Meilleur départ
Best Start Ottawa
www.ottawabeststart.com

RESOURCES AND SERVICES FOR CARLETON HEIGHTS FAMILIES

Prenatal to 12 years

Last updated: March 2017

PRC CRP
parentresource.ca

Pregnancy & Babies

Baby Bundles; Debra Dynes Perinatal Program - Starting Strong & Collective Kitchen; Emergency Baby Food Cupboard
Debra Dynes Family House
955 Debra Ave.
Unit 85
613-224-3824

Parenting & Family Programs

Boys & Girls Club Drop-In Playgroup
Boys and Girls Club, Police Youth Centre
1463 Prince of Wales Dr.
613-727-5398

Kindergarten Readiness; Literacy Library
Debra Dynes Family House
955 Debra Ave.
Unit 85
613-224-3824

Parenting & Family Literacy Centre Drop-In (0-6 years)
Carleton Heights Public School
1660 Prince of Wales Dr.
613-596-8211 x8942

Parkwood Hills Playgroup (0-6 years)
St. Mark's Anglican Church
1606 Fisher Ave.
613-596-5626

Child Care

DAYCARE & NURSERY SCHOOL

Carleton Heights Child Care Centre
991 Dynes Rd.
613-224-8391

Carleton Memorial Day Care Centre
740 Melfa Cres.
613-226-1953

Colonel By Child Care Centre
1125 Colonel By Dr.
613-520-2715

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

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

Please refer to city-wide services directory

Health Services

Please refer to city-wide services directory

Nutrition & Food Banks

Collective Kitchen; Emergency Food Bank; Ottawa Good Food Box
Debra Dynes Family House
955 Debra Ave.
Unit 85
613-224-3824

Ottawa Good Food Box
Carleton University
1125 Colonel By Dr.
613-520-2600 x2265

Other Community Services & Resources

Community Computer and Internet access; Emergency Laundry Help; Free-Bee Friday, Free Store, & Clothes Cupboard; Ready for School - School Supplies; Sewing Program
Debra Dynes Family House
955 Debra Ave.
Unit 85
613-224-3824

Although not located in this neighbourhood, the following agency serves Carleton Heights residents:

Andrew Fleck Child Care Services
600-700 Industrial Ave
613-736-5355

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 x.222

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