

# Winter ~ Hiver

January to April 2016 ~ janvier à avril 2016



South-East  
Ottawa Community  
Health Centre  
Centre de santé  
communautaire du  
sud-est d'Ottawa

## South-East Ottawa Community Health Centre *Centre de santé communautaire du sud-est d'Ottawa*

1355 rue Bank Street, Suite 600, Ottawa, ON K1H 8K7 ~Tel (613) 737-5115

Fax (613) 739-8199 ~ [office@seoche.on.ca](mailto:office@seoche.on.ca)

Hunt Club Riverside Site, 3320 Paul Anka Drive, Ottawa, ON K1V 0J9 ~ Tel (613) -247-1600 ~ Fax (613) 247-1611

### Adults with Physical Disabilities (18 to 59 years)

PROGRAM NAME	WHEN	WHERE	CONTACT
<b>LunchAbility "Out and About"</b> A bilingual social program for adults aged (18 to 59 years) with a physical disability. We provide a nutritious meal or snack, accessible locations, attendant care and volunteer support.	Please contact Nadia for dates and times.	Various spots around Ottawa.	Nadia Presseau 613-737-5115 ext. 2375  <a href="mailto:nadiap@seoche.on.ca">nadiap@seoche.on.ca</a>
<b>Programme Dîner en Forme</b> Un programme bilingue pour adultes de 18 à 59 ans, ayant une incapacité physique. Toutes les activités comprennent un goûter ou un repas. Les sorties se font dans des lieux complètement accessibles. Une préposée aux soins et des bénévoles nous accompagnent	S.v.p. rejoindre Nadia pour les dates et heures de sorties.	Sorties variées à Ottawa	Téléphonez ou écrire à Nadia Presseau 613-737-7195 poste 2375  courriel à <a href="mailto:nadiap@seoche.on.ca">nadiap@seoche.on.ca</a>

### Chronic Disease Prevention & Management

PROGRAM NAME	WHEN	WHERE	CONTACT
<b>Living a healthy life with a chronic disease</b>		different groups held around the City	For information and to register, call: Julie Gauvin 613-737-7195 x2388 or visit <a href="http://www.livinghealthyhamplain.ca">www.livinghealthyhamplain.ca</a>
<b>Community Diabetes Education Program for people living with Type 2 Diabetes</b>	ongoing	SEOCHC and HC/R site	For more information, please call: 613-233-6655
<b>Living a Healthy Life With Diabetes.</b> This six week workshop helps people living with diabetes to better manage their symptoms and their daily life. It gives participants the skills to coordinate all the things needed to manage their health, as well as to help them keep active.	Thursday: 1:00 – 3:30 p.m. February 11 – March 17	1355 Bank St., 7th floor Alta Vista room	Please call 1-877-240-3941 for registration or for more information *Space is limited – please register to reserve your spot!*
<b>Smoking Cessation.</b> Individual Counselling with Nicotine Replacement Therapy	ongoing	1355 Bank St. Health Clinic	Call (613) 737-4809 to make an appointment

## Primary Care Services

PROGRAM NAME	WHEN	WHERE	CONTACT
<b>Family physicians and nurse practitioners</b> Clients who require medical care	Mon. 8:00-6:00 Tues. 8:00-8:00 Wed. 9:00-8:00 Thurs. & Fri. 9:00-5:00	1355 Bank St 6 <sup>th</sup> Floor	Health Services 613-737-4809  <b>Please call for status of waiting list</b>
<b>Anonymous HIV Testing</b> When you arrive at reception, ask for a <b>Social Services Test</b>	Monday to Friday 1:00 to 2:30 pm	1355 Bank St 6th Floor	Health Reception
<b>Dental Screening – FREE</b> All ages welcome	First Friday of each month. 12:00- 5:00pm	1355 Bank St 6th Floor	Health Services: 613-737-4809 Please book an appointment at medical reception
<b>Telemedicine Services</b> Use of video cameras and monitors for clinical appointments, educational events	Monday through Friday ONGOING	1355 Bank St 6th Floor	Health Services: 613-737-4809 Dominique ext. 2416 Raissa ext. 2353

