

## 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

**Birth and Parent Companion Program** (出生和父母陪伴服务)  
—\*Mothercraft Ottawa  
613-728-1839  
[www.mothercraft.com/prenatal-parent/BPCP.php](http://www.mothercraft.com/prenatal-parent/BPCP.php)

**Canadian Prenatal Nutrition Program/ Buns in the Oven** (加拿大产前营养计划)  
613-749-4584 x736  
<http://www.ottawayingparent.com/buns-in-the-oven/>

**First Place OPTIONS** (意外怀孕协助)  
613-228-7475  
[www.firstplaceoptions.ca](http://www.firstplaceoptions.ca)

**La Leche League Canada – Breast-feeding support La Leche League Canada** (加拿大母乳喂养协会)  
1-800-665-4324  
[www.lllc.ca](http://www.lllc.ca)

**The MothERS Prgam** (母亲健康服务)  
[www.themothersprogram.ca/](http://www.themothersprogram.ca/)

**Ottawa Breastfeeds** (渥太华母乳喂养)  
[www.ottawabreastfeeds.ca/](http://www.ottawabreastfeeds.ca/)

\*Bethany Hope Centre (年轻父母协助服务)  
613-725-1733  
[www.bethanyhopecentre.org/](http://www.bethanyhopecentre.org/)  
\*Family Services Ottawa (渥太华家庭服务)  
613-725-3601  
[www.familyservicesottawa.org](http://www.familyservicesottawa.org)

\*Ontario Early Years Centres of Ottawa (渥太华的安省早期教育中心)  
1-866-821-7770  
<http://www.edu.gov.on.ca/childcare/FamilyPrograms.html>

\*Ottawa Chinese Community Service Centre (渥太华华人服务中心)  
613-235-4875  
[www.ocsc.org](http://www.ocsc.org)

\*Parent Resource Centre (父母资源中心)  
613-565-2467 x222  
[www.parentresource.ca](http://www.parentresource.ca)

Parenting in Ottawa (渥太华育儿服务)  
613-PARENTS or 613-727-3687  
[ParentinginOttawa.ca/dropins](http://ParentinginOttawa.ca/dropins)  
[Facebook.com/ParentinginOttawa](https://www.facebook.com/ParentinginOttawa)

Parenting & Family Literacy Centres (育儿和家庭读写服务中心)  
[www.edu.gov.on.ca/enq/parents/pflc.html](http://www.edu.gov.on.ca/enq/parents/pflc.html)

\*St. Mary's Home (St.Mary 年轻父母支持服务)  
613-749-2491  
[www.stmaryshome.com](http://www.stmaryshome.com)

Catholic Family Services Ottawa (天主教家庭服务)  
613-233-8478  
[www.cfsottawa.ca](http://www.cfsottawa.ca)

Jewish Family Services Ottawa (犹太教家庭服务)  
613-722-2225  
[www.jfsottawa.com](http://www.jfsottawa.com)

Somali Center for Family Services (索马里家庭服务)  
613-526-2075  
[www.scsottawa.org](http://www.scsottawa.org)

**Child Care Providers Resource Network** (儿童看护者资源网络)  
613-749-5211  
[www.ccpnm.com](http://www.ccpnm.com)

**Child Care Registry & Waitlist** (幼儿园登记和排队名单) –City of Ottawa  
3-1-1 → Language → 4  
[www.onehson.com/Ottawa](http://www.onehson.com/Ottawa)

**Children's Integration Support Services** (儿童特殊支持服务)  
613-736-1913 x244  
[www.afchildcare.on.ca/cissj-e.html](http://www.afchildcare.on.ca/cissj-e.html)

**Licensed Home Child Care Network** (有执照的幼儿园网络)  
[www.lhccno.ca/index-en.html](http://www.lhccno.ca/index-en.html)

**Makonsag Aboriginal Head Start** (Makonsag 原住儿童服务)  
613-724-5844  
[www.makonsag.ca](http://www.makonsag.ca)

**Ottawa Carleton Headstart Association for Preschools** (渥太华卡勒顿 Headstart 学前班联合会)  
[www.ochap.ca/web/](http://www.ochap.ca/web/)  
[Facebook.com/ParentinginOttawa](https://www.facebook.com/ParentinginOttawa)

\*Ottawa Inuit Children's Centre (渥太华因纽特儿童中心)  
613-744-3133  
[www.ottawainuitchildrens.com/](http://www.ottawainuitchildrens.com/)

**Minwaashin Lodge** (原住民妇女服务)  
613-741-5590  
[www.minlodge.com](http://www.minlodge.com)

**Part-time/Casual care** (半天/临时看护) –Mothercraft Ottawa  
613-728-1839  
[www.mothercraft.com/early\\_learning/Respite.php](http://www.mothercraft.com/early_learning/Respite.php)

