

# RESOURCES AND SERVICES FOR OVERBROOK FAMILIES

Prenatal to 12 years

Last updated: March 2017

## Pregnancy & Babies

## Parenting & Family Programs

## Child Care

## Education

## Social, Emotional & Behavioral

## Health Services

## Nutrition & Food Banks

## Other Community Services & Resources

### Sacred Child Program

Minwaashin Lodge  
1155 Lola St., Unit 100  
613-741-5590 ext. 234

### ABC-123 Bilingual Playgroup for Parents, Grandparents and Caregivers (0-6 years); ABC-123 Bilingual Playgroup for Parents Only (0-6 years)

Rideau-Rockcliffe Community Resource Centre (RRCRC)  
225 Donald St. Unit 120  
613-745-0073

### Parenting and Family Literacy Centre Drop-In (0-6 years)

Queen Mary Street Public School  
557 Queen Mary St.  
613-596-8211 x8942

### Reading and Parents Program (RAPP) Playgroup (0-6 years)

RRCRC  
225 Donald St., Unit 120  
613-233-8660

### DAYCARE & NURSERY SCHOOL

**Centre de la petite enfance du Rocher**  
260-235 Donald St.  
613-237-9290

**Fairview Child Care Centre of Ottawa**  
437 Donald St.  
613-749-2556

**Garderie Providence**  
998 Frances St.  
613-744-0010

**Overbrook Day Care**  
557 Queen Mary St.  
613-746-7762

**The Children's Program (Part-Time Child Care for Heartwood House Program Participants)**  
404 McArthur Ave.  
613-233-8660

**Making Connections Nursery School - AFCCS**  
161-235 Donald St.  
613-741-3511

*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

**Andrew Fleck Child Care Services**  
613-736-5355

**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

*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](http://www.ocdsb.ca)  
School Locator Tool:  
[www.ocdsb.ca/sch/sl/Pages/SchoolLocatorMap.aspx](http://www.ocdsb.ca/sch/sl/Pages/SchoolLocatorMap.aspx)

**Ottawa Catholic School Board**  
613-224-2222  
[www.ocsb.ca](http://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](http://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](http://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.*

### Family Counselling Services (Aboriginal Children and Youth 5-15 years)

Minwaashin Lodge – The Aboriginal Women's Support Center  
100-1155 Lola St.  
613-741-5590 x228

**Thursday's Child Nursery School**  
(For Children Diagnosed with Autism Spectrum Disorder)  
235 Donald St., Room 161  
613-741-3511

**Free Monthly Dental Screening**  
RRCRC  
225 Donald St. Unit 120  
613-745-0073

**Parenting in Ottawa Drop-In**  
RRCRC  
225 Donald St  
613-PARENTS  
613-727-3687

**Food Bank; Good Food Market; Little Chef's Program; Market Mobile**  
RRCRC  
120-225 Donald St.  
613-745-0073

**Adults and Family Literacy Programs**  
Alternative Learning Styles of Ottawa (ALSO)  
404 McArthur Ave.  
613-233-8660

**HIPPY Ottawa (School Readiness) Home Instructions for Parents of Preschool Youngsters (3-4 years)**  
Hub Satellite Program VCSC  
290 Dupuis St.  
613-744-2892 x1075

**Makonsag Aboriginal Head Start**  
149 King George St.  
613-724-5844

**Oshki Kizis Lodge (Shelter for Aboriginal Women & Children); Spirit Movers and Fire Keepers Youth Program (Aboriginal Youth 7-18 years)**  
Minwaashin Lodge  
1155 Lola St.  
613-741-5590

**The Snowsuit Fund Program**  
Hardini Centre  
134-225 Donald St.  
613-746-5143

### 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

*This list of neighbourhood resources and services and a city-wide list can be found online at: [www.ottawabeststart.com](http://www.ottawabeststart.com) and [www.parentresource.ca](http://www.parentresource.ca)*

*For more information: [information@parentresource.ca](mailto:information@parentresource.ca) 613-565-2467 x222*