

Our Vision

The Overbrook-Forbes Community Resource Centre is a non-profit, community service agency that has offered bilingual services to the various urban neighbourhoods in north-east Ottawa since 1982.



Our Mission

'In the most welcoming atmosphere and with the deepest of respect for all persons, we are committed, in partnership with the residents of Overbrook-Forbes, to promote a process of individual and collective empowerment and improvement of the quality of life.'

Various support agencies work at the Centre, Including:

City of Ottawa
Home Support Services
Healy Babies/Healthy Children
Ottawa Public Health
Youth Services Bureau
'Centre de services Guigues'
Action Housing
East Ottawa Community Family Health Team
Centretown Community Health Centre's
Diabetes Education Team

Emergency Food Program Hours

Wednesdays: 2:30pm-7:30pm
Fridays: 9am-11:30am

Centre Hours of Operation

Monday through Friday:
8:30am-12:00pm & 1:00pm-4:30pm
Wednesdays:
8:30am-12:00pm & 1:00pm-7:30pm

Summer Hours (July and August ONLY)

Monday through Friday:
8:30am-12:00pm & 1:00pm-4:00pm
Wednesdays:
8:30am-12:00pm & 1:00pm-7:30pm

Overbrook-Forbes Community Resource



*'Hand in Hand
with our community'*

Counseling, information, referrals and support for all community members. Services and Programs to meet the needs of children, youth, families and seniors.

120-225 Donald St
Ottawa, ON
613-745-0073

www.ofcrc.org
Email: info@ofcrc.org
613-745-0073

B.N. 897960498 RR0001

PROGRAMS AND SERVICES



Support Services & Programs

- Intake and Crisis Intervention
- Counseling
- Emergency Food Program
- Emergency Baby cupboard
- Home support services
- Social Housing support
- School Supplies
- Income Tax Clinics
- Winter Warmth

Health Promotion

- Francophone Health Promotion
- Community Diabetes Education program
- Walking Clubs
- Growing Healthy Project
Breastfeeding support

Community Development Services and Initiatives

- French Community Action Group
- Leetia & Isaac Community House (Carson's Community House)
- Anti-Poverty Project
- Community Development Framework of Ottawa (No Communities Left Behind Project)

Programs and services for Children

- ABC123 Parent-Child Resource Program
- Healthy Babies, Healthy Children
- First Words Language Screening Clinic
- ALSOcaries
- Various seasonal Programs/Workshops

Child & Youth Programs

The Centre offers programs and activities for children and youth between the ages of 9 to 18 in a number of neighbourhoods in our catchment area. These include supervised drop-ins, homework clubs, after school activities, leadership training and seasonal events.

*** These programs and services are available free of charge.**

Coalition of Community Health Resource Centres of Ottawa

City of Ottawa

United Way Ottawa

Trillium Foundation

Community Foundation of Ottawa

I WOULD LIKE TO MAKE A DONATION TO THE OVERBROOK-FORBES COMMUNITY RESOURCE CENTRE

\$25

\$50

\$100

\$

I WOULD LIKE TO RECEIVE MORE INFORMATION ON THE OFCRC

NAME _____ PHONE: _____

ADDRESS: _____ POSTAL CODE: _____

MASTERCARD CARD #: _____ EXPIRY: ____/____/____

* CHEQUE ENCLOSED (* PAYABLE TO: OVERBROOK-FORBES COMMUNITY RESOURCE CENTRE)

ALL DONATIONS \$10 OR MORE ARE TAX DEDUCTIBLE: WOULD YOU LIKE A RECEIPT? YES NO