

Counseling Services

Aboriginal Healing Foundation

http://www.ahf.ca/newsite/english/funded_projects/display_projects.php?region=Ontario&sort=name&active=0

Addictions Assessment Services of Ottawa-Carleton

Sandy Hill Community Health Centre

221 Nelson, Ottawa, Ontario

Administration 789-1500

info@sandyhillchc.on.ca

Open: Mondays and Wednesdays from 8:00 a.m. to 7:30 p.m.

613-789-8941

Assessment and referral services

Individual counselling

Structured relapse prevention program

Addiction Programs

Royal Ottawa Hospital

1145 Carling

Ottawa

K1Z 7K4

722-6521 Ext. 6508

Adult Children Anonymous

National Capital Region ACA Intergroup

P.O. Box 77002, Ottawa South,

Ottawa, ON, K1S 5N2

(613) 230-9071

ACAinOttawa@canoemail.com. Please allow 2-3 days for a reply.

As meeting rooms and contact persons change, before heading out to any of these locations, please telephone (613) 230-9071 for a voice message with the latest information.

Agoraphobic Support Group

828-2685

AIDS Committee of Ottawa

251 Bank Street, Suite 700

Ottawa, Ontario K2P 1X3 CANADA

connect@aco-cso.ca

HOURS: Monday to Friday from 9:00 a.m. till 5:00 p.m.

Telephone: (613) 238-5014 / Fax: (613) 238-3425.

&

207 Queen St., 4th Floor

Ottawa, ON

K1P 6E5

Phone: (613) 238-5014

Phone: (613) 563-0851

Fax: (613) 238-3425

Toll Free: 1-800-461-2182

Hours: Mon-Fri, 9:00am - 5:00pm.

Email: info@aco-cso.ca

Website: <http://www.aco-cso.ca>

Remarks: Wheelchair Access

The AIDS Committee of Ottawa is a community-based, non-profit organization providing free, confidential services for people infected with HIV and others affected by HIV/AIDS in the City of Ottawa. Support services include individual and group counselling, legal clinic and drop in centre for those infected and closely affected. Programs for gay/bi men, men who have sex with men, women, women in detention or shelters. French and English spoken.

Al-Anon (Groupes Familiaux)

(819) 669-0543 703 RUE ASSELIN

GATINEAU, QC

15 km N - Directions

Anon & Alateen, Ottawa email: wso@al-anon.org, (613) 722-1830

(English) (819) 669-0543 (Francais) (613) 860-3431

Alcoholics Anonymous

Suite 108

211 Bronson Avenue

Ottawa,

Ontario K1R 6H5

français 595-1916

English 237-6000

www.alcoholics-anonymous.org/

www.ottawaaa.org/

About Alcoholics Anonymous:

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics achieve sobriety.

There are meetings of Alcoholics Anonymous in the Ottawa area daily. For information, telephone (613) 237-6000.

Amethyst Women's Addiction Centre

488 Wilbrod Street

Ottawa, Ontario, Canada

K1N 6M8

Telephone: (613) 563-0363

Fax: (613) 565-2175

amethyst@eisa.com

www.amethyst-ottawa.org

Community Relations/Media Coordinator:

Natalie Champagne

**Anglophone Problem Gambling Counsellor:
Rosemary Barrett**

**Francophone Problem Gambling Counsellor:
Marguerite Tennier**

Program description

Amethyst works with women, individually and in groups, who are concerned about their substance use and/or problem gambling. We provide structured community based day treatment and educational services which promote healthy lifestyles. Treatment programs are structured and include individual and group therapy. Through education and social action, we help prevent women and children at high risk from developing an addiction. At a community level, we provide training and consultation to improve understanding of women's addiction issues.

Twelve-week treatment program (available in English only): The program consists of 12 psycho-educational groups and is held two hours per week for 12 weeks. The following topics are covered in the group discussions:

- Problem gambling**
- Women and gambling**
- Finances and the emotional meaning of money**
- Assertiveness**
- Stress**
- Body image and self-esteem**
- Relationships**
- Relapse prevention**
- Women and violence**
- Anger**
- Women and depression**
- Priorities and goals**

ANUBHAV Priya Senroy

**2-1096 Rockingham Avenue
Ottawa, Canada, Ontario**

K1H 8A5

Telephone: 613-247-7668 Fax:

Providing creative arts therapeutic counselling programs to any individuals, groups and organisations in education, mental health and special needs. Fees on a sliding scale.

