

**Revised 2010**

401 Smyth Rd. Ottawa, ON K1H 8L1

Phone: 613-738-3915

Fax: 613-738-3917

Web: [www.youthnet.on.ca](http://www.youthnet.on.ca)

Email: [youthnet@cheo.on.ca](mailto:youthnet@cheo.on.ca)



**OTTAWA POLICE SERVICE  
SERVICE DE POLICE D'OTTAWA**

*Working together for a safer community  
La sécurité de notre communauté, un travail d'équipe*



# Youth Resource List

---

## Table of Contents

---

24hr Crisis Lines	2
Aboriginal Services	3
Abuse Services	4
Addictions Services	6
Bereavement Support Services	8
Community Health and Resource Centres	8
Counselling and Mental Health Services	11
Drop-In Centres	13
Eating Disorder Services	15
Emergency Shelters	15
Employment Services	17
Housing Help	18
Immigrant and Multicultural Services	19
Literacy Services	20
Pregnancy and Parenting Support Services	21
Sexual Health Services	22
Sexual Orientation Services	23
Victim and Legal Support Services	24
More Great Resources	25

---

**B=Bilingual (English & French)   E=English   F=French   M=Multilingual**

---



Children's Hospital of Eastern Ontario  
Centre hospitalier pour enfants de l'est de l'Ontario

## **24hr Crisis Lines**

### **Centre d'aide 24/7 (F)**

819-595-9999

---

### **Centre d'aide et de lutte contre les agressions à caractère sexuel (CALACS) (F)**

613-789-9117

---

### **Distress Centre Ottawa and Region (E)**

613-238-3311

---

### **Kids Help Phone (B)**

1-800-668-6868

---

### **Mental Health Crisis Line (B) *(Serves youth 16 and older)***

613-722-6914

Outside Ottawa 1-866-966-0991

---

### **Ottawa Police Service (B)**

613-236-1222

---

### **Ottawa Rape Crisis Centre Crisis Line (E)**

613-562-2333

---

### **Sexual Assault and Partner Abuse Care Program (B)**

613-761-4366

---

**Revised 2010**

Busing it? Call OC Transpo for the quickest route! 613-741-4390, TTY 613-741-5280

## **Tel-aide Outaouais (F)**

613-741-6433

---

## **24hr Crisis Lines cont'd**

### **Women and Violence Emergency Assistance**

613-745-4818 English

613-745-3665 French

---

### **YSB – 24/7 Crisis Line (B)**

613-260-2360

Outside Ottawa 1-877-377-7775

- *the Youth Services Bureau's 24/7 Crisis Line can include mobile support for youth under 18 or those concerned about a young person in crisis, as well as short-term follow-ups*
- 

## **Aboriginal Services**

### **Minwaashin Lodge Aboriginal Women's Support Centre (E)**

424 Catherine St. 2nd floor, Ottawa, ON K1R 5T8

Phone: 613-741-5590

Web: [www.minlodge.com](http://www.minlodge.com)

- *services include counselling for all ages, a shelter for abused women, and youth and cultural programs*
- 

### **Odawa Native Friendship Centre (E)**

12 Stirling Ave. Ottawa, ON K1Y 1P8

Phone: 613-722-3811

Web: [www.odawa.on.ca](http://www.odawa.on.ca)

- *services include youth programming, justice and court-related support, employment assistance, and an alternative high school*
- 

**Revised 2010**

Busing it? Call OC Transpo for the quickest route! 613-741-4390, TTY 613-741-5280

## **Aboriginal Services cont'd**

### **Tungasuvvingat Inuit (M)**

301 Savard St. Ottawa, ON K1L 7S1

Phone: 613-747-2225

Web: [www.tungasuvvingatinuit.ca](http://www.tungasuvvingatinuit.ca)

- *services include addictions and trauma treatment, counselling for all ages, primary health care, and youth leadership development*
- 

### **Wabano Centre for Aboriginal Health (E)**

299 Montreal Rd. Ottawa ON K1L 6B8

Phone: 613-748-5999

Web: [www.wabano.com](http://www.wabano.com)

- *services include health care, and cultural and youth-specific programs*
- 

## **Abuse Services**

### **Centre d'aide et de lutte contre les agressions à caractère sexuel (CALACS) (F)**

Confidential Location

Mailing address: 40 Cobourg St, Ottawa, ON K1N 8Z6

Phone: 613-789-9117

Web: [www.calacs.ca](http://www.calacs.ca)

- *offers French services for women over age 16 who have undergone sexual assault, including 24 hour phone support, individual and group counselling, and medical and judiciary accompaniment*
- 

