



Winter/hiver January-April ~ Janvier-Avril 2019

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 KIV 0J9
 Tel (613)-247-1600 ~ Fax (613) 247-1611

In this schedule		Page
Health Services	Primary Care Services	3 - 4
	Chronic Disease Prevention and Management	4
	Nutrition Programs	5 - 6
Social Services	Counselling	6 - 7
	Social Services Practical Supports	7
	Housing Help	8
Community Services	Adults with Disabilities	8
	Better Beginnings, Better Futures [now called the Early-On Centre]	8-9
	Early Years Programs	9-11
	Volunteer Services and Millennium Learning Centre	11
	Multicultural Services	11-12
	Seniors	12 - 13
	Youth	14
At Hunt Club Riverside	Nutrition	14
	Social Services	14-15
	Early Years	15
	Seniors	15
	Multicultural Services	15-16
	Youth	16

Who We Are

We are a community health and resource center. 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 neighborhoods. The Board lobbies for healthy public policies.

We are one of 14 similar centers in Ottawa, part of the Coalition of Community Health and Resource Centers 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

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

Health Services

Primary Care Services

PROGRAM NAME	WHEN	WHERE	CONTACT
Family Physicians and Nurse Practitioners Clients who require medical care.	Mon. 8:00 to 6:00pm Tues. 8:00 to 8:00pm Wed. 9:00 to 8:00pm Thurs. 8:00 to 5:00pm Fri. 8:00 to 5:00pm	1355 Bank St., 6 th floor Health Services	Please call to inquire about our 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.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) Traveling to see a specialist? OTN uses video cameras and monitors to connect clients to their specialists and other healthcare professionals at a distance, allowing them to stay in their home community	Monday to Friday Individual appointments and group programs.	1355 Bank St, 6 th floor, Check in at main reception	Call for more information. Dominique Massé 613-737-5115 ext. 2416 OTN nurse 613-737-5115 ext. 2353 www.otn.ca
AcuDestress Feeling stressed? Ask us about the AcuDestress ear acupuncture mindfulness program. Must be 16+ years old. Offered via OTN (Ontario Telemedicine Network).	Offered every few months. 5 days per week (11:30am-1pm or 4:30-6pm) for 4 weeks. Times may vary.	1355 Bank St., 6 th floor Health Services	Please call to inquire about our waitlist 613 737-4809
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. \$20 for non-primary health clients.	Scheduled appointments only. 3 days per week. Clinics in community locations Wednesdays and Fridays at Hunt Club Riverside. Once a week at different community locations	1355 Bank St., 6 th floor Health Services	Please call to inquire about our waitlist 613 737-4809
ODSP services offered at SEOCHC Financial Screening (for individuals not on OW) with ODSP case workers Help with ODSP applications with ODSP Application Support Worker	Every other Thursday from 9-12pm Once a month (Friday)	1355 Bank St., 6 th floor	For information contact Asma 613 737-4809

<p>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.</p>	Tuesday Clinics	1355 Bank St., 6 th floor Health Services	Ask your Primary Care Provider about a referral.
<p>Diabetes This program includes comprehensive client-centered Diabetes education, self-management coaching and ongoing diabetes assessment and management for Primary Care clients.</p>	Tuesday, Wednesday and 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
<p>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.</p>	Ongoing Registration required.	Various locations across the city	
<p>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.</p>	Ongoing Registration required.	Various locations across the city	
<p>Smoking Cessation Individual counselling program.</p>	Ongoing	1355 Bank St., 6 th floor Health Services	613-737-4809
<p>Community Diabetes Education Program Support and education for people living with diabetes.</p>	Call for information	1355 Bank St.	613-233-6655

<p>HealthLinks HealthLinks is a client-centered 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 with clients and their 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.</p>	Ongoing	Various locations across the city	Ask your Primary Care Provider about a referral. Natalie Fournier 613-737-5115 ext 2559
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Nutrition			
PROGRAM NAME	WHEN	WHERE	CONTACT
<p>Good Food Box Save on quality fresh fruits and vegetables.</p>	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
<p>Healthy Eating for your Heart Workshop on Heart Healthy Eating + Healthy You follow up.</p>	Please call for information, program dates, and to register.	1355 Bank St. 7 th Floor,	
<p>Healthy You Program 8 week weight management program focused on healthy eating and lifestyle changes.</p>	Please call for information, program dates, and to register.	1355 Bank St. 7 th floor,	Sandy McIntyre or Annette Charron 613-737-5115 ext.2339
<p>Craving Change™ Workshop for changing your relationship with food and dealing with cravings.</p>	Please call for information, program dates, and to register.	1355 Bank St. 7 th floor,	Sandy McIntyre or Annette Charron 613-737-5115 ext. 2339
<p>Cooking for One A cooking workshop for healthy and easy cooking for one.</p>	Please call for information, program dates, and to register.	1355 Bank St. 7 th Floor, Fairlea Room	
<p>Cooking for Healthy Kids An adult workshop on healthy cooking for your children.</p>			

