

RESOURCES AND SERVICES FOR OTTAWA EAST AND SANDY HILL FAMILIES

Prenatal to 12 years

Last updated: March 2017

Pregnancy & Babies



Child Care



Social, **Emotional** & Behavioral

Health Services

Nutrition & Food Banks

Other Community Services & Resources



St. Joe's Women's Centre 151 Laurier Ave. E. 613-231-6722

Sandy Hill Community Health Centre 88 Main St. 613-565-3266

Baby's Play Playgroup (0-18 months); Infant Massage, **Music and Movement** Parent Resource Centre 300 Goulburn Pvt. 613-565-2467 x226

Distribution of Safe Sex Materials: Menstrual Products, and Pregnancy Tests

Women's Resource Centre University of Ottawa 85 University Pvt. Room 220 613-562-5800 x5755

Me, My Baby, Our World Youville Centre 150 Mann Ave.

613-231-5150 Young Parent

Swaddlers Playgroup (0-12 months) Bethany Hope Centre 820 Woodroofe Ave. 613-725-1733

Child's Play

(0-6 years);

Playgroup for

(0-6 years);

Playgroup for

(0-6 years);

Plavaroup

(0-6 years);

Toy Library

Centre

Parent Resource

Francophone

Playgroup Le

Parent Resource

300 Goulburn Pvt.

Parent-Child

Attachment

Programs;

Drop-In;

Drop-In

613-789-3020 x231

Young Dads/Child

Young Fathers

Youville Centre

150 Mann Ave.

613-231-5150

Carrousel

Ensemble

Centre

300 Goulburn Pvt.

613-565-2467 x226

(0-6 years) -Grandir

Saturday Drop-In

Child's Play

Parents

Child's Play

Caregivers

Playgroup



DAYCARE & NURSERY SCHOOL

Bettve Hvde Co-operative Early Learning Centre 43 Blackburn Ave. 613-236-3108

Carleton Preschool -Rainbow Kidschool 63 Evelvn Ave. 613-235-2255

Garden Gate Program 317 Chapel St.

Guild Room 613-841-5843

Bernadette Chile **Care Centre** 100 Thomas More Pvt. 613-562-5937

Riverside Montessori Pre-School

88 Main St. 613-521-4888

Sandy Hill Child Care 300 Wilbrod St. 613-237-5232

Child Development Program

Youville Centre 150 Mann Ave. 613-231-5150

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

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

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/SchoolLocatorM ap.aspx

Ottawa Catholic School Board 613-224-2222

www.ocsb.ca School Locator Tool: http://schoollocator.oc sb.ca:8081/Eligibility.a spx?Page=School

Conseil des écoles catholiques du Centre-Est 613-744-2555

www.ecolecatholique.c

School Locator Tool: https://www.ctso.ca/E ligibility.aspx?Page=S

Conseil des écoles publiques de l'Est de l'Ontario 613-742-8960

www.cepeo.on.ca School Locator Tool: https://www.ctso.ca/E ligibility.aspx?Page=S

Please note that the four school boards represent only publicly-funded schools.

In-Home Parenting **Education Service**

Parent Resource Centre 300 Goulburn Pvt. 613-565-2467 x222

First Words Toddler Talk Program

Parent Resource Center 300 Goulburn Prt. 613-565-2467

Parenting in Ottawa Drop-In Parent Resource

Centre Le Carrousel Grandir Ensemble 300 Goulburn Pvt. 613-PARENTS 613-727-3687

Ottawa Good Food Boxes:

Sandy Hill Community Health Centre 88 Main St. 613-789-6309

95 Main St. 613-565-3265

Good Food Market Sandy Hill Community Health Centre 88 Main St. 613-789-6309

English as a Second Language Program with Early Learning Program

Sandy Hill Community Health Centre 88 Main St. 613-789-8458

English **Conversation Group** Sandy Hill Community Health Centre 88 Main St. 613-789-8458

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

Information and **Referral Phone** Line Parent Resource

Centre 300 Goulburn Pvt. 613-565-2467 x222

> Newcomer Information and **Referral Services** Sandy Hill Community Health Centre 88 Main St. 613-789-8458

> Sage Youth Literacy Program for School Age Children and Youth

Sandy Hill Community Health Centre 88 Main St. 1-866-855-5650

YOU CAN ALSO CALL:

Services available in multiple languages

211 - Information and referral for community, social, government, and health

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 and www.parentresource.ca

For more information: information@parentresource.ca 613-565-2467 x222

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