

# Fall/Automne 2016

## September to December

## Septembre à décembre



### 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@seochc.on.ca](mailto:office@seochc.on.ca)  
 Hunt Club Riverside Site, 3320 Paul Anka Drive, Ottawa, ON K1V 0J9 ~ Tel (613) -247-1600  
 Fax (613) 247-1611

Chronic Disease Prevention and Management			
PROGRAM NAME	WHEN	WHERE	CONTACT
<b>Living a Healthy Life with Chronic Pain</b> This program helps peoples living with chronic pain to better manage their symptoms and daily life. This group meets weekly for 6 weeks. Registration required.	Ongoing	Various locations across the city	1-877-240-3941 <a href="http://www.livinghealthychamplain.ca">www.livinghealthychamplain.ca</a>
<b>Living a Healthy Life with a Chronic Condition</b> This program helps people with chronic health conditions to better manage their symptoms and their daily life. This group meets weekly for 6 weeks. Registration required			
<b>Smoking Cessation Program</b> Individual counselling with nicotine replacement therapy.		1355 Bank St., 6 <sup>th</sup> floor Health Services	Call medical reception to book an appointment 613-737-4809
<b>Community Diabetes Education Program</b> Support and education from a Dietitian and/or Registered Nurse for people living with diabetes.	Call for information	1355 Bank St.	613-233-6655

Multicultural Services			
PROGRAM NAME	WHEN	WHERE	CONTACT
<b>Healthy Living Initiative</b> Arabic speaking facilitators can speak to your group, church, mosque, on living well while preventing diabetes and liver disease.	Ongoing as needed	In the community	Zaineb Al-Kutoby 613-737-5115 ext. 2331
<b>Cancer Screening Initiative</b> Arabic speaking facilitators can offer presentations in Arabic and English on screening for cervical, breast, and colorectal cancers.			

<b>Arabic Women's Discussion Groups</b>	2 <sup>nd</sup> Tuesday of each month 11:45 am – 1:45 pm	1355 Bank St., 7 <sup>th</sup> floor, Albion & Heatherington Rooms	Zaineb Al-Kutoby 613-737-5115 ext. 2331
<b>Arabic Women's Discussion Groups for SENIORS</b>	3 <sup>rd</sup> Wednesday of each month 12:00 – 2:00 pm		
<b>Multicultural Health Promotion Services</b> Health promotion presentations on physical, mental, and emotional well-being.	Ongoing as requested	In the community	
<b>Fun with English</b> A volunteer-run program to improve English language skills.	Wednesday 10:30 am – 12:00 pm Thursday 11:00 am – 12:00 pm Beginning Sept. 14	1355 Bank St., 7 <sup>th</sup> floor Elmvale Room	
<b>Parenting Group for Newcomers</b> A free, 6 session parenting class for newcomers to Canada.	ENGLISH SESSION Wednesday Sept. 7 – Oct. 12 6:00 – 8:00 pm	1355 Bank St.	Melanie Winwood 613-247-1600
<b>Newcomer Drop-In</b> Monthly drop-in for newcomers to Canada within the last 4 years. Get connected with services, programs and other newcomers.	2 <sup>nd</sup> Thursday of each month 10:00 – 11:00 am	1355 Bank St., 7 <sup>th</sup> floor Alta Vista Room	Mohamoud Hagi-Aden: 613-737-5115 ext. 2417
<b>Community Connections</b> Assistance with issues related to immigration and settlement.	Call for an appointment	1355 Bank St., 6 <sup>th</sup> floor	Radiah Jouad: 613-737-5115 ext. 2217
<b>Spanish Women's Discussion Group</b>	For dates and times, please call	1355 Bank St.	Ana Mercedes-Guerra 613-737-5115 ext. 2405

