 - 11
• **Christian Science Society**  
  245 Mill Street, Dundas, ON, L8L 1P7  
  Telephone: (905) 627-2059

• **Dundas Baptist Church**  
  201 Governors Road, Dundas, ON L9H 3J7  
  Telephone: (905) 627-0071  
  Website: dundasbaptistchurch.com
  
  o Kids’ Club:  
    ▪ Every Monday from 6:00pm to 7:30pm children (JK to Gr. 5) are invited for a fun time of learning about themselves and God through stories, games and crafts. A snack is also provided
  
  o Mid-Week Youth:  
    ▪ Every Wednesday both Senior (Gr. 9 to 12) and Junior (Gr. 5 to 8) Youth Groups meet at the church from 7:00pm to 8:30pm. Each group has its own age appropriate program designed to help gain a deeper understanding of how valuable and incredible they are through fun, games, growth in their faith, and snacks that are provided each week.
  
  o Youth Church:  
    ▪ This program is for grades 1 to 12 on Sunday mornings during worship service where teachers provide a Bible based programme in a fun and interactive environment

• **Gurdwara Shaheedgarh Sahib Hamilton**  
  200 Old Guelph Road, Dundas, ON L9H 5X6  
  Telephone: (905) 525-5725  
  Website: hamiltongurdwara.com

• **Knox Presbyterian Church**  
  23 Melville Street, Dundas, ON L9H 1Z7  
  Telephone: (905) 627-3043  
  E-mail: knoxdundas@cogeco.net  
  Website: http://knoxdundas.com/
• **St Augustine’s Parish**  
58 Sydenham Street, Dundas ON L9H 2T9  
Telephone: (905) 628-2880  
Website: www.staugustinesparish.ca  
  
o Youth at Heart

• **St James Anglican Church**  
137 Melville Street, Dundas, ON L9H 2A6  
Telephone: (905) 627-1424  
Website: stjamesdundas.ca  
  
o Dundas La Leche League:  
  ▪ group for breastfeeding moms  
  o Girl Guides of Canada:  
  ▪ Pathfinders group  
  ▪ Sparks group  
  o Book Club

• **St. Pauls Dundas**  
29 Park Street West, Dundas, ON L9H 1X3  
Telephone: (905) 628-6396  
Website: stpaulsdundas.com  
  
o Emmaus Youth Group  
  o Space is available for rent for special family occasions, workshops, meetings or longer running programs  
  o Sunday School

• **St. Mark’s United Church**  
1 Lynndale Drive, Dundas, ON L9H 3L4  
Telephone: (905) 627-9251  
E-mail: office@stmarksunitedchurch.ca  
Website: www.stmarksunitedchurch.ca  
  
o Vacation Bible School:  
  ▪ From August 22-26. This program is offered by Hamilton Presbytery, and St. Mark’s is hosting together with Rock Chapel, St. Paul’s, and Lynden United Churches.  
  o Yoga  
  o 6th Dundas Scouting Group:
- Ages 5-17
- Cubs, Beavers, Scouts, Ventures
- http://6thdundas.scouter.ca/
  - Overeaters Anonymous
  - AA meetings
  - Rotary Sunrise Garden at St Mark’s - Community Garden
    - Have your own plot, or help with gardens for food banks
    - contact: stmarkssunrisegarden@gmail.com or call 905-304-3682

- **Valley Community Church**
  37 Market Street South, Dundas, ON
  Telephone: (905) 628-8638

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**Recreation**

**Public**

- **Dundas Community Pool**
  39 Market Street South, Dundas
  Telephone: (905) 540-6694
  E-mail: recreation@hamilton.ca
  Website: www.hamilton.ca/parks-recreation
  - Swimming lessons
    - Parents and Tots
    - Youth (2-17 years of age)
    - Synchronized swim
  - Free Family Water Sports (Children 6+) (free one hour a week)
  - Public Swim (all ages) (free one hour a week)
  - Adult/Senior Swim (18+) (free one hour a week)
  - Lengths Swim (12+)
  - Waterfit (12+)

- **Dundas Driving Park**
  71 Cross Street, Dundas, ON L9H 2R5
  - Wading pool and splash pad for kids
  - Free park space for picnics
• **Dundas Lions Memorial Community Centre**
  
  10 Market St. South, Dundas, ON  
  Telephone: (905) 546-2424 ext. 2260  
  E-mail: recreation@hamilton.ca  
  Registered programs:  
  
  To register: [https://rec.hamilton.ca/econnect/Activities/ActivitiesAdvSearch.asp](https://rec.hamilton.ca/econnect/Activities/ActivitiesAdvSearch.asp)  
  (click category on left side, then choose Dundas Lions Memorial Community Centre from the Locations menu in the right corner)

Drop-in Programs (City):

- Programs for ages 18+
  - Pickleball  
  - Adult Volleyball

Registered Programs (City):

- Programs for ages 0-5
  - Ready, Set, Go!  
  - Creative Corner  
  - Little Learners  
  - Tumble and Play

- Programs for ages 6-12
  - Piano  
  - Floor Hockey  
  - Sports Blast Multisport

- Programs for ages 16+ and 18+
  - Badminton  
  - Ballroom Dancing  
  - Cardio, Balance and Strength  
  - Drawing  
  - Flow into Meditation  
  - Pilates  
  - Volleyball  
  - Yoga
• **Free Outdoor Programs from City of Hamilton**  
  **Edwards Memorial Park**  
  55 Mercer Street, Dundas, ON L9H 2N6  
  Website: [https://www.hamilton.ca/parks-recreation/outdoor-fitness/free-outdoor-fitness-programs](https://www.hamilton.ca/parks-recreation/outdoor-fitness/free-outdoor-fitness-programs)

  - Supie program July-August for ages 6-12  
    - Monday to Thursday, 9 am to 4 pm; Friday, 1 to 4 pm  
    - No lunch hour supervision, 12 noon to 1 pm  
    - [https://www.hamilton.ca/parks-recreation/summer-services/supie](https://www.hamilton.ca/parks-recreation/summer-services/supie)

  - Friends and Family Cardio Dance  
    - When: Saturday, July 23 at 9:00am and Saturday, August 13 at 9:00am  
    - Continuous dance routine to motivating music  
    - Flexibility: Low  
    - Cardio: Mid  
    - Strength: Low  
    - Impact: Mid  
    - Endurance: Mid

  - Heart Smart  
    - When: Saturday, August 20 at 9:00am  
    - Movements will help strengthen your heart and lungs  
    - Flexibility: Low  
    - Cardio: High  
    - Strength: Low  
    - Impact: High  
    - Endurance: High

**Private and Non-profit recreation for youth**

See also Routes Youth Centre in Multi-service Youth Programs section

• **Dundas Dynamo Basketball Club**  
  Telephone: 905-628-4966  
  E-mail: Steve Baker, [steve@dynamobasketball.ca](mailto:steve@dynamobasketball.ca)  
  Website: [www.dynamobasketball.ca](http://www.dynamobasketball.ca)

  - For boys and girls aged 8-19  
  - This is a not for profit youth organization that runs entirely by volunteers  
  - Summer basketball camp
• **Dundas Girls Softball League**  
  Telephone: (905) 627-1162, (905) 628-4284  
  E-mail: info@dgsl.ca  
  Website: [http://site.dgsl.ca/About.html](http://site.dgsl.ca/About.html)  
  o Ages 4-19  
  o This league is non-profit consisting of volunteers, generally parents, from the community involved to help kids learn about teamwork, diversity, friendship, responsibility and living healthy through playing organized softball.

• **Dundas Little League**  
  Telephone: (905) 628-6007  
  E-mail: Jeff Kozak, Information Officer, registration@dundaslittleleague.ca  
  Website: [www.dundaslittleleague.ca](http://www.dundaslittleleague.ca)  
  o For boys and girls aged 5-12  
  o Major & Minor T-Ball  
  o Major & Minor Baseball

• **Dundas Minor Baseball Association**  
  Telephone: (905) 628-1646  
  E-mail: Matt Wilkinson, matt_wilkinson1@hotmail.com  
  Website: [dundasminorbaseball.com](http://dundasminorbaseball.com)  
  o Ages 13-21

• **Dundas Minor Hockey Association**  
  Telephone: Hamilton Minor Hockey League (905) 699-1471  
  E-mail: dmhainfo@gmail.com  
  Website: dmha.ca  
  o Ages 4-17  
  o The D.M.H.A. is an organized group of parent volunteers committed to the development of skills and knowledge of the sport of hockey for Dundas youth for their personal development, sportsmanship and enjoyment.
• **Dundas Tennis Club**
  Dundas Driving Park  
  Telephone: (905) 627-0317  
  E-mail: Teresa Yeager, membership@dundastennisclub.com  
  Website: [www.dundastennisclub.com](http://www.dundastennisclub.com)  
  
  o Ages 4+  
  o The Dundas Tennis Club is a community-based club that was established in 1924 in the Dundas Driving Park. The Junior Programme continues to expand with after school academy, camps, house league, junior tournaments, and the ever-popular Junior-Senior Tournament.

