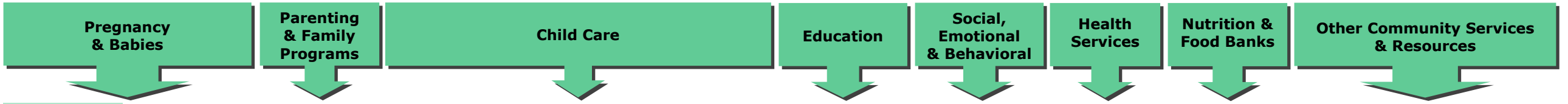


RESOURCES AND SERVICES FOR ALTA VISTA FAMILIES

Prenatal to 12 years

Last updated: March 2016



Pregnancy & Babies	Parenting & Family Programs	Child Care	Education	Social, Emotional & Behavioral	Health Services	Nutrition & Food Banks	Other Community Services & Resources				
<p>Baby Food and Toddler Nutrition Workshops,</p> <p>Baby and Me Group (Canadian Prenatal Nutrition Program) South-East Ottawa Community Health Centre 1355 Bank St., Suite 600 613-737-7195 x2339</p> <p>Emergency Baby Cupboard South-East Ottawa Community Health Centre Main site 1355 Bank St., Suite 600 613-737-7195</p> <p>Hunt Club/Riverside site 3320 Paul Anka Dr. 613-247-1600</p> <p>Breastfeeding Support Drop-In South-East Ottawa Community Health Centre 1355 Bank St., Suite 701 613-737-5115</p>	<p>Prenatal Class Alta Vista Public Library 2516 Alta Vista Dr. 613-737-2837</p> <p>Information and Referral Service, & Options Support Service Planned Parenthood 2197 Riverside Dr., Suite 403 613-226-3234</p>	<p>Parenting & Family Literacy Centre Drop-In (0-6 Years) Charles H. Hulse Public School 2605 Alta Vista Dr. 613-596-8211 x8942</p> <p>Featherston Drive Public School 1801 Featherston Dr. 613-596-8211 x8942</p> <p>Play & Learn Playgroup South-East Ottawa Community Health Centre 1355 Bank St., 6th Floor 613-737-5115</p> <p>Playgroup (Newborn to Kindergarten) Rideau Park United Church 2203 Alta Vista Dr. 613-733-3156</p> <p>Babytime, Toddler Time, & Family Storytime Ottawa Public Library - Elmvale Acres 1910 St Laurent Blvd. 613-738-0619</p> <p>Ottawa Public Library - Alta Vista 2516 Alta Vista Dr. 613-737-2837</p>	<p>DAYCARE & NURSERY SCHOOL</p> <p>Aladin Child Care Services 564 Pleasant Park Rd. 613-867-0590</p> <p>2158 St. Laurent Blvd. 613-863-0590</p> <p>Alta Vista Child Care Centre Andrew Fleck Child Care Services 1349 Randall Ave. 613-733-7124 x131</p> <p>2605 Alta Vista Dr. 613-733-0868</p> <p>Le Carrefour d'Ottawa "Arch" 2198 rue Arch 613-523-6468</p> <p>Centre des petits d'Ottawa (2005) Inc. 445 ch. Pleasant Park 613-562-2670</p> <p>Centre éducatif la Clémentine (Marie-Curie) 839 rue Quinlan 613-260-1150</p> <p>Dr. Ernest Couture Day Care Centre 2185 Riverside Dr. 613-731-2980</p>	<p>Kinderville 1644 Bank St. 613-523-8060</p> <p>St. Thomas the Apostle Nursery School 2345 Alta Vista Dr. 613-731-4150</p> <p><i>Please consult with individual school boards for a list of extended day program:</i></p> <p>OCDSB 613-596-8760</p> <p>OCSB 613-224-4455 x2382</p> <p>CECCE 613 744 2555 x33253</p> <p>CEPEO 613-742-8960 x3176</p>	<p>HOME CHILD CARE</p> <p>Andrew Fleck Child Care Services 613-736-5355</p> <p>City View Centre for Child and Family Services 613-823-7088 x228</p> <p>Global Child Care Services 613-742-5500</p> <p>La Maisonnée 613-789-3020 x243</p> <p>Parents Home Child Care 613-233-9268</p> <p>Odawa Sweetgrass 613-722-3811 x234</p> <p>Wee Watch Enriched Home Child Care 613-825-9425</p>	