Anxiety Disorders Association of Ontario, The

797 Somerset St W

Ottawa, ON

K1R 6R3

Phone: (613) 729-6761

Toll-free: (877) 308-3843

Email: contactus@anxietyontario.com

www.anxietyontario.com/

A registered charity offering support and educational materials for individuals living with an Anxiety Condition, their friends, family and the community at large.

Bertrand House

Transitional Housing for Women in Recovery

2386 Alta Vista Drive

Ottawa

K1H 7N1

(613) 731-2959

Fax: (613) 731-5928

Contact: Brenda Seguin

Hours: M-F 800-1600; staff on call, off-duty for emergency only

Service Type: Long-Term Residential

Clients: Ages 18 - 99 Female

Languages: English

Area Served: All Ontario, Ottawa-Carleton region.

Description:

Transitional home. Second-stage housing. Must attend 1 continuing care and 1 counselling session a week. Abstinence required while in program. Can work/attend school. Promote long-term recovery by providing housing (drug-free environment). Each client receives follow-up counselling and services as recommended by the referring

agency (if in keeping with the available services). Bertrand House adapts treatment activities best suited to each client. There is much community referral for the provision of services not offered at Bertrand. A weekly review is conducted and needed services for each client are incorporated into the recovery work.

Canadian Centre on Substance Abuse/ Centre canadien de lutte contre l'alcoolisme et les toxicomanies

75, rue Albert, pièce 300

Ottawa, ON, Canada

K1P 5E7

Phone : (613) 235-4048

Fax : (613) 235-8101

Website : www.ccsa.ca/cclat.htm

Canadian Council of Tobacco Control

170 Laurier Avenue West, Suite 1000

Ottawa, ON K1P 5V5

Tel: (613) 567-3050

Web site: www.cctc.ca

email : infor-service@cctc.ca

This is a national, non-profit organization specializing in tobacco and health issues.

Canadian Health Network

Web site: www.canadian-health-network.ca

Health information you can trust. CHN is a national, non-profit, bilingual Web-based health information service, sponsored by Health Canada.

Centre David Smith Centre

786 Bronson Avenue

Ottawa, Ontario

K1S 4G4

Phone:613-594-8333

FAX: 613-594-5623

Monday to Friday 8:30 am 4:30 pm

www.cdsc.on.ca

Executive Director / Liaison Contact

Suzanne L. McGlashan

cdsc@cyberus.ca

Mandate:

To provide holistic, structured substance abuse treatment programmes to help hard-to-serve youth 13 to 18 years of age to address their abuse of alcohol and drugs, and to provide ongoing support in the process.

Centre De La Fierté GLBTQ Pride Centre

JF Royer

85 Université Private, Room UCU 215e

Ottawa, ON

K1N 6N5

Mailing Address:

215e-85 Université Priv.

Ottawa, Ontario

K1N 6N5

Phone: 613/562-5800 x3161 Ext. 3161

Fax: 613/562-5969

Hours: Mon- Fri, 10 am-4:00 pm; Consultation on request

Email: uoprider@uottawa.ca

Website: <http://www.uottawa.ca/student/glbqt/>

Accepts: Cash Cheques Money Order

Remarks: Wheelchair Access, Gay Owned & Operated

Description:

The GLBTQ Pride Centre caters to the gay, lesbian, bisexual, transgendered and questioning community at the University of Ottawa and surrounding community. It aims to provide information, referrals, and a safe space to students, university staff, and the community at large, as well as to promote awareness of GLBTQ issues on campus. The Centre coordinates many social groups which together, cater to the GLBTQ community and its allies: Rainbow Group, where you can participate in many activities in a positive environment, and Discussion

**Group, a place where you can talk about your views on different topics, which together. You can get all the information on our website:
<http://www.uottawa.ca/student/glbttq/>**

Centre for Addiction and Mental Health (CAMH)

Ottawa Community Office

150 Isabella St., Suite 205, Phase I

Ottawa, ON, Canada

K1S 1V7

Phone : (613) 569-6024

1-800-463-6273

Website : www.camh.net

E-Mail Address : public-affairs@camh.net

About CAMH

The Centre for Addiction and Mental Health (CAMH) is Canada's leading addiction and mental health teaching hospital. CAMH succeeds in transforming the lives of people affected by addiction and mental illness, by applying the latest in scientific advances, through integrated and compassionate clinical practice, health promotion, education and research.

