Meilleur départ
Best Start Ottawa
www.ottawabeststart.com

RESOURCES AND SERVICES FOR NEPEAN CENTRAL FAMILIES

Prenatal to 12 years

Last updated: March 2017

PRC CRP
parentresource.ca

Pregnancy & Babies

Babytime; Prenatal Class
Ottawa Public Library
Nepean Centrepointe
101 Centrepointe Drive
613-580-2940

Breastfeeding Support Drop-In
Queensway Carleton Hospital Childbirth Centre
3045 Baseline Rd.
613-721-2000 x4816

La Leche League Canada - Nepean Central
Centrepointe Childcare Services
75 Hemmingwood Way
613-238-5919

Me and My Baby (0-12 months)
Centrepointe Childcare Services
75 Hemmingwood Way
613-255-4819

Parenting & Family Programs

Dads Only Drop-In; Infant & Toddler Playtime (0-18 Months); Open Drop-In Playgroup; Centrepointe Toy Library
Centrepointe Childcare Services
75 Hemmingwood Way
613-225-4819

Drop-In Playgroup
Bethany Baptist Church
380 Centrepointe Dr.
613-820-4922 x3650

Family Storytime; Toddler Time
Ottawa Public Library
Nepean Centrepointe
101 Centrepointe Drive
613-580-2710

Nepean Central Playgroup
Woodvale Pentecostal Church
205 Greenbank Rd.
613-316-2056

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

Tanglewood Tykes ($) (0-5 years)
Tanglewood Park Community Centre
30 Woodfield Dr.
613-226-5444

Child Care

DAYCARE & NURSERY SCHOOL

Carleton Montessori School
20 Harrison St.
613-828-5612

Centrepointe Artistic Preschool
125-117 Centrepointe Dr.
613-226-6257

Centrepointe Child Care Services
75 Hemmingwood Way
613-225-9678

Centrepointe Co-operative Nursery School
75 Hemmingwood Way
613-225-4819

St. Mary's Daycare
2 Canfield Rd.
613-596-6279

Weefolk Playhouse Inc.
171 Greenbank Rd.
613-729-1535

We Care Daycare Centre
289 Greenbank Rd.
613-695-2273

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

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

Please refer to city-wide services directory

Health Services

Parenting in Ottawa Drop-In
Community & Social Services Department – Community and Social Support Centre West/Community Hub West
100 Constellation Dr., 2nd floor
613-PARENTS
613-727-3687

Nutrition & Food Banks

Centrepointe Good Food Box Program
100 Constellation Dr.
613-580-6744 x25278

Ottawa Good Food Box Draffin/ Centerpointe
100 Draffin Court
613-225-4638

Other Community Services & Resources

Ottawa Public Library Nepean Centrepointe
101 Centrepointe Drive
613-580-2710

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