### **Centre for Treatment of Sexual Abuse & Childhood Trauma (E)**

Various locations

Phone: 613-233-4929

**Revised 2010**

Busing it? Call OC Transpo for the quickest route! 613-741-4390, TTY 613-741-5280

Web: [www.centrefortreatment.com](http://www.centrefortreatment.com)

- *provides counseling services for all ages in the areas of sexual abuse, trauma, post-traumatic stress, self-injurious behaviours and sexual problems among others*

## **Abuse Services cont'd**

### **Children's Aid Society of Ottawa (B)**

1602 Telesat Court Gloucester, ON K1B 1B1

Phone: 613-747-7800 24h

Web: [www.casott.on.ca](http://www.casott.on.ca)

- *supports families in caring for children and investigates allegations of child abuse*

### **Ottawa Rape Crisis Centre (E)**

Confidential Location

Mailing Address: PO Box 20206, Ottawa, ON K1N 9P4

Phone: 613-562-2334

24hr line: 613-562-2333

Web: [www.orcc.net](http://www.orcc.net)

- *services include 24 hour crisis line, accompaniment, and counselling for women of all ages who have undergone sexual assault*

### **Sexual Assault and Partner Abuse Care Program (SAPACP) (B)**

The Ottawa Hospital Civic Campus

1053 Carling Ave. Ottawa, ON K1Y 4E9

Phone: 613-761-4366

Web: [www.ottawahospital.on.ca/programs/sapacp/index-e.asp](http://www.ottawahospital.on.ca/programs/sapacp/index-e.asp)

*Note children and youth should go to:*

The Children's Hospital of Eastern Ontario

401 Smyth Rd. Ottawa, ON K1H 8L1

Phone: 613-737-2328

Web: [www.cheo.on.ca/en/sexualalt](http://www.cheo.on.ca/en/sexualalt)

- *provides treatment of people who have recently been sexually assaulted*

### **Sexual Assault Support Centre of Ottawa (E)**

P.O Box 4441, Stn. E, Ottawa, ON K1S 5B4

Phone: 613-725-2160

## **Revised 2010**

Busing it? Call OC Transpo for the quickest route! 613-741-4390, TTY 613-741-5280

24hr line: 613-234-2266

Web: [www.sascottawa.org](http://www.sascottawa.org)

- *services include 24 hour crisis line, accompaniment, and counselling for women of all ages who have undergone sexual assault*

## **Addictions Services**

### **Addictions and Problem Gambling Services of Ottawa (B)**

*Sandy Hill Community Health Centre*  
221 Nelson St. Ottawa, ON K1N 1C7

Phone: 613-789-8941

Web: [www.sandyhillchc.on.ca](http://www.sandyhillchc.on.ca)

- *provides counselling services for those seeking help with addictions, of all ages*

### **Al-Anon Ottawa (E)**

Various locations

Phone: 613-860-3431

Web: [www.al-anon-ottawa.ca](http://www.al-anon-ottawa.ca)

- *provides a 12-step support group*

### **Amethyst Women's Addiction Centre (B)**

488 Wilbrod St. Ottawa, ON K1N 6M8

Phone: 613-563-0363

Web: [www.amethyst-ottawa.org](http://www.amethyst-ottawa.org)

- *a treatment centre for women over age 18 seeking help with addictions*

### **CAMH - McLaughlin Centre (B)**

Phone: 1-800-463-6273

Web: [www.camh.net](http://www.camh.net)

- *support and information line for alcohol, drug, gambling and mental health issues*

### **Dave Smith Youth Treatment Centre (B)**

786 Bronson Ave. Ottawa, ON K1S 4G4

Phone: 613-594-8333

## **Revised 2010**

Busing it? Call OC Transpo for the quickest route! 613-741-4390, TTY 613-741-5280

Web: [www.davesmithcentre.org](http://www.davesmithcentre.org)

- *a treatment centre for youth aged 13-18 with addictions issues that provides assessment, individual and group counseling and parental support*
- 

## **Addictions Services cont'd**

### **Drug and Alcohol Registry of Treatment (DART) (M)**

Toll Free Phone: 1-800-565-8603

Web: [www.dart.on.ca](http://www.dart.on.ca)

- *information line offering information and referral to the treatment resources available in Ontario*
- 

### **Harvest House Ministries (E)**

3435 Ramsayville Rd. Ottawa, ON K1G 3N2

Phone: 613-521-9114

Web: [www.harvesthouse.org](http://www.harvesthouse.org)

- *a Christian rehabilitation centre with an abstinence philosophy for men over age 16*
- 

### **Maison Fraternité (F)**

242 Cantin St. Ottawa, ON K1L 6T2

Phone: 613-741-2523

Web: [www.maisonfraternite.ca](http://www.maisonfraternite.ca)

