Meilleur départ
Best Start Ottawa
www.ottawabeststart.com

RESOURCES AND SERVICES FOR PINECREST/QUEENSWAY & NEPEAN NORTH FAMILIES

Prenatal to 12 years

Last updated: March 2017

PRC CRP
parentresource.ca

Pregnancy & Babies

Baby Playgroup
Star Gymnastics
1140 Morrisson Dr.
613-721-4868

Breastfeeding Support Drop-In
OEYC - Ottawa West Nepean
1365 Richmond Rd.
613-820-4922 x3650

Canadian Prenatal Nutrition Program
Pinecrest-Queensway Community Health Centre (PQCHC)
1365 Richmond Rd.
613-820-4922

Healthy Start Parent Support
PQCHC
1365 Richmond Rd.
613-820-4922 x3604

Infant Crawlers Drop-In (Bilingual); Prenatal Breastfeeding Workshop
PQCHC
1365 Richmond Rd.
613-820-4922

Little Explorers Drop-In Playgroup
PQCHC
1365 Richmond Rd.
613-820-4922 x3650

Parenting & Family Programs

Bilingual Drop-In Playgroup
PQCHC
1365 Richmond Rd.
613-820-4922 x3650

Bilingual Drop-In Playgroup; English Drop-In Playgroup (0-6 years); French Drop-In Playgroup; Toy Library
PQCHC
1365 Richmond Rd.
613-820-4922 x3650

Toy Library
Nepean Kanata Family Resource Centre (Ringer #101)
210 Woodridge Cres.
613-596-5626

Drop-In Playgroups:

Foster Farm Community Centre
1065 Ramsey Rd.
613-820-4922 x3650

Star Gymnastics
1140 Morrisson Dr.
613-721-4868

Parenting and Family Literacy Centre Drop-In (0-6 years)
Severn Avenue Public School
2553 Severn Ave.
613-596-8211 x8942

Playgroup Adventure
Ron Kolbus Lakeside Centre102 Greenview Ave.
613-828-4313

Storytime
Chapters - Pinecrest
2735 Iris St.
613-596-3003

Child Care

DAYCARE & NURSERY SCHOOL

Abraar Islamic Preschool
1085 Grenon Ave.
613-226-1396

AcadeKidz
201-1010 Morrison Dr.
613-721-3872

Bishop Hamilton Montessori School
2199 Regency Ter.
613-596-4013

Le Cerf-Volant – Terre des Jeunes
1303 ch. Fellows
613-828-7830

Foster Farm Child Care Centre
1065 Ramsey Cres.
613-829-8939

MAC Preschool and Childcare Centre
1085 Grenon Ave.
613-820-0023

Pinecrest-Queensway Headstart Nursery School
2860 Ahearn Ave.
613-829-1125

Queensway West Montessori School
930 Watson St.
613-721-1029

REKSAP Centres for Early Learning
2599 Regina St.
613-828-8743

2553 Severn Ave.
613-828-3039

Rodnichok
1311 Pinecrest Rd.
613-866-0705
613-596-5123
613-823-9561

Woodridge Court Child Care Centre
101-230 Woodridge Cres.
613-820-3750

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

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

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

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

Circle of Support - Parent Outreach Program/Home Visiting
PQCHC
1365 Richmond Rd.
613-820-4922 x3650

Fun Friends
PQCHC
1365 Richmond Rd.
613-820-4922

Ottawa Mobile Crisis Team for Children and Youth
2675 Queensview Dr.
613-562-3004

Health Services

Blind Low Vision Early Intervention Program
PQCHC
1365 Richmond Rd.
613-688-3979

Dental Care Programs at Reduced Rates
Lincoln Fields Mall
Canadian Institute of Health
2525 Carling, #27A
613-726-2644

Free Monthly Dental Screening
PQCHC
1365 Richmond Rd.
613-580-6744

Infant Hearing Program
PQCHC
1365 Richmond Rd.
613-688-3979 x3453

Parenting in Ottawa Drop-In
OEYC - Ottawa West Nepean
1365 Richmond Rd.
613-PARENTS
613-727-3687

Nutrition & Food Banks

Kosher Food Bank
2255 Carling, Suite 300
613-722-2225

Other Community Services & Resources

Boys and Girls Club of Ottawa
Britannia Clubhouse
2825 Dumaurier Ave.
613-828-0428

Inez & Joseph Zelikovitz Settlement Unit; Tikvah Program (Jewish Low Income Families)
Jewish Family Services of Ottawa
2255 Carling Ave.
613-722-2225

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