

Health Services

Carlington Community & Health Services

Contact

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Integrated social and health services. Social services: employment services, crisis intervention, home support services, community development, youth programs, support groups, parent/child drop-ins, information and referral, wife assault and a collective kitchen. Health services: family medical care with a 24-hour on-call service.

Area served: North-South: from Ottawa River to Baseline Road

East-West: Island Park and Fisher Ave. to Woodroffe

Centretown Community Health Centre

Contact

Aleksandra Milosevic (Community Developer)

420 Cooper St.

Ottawa, ON

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tel: (613) 233-4443

fax: (613) 233-3987

e-mail: amilosevic@centretownhc.org

website: www.centretownhc.org

Social Services: counselling appointments and walk-in; crisis support; support groups; social skills development; information and

referral; legal advice; and home management. **Health Promotion, Prevention and Community Development:** range of activities including parent/child support programs; youth programs; food and nutrition programs; and support to community groups (bartering network, self-help groups, action on concerns etc).

Area served: Centretown east of Bronson, Glebe, Old Ottawa South

Regional Health and Social Services Programs: Infant Development Program for families with young children at risk of developmental delay; LESA Program for seniors with alcohol or drug problems; Homeless Initiative Project for practical assistance to obtain a health card; and Community-based Diabetes Education Program for adults requiring basic education to support them to live well with type 2 diabetes.

Area served: Ottawa

Cumberland Community Resource Centre

Contact

Claude Crustin (Community Developer)

210 Centrum Blvd., Suite 211

Ottawa (Orléans) ON

K1E 3V7

tel: (613) 830-4357

fax: (613) 830-4196

e-mail: ccrustin@cumberlandcrc.ca

website: www.cumberlandcrc.ca

Provides information and referral, advocacy, crisis intervention, individual, marital and family counselling, home support services, program for abused women, employment program, community development and volunteer coordination. Also offers emergency food and clothing. Services are free and are treated with confidentiality.

Area served: City of Cumberland

Eastern Ottawa Resource Centre

Formerly Gloucester Centre for Community Resources

Contact

Tammy McCormick (Community Developer)

2339 Ogilvie Road, 2nd Floor

**Ottawa (Gloucester) ON
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fax: 741-7029
e-mail: tammy.mccormick@gccr.ca
website: www.gccr.ca**

Social services: information and referral; services for youth and their families; various programs for seniors and persons with disabilities; individual, family and couple counselling; employment program; home management services; legal information clinic; mental health groups; support groups; a range of services for abused women; community development; programs for immigrant women. Housing Action (2 day per week), Health Babies and Healthy Children Project and First Words program

Hunt Club-Riverside Community Services Centre

3310 McCarthy Road

Ottawa, ON

Contact

Becky Owen

tel: (613) 247-1600

fax: (613) 247-1611

e-mail: Becky.owen@huntclubriverside.ca

website: <http://www.huntclubriverside.ca/indexe.html>

Lowertown Community Resource Centre

Information and referral services, crisis intervention, counselling services (individual and family), support group for abused women, home support services and Community Development Program.

Area served: North-South: from the Ottawa River to Rideau Street

East-West: from the Rideau River to Sussex Drive

Annie Mercier (Community Developer)

40 Cobourg St.

Ottawa, ON

K1N 8Z6

tel:(613) 789-3930

fax: (613) 789-3443

e-mail: amercier@crcbv.ca

website: <http://www.coalitionottawa.ca/html/lowertown.html>

Overbrook-Forbes Community Services

Contact

Armand Kayolo (Community Developer)

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Ottawa, ON

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website: www.ofcrc.org

The Overbrook-Forbes Community Resource Centre provides community and social services to residents in north-east Ottawa (Overbrook-Forbes and Manor Park), especially to those with low incomes. Programs include an emergency food cupboard, crisis intervention and advocacy, a parent and children drop-in program, counselling services, community development, home support for francophone seniors, health promotion, and tutoring. The centre also offers leadership opportunities for adolescents, such as the Aquatics Leadership Program, which aims to foster leadership, team and social skills, and volunteer and work placement for high-risk youth through First Aid and Aquatics accreditation and placement search support.

