

妊娠及婴儿	育儿及家庭服务	儿童看护	教育	社交, 情感与行为方面	健康服务	营养和食物银行	其它社区服务和资源				
<p>Baby Food and Toddler Nutrition Workshops (婴儿食品和学习幼儿的营养讲座), Baby and Me Group (Canadian Prenatal Nutrition Program) (宝宝和我小组) (加拿大产前营养知识服务) South-East Ottawa Community Health Centre 1355 Bank St., Suite 600 613-737-7195 x2339</p> <p>Emergency Baby Cupboard (应急婴儿尿布服务) South-East Ottawa Community Health Centre Main site (总部) 1355 Bank St., Suite 600 613-737-7195 Hunt Club/Riverside site 3320 Paul Anka Dr. 613-247-1600</p> <p>Breastfeeding Support Drop-In (无须预约的母乳喂养帮助服务) South-East Ottawa Community Health Centre 1355 Bank St., Suite 701 613-737-5115</p>	<p>Prenatal Class (产前班) Alta Vista Public Library 2516 Alta Vista Dr. 613-737-2837</p> <p>Information and Referral Service (信息和转介服务), & Options Support Service (以及针对不同选择的支持服务) Planned Parenthood 2197 Riverside Dr., Suite 403 613-226-3234</p>	<p>Parenting & Family Literacy Centre Drop-In (无须预约的育儿和家庭读写服务中心) (0-6 岁) 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 x3207</p> <p>Play & Learn Playgroup (幼儿游戏和学习小组) South-East Ottawa Community Health Centre 1355 Bank St., 6th Floor 613-737-5115</p> <p>Playgroup (游戏小组) (新生儿到幼儿园年龄) Rideau Park United Church 2203 Alta Vista Dr. 613-733-3156</p> <p>Babytime, Toddler Time, & Family Storytime (婴儿, 幼儿和家庭讲故事活动) 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>Aladin Child Care Services (Aldin 儿童看护服务) 564 Pleasant Park Rd. 613-867-0590</p> <p>2158 St. Laurent Blvd. 613-863-0590</p> <p>Alta Vista Child Care Centre (Alta Vista 儿童看护中心) Andrew Fleck Child Care Services (Andrew Fleck 儿童看护服务) 1349 Randall Ave., Room 16 613-733-0868</p> <p>2605 Alta Vista Dr. 613-733-0868</p> <p>Le Carrefour d'Ottawa "Arch" (渥太华 Arch 幼儿园) 2198 rue Arch 613-523-6468</p> <p>Centre des petits d'Ottawa (渥太华幼儿中心) (2005) Inc. 445 ch. Pleasant Park 613-562-2670</p> <p>Centre éducatif la Clémentine (Clementine 教育中心) (Marie-Curie) 839 rue Quinlan 613-260-1150</p> <p>Dr. Ernest Couture Day Care Centre (Ernest Couture 医生幼儿园) 2185 Riverside Dr. 613-731-2980</p>	<p>Kinderville (Kinderville 幼儿园) 1644 Bank St. 613-523-8060</p> <p>St. Thomas the Apostle Nursery School (St. Thomas the Apostle 托儿所) 2345 Alta Vista Dr. 613-731-4150</p> <p>请向各个教育局索取提供全天前班的学校名单:</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>家庭幼儿园</p> <p>Andrew Fleck Child Care Services (Andrew Fleck 儿童看护服务) 613-736-5355</p> <p>City View Centre for Child and Family Services (City View 儿童和家庭服务中心) 613-823-7088 x228</p> <p>Global Child Care Services (Global 儿童看护服务) 613-742-5500</p> <p>La Maisonnée (La Maisonnée 家庭幼儿园机构) 613-789-3020 