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Parent Community Resources

ACB Wellness & Resource Centre

The African, Caribbean & Black Wellness & Resource Centre (ACB) is an organization committed to educating, enriching, and empowering residents of the Ottawa/Gatineau area. The centre seeks to strengthen our community by fostering unity, self-determination, cooperative economics, collective work, and creativity.

Big Brothers Big Sisters of Ottawa

Mentors in the programs are role models that teach by example. The importance of giving and giving back, education, respect for family, peers, and the community are all taught through these life-changing friendships.

The transformation of a child into a confident, concerned, and motivated young person is truly something amazing. Our staff and volunteers take incredible pride in not only the role they play, but in how these children step into their own.

BGC Ottawa

The variety and quality of these programs are meant to be engaging, accessible for all, and contribute towards the overall development of good citizens and leaders within the community. Success is achieved through the dedication and commitment of quality staff, community partners and volunteers.

The BGCO operates under four specific pillars of programming: Education; Physical Activity/Healthy Lifestyle; Leadership and Social Skills; and Creative Arts. These pillars are comprehensive and encapsulate the overarching goal of social skills development to build strong and productive community members.

Britannia Woods Community House

Britannia Woods Community House (BWCH) is a community-based agency that focuses on providing responsive programs and services for children, youth and families who live in fixed & low-income communities, through an equitable and strength-based lens.

The Caldwell Family Centre

The Caldwell Family Centre plays a critical role in supporting residents of Ottawa who are impacted by poverty. In collaboration with partners, we strive to meet clients' needs in a wide variety of areas, including food security, social engagement, child and youth programming and vocational support.

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Confederation Court Community House

Providing educational, recreational, and social programs and services to the families living in the Confederation Court Community. Offering confidential support and referrals to children, youth, adults, and families. Ensuring a safe and comfortable environment to access programs and services.

Eastern Ottawa Resource Centre

The Centre provides a wide range of supportive and empowering community services to individuals in need. This is achieved in a progressive and collaborative manner through the proactive efforts of a dedicated, client-centred and compassionate team who is committed to promoting a strong, healthy, diverse and equitable community.

Emergency Housing: Contact 3-1-1 for emergency housing placement (various shelters). The City of Ottawa is responsible for placing all confirmed homeless applicants after the telephone interview.

FYI - Appointment(s) can also be confirmed to meet with a crisis worker through Ontario Works by contacting 3-1-1 or (613)560-6000. This option is for people in urgent situations and in need of financial/ housing assistance to which one does not need to be a previous recipient of OW.

Emergency Shelter(s) - Young Women's (Nelson & Somerset) / Young Men's Emergency Shelter (Cooper & Kent) both programs host transitional housing programs that are great for youth just leaving home and in need of a developmental transition into independent living.

GoFamily Map: The GoFamily! Map was developed by the Parent Resource Centre in collaboration with the Ottawa Best Start Network. This interactive map shows the locations and contact information for child and family services in Ottawa. These services are either free or have a minimal cost and have been divided into several categories, which reflect the different needs of our growing population.

Inuugatigiit Centre for Inuit Children, Youth and Families

Serves Inuit children, youth and their families in the southern urban setting of the City of Ottawa. In partnership with parents and the community, we foster strong Inuit children, youth and families by providing a learning environment that will enhance children's overall well being, adaptability and strength in a proud Inuit cultural environment.

Jaku Konbit

Mission is to support and improve the lives of disadvantaged individuals and families of African and Caribbean descent through partnership with all communities and programming that results in everyone's successful economic and civic participation in Canadian society.

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Jewish Family Services of Ottawa

Jewish Family Services of Ottawa (JFS) is a full service, non-sectarian agency serving residents of the greater Ottawa area – located at 2255 Carling Avenue, Suite 300. They offer more than 65 programs and services to children, youth, adults and seniors, be they individuals, couples, families or groups.

The Lowertown Community Resource Centre

The Lowertown Community Resource Centre (LCRC) offers free social services and support to residents in our community, in all their diversity, to improve their quality of life.