Children's Hospital of Eastern Ontario

401 Smyth Road

Ottawa, Ontario

K1H 8L1

Our email: webmaster@cheo.on.ca

Useful Phone Numbers at CHEO

Main Switchboard (613) 737-7600

Poison Information Centre (613) 737-1100

Admitting/Patient Registration (613) 737-7600 x 2310

Day Surgery (613) 737-7600 x 2346

Foundation (613) 737-2780

Kaitlin Atkinson Family Resource Library (613) 738-3942

Multiculturalism (613) 737-2553

Media Relations & Public Affairs (613) 737-2343

Outpatient Clinic Appointments: (613) 737-2222
Pastoral Services (613) 737-7600 x 2622
Patient/Family Representative (613) 737-7600 x 2203
Security (613) 737-2227
Volunteers (613) 737-2279

CODEPENDENTS ANONYMOUS

12-Step fellowship of men and women whose common purpose is to develop healthy relationships. Info: (613) 860-0288;
Co-Dependents Anonymous, Inc
PO Box 33577, Phoenix, AZ 85067-3577
<http://www.coda.org/>
www.cdrs.ca

Cocaine Anonymous

739-0509

Consumer/Survivor Peer Support Group (PSO)

Psychiatric Survivors of Ottawa
(PSO)
251 Laurier Ave. West
Ottawa, Ontario
K1P 5J6
(613) 567-4379
(613) 567- 4495 (fax)

Cultural Interpretation Service of Ottawa-Carleton

441 MacLaren St. Suite 330 Ottawa ON K2P 2H3
Tel: 237-0503 (After Hours 237-0502)
Fax: 237-5293
Email: fiona@cisoc.net
Provides interpretation and translation services in more than 70 languages and dialects, 24 hours a day, 7 days/week to agencies serving multilingual and multicultural clientele.

Decision House - Maison

37 Irving Ave.

Ottawa

ON K1Y 1Z2

Tel.: 728-5013

Fax: 728-4965

Email: decision@trytel.com

Hours: M-Su 0-2400

Maison Decision House is a bilingual, non-profit organization that offers a 56-day in-house substance abuse treatment program for male federal offenders. The program operates with a general treatment philosophy based on the social learning model. Addictions are considered to be a learned behaviour that can be "unlearned" through the development of new thinking and coping skills. This approach relies on methods of maintaining and reinforcing rational thought and thinking patterns supportive of non-abusing behaviour. Maison Decision House also specializes in offering services to Inuit offenders through the maintenance of close ties with the local Inuit Centre. In addition, the facility has the capacity to provide methadone to individuals who are in need of such a treatment. Aftercare counselling is also offered to clients of other local halfway houses, as well as individuals living in the community, until they have reached the end of their sentence. In order to provide support to clients' spouses, a Women's Program is also offered. A computer maintenance program is now available at Decision House.

Depression/Manic Depression Mutual Support Group:

Charlie's Rap Group 592-7713

**DEPRESSION AND MANIC DEPRESSION MUTUAL
SUPPORT GROUP - NATIONAL CAPITAL REGION**

Canadian Mental Health Association

1355 Bank Street, Suite 402

Ottawa, Ontario K1H 8K7

526-5406 (24 hr. Answering Machine)

Provides an opportunity for people suffering from clinical depression and manic depression to meet socially and learn more about these

illnesses. The main educational meeting with speakers is held once a month. Meetings are held the 3rd Tuesday of each month between September and June at Southminster United Church, 2nd floor on Bank St. at Aylmer Ave. For information and advice about depression or manic depression, leave a message at 737-7791. Discovery 2000 - a recreational group for individuals with depression and manic depression.

DEPRESSION AND MANIC DEPRESSION MUTUAL SUPPORT GROUP - NATIONAL CAPITAL REGION FAMILY MEMBERS' SUPPORT GROUP

1355 Bank Street, Suite 402
Ottawa, Ontario K1H 8K7
729-4831 - Barbara

Support group for families and friends of those with mood disorders (depression and manic depression). Meets the 1st Wednesday of each month at 150 Katimavik Rd., 2nd floor at 7:00pm. Call for more information about the meetings.

Emotions Anonymous

<http://www.emotionsanonymous.org/>

OTTAWA (04110301)

WEDS 7:30 PM McNabb Community Centre, Lower Level (old computer room)

180 Percy St. (Bronson & Gladstone).

info@EmotionsAnonymous.org.

STEVE 613-590-7877 MARC 613-599-3256

GAMBLERS ANONYMOUS

567-3271 (24 hr. answering machine)

Gamblers Anonymous was formed to help its members stop gambling, and was formed to help family and friends whose lives have been affected by problem gambling. Using the 12-step method, members help one another overcome gambling. Many meetings are held across the Ottawa-Hull region. Call for a recording that will have

up-to-date meeting listings or leave a message and a volunteer will return your call.