- *francophone treatment centre with specific services catered to youth aged 12-18 with addictions issues including individual, group counselling, and family support*
- 

### **Ontario Problem Gambling Helpline (OPGH) (M)**

Toll Free Phone: 1-888-230-3505

Web: [www.opgh.on.ca](http://www.opgh.on.ca)

- *24hr crisis line*
- 

### **Serenity Renewal for Families (E)**

## **Revised 2010**

Busing it? Call OC Transpo for the quickest route! 613-741-4390, TTY 613-741-5280

2810 Baycrest Dr. Ottawa, ON K1V 7P7

Phone: 613-523-5143

Web: [www.serenityrenewal.ca](http://www.serenityrenewal.ca)

- *provides counselling services for those of all ages seeking help with addictions*

## **Addictions Services cont'd**

### **Rideauwood Addiction and Family Services (E)**

312 Parkdale Ave. Ottawa, ON K1Y 4X5

Phone: 613-724-4881

Web: [www.rideauwood.org](http://www.rideauwood.org)

- *provides treatment for those with addiction issues of all ages, as well as affected friends and family*

## **Bereavement Support Services**

### **Bereaved Families of Ontario (B)**

Ottawa Chapter

308-211 Bronson Ave. Ottawa, ON K1R 6H5

Phone: 613-567-4278

Web: [www.bfo-ottawa.org](http://www.bfo-ottawa.org)

- *offers support groups for those who have experienced loss, including youth-specific groups*

## **Community Health and Resource Centres**

\*\*\*Community Health and Resource Centres offer various services for all ages, frequently including but not limited to: health services, counselling, recreational programming, financial and employment assistance, drop-ins, community development, and information and referrals. Please contact the centre nearest you to familiarize or update yourself with available services and programs\*\*\*

### **Carlington Community Health Centre (B)**

900 Merivale Rd. Ottawa, ON K1Z 5Z8

## **Revised 2010**

Busing it? Call OC Transpo for the quickest route! 613-741-4390, TTY 613-741-5280

Phone: 613-722-4000  
Web: [www.carlington.ochc.org](http://www.carlington.ochc.org)

---

## **Community Health and Resource Centres cont'd**

**Centretown Community Health Centre (B)**  
420 Cooper St. Ottawa, ON K2P 2N6

Phone: 613-233-4443  
Web: [www.centretownchc.org](http://www.centretownchc.org)

---

**Eastern Ottawa Resource Centre (B)**  
Beacon Hill Shopping Centre  
2339 Ogilvie Rd. Ottawa, ON K1J 8M6

Phone: 613-741-6025  
Web: [www.eorc-gloucester.ca](http://www.eorc-gloucester.ca)

---

**Hunt Club Riverside Community Services Centre (B)**  
3310 McCarthy Rd. Ottawa, ON K1V 9S1

Phone: 613-247-1600  
Web: [www.huntclubriverside.ca](http://www.huntclubriverside.ca)

---

**Lowertown Community Resource Centre (B)**  
40 Cobourg St. Ottawa, ON K1N 8Z6

Phone: 613-789-3930  
Web: [www.crcbv.ca](http://www.crcbv.ca)

---

**Nepean, Rideau & Osgoode Community Resource Centre (E)**  
Merivale Mall  
541-1642 Merivale Rd. Nepean, ON K2G 4A1

Phone: 613-596-5626  
Web: [www.nrocrc.org](http://www.nrocrc.org)

---

**Overbrook-Forbes Community Resource Centre (B)**

120-225 Donald St. Ottawa, ON K1K 1N1

Phone: 613-745-0073

Web: [www.ofcrc.org](http://www.ofcrc.org)

---

**Community Health and Resource Centres cont'd**

**Pinecrest-Queensway Community Health Centre (B)**

1365 Richmond Rd. Ottawa, ON K2B 6R7

Phone: 613-820-4922

Web: [www.pqhcs.com](http://www.pqhcs.com)

---

**Sandy Hill Community Health Centre (B)**

221 Nelson St. Ottawa, ON K1N 1C7

Phone: 613-789-1500

Web: [www.sandyhillchc.on.ca](http://www.sandyhillchc.on.ca)

---

**Somerset West Community Health Centre (B)**

55 Eccles St. Ottawa, ON K1R 6S3

Phone: 613-238-8210

Web: [www.swchc.on.ca](http://www.swchc.on.ca)

---

**South-East Ottawa Community Health Centre (B)**

600-1355 Bank St. Ottawa, ON K1H 8K7

Phone: 613-737-5115

Web: [www.seochc.on.ca](http://www.seochc.on.ca)

