

Pregnancy & Babies	Parenting & Family Programs	Child Care	Education	Social, Emotional & Behavioral	Health Services	Nutrition & Food Banks	Other Community Services & Resources		
<p>Birth and Parent Companion Program *Mothercraft Ottawa 613-728-1839 www.mothercraft.com/prenatal_parent/BPCP.php</p> <p>Canadian Prenatal Nutrition Program/ Buns in the Oven 613-749-4584 x736 http://www.ottawayoungparents.com/buns-in-the-oven/</p> <p>First Place OPTIONS 613-228-7475 www.firstplaceoptions.ca</p> <p>La Leche League Canada Breastfeeding Support 1-800-665-4324 www.llc.ca</p> <p>The MoHERS Program www.themothersprogram.ca/</p> <p>Ottawa Breastfeeds www.ottawabreastfeeds.ca/</p>	<p>*Bethany Hope Centre 613-725-1733 www.bethanyhopecentre.org/</p> <p>*Family Services Ottawa 613-725-3601 www.familyservicesottawa.org</p> <p>*Ontario Early Years Centres of Ottawa 1-866-821-7770 http://www.edu.gov.on.ca/childcare/FamilyPrograms.html</p> <p>Ottawa Chinese Community Service Centre 613-235-4875 www.ocsc.ca</p> <p>*Parent Resource Centre 613-565-2467 www.parentresource.ca</p> <p>Parenting in Ottawa 613-PARENTS or 613-727-3687 ParentinginOttawa.ca/dropins Facebook.com/ParentinginOttawa</p> <p>Parenting & Family Literacy Centres www.edu.gov.on.ca/eng/parents/pflc.html</p> <p>*St. Mary's Home 613-749-2491 www.stmaryshome.com</p> <p>Catholic Family Services Ottawa 613-233-8478 www.cfsottawa.ca</p> <p>Jewish Family Services Ottawa 613-722-2225 www.jfsottawa.com</p> <p>Somali Center for Family Services 613-526-2075 www.scfsottawa.org</p>	<p>Child Care Providers Resource Network 613-749-5211 www.ccpn.com</p> <p>Child Care Registry and Waitlist City of Ottawa 3-1-1 → Language → 4 www.onehqn.com/Ottawa</p> <p>Children's Integration Support Services 613-736-1913 x244 www.afchildcare.on.ca/cissje.html</p> <p>Licensed Home Child Care Network www.lhccno.ca/index-en.html</p> <p>Makonsag Aboriginal Head Start 613-724-5844 www.makonsag.ca</p> <p>Ottawa Carleton Headstart Association for Preschools www.ochap.ca/web/</p> <p>*Ottawa Inuit Children's Centre 613-744-3133 www.ottawainuitchildrens.com</p> <p>Minwaashin Lodge 613-741-5590 www.minlodge.com</p> <p>Part-time/Casual care – Mothercraft Ottawa 613-728-1839 www.mothercraft.com/early_learning/Respite.php</p> <p>Thursday's Child Nursery School 613-736-1913 x231 www.afchildcare.on.ca/en/licensed-child-care/thursdays-child-nursery-school/</p>	<p>Ottawa Carleton District School Board 613-721-1820 www.ocdsb.ca School Locator Tool: www.ocdsb.ca/sch/sl/Pages/SchoolLocatorMap.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>The Ontario Federation of Teaching Parents www.ontariohomeschool.org</p> <p><i>Please note that the four school boards represent only publicly-funded schools.</i></p>	<p>Canadian Mental Health Association Ottawa 613-737-7791 www.ottawa.cmha.ca</p> <p>CHEO Autism Program 613-249-9355 www.cheo.on.ca/en/autism</p> <p>*Crossroads Children's Centre 613-723-1623 www.crossroadschildren.ca</p> <p>Learning Disabilities Association of Ottawa-Carleton 613-567-5864 www.ldaottawa.com</p> <p>Ottawa-Carleton Association for Persons with Developmental Disabilities 613-569-8993 www.ocapdd.on.ca</p> <p>*Ottawa Children's Treatment Centre (pre-school program available) 613-737-0871 www.octc.ca</p> <p>The Ottawa Rotary Home 613-236-3200 www.rotaryhome.on.ca</p> <p>Service