RESOURCES AND SERVICES FOR OTTAWA FAMILIES

Prenatal to 12 years

Last updated: March 2017

Meilleur départ Best Start Ottawa
www.ottawabeststart.com

PRC CRP parentresource.ca

Pregnancy & Babies

Birth and Parent Companion Program
*Mothercraft Ottawa
613-728-1839
www.mothercraft.com/prenatal_parent/BPCP.php

Canadian Prenatal Nutrition Program/ Buns in the Oven
613-749-4584 x736
http://www.ottawayoungparents.com/buns-in-the-oven/

First Place OPTIONS
613-228-7475
www.firstplaceoptions.ca

La Leche League Canada Breastfeeding Support
1-800-665-4324
www.lllc.ca

The MotHERS Program
www.themothersprogram.ca/

Ottawa Breastfeeds
www.ottawabreastfeeds.ca/

Parenting & Family Programs

***Bethany Hope Centre**
613-725-1733
www.bethanyhopecentre.org/

***Family Services Ottawa**
613-725-3601
www.familyservicesottawa.org

***Ontario Early Years Centres of Ottawa**
1-866-821-7770
http://www.edu.gov.on.ca/childcare/FamilyPrograms.html

Ottawa Chinese Community Service Centre
613-235-4875
www.occsc.org

***Parent Resource Centre**
613-565-2467
www.parentresource.ca
Facebook.com/parentresourcecentre/

Parenting in Ottawa
613-PARENTS or 613-727-3687
ParentinginOttawa.ca/dropins
Facebook.com/ParentinginOttawa

Parenting & Family Literacy Centres
http://www.edu.gov.on.ca/childcare/FamilyPrograms.html

***St. Mary's Home**
613-749-2491
www.stmaryshome.com

Catholic Family Services Ottawa
613-233-8478
www.cfsottawa.ca

Jewish Family Services Ottawa
613-722-2225
www.jfsottawa.com

Somali Center for Family Services
613-526-2075
www.scfsottawa.org

Child Care

Child Care Providers Resource Network
613-749-5211
www.ccprn.com

Child Care Registry and Waitlist
City of Ottawa
3-1-1 → Language → 4
www.onehsn.com/Ottawa

Children's Integration Support Services
613-736-1913 x244
www.afchildcare.on.ca/cissi-e.html

Licensed Home Child Care Network
www.lhccno.ca/index-en.html

Makonsag Aboriginal Head Start
613-724-5844
www.makonsag.ca

Minwaashin Lodge
613-741-5590
www.minlodge.com

Ottawa Carleton Headstart Association for Preschools
www.ochap.ca/web/

***Ottawa Inuit Children's Centre**
613-744-3133
www.ottawainuitchildrens.com

Part-time/Casual care
Mothercraft Ottawa
613-728-1839
www.mothercraft.com/early_learning/Respite.php

Short term Child Care
Andrew Fleck Child Care Services
613-739-0130
http://afchildcare.on.ca/en/supports-and-services/short-term-child-care/

Thursday's Child Nursery School
613-736-1913 x231
www.afchildcare.on.ca/en/licensed-child-care/thursdays-child-nursery-school/

Education

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

The Ontario Federation of Teaching Parents
www.ontariohomeschool.org

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

Social, Emotional & Behavioral

Canadian Mental Health Association Ottawa
613-737-7791
www.ottawa.cmha.ca

CHEO Autism Program
613-249-9355
www.cheo.on.ca/en/autism

***Crossroads Children's Centre**
613-723-1623
www.crossroadschildren.ca

Learning Disabilities Association of Ottawa-Carleton
613-567-5864
www.ldaottawa.com

Ottawa-Carleton Association for Persons with Developmental Disabilities
613-569-8993
www.ocapdd.on.ca

***Ottawa Children's Treatment Centre (pre-school program available)**
613-737-0871
www.octc.ca

The Ottawa Rotary Home
613-236-3200
www.rotaryhome.on.ca

Service Coordination for People with Developmental Disabilities
613-748-1788
www.scsottawa.on.ca