Nutrition Continued			
Cooking for Diabetes Prevention and Management Cooking workshop for diabetes prevention and management	Thursday March 28 th 9:30-11:30am	1355 Bank St. 7 th Floor, Fairlea Room	Sandy McIntyre or Annette Charron 613-737-5115 ext. 2339
Cooking on a Budget A cooking workshop for healthy eating on a limited budget	Thursday January 31 st 9:30AM-11:30am		

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. Offered in English, Arabic and Spanish.	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. Offert en Anglais, Somali, Arabe et Espagnol	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, Arabic and Spanish. No appointment necessary – first come, first served.	Tuesday 11:30 am to 6:00 pm Last walk-in session is at 4:30 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	1355 Bank St., 6 th floor	613-737-5115 Melanie Winwood, 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		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. 2386 *Booking appointments every Tuesday for electricity support.
Ontario Disability Support Program (ODSP) Financial Screening Clients appropriate for ODSP are scheduled for application completion. This is the first step to determine client eligibility for ODSP.	Thursday 9:00 to 12:00am Offered twice a month		Please call Asma Jama 613 737-4809 ext. 2312 to inquire.
ODSP Support Worker Provides help with ODSP self-report forms and follow-ups with clients.	Friday By appointment only Monthly clinic		

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-Shaabab 613-276-4532
	Walk-in Wednesday & Friday 1:00 to 2:30 pm		Hinda Hassan 613-737-5115 ext. 2412

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 Martha for dates and times.	Various spots around Ottawa	Martha England 613-737-5115 ext. 2391 marthae@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 Martha pour les dates et heures de sorties.	Sorties variées à Ottawa	Martha England 613-737-5115 poste 2391 marthae@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

Early On			
PROGRAM NAME	WHEN	WHERE	CONTACT
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

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	WHERE	WHEN	CONTACT
Baby Food Making Workshop For families with babies 4 to 7 months.	Please call for information, next date and to register	1355 Bank St 7 th floor Fairlea Room	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 Russell Room	Sandy McIntyre 613-737-5115 ext. 2339 Call to register.

<p>Play and Learn Parents drop-in with their pre-school children. Join us for arts, crafts, circle time, and more.</p>	<p>Monday to Friday 9:30 to 11:30 am</p>	<p>1355 Bank St 6th floor</p>	<p>Jennifer Reid 613-737-5115 ext. 2327</p>
<p>Breastfeeding Drop-in Lactation consultant and dietitian offers support to mothers who breastfeed their babies.</p>	<p>Mon & Thurs 12:00 to 2:30 p.m.</p>	<p>1355 Bank St 7th floor Russell Room</p>	<p>Sue Thériault Valin 613-737-5115 ext. 2327</p>
<p>Pre-Natal Breastfeeding Information Sessions A Lactation Consultant facilitates a class for pregnant women who plan to breastfeed.</p> <p>See for http://breastfeedingeducationssessions.eventbrite.com/ for information.</p>	<p>2nd Tuesday of each month 5:30 to 7:30pm</p>	<p>1355 Bank St. 6th floor</p>	<p>Please call 613-722-4000 ext. 440</p>
<p>Snack and Chat Offering parenting groups. Topics include: children's health, pregnancy issues, child development, nutrition, etc.</p>	<p>Wednesday 11:30 am to 1:30 pm</p>	<p>1355 Bank St 7th floor Russell Room</p>	<p>Barbara Schonfeld 613-737-5115 ext. 237</p>
<p>Parent/ Caregiver Training and Workshops Training for parents and caregivers on various topics related to parenting and child development</p>	<p>Please call for dates and times</p>	<p>1355 Bank St and in the community</p>	<p>Geeta Grier 613-737-5115 ext. 2442</p>
<p>Screening Clinics for Children Clinics for speech and language, dental and nutrition.</p>	<p>Please call for dates and times</p>	<p>1355 Bank St and in the community</p>	<p>Geeta Grier 613-737-5115 ext. 2442</p>

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
Early Learning Pre-School Program (ELPP) Pre-school program offered at three community houses.	Monday to Friday *morning and afternoons; please call for times.		