**Thursday's Child Nursery School** (Thursday 托儿所)  
613-736-1913 x231  
[www.afchildcare.on.ca/en/licensed-child-care/thursdays-child-nursery-school/](http://www.afchildcare.on.ca/en/licensed-child-care/thursdays-child-nursery-school/)

**Ottawa Carleton District School Board** (渥太华卡勒顿地区教育局)  
613-721-1820  
[www.ocdsb.ca](http://www.ocdsb.ca)  
School Locator Tool:  
[www.ocdsb.ca/sch/si/Pages/SchoolLocatorMap.aspx](http://www.ocdsb.ca/sch/si/Pages/SchoolLocatorMap.aspx)

**Ottawa Catholic School Board** (渥太华天主教教育局)  
613-224-2222  
[www.ocsb.ca](http://www.ocsb.ca)  
School Locator Tool:  
<http://schoollocator.ocsb.ca:8081/Eligibility.aspx?Page=School>

**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.ecyclecatholique.ca](http://www.ecyclecatholique.ca)

**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](http://www.cepeo.on.ca)  
School Locator Tool:  
<https://www.ctso.ca/Eligibility.aspx?Page=School>

**The Ontario Federation of Teaching Parents** (安省家庭学校联合会)  
[www.ontariohomeschool.org](http://www.ontariohomeschool.org)

请注意: 这四个教育局只代表公立学校。

**Canadian Mental Health Association Ottawa** (加拿大心理健康协会)  
613-737-7791  
[www.ottawa.cmha.ca](http://www.ottawa.cmha.ca)

**CHEO Autism Program** (CHEO 自闭症服务)  
613-249-9355  
[www.cheo.on.ca/en/autism](http://www.cheo.on.ca/en/autism)

\*Crossroads Children's Centre (Crossroads 儿童中心)  
613-723-1623  
[www.crossroadschildren.ca](http://www.crossroadschildren.ca)

**Learning Disability Association of Ottawa** (渥太华学习障碍协会)  
613-567-5864  
[www.ldaottawa.com](http://www.ldaottawa.com)

**Ottawa-Carleton Association for Persons with Developmental Disabilities** (渥太华卡勒顿发育障碍服务协会)  
613-569-8993  
[www.ocapdd.on.ca](http://www.ocapdd.on.ca)

\*Ottawa Children's Treatment Centre (pre-school program available (渥太华儿童治疗中心 (提供学前服务))  
613-737-0871  
[www.octc.ca](http://www.octc.ca)

**The Ottawa Rotary Home** (残疾儿童服务)  
613-236-3200  
[www.rotaryhome.on.ca](http://www.rotaryhome.on.ca)

**Service Coordination for People with Developmental Disabilities** (发育障碍服务协调)  
613-748-1788  
[www.scsottawa.on.ca](http://www.scsottawa.on.ca)

**Youth Services Bureau of Ottawa - Crisis Line** (渥太华青少年服务局 - 紧急电话)  
613-260-2360  
[www.yusb.on.ca/](http://www.yusb.on.ca/)

**Audiology Clinic at CHEO** (CHEO 听力诊所)  
613-737-7600  
[www.cheo.on.ca/En/audiology](http://www.cheo.on.ca/En/audiology)

**Blind Low Vision Early Intervention Program** (失明和弱视早期治疗计划)  
613-688-3979 x3331  
[www.pgqhc.com/children-family-services/blind-low-vision](http://www.pgqhc.com/children-family-services/blind-low-vision)

**Canadian National Institute for the Blind – Early Intervention Program** (加拿大全国盲人机构 – 早期治疗计划)  
1-800-563-2642  
[www.cnib.ca](http://www.cnib.ca)

\*Children's Hospital of Eastern Ontario (东安省儿童医院) (CHEO)  
613-737-7600  
[www.cheo.on.ca](http://www.cheo.on.ca)

**Infant Hearing Program** (婴儿听力服务)  
613-688-3979 x3453  
1-866-HEAR-IHP  
[www.pgqhc.com/children-family-services/infant-hearing-program](http://www.pgqhc.com/children-family-services/infant-hearing-program)

**First Words Preschool Speech and Language Program** (First Words 幼儿语言和讲话能力服务)  
613-688-3979 x3434  
[www.firstwords.ca](http://www.firstwords.ca)

**Health Care Connect** (健康服务查询)  
1-800-445-1822  
[www.ontario.ca/healthcareconnect](http://www.ontario.ca/healthcareconnect)

**Healthy Smiles Ontario** (安省口腔健康服务)  
—Ottawa Public Health  
613-580-6744  
[www.ottawa.ca/dental](http://www.ottawa.ca/dental)