• **Dundas Youth Soccer Club**
  Telephone: (905) 902-6343  
  E-mail: dundassoccer@gmail.com  
  Website: [www.dundassoccer.ca](http://www.dundassoccer.ca)  
  
  o Boys and Girls ages 4+  
  o Dundas Youth Soccer Club offers an outdoor House League for boys and girls 4 years old and up, as well as, a range of Competitive Teams. With the support of hundreds of volunteers, DYSC provides the opportunity to learn the fundamentals of the game, develop individual skills, strong teamwork and respect.

• **Hamilton City Ballet**  
  108 Park Street West, Dundas, Ontario, L9H 1X4  
  Telephone: (289) 238-9855  
  E-mail: info@hamiltoncityballet.com  
  Website: [www.hamiltoncityballet.com](http://www.hamiltoncityballet.com)  
  
  o Ages 3+  
  o The school offers children, teens and adults unique and innovative classes, from Moms & Tots Ballet to traditional Vaganova-based professional classical ballet training. The Hamilton City Ballet offers its dancers an opportunity to perform on stage in the school's annual Spring Recital, and during the summer months, the students can benefit from a two week intensive training program.
• **Inflow Bike and Skatepark**  
  1 Head St, Dundas, ON L9H 3H5  
  Telephone: (905) 628-6596  
  Website: [www.inflowpark.com](http://www.inflowpark.com)

  - Ages 8+
  - Inflow Bike and Skatepark LTD. is a 12,000 sq/ft indoor facility dedicated to the progression of alternative action sports in southern Ontario. We are also committed to providing a supervised environment where we encourage respect and good morals. Recommended for youths and adults (ages 8 and up) to have fun progressing in the alternative action sports of BMX, freestyle mountain biking, scootering, inline skating, and skateboarding.

• **Running Rebels Girls Softball Team**  
  Telephone: (905) 581-8753  
  Website: [http://www.leaguelineup.com/dundasrunningrebels](http://www.leaguelineup.com/dundasrunningrebels)

  - Ages 13-19
  - We are a small but dedicated group of softball enthusiasts who have been operating girls softball teams in various age groups since 1991. We were incorporated as a not-for-profit organization in 1994.

• **St Joseph’s Villa**  
  56 Governor’s Road, Dundas, ON L9H 5G7  
  Telephone: (905) 627-3541  
  Website: [www.sjv.on.ca](http://www.sjv.on.ca)

  - Drop-in
    - Baby Weights Swim (ages 3 and under)
      - Tuesdays at 11:30 am and Thursdays at 9:30 am
      - Fee: $6.00
      - Inquiries: (905) 627-3541 ext. 2911
    - Family Swim
      - Thursdays from 11:30 to 12:00 noon
      - Fee: $6.00
      - Inquiries: (905) 627-3541 ext. 2911
  - Registration required
    - Parents swim with your tot
      - Ages 3 to 36 months
• 12 weeks for $90.00 running September 13 to December 10, 2016.
  • Pre-school swim on your own
  • Ages 3 to 5 years
  • 12 weeks for $102.00 running September 13 to December 10, 2016.

Arts

• Dundas Little Theatre
  37 Market Street South, Dundas, ON L9H 3B3
  Telephone: (905) 627-1620
  E-mail: info@dundaslittletheatre.com
  Website: www.dundaslittletheatre.com
  - On-going auditions for various roles and plays

• Dundas Valley Orchestra
  E-mail: lthomas557@yahoo.com
  Website: www.dundasvalleyorchestra.ca
  - The Dundas Valley Orchestra is looking for new members to join their Community Orchestra. They are looking for string players, brass players, wind instrument players, and a percussionist. The DVO plays two concerts a year — open to the general public — and four concerts in nursing homes in Hamilton.

• Dundas Valley School of Art
  21 Ogilvie Street, Dundas, ON L9H 2S1
  Telephone: (905) 628-6357
  E-mail: info@dvsca.ca
  Website: https://dvsca.ca
  - Ages 4+
  - Courses include painting, animation, photography, drawing, pottery, jewellery making, instrument making, sculpture, graphic novel writing and more
  - Fees between $79 - $359
  - Free online programs offered
Drop-in classes with a fee of $15
Weekly summer camps offered for both youth and adults
At the Dundas Valley School of Art we believe art plays a vital role in changing how we think about the world. By creating art, we connect with our senses through investigation, conversation and exploration. The Dundas Valley School of Art is a thriving hub for artists and art instruction. Our courses, lectures and workshops bring together artists of all ages and from all walks of life. Our studios provide an exciting environment in which to learn from the masters and from each other.

- Great Big Theatre Company
  St Paul's United Church
  29 Park Street West, Dundas, ON L9H 1X3
  Telephone: (905) 628-9747
  E-mail: onstage@gbtc.com
  Website: www.gbtc.com

  - Great Big Theatre Company is a non-profit and registered charity; our focus is children's theatre. We offer camps, classes, mainstage and travelling productions, afterschool programs and in-school workshops.
  - The benefits for kids include: increased self-confidence, imagination, empathy; enhanced capacities for cooperation / collaboration; better concentration and "focus"; better communication skills; problem-solving skills: emotional outlet; relaxation; self-discipline; trust; physical fitness; memory; social awareness; aesthetic appreciation; and of course, fun.
  - Eligible families can register a child for a full week of summer camp for $130.00 (a discount of approximately 50 % below full registration rates).
  - Fall and Winter programs offered weekdays and Saturdays:
    - Acting Classes for Ages 3-5
      - Students will enjoy storytelling and creative role play. Fun movement games and activities spark a spatial awareness in young children, allowing them to interact physically with peers in a positive and effective manner. The art of puppetry introduces a valuable element of role-play and character development facilitating empathy and understanding of others.
    - Acting Classes for Ages 6-14
      - An experienced coach will guide them in exploring their imagination and in expressing feelings through drama. Through vocal exercises & song the students learn to speak with clarity, and gain in overall personal confidence,
contributing to the growth of public speaking and leadership skills.

- Fees range from $120 - $300

**Multi-service Youth Programs**

- **Dundas Community Services**
  2 King Street West, Suite 3A, Dundas, ON L9H 6Z1
  Telephone: (905) 627-5461
  E-mail: dcs@dundascommunityservices.on.ca
  Website: dundascommunityservices.on.ca
  Monday – Friday 9:00 am – 5:00 pm

  - **Youth Employment Services**
    - This summer service links student employees with prospective employers. Each summer, from June to August, Dundas Community Services operates an employment service for local young people who need help to find summer work. We advertise and seek out jobs in the community and match these to high school and public school students who have registered with us.

  - **Volunteer**
    - We recruit, interview, refer and place volunteers in the local community. We do this by keeping an up-to-date profile of volunteer opportunities for a variety of settings including nursing homes, children’s programs, health related services, sports groups and other local community services. This is an inclusive service with an emphasis on the placement of volunteers with disabilities, both physical and mental.

  - **Operational Snow Shovel**
    - Dundas Community Services launched this intergenerational program in 1992. It matches responsible students with seniors and/or persons with disabilities who need to have their walk ways into the house, steps, porch, Public side walk, and area to park their vehicle cleared of snow and ice and who are unable to pay for snow removal for various reasons.
• **Dundas Museum and Archives**  
  139 Park Street West, Dundas, ON L9H 1X8  
  Telephone: (905) 627-7412  
  E-mail: mail@dundasmuseum.ca  
  Website: dundasmuseum.ca

  - School trips to the Museum from JK/SK up to grade 12  
  - Pre-school kids drop-in programs, free

    - This event is running from 5 January 2016 until 20 December 2016  
    - Join us for kids activities, crafts, games, and fun in our Education Centre, pre-school ages welcome. You can pop in between 10:30am and 12:30pm and stay as little or as long as you like. This is a free program, but donations are welcome.

• **Hamilton Public Library, Dundas Branch**  
  18 Ogilvie Street, Dundas, ON L9H 2S2  
  Telephone: (905) 627-3507  
  Website: [www.hpl.ca/branches/dundas-branch](http://www.hpl.ca/branches/dundas-branch)

  Note: Library will be undergoing renovations starting in August. Temporary location of about one year will be 55 Cootes Drive (across Canadian Tire and beside the Beer Store).