Volunteer Opportunities and Millennium Learning Centre			
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 6 ^{ième} étage	Jessica-Rae Linzel 613-737-5115 poste 2294
Millennium Learning Centre (MLC) 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	
Arabic Women's Discussion Groups	2 nd Tuesday of each month 11:45 am to 1:45 pm	1355 Bank St., 7 th floor,	Zaineb Al-Kutoby 613-737-5115 ext. 2331
Arabic Women's Discussion Groups for Seniors	3 rd Wednesday of each month 12:00 to 2:00 pm	Albion & Heatherington Rooms	
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 Joud: 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.	Tuesday, Wednesday, Thursday 10:30am 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. 2386
The Matching Program for Newcomers This program matches newcomers to Canada with a volunteer community member for weekly get-togethers.	Weekly, and ongoing throughout the year	In home, or in the community	Jessica-Rae Linzel 613-737-5115 ext. 2294

Seniors

PROGRAM NAME	WHEN	WHERE	CONTACT
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.	Ongoing as needed.	In your home	PCO Intake 1-844-726-5115
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.	Selon les besoins du client.	À votre domicile	1-844-726-5115
Caregiver "Need to Know" Series Regularly scheduled education & info sessions on a variety of topics close to the heart of caregivers. All are welcome.	Call for information	In the community.	Lisa Bornn 613-737-5115 ext. 2326 lisab@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. Services de soutien à domicile et communautaire Les Services offerts aux personnes âgées de plus de 60 ou aux plus jeunes de 60 ans ayant 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.	Ongoing/ En cours	In the community/ Dans la communauté	Community & Home Support/ Programme Services de soutien à domicile at communautaire 613-737-5115 ext./poste 2430

Wise Adults Seminars for Seniors Health presentations, discussion groups, outings and guest speakers.	Wednesday: 1:30 – 3:00 pm (unless specified otherwise) January 16 to March 27,	1355 Bank St., 7 th Floor: Albion & Heatherington rooms	Jocelyne Pion 613-737-5115 ext. 2323 For seminars and outings please see winter Health Promotion Program
From Soup to Tomatoes-Exercise Program The Exercise leader are a Kinesiologist and RN from Northern Ontario will be leading the group through archived material	Starts Monday January 7 th Monday and Wednesday mornings Exercises(gentle): 10:15-10:45am Chair Yoga: 11:00 – 11:30 m		Volunteers needed
SOMATIC LAUGHTER YOGA SESSIONS Yoga for Life! Increase energy, improve balance and mobility as gentle movement builds strength and enhances peace of mind. Relax, enjoy and observe the results. You may be pleasantly surprised.	Tuesday, January 8 to March 26 10:30 – 11:30 am *Donations are appreciated, but not required*	1355 Bank St., 7th floor Albion & Heatherington rooms	Registered yoga instructor: Lesley Anne Paveling *Space is limited – please register to reserve your spot! Jocelyn 613-737-5115
Viactive Exercises Chair exercises, strength exercises and dance movements. For more information and to register contact: Jocelyn Pion 613-737-5115 ext. 2323	Starts January 7 (ongoing) Monday and Thursday: 1:30 – 2:30 pm *Please note no program on Monday, February 18*		Volunteer Leaders: Barbara, Akoele Staff leader: Jocelyn
	Starts Tuesday, January 8 (ongoing) Tuesday: 1:30 – 2:30 pm		Volunteer Leader: Akoele Staff Leader: Jocelyne
	Starts Tuesday, January 8 (ongoing) Tuesday & Thursday 10:00 - 11:00am	1455 Clementine (community room)	Volunteer Leader: Béatrice
	Monday and Thursday 8:45 - 10:00 am Starts Monday, January 7 (Please note no program on Monday, February 18)	1670 Walkley Rd. (lounge)	Volunteer Leaders: Agnes, Julie, Nahie,(Jeanne d’Arc In February)
	Tuesday: 9:30 – 10:30 am Friday: 10:00 - 11:00 am Starts up Tuesday, January 8 (ongoing)	1909 Russell Rd (lounge)	Volunteer Leaders: Sharon, Danielle, Asini,

