Meilleur départ
Best Start Ottawa
www.ottawabeststart.com

RESOURCES AND SERVICES FOR DALHOUSIE FAMILIES

Prenatal to 12 years

Last updated: March 2017

PRC CRP
parentresource.ca

Pregnancy & Babies

Healthy Babies Healthy Children
Odawa Native Friendship Centre
250 City Centre Ave.
613-722-3811 x237

Midwifery Services
Midwifery Group of Ottawa
700-265 Carling Ave.
613-729-9957

The following programs all take place at Somerset West Community Health Centre 55 Eccles St:

Buns in the Oven (Prenatal Nutrition Program)
613-238-1220 x2352

Chinese Prenatal Class
613-238-8210 x2345

Chinese Pregnancy Circle
613-238-8210

First Steps – Prenatal Nutrition Support
613-238-8210 x2352

La Leche League Canada Ottawa Little Nursing Persons
613-596-8014
613-592-9737

Making Baby Food (Chinese or English)
613-238-8210
x2345 or 2352

Parenting Information
613-238-8210
x2503 (English)
x2504 (French)
x2507 (Mandarin)

Prenatal Breastfeeding Class
613-238-8210

Breastfeeding Support Drop-In
613-238-1220 x2352

Parenting & Family Programs

Drop-In Playgroups (English, French, & Chinese) (0-5 years)
Somerset West Community Health Centre, Dalhousie Community Centre
755 Somerset St. W.
613-564-1188

Growing Up Downtown
Somerset West Community Health Centre, Dalhousie Community Centre
755 Somerset St. W.
613-564-1188

Parenting & Family Literacy Centre Drop-In (0-6 Years) (English &Chinese)
Cambridge Street Community Public School
250 Cambridge St.N.
613-596-8211 x8942

Child Care

DAYCARE & NURSERY SCHOOL

Dalhousie Parents' Day Care Centre
391 Booth St.
Lower Level
613-234-2850

Dow's Lake Daycare Inc.
580 Booth St.
613-567-9854

Nanny Goat Hill Headstart Nursery School
755 Somerset St. W.
613-235-7561

OCDSB – Adult High School Preschool Program
300 Rochester St.,
Room 218
613-239-2378

Rochester Heights After School Program
299 Rochester St.
613-237-6529

St. Anthony's Children's Centre
414 Booth St.
613-232-4308

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

Andrew Fleck Child Care Services
613-736-5355

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

Parents Home Child Care
613-233-9268

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

FRIENDS for Life Program
Somerset West Community Health Centre
613-238-8210 x2504

Heritage Academy of Learning Excellence
207 Bayswater Ave.
613-722-0133

Health Services

Free Monthly Dental Screening
Somerset West Community Health Centre
55 Eccles St.
613-238-1220

Somerset West Community Health Centre
55 Eccles St.
613-238-1220

Nutrition & Food Banks

Low Cost Cooking Programs
Somerset West Community Health Centre
55 Eccles St.
613-238-8210

Ottawa Good Food Boxes:

Adult High School
300 Rochester St.
613-239-2707 x233

Cambridge St.
250 Cambridge St.
613-234-8612

Wellington Towers
1041 Wellington St.
613-564-1235
x3242

St. Luke's Table Meal Program
760 Somerset St. W
613-234-6287

Other Community Services & Resources

Clothing Cupboard
Somerset West Community Health Centre, Dalhousie Community Centre
location:
755 Somerset St. W
613-238-8210 x2503

English as a Second Language (ESL) Language Instruction for Newcomers to Canada
Family Reception Centre
300 Rochester St.,
Unit 202
613-239-2416

Odawa Native Friendship Centre
250 City Centre Ave.
613-722-3811

Tungasuvvingat Inuit
604 Laurier Ave. West
613-563-4136

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