    - While under renovation, Dundas Library will have a book mobile stop starting August 19th behind the Library on Miller’s Lane (by the V Spot Vegan Café and Eatery) every Friday from 10am-noon

  - Bus stop on king street, in front of the community centre and walk about 1-2 bus stops

  - Pre-school programs:
    - Baby time
      - Runs all year, 3 week cycle  
      - Interactive parent and child program, story time, flannel boards, tickles, and fun times  
      - Ages 0-2 years
    - Toddler Time
      - Runs all year, 3 week cycle  
      - Ages 2-3 years  
      - Interactive parent and child program, story time, flannel boards, puppets, books, rhymes, tickles, and fun times
    - Family Storytime
Runs all year, 3 week cycle
For ages 0-5, with a caregiver, and bring all other children if you have
Bring the whole family to story time and get ready to read! Discover stories, rhymes, music, finger plays and flannel boards that appeal to a wide range of ages at this interactive program.
Drop-in

Beautiful Buttons
- Runs in July and August, and potentially in the Fall
- Design and make your own beautiful buttons with our button maker. All materials supplied.
  - Ages 4 - 12 years
  - Drop-in
- Design and create your own unique buttons. All materials provided
  - Ages 4 - 12 years
  - Registration required

Book Club kits
- A kit includes 14 books, and club members can meet within the library or in the community

Crafternoons
- Runs in August
- Ages 4 - 12 years
- Every week a different craft project to create and take home.
- Registration is required

Cyclemania
- Run in July, and again summer 2017
- All ages
- Learn cycling safety and the rules of the road with Hamilton Police Services. Bring your bicycles and helmets to the rear parking lot for some super cycling fun.
- Drop-in

Drop-in Book Club

4th Friday Book Club
- Meets every fourth Friday of the month at 2:00pm
- New members wanted

Get Ready for Kindergarten
- Ages 3-5 with a caregiver
- Runs in August
- Special programs designed to ease children into the Kindergarten classroom with stories, songs, crafts, and hands-on activities
  - Registration is required
- Homework Help
  - Runs through the school year, starting in October
  - Every Tuesday at 4:00pm and Saturday at 1:00pm
- Lego Mania
  - Ages 5-12
  - Build, imagine and play with Lego
  - Drop-in
- Parent-Child Mother Goose Program, ages 0-7 months and 7-18 months
  - Run by Ontario Early Years Centre mobile service in summer and all year
  - Free, register in advance by calling (905) 689-9500
  - An interactive, research based multi-week program for parents and their children focusing on the pleasure and power and rhymes, songs and stories together.
- Summer Reading Buddies
  - A literacy program for children to practise their reading skills.
  - Reading Buddies is open to children who have completed Grade One and are able to read.
  - Registration is required
- Summer Reading Club/Storybook Club
  - Kids of all ages
  - Registration is required

**Routes Youth Centre**
10 Market Street South, Dundas, ON L9H 5G4
Telephone: (905) 929-0572
E-mail: daniellemably@routesyouthcentre.ca
Website: www.routesyouthcentre.ca

- Predominantly serves ages 8-13, and want to increase service for ages 14+
- Workshop
  - Once a week from 5:00pm to 7:00pm where youth have the opportunity to learn new skills.
  - Registration required
- Drop-in
  - A non-structured time for anyone
• Friends & Flicks
  ▪ Ages 14+
  ▪ Youth are invited to watch a movie, eat dinner and discuss the theme of the week
• Guitar Club
• LGBTQ+ Drop-in Social for 14+
  ▪ Youth ages 14-19 are invited to come mingle with their peers, talk about relevant issues, enjoy dinner and some laughs in a safe space. Dinner provided.
• Old School
  ▪ Youth are invited to an 'unplugged' night with board games, card games, and other non-electronic games.
• Peer Tutoring
  ▪ Youth are encouraged to facilitate a quiet and calm environment to complete homework. Staff and peers are available to help with homework
• Pulse
  ▪ This is dedicated time for physical activity. The gym is opened for structured and non-structured recreation. Programing often supported by McMaster Athletes.
• Summer Trips
  ▪ Different local and GTA trips organized to provide youth with something fun, productive and economical to do during the summer.
  ▪ Youth are encouraged to hand in their fee and permission form asap to guarantee their spot, as spots are limited
• TGIF
  ▪ This is a non-structured program with a combination of healthy and less-than-healthy snacks.
  ▪ Runs 3:00pm to 7:00pm
  ▪ Runs from 7:00pm-11:00pm for ages 14+
• Wildcard
  ▪ This is a random night! You can expect guest speakers, structured activities, special projects, crafts and other random things this night! Call ahead for specifics. Dinner provided
Leadership Development and Volunteer Opportunities

- **Big Brothers and Big Sisters Mentoring Program**
  Hamilton Office
  639 Main Street East, Hamilton, ON L8M 1J4
  Telephone: (905) 525-3860
  E-mail: info.hamilton@bigbrothersbigsisters.ca
  Website: [http://www.callbigbrothers.com](http://www.callbigbrothers.com)
  
  - **Big Brother Mentoring**
    - The Big Brothers Mentoring program matches a male mentor with a male mentee. The program provides boys and young men with a role model and a friend to talk to and share the experiences of growing up with. Through regular outings, a relationship is developed between the mentor and the mentee.
    - One year commitment, 3-4 hours per week, day/activity of your choice
  
  - **Big Sisters Mentoring**
    - The Big Sisters Mentoring program provides girls and young women with a role model and a friend to talk to and share the experiences of growing up with. Through regular outings, a relationship is developed between the mentor and the mentee.
    - One year commitment, 3-4 hours per week, day/activity of your choice
  
  - **Go Girls! Group Mentoring**
    - 75 minute mentoring sessions held over a 7-week period. Go Girls! is hosted on school property, during school hours. Pre-structured curriculum.
  
  - **In-School Mentoring**
    - The In-School Mentoring program provides girls and boys with a role model and a friend to talk to and share the experiences of growing up with, within school grounds.
    - One hour each week, on school property, during school hours. Mentor and mentee do not meet over the summer break or during other school holidays. Activity of your choice within school grounds.
    - Offered at Dundas Central and Sir William Osler elementary schools
Carnegie Gallery
10 King Street West, Dundas, ON L9H 1T7
Telephone: (905) 627-4265
E-mail: info@carnegiegallery.org
Website: http://www.carnegiegallery.org

Volunteer Opportunities:

- Gallery/Shop Salesperson
  - Do you enjoy helping and interacting with people? An ability to handle cash and process debit and credit cards is necessary. But training will be provided and staff will be available to help.
  - A 3-hour weekly commitment would be ideal.

- Display
  - Do you have an artistic flare? Would you enjoy coming into the Gallery 2-3 times a month to create and maintain attractive displays of art and craft in the Gift Shop area of the Gallery? Physically fit individuals who are comfortable moving display plinths, pedestals, climbing ladders, lifting art works and pottery, and cleaning the display areas of the gallery are welcome to apply.

- Reception Shoppers and Reception chefs/cooks
  - The Carnegie Gallery is on a quest to find some “foodie” people to volunteer for exhibition openings.

- Administrative work
- Members of the Board of Directors
- Exhibition installation
- Exhibition openings
- Fundraising event organizers and members (e.g. annual Secret Gardens Tour)
- Photographers
- Volunteer coordinator
• **Dundas Community Services**
  2 King Street West, Suite 3A, Dundas, ON L9H 6Z1
  Telephone: (905) 627-5461
  E-mail: dcs@dundascommunityservices.on.ca
  Website: dundascommunityservices.on.ca
  Monday – Friday 9:00 am – 5:00 pm

  o Volunteer
    ▪ We recruit, interview, refer and place volunteers in the local community. This is an inclusive service with an emphasis on the placement of volunteers with disabilities, both physical and mental

• **Dundas in Transition**
  64 Davidson Blvd, Dundas, ON L9H 6Y1
  Telephone: (905) 304-3682
  E-mail: dundasintransition@gmail.com
  Website: www.dundasintransition.ca

  o Dundas in Transition is an all-volunteer, non-profit organization focused on facing the challenges of climate change and dependence on fossil fuels. We need to face these challenges through increasing local resilience and self-sufficiency in food, water, energy and other vital aspects of life.

  o The Food interest group needs people to work on the following:
    ▪ Create a Local Food Directory
      • Compile a listing of all the local producers, processors, wholesalers, distributors, transporters, warehouses, retailers and restaurants in our area.
    ▪ Conduct a Local Food Web survey
      • A Local Food Web survey is designed to be used locally to demonstrate the important web of links that make up local food economies.
    ▪ Develop a community garden in Dundas
      • Identify public or private land in Dundas on which to plant a community garden
    ▪ Bi-weekly seminars
      • Using guest speakers on topics of “capability” - help us develop the skills we will need to increase local food production.
  
  o “Any other” Transition Interest Group project leader & participant
  o Community Garden
- We are collaborating with St. Mark's Church and the Dundas Valley Sunrise Rotary Club to build this garden
  - Energy project leader & participants
  - Membership secretary
  - Newsletter editor, writer, photographer
  - Permaculture teacher
  - Program manager/Coordinator
  - Publicity manager, agents

- **Dundas Museum and Archives**
  139 Park Street West, Dundas, ON L9H 1X8
  Telephone: (905) 627-7412
  E-mail: mail@dundasmuseum.ca
  Website: dundasmuseum.ca

  - Volunteers are very important at the Dundas Museum. They come from a variety of backgrounds and experiences, and range in age from teenagers to octogenarians. Through a broad range of volunteer opportunities they support the Museum's mandate of preserving and sharing the history of Dundas.

