Meilleur départ
Best Start Ottawa
www.ottawabeststart.com

RESOURCES AND SERVICES FOR CARLINGTON FAMILIES

Prenatal to 12 years

Last updated: March 2017

PRC CRP
parentresource.ca

Pregnancy & Babies

PROGRAMS LOCATED AT CARLINGTON COMMUNITY HEALTH CENTRE (CCHC):
900 Merivale Rd.

Baby Food Cupboard
613-722-4000 x203

Breastfeeding Drop-In; Breastfeeding Support; Mothers of Multiples Breastfeeding Group
613-722-4000 x319

Buns in the Oven Prenatal Support; Prenatal Individual Support
613-722-4000 x246

Canadian Prenatal Nutrition Program
613-722-4000 x239

Prenatal Breastfeeding Information Sessions
613-722-4000

Emergency Baby Cupboards

Bellevue Community Centre
1475 Caldwell Ave.
613-722-4000 x239

Debra Dynes Family House
995 Debra Ave., unit 85
613-722-4000 x246

Parenting & Family Programs

Bellevue Drop-In Playgroup (0-6 years)
Bellevue Community Centre
1475 Caldwell Ave.
613-722-4000 x236

Bellevue French Playgroup (0-6 years)
Bellevue Community Centre
1475 Caldwell Ave.
613-722-4000 x251

Parenting and Family Literacy Centre Drop-In (0-6 years)
St. Elizabeth School
1366 Coldrey Ave.
613-224-4455 x2382

Teddy's Playgroup
CCHC
900 Merivale Rd.
613-722-4000

Child Care

DAYCARE & NURSERY SCHOOL

Sessilla Academy
1026 Baseline Rd.
613-274-2828

Annavale Headstart Nursery School
250 Anna Ave.
613-798-5689

The Children's Place - Carling
1150 Carling Ave.
613-729-1222

Esther By Child Care Centre
1550 Caldwell Ave.
613-729-3242

First Journey Montessori Inc.
1551 Laperriere Ave.
613-729-3300

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

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

HOME CHILD CARE

Centrepointe Child Care Services
613-225-4819

Children's Village of Ottawa Carleton
613-725-2040

City View Centre for Child and Family Services
613-823-7088 x228

Global Child Care Services
613-742-5500

La Maisonnée
613-789-3020 x243

Mothercraft Ottawa
613-728-1839

Odawa Sweetgrass
613-722-3811 x234

Wee Watch Enriched Home Child Care
613-825-9425

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

Children's Program
Crossroads Children's Centre
1755 Courtwood Cres.
613-723-1623

Debra Dynes Family Support Group
85-995 Debra Ave.
613-224-3824 x246

Family Market Place
CCHC
900 Merivale Rd.
613-722-4000 ext. 251

Family Support (One on One Support)
CCHC
900 Merivale Rd.
613-722-4000 ext. 303

Parenting Education and Support Programs
CCHC
900 Merivale Rd.
613-722-4000

Parenting Program
CCHC
900 Merivale Rd.
613-722-4000

Health Services

Free Monthly Dental Screening
Carlington Community Health Centre
900 Merivale Rd.
613-722-4000

Nutrition & Food Banks

Food Banks
Caldwell Family Centre
1100 Medford Street, Units 20-22
613-728-1800

CCHC
900 Merivale Rd.
613-722-4000

Ottawa Good Food Box
CCHC
900 Merivale Rd.
613-233-4443 x2203

Debra Dynes Family House
85-995 Debra Ave.
613-224-3824

Lepage
1400 Lepage Ave.
613-769-5177

Stronghold Community Home
1465 Caldwell Ave.
613-728-9933

Other Community Services & Resources

Agudath Israel Congregation
1400 Coldrey Ave.
613-728-3501

Al Rahma School
W.E. Gowling Public School
250 Anna St.
613-321-5002

Carlington Community Champlaincy
1465 Caldwell Ave.
613-728-9933

Carlington Community Health Centre
900 Merivale Rd.
613-722-4000

Community Crisis Intake
CCHC
900 Merivale Rd.
613-722-4000

Debra Dynes Family House
85-995 Debra Ave.
613-224-3824
613-728-1800

ESL Homework Club
Caldwell Family Centre
1100 Medford St., Units 20-22
613-728-1800

Housing Support
CCHC
900 Merivale Rd.
613-722-4000

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