## Youth

PROGRAM NAME	WHEN	WHERE	CONTACT
<b>Referrals and community connections for parents and youth</b> Referrals to youth activities, counselling support	Ongoing	1355 Bank St 6th Floor	Urge Ibrahim 613-247-1600 ext. 325 <a href="mailto:urgei@seochc.on.ca">urgei@seochc.on.ca</a>

## Housing

PROGRAM NAME	WHEN	WHERE	CONTACT
<b>Housing Support Services</b>	Walk-In, first come first served basis	Wednesdays & Fridays 1:00-2:30 p.m. -1355 Bank St	Call to book an appointment: Housing Help 613-563-4532

## Nutrition - Programs take place at South East Ottawa CHC – 1355 Bank St. – 7<sup>th</sup> floor

PROGRAM NAME	WHEN
<b>Cooking on a Budget</b> A cooking workshop for Healthy Eating on a Budget	Wednesday, January 27 <sup>th</sup> , 2016 10 am to 12 pm
<b>Cooking for Healthy Kids.</b> A workshop on healthy cooking for your children	Wednesday, February 3 <sup>rd</sup> , 2016 11 am to 1 pm
<b>Good Food Box</b> Save on quality fresh fruits and vegetables. Pay first Wednesday of month, receive box third Wednesday	Contact Annette: 613-737-7195 ext. 2339 <a href="mailto:annettec@seochc.on.ca">annettec@seochc.on.ca</a>
<b>Cooking for One</b> A cooking workshop for healthy and easy cooking for one.	Contact your Community Dietitians: 613-737-7195 ext. 2339 Sandy <a href="mailto:sandym@seochc.on.ca">sandym@seochc.on.ca</a> OR Annette <a href="mailto:annettec@seochc.on.ca">annettec@seochc.on.ca</a>
<b>Cooking for Diabetes Prevention and Management</b> Cooking workshop for diabetes prevention and management	

**Better Beginnings Better Futures Programs 1485 Heatherington, Unit 22 613-523-2223**

PROGRAM NAME	WHEN	WHERE	CONTACT
<p><b>Family Visiting Program</b> Provides information on child development and parenting for families with children 0 to 4 years old. Family visitors encourage language through use of books.</p>	<p>Ongoing  Weekly visits, from Monday to Friday</p>	<p>Homes in area of Heatherington, Fairlea/ Albion Rd. North/ Ledbury</p>	<p>Linda Martin 613-737-7195 ext. 3119</p>
<p><b>Programme de visites familiales</b> Les visiteuses offrent l'information au sujet de la grossesse, du développement de l'enfant, la stimulation et sur l'art d'être parent. Le programme encourage le langage en utilisant des livres pour les petits.</p>	<p>Visites régulières, du lundi au vendredi.</p>	<p>Foyer de familles dans notre région, pour femmes enceintes et/ ou parents qui ont des enfants âgés de 0 à 4 ans.</p>	<p>Linda Martin 613-737-7195 ext. 3119</p>
<p><b>Community Nurse</b> Pre and post natal support</p>	<p>Tuesday all day and Thursday a.m.</p>	<p>Pregnant mothers and mothers with newborns</p>	<p>Susan Kirkpatrick 613-737-7195 ext. 2352</p>
<p><b>Nutritional Supplement</b> Milk, eggs, and more for pregnant and breastfeeding women</p>	<p>Ongoing</p>	<p>Women living in BBBF area (Banff/Ledbury, Heatherington, Fairlea)</p>	<p>Linda Martin 613-737-7195 ext. 3119</p>
<p><b>Community Connections</b> People in need of assistance with immigration and settlement</p>	<p>Wednesdays 9:00 am-4:00 pm</p>	<p>1485 Heatherington, Unit 22</p>	<p>Mohamoud Hagi-Aden, Coordinator Community Connections 613-737-7195 ext. 2417</p>
<p><b>Clothing Bank</b> Free used clothing, books, and small household items</p>	<p>Mon. &amp; Wed. 9:00am-4:00pm Tues. 9:00am 6:00pm Thurs. 9:00am - 12:00pm</p>	<p>1485 Heatherington Road, Unit 22</p>	<p>613-523-2223</p>
<p><b>Playgroup/ Centre de jeu</b> Parents/Caregivers attend with their pre-school children. Registration is required. Call Geeta to register.</p>	<p><b>Mon. Tues. Wed. &amp; Fri. 9:30am-12:30pm</b> <b>Lundi, mardi, mercredi ,vendredi de 9h30 à 12h30</b></p>	<p><b>Heatherington Family Centre 1495 Heatherington Rd., Unit 22</b></p>	<p><b>Geeta Grier</b> <b>613-737-7195 ext. 2422</b></p>