  Volunteer opportunities:
  - **Archives Volunteer**
    - Assist staff with projects related to the cataloguing of and caring for archival materials, i.e., historic photographs and documents such as diaries, letters and legal papers.
  - **Artifacts Volunteer**
    - Assist staff with projects related to the cataloguing of and caring for museum artifacts, e.g., the preventative conservation and cataloguing of the quilt collection.
  - **Carter**
    - Drive own truck/van to transport materials to and from events. No lifting required.
  - **Clerical Volunteer**
    - Help with mailings and other general office duties, including answering the phone and greeting visitors.
  - **Docent (Gallery Attendant)**
    - Greet visitors, at the Museum and/or off-site events, offering information and answering questions regarding the Museum's
exhibits and displays. Sell merchandise from the Museum shop. Answer telephones when staff is unavailable.

- **Education Volunteer**
  - Assist us with the delivery of educational programming for groups of adults and/or school-aged children.

- **Gardener**
  - Maintain the Museum’s heritage gardens, i.e., deadheading and cultivating, augmenting the work of the professional crew.

- **Handyperson**
  - Do occasional minor carpentry, painting and other odd jobs.

- **Hospitality Volunteer**
  - Help us provide hospitality services for museum events.

- **Project Assistant**
  - Assist with Museum events such as workshops, speaker series, birthday parties, fundraisers, open houses, etc. Assigned to a specific event’s project leader, assist in a wide variety of areas relating to that event.

- **Maintenance**
  - Surface clean exhibition cases and artifacts.

* indicates volunteer positions suitable for high school students working toward their 40 hours

- **Hamilton Public Library, Dundas Branch**
  18 Ogilvie Street, Dundas, ON L9H 2S2
  Telephone: (905) 627-3507
  Website: [www.hpl.ca/branches/dundas-branch](http://www.hpl.ca/branches/dundas-branch)

  **Note:** Library will be undergoing renovations starting in August. Temporary location held at 55 Cootes Drive (across Canadian Tire and beside the Beer Store), for about one year.

  While under renovation, Dundas Library will have a book mobile stop starting August 19th behind the Library on Miller’s Lane (by the V Spot Vegan Café and Eatery) every Friday from 10am-noon

- **Homework Help Tutors**
  - For ages 14+
  - The afterschool Reading and Homework Help clubs provide assistance for children in grades 1-6 with their homework assignments as well as an opportunity to practice their reading.
Commitment is two hours once or twice a week from mid-October to May (with breaks in December and March)

- Tablet Club with Teen Tech Volunteer
  - Volunteer to support seniors with tech questions and offer one-on-one help for tablets, iPads, eReaders, computers and smartphones

- Teen Review Board
  - Starting January 2016, the Teen Review Board (TRB) is a virtual volunteer opportunity where teens can submit thoughtful reviews of books, movies, graphic novels, or videogames to promote the Hamilton Public Library’s collection to other teens. While the TRB opportunity is virtual, volunteers are invited to attend Teen Advisory Group (TAG) meetings and share with the group what they are reviewing or get ideas from other members of TAG.

- YMCA Weekly Camp
  - Camp Chippewa (Christie Conservation Area)
  - 1000 5 Highway West, Hamilton, ON L9H 5E2
  - Telephone: (905) 317-4929
  - Email: HamBurl_Daycamps@ymca.ca
  - Website: [www.ymcahbb.ca/Programs/Categories/Camps/Day-Camps](http://www.ymcahbb.ca/Programs/Categories/Camps/Day-Camps)

  - Leader in Training Level 1, 2 and 3
    - For age 14
    - Develop camp-related skills: canoeing, archery and large group leadership, while learning how to work as part of a team.
    - Learn to promote YMCA core values: caring, honesty, respect and responsibility throughout your camp experience.
    - Cost: $185/2 week session (available weeks 1-2 and 3-4 - must attend both weeks)

Note: Most programs listed in this guide also recruit youth volunteers for a variety of positions and working with a variety of age groups (for example: sports coaching, day camps, and performing arts).

Grants

- City Enrichment Fund
  - [https://www.hamilton.ca/community-funding-grant-programs/city-enrichment-fund/city-enrichment-fund](https://www.hamilton.ca/community-funding-grant-programs/city-enrichment-fund/city-enrichment-fund)
- Dougher Community Fund (Dundas specific)
  http://hamiltoncommunityfoundation.ca/grants/grant/dougher-community-fund/

- Recreation Fee Assistance Program
  - https://www.hamilton.ca/parks-recreation/registered-rec-programs/recreation-fee-assistance-program

- Neighbourhood Engagement Matching Grant Program
  - The City of Hamilton, through its Neighbourhood Action Strategy, is offering a Neighbourhood Engagement Matching Grant Program (NEMGP). This program provides one-time matching funds to support neighbourhood and place-based grassroots initiatives across all neighbourhoods in the City.
  - https://www.hamilton.ca/community-funding-grant-programs/neighbourhood-engagement-matching-grant-program/neighbourhood

**Transportation**

- HSR
  - Dundas Routes 5/5E, 52, 52A, with 5/5E and 52 stopping at University Plaza
  - Hamilton Routes 10, 1A stop at University Plaza
    - Trans-Cab service is provided in portions of Glanbrook and Stoney Creek. Request a Trans-Cab pickup from one of these areas; you will be driven to the Trans-Cab transfer point where you will then board a regular HSR bus when it arrives. It’s convenient, quick and smoke-free. Trans-Cab service only costs a regular HSR bus fare plus a premium of $.50.
Appendix 2 – Older Adult Services Offered for Dundas Residents

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Please also refer to the following guides to services for older adults:

City of Hamilton Resources for Seniors and Older Adults
https://www.hamilton.ca/city-initiatives/strategies-actions/resources-seniors-and-older-adults
  • includes links to Seniors Recreation Guide, and Housing Options Guide for Older Adults in Hamilton

When you’re 65: A Hamilton guide to benefits and services
http://coahamilton.ca/wp/wp-content/uploads/2013/04/when_im_64_-_a_guide_to_benefits_and_services_for_seniors_0.pdf

Seniors & Caregivers Resource Guide: St. Augustine’s Church, Dundas Supportive Care Committee
http://www.staugustinesparish.ca/StAug_ResourceList_Jan2016_3_.pdf

http://dundasseniorsyouth.ca/ (Dundas Active 55+ Committee)

http://dundasvalley.ca/ (Commercial site)
Recreation, volunteering, leisure and social clubs

- **Carnegie Gallery**
  10 King Street West, Dundas, ON L9H 1T7
  Telephone: (905) 627-4265
  E-mail: info@carnegiegallery.org
  Website: [http://www.carnegiegallery.org](http://www.carnegiegallery.org)

Volunteer Opportunities:
- **Gallery/Shop Salesperson**
  - Do you enjoy helping and interacting with people? An ability to handle cash and process debit and credit cards is necessary. But training will be provided and staff will be available to help.
  - A 3-hour weekly commitment would be ideal.
- **Display**
  - Do you have an artistic flare? Would you enjoy coming into the Gallery 2-3 times a month to create and maintain attractive displays of art and craft in the Gift Shop area of the Gallery? Physically fit individuals who are comfortable moving display plinths, pedestals, climbing ladders, lifting art works and pottery, and cleaning the display areas of the gallery are welcome to apply.
- **Reception Shoppers and Reception chefs/cooks**
  - The Carnegie Gallery is on a quest to find some “foodie” people to volunteer for exhibition openings.
- **Administrative work**
- **Members of the Board of Directors**
- **Exhibition installation**
- **Exhibition openings**
- **Fundraising event organizers and members (e.g. annual Secret Gardens Tour)**
- **Photographers**
- **Volunteer coordinator**
• Dundas Active 55+ Committee
  E-mail: penny@mcmaster.ca
  Website: http://dundasseniorsyouth.ca
  
  o The Dundas Active 55+ Steering Committee was formed in 2011 by and from volunteers who want to assist seniors in Dundas to enjoy their golden years.
  o The website has been designed by and for older adults living in Dundas, Ontario, Canada. It contains information for seniors on such topics as: Health, Nutrition, Exercise, Services, Education and how to ‘just have fun’, along with links to local businesses and Seniors Centres & Clubs.

