



Fall ~ Schedule of Events

September to December 2017

Automne ~ Calendrier des événements

septembre à décembre 2017

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

Hunt Club Riverside Site, 3320 Paul Anka Drive, Ottawa, ON K1V 0J9

Tel (613)-247-1600 ~ Fax (613) 247-1611

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Who We Are

We are a community health and resource centre. We provide health, social and community services to everyone, but particularly to people with special needs living in South-East Ottawa including seniors, youth, families, individuals with low-incomes, and multicultural communities. Our services and programs are designed to meet the needs of our community.

We report to an elected Board of Directors who live or work in South-East Ottawa neighbourhoods. The Board lobbies for healthy public policies.

We are one of 14 similar centres in Ottawa, part of the Coalition of Community Health and Resource Centres of Ottawa. The work of the Coalition throughout Ottawa is vital to the health of our city. We invite you to visit the Coalition website to learn more about important issues facing our communities: [**www.coalitionottawa.ca**](http://www.coalitionottawa.ca)

The SEOCHC catchment area is defined as the area bounded by the Rideau River and Industrial Avenue/Innes Road to the north, Highway 417 to the east, the Rideau River to the west, and Hunt Club Road to the south.

Check out our website at:
[**www.seochc.on.ca**](http://www.seochc.on.ca)



Health Services

Primary Care Services

PROGRAM NAME	WHEN	WHERE	CONTACT
Family Physicians and Nurse Practitioners Clients who require medical care.	Mon 8:00 to 6:00 pm Tues 8:00 to 8:00 pm Wed 9:00 to 8:00 pm Thurs 9:00 to 5:00 pm Fri 9:00 to 4:00 pm	1355 Bank St., 6 th floor Health Services	Please call for status of waiting list 613-737-4809
Anonymous HIV Testing & Pre/Post Test Counselling The rapid point of care test is available. When you arrive at reception, ask for a "Social Services Test".	Monday to Friday 1:00 to 2:30 pm	1355 Bank St., 6 th floor Health Services	613-737-5115 Melanie Winwood, ext. 2404 Yusra Osman, ext. 2386 Ana Guerra, ext. 2405
Dental Screening Program – FREE. 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 to 12:00 pm and 1:00 to 4:00 pm	1355 Bank St., 6 th floor Health Services	MUST book an appointment at medical reception 613-737-4809
Telemedicine Services (OTN) Use of video cameras and monitors for clinical appointments, educational events and administrative purposes at a distance.	Monday to Friday	1355 Bank St., 6 th floor, Check in at main reception	Dominique Massé 613-737-5115 ext. 2416 Alannah Borden 613-737-5115 ext. 2353 www.otn.ca
AcuDestress Feeling stressed? Ask us about the AcuDestress 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).	Offered every few months. 4 sessions per week (Monday to Thursday from 5 to 6pm) for approx. 4 weeks. Times may vary.		
Foot Care Assessment and treatment of various foot problems, routine care, prevention, teaching and diabetic care. Fee for this service. Free for primary care clients, but donations are welcome.	Scheduled appointments only. 3 days per week. Clinics in community locations once a week.	1355 Bank St., 6 th floor Health Services	Please call to schedule 613 737-4809
Immunization Clinic for Back to School Clients are referred by Ottawa Public Health and do not have to be existing primary care clients.	Times vary	1355 Bank St., 6 th floor	Please call to schedule 613 737-4809
Breastfeeding Drop-in Lactation consultant and dietitian offers support to mothers who breastfeed their babies.	Mon & Thurs 12:00 to 2:30 p.m.	1355 Bank St., 7 th floor Russell Room	Lana Matthews 613-737-5115 ext. 2327

Lung Health On-site education clinics (1:1) by certified respiratory therapist for registered Primary Care clients with Asthma or Chronic Obstructive Pulmonary Disease (COPD). This program includes comprehensive client centered Asthma/COPD education and self-management coaching and ongoing assessment with spirometer testing.	Tuesday and Thursday Clinics	1355 Bank St., 6 th floor Health Services	Ask your Primary Care Provider about a referral.
Diabetes This program includes comprehensive client-centered Diabetes education, self-management coaching and ongoing diabetes assessment and management for Primary Care clients.	Friday Clinics	1355 Bank St., 6 th floor Health Services	Ask your Primary Care Provider about a referral.