**Toronto Intergroup
1930 Yonge Street #1135
Toronto, Ontario
Canada M4S 1Z4**

**Montreal Intergroup
P.O. Box 5067
St. Laurent Station
St. Laurent, Quebec
Canada H4L 4Z6**

**Toronto Hotline Number: (416) 366-7613
Windsor Hotline Number: (519) 971-5215
Niagara Falls Number: (905) 351-1616**

Generation Q

**177 Nepean Street, Suite 508
Ottawa, ON**

Mailing Address:

**177 Nepean Street
Suite 508**

Phone: 613/237-9872 Ext. 2145

Hours: The 1st and 3rd Friday of every month

Email: generationq_pts@yahoo.com

Website: http://www.pinktriangle.org/pts_site/Eng/genq.html

Remarks: Wheelchair Access, Gay Owned & Operated, Non Smoking Only

Description:

We are a social discussion group for GLBTQ men and women in their 20's and 30's who get together and hang out. Every meeting has a facilitator to make sure everything runs smoothly, but the group is intended as a free-form sharing of ideas and values on a particular topic. The focus isn't on debating a topic, it's on getting to know people and just having fun.

Gender Mosaic Of Ottawa

P.O.Box 7421, Vanier Station

Ottawa, ON

K1L8E4

Mailing Address: PO Box 7421, Vanier Station, Ottawa, Ontario, K1L 8E4

Phone: 819/770-1945

Hours: Meetings are held the Second Saturday of each month.

Email: gender_mosaic@geocities.com

Website: <http://www.geocities.com/WestHollywood/9630/>

Accepts: Cash Cheques

Remarks: Wheelchair Access

Description:

Gender Mosaic is a non-profit support group that serves the Transgendered community in Ottawa and the surrounding area. Membership and participation in all facets of club life is open to all Transgendered persons and their Partners, Family and Friends.

Harvest House Ministries

3435 Ramsayville Rd.

Gloucester, ON K1G 3N2

(613) 521-9114

fax: (613) 521-7903

hh2@magma.ca

www.harvesthouse.org

Young men aged 16-35 (24 beds).

Health Canada

Tobacco Control Programme

P.L. 3507C

Ottawa, ON K1A 0K9

1-866-318-1116

Web site: www.gosmokefree.ca

e-mail: TCP-PLT-questions@hc-sc.gc.ca

This website contains a variety of new tools to help Canadians quit smoking. Smokers can sign up with the e-Quit program for a 30-day series of free e-mail messages to help them through the cessation

process.

Health Information Centre, Ministry of Health and Long-Term Care

1-800-268-1153

HealthyOntario.com

Government Services:

For general information requests about Ministry of Health and Long-Term Care programs and services, send an e-mail to INFOLine at infoline@moh.gov.on.ca. The information provided by INFOLine is about government services only. It does not provide medical advice or counseling.

Medical Questions:

To speak to a nurse about a medical or health-related issue, call Telehealth Ontario at 1-866-797-0000. If your situation is a medical emergency, immediately call your doctor or 911.

Government Services:

For general information requests about Ministry of Health and Long-Term Care programs and services, you can telephone the ministry INFOLine. The information provided by INFOLine is about government services only. It does not provide medical advice or counseling.

Toll free: 1-877-234-4343

TTY: 1-800-387-5559

FAX: 416-314-8721

For general questions about the government and its programs, call Ontario Government Information and Referrals at :

Toll free: 1-800-267-8097

In Toronto: 416-326-1234

If you prefer to write, please send your letter to:

Client Services Unit

Ministry of Health and Long-Term Care

Suite M1-57, Macdonald Block

900 Bay Street

Toronto ON M7A 1N3

Canada

Hopewell Eating Disorders Support Centre

Heartwood House

Suite 202

153 Chapel St.

Ottawa, Ontario, K1N 1H5

613-241-3428

FAX 613-241-0850

hopewell@hopewell.on.ca

Immigrant Women Services Ottawa (IWSO)

Location: 219 Argyle Ave., Suite 400

Ottawa, ON, K2P 2H4

Phone: 729-3145; Help Line: 729-1119

Fax: 729-9380

Email: infomail@immigrantwomenservices.com

Website: www.immigrantwomenservices.com

Contact: Lucya Spencer

Language: Multilingual

Description:

Culturally sensitive counselling for women in abusive situations. Cultural interpreters available in a variety of languages. Crisis counselling and group support. Works to raise awareness about violence against women in immigrant communities. Information and referral to appropriate services. Self-referrals. Job Search Workshop for newcomers.