<p><i>Please consult with individual school boards to determine which school a child can attend:</i></p> <p>Ottawa Carleton District School Board 613-721-1820 www.ocdsb.ca School Locator Tool: www.ocdsb.ca/sch/sch/Map.aspx</p> <p>Ottawa Catholic School Board 613-224-2222 www.ocsb.ca School Locator Tool: http://schoollocator.ocsb.ca:8081/Eligibility.aspx?Page=School</p> <p>Conseil des écoles catholiques du Centre-Est 613-744-2555 www.ecolecatholique.ca School Locator Tool: https://www.ctso.ca/Eligibility.aspx?Page=School</p> <p>Conseil des écoles publiques de l'Est de l'Ontario 613-742-8960 www.cepeo.on.ca School Locator Tool: https://www.ctso.ca/Eligibility.aspx?Page=School</p> <p><i>Please note that the four school boards represent only publicly-funded schools.</i></p>	<p><i>Although not located in this neighbourhood, the following agency serves Alta Vista residents:</i></p> <p>Children's Treatment Centre Children's Hospital of Eastern Ontario (CHEO) 401 Smyth Rd.</p>	<p>Blind and Low Vision Program CNIB Ontario 1355 Bank St. Suite 101 613-563-4021</p> <p>Free Monthly Dental Screenings South-East Ottawa Community Health Centre 1355 Bank St. 613-737-5115</p>	<p>Breakfast Programs in Schools: Charles H. Hulse 2605 Alta Vista Dr. 613-366-3085</p> <p>Hawthorne 2158 St. Laurent Blvd. 613-366-3085</p> <p>Marie Curie 860 Colson Ave. 613-366-3085</p> <p>Dietician Loblaws Elmvale 1910 St. Laurent Blvd. 613-854-0586</p> <p>Heron Emergency Food Centre Heron Community Centre Complex 1480 Heron Rd. 613-737-9090</p>	<p>Canterbury Recreation Complex 2185 Arch St. 613-247-4869</p> <p>Heron Road Community Centre 1480 Heron Rd. 613-247-4808</p> <p>Ottawa Public Library Info Service 613-580-2940</p> <p>Elmvale Acres 1910 St-Laurent Boul. 613-738-0619</p> <p>Alta Vista 2516 Alta Vista Dr. 613-580-2940</p> <p>HIPPY Ottawa (School Readiness) Home Instructions for Parents of Preschool Youngsters (3 to 4 years) Hub Satellite Program 2330 Don Reid Dr. 613-744-2892 x1075</p>	<p>Somali Centre for Family Services 200-1719 Bank St. 613-526-2075</p> <p>South-East Ottawa Community Health Centre 1355 Bank St., Suite 600 613-737-5115</p> <p><i>Although not located in this neighbourhood, the following agencies serve Alta Vista residents:</i></p> <p>Dempsey Community Centre 1895 Russell 613-247-4846</p> <p>Ottawa South OEYC 2330 Don Reid Drive, Suite 101 613-737-6369</p>

This list of neighbourhood resources and services and a city-wide list can be found online at:
www.ottawabeststart.com and www.parentresource.ca

For more information:
information@parentresource.ca
613-565-2467 x222

YOU CAN ALSO CALL:
Services available in multiple languages

211 – Information and referral for community, social, government, and health services

311 – Line for municipal services such as road repairs, garbage removal, housing services, parks & recreation, child care, Bookmobile, emergency shelters

Asterisk (*) indicates a multiservice agency