Chronic Disease Prevention and Management			
PROGRAM NAME	WHEN	WHERE	CONTACT
Living a Healthy Life with Chronic Pain This program helps people living with chronic pain to better manage their symptoms and daily life. Group meets weekly for 6 weeks.	Ongoing Registration required.	Various locations across the city	Please call 1-877-240-3941 or register online at www.livinghealthyhamplain.ca
Living a Healthy Life with a Chronic Condition 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.	Ongoing	Various locations across the city	
Smoking Cessation Individual counselling with nicotine replacement therapy.	Ongoing	1355 Bank St., 6 th floor Health Services	613-737-4809
Community Diabetes Education Program Support and education for people living with diabetes.	Call for information	1355 Bank St.	613-233-6655
HealthLinks HealthLinks is a client-centred approach to care coordination for those people living with 4 or more complex or chronic conditions including those living with mental health issues, substance use, palliative and people who are frail. Through better collaboration between clients, various service providers, caregivers and families, HealthLinks aims to improve the healthcare experience by ensuring each client has a coordinated care plan that is client-focused.	Ongoing	Various locations across the city	Ask your Primary Care Provider about a referral. Natalie Fournier 613-737-5115 ext 2559

Nutrition			
PROGRAM NAME	WHEN	WHERE	CONTACT
Good Food Box Save on quality fresh fruits and vegetables.	Pay the 1 st week of month; pick up box on the 3 rd Wednesday of the month	1355 Bank St. 6 th Floor Main reception	Annette Charron 613-737-5115 ext.2339
Healthy Eating for your Heart Workshop on Heart Healthy Eating + Healthy You follow up.	Wed, Sept 27, 2017 1:30 – 3:30 pm	1355 Bank St. 7 th Floor, Board Room	
Healthy You Program 8 week weight management program focused on healthy eating and lifestyle changes.	Thursdays Oct 12 – Dec 7 5:00 – 7:00 pm	1355 Bank St. 6 th floor, Main reception	Sandy McIntyre or Annette Charron 613-737-5115 ext. 2339
Craving Change™ Workshop for changing your relationship with food and dealing with cravings.	Wednesdays Oct 18, 25, Nov 1, 8 1:30 – 3:30	Hunt Club/Riverside Community Centre 3320 Paul Anka Dr Boardroom	Sandy McIntyre or Annette Charron 613-737-5115 ext. 2339
Cooking on a Budget A cooking workshop for healthy eating on a limited budget	Call for information, dates and to register	1355 Bank St. 7 th Floor, Fairlea Room	
Cooking for Healthy Kids An adult workshop on healthy cooking for your children.			
Cooking for One A cooking workshop for healthy and easy cooking for one.			
Cooking for Diabetes Prevention and Management Cooking workshop for diabetes prevention and management			



Community and Social Services

Counselling

PROGRAM NAME	WHEN	WHERE	CONTACT
Counselling for Individuals, Couples and Families Must meet with an intake worker for a referral.	By appointment only. Please call for an appointment	1355 Bank St. 6 th floor	Social Services 613-737-5115 Ask for intake.
Counseling individuel, de couple et de famille Doit voir une travailleuse à l'accueil pour une demande de services.	Téléphonez pour un rendez-vous.	1355 rue Bank, 6ième étage	Services sociaux 613-737-5115
Social Services Walk-In 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 to Friday, 1:00 to 2:30 pm	1355 Bank St., 6 th floor	Intake walk-in 613-737-5115
Walk-In Counselling Clinic Free counselling services to individuals, couples and families. Offered in English, Somali, Arabic and Spanish. No appointment necessary – first come, first served.	Tuesday 11:30 am to 6:00 pm		613-737-5115 walkincounselling.com
Addictions Counselling Counselling for people with addictions or people affected by addictions.	Monday 8:30 am to 4:30 pm		613-789-8941 ask for Addictions Counselling
South SITE Provides free harm reduction supplies clean needles, syringes, sterile water, filters, stems, mouthpieces, push sticks, screens and condoms.	Anonymous Walk-in Monday to Friday 1:00 to 2:30 pm		613-737-5115 Melanie Winwood, ext. 2404 Yusra Osman, ext. 2386 Ana Guerra, ext. 2405
Yoga for Mental Health Using movement, breath work and meditation for healing for people living with mental and emotional health challenges.	Call for information	6 th floor	Ana Guerra 613 737-5115 ext. 2405