## Community

PROGRAM NAME	WHEN	WHERE	CONTACT
<b>Millennium Learning Centre</b> Drop-in. Access computers; information board and employment, training, and volunteer opportunities.	Monday – Friday 9:00 am – 4:00 pm	1355 Bank St., 6 <sup>th</sup> floor	Euphrasie Emedi 613-737-5115 ext. 2409
<b>Volunteer Opportunities</b> Various volunteering opportunities throughout the Centre	Volunteer orientations held once every six weeks	1355 Bank St., 6 <sup>th</sup> floor	Nicole Li 613-737-5115 ext. 2294
<b>Postes bénévoles</b> Plusieurs postes bénévoles dans la Centre.	Orientations de bénévole chaque six semaines	1355 rue Bank 6 <sup>ième</sup> étage	Nicole Li 613-737-5115 poste 2294

## Housing

PROGRAM NAME	WHEN	WHERE	CONTACT
<b>Housing Support Services</b> Assessment and assistance with housing related issues.	By appointment Wednesday & Friday 8:30 – 12 pm	1355 Bank St., 6 <sup>th</sup> floor	Housing Help 613-563-4532

<b>Housing Support Services</b> Assessment and assistance with housing related issues.	Walk-in Wednesday & Friday 1:00 - 2:30 pm	1355 Bank St., 6 <sup>th</sup> floor	Hinda Hassan 613-737-5115 ext. 2412
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### 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 Form</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 Nadi a pour les dates et heures de sorties	Sorties variées à Ottawa	Nadia Presseau: 613 737-5115 poste 2375 <a href="mailto:nadiap@seoche.on.ca">nadiap@seoche.on.ca</a>

### Nutrition

PROGRAM NAME	WHEN	WHERE	CONTACT
<b>Good Food Box</b> Save on quality fresh fruits and vegetables.	Pay the 1 <sup>st</sup> week of month; pick up box on the 3 <sup>rd</sup> Wednesday of the month	1355 Bank St. 6 <sup>th</sup> floor, Main reception	Annette Charron 613-737-5115 ext.2339
<b>Healthy You Program</b> Learn about healthy eating, healthy lifestyle, your behaviours and how our environment affects the way we eat.	Wednesday Sept. 21 – Nov. 9 10:00 am – 12:00 pm	1355 Bank St., 7 <sup>th</sup> floor	Sandy McIntyre or Annette Charron 613-737-5115 ext. 2339
<b>Craving Change</b> Workshop for changing your relationship with food.	Wednesday Nov. 23 – Dec. 14 10:00 am – 12:00 pm		
<b>Cooking on a Budget</b> A cooking workshop for healthy eating on a budget.	Call for information, dates and to register	1355 Bank St., 7 <sup>th</sup> floor Fairlea Room	
<b>Cooking for Healthy Kids</b> A workshop on healthy cooking for your children.			
<b>Cooking for One</b> A cooking workshop for healthy and easy cooking for one.			
<b>Cooking for Diabetes Prevention and Management</b>			