## Early Years Programs

PROGRAM NAME	WHEN	WHERE	CONTACT
<b>Baby Food Making Workshop</b> For families with babies 4-7 months	Please call for information, next date and to register.	1355 Bank St. 7th Floor	Call to register: Sandy or Annette 613-737-7195 ext. 2339
<b>Healthy Eating for Young Children</b> Help your toddler develop a healthy relationship with food	Please call for information, next date and to register.	1355 Bank St. 7th Floor	Call to register: Sandy or Annette 613-737-7195 ext. 2339
<b>Baby &amp; Me/ Buns in the Oven</b> Canada Prenatal Nutrition Program (CPNP). Nutritionists and nurses offer support to pregnant women regarding healthy eating and cooking, pregnancy, baby care, breastfeeding and more.	Mondays 9:30-11:30 am	1355 Bank St. 7th Floor	Call to register: Sandy McIntyre 613-737-7195, ext. 2339
<b>Play and Learn</b> Parents drop-in with their pre-school children. Join us for arts, crafts, circle time and more	Mon. Tue. Thu. Fri. 9:30-11:30 am	1355 Bank St. 6th Floor	613-737-7195 ext. 2371 Ban Jaffar
<b>Breastfeeding Drop-in</b> Lactation consultant and nutritionist offer support to mothers who breastfeed their babies	Mon. and Thurs. 12:00 - 2:30 pm	1355 Bank St. 7th Floor Russell Room	Lana Matthews: 613-737-7195 ext. 2379
<b>Snack and Chat</b> Offering parenting groups. Topics include: children's health, pregnancy issues, child development, nutrition, etc.	Wednesdays 11:00 am- 1:00 pm	1355 Bank St. 7th Floor	Barbara Schonfeld 613-737-7195 Ext. 2379
<b>Parent/ Caregiver Training and Workshops</b> Training for parents and caregivers on various topics related to parenting and child development.	Please call for dates and times.	SEOCHC and outreach community locations.	Geeta Grier: 613-737-7195 ext. 2422
<b>Early Years Nursing Outreach for Pre and Post Pregnancy.</b> Support at various Community Houses.	Monday Thursday Wednesday Wednesday	Banff/ Ledbury Blair Court Confederation Russell Heights	613-739-5702 613-736-5058 613-521-6807 613-736-9855
<b>Early Learning Pre-School Program</b> Activities for young children in various community houses	Daily a.m. and p.m.	Banff/ Ledbury Blair Court Confederation Russell Heights	613-739-5702 613-736-5058 613-521-6807 613-736-9855
<b>Screening Clinics for Children</b> Clinics for speech and language, dental and nutrition.	Please call for dates and times.	SEOCHC & outreach community locations	Geeta Grier: 613-737-7195 ext. 2422