Social Services Practical Supports			
PROGRAM NAME	WHEN	WHERE	CONTACT
Social Services Walk-in Referrals to furniture and mattress donations, Gift of Sight Program, Back-to-School and Camp subsidies, Baby Supply Cupboard, Contact Ottawa Voicemail Service, Christmas Exchange and Toy Mountain.	Monday to Friday, 1:00 to 2:30 pm	1355 Bank St., 6 th floor Health Services	Intake walk-in 613-737-5115
Low-Income Energy Assistance Program (LEAP) and Ontario Electricity Support Program 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) Schedule an appointment with an Intake Worker (or by visiting our Social Services Walk-In)		Melanie Winwood 613-737-5115 ext. 2404 Yusra Osman 613-737-5115 ext. 2386
Ontario Disability Support Program (ODSP) Financial Screening Clients appropriate for ODSP are provided the list of documents needed and scheduled for application completion.	Thursday 9:00 to 11:00am		Shamsiya Muzafarbkova 613 737-4809 ext. 2312
ODSP Support Worker Provides help with ODSP self-report forms and follow-ups with clients.	Friday By appointment only		

Housing			
PROGRAM NAME	WHEN	WHERE	CONTACT
Housing Support Services Assessment and assistance with housing related issues.	By appointment only Mon, Wed & Fri 9:30 to 4 pm	1355 Bank St., 6 th floor	Housing Help Intake 613-563-4532 OR Mayse Abu-Shaaban 613-276-4532
	Walk-in Wednesday & Friday 1:00 to 2:30 pm		Hinda Hassan 613-737-5115 ext. 2412

Better Beginnings, Better Futures (BBBF)

PROGRAM NAME	WHEN	WHERE	CONTACT
Playgroup/Centre de jeu Parents/Caregivers attend with their preschool children. Registration is required.	Mon, Tues, Wed & Fri 9:30 am to 12:30 pm Lundi, mardi, mercredi et vendredi de 9h30 à 12h30	Family Centre 1485 Heatherington Rd.	Geeta Grier 613-737-5115 ext. 2422
Nutritional Supplement 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
Parent Support Program Provides parental support, information on pregnancy, early postnatal issues, child development, parenting and connection with community resources. For families with children 0 to 5 years old in Heatherington, Fairlea and Ledbury areas.	Ongoing Monday to Friday	Various sites close to participant's homes in the area of Heatherington, Fairlea/Albion Rd. North/Ledbury	
Programme de soutien aux parents Les travailleuses offrent du soutien, de l'information au sujet de la grossesse, période postnatale, le développement de l'enfant, la stimulation et sur l'art d'être parent. Aide aux familles à connecter avec les ressources communautaires. Pour familles avec enfants de 0 à 5 ans qui résident dans les régions de Heatherington, Albion, Fairlea et Ledbury.	Du lundi au vendredi	Divers sites proches des maisons des participants dans les régions de Heatherington, Fairlea/Albion Rd. North/Ledbury	Linda Martin 613-523-2223 poste 3119
Community Nurse 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
Community Connections Worker People in need of assistance with immigration and settlement. Call to make an appointment.	Wednesday 9:00 am – 4:00 pm	1485 Heatherington Rd., Unit 22	Mohamoud Hagi-Aden 613-737-5115 ext. 2417
Clothing Bank Free used clothing, books, and small household items.	Mon & Wed 9:00 am to 4:00 pm Tuesday 9:00 am to 6:00 pm Thursday 9:00 am to 12:00 pm	1485 Heatherington Rd., Unit 22	613-523-2223

