

# COMMUNITY SERVICES

## Adults With Disabilities

### COMMUNITY SUPPORT SERVICES EXT. 2430

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, caregiver support, LunchAbility, medical transportation, grocery support and Handy Helpers.

## Seniors

### COMMUNITY SUPPORT SERVICES EXT. 2430

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, caregiver support, Senior Centre Without Walls, medical transportation, grocery support, and Handy Helpers.

### PRIMARY CARE OUTREACH TO SENIORS (PCO) / SOINS PRIMAIRES COMMUNAUTAIRES POUR AÎNÉS (SPC)

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. / 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.  
PCO Central Intake / SPC Admission Centrale  
1-844-726-5115

### South SITE Mon-Fri 1:00-2:30

Provides free harm reduction supplies: needles, syringes, sterile water, filters, stems, mouthpieces, push sticks, screens, and condoms. Please wear a mask and practice social distancing.

## Areas We Serve



South-East Ottawa Community Health Centre's 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.

## CONTACT INFO

### Location Bank Location

1355 rue Bank Street, Suite 600,  
Ottawa, ON K1H 8K7

Tel (613) 737-5115 – Fax (613)  
739-8199 – office@seochc.on.ca  
Closest bus stop: Bank/Riverside -  
Billings Bridge. Bus routes 6.4.85

### Location Hunt Club Riverside Location

3320 Paul Anka Drive, Ottawa, ON K1V 0J9

Tel (613) 247-1600 – Fax (613)  
247-1611 – office@seochc.on.ca  
Closest bus stop: Paul Anka/McCarthy. Bus  
Routes 92. 87

*Temporarily Closed due to Covid-19*



International Federation of Community Health Centres

South-East Ottawa  
Community Health Centre



Centre de santé communautaire  
du sud-est d'Ottawa

## SOUTH-EAST OTTAWA COMMUNITY HEALTH CENTRE

## CENTRE DE SANTÉ COMMUNAUTAIRE DU SUD-EST D'OTTAWA

We envision a community  
that works together to  
ensure a safe, just and  
healthy life for all.

We value Honesty, Respect,  
Responsibility, Inclusiveness,  
and Learning

**(613)737-5115**

## HEALTH SERVICES

### Primary Care Services

#### FOOT CARE FOR EXISTING CLIENTS- EXT. 2310

Our wait list is currently full - check back for updates.

#### FAMILY PHYSICIANS AND NURSE PRACTITIONERS

No walk-ins - To inquire about our waiting list (613)737-4809

### Chronic Disease Prevention and Management

#### SMOKING CESSATION

(613)737-4809 / Primary care clients only

#### REGIONAL INTEGRATED CARE

Ask your Primary Care Provider about a referral or call Camila Savaadre to self-refer Ext. 2559

#### LIVING A HEALTHY LIFE WITH CHRONIC PAIN/LIVING A HEALTHY LIFE WITH A CHRONIC CONDITION - REGISTRATION REQUIRED

1-877-240-3941 / [www.livinghealthchamplain.ca](http://www.livinghealthchamplain.ca)  
For questions contact [rdavidson@bruyere.org](mailto:rdavidson@bruyere.org)

#### Nutrition Ext. 2339 -

#### NUTRITION WORKSHOPS & PRESENTATIONS

#### Counselling

#### WALK-IN COUNSELLING - PHONE/ONLINE

Tuesday 12:00 - 5:00 Ext. 2386  
[Walkincounselling.com](http://Walkincounselling.com)

#### ADDICTION COUNSELLING - REFERRAL REQUIRED (SAR)

#### COUNSELLING FOR INDIVIDUALS, COUPLES AND FAMILIES- APPOINTMENT ONLY EXT. 2386

#### ANONYMOUS HIV TESTING & PRE/POST TEST COUNSELLING

Mon-Fri 1:00 - 2:30 in person only. Please wear a mask and practice social distancing. Ask for "Social Services Test"

## SOCIAL SERVICES

### Multicultural Services

#### HEALTHY LIVING INITIATIVE

Arabic-speaking facilitators can speak to your group, church, mosque, on living well while preventing diabetes and liver disease.  
Ext. 2331

#### MULTICULTURAL HEALTH PROMOTION SERVICES

Health promotion presentations on physical, mental, and emotional well-being.  
Ext. 2331

#### COMMUNITY CONNECTIONS

Assistance with issues related to immigration and settlement.

Mohamoud (Somali) ext. 2417

Radiah (Arabic) ext. 2217

### Practical Support Ext. 2386

#### SOCIAL SERVICES WALK-IN: CALL FIRST EXT. 2386

Only accepting walk-ins for food, baby diapers, formula vouchers, HIV testing, or essential needs. Please wear a mask and practice social distancing.

#### LOW-INCOME ENERGY ASSISTANCE PROGRAM (LEAP) AND ONTARIO ELECTRICITY SUPPORT PROGRAM

**Youth Support 613-737-7195 ext: 3240.**  
[urtei@seochc.on.ca](mailto:urtei@seochc.on.ca)

#### Mentoring Services

## EARLY YEARS SERVICES

### BREASTFEEDING - APPOINTMENT REQUIRED EXT. 2327

Lactation consultant and dietitian offers support to mothers who breastfeed their babies.

### EARLY CHILDHOOD EDUCATOR SUPPORT

Follow us on Facebook: SEOCHC EarlyON Playgroup

Ext. 3131 / [Myllissap@seochc.on.ca](mailto:Myllissap@seochc.on.ca)

### PRE-NATAL BREASTFEEDING INFORMATION SESSIONS - REGISTRATION REQUIRED

Register online

[www.breastfeedingeducationsessions.eventbrite.com](http://www.breastfeedingeducationsessions.eventbrite.com)

Or call (613)722-4000 Ext. 440

## EARLYON CHILD AND FAMILY CENTRE



### NUTRITIONAL SUPPLEMENT

Milk, eggs, and more for pregnant and breastfeeding women living in the EarlyON catchment (Banff/Ledbury, Heatherington, Fairlea)  
Contact Suzanne El-Tahan 613-915-4779

### PARENT SUPPORT PROGRAM

Contact Suzanne El-Tahan 613-915-4779

#### COMMUNITY CONNECTIONS WORKER EXT. 2417

#### COMMUNITY NURSE EXT. 2379

Follow us on Facebook and Twitter