Primary Care Services			
PROGRAM NAME	WHEN	WHERE	CONTACT
<b>Family Physicians and Nurse Practitioners</b> Clients who require medical care.	Mon: 8:00 am – 6:00 pm Tues: 8:00 am – 8:00 pm Wed: 9:00 am – 8:00 pm Thurs & Fri: 9:00 am – 5:00 pm	1355 Bank St., 6 <sup>th</sup> floor Health Services	Please call for status of waiting list 613-737-4809
<b>Foot Care</b> Assessment and treatment of various foot problems, routine care, prevention and teaching and diabetic care. Free for primary care clients, but donations are welcome.	Scheduled appointments only. 3 days per week.  * Outreach in Ottawa Community Housing one day/week		
<b>Immunization Clinics for Back to School</b> Clients are referred by Ottawa Public Health and do not have to be existing Primary Care clients.	Times vary		
<b>Dental Screening Program – FREE.</b> Dental screening, fluoride varnish applications, denture cleaning and referrals to dentist for follow-up if necessary.	First Friday & third Monday of each month 9:00 am – 12:00 pm 1:00 – 4:00 pm	1355 Bank St, 6 <sup>th</sup> floor, Check in at main reception	Call medical reception for information and to book an appointment 613-737-4809
<b>Anonymous HIV Testing &amp; Pre/Post Test Counselling</b> The rapid point of care test is available. When you arrive at reception, ask for a "Social Services Test".	Monday – Friday 1:00 – 2:30 pm		613-737-5115 Lindsay Jones, ext. 2404 Yusra Osman, ext. 2386 Ana Guerra, ext. 2405
<b>Telemedicine Services (OTN)</b> Use of video cameras and monitors for clinical appointments, educational events and administrative purposes at a distance.	Monday – Friday		Dominique Massé 613-737-5115 ext. 2416 Raissa Bula Mangondo 613-737-5115 ext. 2353 www.otn.ca
<b>AcuDestress</b> Ear acupuncture mindfulness program. Must be a registered client of social services or primary care, be 16+ years old, have a valid OHIP card. Offered via OTN (Ontario Telemedicine Network).	4 one-hour sessions per week, Monday – Thursday, plus Monday and Tuesday of the 5 <sup>th</sup> week; times vary.		Raissa Bula Mangondo 613-737-5115 ext. 2353 www.acudestress.ca www.otn.ca

<b>Counselling</b>			
<b>PROGRAM NAME</b>	<b>WHEN</b>	<b>WHERE</b>	<b>CONTACT</b>
<b>Counselling for Individuals, Couples and Families</b> Must meet with an intake worker for a referral.	By appointment only. Please call for an appointment	1355 Bank St., 6 <sup>th</sup> floor	Social Services 613-737-4809
<b>Counseling d'individuel, de couple et de famille</b> Doit rencontrer un agent de réception d'un renvoi.	Téléphonez pour un rendez-vous.	1355 rue Bank, 6 <sup>ième</sup> étage	Services sociaux 613-737-4809
<b>Social Services Walk-In</b> Meet briefly with an Intake Social Worker without having an appointment. Walk-in is on a "first come, first served" basis. Support with practical needs, crisis counselling, information, referrals to programs and services.	Monday – Friday, 1:00 – 2:30 pm	1355 Bank St., 6 <sup>th</sup> floor	Intake walk-in 613-737-5115
<b>Walk-In Counselling Clinic</b> Free counselling services to individuals, couples and families. Offered in English, Somali and Arabic. No appointment necessary – first come, first served.	Tuesday 11:30 am – 6:00 pm		613-737-5115 walkincounselling.com
<b>Low-Income Energy Assistance Program (LEAP)</b> 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 30 days of bank activity.	Apply for Energy Assistance Programs (LEAP and OESP) by scheduling an appointment with an Intake Worker or by visiting our Social Services Walk-In		Lindsay Jones 613-737-5115 ext. 2404 Yusra Osman 613-737-5115 ext. 2386
<b>Addictions Counselling</b> Counselling for people with addictions or people affected by addictions.	Monday 8:30 am - 4:30 pm		613-789-8941 Ask for Addictions Counselling
<b>South SITE</b> Provides free harm reduction supplies (unused needles, syringes, sterile water, filters).	Anonymous Walk-in Monday – Friday 1:00 – 2:30 pm	1355 Bank St., 6 <sup>th</sup> floor Main reception	613-737-5115 Lindsay Jones, ext. 2404 Yusra Osman, ext. 2386 Ana Guerra, ext. 2405
<b>ODSP Financial Screening</b> Clients appropriate for ODSB are provided the list of documents needed and scheduled for application completion.	Thursday 9:00 – 11:00 am	1355 Bank St., 6 <sup>th</sup> floor Health Services	Natalie Fournier 613-737-4809 ext. 2204
<b>ODSP Support Worker</b> Provides help with ODSP self-report forms and follow-ups with clients.	Friday Call for next available date		Karine Valade 613-252-5910 or Health Services 613-737-4809
<b>Yoga for Mental Health</b> Using movement, breath work and meditation for healing for people living with mental and emotional health challenges.	Call for information	1355 Bank St., 7 <sup>th</sup> floor	Lucille Villasenor-Caron 613-737-5115 ext. 2784