Early Years Programs

PROGRAM NAME	WHEN	WHERE	CONTACT
Baby Food Making Workshop For families with babies 4 to 7 months.	Please call for information, next date and to register. Offered every 3 months	1355 Bank St 7 th floor	Sandy McIntyre or Annette Charron 613-737-5115 ext. 2339
Healthy Eating for Young Children Help your toddler develop a healthy relationship with food.	Please call for information, next date and to register		
Baby & Me Canada Prenatal Nutrition Program. Dietitian, nurse and lactation consultant offer support to pregnant women regarding healthy eating and cooking, pregnancy, baby care, breastfeeding and more.	Monday 9:30 to 11:30 am	1355 Bank St 7 th floor	Sandy McIntyre 613-737-5115 ext. 2339 Call to register.
Play and Learn Parents drop-in with their pre-school children. Join us for arts, crafts, circle time, and more.	Mon, Tue, Thu & Fri 9:30 to 11:30 am	1355 Bank St 6 th floor	Jennifer Reid 613-737-5115 ext. 2327
Breastfeeding Drop-in Lactation consultant and dietitian offers support to mothers who breastfeed their babies.	Mon & Thurs 12:00 to 2:30 p.m.	1355 Bank St 7 th floor Russell Room	Lana Matthews 613-737-5115 ext. 2327
Pre-Natal Breastfeeding Information Sessions A Lactation Consultant facilitates a class for pregnant women who plan to breastfeed.	2 nd Tuesday of each month 5:30 to 7:30 pm	1355 Bank St. 6 th floor	Please call 613-722-4000 ext. 440 http://breastfeedingeducationsessions.eventbrite.com/
Snack and Chat Offering parenting groups. Topics include: children's health, pregnancy issues, child development, nutrition, etc.	Wednesday 11:00 am to 1:00 pm	1355 Bank St 7 th floor	Barbara Schonfeld 613-737-5115 ext. 2379
Parent/ Caregiver Training and Workshops 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
Screening Clinics for Children Clinics for speech and language, dental and nutrition.			
Early Years Nursing Outreach for Pre and Post Pregnancy Support at various Community Houses	Tuesdays, Wednesdays, or Thursdays	Banff/ Ledbury Confederation Court Russell Heights	613-739-5702 613-521-6807 613-736-9855

Youth			
PROGRAM NAME	WHEN	WHERE	CONTACT
Referrals and Community Connections for Parents and Youth Referrals to youth activities, counselling support, etc.	Ongoing	Hunt Club-Riverside Community Centre 3320 Paul Anka Dr	James Tanguay 613-247-1600 ext. 324 jamest@seochc.on.ca
Herongate Youth Drop-In Activities, snacks, movies, theme days, trips, and more!	Tuesdays and Thursdays 6-8 PM Starts September 19	Herongate Community Hub 2850 Cedarwood Dr	
Homework Club After-school homework support for children 6 to 12 years of age.	Tuesdays, Wednesdays, Thursdays 4:00 – 6:00 PM Starts September 19	Shearwater Court Log Cabin 15 Pinson Private	
	Tuesdays and Thursdays 4:00 -6:00 PM Starts September 19	Herongate Community Hub 2850 Cedarwood Dr	
	Tuesdays and Thursdays 4:00 – 6:00 PM Starts September 19	Hunt Club East 29 Wallack Pvt	

See page 15 for more Youth programs at the Hunt Club/Riverside Site

Adults with Disabilities (18 to 59 years)			
PROGRAM NAME	WHEN	WHERE	CONTACT
LunchAbility “Out and About” 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 Pousseau 613-737-5115 ext. 2375 nadiap@seochc.on.ca
Programme Dîner en Forme 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	Nadia Pousseau: 613 737-5115 poste 2375 nadiap@seochc.on.ca
Community and Home Support Services Programs providing in-home practical and social supports to persons 60 and older or younger than 60 with a disability. Services include housekeeping, home maintenance, respite care, bereavement support, caregiver support, LunchAbility, medical transportation, the grocery bus and Handy Helpers.	Ongoing	In the community	Community & Home Support 613-737-5115 ext. 2430