---

**Vanier Community Service Centre (B)**

290 Dupuis St. Vanier, ON K1L 1A2

Phone: 613-744-2892

Web: [www.cscvanier.com](http://www.cscvanier.com)

---

**Western Ottawa Community Resource Centre (B)**

2 MacNeil Crt. Ottawa, ON K2L 4H7

---

**Revised 2010**

Busing it? Call OC Transpo for the quickest route! 613-741-4390, TTY 613-741-5280

Phone: 613-591-3686

Web: [www.communityresourcecentre.ca](http://www.communityresourcecentre.ca)

---

## **Counselling and Mental Health Services**

### **Canadian Mental Health Association (CMHA) (B)**

Ottawa Branch

301-1355 Bank St. Ottawa, ON K1H 8K7

Phone: 613-737-7791

Web: [www.cmhaottawa.ca](http://www.cmhaottawa.ca)

- *offers public education, community mental health support services, peer support programs, and information and referral*
- 

### **Catholic Family Services of Ottawa (B)**

310, Olmstead St. Ottawa, ON K1L 7K3

Phone: 613-233-8478

Web: [www.cfsottawa.ca](http://www.cfsottawa.ca)

- *services include counselling for all ages, family violence support programs, and outreach*
- 

### **Centralized Intake Services for CHEO and the Royal Ottawa Mental Health Centre (B)**

Phone: 613-737-2496

Toll Free: 1-866-737-2496

- *point of entry for all complex mental health issues, including admission to either CHEO or ROMHC programs: ADHD/Behavioural, Mood and Anxiety, Abuse and Trauma, Eating Disorders, Dual Diagnosis.. \*referrals from physicians or health care professionals only*
- 

### **Centre for Psychological Services (B)**

University of Ottawa

200 Lees Ave. B-206A, Ottawa, ON K1Z 7K4

Phone: 613-562-5289

Web: [www.socialsciences.uottawa.ca/psy/eng/cps.asp](http://www.socialsciences.uottawa.ca/psy/eng/cps.asp)

## **Revised 2010**

Busing it? Call OC Transpo for the quickest route! 613-741-4390, TTY 613-741-5280

- *training school for the School of Psychology of the University of Ottawa providing psychological services for youth, adults and families*
- 

### **Centre Psychosocial Pour Enfants et Familles d'Ottawa-Carleton (F)**

300-150 Montreal Rd. Ottawa, ON K1L 8H2

Phone: 613-789-2240

Web: [www.centropsychosocial.ca](http://www.centropsychosocial.ca)

- *provides 24hr crisis line, counselling, and support services for all ages*

## **Counselling and Mental Health Services cont'd**

### **Christian Counselling Ottawa (M)**

200-151, Holland Ave. Ottawa, ON K1Y 0Y2

Phone: 613-729-8454

Web: [www.christiancounsellingottawa.ca](http://www.christiancounsellingottawa.ca)

- *offers counselling to youth over age 12 in areas such as depression, faith issues, eating disorders, anxiety and self-harm*
- 

### **Family Enrichment Services (E)**

Various locations

Phone: 613-722-3971

Web: [www.family-enrichment.com](http://www.family-enrichment.com)

- *private counselling service for youth and their families, individuals, and couples*
- 

### **Family Services Ottawa (B)**

312 Parkdale Ave, Ottawa ON K1Y 4X5

Phone: 613-725-3601

Web: [www.familyservicesottawa.org](http://www.familyservicesottawa.org)

- *services include general counselling for all ages, parenting workshops, and counseling for women and children who have been victims of abuse*
- 

### **Jewish Family Services of Ottawa (E)**

300-2255 Carling Ave. Ottawa ON K2B 7Z5

Phone: 613-722-2225

Web: [www.jfsottawa.com](http://www.jfsottawa.com)

## **Revised 2010**

Busing it? Call OC Transpo for the quickest route! 613-741-4390, TTY 613-741-5280

- *non-sectarian agency providing services for all ages, including youth-specific counselling and psycho-educational testing*
- 

**Roberts/Smart Centre (B)**

1199 Carling Ave. Ottawa, ON K1Z 8N3

Phone: 613-728-1946

Web: [www.robertssmartcentre.com](http://www.robertssmartcentre.com)

- *youth-g geared agency that provides specialized clinical services in residential, secure and day treatment settings*

## **Counselling and Mental Health Services cont'd**

**Youth Net/Reséau Ado (B)**

Children's Hospital of Eastern Ontario  
401 Smyth Rd, Ottawa, ON K1H 8L1

Phone: 613-738-3915

Web: [www.youthnet.on.ca](http://www.youthnet.on.ca)