Counselling			
PROGRAM NAME	WHEN	WHERE	CONTACT
<b>Counselling for Individuals, Couples, and families ~</b> <i>Counseling d'individuel, de couple et de famille</i>	Must meet with an intake worker for a referral. Call for an appointment. <b>Doit rencontrer un agent de réception d'un renvoi</b> <b>Téléphonez pour un rendez-vous.</b>	SEOCHC 6th floor/ CSCSEO 6ième étage	Social Services/ <i>Services sociaux</i> 613-737-4809
<b>NEW Walk-In Counselling Clinic. We offer:</b> Support for Life's Challenges Trained, Professional Counsellors No Appointment Necessary Free Counselling Services Counselling for individuals, couples & families <b>Services available in Somali, Arabic &amp; English</b>	Every Tuesday from 11:30 am to 6:00 pm, starting January 26 <sup>th</sup> , 2016	1355 Bank St. 6th Floor	Please go to Health Reception
<b>Social Services Walk-In</b> An opportunity for people to meet with a social worker without an appointment.	Monday-Friday 1:00-2:30pm	1355 Bank St. 6th Floor	
<b>LEAP - Energy Assistance Programs for Low-income Families/Individuals</b> Bill must be \$500 or less. Applicants must provide ID for all household members	This service can be applied for by attending Social Services Walk-in Hours, Monday-Friday 1:00-2:30pm	Run by the Salvation Army, Hydro Ottawa, and Enbridge. Applications can be completed with an intake worker at SEOCHC.	
<b>AcuDestress</b> An acupuncture-based mindfulness program for those with chronic depression, stress, anxiety, OCD, PTSD, etc	4 one-hour sessions per week for 4 weeks. The start of the next program depends on the number of participants. Starting January 19. Monday to Thursday, 5:00-6:00pm	1355 Bank and 15 Aylmer St.	Raissa 613-737-7195 x 2353
<b>Income Tax Clinic</b> Volunteers assist low income individuals to complete income tax returns	Clinic hours Mon-Fri (day) Wednesday (evening) By	1355 Bank Street, 6th Floor	Jessica-Rae Linzel (613) 737-5115, ext. 2294 <a href="mailto:jessica-rael@seochn.on.ca">jessica-rael@seochn.on.ca</a>

	Appointment <b>only</b> through main reception. Home visits are available by contacting Jessica-Rae. Saturday appointments available at Hunt Club site.		<b>FOR HUNT CLUB</b> Call Diane for appointment at Hunt Club: (613) 247-1600
<b>SITE Program:</b> A new program helping individuals anonymously access harm reduction equipment (needles and syringes). A needle drop-box is available. Please ask for "site" at the front desk	Anonymous Walk-in Monday to Friday, 1:00 to 2:30 pm	Social Services Walk-In 1355 Bank St. Please present at the reception desk near the 6th floor elevators.	Lindsay Jones, ext 2404

<b>Multicultural</b>			
<b>PROGRAM NAME</b>	<b>WHEN</b>	<b>WHERE</b>	<b>CONTACT</b>
<b>Healthy Living Initiative.</b> This service is FREE. Arabic speaking facilitators can speak to your group, church, mosque, on living well while preventing diabetes and liver disease.	On-going as needed.	Community Locations	Zaineb Al-Kutoby 613-737-7195 ext. 2331
<b>Cancer Screening Initiative.</b> Arabic and Somali speaking facilitators can offer presentations in Arabic, Somali & English on screening for cervical, breast & colorectal cancers	On-going as needed		
<b>Arabic Women's Discussion Groups</b>	2nd Wed of each month 1:00-3:00 pm	1355 Bank St. 7th Floor Elmvale Room	
<b>Arabic Women's Discussion Groups for SENIORS</b>	3rd Wed of each month. 12:00-2:00 pm	1355 Bank St. 7th Floor Elmvale Room	
<b>Multicultural Health Promotion Services</b> Health promotion presentations on physical, mental, and emotional wellbeing	SEOCHC, ESL classes, etc. Community Houses as requested		
<b>Community Connections (Somali, Arabic and English).</b> Assessment, information, referral, support, advocacy, system understanding and access.	Call for an appointment	1355 Bank St, 6 <sup>th</sup> floor	Mohamoud Hagi-Aden 613-737-7195 ext. 2417 Radiah Jouad 613-737-7195 ext. 2217
<b>Newcomer Drop-In.</b> Have you been in Canada less than 3 years? Get connected to services and programs and meet other newcomers.	2 <sup>nd</sup> Thursday of each month	1355 Bank St, 7 <sup>th</sup> fl. – Alta Vista Room.	
<b>Spanish Women's Discussion Group</b>	Call for dates and times		Ana Mercedes-Guerra 613-737-7195 ext. 2405