Community			
PROGRAM NAME	WHEN	WHERE	CONTACT
Volunteer Opportunities Various volunteering opportunities throughout the Centre	Volunteer orientations held once every 6 weeks	1355 Bank St., 6 th floor	Jessica-Rae Linzel 613-737-5115 ext. 2294
Postes bénévoles Plusieurs opportunités de bénévolat disponibles au Centre.	Orientations de bénévoles chaque six semaines	1355 rue Bank 6ième étage	Jessica-Rae Linzel 613-737-5115 poste 2294
Millennium Learning Centre Drop-in. Access computers; information board and employment, training, and volunteer opportunities.	Monday to Friday 9:00 am to 4:00 pm	1355 Bank St., 6 th floor	Euphrasie Emedi 613-737-5115 ext. 2409

Multicultural Services			
PROGRAM NAME	WHEN	WHERE	CONTACT
Healthy Living Initiative Arabic-speaking facilitators can speak to your group, church, mosque, on living well while preventing diabetes and liver disease. FREE.	Ongoing as needed	In the community	Zaineb Al-Kutoby 613-737-5115 ext. 2331
Cancer Screening Initiative Arabic-speaking facilitators can offer presentations in Arabic and English on screening for cervical, breast, and colorectal cancers. FREE	Ongoing as needed	In the community	Zaineb Al-Kutoby 613-737-5115 ext. 2331
Arabic Women's Discussion Groups	2 nd Tuesday of each month 11:45 am to 1:45 pm	1355 Bank St., 7 th floor, Albion & Heatherington Rooms	
Arabic Women's Discussion Groups for SENIORS	3 rd Wednesday of each month 12:00 to 2:00 pm		
Community Connections Assistance with issues related to immigration and settlement.	Call for an appointment	1355 Bank St., 6 th floor	Mohamoud Hagi-Aden: 613-737-7195 ext. 2417 Radiah Jouad: 613-737-7195 ext. 2217
Multicultural Health Promotion Services Health promotion presentations on physical, mental and emotional well-being.	Ongoing	In the community	Zaineb Al-Kutoby 613-737-5115 ext. 2331
Fun with English A volunteer-run program to improve English language skills.	Wednesday 10:30 am to 12:00 pm Thursday 11:00am to 12:00pm	1355 Bank St. Check in on 6 th floor	Zaineb Al-Kutoby 613-737-5115 ext. 2331
Parenting Group for Newcomers Free 6-session parenting class for newcomers to Canada. Available in a variety of languages.	For dates and times, please call	1355 Bank St.	Melanie Winwood 613 737-5115 ext. 2404

Seniors			
PROGRAM NAME	WHEN	WHERE	CONTACT
<p>Primary Care Outreach to Seniors (PCO) This program is targeted for seniors (aged 65 and above) living at home who would benefit from assistance in health care management and access to community services.</p>	Ongoing as needed.	In your home	PCO Intake 1-844-726-5115
<p>Soins primaires communautaires pour aînés (SPC) 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.</p>	Selon les besoins du client.	À votre domicile	1-844-726-5115
<p>Bereavement Support for Seniors The drop-in group assists seniors in working through the loss of a spouse, partner, child, friend or loved one with the support of a peer group. New topics are explored each month.</p>	Thursdays from 1:30 to 3:30 pm on: September 28 th October 19 th November 30 th December 14 th	St. Thomas the Apostle Church 2345 Alta Vista Dr	Soraya Allibhai 613-737-5115 ext. 2336 sorayaa@seochc.on.ca
<p>Caregiver "Need to Know" Series Regularly scheduled education & info sessions on a variety of topics close to the heart of caregivers. All are welcome.</p>	Call for information	In the community.	Lisa Bornn 613-737-5115 ext. 2326 lisab@seochc.on.ca
<p>Community and Home Support Services Programs providing in-home practical and social supports to persons 60 and older or younger than 60 with a disability. Services include housekeeping, home maintenance, respite care, bereavement support, caregiver support, LunchAbility, medical transportation, the grocery bus and Handy Helpers.</p>	Ongoing	In the community	Community & Home Support 613-737-5115 ext. 2430
<p>Services de soutien à domicile et communautaire Les Services offerts aux personnes âgées de plus de 60 ou aux plus jeunes de 60 ans qui ont une incapacité sont: entretien ménager; garde de répit, soutien pour le deuil, autobus-épicerie, transport médical, visites amicales, dîner en forme et le programme bricoleur d'un jour.</p>	En cours	Dans la communauté	Programme Services de soutien à domicile at communautaire 613-737-5115 poste 2430
<p>Gentle Yoga for the Body and the Mind Yoga for Life! Increase energy, improve balance and mobility as gentle movement builds strength and enhances peace of mind. *Donations are appreciated but not required*</p>	Tuesdays 10:30 to 11:30 am Sept 12 – Dec 5 (no program October 10)	1355 Bank St., 7 th floor Albion & Heatherington Rooms	Jocelyne Pion 613-737-5115 ext. 2323 Certified Yoga Instructor: Lesley Anne Paveling