• Dundas Community Pool
  39 Market Street South, Dundas
  Telephone: (905) 540-6694
  E-mail: recreation@hamilton.ca
  Website: www.hamilton.ca/parks-recreation
  
  o Public Swim (free one day a week)
  o Senior Swim (free one day a week)
  o Lengths Swim
  o Waterfit

• Dundas Community Services
  2 King Street West, Suite 3A, Dundas, ON L9H 6Z1
  Telephone: (905) 627-5461
  E-mail: dcs@dundascommunityservices.on.ca
  Website: dundascommunityservices.on.ca
  Monday – Friday 9:00 am – 5:00 pm
  
  o Volunteer
    ▪ We recruit, interview, refer and place volunteers in the local community. This is an inclusive service with an emphasis on the placement of volunteers with disabilities, both physical and mental

• Dundas Lions Memorial Community Centre
  10 Market St. South, Dundas, ON
  Telephone: (905) 546-2424 ext. 2260
  E-mail: recreation@hamilton.ca
  Website: www.hamilton.ca/parks-recreation/drop-in-recreation-programs/dundas-lions-memorial-community-centre
City of Hamilton Parks and Recreation Programs
Senior specific recreation:
- Painting in Watercolour for 55+

Adults all-ages recreation:
- Badminton
- Ballroom dancing
- Cardo, balance and strength
- Drawing
- Flow into Meditation
- Pilates
- Volleyball
- Yoga

• Dundas Little Theatre
37 Market St S, Dundas, ON L9H 3B3
Telephone: (905) 627-1620
E-mail: info@dundaslittletheatre.com
Website: www.dundaslittletheatre.com
- On-going auditions for varying roles and varying plays

• Dundas Museum and Archives
139 Park Street West, Dundas, ON L9H 1X8
Telephone: (905) 627-7412
E-mail: mail@dundasmuseum.ca
Website: dundasmuseum.ca

Seniors Programs:
- Memories Trunk
  - This workshop explores the connections between tactile objects and memory
- Hand Crafted
  - Participants can choose between tin punch lanterns, corn husk dolls, and other crafts for their experience
- High Tea, Please?
  - This workshop provides participants with the history of afternoon tea and their own ‘Tea Time’ experience
- What Does Your Garden Grow?
  - The purpose of the garden therapy program is to create a calm, relaxing, and productive space for the participants. Depending on the time of year, participants will be able to engage in activities such as outdoor gardening (at the museum), decorating and
planting their own pots, making decoupage flower boxes, and creating dried/pressed flower cards.

- **Dundas Street View**
  - A walking tour of Dundas, available for both outdoor and indoor routes with information on the historic buildings of Dundas

- **Painting the Town**
  - With participants of this program either visiting the Museum or staying in their own residence, large format photos will be provided for recreations in acrylic or watercolour paints.

**Volunteer opportunities:**

- **Archives Volunteer**
  - Assist staff with projects related to the cataloguing of and caring for archival materials, i.e., historic photographs and documents such as diaries, letters and legal papers.

- **Artifacts Volunteer**
  - Assist staff with projects related to the cataloguing of and caring for museum artifacts, e.g., the preventative conservation and cataloguing of the quilt collection.

- **Carter**
  - Drive own truck/van to transport materials to and from events. No lifting required.

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  - Help with mailings and other general office duties, including answering the phone and greeting visitors.

- **Docent (Gallery Attendant)**
  - Greet visitors, at the Museum and/or off-site events, offering information and answering questions regarding the Museum’s exhibits and displays. Sell merchandise from the Museum shop. Answer telephones when staff is unavailable.

- **Education Volunteer**
  - Assist us with the delivery of educational programming for groups of adults and/or school-aged children.

- **Gardener**
  - Maintain the Museum’s heritage gardens, i.e., deadheading and cultivating, augmenting the work of the professional crew.

- **Handyperson**
  - Do occasional minor carpentry, painting and other odd jobs.

- **Hospitality Volunteer**
  - Help us provide hospitality services for museum events.

- **Project Assistant**
• Assist with Museum events such as workshops, speaker series, birthday parties, fundraisers, open houses, etc. Assigned to a specific event’s project leader, assist in a wide variety of areas relating to that event.
  o Maintenance
    ▪ Surface clean exhibition cases and artifacts

• Giant’s Rib Escarpment Education Network
  650 Governors Road, Dundas, ON
  E-mail: giantsrib@gmail.com
  Website: www.giantsrib.ca
  o GREEN is a non-profit organization telling the story of the Niagara Escarpment & promoting its natural state for the future of all.
  o Our current Centre is located inside the Dundas Valley Conservation Area’s Trail Centre and is open on weekends from 10 a.m. to 3 p.m.
  o Free guided interpretive hikes
    ▪ Join us at 10am on select Saturdays for a free guided hike in the Dundas Valley! We encourage families and individuals to come out; however some of the trails may not be suitable for strollers. Remember to dress appropriately, bring water, and a couple snacks.

Greensville Seniors Club
Old Fire Hall
Old Brock Road, Greensville, ON L9H 6A9
Telephone: (905) 628-8429

• Hamilton Public Library, Dundas Branch
  18 Ogilvie Street, Dundas, ON L9H 2S2
  Telephone: (905) 627-3507
  Website: www.hpl.ca/branches/dundas-branch

  Note: Library will be undergoing renovations starting August. Temporary location will be 55 Cootes Drive (across Canadian Tire and beside the Beer Store) of about one year.
  ▪ While under renovation, Dundas Library will have a book mobile stop starting August 19th behind the Library on Miller’s Lane (by the V Spot Vegan Café and Eatery) every Friday from 10am-noon
- **4th Friday Book Club**
- **Book Club Kits for borrow**
- **Book Klatsch**
  - Book discussion group
- **Chess Nuts**
- **Conversation Commons**
- **Craft Circle**
- **Drop-in Book Club**
- **Film Forum**
- **Knitting Group**
- **Media for Seniors by Seniors**
- **Sit to be Fit**
  - Exercise program run in partnership with the Alzheimer’s Society (1-866-428-1552)
- **Social Scrabble**
- **Tablet Club with Teens**
  - Tech support by teen volunteers
- **Talking Book Club at Amica**
  - Audio books ordered through CNIB and CELA, and delivered to program participants. Get together at Amica (50 Hatt Street, Dundas, ON L9H 0A1) to discuss the audio books. Light refreshments provided.

- **Rotary Cattel Seniors Centre – Dundas Senior Citizens’ Club**
  10 Market Street South, Dundas, ON L9H 5G3
  Telephone: (905) 546-2424 ext. 2260
  Website: [www.dundasseniors.com](http://www.dundasseniors.com)

Dundas Seniors Citizens' Club serves the social and recreational needs of Dundas area seniors who are 55 years of age and older.

Programs offered:

- **Bingo**
- **Bridge**
- **Cribbage**
- **Euchre**
- **Handicraft**
- **Shuffleboard**
- **Snooker**
- **Tai Chi**

- **Rotary Club of Dundas**
  Dundas Valley Golf Club
  10 Woodley's Lane, Dundas, ON L9H 5G4
  Telephone: (905) 547-6244
The Rotary Club of Dundas is one of two clubs in Dundas, both being part of Rotary District 7090 (the only Rotary District that spans two countries — Canada and the United States).

- **Rotary Club of Dundas Valley Sunrise**
  Dundas Valley Golf Club
  10 Woodley's Lane, Dundas, ON L9H 5G4
  Telephone: (905) 547-6244
  Website: http://dvsrc.ca

  Club meets Tuesdays at 7:10am

- **St. Joseph’s Villa**
  56 Governor’s Road, Dundas, ON L9H 5G7
  Telephone: (905) 627-3541
  Website: www.sjv.on.ca

  Seniors in Motion (S.I.M.) Day Program: ext. 2109
  - Monthly memberships offered
  - We offer a variety of fitness class options, including aerobics, sit and be fit, balance, yoga, strength circuit, gentle strength training, men's only strength classes, spin, Tai Chi fitness, and Zumba for adults 55 years and older.
  - Our exercise equipment includes treadmills, elliptical, arc trainers, recumbent and upright bikes, free weights, weight machines, medicine balls, stability balls,

  Adult Swim Program: ext. 2911
  - A variety of classes run from Monday to Saturday. Pre-registration for the water exercise classes is not required, although we ask that you notify the pool staff on your first day. Class can be attended on a pay as you come basis. Fees range from $3.25 to $6.25.
    - Active Aqua
    - Arthritis Society Swims offered one evening each week
    - Aqua Aerobics
    - Barre & Bands Aquafit Class
    - Gentle Water Exercises
- Pre-op & Post-op Aquatic Therapy
- Private and Semi-Private lessons available upon request
- Mindful Movements
- Very Gentle half hour swims offered one day a week

Adult Day Program: ext. 2240

- The Afternooners
  - This program serves 22 members each day. It is ideal for independent people who enjoy a variety of activities and programs, and are physically and cognitively well.

- Chickadees
  - This program serves 15 members each day who need one-to-one, hands-on help with their daily activities

- Happy Gang
  - This program serves 15 members each day. It meets the unique needs of people with mild to moderate cognitive impairments such as memory loss, disorientation, and early stage Alzheimer’s disease.

