

# RESOURCES AND SERVICES FOR OTTAWA SOUTH EAST & RIVERVIEW/HAWTHORNE 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><b>Fetal Alcohol Spectrum Disorder Group of Ottawa</b> CHEO Research Institute 401 Smyth Rd. 613-737-1122 613-446-4144</p> <p><b>Prenatal Information Sessions</b> General Campus – Auditorium 501 Smyth Rd. 613-722-7001</p> <p><b>Roger’s House Program</b> Roger’s House 399 Smyth Road 613-523-6300 ext. 600</p>	<p><b>Ontario Early Years Centre Ottawa South English Playgroup (0-6 Years)</b> Andrew Fleck Child Care Services 600-700 Industrial Ave. 613-737-6369</p> <p><b>Ontario Early Years Centre Ottawa South French Playgroup (0-6 Years)</b> Andrew Fleck Child Care Services 600-700 Industrial Ave. 613-737-6369</p> <p><b>Ontario Early Years Centre Ottawa South English Playgroup (0-6 Years)</b> Hawthorne public school 2158 St Laurent Blvd. 613-737-6369</p> <p><b>Parenting and Family Literacy Centre Drop-In (0-6 Years)</b> St. Luke School 2485 Dwight Cres. 613-224-4455 x2382</p>	<p><b>DAYCARES &amp; NURSERY SCHOOL</b></p> <p><b>Aladin Child Care Services</b> 2240 Russell Rd. 613-733-0590</p> <p><b>Alta Vista Co-operative Nursery School Inc.</b> 480 Avalon Pl. 613-733-9746</p> <p><b>Andrew Fleck Riverview School Age Program</b> 260 Knox Cres. 613-526-1541</p> <p><b>Garderie Oasis Child Care Centre</b> 507 Smyth Rd. 613-736-8206</p> <p><b>Hawthorne Meadows Nursery School</b> 2244 Russell Rd. 613-731-1507</p> <p><b>Ottawa Children’s Treatment Centre Preschool (Nursery School)</b> 395 Smyth Rd. 613-737-0871 x4331</p> <p><b>Ottawa Montessori School (Nursery School)</b> 335 Lindsay St. 613-521-5185</p> <p><b>HOME CHILD CARE</b></p> <p><b>Andrew Fleck Child Care Services</b> 613-736-5355</p> <p><b>Children’s Village of Ottawa Carleton</b> 613-725-2040</p> <p><b>City View Centre for Child and Family Services</b> 613-823-7088 x228</p> <p><b>Global Child Care Services</b> 613-742-5500</p> <p><b>La Maisonnée</b> 613-789-3020 x243</p> <p><b>Mothercraft Ottawa</b> 613-728-1839</p> <p><b>Odawa Sweetgrass</b> 613-722-3811 x234</p> <p><b>Parents Home Child Care</b> 613-233-9268 613-825-9425</p> <p><b>Wee Watch Enriched Home Child Care</b> 613-825-9425</p> <p><i>Please consult with individual school boards for a list of extended day program:</i></p> <p><b>OCDSB</b> 613-596-8760</p> <p><b>OCSB</b> 613-224-4455 x2382</p> <p><b>CECCE</b> 613 744 2555 x33253</p> <p><b>CEPEO</b> 613-742-8960 x3176</p>	<p><i>Please consult with individual school boards to determine which school a child can attend:</i></p> <p><b>Ottawa Carleton District School Board</b> 613-721-1820 <a href="http://www.ocdsb.ca">www.ocdsb.ca</a> School Locator Tool: <a href="http://www.ocdsb.ca/sch/s/Pages/SchoolLocatorMap.aspx">www.ocdsb.ca/sch/s/Pages/SchoolLocatorMap.aspx</a></p> <p><b>Ottawa Catholic School Board</b> 613-224-2222 <a href="http://www.ocsb.ca">www.ocsb.ca</a> School Locator Tool: <a href="http://schoollocator.ocsb.ca:8081/Eligibility.aspx?Page=School">http://schoollocator.ocsb.ca:8081/Eligibility.aspx?Page=School</a></p> <p><b>Conseil des écoles catholiques du Centre-Est</b> 613-744-2555 <a href="http://www.ecolecatholique.ca">www.ecolecatholique.ca</a> School Locator Tool: <a href="https://www.ctso.ca/Eligibility.aspx?Page=School">https://www.ctso.ca/Eligibility.aspx?Page=School</a></p> <p><b>Conseil des écoles publiques de l’Est de l’Ontario</b> 613-742-8960 <a href="http://www.cepeo.on.ca">www.cepeo.on.ca</a> School Locator Tool: <a href="https://www.ctso.ca/Eligibility.aspx?Page=School">https://www.ctso.ca/Eligibility.aspx?Page=School</a></p> <p><i>Please note that the four school boards represent only publicly-funded schools.</i></p>	<p><b>Applied Behavioural Analysis (ABA) Services</b> Ottawa Children’s Treatment Centre 395 Smyth Rd. 613-688-2126 x4030</p>	<p><b>Early Childhood Program Getting Started Services</b></p> <p>Max Keeping Tower at CHEO 395 Smyth Rd. 613-737-0871 x2293</p> <p>Ottawa Children’s Treatment Centre 401 Smyth Rd. 2<sup>nd</sup> Floor 613-737-0871 x2293</p>	<p><b>Confederation Community Food Bank</b> Confederation Court Community House 2483-A Walkley Rd. 613-521-6807</p> <p><b>KickStart After 4</b> Russell Heights Community Centre 1799 Russell Rd. 613-736-9855</p> <p><b>Russell Heights Community Food Bank</b> Russell Heights Community House 1799 Russell Rd. 613-736-9855</p>	<p><b>Blair Court Community House</b> 1566 Station Blvd. 613-736-5058</p> <p><b>Confederation Court Community House</b> 2483 Walkley Rd. 613-521-6807</p> <p><b>Dempsey Community Centre</b> 1895 Russell Rd. 613-247-4836</p> <p><b>HIPPY Ottawa (School Readiness) Home Instructions for Parents of Preschool Youngsters (3 to 4 years)</b> Hub Satellite Program 2330 Don Reid Dr. 613-744-2892 x1075</p> <p><b>Russell Heights Community House</b> 1799 Russell Rd. Unit E 613-736-9855</p> <p><i>Although not located in this neighbourhood, the following agencies serve Ottawa South East and/or Riverview/Hawthorne residents:</i></p> <p><b>Ottawa Public Library</b> Info Service 613-580-2940</p> <p><b>Ottawa South Community Centre</b> 260 Sunnyside Ave. 613-247-4946</p> <p><b>Ottawa South OEYC</b> 2330 Don Reid Drive, Suite 101 613-737-6369</p> <p><b>South-East Ottawa Community Health Centre</b> 1355 Bank St., Suite 600 613-737-5115</p>

*This list of neighbourhood resources and services and a city-wide list can be found online at:*  
[www.ottawabeststart.com](http://www.ottawabeststart.com) and [www.parentresource.ca](http://www.parentresource.ca)

*For more information:*  
[information@parentresource.ca](mailto: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