## Seniors

PROGRAM NAME	WHEN	WHERE	CONTACT
<b>Primary Care Outreach to Seniors (PCO)</b> This program is targeted to individuals who are 65+ and would benefit from health promotion and prevention intervention at home.	Ongoing as needed.	In your home	If you have any questions, or would like to register, call: Cathie Racicot <b>1 844-726-5115</b>
<b>Soins primaires communautaires pour aînés(SPC).</b> Ce programme s'adresse aux individus de plus de 65 ans. Ils bénéficieront de services de prévention et de promotion de la santé à la maison.	Selon les besoins du client	À votre domicile	Si vous avez des questions ou si vous désirez vous inscrire, veuillez téléphoner à Cathie Racicot <b>1 844-726-5115</b>
<b>Viactive Chair exercises – Russell Road</b> Chair Exercises, Strength exercises and Dance movements	Monday and Thursday: 11:00 a.m. – 12:00p.m. Beginning January 4 ongoing	2080 Russell Rd Ring the lounge or Bytown Options to access the building.	Jocelyne 613-737-7195 ext.2323 Volunteer leader: Klara
<b>Viactive Chair Exercises – Walkley Road</b> Chair exercises, Strength exercises and dance movements	Monday and Wednesdays 9:00-10:00- a.m. beginning January 4 to May 25	1670 Walkley (lounge)	Jocelyne 613-737-7195 ext.2323 Volunteer leaders: Agnes, Julee and Jeanne D’Arc
<b>Viactive Chair Exercises – Bank Street</b> Chair exercises, strength exercises and dance movements. <b>Please note no program on Monday Feb. 15 or March 28.</b>	Mon & Thurs 1:30-2:30 pm Beginning January 4 ongoing	1355 Bank St. 7th fl. (Community Rooms)	Jocelyne 613-737-7195 ext.2323 Volunteer leaders: Barbara, Maisaloon <b>*please do not drop-in unless you’re registered for this class</b>
<b>Viactive Chair Exercises – Bank Street</b> Chair exercises, strength exercises and dance movements	Tuesday: 1:30 – 2:30 pm Beginning January 5 ongoing	1355 Bank St. 7th fl. (Community Rooms)	Volunteer Leaders: Jeanne D’Arc
<b>Gentle Yoga for Body and Mind.</b> Yoga for Life! Increase energy, improve balance and mobility as gentle movement builds strength and enhances peace of mind	Tuesday: 10:30 -11:30 a.m. January 12 to March 29 *Donations are appreciated, but not required*	1355 Bank St. 7th fl. (Community Rooms)	Certified Yoga Instructor: Lesley Anne Paveling  *Space is limited – please register to reserve your spot!*
<b>Community and Home Support Services</b> Programs providing in-home practical supports to persons 60 and older or younger than 60 with a physical disability. Services include housekeeping, home maintenance, respite care, caregiver support, LunchAbility, medical transportation and the grocery bus			Call: Sandra Morrison 613-737-5115 ext. 2391
<b>Services de soutien à domicile et communautaire</b> Les Services offerts aux personnes âgées de plus de 60 ou aux plus jeunes de 60 ans qui ont une incapacité physique sont: Entretien ménager; garde de répit, soutien pour le deuil, autobus-épicerie, transport médical, visites amicales, dîner en forme			Téléphonez au: Sandra Morrison 613-737-7195 poste 2391

**SENIORS** continued on next page

**SENIORS** continued from previous page

PROGRAM NAME	WHEN	WHERE	CONTACT
<p><b>From Soup to Tomatoes -Exercise program</b> This program will be delivered using OTN (Ontario Telemedicine Network) services. The exercise leaders, a Kinesiologist and RN from Northern Ontario will be leading the group through video conferencing. Come check out this new technology and renowned exercise program for adults and seniors.</p>	<p>Monday and Wednesday mornings: Exercises (gentle): 10:00 – 10:45 a.m. Chair Yoga: 11:00 – 11:30 a.m. Beginning January 4, ongoing</p>	<p>1355 Bank St., 7th floor Monday and Wednesday mornings:</p>	<p>For assessment and information: Jocelyne: 613 737-5115 ext. 2323 Volunteers: Monday- Iwona Wednesday- Ladan  <b><i>(Please note no program on February 15 and March 28)</i></b></p>
<p><b>Wise Adults Seminars</b> Health Presentations and Discussion Group</p>	<p>Wednesday: 1:00 – 3:00 p.m. January 6 – March 30</p>	<p>1355 Bank St. 7th fl. (Community Rooms)</p>	<p>Jocelyne 613-737-7195 ext.2323</p>