Area served:

North-South: from Ottawa River to the Queensway,

East-West: from the Rideau River to Blair Rd, excluding Vanier and Gloucester.

Pinecrest-Queensway Health & Community Services

Contact

Sue Merrill (Community Developer)

1365 Richmond Road, 2nd Floor

Ottawa, ON

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tel: (613) 820-4922

fax: (613) 820-2006

e-mail: s.merrill@pqhcs.com

website: www.pinecrest-queensway.com

Provides integrated health and social services; crisis intervention, individual, family and group counselling, information and referral, child welfare services. Offers primary health care through the services of physicals, primary care nurses, nurse practitioners and a dietitian. Health promotion activities, mental health counselling and services to new Canadian populations are also available. Operates parent support program, headstart nursery school, preschool speech and language services, youth drop-in, employment, support, support groups for abused women and other adult groups, English as a Second Language classes. A community development worker is available to support community groups involved with youth, tenants, visible minorities and community education. On-side staff from Children's Aid Society, Family Service Centre of Ottawa-Carleton, Home Management Services and Employment Outreach Program and Youth Services Bureau. Volunteer program.

Area served: North-South: Ottawa River to Baseline Road

East-West: Sherbourne Ave/Maitland Ave to West city limits

Sandy Hill Community Health Centre

Contact

Moe Garaham (Community Developer)

221 Nelson St.

Ottawa, ON

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Integrated social and health services (Primary health care with a 24-hour on-call service): counselling, crisis intervention, addictions programs (including gambling), seniors programs, information, assessments and referrals, advocacy and HIV/AIDS programs (OASIS).

Addictions and HIV/AIDS programs are regional.

Area served: North-South: from Rideau St to Avenue Rd

East-West: from Rideau River to the Rideau Canal

Somerset West Community Health Centre

The Centre offers integrated social and health services in Chinese, Vietnamese, Thai, Laotian, Cambodian, Italian and Swahili as well as English and French. In addition to primary health care, services include helping mentally and physically disabled people to live where they want to live; services from Children's Aid Society workers; self-help groups; community action and job readiness projects; counselling for abused women; help with accessing welfare, food, clothing and housing in times of crisis; services for seniors.

Area Served: East side of Island Park Dr., from the North side of Carling Ave, to the West side of Bay St.; from the North side of Gloucester St., to the West side of Lyon Ave.; down to the Ottawa River and West to Island Park Dr.

Sue MacLatchie (Community Developer)

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Ottawa, ON

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fax: (613) 238-7595

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website: www.swchc.on.ca

South East Ottawa Centre for a Healthy Community

Integrated health and social services: counselling, crisis intervention, information and referral, community development, home support programs, health promotion activities, and primary health care with a 24-hour on-call service.

Area served: City of Ottawa: East of Bank St., South of the Queensway.

1355 Bank Street, Suite 600

Ottawa, ON

K1H-8K7

Anita James (Community Developer)

tel: (613) 737-5115
fax: (613) 789-7962
e-mail: anitaj@seoche.on.ca
website: www.seoche.on.ca (in development)

Vanier Community Services Centre

Social services: counselling, crisis intervention, information and referral, community development. Also available: programs for children and families, home management services, services for New Canadians and job search programs. See French section for additional services that are available in French only

290 Dupuis Street

Ottawa (Vanier) ON

K1L 1A2

Johanne Cayouette (Community Developer)

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fax: 749-2902

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website: www.cscvanier.com

Habitat for Humanity

Habitat for Humanity is an independent, charitable, faith-based housing program dedicated to the elimination of poverty by building homes in partnership with families in need. Habitat for Humanity builds simple, decent, and affordable houses and provide interest-free mortgages to families who would otherwise not be able to purchase their own home. The Habitat program is about home ownership and providing a long-term solution designed to break the poverty cycle.

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Hugh Milman

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