RESOURCES AND SERVICES FOR ORLEANS EAST FAMILIES

Prenatal to 12 years

Last updated: March 2017

Meilleur départ Best Start Ottawa
www.ottawabeststart.com

PRC CRP
parentresource.ca

Pregnancy & Babies

Baby Cupboard
Orleans-Cumberland Community Resource Centre (OCCRC)
240 Centrum Blvd.
Unit 105
613-830-4357
ext.158

Babytime; Prenatal Class
Ottawa Public Library Cumberland
1599 Tenth Line Rd.
613-580-2940

Breastfeeding Support Drop-In; Infant Massage (English and French); Infant Drop-In (0-12 months)
OEYC Orleans Cumberland
240 Centrum Blvd., Unit 105
613-830-4357

Baby Playgroup (0-12 months)
Starr Gymnastics
520 Lacolle Way
613-424-7827

Parenting & Family Programs

Bilingual Drop-In (0-6 years); Bilingual Dads and Children Drop-In (0-6 years); English Drop-In (0-6 Years); Francophone Drop-In (0-6 years)
OEYC Orleans Cumberland
240 Centrum Blvd., Unit 105
613-830-4357

Drop-In Playtime (1-5 years) ($)
Starr Gymnastics
520 Lacolle Way
613-424-7827

English Drop-In; Toy Lending Library
Charlemagne Preschool Resource Centre
750 Charlemagne Blvd.
613-834-0081

Family Storytime; Toddler Time
Ottawa Public Library Cumberland
1599 Tenth Line Rd.
613-580-2954

Parenting and Family Literacy Centre Drop-In (0-6 Years)
Divine Infant Catholic School
8100 Jeanne d'Arc Blvd.
613-224-4455 x2382

Toy Lending Library
OCCRC
240 Centrum Blvd., Unit 105
613-830-4357
ext.158

Child Care

DAYCARE & NURSERY SCHOOL

Centre éducatif des Bécasseaux
510 Lacolle Way
613-824-0722

Centre parascolaire Alpha 3-12
1917 ch. Gardenway
613-824-8160

Charlemagne Preschool Resource Centre/Nursery School
750-B Charlemagne Blvd.
613-834-0081

Children's Universe Daycare
1610 Prestwick Dr.
613-837-9643

Cumberland Hub Day Care
103-261 Tompkins Ave
613-834-8642

Gardenway School Age Program
2133B Gardenway Dr.
613-841-7437

Global Child Care Services
Fallingbrook School Age Program
679B Deancourt Cres.
613-830-6971
Trillium School Age Program
1515B Varennes Blvd.
613-841-5497

La Coccinelle
École Arc-en-ciel
1830 blvd. Portobello
613-841-4034
École La Source
1445 pr. Duford
613-830-0212
École Reine des Bois
1450, rue Duford
613-824-7176

Le Cartier des Jeunes
École élémentaire catholique des Pionniers
720 pr. Merkley
613-824-2745

Programme prématernelle À trois on y va!
École élémentaire publique Jeanne-Sauvé
1917 ch. Gardenway
613-824-9217

Programme prématernelle Petits pas à trois
École élémentaire catholique Reine-des-Bois
1450 rue Duford
613-744-8647

River Heights Children's Centre
1515 Tenth Line Rd.
613-834-8152

St. Francis of Assisi Early Learning Centre
795B Watters Rd.
613-830-7239

The Little School
850 Taylor Creek Blvd.
613-837-9138

YMCA-Ruddy Family Y
265 Centrum Blvd.
613-830-4199

HOME CHILD CARE

Andrew Fleck Child Care Services
613-736-5355

Global Child Care Services
613-742-5500

La Maisonnée
613-789-3020 x243

Metcalfe Home Daycare
613-821-2899

Odawa Sweetgrass
613-722-3811 x234

Wee Watch Enriched Home Child Care
613-825-9425

Please consult with individual school boards for a list of extended day programs:

OCDSB
613-596-8760
OCSB
613-224-4455 x2382
CECCE
613 744 2555 x33253
CEPEO
613-742-8960 x3176

Education

***Please consult with individual school boards to determine which school a child can attend*:**

Ottawa Carleton District School Board
613-721-1820
www.ocdsb.ca
School Locator Tool:
www.ocdsb.ca/sch/sl/Pages/SchoolLocatorMap.aspx

Ottawa Catholic School Board
613-224-2222
www.ocsb.ca
School Locator Tool:
http://schoollocator.ocsb.ca:8081/Eligibility.aspx?Page=School

Conseil des écoles catholiques du Centre-Est
613-744-2555
www.ecolecatholique.ca
School Locator Tool:
https://www.ctso.ca/Eligibility.aspx?Page=School

Conseil des écoles publiques de l'Est de l'Ontario
613-742-8960
www.cepeo.on.ca
School Locator Tool:
https://www.ctso.ca/Eligibility.aspx?Page=School

Please note that the four school boards represent only publicly-funded schools.

Social, Emotional & Behavioral

Counselling Services;

Counselling – Catholic Family Services Ottawa;

Société franco-ontarienne de l'autisme

OCCRC
240 Centrum Blvd., unit 105
613-830-4357

Health Services

Diabetes Program; Distribution of Safe Sex Materials; Free Monthly Dental Screening; Sexual Health Clinic for Youth;
OCCR
240 Centrum Blvd., unit 105
613-830-4357

Parenting in Ottawa Drop-Ins

OCCRC
240 Centrum Blvd., unit 105
613-PARENTS
613-727-3687

Ottawa Public Library Cumberland
1599 Tenth Line Rd.
613-PARENTS
613-727-3687

Nutrition & Food Banks

Christmas Exchange Program
OCCRC
240 Centrum Blvd., unit 105
613-830-4357

Food Bank
OCCRC
240 Centrum Blvd., Unit 105
613-830-4357

Other Community Services & Resources

Action Housing; EBO Financial Education Centre; Referrals to Snowsuit Fund Program – Intake Services; Intake Services
OCCRC
240 Centrum Blvd., unit 105
613-830-4357

Financial Counselling by Doyle Salewski
OCCRC
240 Centrum Blvd., unit 105
613-569-1001
613-237-5555

Ottawa Public Library Cumberland
1599 Tenth Line Rd.
613-580-2954

Place Perrault
Wigwamen Inc.
205 Eric Czapnik Way
613-702-5358

This list of neighbourhood resources and services and a city-wide list can be found online at:
www.ottawabeststart.com ***and***
www.parentresource.ca

For more information:
information@parentresource.ca
613-565-2467 x222

YOU CAN ALSO CALL:
Services available in multiple languages

211 – Information and referral for community, social, government, and health services

311 – Line for municipal services such as road repairs, garbage removal, housing services, parks & recreation, child care, Bookmobile, emergency shelters

Distress Centre – Distress Line: 613-238-3311 & Mental Health Crisis Line: 613-722-6914 www.dcottawa.on.ca/english/services/services.html / Kids Help Phone: 1-800-668-6868 www.kidshelpphone.ca