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

Youth		
PROGRAM NAME	WHEN	CONTACT
Homework Clubs Safe and supportive environment to complete school work and assignments Herongate (2850 Cedarwood Drive) Shearwater Court (15 Pinson Private) Karsh Court (29 Wallack Private)	Herongate Mondays and Wednesdays 4-6 PM Karsh Court & Shearwater Tuesdays and Thursdays 4-6 PM	James Tanguay 613-247-1600 ext. 324
Heron Gate Youth Drop-in Activities, movies, trips, theme days, employment support, and more!	Fridays 4-6 PM Heron Gate Hub 2850 Cedarwood Drive	James Tanguay 613-247-1600 ext. 324

Hunt Club Riverside Site
3320 Paul Anka Drive Ottawa, ON K1V0J9
Tel 613-247-1600
Fax 613-247-1611

Health Services		
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. Offered in English, Somali, Arabic and Spanish.	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 Offert en anglais, somali, arabe et espagnol.	Téléphonnez 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 3:30 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
Mentoring for Change Biweekly Dinner and Chat with Springland residents and mentors	Please call for exact dates, time and place	Valerie 613-247-1600 ext. 326

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

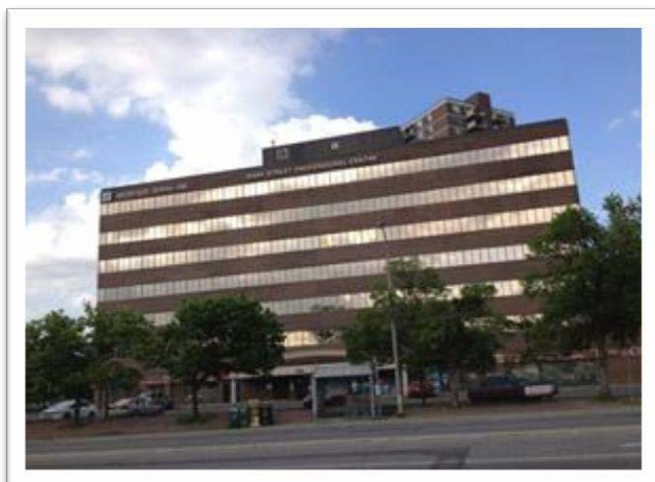
Seniors		
PROGRAM NAME	WHEN	CONTACT
Foot Care Nurse provides foot care services.	Every Wednesday and Friday By appointment only. Please call to inquire about the waitlist.	Diane Rose 613-247-1600 \$20 by appointment
Arabic Seniors' Workshops Each week at the Hunt Club Riverside Site, seniors are invited to drop-in to workshops covering a variety of health topics. No registration necessary.	-Monday and Wednesday 11am to 2:00 pm -Riverside Room	Hasna Alami or Hoda Bimbachi 613-247-1600
The Seniors Social Club New pilot program at the Hunt Club Riverside Site. Each week the program will offer different topics and activities for seniors.	-Tuesday's from 1:00 to 3:00 pm From January 8 th until June 25 th No program on March 12 th -Seniors Room	Volunteer leader: Linda, Ommkaltoun (helper), Jeanne D'arc Jocelyne Pion 613-737-5115 ext. 2323

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 and Wednesday 11am to 2:00 pm Riverside Room	Hasna Alami or Hoda Bimbachi 613-247-1600
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Youth		
PROGRAM NAME	WHEN	CONTACT
Youth Zone A weekly drop-in program for children and youth, with sports, recreation, leadership and other activities	Fridays Ages 8-10 6:00 to 7:00 PM Ages 11-13 7:15 to 8:30 PM Ages 14-18 8:45 to 9:45 PM	James Tanguay 613-247-1600 ext. 324
Sunday Funday Activities, movies, trips, theme days, employment support, and more!	Sundays 1:00 to 3:00 PM	James Tanguay 613-247-1600 ext. 324

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 Ottawa, ON K1V 0J9 (corner of McCarthy) 613-247-1600
Hours of Operation: Monday 8:30am to 4:30pm (phones answered) Saturday and Sundays-CLOSED *please see additional hours for specific programs and services* Closest Bus Stop: Bus Routes 5, 6, 451, 452	Hours of Operation: Monday to Friday 9am to 4:30pm Saturday and Sundays- CLOSED Closest Bus Stop: Bus Routes 87, 92, 640



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