- *mental health promotion program, run for youth by youth, social worker on site. Focus groups, activity based initiatives, Youth Advisory Committee*
- 

**YSB – Mental Health Services**

2675 Queensview Dr. Ottawa, ON K2B 8K2

Phone: 613-562-3004

Web: [www.ysb.on.ca](http://www.ysb.on.ca)

- Youth Services Bureau provides a 24/7 crisis line, intake, youth and family counselling, MST/intensive, integrated crisis, day treatment and wraparound services
- 

## **Drop-in Centres**

\*\*\*Drop-In centres often provide computers, employment search assistance and information and referral. Programs and services vary so consult websites or call individual centres for additional information\*\*\*

**Centre 507 (E)**

507 Bank St. Ottawa, ON K2P 1Z5

---

**Revised 2010**

Busing it? Call OC Transpo for the quickest route! 613-741-4390, TTY 613-741-5280

Phone: 613-233-5626

Web: [www.centre507.org](http://www.centre507.org)

Hours: Mon–Fri 12:00-3:30; Mon, Wed, Thur 5:30-9:00; Sun 1:00–4:00

---

**The Door (E)**

755 Somerset St. W. Ottawa, ON K1R 6R1

Phone: 613-237-3667

Web: [www.thedooryouthcentre.com](http://www.thedooryouthcentre.com)

Hours: Mon–Thur 4:00-9:00

---

**La Maison des jeunes (B)**

297 Savard St. Vanier, ON K1R 6R1

Phone: 613-748-1799

Hours: Mon-Fri 5:00-8:00

---

**Osgoode Youth Association (E)**

5764 Osgoode Main St. Osgoode ON K0A 2W0

Phone: 613-826-0726

Web: [www.o-ya.ca](http://www.o-ya.ca)

Hours: closed Sundays and Mondays

---

**Take Young People Seriously (TYPs) (E)**

79 Bridge St. Almonte, ON K0A 1A0

Phone: 613-256-8485

Web: [www.typsyouthcentre.org](http://www.typsyouthcentre.org)

Hours: Mon-Fri 12:00-9:00

---

**YSB - Downtown Services and Drop-in (B)**

147 Besserer St. Ottawa, ON K1N 6A7

Phone: 613-241-7788

Web: [www.ysb.on.ca](http://www.ysb.on.ca)

Hours: Mon–Fri 12:00-6:00

Sat-Sun 1:00-6:00

Young women’s drop-in: Thur 6:00-8:30

---

**Revised 2010**

Busing it? Call OC Transpo for the quickest route! 613-741-4390, TTY 613-741-5280

### **The Zone (E)**

170 Castlefrank Rd, Kanata, ON K2L 2K6

Phone: 613-831-6680

Web: [www.communityresourcecentre.ca](http://www.communityresourcecentre.ca)

Hours: Mon 6:00-9:30; Fri 7:30-10:00

---

## **Eating Disorders Services**

### **Hopewell (E)**

202-153 Chapel St. Ottawa, ON K1N 1H5

Phone: 613-241-3428

Web: [www.hopewell.on.ca](http://www.hopewell.on.ca)

- *support centre for youth and adults with eating disorders and their families. Provides support groups, mentoring and community presentations.*
- 

### **Ottawa Eating Disorders Clinic (E)**

1309 Carling Ave. Ottawa, ON K1Z 1A2

Phone: 613-729-0801

Web: [www.ocbt.ca](http://www.ocbt.ca)

- *outpatient assessment and treatment for a variety of eating disorders for all ages*
- 

### **Overeaters Anonymous (B)**

1309 Carling Ave. Ottawa, ON K1Z 1A2

Phone: 613-820-5669

Web: [www.aa-ottawa.ca](http://www.aa-ottawa.ca)

- *peer support groups for compulsive overeaters of all ages*
- 

## **Emergency Shelters**

### **City of Ottawa (B)**

Phone (Monday to Friday business hours): 613-560-6000.

After hours and on the weekend: 3-1-1.