L'Alliance des francophones en sante mentale

209 chemin Montreal

Vanier, Ontario

K1L 6C8

(613) 747- 9341

Lifestyle Enrichment for Senior Adults (LESA)

420 Cooper Street

Ottawa, Ontario

K2P 2N6

Executive Director: Betty MacGregor

Phone: (613) 233-5430 ext. 2183

Fax: (613) 533-3987

Email: bmacgregor@centretownchc.org

Agency Responsible for the Policy/Program:

Ministry of Health and Long-Term Care, Ontario Substance Abuse Bureau

Benefits and Services:

Outreach services are provided to older adults to provide assessment, referral and treatment for problems with alcohol and drugs and gambling.

Age Range for Eligibility:

From 55 yrs.

Lesbian Alcoholics Anonymous

526-3043

Maison Decision House

37 Irving Ave.

Ottawa

ON K1Y 1Z2

Tel.: 728-5013

Fax: 728-4965

Email: decision@trytel.com

Hours: M-Su 0-2400

Maison Decision House is a bilingual, non-profit organization that offers a 56-day in-house substance abuse treatment program for male federal offenders. The program operates with a general treatment philosophy based on the social learning model. Addictions are considered to be a learned behaviour that can be "unlearned" through the development of new thinking and coping skills. This approach relies on methods of maintaining and reinforcing rational thought and thinking patterns supportive of non-abusing behaviour. Maison Decision House also specializes in offering services to Inuit offenders

through the maintenance of close ties with the local Inuit Centre. In addition, the facility has the capacity to provide methadone to individuals who are in need of such a treatment. Aftercare counselling is also offered to clients of other local halfway houses, as well as individuals living in the community, until they have reached the end of their sentence. In order to provide support to clients' spouses, a Women's Program is also offered. A computer maintenance program is now available at Decision House.

Maison Fraternité

242 Cantin Street

Vanier, ON K1L 6T2

Telephone: (613) 745-2523

Email : laviolette@bellnet.ca

Web site : <http://www.maisonfraternite.ca>Graphic

Director: Rolland Choquette, 562-1415

Phone: 741-3264 Office hours: 8h - 16h (Monday-Friday)

Services of treatment for young French-speaking drug addicts

French-speaking men and women (30 beds).

Maison Fraternite - Residence Des Femmes (Women's Residence)

105 Rue Laval

Vanier

K1L 7Z5

Contact: Jocelyne Robertson

(613) 744-7469

Fax: (613) 744-8546

maisonfraternite@bellnet.ca

www.maisonfraternite.ca

Hours: M-Su 0-2400

Area Served: All Ontario, Ottawa-Carleton.

Clients: Ages 18 - 99 Female

Languages: French

Service Type:

Long-Term Residential

Service Name:

Residence Des Femmes (Women's Residence)

Description:

Treatment centre. Psychosocial model, Stages of change, Harm reduction model. Attend AA/NA. Group/individual counselling. Required chores and groups. Refer/orient client to community services and resources. Clients encouraged to take weekend leave after the second weekend.

Migraine Sufferers Support Group

828-2685

Multicultural Support Group for Women

729-3145

Multicultural Women's Organization of Ottawa-Carleton

216-219 Argyle St.

Ottawa, ON K2P 2H4

tel: 232-5900 (ext. 312)

fax: 232-3660 (contact: Naomi Muli)

Narcotics Anonymous Ottawa

P.O. Box 862 STN. B

Ottawa, Ontario, Canada K1P 5P9

<http://www.magma.ca/~ottawana/indexg.html>

(613) 236-4674

or

1-888-922-7822

Newgate 180 (formerly Gateway House)

58 Sweetland Ave.

Ottawa, ON

K1N 7T6

Tel: 236-5146

Fax: 236-5147

Email: infor180@newgate180.com

Office Hours: 9:00 a.m. - 5:00 p.m. (Mon-Fri)

Alcohol and drug treatment programme for men 18 and over (10 beds).

Nicotine Anonymous

722-8751

Web site: www.nicotine-anonymous.org

Nicotine Anonymous is a non-profit 12 step help program for those who would like to cease using tobacco and nicotine products. Group support and recovery using the 12 Steps, as adapted from Alcoholics Anonymous, help to achieve abstinence from nicotine.