<b>Youth</b>			
<b>PROGRAM NAME</b>	<b>WHEN</b>	<b>WHERE</b>	<b>CONTACT</b>
<b>Youth Drop-In</b> Activities, snacks, movies, theme days, trips, and more for youth.	Tues & Thurs 6:00 – 8:00 pm	2850 Cedarwood Dr. “The Hub”	James Tanguay 613-737-5115 ext. 2381 <a href="mailto:jamest@seochc.on.ca">jamest@seochc.on.ca</a>
<b>Homework Club</b> After-school homework support for children 6-12 years of age.	Tues & Thurs 4:00 – 6:00 pm	Shearwater Court Log Cabin, 15 Pinson Private	
		2850 Cedarwood Dr. “The Hub”	
<b>Food Facts and Fun</b> Children and youth learn about healthy eating, play games, and meet friends!	Tues & Thurs 3:30 – 5:30 pm	Roberta Bondar School 159 Lorry Greenberg Dr.	
	Call for times	Call for location	

<b>Seniors</b>			
<b>PROGRAM NAME</b>	<b>WHEN</b>	<b>WHERE</b>	<b>CONTACT</b>
<b>Primary Care Outreach to Seniors (PCO)</b> This program is targeted for high risk seniors (aged 65 and above) living at home who would benefit from assistance in health care management and access to community services.	Ongoing as needed	In home	PCO Intake 1-844-726-5115
<b>Soins primaires communautaires pour aînés (SPC)</b> Ce programme est destiné aux personnes âgées à risque élevé (65 ans et plus) vivant à domicile qui pourraient bénéficier de l'assistance dans la gestion des soins de santé et l'accès aux services communautaires.	Selon les besoins du client	À votre domicile	1-844-726-5115
<b>Mourning After</b> A support group for seniors coping with the loss of a loved one.	Call for details	St. Thomas the Apostle Church 2345 Alta Vista Dr.	Lisa Bornn 613-737-5115 ext. 2326
<b>Caregiver “Need to Know” Series</b> Regularly scheduled education & info sessions on a variety of topics close to the heart of caregivers. All are welcome.	Fri., September 9 Wed., October 5 1:00 – 2:30 pm	1355 Bank St., 7 <sup>th</sup> floor	<a href="mailto:lisab@seochc.on.ca">lisab@seochc.on.ca</a>
<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, the grocery bus and friendly visiting.	Ongoing	In the community	Community & Home Support 613-737-5115 ext. 2430