x243</p> <p>Municipal Home Child Care (城市家庭幼儿园) 613-580-2424 x24104</p> <p>Parents Home Child Care (父母家庭幼儿园) 613-233-9268</p> <p>Odawa Sweetgrass (Odawa Sweetgrass 家庭幼儿园机构) 613-722-3811 x234</p> <p>Wee Watch Enriched Home Child Care (Wee Watch 家庭幼儿园) 613-825-9425</p>	<p>请向各个教育局咨询您的孩子可以去哪个学校:</p> <p>Ottawa Carleton District School Board (渥太华卡尔顿地区教育局) 613-721-1820 www.ocdsb.ca School Locator Tool: www.ocdsb.ca/sch/sl/Pages/SchoolLocatorMap.aspx</p> <p>Ottawa Catholic School Board (渥太华天主教教育局) 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 (渥太华中区和东区法语天主教教育局) 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 (东安省法语公立教育局) 613-742-8960 www.cepeo.on.ca School Locator Tool: https://www.ctso.ca/Eligibility.aspx?Page=School</p> <p>请注意: 这四个教育局只代表公立学校。</p>	<p>虽然以下机构不在这个区, 但是也为 Alta Vista 附近的居民提供服务</p> <p>Children's Treatment Centre (儿童治疗中心) Children's Hospital of Eastern Ontario (CHEO) 401 Smyth Rd.</p>	<p>Blind and Low Vision Program (失明及弱视服务) CNIB Ontario 1355 Bank St. Suite 101 613-563-4021</p> <p>Free Monthly Dental Screenings (每月免费牙齿检查) South-East Ottawa Community Health Centre 1355 Bank St. 613-737-5115</p>	<p>以下学校提供早餐计划:</p> <p>Charles H. Hulse 2605 Alta Vista Dr. 613-366-3085</p> <p>Hawthorne 2158 St. Laurent Blvd.</p> <p>Marie Curie 860 Colson Ave. 613-366-3085</p> <p>Dietician (营养师) Loblaws Elmvale 1910 St. Laurent Blvd. 613-854-0586</p> <p>Heron Emergency Food Centre (Heron 应急食物中心) Heron Community Centre Complex 1480 Heron Rd. 613-737-9090</p>	<p>Canterbury Recreation Complex (Canterbury 文娱中心) 2185 Arch St. 613-247-4869</p> <p>Heron Road Community Centre (Heron 社区中心) 1480 Heron Rd. 613-247-4808</p> <p>Ottawa Public Library (渥太华公共图书馆) Info Service 613-580-2940 Elmvale Acres 1910 St-Laurent Boul. 613-738-0619 Alta Vista 2516 Alta Vista Dr. 613-580-2940</p> <p>HIPPY Ottawa (指导 3 到 4 岁儿童的家长如何在家中为孩子上学做准备) Hub Satellite Program 2330 Don Reid Dr. 613-744-2892 x1075</p>	<p>Somali Centre for Family Services (索马里家庭服务中心) 200-1719 Bank St. 613-526-2075</p> <p>South-East Ottawa Community Health Centre (渥太华东南区社区健康中心) 1355 Bank St., Suite 600 613-737-5115</p> <p>虽然以下机构不在这个区, 但是也为 Alta Vista 附近的居民提供服务</p> <p>Dempsy Community Centre (Dempsy 社区中心) 1895 Russell 613-247-4846</p> <p>Ottawa South 安省早期教育中心 (OEYC) 2330 Don Reid Drive, Suite 101 613-737-6369</p>

这个邻近地区资源和服务名单和全市其它地区的名单刊登在以下网站:
www.ottawabeststart.com 和 www.parentresource.ca

获取更多信息: information@parentresource.ca
613-565-2467 x222

您也可以打以下电话:
多种语言服务

211 - 有关社区, 福利, 政府和医疗服务的信息及转介服务

311 - 市政服务专线, 例如道路维修, 垃圾清运, 住房服务, 公园和休闲, 儿童看护, 流动图书馆, 应急避难所

星号 (*) 表示这个机构提供多种服务