<b>Community</b>			
PROGRAM NAME	WHEN	WHERE	CONTACT
<p><b>Program Consulting Committee</b> Volunteers review program progress, discuss new issues &amp; review the annual program plan, making recommendations for Board action as appropriate.</p>	<p>Minimum 4 meetings per year on the 2nd Thursday of the month</p>	<p>SEOCHC 7th fl. Board Room</p>	<p>Sandra Morrison 613-737-7195 ext. 2391</p>
<p><b>Community Relations Committee</b> Volunteers oversee and support the relationship between the Centre and the community.</p>	<p>1<sup>st</sup> Thursday of each month</p>	<p>SEOCHC 7<sup>th</sup> fl. Board Room</p>	<p>Catherine Janna 613-733-7195 ext. 2318</p>
<p><b>Board Meetings</b> Volunteers interested in helping our community</p>	<p>4<sup>th</sup> Thursday of each month</p>	<p>SEOCHC 7th fl. Board Room</p>	<p>Jeannie Page 613-737-7195 ext. 2402</p>
<p><b>Finance &amp; Human Resources Committee</b> Volunteers oversee the financial statements of the Centre.</p>	<p>3<sup>rd</sup> Wednesday of each month</p>	<p>SEOCHC, 7th fl. Board Room</p>	<p>Zybina Mohamed 613-737-7195 ext. 2387</p>
<p><b>Volunteer Opportunities</b> Various volunteering opportunities throughout the Centre</p>	<p>Volunteer Orientations held once every six weeks</p>		<p>Jessica-Rae Linzel 613-737-5115 ext. 2294</p>
<p><b>Postes bénévoles</b> <b>Plusieurs postes bénévoles dans la Centre</b></p>	<p>Orientations de bénévole chaque six semaine</p>		
<p><b>Millennium Learning Centre</b> Drop-in. Access computers; information board and employment, training, and volunteer opportunities.</p>	<p>Mon. - Fri. 9:00 am - 4:00 pm</p>	<p>1355 Bank St. 6th floor</p>	<p>Euphrasie Emedi 613-737-7195 ext. 2409</p>



## Hunt Club Riverside Site

3320 Paul Anka Drive, Ottawa, ON K1V 0J9 ~ Tel (613) -247-1600 ~ Fax (613) 247-1611

Seniors		
<b>Foot Care</b> Nurse provides foot care services	Mondays 9:00am-3:00pm Jan: 4,11,18,25 Feb 1,8,22,29 March 7,14,21	Call Diane for an appointment: 613-247-1600 \$15 per visit. By appointment only.
<b>Urban pole walking club</b> Start with a warm up and enjoy an Urban Pole walk outside. We provide the walking poles. In case of heavy rain, walking will be cancelled.	Will resume in the Spring	Meet at Hunt Club Riverside 3320 Paul Anka For Information, call Jocelyne: 613-737-7195 Ext. 2323 Volunteer leaders: Jeanne d'Arc Lucie

Counselling		
PROGRAM NAME	WHEN	CONTACT
Counselling for Individuals, Couples, and Families / <b>Counseling d'individuel, de couple et de famille</b>	Must meet with an Intake Worker for a referral to counselling. Please call for an appointment/ <b>Doit rencontrer une Travailleuse à l'accueil pour une référence. Téléphoner pour un rendez-vous.</b>	
<b>Intake - Walk in</b> An opportunity for people to meet briefly with a social worker without having an appointment. Provide practical needs supports, information, referrals to programs and services.	Mon. 1:30 to 3:30 pm & 4:30 to 6:00pm Wed. 1:30-3:30 pm Fri. 9:30 to 11:30 am.	For information call Elise Champagne (613) 247-1600
<b>(LEAP) Low-income Energy Assistance Program.</b> Energy Assistance Programs for Low-income Families/Individuals. This service can be applied by scheduling an appointment with an Intake Social Worker. Applicants must provide: ID for all household members, proof of income (from all members), proof of rent/mortgage, current bill(s) & a bank statement showing the previous 90 days of bank activity.	Program is run by the Salvation Army and Hydro Ottawa. Applications can be completed with an Intake Social Worker	