<p><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.</p>	En cours	Dans la communauté	Programme des Services de soutien a domicile at communautaire 613-737-5115 poste 2430
<p><b>Gentle Yoga for the Body and the Mind</b> Chair and gentle yoga for mobility, balance and strength. A weekly restorative yoga with mindfulness and meditation with relaxation practices.</p>	Tuesday Sept. 13 – Nov. 16 10:30 – 11:30 am * No program on Tuesday, Oct. 11	1355 Bank St., 7 <sup>th</sup> floor Albion & Heatherington Rooms	Jocelyne Pion 613-737-5115 ext. 2323 Certified Yoga Instructor: Lesley Anne Paveling
<p><b>Viactive Exercises</b> Chair exercises, strength exercises and dance movements.</p>	<p>Mon &amp; Thurs 1:30 – 2:30 pm Leaders: Barbara, Saida and Dave</p> <p>Tuesday 1:30 – 2:30 pm Leader: Jeanne d’Arc</p> <p>Mon &amp; Wed 9:00 – 10:00 am Beginning Sept. 26</p> <p>Mon &amp; Thurs 11:00 am – 12:00 pm</p> <p>Tuesday 10:00 – 11:00 am Beginning Sept. 20</p>	<p>1355 Bank St., 7<sup>th</sup> floor Albion &amp; Heatherington Rooms</p> <p>1670 Walkley Rd. Lounge</p> <p>2080 Russell Rd. Lounge Ring the lounge or Options Bytown</p> <p>1909 Russell Rd. Lounge</p>	Jocelyne Pion 613-737-5115 ext. 2323
<p><b>Urban Pole Walking Club</b> Participants start with a warm up and then go Nordic pole walking along the river or in the park. We provide the poles!</p>	Wednesday 9:00 – 10:00 am Ends Nov. 16	1355 Bank St., 7 <sup>th</sup> floor Meet at Albion & Heatherington Rooms	
<p><b>Wise Adults Seminars</b> Health presentations, discussion groups and outings.</p>	Wednesday 1:00 – 3:00 pm Beginning Sept. 14	1355 Bank St., 7 <sup>th</sup> floor	
<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.</p>	Mon & Wed Gentle Exercises: 10:15 – 10:45 am Chair yoga: 11:00 – 11:30 am	1355 Bank St., 7 <sup>th</sup> floor Albion & Heatherington Rooms	

<b>Early Years Programs</b>			
<b>PROGRAM NAME</b>	<b>WHEN</b>	<b>WHERE</b>	<b>CONTACT</b>
<b>Baby Food Making Workshop</b> For families with babies 4-7 months.	Please call for information, next date and to register. Offered every 3 months	1355 Bank St., 7 <sup>th</sup> floor	Sandy McIntyre or Annette Charron 613-737-5115 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		
<b>Baby &amp; Me/Buns in the Oven</b> Canadian Prenatal Nutrition Program (CPNP). Nutritionists and nurses offer support to pregnant women regarding healthy eating and cooking, pregnancy, baby care, breastfeeding and more.	Monday 9:30 – 11:30 am	1355 Bank St., 7 <sup>th</sup> floor	Sandy McIntyre 613-737-5115 ext. 2339
<b>Snack and Chat</b> Offering parenting groups. Topics include: children's health, pregnancy issues, child development, nutrition, etc.	Wednesday 11:00 am – 1:00 pm		
<b>Play and Learn</b> Parent's 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., 6 <sup>th</sup> floor	Ban Jaffar 613-737-5115 ext. 2327  613-722-4000 ext. 440 <a href="http://breastfeedingeducationsessions.ventbrite.com/">http://breastfeedingeducationsessions.ventbrite.com/</a>
<b>Pre-Natal Breastfeeding Information Sessions</b> A Lactation Consultant facilitates a class for pregnant women who plan to breastfeed.	2 <sup>nd</sup> Tuesday of each month 5:30 – 7:30 pm		
<b>Breastfeeding Drop-in</b> Nursing Mothers. Lactation consultant and nutritionist offers support to mothers who breastfeed their babies.	Mon & Thurs 12:00 – 2:30 p.m.	1355 Bank St., 7 <sup>th</sup> floor Russell Room	Lana Matthews 613-737-5115 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	1355 Bank St. and in the community	Geeta Grier 613-737-5115 ext. 2422
<b>Screening Clinics for Children</b> Clinics for speech and language, dental and nutrition			
<b>Early Years Nursing Outreach for Pre and Post Pregnancy</b> Support at various Community Houses	Tuesday	Banff/ Ledbury	613-739-5702
	Wednesday	Confederation Court	613-521-6807
		Russell Heights	613-736-9855