- Special Needs Program
  - This program is a specialized service for members with significant cognitive impairment, (often Alzheimer’s disease). Offered in a comfortable, non-threatening, home-like setting, it allows members to socialize and enjoy meaningful activities. The day is a well-planned, supervised routine filled with activities that meet the needs and abilities of each person. This program is enhanced with horticultural therapy in our own “Enchanted Garden”.

Activities offered:

- Arts/Painting
- Baking Groups
- Bocce Ball
- Bowling
- Brain Teasers
- Darts
- Debates
- Educational lectures
- Entertainers
- Exercises
- Gardening programs
- Groups Puzzle
- Solving
- Guest speakers
- One to One
- Interactions
- Shuffle Board
- Small Group Discussions
- Team Activities
- Travelogues
- Trivia
- Wii games
- Woodworking
- Word Games
• **The Garden Club of Dundas**  
  E-mail: dundas@gardenclubsofontario.ca  
  Website: [www.gardenclubsofontario.ca/dundas.html](http://www.gardenclubsofontario.ca/dundas.html)  
  - Meetings held monthly, excluding Jan, Feb and Aug

• **Rotary Sunrise Garden at St Mark's - Community Garden**  
  Telephone: (905) 304-3682  
  E-mail: stmarkssunrisegarden@gmail.com  
  - Have your own plot, or help with gardens for food banks

• **Young at Heart**  
  St. Augustines Church  
  58 Sydenham Street, Dundas, ON L9H 2T9  
  Phone: (905) 628-3949

**Place of worship and related organizations**

• **Christian Life Assembly**  
  165 King Street West, Dundas, ON L9H 1V3  
  Telephone: (905) 627-4340

• **Christian Science Society**  
  245 Mill Street, Dundas, ON L8L 1P7  
  Telephone: (905) 627-2059

• **Dundas Baptist Church**  
  201 Governors Road, Dundas, ON L9H 3J7  
  Telephone: (905) 627-0071  
  Website: [www.dundasbaptistchurch.com](http://www.dundasbaptistchurch.com)

• **Gurdwara Shaheedgarh Sahib Hamilton**  
  200 Old Guelph Road, Dundas, ON L9H 5X6  
  Telephone: (905) 525-5725  
  Website: hamiltongurdwara.com
• Knox Presbyterian Church
  23 Melville Street, Dundas, ON L9H 1Z7
  Telephone: (905) 627-3043
  E-mail: knoxdundas@cogeco.net
  Website: http://knoxdundas.com

• St Augustine’s Parish
  58 Sydenham Street, Dundas ON L9H 2T9
  Telephone: (905) 628-2880
  Website: www.staugustinesparish.ca

• St James Anglican Church
  137 Melville Street, Dundas, ON L9H 2A6
  Telephone: (905) 627-1424
  Website: stjamesdundas.ca

• St. Pauls Dundas
  29 Park Street West, Dundas, ON L9H 1X3
  Telephone: (905) 628-6396
  Website: stpaulsdundas.com

• St. Mark’s United Church
  1 Lynndale Drive, Dundas, ON L9H 3L4
  Telephone: (905) 627-9251
  E-mail: office@stmarksunitedchurch.ca
  Website: www.stmarksunitedchurch.ca

• Valley Community Church
  37 Market Street South, Dundas, ON
  Telephone: (905) 628-8638
In home support

- **Dundas Community Services**
  2 King Street West, Suite 3A, Dundas, ON L9H 6Z1
  Telephone: (905) 627-5461
  E-mail: dcs@dundascommunityservices.on.ca
  Website: dundascommunityservices.on.ca
  Monday – Friday 9:00 am – 5:00 pm

  o Meals on Wheels
    - The Meals on Wheels program meets the nutritional needs of seniors or those with health problems, in Dundas, who cannot, for any reason, prepare meals themselves or otherwise arrange for them.
    - The meals are prepared by Wentworth Lodge and delivered by volunteers between 11:00am and 1:00pm each day, Monday to Friday. A fee is charged per meal.

  o Seniors and Persons with Disabilities
    - This service provides seniors, people with disabilities and chronic or prolonged illnesses with the following home support / community services:
      - Volunteer friendly visiting
      - Volunteer friendly calling
      - Volunteer-assisted transportation to medical appointments
      - Canada Post alert program
      - Community education of caregivers
      - Counselling, support and crisis intervention
      - Dundas Caregiver Support Group

- **Hamilton Niagara Haldimand Brant Community Care Access Centres (CCAC)**
  Hamilton Office
  211 Pritchard Road, Unit 1, Hamilton, ON L8J 0G5
  Telephone: (905) 523-8600
  Website: [http://healthcareathome.ca/hnhb/en](http://healthcareathome.ca/hnhb/en)

  CCACs are dedicated to getting you the care you need in your home and in the community. Our people, values and programs all reflect our drive to deliver exceptional home health care.
Services:

- Adult Day Programs
- Assisted Living
- Supportive Housing
- Retirement Homes
- Long-term Care

**Canadian Red Cross**
Hamilton Branch
400 King Street East, Hamilton ON L8N 1C3
Telephone: (905) 522-8485

- Bed Loan Program
  - The Bed Loan Program provides loans of home-use hospital beds to Ontario residents with delivery, pick up and installation provided.

- Health Equipment Loan Program
  - The Canadian Red Cross Health Equipment Loan Program (HELP) provides rentals of health equipment to individuals with mobility issues and individuals dealing with illness or injury. Having access to this equipment supports independence and increases safety for those wanting to remain in their home.
  
  - Our Short Term Loan Program alleviates the pressures that come along with injury or illness; assists seniors with mobility issues, allows people to return home from hospital earlier, and supports those in palliative care who wish to spend their final days in the comfort of their own home.
  
  - For anyone who needs medical equipment to live safely at home, the Red Cross provides aids such as:
    - Wheelchairs
    - Walkers
    - Bath seats and benches
    - Commodes and toilet seats
    - Crutches and canes
    - Bed handles
    - Other durable medical equipment

- Manual Wheelchair Recycling program
  - The Manual Wheelchair Recycling Program is a partnership between Ontario’s Assistive Devices Program and the Canadian Red Cross. Clients can donate their adult manual wheelchairs to
any Ontario Office of the Red Cross once they are no longer needed. This program restores, reuses, and recycles donated equipment in whole or in part, to extend its life cycle.

- **Meals on Wheels**
  
  Note: Delivery only for parts of Dundas
  
  - The Meals on Wheels program delivers affordable, nutritious and delicious meals to members of the community who are unable to prepare their own food. Meals on Wheels helps people continue living independently while maintaining a healthy diet.

- **Rides and Transportation**
  
  - The Canadian Red Cross provides transportation service for those in need, such as elderly or disabled in the community, who are unable to use public transportation or private means. Our service keeps people connected in their community by providing affordable transportation to social gatherings, escorts to medical appointments or even for a shopping excursion.

- **Home Management Program, City of Hamilton**
  
  Telephone: (905) 546-4804
  E-mail: homemanagement@hamilton.ca
  Website: [www.hamilton.ca/social-services/support-programs/home-management-program](http://www.hamilton.ca/social-services/support-programs/home-management-program)
  Form: [Home Management Referral Form](#)

  Home Management custom designs programs to meet the unique needs of each client and group with the goal of gaining skills in basic daily living such as:
  
  - budgeting, household management and routines
  - coping with housing issues
  - basic nutrition, menu planning and meal preparation
  - parenting
  - goal setting, problem-solving, time management, stress management, self-esteem and more

  **Eligibility:**
  
  - Low income families or individuals
  - Ontario Works (OW) or Ontario Disability Support Program (ODSP) recipients
  - Must live in the City of Hamilton
• **Home Sweet Home Care For Seniors Inc.**  
  Telephone: (289) 880 - CARE (2273)  
  E-mail: [contact@homesweetseniors.com](mailto:contact@homesweetseniors.com)  
  Website: www.homesweetseniors.com

  Services:
  - Answering phone/door
  - Assistance to medical appointments
  - Assisting with pet care, feeding, walking, litter box
  - Bathing and Grooming
  - Checking food expirations
  - Companionship
  - Escort to dinner/lunch
  - Escort to shopping
  - Exercise
  - Haircuts and Hair sets, bringing the salon to the home
  - Helping with correspondence
  - House keeping
  - Laundry
  - Meal preparation and clean up
  - Pet therapy, walking, playing or petting
  - Pick up prescriptions
  - Playing games/cards
  - Reading
  - Visiting with family and friends

  If you are a Veteran and qualify for VIP, the services you receive will depend on your circumstances and health needs.