**Ottawa Dental Society** (渥太华口腔协会)  
613-523-4185  
[www.ottawadentalsociety.org](http://www.ottawadentalsociety.org)

**Sexual Health Centre** (性健康中心)  
—Ottawa Public Health  
613-234-4641  
[www.ottawa.ca/en/residents/public-health/sexual-health/sexual-health-centre](http://www.ottawa.ca/en/residents/public-health/sexual-health/sexual-health-centre)

**Sexual Assault Support Centre** (性骚扰受害人服务)  
613-234-2266  
[www.sascottawa.com](http://www.sascottawa.com)

**Telehealth Ontario** (安省健康热线)  
1-866-797-0000  
[www.health.gov.on.ca/en/public/programs/telehealth/](http://www.health.gov.on.ca/en/public/programs/telehealth/)

\*Wabano Centre for Aboriginal Health (Wabano 原住民健康中心)  
613-748-5999  
[www.wabano.com](http://www.wabano.com)

**Canadian Hearing Society Ottawa** (加拿大听力协会)  
613-521-0509  
[www.chs.ca](http://www.chs.ca)

**Community Food Advisor Program** (社区食物指导服务)  
—Ottawa Public Health  
613-580-6755 x23574  
[www.ottawa.ca/en/residents/public-health/healthy-living/community-food-advisor-program](http://www.ottawa.ca/en/residents/public-health/healthy-living/community-food-advisor-program)

**Eat Right Ontario** (安省饮食指导服务)  
1-877-510-5102  
[www.eatrightontario.ca](http://www.eatrightontario.ca)

**Good Food Box** (健康食物计划)  
613-860-6767  
[www.ottawagoodfoodbox.ca](http://www.ottawagoodfoodbox.ca)

**Kosher Food Bank** (犹太食物银行) — Jewish Family Services Ottawa  
613-722-2225  
[www.jfsottawa.com](http://www.jfsottawa.com)

**NutriSTEP® screening** (NutriSTEP 健康饮食测验)  
—Ottawa Public Health  
613-580-6744  
[www.ottawa.ca/en/residents/public-health/nutristep/](http://www.ottawa.ca/en/residents/public-health/nutristep/)

**Ottawa Food Bank** (渥太华食物银行)  
613-745-7001  
[www.ottawafoodbank.ca](http://www.ottawafoodbank.ca)

**Sadaqa Food Bank** (Sadaga 伊斯兰食物银行)  
613-680-5679  
[www.sadaqafoodbank.net](http://www.sadaqafoodbank.net)

**Capital Region Interfaith Council** (首都地区不同信仰委员会)  
[www.cricottawacirc.ca](http://www.cricottawacirc.ca)

\*The Children's Aid Society (儿童保护会)  
613-747-7800  
[www.casott.on.ca](http://www.casott.on.ca)

\*Community Health and Resource Centres (社区健康和资源中心)  
[www.coalitionottawa.ca](http://www.coalitionottawa.ca)

\*Minwaashin Lodge (Minwaashin 原住民妇女服务中心)  
613-741-5590  
**Crisis line** (危机热线):  
613-789-1141  
[www.minlodge.com](http://www.minlodge.com)

**Newcomer Information Centre** (新移民信息中心)  
613-788-5001  
[www.ymcaywca.ca/Adults/newcomerservices/nic](http://www.ymcaywca.ca/Adults/newcomerservices/nic)

\*Odawa Friendship Centre (原住民社区服务)  
613-722-8111  
[www.odawa.on.ca](http://www.odawa.on.ca)

\*Ottawa Community Immigrant Services Organization (渥太华社区移民服务组织)  
613-725-0202  
[www.ociso.org/En/](http://www.ociso.org/En/)

**Ottawa Public Library** (渥太华公共图书馆)  
613-580-2940  
[www.bibliottawalibrary.ca](http://www.bibliottawalibrary.ca)

**Parent Lifeline of Eastern Ontario** (东安省父母支持热线)  
613-321-3211  
[www.pleo.on.ca](http://www.pleo.on.ca)

**Tungasuvvingat Inuit** (Tungasuvvingat 因纽特人服务中心)  
(613) 565-5885  
<http://www.tungasuvvingat.inuit.ca/>

\*Youville Centre (Youville 年青母亲服务中心)  
613-231-5150  
[www.youvillecentre.org](http://www.youvillecentre.org)

**Bereaved Families of Ontario** (死难者家属服务)  
613-567-4278  
[www.bfo-ottawa.org](http://www.bfo-ottawa.org)

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

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](http://www.ottawabeststart.com) 和  
[www.parentresource.ca](http://www.parentresource.ca)  
获取更多信息: [information@parentresource.ca](mailto:information@parentresource.ca)  
613-565-2467 x222