## Better Beginnings, Better Futures

PROGRAM NAME	WHEN	WHERE	CONTACT
<b>Playgroup/Centre de jeu</b> Parents/Caregivers attend with their preschool children. Registration is required.	Mon, Tues, Wed & Fri 9:30 am – 12:30 pm Lundi, mardi, mercredi et vendredi de 9h30 à 12h30	Family Centre 1495 Heatherington Rd.	Geeta Grier 613-737-5115 ext. 2422
<b>Nutritional Supplement</b> Milk, eggs, and more for pregnant and breastfeeding women.	Ongoing	Women living in the BBBF catchment area (Banff/Ledbury, Heatherington, Fairlea)	Linda Martin 613-523-2223 ext. 3119
<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.	Ongoing  Weekly visits Monday – Friday	Homes in area of Heatherington, Fairlea/Albion Rd. North/Ledbury	
<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.	Visites régulières du lundi au vendredi	Foyer de familles dans notre région, pour femmes enceintes et/ou parents qui ont des enfants âgés de 0 à 4 ans.	Linda Martin 613-523-2223 poste 3119
<b>Community Nurse</b> Community Outreach to parents and children within Albion/Heatherington neighbourhoods. Pre/postnatal and breastfeeding support.	Tuesday – all day Thursday – morning only	1485 Heatherington Rd., Unit 22	Susan Kirkpatrick 613-737-5115 ext. 2352
<b>Community Connections Worker</b> People in need of assistance with immigration and settlement.	Wednesday 9:00 am – 4:00 pm		Mohamoud Hagi-Aden 613-737-5115 ext. 2417
<b>Clothing Bank</b> Free used clothing, books, and small household items.	Monday & Wednesday 9:00 am – 4:00 pm Tuesday 9:00 am – 6:00 pm Thursday 9:00 am – 12:00 pm		613-523-2223

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

<b>Social Services</b>		
<b>PROGRAM NAME</b>	<b>WHEN</b>	<b>CONTACT</b>
<b>Counselling for Individuals, Couples and Families</b> Must meet with an Intake Worker for a referral to counselling.	Please call for an appointment	613-247-1600
<b>Counseling d'individuel, de couple et de famille</b> Doit rencontrer une Travailleuse à l'accueil pour une référence.	Téléphonez pour un rendez-vous	
<b>Low-Income Energy Assistance Program (LEAP)</b> 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 30 days of bank activity.	Apply for Energy Assistance Programs (LEAP and OESP) by scheduling an appointment with an Intake Worker or by visiting our Social Services Walk-In	
<b>Social Services Walk-In</b> Meet briefly with an Intake Social Worker without having an appointment. Walk-In is on a "first come, first served" basis. Support with practical needs, crisis counselling, information, referrals to programs and services.	Monday 1:30 – 3:30 pm & 4:30 – 6:00pm Wednesday 1:30 – 3:30 pm Friday 9:30 – 11:30 am	

<b>Seniors</b>		
<b>PROGRAM NAME</b>	<b>WHEN</b>	<b>CONTACT</b>
<b>Foot Care</b> Nurse provides foot care services.	Monday, 9:00 am – 3:00 pm September: 12, 19, 26 October: 3, 17, 24, 31 November: 7, 14, 21, 28 December: 5, 12, 19	Diane Rose 613-247-1600 \$15 by appointment only
<b>Urban Pole Walking Club</b> Participants start with a warm up and then go Nordic pole walking along the river or in the park. We provide the poles!	Monday 9:30 – 10:30 am Ends November 16	Jocelyne Pion 613-737-5115 ext. 2323

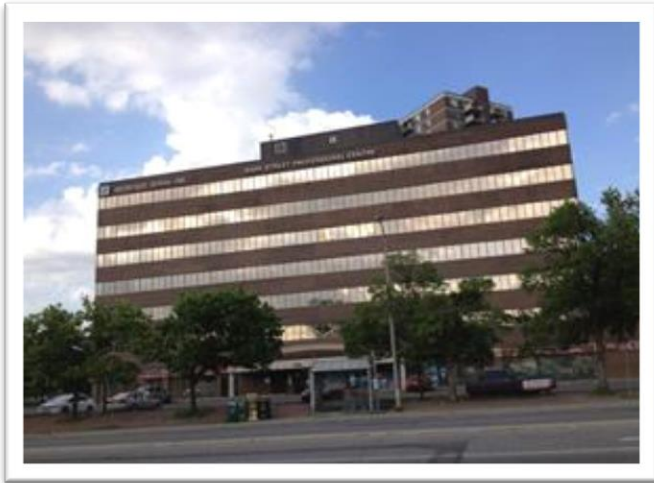
<b>Early Years</b>		
<b>PROGRAM NAME</b>	<b>WHEN</b>	<b>CONTACT</b>
<b>Playgroup</b> Parents drop-in with their children 0 – 5 years. Program runs with school calendar. No registration required.	Monday, Wednesday & Friday 9:00 – 11:00am	Diane Rose 613-247-1600