Web: [www.ottawa.ca/residents/housing/emergency\\_shelters\\_en.html](http://www.ottawa.ca/residents/housing/emergency_shelters_en.html)

### **Revised 2010**

Busing it? Call OC Transpo for the quickest route! 613-741-4390, TTY 613-741-5280

- *placement officers refer callers to available shelters*
- 

**Shepherd's of Good Hope (B)**

233 Murray Street Ottawa, ON K1N 5M9

Phone: 613-789-8210

Web: [www.shepherdsofgoodhope.com](http://www.shepherdsofgoodhope.com)

- *emergency relief shelter for men over age 18*
- 

**The Ottawa Mission (B)**

35 Waller St. Ottawa, ON K1N 7G4

Phone: 613-234-1144

Web: [www.ottawamission.com](http://www.ottawamission.com)

- *emergency relief shelter for men over age 18*
- 

**YMCA/YWCA Shelter (B)**

180 Argyle Avenue Ottawa, ON K2P 1B7

Phone: 613-237-1320 x5063

Web: [www.ymcaywca.ca](http://www.ymcaywca.ca)

- *provide overflow for families, singles, and youth*
- 

**YSB - Evelyn Horne Emergency and Transitional Housing Services (B)**

Confidential Location

Phone: 613-789-8220

Web: [www.ysb.on.ca](http://www.ysb.on.ca)

- *Youth Services Bureau's emergency relief shelter for young women aged 12-20*
- 

**YSB - Young Men's Emergency and Transitional Housing Services (B)**

Confidential Location

Phone: 613-907-8975

Web: [www.ysb.on.ca](http://www.ysb.on.ca)

- *Youth Services Bureau's emergency relief shelter for young men aged 12-20*
-

## **Employment Services**

### **Causeway Work Centre (E)**

22 O'Meara Rd. Ottawa, ON K1Y 4N6

Phone: 613-725-3494

Website: [www.causewayworkcentre.org](http://www.causewayworkcentre.org)

- *offers employment programs for youth over age 16 who self-identify as having a mental illness*
- 

### **John Howard Society of Ottawa Youth Employment Resource Centre (E)**

216-3730 Richmond Rd. Ottawa, ON K2H 5B9

Phone: 613-828-2123 x224

Web: [www.ottawa.johnhoward.ca/programs/employment](http://www.ottawa.johnhoward.ca/programs/employment)

- *offers pre-employment and training, career coaching, skills development, and outreach*
- 

### **La Cité collégiale (B)**

270, Marier Ave. Vanier, ON K1L 5P8

Tel: 613-741-9042

Web: [www.lacitec.on.ca/employment\\_services.htm](http://www.lacitec.on.ca/employment_services.htm)

- *job preparation, support, and guidance for youth over age 16*
- 

### **St. Lawrence College of Ottawa (E)**

71 Bank Street, 5<sup>th</sup> floor, Ottawa, ON K1P 5N2

Tel: 613-232-0022

Web: [www.sl.on.ca](http://www.sl.on.ca)

- *offers apprenticeship opportunities, job-seeking resources, and career coaching for youth over age 16*
- 

### **YSB – Youth Employment Services (B)**

101-1355 Bank St. Ottawa, ON K1H 8K7

**Revised 2010**

Busing it? Call OC Transpo for the quickest route! 613-741-4390, TTY 613-741-5280

Phone: 613-236-8244

Web: [www.yesottawa.com](http://www.yesottawa.com)

- *offers workshops, employment preparation, one-on-one employment counselling, hiring incentives to employers, and job fairs, with some services for youth over age 16 and others for all ages*
- 

## **Housing Help**

### **Action Housing (B)**

200-261 Montreal Rd. Ottawa, ON K1L 6C9

Phone: 613-562-8219

Web: [www.action-logement.ca](http://www.action-logement.ca)

- *offers help to find emergency and stable housing, representation in legal situations, and offers housing-related workshops*
- 

### **Housing Help (B)**

502-309 Cooper St. Ottawa, ON K2P 0G5

Phone: 613-563-4532

Web: [www.housinghelp.on.ca](http://www.housinghelp.on.ca)

- *provides assistance with housing searches, information for tenants and landlords, and advocacy and assistance*
- 

### **YMCA/YWCA Second Stage Housing Program (B)**

180 Argyle Ave. Ottawa, ON K2P 1B7

Phone: 613-237-1320 x5062

Web: [www.ymcaywca.ca/Youth/secondstagehousing/](http://www.ymcaywca.ca/Youth/secondstagehousing/)

- *semi-independent living program for young men and women aged 16-19*
- 

### **YSB – Non-Profit Housing Services (B)**

2675 Queensview Dr. Ottawa, ON K2B 8K2

Phone: 613-729-1000 x1247

Web: [www.ysb.on.ca](http://www.ysb.on.ca)

- *provides safe, supportive and affordable housing for single and single-parent youth aged 16-21*
- 

## **Revised 2010**

Busing it? Call OC Transpo for the quickest route! 613-741-4390, TTY 613-741-5280

## **Immigrant and Multicultural Services**

### **Catholic Immigration Centre of Ottawa (M)**

219 Argyle Ave. Ottawa, ON K2P 2H4

Phone: 613-232-9634

Web: [www.cic.ca](http://www.cic.ca)