Parents for Diversity | Diversity and Inclusion in Children's Education

Parents for Diversity is a collective of parents and allies committed to ensuring every child's right to an education free from discrimination. We advocate for schools, families and communities to promote equity and inclusive education and to take meaningful steps to protect human rights for all.

Parent Resource Centre

The Parent Resource Centre (PRC) helps build confident, resilient families in Ottawa. We provide engaging high-quality programs, a wide variety of social services and supportive resources for children, youth, parents and caregivers in a welcoming environment.

Pinecrest-Queensway Community Health Centre

Provides more than 60 health and social services to people who live in our community. We serve around 45,000 clients each year. Our more than 80 partnerships extend our services to make sure we can connect residents to the supports they need.

Pinecrest Terrace Community House

A welcoming space right in the neighbourhood where the tenants from Pinecrest Terrace Community (and low-income residents from the surrounding area) can access computers, scanners and printers and drop in for a variety of programs and special events. Their staff and volunteer team help community members learn about programs and services available to them and help refer them to other organizations. They provide a wide range of services designed to meet the needs of the diverse people we serve.

Rideau-Rockcliffe Community Resource Centre: CRCRR-RRCRC

Provides a range of social supports and services that enable the empowerment of residents, community resilience, and the inclusion of all.

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Somali Centre for Family Services

To assist newcomers, multi-ethnic communities and vulnerable populations in need, through services and programs that are equitable, culturally responsive, and inclusive.

Somerset West Community Health Centre

Somerset West is deeply connected to the communities we serve. We pay particular attention to groups facing barriers, including people who are:

- Isolated seniors
- Experiencing mental health challenges
- From ethnocultural, racialized or newcomer communities
- Living with low-income
- Homeless or precariously housed

Catholic Centre for Immigrants

Services to newcomers include:

- temporary accommodations and housing assistance
- orientation about education, employment, health and other topics to help navigate life in Canada
- help with immigration documents and processes
- referrals and support to access other services
- help to connect and contribute to their new community
- assistance to improve fluency in English or French
- special programs for youth
- counselling

The Centre for Resilience & Social Development: The CRSD

Youth Services

Youth Services supports children and youth through difficulties at school, at home, among their friends, or in the community.

Family Services

The Centre for Resilience and Social Development (CRSD) is providing crucial social services to children, youth, adults, and families.

Counselling and Support

Counseling and Support Services Program provides short-term counseling to families and children, couples, and individuals.

Employment Services

The Centre for Resilience and Social Development (CRSD) is doing its share of tackling unemployment and poverty among minority youth by providing a variety of services.

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YMCA-YWCA of the National Capital Region

The YMCA-YWCA of the National Capital Region is at the centre of our community, helping people of all backgrounds, ages and abilities live engaging, more rewarding lives. A charity dedicated to the health of individuals, families and communities, the Y is accessible to all, serving more than 90,000 people in our region each year.

Programs and services address significant social and health issues with initiatives tailored to local community needs. We work to build healthy communities and advocate for children, teens and young adults, helping all to reach their potential and realize their goals.

Whether you're looking to improve your fitness level, find high-quality licensed child care, camp experiences for your children, career opportunities, supportive housing, or assistance settling in your new country, they are there to help!

Upstream Mental Health: Upstream Ottawa

Upstream Mental Health SS. - Assists youth with housing and mental health supports, including counseling, case management, and advocacy.

Wabano Centre for Aboriginal Health

Help members of Ottawa's Indigenous community every step of the way, from providing healthcare to mental health programs, from cultural events and classes, to collaborating with social service providers.

Wabano has over 20 years of experience in Indigenous healthcare. We are part of the network of <u>Aboriginal Health Access Centres</u>, whose sole purpose is the health and well-being of our Indigenous communities across Ontario. Our unique model of care ensures that culture is the heart of everything we do. And its culture that keeps our communities healthy.

World Skills Employment Centre

World Skills aims to enhance the economic integration of immigrants, refugees and newcomers by:

- Developing and offering programs and services that assist them in increasing their employability in the Canadian job market.
- Creating employment opportunities for them through increasing public awareness of their employability and by forming partnerships with employers in the Ottawa region.