Obsessive-Compulsive Disorders Self Help Group

P.O. Box 23085, 2121 Carling Ave.,

Ottawa, ON K2A 4E2

722-3607 - Roly (evenings)

Dan 596-9248

Odawa Native Friendship Centre

396 MacLaren St.

Ottawa, ON K2P 0M8

tel: 238-2757

fax: 238-6106 (contact: Karen Green)

<http://www.odawa.on.ca/home.htm>

Older Women's Network

594-0217

Ottawa Bisexual Women Discussion Group

177 Nepean St (suite 508)

Ottawa, ON

Phone: 613/237-9872 Ext. #2117

Hours: every first Thursday of the month, 7pm-9pm

Email: nsoucy@ncf.ca

Website: http://www.pinktriangle.org/pts_site/Eng/obwdg.html

Remarks: Wheelchair Access

Description:

We're called the Ottawa Women's Discussion Group. Come meet other bisexual women of all ages, for informal discussions and general socializing. We meet in person every first Thursday of the month, 7pm-9pm and at times, go for coffee afterwards. The group is sponsored by Pink Triangle Services.

Ottawa-Carleton Independent Living Centre

75 Albert Street, Suite 207

Ottawa, Ontario K1P 5E7

236-2558

To create and maintain a focal point in the community to empower individuals with disabilities to direct their own lives. Key components: information and referral, peer support, peer intervention, independent living, skills development, research and demonstration. Call for information about meeting dates, times and locations. Annual memberships cost \$10.00 for individuals and \$20.00 for organizations.

Ottawa Ontario Transsexual Support

Gwyn or Lynn

Ottawa, ON

Email: info@ts-ottawa.ca

Website: <http://www.ts-ottawa.ca>

Description:

To bring together Transsexuals and Intersexuals who are in various stages of transition. To provide a safe forum for those in Eastern Ontario and Western Quebec to meet others and share their fears, triumphs, questions and concerns. Membership is open to all Transsexuals and Intersexuals (MTF and FTM) who are looking for support and are willing to share their experiences with others. Meetings are usually held on the first Saturday or Sunday of each month.

Overeaters Anonymous

820-5669 (24 hr. answering machine)

<http://www overeatersanonymous.org>

To offer physical, emotional and spiritual support to those with any kind of eating disorder. Based on the 12 steps and traditions of AA, as well as using the AA system of between-meeting support. At weekly meetings, members are given the opportunity to discuss their problems and to listen to guest speakers. Call for more information about meeting dates, times and location.

Panic Attack, Anxiety and Agoraphobia Group

Psychiatric Survivors of Ottawa (PSO)

251 Laurier Ave. West

Ottawa, Ontario

K1P 5J6

(613) 567-4379

(613) 567- 4495 (fax)

www.icomm.ca/csinfo/biblio3/cs031.html

Partners for Progress Program

Manager of Volunteer Programs

Canadian Mental Health Association

1355 Bank Street, Suite 301

Ottawa, Ontario K1H 8K7

(613) 737-7791, extension 117

Phoenix for Young Offenders

4824 Rockdale Road

Navan, ON K4B 1J1

Tel.: 257-2813

Fax: 257-2838

835-2502

Open custody facility for male young offenders, aged 16-18 (10 beds).

Pinganodin Lodge Incorporated (Silent Wind)

The Bronson Centre

211 Bronson Ave.

Suite 201

Ottawa, ON K1R 6H5

Primary Contact:

Mr. Darren Theoret

Executive Director

230-6549

Fax: 230-9626

Office Hours: 9:00 a.m. - 5:00 p.m. (Mon-Fri)

Healing lodge providing support and residential services for First Nations, Metis and Inuit people suffering from alcohol and substance abuse (15 beds).

Pinganodin (Men's Support) SilentWind

(613) 741-6549

Pink Triangle Youth (Ottawa)

Jordan and Eric

177 Nepean St. (off Bank St.,) 5th Floor

Ottawa, ON

K1P 6H6

Phone: 563-4818

Hours: Wednesdays - 7:00-9:00pm

Email: pty@rogers.com

Website: <http://www.pinktriangle.org>

Remarks: Wheelchair Access, Gay Owned & Operated

Pink Triangle Youth (PTY) is Ottawa's gay, lesbian, bisexual, trans, two-spirit, queer, and questioning youth discussion group, for young people 25 and under. PTY runs every Wednesday from 7-9pm; up to three youth-led discussions and workshops are offered each PTY night. Counsellors available on-site. We have Party nights, guest speakers, and awesome discussions on all sorts of issues. Come on out, bring a friend, and meet some of Ottawa's rainbow youth!

PFLAG Ottawa

PFLAG at 860-7138

Box 71028 181 Bank Street

Ottawa, ON

K2P 1W0

Phone: 613/860-7138

Fax: 613/563-1967

Email: pflagottawa@hotmail.com

Website: <http://www.gaycanada.com/pflag-ottawa/>

Remarks: Wheelchair Access

Description:

P-FLAG Ottawa meets the first and third Wednesday of every month from September to June at 7:30 pm at St. John's Anglican Church, 154 Somerset St. W. (at Elgin). 2002/2003 sessions end June 18th.