• **Home & Vehicle Modification Program**  
  **March of Dimes**  
  Telephone: 1-877-369-4867  
  E-mail: hvmp@marchofdimes.ca  
  Website: [www.marchofdimes.ca/EN/programs/hvmp/Pages/HomeandVehicle.aspx](http://www.marchofdimes.ca/EN/programs/hvmp/Pages/HomeandVehicle.aspx)

  March of Dimes Canada's Home & Vehicle Modification Program provides funding for basic home and/or vehicle modifications. The program is intended to assist permanent Ontario residents with a substantial impairment expected to last one year or more, with their disability management.

• **OTs 2 Go**  
  St. Peter's Hospital  
  88 Maplewood Avenue, Hamilton, ON L8M 1W9  
  Telephone: (905) 521-2100 ext. 12397

  This is a traveling seating and mobility service for seniors and adults 55+ who are experiencing age related disorders. Patients are seen in community settings such as Adult Day Programs and Seniors Centers. A complete mobility assessment is conducted with follow up including: Prescription of
mobility devices as needed, funding applications as required, coordination of repairs/modifications to existing equipment as well as training for seniors and caregivers in safe use of equipment. This service offers a home visit to assess accessibility issues related to the prescribed mobility device. This program is not a substitute for CCAC services and is focused solely on seating and mobility concerns. Services are not provided in Long Term Care homes.

- **Seniors for Seniors**
  400 Parkdale Ave N, Bldg 2, Unit A, Hamilton, ON L8H 5Y2
  Telephone: (905) 572-6162
  Website: seniorsforseniors.ca/hamilton-home-care

Our Hamilton office provides a variety of companion services including, driver companions, overnight companions and drop-in companions in the Hamilton and Niagara region. Our mature companions come from a variety of backgrounds and professions, and share the desire to assist seniors in living happier more independent lives in the comfort of their own home.

**Services:**

- **Driver Companions**
  - Doctors or dentist appointments
  - Various personal/home errands (i.e. shopping, dry cleaners etc.)
  - Religious services
  - Social events and gathers
  - Sporting events
  - Cottages
  - Family and friend's homes

- **Drop-In Companions**
  - For example: Technology assistance, Medication reminders, Walks, talks and chats, Light housekeeping chores, Dressing, Yard/Lawn care, Meal preparation, Playing card or board games, and more.

- **House Cleaners**

- **Live-In Companions**
  - Short term and long term

- **Overnight Assistance**

- **Personal and Homemaking Companions**
The Special Supports Program provides a wide range of health related benefits to City residents living independently in the community to improve their quality of life, health, wellness, safety and self-sufficiency.

Health related benefits include but are not limited to:

- Bathroom assistive devices such as grab bars, commodes etc.
- Diabetic supplies
- Hearing aids and batteries
- Custom foot orthotics and orthopedic footwear
- Hospital bed and mattress
- Surgical, incontinent and ostomy supplies
- Wheelchair batteries and repairs
- Medical taxi transportation
- Eye glasses
- Adult day programs user fee
- Personal emergency response
- Other services and special items

Eligibility:

- Low income families, individuals or seniors who are:
  - 18 years of age and older
  - City of Hamilton resident
  - Receiving a low income such as earnings, Canada Pension Plan, OAS etc.
  - Not receiving Ontario Works (OW) or Ontario Disability Support Program (ODSP)
- If on O.W. or O.D.S.P, discuss your needs with your case manager. Provide your note from the doctor or registered health professional to your case manager. Cost estimates are required on some items.
- Request for Special Support Funding Application Form pdf
• **St Joseph’s Home Care**
  1550 Upper James St, Suite 201, Hamilton, ON L9B 2L6
  Telephone: (905) 522-6887 ext. 2252
  E-mail: akenderic@stjhca.ca
  Website: [www.stjosephshomecare.ca/client-services/help-at-home](http://www.stjosephshomecare.ca/client-services/help-at-home)

  Since 1921 St. Joseph’s Home Care has provided high quality, values-based home and community services in a spirit of compassion and dedication. We have evolved from a nursing agency to offering a much broader range of services and our steadfast commitment to delivering exemplary client-focused care to the Hamilton community continues.

  Services:
  - Care Coordination
  - Caregiver Relief
  - Companionship
  - Falls Prevention - Safety at Home
  - Foot Care
  - Hospital to Home – Care after Discharge Program
  - House Maintenance
  - Housekeeping
  - Nursing Services
  - Personal Care

• **Alzheimer Society Of Hamilton Halton**
  Hamilton Office
  1575 Upper Ottawa Street Suite 700, Hamilton, ON L8W 3E2
  Telephone: (905) 529-7030
  Website: [www.alznh.ca/alzheimer-hamilton-halton#FriendlyVisiting](http://www.alznh.ca/alzheimer-hamilton-halton#FriendlyVisiting)

  Office Hours: 9:00 am to 4:30 pm (Monday through Friday)

  - Friendly Visiting/Respite
    - The Volunteer Respite Visiting Program is a free, in-home support program. Through the program, a trained volunteer provides companionship to a person with dementia through weekly visits. The volunteer can help ease the stress of caregiving and offer a warm and friendly relationship for the person with dementia and the caregiver. The program is open to people living in Hamilton who are caring for someone with dementia.
MedicAlert® Safely Home

This program is designed to help find the person with Alzheimer's disease or another dementia who is lost and assist in a safe return. For a one-time fee of $35, an identification bracelet, a Caregiver Handbook and ID cards are provided.

VON Hamilton
414 Victoria Avenue North, Suite M2, Hamilton, ON L8L 5G8
Telephone: (905) 529-0700
Website: www.von.ca/en/site/hamilton

General Home Visiting Nursing Program

Our professional home care nurses and nursing staff is available to help you and your loved ones at home with:

- Administering medication, medication reviews
- Wound care, dressing changes
- Intravenous therapy
- Post-surgical care
- Dialysis
- Pain and symptom management
- Chronic disease management and therapy
- Ventilator care
- Advanced foot care
- Enterostomal Care
- Respiratory Care

In-home Adult Respite

Trained personal support workers and/or volunteers are available to offer the caregiver some relief from the stresses of caregiving for a few hours or shifts of care. Respite may include homemaking services, recreation and stimulation activities.

Meals on Wheels

Volunteers deliver nourishing meals to people unable to cook or shop for themselves.

Palliative/Hospice Volunteer Visiting

Hospice volunteers are specially trained, caring, dedicated people who offer their knowledge, experience and support to help the client and their family through a life-threatening or end-of-life journey.
Volunteers act as a member of the interdisciplinary team as an adjunct to nursing or home support visits.

- **Transportation**
  - Volunteers provide seniors and adults with disabilities transportation to medical appointments, grocery shopping, adult day programs, and other appointments.

- **Volunteer Visiting**
  - Trained volunteers provide companionship and personal assistance to isolated seniors or adults with chronic illnesses or physical or cognitive disabilities. Volunteers are matched with clients following a client needs and interest assessment by a health professional.

### Out of home support

- **Jewish Social Services**
  30 King Street East, Dundas, ON L9H 5G6
  Telephone: (905) 627-9922 ext. 21
  E-mail: carolkramesan@hotmail.com
  Website: www.hamiltonjss.com

  Jewish Social Services, Hamilton-Wentworth & Area is a non-profit multi-service agency which operates in the Hamilton-Wentworth Region. The agency identifies and responds to the needs of the Jewish Community. Particularly but not exclusively it is committed to the delivery of social services that reflect Jewish values and traditions.

  **Services:**
  - Career Counselling
  - Casework
  - Dealing with aging parents
  - Fighting hunger
  - Financial aid to eligible Holocaust survivors
  - Services to newcomer adults

  **Programs:**
  - Adult Day Programs
  - Adult programs
  - Bingo
  - Chai Choir
  - Chevra (friendship) Club
  - Computer Courses
  - Luncheons
  - Theatre Club

- **St Joseph's Villa Community Medical Services**
  56 Governor's Road, Dundas, ON L9H 5G7
  Telephone: (905) 627-3541 ext. 2248
  Website: [www.sjv.on.ca/community-services/medical-services/clinics.html](http://www.sjv.on.ca/community-services/medical-services/clinics.html)
St. Joseph’s Villa is home to many community services that provide health and wellness programs to our local community. All services offered through our clinics are tailored to meet the special needs of our residents and senior members of our community. There are no long waiting lists. Our clinics are barrier-free and fully accessible by wheelchair.

- Dermatology services
- Dental services
- Advanced nursing foot care services
- Ear, nose, and throat services
- Wound Care

**Food Programs**

- **Common Ground Teaching Farm Community Supported Agriculture Share Program**
  8356 Chippewa Road, Hamilton, ON
  Telephone: (905) 912-9779
  E-mail: commongroundteachingfarm@gmail.com

  - Our CSA shares run from June to October, for 16 weeks, and are a bit different than what you might be used to. For less than $30 a week, you can have fresh, organic veggies biked to your door. All our members get priority access to our workshops and activities on diverse aspects of home gardening and urban homesteading. Whether you're interested in beginning your own small garden, improving on the one you already have, getting hands on instruction on how to properly prune tomatoes or learn about our intensive cropping model, we can help.
  - All CSA members within the delivery zone (Dundas to Parkdale) will enjoy farm-to-door bicycle delivery of their share at no additional cost.