- *provides information, referral, housing, employment, and advocacy support services*
- 

### **Immigrant Women Services Ottawa (M)**

400-219 Argyle Ave. Ottawa, ON K2P 2H4

Phone: 613-729-3145

Web: [www.immigrantwomenservices.com](http://www.immigrantwomenservices.com)

- *provides crisis intervention, counseling for immigrant women and their families who have witnessed violence. Information, referrals, and employment services*
- 

### **Lebanese and Arab Social Services Agency of Ottawa (M)**

305-1385 Bank St. Ottawa, ON K1H 8N4

Phone: 613-236-0003

Web: [www.lassa.ca](http://www.lassa.ca)

- *settlement and social service agency for new Canadians in general and Arab-speaking ones in particular*
- 

### **Ottawa Chinese Community Services Centre (M)**

4004-381 Kent St. Ottawa, ON K2P 2A8

Phone: 613-235-4875

Web: [www.occsc.org](http://www.occsc.org)

- *settlement and social service agency for Chinese-speaking immigrants and refugees*
- 

### **Ottawa Community Immigrant Services Organization (OCISO) (M)**

959 Wellington St. West, Ottawa, ON K1Y 2X5

**Revised 2010**

Busing it? Call OC Transpo for the quickest route! 613-741-4390, TTY 613-741-5280

Phone: 613-725-0202

Web: [www.ociso.org](http://www.ociso.org)

- *settlement services including housing, employment, legal, language, and counselling assistance*
- 

### **Somali Centre for Family Services (M)**

200-1719 Bank St. Ottawa, ON K1V 7Z4

Phone: 613-526-2075

Web: [www.somalifamilyservices.org](http://www.somalifamilyservices.org)

- *provide settlement and integration services, as well as community organizing, counselling, employment, and youth services among others*
- 

## **Literacy Services**

### **Alternative Learning Styles and Outlooks (ALSO) (E)**

153 Chapel St. Ottawa ON K1N 1H5

Phone: 613-233-8660

Website: [www.nald.ca/also](http://www.nald.ca/also)

- *literacy and life-skills and deaf and hard-of-hearing programs for clients aged 18 and over*
- 

### **Ottawa Community Coalition for Literacy (E)**

107-211 Bronson Ave. Ottawa, ON K1R 6H5

Phone: 613-233-3232

Web: [www.occl.ca](http://www.occl.ca)

- *provides information and referral, professional development, and service planning for clients aged 19 and over*
- 

### **Sage Youth (B)**

Various locations

Mailing address:

Box 639 Richmond, ON K0A 2Z0

Phone: 613-838-5539

Web: [www.sageyouth.org](http://www.sageyouth.org)

- *literacy and mentoring programs for youth*
- 

## **Revised 2010**

Busing it? Call OC Transpo for the quickest route! 613-741-4390, TTY 613-741-5280

## **Pregnancy and Parenting Support Services**

### **Bethany Hope Centre (E)**

1140 Wellington St. West, Ottawa, ON K1Y 2Z3

Phone: 613-725-1733

Web: [www.bethanyhc.com](http://www.bethanyhc.com)

- *programs include health, parenting, education, counselling, personal development and practical supports for young parents as well as children's programming*
- 

### **Brighter Futures for Children of Young Single Parents (B)**

780 l'Église St. Ottawa, ON K1K 3K7

Phone: 613-749-4584

Web: [www.ottawayoungparents.com](http://www.ottawayoungparents.com)

- *programs and support services to pregnant teens and young parents with children aged 0-5*
- 

### **Buns in the Oven (B)**

780 l'Église St. Ottawa ON K1K 3K7

Phone: 613-749-4584

Web: [www.ottawayoungparents.com](http://www.ottawayoungparents.com)

- *pre-natal nutrition information and support to pregnant teens and women*
- 

### **Emily Murphy Non-Profit Housing Corporation (B)**

106-2676 Innes Rd. Ottawa, ON K1B 1A2

Phone: 613-834-9489

- *Permanent support housing and services for single parents and their children*
- 

### **Miriam Centre (B)**

30-2742 St. Joseph Blvd, Ottawa, ON K1C 1G5

Phone: 613-830-8623

Web: [miriamottawa.org](http://miriamottawa.org)

## **Revised 2010**

Busing it? Call OC Transpo for the quickest route! 613-741-4390, TTY 613-741-5280

- *pre- and post-natal services for women experiencing a difficult pregnancy or difficulty adjusting to motherhood, as well as loss support*