## Chronic Disease Prevention & Management

PROGRAM NAME	WHEN	CONTACT
<b>Community Diabetes Education Program</b> Support and Education for People living with Diabetes	Jan 7,14,21,28 Feb 4,11,18,25	Registration required Call 613-233-6655 for information

## Early Years

PROGRAM NAME	WHEN	CONTACT
<b>Playgroup</b> Parents drop-in with their children 0 to 5 years. Program runs with school calendar	Mon., Wed. & Friday 9:00-11:00am No registration required	Diane Rose 613-247-1600

## Multicultural

PROGRAM NAME	WHEN	WHERE
<b>Community Connections</b> Assessment, information, referral, support, advocacy, system understanding and access.	Thursdays 1:00-4:00 pm Walk in or by appointment	Call Mohamoud Hagi-Aden 613-737-7195 Ext. 2417
<b>Outreach Settlement Worker</b> Assistance with issues related to immigration and settlement	Hours vary. Please call	Call Donia 613-247-1600 ext. 328
<b>Programs for Arabic Speaking Seniors.</b> Cooking, Pot Luck & Art are just a few of the programs.	Days and Times vary	For information call (613) 247-1600 ext. 327

## Nutrition

PROGRAM NAME	WHEN	WHERE
<b>Good Food Box</b> Save on quality fresh fruits and vegetables.	Pay first Wednesday of the month, receive box third Wednesday of month.	Diane Rose 613-247-1600

Youth			
PROGRAM NAME	WHEN		CONTACT
<b>Homework Club.</b> After-school homework support for children 6-12 years of age	Tues. Wed., Thurs. <b>Shearwater Court</b> 4:00-6:00 pm	'Log Cabin' – 15 Pinson Private	Urge Ibrahim 613-247-1600 ext.325 <a href="mailto:urgei@seochc.on.ca">urgei@seochc.on.ca</a>
	Monday & Wednesday <b>Hunt Club-Riverside</b> 6:30-8:00 pm	Hunt Club-Riverside 3320 Paul Anka Dr	
	Tuesdays & Thursdays <b>Roberta Bondar School</b> 3:30-5:00 pm	159 Lorry Greenberg Drive	
Friday nights <b>Hunt Club-Riverside</b> 6:00-7:00 pm for children aged 8-10 7:15-8:30 pm for youth aged 11-13 8:45-9:45 pm for youth aged 14-18			
Friday nights <b>Robert Bateman School</b> 1250 Blohm Drive: 5:00-6:30 pm for children aged 8-10 6:30-8:00 pm for children aged 11-14			
<b>Food Facts and Fun</b> Children and youth learn about healthy eating, play games, and meet friends!	Mondays & Wednesdays ~ TBD Cedarwood Party Room 2850 Cedarwood Drive		
<b>Sunday Fun-Day</b> Activities, snacks, movies, theme days, trips, and more! For youth aged 13-18	Sundays <b>Hunt Club-Riverside</b> 1:00-4:00pm  Cedarwood Party Room (Basement) <b>2850 Cedarwood Drive</b> 1:00-4:00pm		
<b>Girls on the Move</b> Health and Fitness activities for girls aged 7-13	Friday nights <b>Hunt Club-Riverside</b> 3320 Paul Anka Drive: 5:30-7:00 pm		

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# Our Locations:



**South-East Ottawa Community Health Centre**  
1355 Bank Street, Suite 600  
Ottawa, ON K1H 8K7

613-737-5115

**Hours of Operation:**  
Monday to Friday – 8:30am to 4:30pm  
Saturday – CLOSED  
Sunday – CLOSED

**Closest Bus Stop: Bus Routes 1.4.85**

**South-East Ottawa Community Health Centre**  
*Hunt Club/Riverside Site*  
3320 Paul Anka Drive  
Ottawa, ON K1V 0J9

613-247-1600

**Hours of Operation:**  
Monday to Friday – 9am to 4:30pm  
Saturday – CLOSED  
Sunday – CLOSED

**Closest Bus Stop: Bus Routes 146. 87**



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