Psychiatric Survivors of Ottawa (PSO)

251 Laurier Ave. West

Ottawa, Ontario

K1P 5J6

(613) 567-4379

(613) 567- 4495 (fax)

www.icomm.ca/csinfo/biblio3

Recovery Inc. — Ottawa

(613) 749-5418

(613) 722-8428

<http://www.recovery-inc.com>

An international association of persons exhibiting nervous symptoms and fears and persons who are former mental patients. The purpose is to prevent relapses in former mental patients and chronicity in nervous persons. Weekly meetings follow a panel format and members can make five minute telephone calls to each other for additional support outside meetings. Professionals and members of the public are welcome to attend meetings as observers. Meetings are held every Sunday at St. Anthony's Church, 427 Booth St. from 2:30pm to 4:00pm.

RED CROSS SOCIETY, THE CANADIAN

**85 Plymouth St.
Ottawa, K1S 3E2
560-7220
(Fax) 567-6987**

Rideauwood Addiction and Family Services

312 Parkdale Ave.

Ottawa, Ontario

K1Y 4X5

Director: R. Paul Welsh, M.S.W.

Phone: (613) 724-4881

Fax: (613) 724-4873

Email: rideauwood@rideauwood.org

Hours: M-F 900-1700

www.rideauwood.org

This agency offers non-residential, community-based counselling for alcohol/drug-dependent teens, adults and family members, and for problem gamblers and families. The focus is on group counselling, with individual counselling available as required. It uses psychosocial-cultural and family system intervention. The program incorporates both harm reduction and abstinence goals. A partner agency in the Champlain District ECD project with lead agency Amethyst Women's Addiction Centre and in partnership with Addiction Services of Eastern Ontario, and Pathways Alcohol and Drug Treatment Programs.

SAGE Ottawa

P.O. Box 3043, Station D

Ottawa, ON

K1P 6H6

Phone: 613/563-4818

Description:

"Senior Action in a Gay Environment". Provides support and networking for those over 50.

Sandy Hill Community Health Centre

221 Nelson, Ottawa, Ontario

Administration 789-1500

info@sandyhillchc.on.ca

Open:

Mondays and Wednesdays from 8:00 a.m. to 7:30 p.m.

Tuesdays and Thursdays from 8:00 a.m. to 4:30 p.m.

Fridays from 8:30 a.m. to 3:30 p.m.

Addictions Assessment Services 789-8941

aas@sandyhillchc.on.ca

Community Health Promotion 789-2377

chp@sandyhillchc.on.ca

Health Services - information 789-8458

Health Services - appointments 789-7752

Social Services 789-6309

social@sandyhillchc.on.ca

Oasis - Services for people concerned about HIV and AIDS 569-3488

rboyd@oasischc.on.ca

Schizophrenia Self-help

Schizophrenia Society of Ontario

Ottawa-Carleton Chapter

1355 Bank Street

Suite 402

Ottawa, ON

K1H 8K7

Tel. 613-737-7636

Fax 613-737-7644

Ottawa Chapter

613 761-9218

schizophrenia@ncf.ca

Sheila Deighton, ED

613-448-1014

deighton@istar.ca

Schizophrenia Society of Ontario Ottawa-Carleton

Branch

**c/o ROH Patient Care Centre
1145 Carling Avenue
Ottawa, Ontario K1Z 7K4
761-9218
<http://www.ncf.ca/schizophrenia>**

A non-profit family based organization with a mandate to provide support, education and advocacy to families and friends of people with Schizophrenia as well as to raise public awareness and support for research. A public information meeting is held at the Royal Ottawa Hospital on the 4th Wednesday of the month except for July, August and December; a mutual support group is held on the 1st and 3rd Wednesday of each month. A self-help group for those who have Schizophrenia is held each Monday at Carlington Health Services, 900 Merivale Rd. at 7:00pm.

Separated and Divorced Women, Association of

**P.O. Box 38170
1430 Prince of Wales Dr.
Ottawa, ON, K2C 3Y7
Phone: 225-7459
Fax: 225-7459
Email: asdwgb@ncf.ca
www.asdwgb.ncf.ca
Language: English
Description:**

Membership-based non-profit organization run by and for divorced Canadian women. We provide information, support and education through monthly seminars, one-on-one counselling, support groups and networking for separated and divorced women.

Serenity House

**103 Leopolds Drive
Ottawa, ON
K1V 7E2
Tel: 733-3574**

Fax: 733-1639

serenityhouse@bellnet.ca

Office Hours: 9:00 a.m. - 5:00 p.m. (Mon-Fri)

Drug and alcohol treatment for men 18 and over (13 beds).

