

RESOURCES AND SERVICES FOR COPELAND FAMILIES

parentresource.ca

Prenatal to 12 years

Last updated: March 2017



Parenting & Family **Programs**

Child Care

Education

Social, **Emotional** & Behavioral

Health **Services**

directory

Nutrition & Food Banks

Other Community Services & Resources

Babytime

Ottawa Public Library Carlingwood 281 Woodroffe Ave. 613-725-2449

The following services are for parents up to 25 years of age and their families:

Buns in the Oven Prenatal Nutrition Program; **Emergency** Services; **Pregnancy Health** Supports; Swaddlers; Pregnancy Circle for Young Parents Bethany Hope Centre 820 Woodroffe Ave.

Bruyère Family Health Clinic Bethany Hope Centre 820 Woodroffe Ave. 613-725-1733 x201

613-725-1733

Free Drop-In Playgroup

Soloway Jewish Community Centre 21 Nadolny Sachs Pvt. 613-798-9818

Family Storytime; **Toddler Time** Ottawa Public Library Carlingwood 281 Woodroffe Ave.

The following services are for parents up to 25 vears of age and their families:

613-725-2449

Young Parents First Friends Playgroup (0-6 years); **Young Parent** Toddler Playgroup (0-6 years)

Bethany Hope Centre 820 Woodroffe Ave. 613-725-1733

DAYCARE & NURSERY SCHOOL

Centre de l'enfant aux 4 vents 2093B Bel Air Dr. 613-228-2613

Le Cerf-Volant -**Grandir Ensemble -**École élémentaire catholique d'enseignement

personnalisé Édouard-920 Parkhaven St. 613-596-1971

Early Beginnings Multicultural Child Development Centre 11 Nadolny Sachs Pvt. 613-722-5157

Ganon Preschool -Soloway Jewish **Community Centre** 21 Nadolny Sachs Pvt. 613-798-9818 x280

Little Love Bugs Daycare 1160 Maitland Ave. 613-695-7701

Matreshka 207 Woodroffe Ave. 613-722-5591

OCDSB - Woodroffe High School -Infant, Toddler & **Preschool Program** 2410 Georgina Dr. 613-828-4094

Playtime Daycare Centre

213-1160 Maitland Ave. 613-727-5858

River Parkway Children's Centre 40 Cleary Ave. 613-729-3129

Whitehaven Kindergarten School Age Centre Inc. & Preschool 919 Woodroffe Ave.

613-759-8364

of Ottawa 613-592-4636 **Global Child Care**

HOME CHILD CARE

Centrepointe Child

Children's Village of

City View Centre for

Ottawa Carleton

Child and Family

613-823-7088 x228

Community Child Care

Care Services

613-225-4819

613-725-2040

Services

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 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

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

spx?Page=School

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 igibility.aspx?Page=S

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

The Counselling Group (\$)

Jewish Family Services 1774 Kerr Ave. 613-722-2225 x414

Thinking in Pictures **Educational Services** (TIPES) (For Children and Youth with Autism Spectrum Disorders and Related/Additional Exceptionalities) (\$) TIPES Head Office 1119 Lazard St. 613-224-0729

Please refer to city-**Copeland Food** wide services

Cupboard (Parents up to 25 years) Bethany Hope Centre 820 Woodroffe Ave. 613-725-1733

Please refer to citywide services

directory

YOU CAN ALSO CALL:

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

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

Services available in multiple languages

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

This list of neighbourhood resources and

services and a city-wide list can be found

online at: www.ottawabeststart.com and

www.parentresource.ca