



Centre de ressources communautaires
Overbrook-Forbes
Community Resource Centre

Community Programs
& Services

120-225 rue Donald Street, Ottawa, ON K1K 1N1 / Tel: 613-745-0073 Fax: 613-741-9292
www.ofcrc.org / info@ofcrc.org / B.N. 897960498 RR0001

NOTE: All services at the Centre are offered free of charge, in both official languages with the utmost confidentiality. Please note that you postal code must begin with **K1K, K1M** and in some cases, **K1G** to use these services.

Programs and Services	Hours	Contact
<p>Intake and Crisis Intervention : Our Intake Crisis Workers provide crisis intervention and short-term counselling to individuals, couples and families in the community needing support. *Services may be provided by telephone or in person.</p>	Monday to Friday by appointment or drop in.	Aline & Dédie 613-745-0073
<p>Youth Counselling : Counselling is available for youth ages 12 to 24 by counselors from <i>Youth Services Bureau</i>.</p>	Monday to Friday by appointment only	Pascal Hamelin 613-745-0073
<p>Emergency Baby Cupboard: Emergency baby supplies such as diapers and food, are available to parents once a month.</p>	Monday to Friday 1:00 to 4:00	Alejandra & Katiana 613-745-0073
<p>Emergency Food Program : Emergency food supplies are available on a monthly basis to individuals in our community. * Postal code must begin with K1K, K1M and in some cases K1G to use this service. Recent proof of address and I.D. is required at every visit.</p>	Wednesday :2:30 -7:30 (6:30-7:30 specifically for <i>Para-Transpo users & clients who must bring their small children.</i>) Friday: 9:00- 11:30	Michelle 613-745-0073
<p>Home Support Services for Francophone Seniors : <i>Centre de services Guigues</i> offers services in French only. *For those who require services in English please contact Good Companions Home Support Centre (613-237-6879).</p>	Monday to Friday	Liane Fox 613-745-0073
<p>Home Support Services (City of Ottawa) : Housekeeping routines, budgeting, time management, meal preparation and problem solving intervention.</p>	Monday to Friday Leave a message	Shirley Huygen 613-560-0626
<p>Housing Counselling : Services for individuals who need help with housing issues are available weekly at the Centre. Service is provided by <i>Action Housing</i>.</p>	Tuesday and Wednesday by appointment only	Javier Caldéron 613-745-0073
<p>Voice Mail : <i>Contact Ottawa</i> offers low cost, private call messaging services available to members of the community. Cost \$13/3months.</p>	Monday to Friday By appointment or drop in	Aline & Dédie 613-745-0073
<p>Anti-poverty Initiative : City-wide advocacy project by the Coalition of Community Health and Resource Centres of Ottawa.</p>	Monday to Thursday	613-745-0073
<p>French Community Action Group: A group of community members living on low income and representatives of different social agencies. They work together to find solutions to reduce poverty.</p>	Monday to Friday	Armand 613-745-0073



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Youth Programs : Clubs, Groups, Drop-in and more for children and youth ages 7 to 18.	Specific Schedule	France 613-745-0073
Leetia & Isaac Community House(Carson House) : A safe, friendly space which belongs to the Carson's Grove community. It is a place where community members can participate in community building activities and programs.	Monday to Friday	Brigitte 613-745-0073 or 613-748-8204
Parent-Child Resource Program ABC 123 : Playgroups 0-6 years. Wednesdays (225 Donald) and Fridays (557 Queen Mary) Bilingual Informative Workshops and Special Outings.	Wednesdays & Fridays 9 :30 to 11 :30	Alejandra & Katiana 613-745-0073
Healthy Babies/Healthy Children : Supports parents so they can give their children the best possible start in life. Home visits from Family Visitors and Public Health Nurses are available for parents prenatally and for those with children up to 6 years of age. Offered by <i>Ottawa Public Health</i> .	Monday to Friday	Kim Penney Wendy Gold 613-580-6744
Diabetes Education Sessions : Diabetes Education sessions are offered on-site to help people with type 2 Diabetes live well. (3 week sessions).	Specific Schedule	Bibiane Séguin, Sarah Choquette-Fuks 613-745-0073
Health Promotion : We offer health promotion and illness prevention for francophone adults and seniors living in our community. This service is offered by the francophone program of <i>Ottawa Public Health</i> .	Monday to Friday	Sylvie-Diane Alletson 613-745-0073
Arabic Women's Group:	Thursday 1:30 to 3:30	Aline 613-745-0073
Walking Club : Join a group of active community members for a healthy walk in the Thompson Community.	Thursday 9 :00 to 10 :30	Armand 613-745-0073
Community Development : Community Development Coordinators are available to promote health, initiate community projects, advocacy for community and coordinate group activities and gathering.	Monday to Friday	Armand & Brigitte 613-745-0073