<b>Youth</b>		
<b>PROGRAM NAME</b>	<b>WHEN</b>	<b>CONTACT</b>
<b>Youth Zone</b> Soccer, basketball, and other activities that support physical literacy for children and youth.	Friday Children 8 – 10 years: 6:00 – 7:00 pm Youth 11 – 13 years: 7:15 – 8:30 pm Youth 14 – 18 years: 8:30 – 9:45 pm	James Tanguay 613-737-5115 ext. 2381 <a href="mailto:jamest@seoche.on.ca">jamest@seoche.on.ca</a>
<b>Sunday Funday Youth Drop-In</b> Activities, snacks, movies, theme days, trips, and more! For youth 13 – 18 years.	Sunday 1:00 – 4:00 pm	
<b>Girls on the Move</b> Health and fitness activities for girls 9 – 13 years.	Friday 5:30 – 7:00 pm	

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

<b>Multicultural</b>		
<b>PROGRAM NAME</b>	<b>WHEN</b>	<b>CONTACT</b>
<b>Community Connections</b> Assistance with issues related to immigration and settlement.	Thursday 1:00 - 4:00 pm Walk-in or by appointment	Mohamoud Hagi-Aden 613-737-5115 Ext. 2417 Radiah Jouad: 613-737-5115 ext. 2217
<b>Outreach Settlement Worker</b> Assistance with issues related to immigration and settlement.	Hours vary. Please call for information	Donia Jomaa 613-247-1600 ext. 328
<b>Parenting Group for Newcomers</b> A free, 6 session parenting class for newcomers to Canada.	ARABIC SESSION Oct. 11 – Nov. 15 Tuesday 6:00 – 8:00 pm	Melanie Winwood 613-247-1600
<b>Arabic Seniors' Workshops</b> Each week at the Hunt Club Riverside Site, seniors are invited to drop-in to workshops covering a variety of health topics. No registration necessary.	Monday 11:30 am – 3:00 pm Seniors Room	613-247-1600

# Our Locations:



<p><b>South-East Ottawa Community Health Centre</b>  <b>1355 Bank Street, Suite 600</b>  <b>Ottawa, ON K1H 8K7</b></p> <p><b>613-737-5115</b></p>	<p><b>South-East Ottawa Community Health Centre</b>  <b>Hunt Club/Riverside Site</b>  <b>3320 Paul Anka Drive</b>  <b>Ottawa, ON K1V 0J9</b></p> <p><b>613-247-1600</b></p>
<p><b>Hours of Operation:</b>  <b>Monday to Friday – 8:30am to 4:30pm</b>  <b>Saturday – CLOSED</b>  <b>Sunday – CLOSED</b></p> <p><b>Closest Bus Stop: Bus Routes 1.4.85</b></p>	<p><b>Hours of Operation:</b>  <b>Monday to Friday – 9am to 4:30pm</b>  <b>Saturday – CLOSED</b>  <b>Sunday – CLOSED</b></p> <p><b>Closest Bus Stop: Bus Routes 146. 87</b></p>




South-East Ottawa  
Community  
Health Centre

Centre de santé  
communautaire  
du sud-est d'Ottawa

Every One Matters.  
Chaque personne compte.

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