Meilleur départ
Best Start Ottawa
www.ottawabeststart.com

RESOURCES AND SERVICES FOR NEPEAN EAST FAMILIES

Prenatal to 12 years

Last updated: March 2017

PRC CRP
parentresource.ca

Pregnancy & Babies

Babytime
Ottawa Public Library
Emerald Plaza
1547 Merivale Rd.
613-224-7874

Emergency Baby Cupboard
Nepean, Rideau and Osgoode Community Resource Centre
240-1547 Merivale Rd.
613-596-5626

Although these programs are not located in this neighbourhood they serve Nepean East residents:

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

Parenting & Family Programs

Family Storytime; Toddler Time
Ottawa Public Library
Emerald Plaza
1547 Merivale Rd.
613-224-7874

Little Wiggles Playgroup
Tanglewood Park Community Centre
30 Woodfield Dr.
613-986-4730

Parenting & Family Literacy Centre Drop-In (0-6 Years)
Carleton Heights Public School
60 Tiverton Dr.
613-596-8211 x3207

Tanglewood Tykes Cooperative Playgroup (0-6 Years);
Tanglewood Park Community Centre
30 Woodfield Dr.
613-355-5704

Child Care

DAYCARE & NURSERY SCHOOL

Algonquin College Early Learning Centre
1385 Woodroffe Ave.
613-727-4723 x7774

Borden Farm Child Care Centre
170 Chesterton Dr.
613-224-1411

Centre parascolaire Le Parasol
École élémentaire catholique Laurier-Carrière
14 Four Seasons Dr.
613-723-8970

Community Cooperative Preschool
8 Withrow Ave.
613-224-6173

Huron Early Learning Centre
24 Capilano Dr.
613-224-4878

Little Explorers Reggio Emilia Preschool
6 Deakin St.
613-697-2810

Little Scholars Montessori Daycare
1455 Woodroffe Ave.
613-727-1455

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

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

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

Applied Behaviour Analysis (ABA)/Intensive Behavioural Intervention (IBI) Therapy; Inclusions and Transitions Program; Parent/Caregiver Training and Family Consultation Program
Spectrum Intervention Group
19 Grenfell Cres., Unit 100
613-723-0606

Health Services

Algonquin College Dental Clinic
1385 Woodroffe Ave.
Room J 109
613-727-4723 x7630

Free Monthly Dental Screening
Nepean, Rideau and Osgoode Community Resource Centre
1547 Merivale Rd.
613-596-5626

Healthy Smiles Ontario
Emerald Plaza
1547 Merivale Rd.,
Suite 240
613-596-5626

Nutrition & Food Banks

Ottawa Good Food Box
Nepean, Rideau and Osgoode Community Resource Centre
1547 Merivale Rd.,
Unit 240
613-596-5626

This program is not located in this neighbourhood but serves Nepean East residents:

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

Other Community Services & Resources

Newcomer Information Services
Nepean, Rideau and Osgoode Community Resource Centre
1547 Merivale Rd.,
Unit 240
613-596-5626 x252

Ottawa Public Library Emerald Plaza
1547 Merivale Rd.
613-224-7874

Recreational Programs
Nepean, Rideau and Osgood Community Resource Centre
1547 Merivale Rd.
613-596-5626

Settlement Services Housing Loss Prevention
Nepean, Rideau and Osgoode Community Resource Centre
1547 Merivale Dr.,
Unit 240
613-596-5626 x252

Tanglewood/ Hillsdale Community Association
30 Woodfield Dr.
613-226-7800

Although these programs are not located in this neighbourhood they serve Nepean East residents:

Carleton Heights Area Boys and Girls Club
1463 Prince of Wales Dr.
613-727-5398

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

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