Viactive Exercises Chair exercises, strength exercises and dance movements. For more information and to register contact: Jocelyne Pion 613-737-5115 ext. 2323	CLASS 1 Mon & Thurs 1:30 to 2:30 pm Ongoing until December 19	1355 Bank St., 7 th floor Albion & Heatherington Rooms	Volunteer Leaders: Bouchra, Barbara, Beatrice, David
	CLASS 2 Tuesday 1:30 to 2:30 pm Ongoing until December 19		Volunteer Leader: Jeanne D'arc
	Mon & Thurs 8:45 to 10:00 am Sept 11 – Dec 18	1670 Walkley Rd Lounge	Voluneer Leaders: Julee and Jeanne D'Arc Staff Leader: Jocelyne
	Fridays 10:30 – 11:30 am Sept 15 – Dec 15	Russell Manor 1909 Russell Rd Residents only	Volunteer leader and specialist: Danielle
	Monday: DVD with Klara 11:00 am – 12:00 pm Thursday: Live fitness with Danielle 11:00 am – 12:00 pm	2080 Russell Rd Lounge (residents of 2100 Russell are also invited)	Volunteer Leaders: Danielle and Klara
Wise Adults Seminars for Seniors Health presentations, discussion groups, outings and guest speakers.	Wednesday 1:00 to 3:00 pm (unless otherwise stated) Sept 13 – Dec 13	1355 Bank St., 7 th floor Elmvale or Albion & Heatherington Rooms	Jocelyne Pion 613-737-5115 ext. 2323 For seminars and outings please see Fall Health Promotion Program for seniors
From Soup to Tomatoes - Exercise Program This program will be delivered using OTN (Ontario Telemedicine Network) services. The exercise leaders, a Kinesiologist and Registered Nurse from Northern Ontario will be leading the group through video conferencing.	Mon & Wed Gentle Exercises: 10:15 to 10:45 am Chair yoga: 11:00 to 11:30 am	1355 Bank St., 7 th floor Albion & Heatherington Rooms	Jocelyne Pion 613-737-5115 ext. 2323

****Feel free to pick up the Fall Health Promotion Program for seniors for more information****

****Please note: There are no programs running October 9th and December 25th ****

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

Health Services		
Chronic Disease Prevention and Management		
Community Diabetes Education Program Support and education for people living with diabetes.	Call for information	613-233-6655
Nutrition		
Good Food Box Save on quality fresh fruits and vegetables.	Pay first week of month, receive box third week of month	Diane Rose 613-247-1600