- **Dundas Farmers Market**
  44 King St W, Dundas, ON L9H 1T7
  At Municipal Parking Lot 7D at Hatt Street and Miller's Lane
  Website: [www.downtowndundas.ca/dundas-farmers-market.php](http://www.downtowndundas.ca/dundas-farmers-market.php)

  Every Thursday from June 9 to October 27 3:00pm – 7:00pm
• **Good Food Box**

  [http://www.dundasintransition.ca/contact-us.php](http://www.dundasintransition.ca/contact-us.php)

  - The Food Box is open to all – anyone can buy one. In some cases the Box is subsidized or donated to those in need. Please let us know if you would like to donate one or more boxes to the Dundas Food Bank - one box for one year costs $180.

  - Our current process and timing is to have boxes available for collection at key points in Dundas on the last Friday of each month. This is a community volunteer activity so we use co-ordinators at drop-off points to collect money IN ADVANCE and then to arrange a collection time (usually a window of one or two hours) when customers come and pick-up their produce.

  - $15 a box

• **Jewish Social Services Kosher Food Bank**

  30 King Street East, Dundas, ON L9H 5G6
  Telephone: (905) 627-9922 ext. 21
  E-mail: carolkramesjss@hotmail.com
  Website: [www.hamiltonjss.com](http://www.hamiltonjss.com)

  - Monday to Thursday from 10:00am - 12:30pm

  - An interview is required to determine eligibility.

• **The Rotary Sunrise Garden At St. Mark's**

  Telephone: (905) 304-3682
  E-mail: stmarkssunrisegarden@gmail.com

  - From May to October

  - A small wait list exists for personal plots but volunteers to work the Food Bank beds are welcome

  - We are collaborating with St. Mark’s Church and the Dundas Valley Sunrise Rotary Club to build this garden. This is a community garden with the following objectives
    - To grow fresh vegetables for the Dundas Food Bank
    - To encourage learning about gardening
    - To build community
• **Plan B Organic Farms Food Share program**  
  1377 5th Concession West, Branchton, ON N0B 1L0  
  Telephone: (905) 659-2572  
  Website: planborganicfarms.ca

  o Delivery of your share directly to your home is only available in some areas and the cost is $6/delivery on top of the cost of your share. You do not need to be home, we will leave the box for you. Deliveries will come between 1pm and 9pm. Dundas delivery days are Tuesdays from June to October.
    - small share $30/week – approximately 10 items/week
    - large share $45/week – approximately 12-14 items/week

• **Salvation Army Food Bank**  
  150 King St W, Suite 1, Dundas, ON L9H 1V4  
  Telephone: (905) 627-0572

  o Monday to Thursday from 9:30am – 11:00am and 1:00pm – 3:00pm

• **The Horn of Plenty Free Food Delivery**  
  24 King Street West, Dundas, ON L9H 1T7  
  Telephone: (905) 627-9980  
  E-mail: info@thehornofplenty.ca

  o Delivery is offered on most days in the store. Please give at least 24 hours notice for any delivery. Only on orders $50 or more. For delivery outside of Dundas there is a $10 delivery charge.

**Transportation**

• **Dundas Community Services**  
  2 King Street West, Suite 3A, Dundas, ON L9H 6Z1  
  Telephone: (905) 627-5461  
  E-mail: dcs@dundascommunityservices.on.ca  
  Website: dundascommunityservices.on.ca  
  Monday – Friday 9:00 am – 5:00 pm

  o Volunteer-assisted transportation to medical appointments
    - Volunteer drivers, using their own vehicles, will escort people to and from medical appointments. We need as much advance notice
as possible to arrange the ride. There is a small fee for this service.

- **Canadian Red Cross**  
  Hamilton Branch  
  400 King Street East, Hamilton ON L8N 1C3  
  Telephone: (905) 522-8485

  o Rides and Transportation  
    ▪ The Canadian Red Cross provides transportation service for those in need, such as elderly or disabled in the community, who are unable to use public transportation or private means. Our service keeps people connected in their community by providing affordable transportation to social gatherings, escorts to medical appointments or even for a shopping excursion.

- **Cancer Assistance Program**  
  569 Concession Street, Hamilton, ON L8V 1B2  
  Telephone: (905) 383-9797  
  E-mail: inquiries@cancerassist.ca  
  Website: [www.cancerassist.ca](http://www.cancerassist.ca)

  o The Cancer Assistance Program (CAP) is a community-based, not-for-profit organization offering free services for individuals and families affected by cancer, living in the greater region of Hamilton and surrounding communities. All services are available free of charge for as long as needed

  Services include:
  o Transportation to and from medical appointments
  o Loans of home health equipment
  o Parking, limited access for cancer-related appointments taking place at the Juravinski Cancer Centre (JCC) and Juravinski Hospital
  o Personal Care and Comfort Items such as:
    ▪ adult incontinence products
    ▪ oral nutritional supplements
    ▪ Wigs
• **Seniors for Seniors**  
  400 Parkdale Avenue North, Bldg 2, Unit A, Hamilton, ON L8H 5Y2  
  Telephone: (905) 572-6162  
  Website: seniorsforseniors.ca/hamilton-home-care

  o Driver Companions  
    ▪ Doctors or dentist appointments  
    ▪ Various personal/home errands (i.e. shopping, dry cleaners etc.)  
    ▪ Religious services  
    ▪ Social events and gathers  
    ▪ Sporting events  
    ▪ Cottages  
    ▪ Family and friend's homes

• **VON Hamilton**  
  414 Victoria Avenue North, Suite M2, Hamilton, ON L8L 5G8  
  Telephone: (905) 529-0700  
  Website: www.von.ca/en/site/hamilton

  o Transportation  
    ▪ Volunteers provide seniors and adults with disabilities transportation to medical appointments, grocery shopping, adult day programs, and other appointments.

• **D.A.R.T.S. Transit**  
  Telephone: (905) 529-1717  
  E-mail: info@dartstransit.com

  The Disabled and Aged Regional Transportation System (DARTS) is the non-profit charitable organization that provides the specialized transit service in Hamilton. DARTS is a door-to-door transportation service employing wheelchair accessible buses and contracted taxi services when appropriate. DARTS works under contract to Accessible Transportation Services (ATS), a department of the Hamilton Street Railway (HSR).

  Contact Accessible Transit Services (ATS) at 905-529-1212 to inquire about eligibility for the DARTS service.
• **Hamilton Street Railway (HSR)**
  
  o Dundas Routes 5/5E, 52, 52A, with 5/5E and 52 stopping at University Plaza
  o Hamilton Routes 10, 1A stop at University Plaza
  
  Trans-Cab service is provided in portions of Glenbrook and Stoney Creek. Request a Trans-Cab pickup from one of these areas; you will be driven to the Trans-Cab transfer point where you will then board a regular HSR bus when it arrives. Trans-Cab service costs a regular HSR bus fare plus a premium of $.50.

### Substance Use

**A.A. Hamilton**

- **Dundas Group**
  St. Joe’s Villa Auditorium
  56 Governors Road, Dundas, ON
  Meetings: Wednesdays at 8:00pm

- **Dundas Group**
  St. Mark’s United Church
  1 Lynndale Drive, Dundas - Bus Route: 52
  Meetings: Saturdays at 6:00pm

- **New Life**
  Life Assembly Church
  165 King St. West, Dundas - Bus Route: 5B
  Meetings: Tuesdays at 8:00pm
Income and food assistance information

- **Dundas Community Services**
  2 King Street West, Suite 3A, Dundas, ON L9H 6Z1
  Telephone: (905) 627-5461
  E-mail: dcs@dundascommunityservices.on.ca
  Website: dundascommunityservices.on.ca
  Monday – Friday 9:00 am – 5:00 pm

Legal Aid Information

- **Dundas Community Services**
  2 King Street West, Suite 3A, Dundas, ON L9H 6Z1
  Telephone: (905) 627-5461
  E-mail: dcs@dundascommunityservices.on.ca
  Website: dundascommunityservices.on.ca
  Monday – Friday 9:00 am – 5:00 pm

  - Legal Aid Clinic for Seniors 65+
    - Every Tuesday from 1:00pm to 4:00pm
    - Clients will be able to seek advice and assistance from one of our Legal Aid Ontario (LOA) staff lawyers A.J. Grant Nicholson in regards to simple Wills and Powers of Attorney (POA’s). He will also provide advice and community referrals regarding elder related laws, capacity matters and other related issues affecting the elder community that are covered under the Legal Aid Ontario (LOA) mandate.
    - Clients must be financially eligible for such services, in accordance with the Legal Aid Ontario (LOA) financial eligible test for duty counsel services.