Coordination for People with Developmental Disabilities 613-748-1788 www.scsottawa.on.ca</p> <p>Youth Services Bureau of Ottawa - Crisis Line 613-260-2360 www.yzb.on.ca/</p> <p>Psychiatric Survivors of Ottawa 613-567-4379 www.pso-ottawa.ca</p>	<p>Audiology Clinic at CHEO 613-737-7600 www.cheo.on.ca/En/audiology</p> <p>Blind-Low Vision Early Intervention Program 613-688-3979 x3331 www.pqchc.com/children-family-services/blind-low-vision</p> <p>Canadian National Institute for the Blind – Early Intervention Program 1-800-563-2642 www.cnib.ca</p> <p>*Children's Hospital of Eastern Ontario (CHEO) 613-737-7600 www.cheo.on.ca</p> <p>Infant Hearing Program 613-688-3979 x3453 1-866-HEAR-IHP www.pqchc.com/children-family-services/infant-hearing-program</p> <p>First Words Preschool Speech and Language Program 613-688-3979 x3434 www.firstwords.ca</p> <p>Health Care Connect 1-800-445-1822 www.ontario.ca/healthcareconnect</p>	<p>Healthy Smiles Ontario Ottawa Public Health 613-580-6744 www.ottawa.ca/dental</p> <p>Ottawa Dental Society 613-523-4185 www.ottawadentalsociety.org</p> <p>Sexual Health Centre Ottawa Public Health 613-234-4641 www.ottawa.ca/en/residents/public-health/sexual-health/sexual-health-centre</p> <p>Sexual Assault Support Centre 613-234-2266 www.sascottawa.com</p> <p>Telehealth Ontario 1-866-797-0000 www.health.gov.on.ca/en/public/programs/telehealth/</p> <p>*Wabano Centre for Aboriginal Health 613-748-5999 www.wabano.com</p> <p>Canadian Hearing Society Ottawa 613-521-0509 www.chs.ca</p>	<p>Community Food Advisor Program Ottawa Public Health 613-580-6755 x23574 www.ottawa.ca/en/residents/public-health/healthy-living/community-food-advisor-program</p> <p>Eat Right Ontario 1-877-510-5102 www.eatrightontario.ca</p> <p>Ottawa Good Food Box 613-860-6767 www.ottawagoodfoodbox.ca</p> <p>Kosher Food Bank Jewish Family Services Ottawa 613-722-2225 http://www.jfsottawa.com/</p> <p>NutriSTEP® screening Ottawa Public Health 613-580-6744 www.ottawa.ca/en/residents/public-health/nutristep</p> <p>Ottawa Food Bank 613-745-7001 www.ottawafoodbank.ca</p> <p>Sadaqa Food Bank (Halal) 613-680-5679 www.sadaqafoodbank.net</p>	<p>Capital Region Interfaith Council www.cricottawacirc.ca</p> <p>*The Children's Aid Society of Ottawa 613-747-7800 www.casott.on.ca</p> <p>*Coalition of Community Health and Resource Centres of Ottawa www.coalitionottawa.ca</p> <p>*Minwaashin Lodge 613-741-5590 Crisis line: 613-789-1141 www.minlodge.com</p> <p>Newcomer Information Centre 613-788-5001 www.ymcaywca.ca/Adults/newcomerservices/nic</p> <p>*Odawa Native Friendship Centre 613-722-3811 www.odawa.on.ca</p>	<p>*Ottawa Community Immigrant Services Organization 613-725-0202 www.ociso.org</p> <p>Ottawa Public Library 613-580-2940 www.bibliottawalibrary.ca</p> <p>Parents' Lifelines of Eastern Ontario 613-321-3211 www.pleo.on.ca</p> <p>Tungasuvvingat Inuit 613-565-5885 http://www.tungasuvvinqatnuit.ca/</p> <p>*Youville Centre 613-231-5150 www.youvillecentre.org</p> <p>Bereaved Families of Ontario Ottawa Region 613-567-4278 www.bfo-ottawa.org</p>

YOU CAN ALSO CALL:

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 multiservice agency

To find this list of resources and services and neighbourhood specific lists go to:
www.ottawabeststart.com
www.parentresource.ca

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