Community and Social Services		
Social Services		
PROGRAM NAME	WHEN	CONTACT
Counselling for Individuals, Couples and Families Must meet with an Intake Worker for a referral to counselling.	Please call for an appointment	613-247-1600
Counseling individuel, de couple et de famille Doit voir une Travailleuse à l'accueil pour une demande de services	Téléphonez pour un rendez-vous	613-247-1600
Social Services Walk-In Meet briefly with an Intake Social Worker, no appointment needed. 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 to 4:00 pm Wednesday 1:30 to 3:30 pm Friday 9:30 to 11:30 am	Intake walk-in 613-247-1600
Low-Income Energy Assistance Program (LEAP) and Ontario Electricity Support Program 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)	613-247-1600
South Site Provides free harm reduction supplies: clean needles, syringes, sterile water, filters, stems, mouthpieces, push sticks, screens and condoms.	Mondays and Wednesdays 1:30 to 3:30 pm Fridays 9:30 to 11:30 am	Elise Champagne 613-247-1600 ext. 323

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

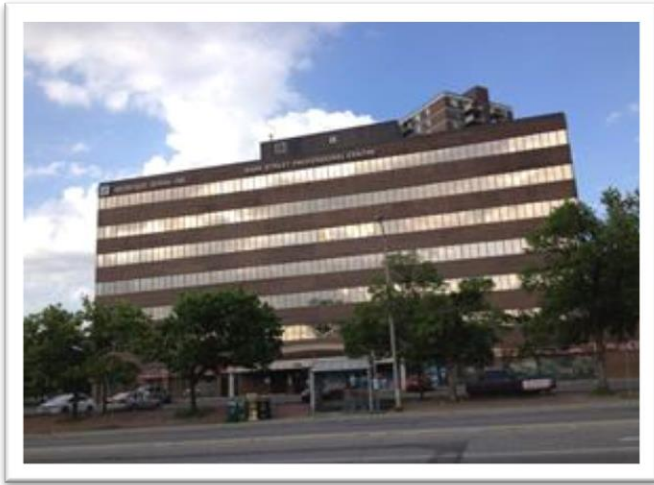
Youth		
PROGRAM NAME	WHEN	CONTACT
Youth Zone Annex Soccer, basketball, and other activities that support physical literacy for children and youth.	Friday nights starting September 10 Children 8 to 10 years: 6:00 to 7:00 pm Youth 11 to 13 years: 7:15 to 8:30 pm Youth 14 to 18 years: 8:30 to 9:45 pm	Urge Ibrahim 613-247-1600 ext. 325 urgei@seochc.on.ca
Girls on the Move Health and fitness activities for girls 9 to 13 years.	Fridays starting Sept 10 5:30 to 7:00 pm	
Sunday Funday Youth Drop In Activities, snacks, movies, theme days, trips and more!	Sundays starting Sept 10 1:00 to 4:00pm	

Seniors		
PROGRAM NAME	WHEN	CONTACT
Foot Care Nurse provides foot care services.	Every Wednesday and Friday By appointment only	Diane Rose 613-247-1600 \$20 by appointment only

Multicultural		
PROGRAM NAME	WHEN	CONTACT
Community Connections Assistance with issues related to immigration and settlement.	Thursday 1:00 to 4:00 pm Walk-in or by appointment	Mohamoud Hagi-Aden 613-737-5115 Ext. 2417
Outreach Settlement Worker Assistance with issues related to immigration and settlement.	Hours vary. Please call for information	Donia Jomaa 613-247-1600 ext. 328
Arabic Seniors' Workshops 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 to 3:00 pm Seniors Room	613-247-1600



Our Locations



South-East Ottawa Community Health Centre
1355 Bank Street, Suite 600
Ottawa, ON K1H 8K7
(Across the street from Billings Bridge Plaza)

613-737-5115

South-East Ottawa Community Health Centre
Hunt Club/Riverside Site
3320 Paul Anka Drive (corner of McCarthy)
Ottawa, ON K1V 0J9

613-247-1600

Hours of Operation:
Monday 8:30am to 6:00pm
Tuesday & Wednesday 8:30am to 8:00pm
Thursday & Friday 8:30am to 5:pm
Saturday – CLOSED
Sunday – CLOSED

Closest Bus Stop: Bus Routes 5, 6 , 451, 452

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

Closest Bus Stop: Bus Routes 87, 92, 640



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