Serenity Renewal for Families

2810 Baycrest Drive

Ottawa, Ontario

K1V 7P7

Telephone: (613) 523-5143

Fax: (613) 523-5705

Email: serenity@cyberus.ca

Single Mothers/Single Fathers Social Support Group

228-2898

SISTERS OF CHARITY OF OTTAWA (SCO) HEALTH SERVICE

(Centre de santé Elisabeth-Bruyère, Hôpital St-Vincent)

Élisabeth Bruyère Health Centre

Sisters of Charity of Ottawa (SCO) Health Service

43 Bruyère St

Ottawa, K1N 5C8

(24 hrs) 562-0050, (Fax) 562-6367

(E-mail) mail@scohs.on.ca

www.scohs.on.ca

Saint-Vincent Hospital

Sisters of Charity of Ottawa (SCO) Health Service

60 Cambridge St N (24 hrs) 233-4041, (Fax) 782-2785

Ottawa, K1R 7A5

mail@scohs.on.ca

www.scohs.on.ca

The SCO Health Service Inc. is a bilingual, Catholic, publicly funded, and privately owned organisation with over 900 beds and

70,000 hospital outpatients annually. It comprises: Saint Vincent Hospital, Élisabeth Bruyère Health Centre, Résidence Saint-Louis, Villa Marguerite and Bronson Pavilion. The Ottawa Detoxification Centre is also a component of the SCO Health Service.

Sobriety House

90 First Avenue

P.O. Box 4250

Station "E"

Ottawa, ON

K1S 5B3

Tel: 233-0828

Fax: 233-1472 Office Hours: 9:00 a.m. - 5:00 p.m. (Mon-Fri)

Structured 21-day program for men 16 years of age and over with alcohol/drug dependency (16 beds).

STE ANNE MEDICAL CENTRE

500 Old St. Patrick St

Ottawa, K1N 9G4

789-1551

(Fax) 789-0659

Satellite Office: Carlington Medical Centre

1042 Merivale Rd

Ottawa, K1Z 6A7

728-9345

(Fax) 728-3856

Family practice centre offering services to its members and to the community within the Health Service Organization (HSO) concept. In-house programmes of nutrition, chiropody, health education, mental health with social workers, RNs and a psychologist, a day respite centre for mothers and children affected with HIV/AIDS and laboratory services are available. Members have access to home visits, 24-hour coverage. Professional programmes on substance abuse and Methadone Maintenance Treatment are also available.

Support Group for Gay ex-Jehovah's Witnesses

Roger Silva

Ottawa, ON

Phone: 613/729-5638

Email: gay_ex_jw@yahoo.com

Website: http://artful_design.tripod.com/pinknpurple.html

Description:

Pink & Purple Triangles is a support group for gay ex-Jehovah's Witnesses and for those that are dealing with the issue. We are not a religious organization nor are we a hate group. Our mission is to listen and give emotional support to those that are dealing with having left the JWs.

Support Group for Women Living with HIV/AIDS

AIDS Committee of Ottawa (ACO)

251 Bank St., 7th floor

OTTAWA ON K2P 1X3

www.aco-cso.ca

238-5014

fax 238-9425

Treatment information, counselling, complementary therapies, and a host of other services are offered by Ottawa's community-based AIDS service organization

Survivors of Incest

729-2713

Taking Control of Our Lives Self-Help Group (PSO)

Overcoming a sense of hopelessness and taking control of our lives are

important parts of our healing process. The three steps in doing this are: recognizing this as a possibility, accepting it as something we deserve, and, gaining the confidence and skills to achieve it. For information about this self-help group, please call 567-4379 and leave a message for Bill C.

The Ottawa Hospital

Civic Campus

1053 Carling Ave.

Ottawa ON

K1Y 4E9

Civic : 613-798-5555 ext. 14888

General Campus

501 Smyth Rd

Ottawa ON

K1H 8L6

General : 613-737-8899 ext. 72003

Riverside Campus

1967 Riverside Dr.

Ottawa ON

K1H 7W9

Riverside : 613-738-8400 ext. 82999

Vesta Recovery Program for Women

101 James Street

Ottawa

K1R 5M2

Director: Jackie Lloyd-Rai

(613) 233-0353

Fax: (613) 234-3019

Email: jscott_vesta@bellnet.ca

Hours: M-F 830-1630

Vesta is a non-profit residential facility dedicated to women who are struggling to recover from the impact of their use or misuse of substances.