

Pregnancy & Babies

Parenting & Family Programs

Child Care

Education

Social, Emotional & Behavioral

Health Services

Nutrition & Food Banks

Other Community Resources

Emergency Baby Cupboard; Infant Playgroup (0-12 months)
Cityview Centre for Child and Family Services
1099 Longfields Dr.
613-825-5990

Babytime
Ottawa Public Library
Ruth E. Dickinson
100 Malvern Dr.
613- 580-2796

Prenatal Class
Ottawa Public Library
Ruth E. Dickinson
100 Malvern Dr.
613- 580-2940

Sexual Health Centre
South Nepean Satellite Community Centre – Youth Clinic
4100 Strandherd Dr., Suite 201
613-288-2820

Barrhaven Child Care Centre Playgroup
Barrhaven Child Care Centre
56 Kennevale Dr.
613-825-9385

Bilingual Playgroup (EN/FR); Learn & Play Special Needs Bilingual Drop-In Playgroup (OCTC); English Playgroup, French Playgroup; Mandarin Playgroup
City View Centre
1099 Longfields Dr.
613-825-5990

Family Resource Centre Drop-In Playgroup
Barrhaven United Church (\$)
3013 Jockvale Rd.
613-825-9385

Family Storytime; Toddler Time
Ottawa Public Library
Ruth E. Dickinson
100 Malvern Dr.
613- 580-2796

Francophone Best Start Hub
Jean-Robert Gauthier Catholic Elementary School (in French only)
651 Chapman Mills Dr.
613-789-3020 x231

Mandarin Playgroup
City View Centre
1099 Longfields Dr.
613-825-5990

Ottawa Chinese Community Centre
4100 Strandherd Dr.
613-825-5990

Parent-Child Mother Goose
Somerset West Community Health Centre – Rosemount Branch 30
Rosemount Ave
613-238-8210 x2504

Storytime
Indigo Barrhaven
125 Riocan Ave.
613-825-5990

DAYCARE & NURSERY SCHOOL

A Gym's Tale
100-3777 Strandherd Dr.
613-825-9165

Barrhaven Child Care Centre - Jockvale
101A Malvern Dr.
613-825-1271

Barrhaven Child Care Centre – Mary Honeywell
56 Kennevale Dr.
613-825-9385

Centre de l'enfant aux 4 vents - Barrhaven
11 Claridge Rd.
613-825-9092

Centre éducatif coopératif Le manège Inc.
651 Chapman Mills Dr.
613-440-0390
601 Longfields Dr.
613- 823-5476
2450 River Mist Dr.
613-692-1993

Chapman Mills Early Learning Centre
500 Chapman Mills Dr.
613- 823-9414

Children's Village
170 Stoneway Dr.
613-823-2200

City View Centre for Child and Family Services
Child Care Centre
1099 Longfields Dr.
613-823-8244 x231
Nursery School Program
1099 Longfields Dr.
613-825-5990 x237

Crestway Early Learning Centre
201B Crestway Dr.
613-823-8383

Little Scholars Montessori
3500 Fallowfield Rd.
4100 Strandherd Dr.
2910 Woodroffe Ave.
613-277-6866

Mothercraft Ottawa Waterbridge School Age Program
75 Waterbridge Dr.
613-728-1839

Mountshannon School Age Program
60B MountshannonDr.
613-823-3196

Pickles & Poppets
2900 Jockvale Rd.
613-296-0668

The Play House Learning Centre
3350 Fallowfield Rd.
613- 825-7529

Strandherd School Age Program
333B Beatrice Dr.
613-825-9399

Tiny Hoppers
3023 Cedarview Rd., Unit 8
613- 440-8507

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
Centrepointhe 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

Community Child Care of Ottawa
613-592-4636

Global Child Care Services
613-742-5500

La Maisonnée
613-789-3020 x243

Metcalfe Home Daycare
613-821-2899

Mothercraft Ottawa
613-728-1839

Parents Home Child Care
613-233-9268

Odawa Sweetgrass
613-722-3811 x234

Totlot Childcare
613-727-0010

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/si/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.

Ottawa Children's Treatment Centre
Cityview Centre for Child and Family Services
1099 Longfields Dr.
1-800-841-8252

Free Monthly Dental Screening
South Nepean Satellite Community Health Centre
4100 Strandherd Dr., Suite 201
613-288-2820

Healthy Smiles Ontario
South Nepean Satellite Community Health Centre
4100 Strandherd Dr., Suite 201
613-288-2820

Parenting in Ottawa Drop-Ins:

Jean-Robert Gauthier Catholic Elementary School and Grandir Ensemble (in French only)
651 Chapman Mills Dr.

South Nepean Community Health Centre - Barrhaven
4100 Strandherd Dr.

613-PARENTS
613-727-3687

Barrhaven Food Cupboard
Barrhaven United Church
3013 Jockvale Rd.
613-825-4505 x2

Ottawa Good Food Box Barrhaven
South Nepean Satellite Health Centre
4100 Strandherd Dr., Suite 201
613-288-2820

Nutritionist and Dietician (On Site)
South Nepean Satellite Health Centre
4100 Strandherd Dr., Suite 201
613-853-9519

Affordable Housing
Nepean Housing
16 Kilbaron Rd.
613-823-8452

Barrhaven Non-Profit Housing
3001 Jockvale Rd.
613-823-6230

Ottawa Torah Centre
111 Lamplighters Dr.
613-843-7770

Ottawa Public Library Ruth E. Dickinson
100 Malvern Dr.
613-580-2796

South Nepean Muslim Community Centre
3020 Woodroffe Ave.
613-440-6300

South Nepean Satellite Community Health Centre
4100 Strandherd Dr.
Suite 201
613-288-2820

West Barrhaven Community Association
30 Wessex Rd.

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 and www.parentresource.ca

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