



**Spring/Summer~printemps/l'été
May-August~mai-âout 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 K1V 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 ehealth, 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**](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 6:00pm 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 Christian Porciuncula 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 for 4 weeks (1.5 hours each day). 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

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 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.	Tuesday, Wednesday and Friday Clinics	1355 Bank St., 6 th floor Health Services	Ask your Primary Care Provider about a referral.
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 6th floor registration. 7 th floor drop-in	Sue Thériault Valin 613-737-5115 ext. 2327

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.livinghealthy Champlain.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.	Ongoing Registration required.	Various locations across the city	
Smoking Cessation Individual counselling program.	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-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.	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
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.	Please call for information, program dates, and to register.	1355 Bank St. 7 th Floor,	
Healthy You Program 8 week weight management program focused on healthy eating and lifestyle changes.	Wednesdays, May 1 to June 19 2 pm to 4 pm	1355 Bank St. 7 th floor, Elmvale	Sandy McIntyre or Annette Charron 613-737-5115 ext.2339
Craving Change™ Workshop for changing your relationship with food and dealing with cravings.	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
Cooking for One A cooking workshop for healthy and easy cooking for one.	Please call for information, program 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.			

Nutrition Continued			
Cooking for Diabetes Prevention and Management Cooking workshop for diabetes prevention and management	Please call for information, program dates, and to register.	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			

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
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. This is available to clients with a medical	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 Wed & Fri 9:30 to 4 pm	1355 Bank St., 6 th floor	Housing Help Intake 613-563-4532
	Walk-in Wednesday & Friday 1:00 to 2:30 pm		Hinda Hassan 613-737-5115 ext. 2412

Adults with disabilities (18-59)			
PROGRAM NAME	WHEN	WHERE	CONTACT
LunchAbility “Out and About” A bilingual social program for adults aged 18 to 59 years living with a physical disability. We provide a nutritious meal or snack, accessible locations, attendant care and volunteer support.	Monthly, call for dates and times	Various spots around Ottawa	Community Support Services <u>613-737-5115 ext. 2430</u>
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. appelez nous pour les dates et heures de sorties.	Sorties variées à Ottawa	Services de Soutien Communautaire 613-737-5115 poste 2430
Community Support Services Programs providing in-home practical and social supports to persons 60 and older or younger than 60 living with a disability. Services include housekeeping, home maintenance, respite care, caregiver support, LunchAbility, medical transportation, the grocery bus and handy helpers.	Ongoing	In the community	Community Support Services 613-737-5115 ext. 2430 or visit www.cardove.com/champlaincss

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)	

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.	Mondays 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/Caregivers drop-in with their pre-school children (0-6 years of age). Join us for arts, crafts, circle time, and more. First come first serve basis</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 6th floor registration. 7th floor drop-in</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. See: 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 6ième étage	Jessica-Rae Linzel 613-737-5115 poste 2294
Millennium Learning Centre (MLC) Drop-in. Access computers; information board and employment, training, and volunteer	Monday to Friday 9:00 am to 4:00 pm	1355 Bank St., 6th 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 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.	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
Community Support Services Programs providing in-home practical and social supports to persons 60 and older or younger than 60 living with a disability. Services include housekeeping, home maintenance, respite care, caregiver support, LunchAbility, medical transportation, the grocery bus and Handy Helpers. Services de Soutien 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, 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 Support Services/ Services de Soutien Communautaire 613-737-5115 ext./poste 2430 or visit www.cardove.com/champlaincss

Wise Adults Seminars for Seniors Health presentations, discussion groups, outings and guest speakers.	Wednesday: 1:30 – 3:00 pm (unless specified otherwise) April 10 to June 27, 2019	1355 Bank St., 7 th Floor: Albion & Heatherington rooms	Jocelyne Pion 613-737-5115 ext. 2323 For seminars and outings please see Spring Health Promotion Program for Seniors-2019
From Soup to Tomatoes-Exercise Program The Exercise leader is a Kinesiologist and RN from Northern Ontario will be leading the group through archived material	Monday mornings only gentle exercises 10:00-10:45am (ongoing) Chair yoga 11:00-11:30 *no program on Monday April 22 nd and May 20 th *		Volunteers needed
Yoga Exercises with Mindfulness “Balance, Flexibility & Comfortable Postures” Meet the challenges of aging with awareness and resilience. Enjoy this gentle movement and meditation for body, breath and mind.	Tuesdays: April 9 th -June 5 th 10:30 – 11:30 am Wednesdays: May 1 st - July 17 10:00-11:00am *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* Jocelyne 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	Monday and Thursday: 1:30 – 2:30 pm *Please note no program on Monday, April 22 nd and May 20 th *please do not drop-in unless you’re registered for this class*		Volunteer Leaders: Amanda, Barbara, Akoele, Sunday
	Tuesdays (ongoing) 1:30 – 2:30 pm		Volunteer Leader: Akoele
	Tuesday & Thursday (ongoing) 10:00 - 11:00am	1455 Clementine (communitary room)	Volunteer Leader: Béatrice
	Monday and Thursday 8:45 - 10:00 am Ongoing until Thursday May 30 th *no program on Monday April 22 nd and May 20 th *	1670 Walkley Rd. (lounge)	Volunteer Leaders: Agnes, Julee, Jeanne d’Arc
	Tuesday: 9:30 – 10:30 am Friday: 10:00 - 11:00 am (ongoing) *no program April 5 th , 12 th & 19 th *	1909 Russell Rd (lounge)	Volunteer Leaders: Sharon, Danielle Staff leader: Jocelyne

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

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
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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.	Telephones 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 Spring land 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.	Wednesdays and Fridays 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 Circle A great way to meet your neighbors & socialize. Activities include: sing-alongs, brain games, movie day, forest bathing, chair dancing, fun exercises and presenters with discussions and potluck tea.	Tuesday's from 1:00 to 3:00pm Ongoing until June 25 th -Seniors Room	Volunteer facilitator: Linda Volunteers: Ommkaltoun, Jeanne D'arc

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

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 *Until mid-June*	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 *Until mid-June*	James Tanguay 613-247-1600 ext. 324
Youth Zone Soccer, basketball, and other activities that support physical literacy for children and youth	Fridays Ages 8-10 6:00-7:00PM Ages 11-13 7:15 to 8:30 PM Ages 14-18 8:45 to 9:45 PM	Urge Ibrahim (613) 247-1600, ext. 325 urgei@seoche.on.ca
Summer Park Program Outdoor recreation activities in 4 Neighbourhoods throughout the summer	Starts July 2, 2019 Schedules TBD	James Tanguay 613-247-1600 ext. 324 jamest@seoche.on.ca
Summer Leadership Programming Workshops, pre-employment training, and other skill building opportunities for youth 13-17 years of age	Starts July 8, 2019 Schedules TBD	

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



Follow us on Facebook and Twitter