Youth Services Bureau of Ottawa - Crisis Line
613-260-2360
www.ysb.on.ca/

Psychiatric Survivors of Ottawa
613-567-4379
www.pso-ottawa.ca

Health Services

Audiology Clinic at CHEO
613-737-7600
www.cheo.on.ca/En/audiology

Blind-Low Vision Early Intervention Program
613-688-3979 x3331
www.pqchc.com/children-family-services/blind-low-vision

Canadian National Institute for the Blind – Early Intervention Program
1-800-563-2642
www.cnib.ca

***Children's Hospital of Eastern Ontario (CHEO)**
613-737-7600
www.cheo.on.ca

Infant Hearing Program
613-688-3979 x3453
1-866-HEAR-IHP
www.pqchc.com/children-family-services/infant-hearing-program

First Words Preschool Speech and Language Program
613-PARENTS
613-580-6744
www.firstwords.ca

Health Care Connect
1-800-445-1822
www.ontario.ca/healthcareconnect

Healthy Smiles Ontario
Ottawa Public Health
613-580-6744
www.ottawa.ca/dental

Ottawa Dental Society
613-523-4185
www.ottawadentalsociety.org

Sexual Health Centre
Ottawa Public Health
613-234-4641
www.ottawa.ca/en/residents/public-health/sexual-health/sexual-health-centre

Sexual Assault Support Centre
613-234-2266
www.sascottawa.com

Telehealth Ontario
1-866-797-0000
www.health.gov.on.ca/en/public/programs/telehealth/

***Wabano Centre for Aboriginal Health**
613-748-5999
www.wabano.com

Canadian Hearing Society Ottawa
613-521-0509
www.chs.ca

Nutrition & Food Banks

Community Food Advisor Program
Ottawa Public Health
613-580-6755 x23574
www.ottawa.ca/en/residents/public-health/healthy-living/community-food-advisor-program

Eat Right Ontario
1-877-510-5102
www.eatrightontario.ca

Ottawa Good Food Box
613-860-6767
www.ottawagoodfoodbox.ca

Kosher Food Bank
Jewish Family Services Ottawa
613-722-2225
http://www.jfsottawa.com/

NutriSTEP® screening
Ottawa Public Health
613-580-6744
www.ottawa.ca/en/residents/public-health/nutristepr

Ottawa Food Bank
613-745-7001
www.ottawafoodbank.ca

Sadaqa Food Bank (Halal)
613-680-5679
www.sadaqafoodbank.net

Other Community Services & Resources

Capital Region Interfaith Council
www.cricottawacirc.ca

***The Children's Aid Society of Ottawa**
613-747-7800
www.casott.on.ca

***Coalition of Community Health and Resource Centres of Ottawa**
www.coalitionottawa.ca

***Minwaashin Lodge**
613-741-5590
Crisis line:
613-789-1141
www.minlodge.com

Newcomer Information Centre
613-788-5001
www.ymcaywca.ca/Adults/newcomerservices/nic

***Odawa Native Friendship Centre**
613-722-3811
www.odawa.on.ca

***Ottawa Community Immigrant Services Organization**
613-725-0202
www.ociso.org

Ottawa Public Library
613-580-2940
www.biblioottawalibrary.ca

Parents' Lifelines of Eastern Ontario
613-321-3211
www.pleo.on.ca

Tungasuvvingat Inuit
613-565-5885
http://www.tungasuvvingatinuit.ca/

***Youville Centre**
613-231-5150
www.youvillecentre.org

Bereaved Families of Ontario Ottawa Region
613-567-4278
www.bfo-ottawa.org

To find this list of resources and services and neighbourhood specific lists go to:
www.ottawabeststart.com
www.parentresource.ca

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

YOU CAN ALSO CALL:

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

Asterisk (*) indicates multiservice agency

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