



Centre de ressources communautaires
Overbrook-Forbes
Community Resource Centre

120-225, rue Donald Street | Ottawa ON K1K 1N1
 613.745.0073 | www.ofcrc.org

Community Programs and Services

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

Ongoing Programs and Services	Time	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 and Marie H�el�ene 613.745.0073
<p>Counselling: Counselling services are offered on-site by Catholic Family Services on a sliding-fee scale.</p>	Monday to Friday by appointment only	Carole Barrette 613.745.0073
<p>Youth Counselling: Counselling is available for youth ages 12 to 24 by counselors from Youth Services Bureau.</p>	Monday to Fridays by appointment only.	Pascal Hamelin 613.745.0073
<p>Emergency Baby Cupboard: Emergency baby supplies such as diapers, baby formula and food, are available to parents once a month.</p>	Monday to Friday by appointment or drop in.	Aline and Marie-H�el�ene 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, and in some cases K1G and K1M, to use this service. Recent proof of address and I.D. is required at every visit.</p>	Monday: 1:00 pm to 3:00pm Wednesday: 3:00 pm to 7:30 pm Friday: 9:00 am to 11:00 am	H�el�ene 613.745.0073
<p>Home Support Services for Francophone Seniors: Centre de services Guigues offers services in French only. *For those who require services in English please contact <i>Good Companions Home Support Centre</i> (613.237.6879).</p>	Ongoing	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 by appointment or drop-in.	613.745.0073
<p>Housing Counselling: Services for individuals who need help with housing issues are available weekly at the Centre. Service provided by <i>Action Housing</i>.</p>	Wednesday and Thursday by appointment only.	Javier Calderon 613.745.0073
<p>Voice Mail: Contact Ottawa offers low-cost, private call messaging services available to members of the community. Cost \$13/3 months.</p>	Ongoing	Marie-H�el�ene 613.745.0073
<p>Anti-poverty Initiative: City-wide advocacy project by the Coalition of Community Health and Resource Centres of Ottawa.</p>	Ongoing	Dominique 613.745.0073

Ongoing Programs and Services	Time	Contact
<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>	Ongoing	Armand 613.735.0073
<p>Youth Programs: Clubs, Groups, Drop-in and more.</p>	Specific Schedule	Roxanne 613.745.0073
<p>Carson's Community 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</p>	Ongoing	613.745.0073 or 613.748.8204
<p>Parent-Child Resource Program-ABC 123: Playgroups four times a week Informative Workshop and Special Outings.</p>	Specific Schedule	Alejandra & Lara 613.745.0073
<p>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 Ottawa Public Health.</p>	Monday to Friday.	Kim Penney 613.580.6744
<p>Diabetes Education Sessions: Diabetes Education Sessions are offered on-site to help people with Type 2 Diabetes live well. (3-week sessions)</p>	Specific Schedule	Bibiane Séguin & Aglaée Jacob 613.745.0073
<p>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 Ottawa Public Health.</p>	Ongoing	Sylvie-Diane 613.745.0073
<p>Income Tax Clinics: Income tax clinics are offered in late winter each year for people and families with low incomes to help fill out income tax returns.</p>	Monday 6pm-8:30 pm (February through March) by registration only.	Armand 613.745.0073
<p>Walking Club: Join a group of active community members for a healthy walk in the Thompson Community.</p>	Thursday from 9am to 10:30 am	Armand 613.745.0073
<p>Community Outreach: Community Developers are available to promote health, initiate community projects, advocacy for community and coordinate group activities and gathering.</p>	Ongoing	Armand 613.745.0073
<p>Breastfeeding Drop-In: Breastfeeding consultant available to help and support you while you breastfeed your baby. Information, advice, support, contact with other breastfeeding mothers.</p>	Specific Schedule	Diane 613.745.0073