## **Pregnancy and Parenting Support Services cont'd**

### **St. Mary's Home (B)**

780 l'Eglise St. Ottawa, ON K1K 3K7

Phone: 613-749-2491

Website: [www.stmaryshome.com](http://www.stmaryshome.com)

- *residence for young single and expecting moms offering broad range of pre- and post-natal programs and community support programs*

### **Youville Centre (E)**

150 Mann Ave. Ottawa, ON K1N 8P4

Phone: 613-231-5150

Web: [www.youvillecentre.org/welcome](http://www.youvillecentre.org/welcome)

- *accredited high school program for young mothers with a licensed daycare*

## **Sexual Health Services**

### **Oasis Program (B)**

221 Nelson St. Ottawa, ON K1N 1C7

Phone: 613-789-1500

Web: [www.sandyhillchc.on.ca](http://www.sandyhillchc.on.ca)

- *services for people with or at risk of HIV/AIDS and homelessness*

### **Planned Parenthood Ottawa (B)**

201-251 Bank St. Ottawa, ON K2P 1X3

Phone: 613-226-3234

Web: [www.ppottawa.ca](http://www.ppottawa.ca)

- *education, counselling and referral services to assist and support people in making informed sexual and reproductive health choices*

## **Sexual Health Services cont'd**

### **Sexual Health Centre (B)**

179 Clarence St. Ottawa, ON K1N 5P7

Phone: 613-234-4641

Web: [www.ottawa.ca](http://www.ottawa.ca)

- *provides counselling on healthy sexuality, testing for STIs and HIV, treatment for certain STIs, emergency contraception, affordable contraception, pregnancy testing and options counselling, pap testing, and hepatitis A and B immunization*
- 

## **Sexual Orientation Services**

### **GLBTTQ Counselling**

Centretown Community Health Centre  
420 Cooper St. Ottawa, ON K2P 2N6

Phone: 613-233-4443

Web: [www.centretownchc.org](http://www.centretownchc.org)

- *counselling to youth who need support around GLBTTQ (Gay, Lesbian, Bisexual, Trans, Two-Spirit, Questioning) issues*
- 

### **Pink Triangle Youth (B)**

251 Bank St. Ottawa, ON K2P 1X3

Phone: 613-563-4818

Web: [www.pinktriangle.org](http://www.pinktriangle.org)

- *support/social group for GLBTTQ (Gay, Lesbian, Bisexual, Trans, Two-Spirit, Questioning) youth under the age of 25*
- 

### **University of Ottawa Pride Centre (B)**

85 University Pr., Room 215E, Ottawa ON K1N 6N5

Phone: 613-562-5800 x 3161

Web: <http://www.uottawa.ca>

## **Revised 2010**

Busing it? Call OC Transpo for the quickest route! 613-741-4390, TTY 613-741-5280

- *discussions, workshops, resources and social activities, offered to the GLBTTQ (Gay, Lesbian, Bisexual, Trans, Two-Spirit, Questioning) community at large*

## **Sexual Orientation Services cont'd**

### **YSB - Rainbow Youth Advisory (B)**

147 Besserer St. Ottawa, ON K1N 6A7

Phone: 613-241-7913 x405

Web: [www.ysb.on.ca](http://www.ysb.on.ca)

- *offers anti-homophobia workshops to schools and the community and delivers youth-to-youth initiated activities to develop increased acceptance of GLBTTQ (Gay, Lesbian, Bisexual, Trans, Two-Spirit, Questioning) youth within mainstream networks*

## **Victim and Legal Support Services**

### **Elizabeth Fry Society of Ottawa (B)**

311-211 Bronson Ave. Ottawa, ON K1R 6H5

Phone: 613-237-7427

Website: [www.efryottawa.com](http://www.efryottawa.com)

- *offers counselling and support services to women and young women who are in conflict with the law, or are at risk of coming into conflict with the law*

### **John Howard Society (E)**

Head Office

550 Old St. Patrick St. Ottawa, ON K1N 5L5

Phone: 613-789-7418

Web: [www.ottawa.johnhoward.ca](http://www.ottawa.johnhoward.ca)

- *offers services for individuals over age 16 in conflict with the law – assists with housing, employment and education, literacy deficits, and problems caused by substance abuse and criminal activity*

### **Ottawa Victim Services (B)**

600-250 City Centre Ottawa, ON K1R 6K7

Phone: 613-238-2762

## **Revised 2010**

Busing it? Call OC Transpo for the quickest route! 613-741-4390, TTY 613-741-5280

Website: [www.vasoc.com](http://www.vasoc.com)

- *emotional support and practical assistance for youth over age 17*
- 

## **Victim and Legal Support Services cont'd**

### **University of Ottawa Community Legal Clinic (B)**

17 Copernicus Street, Ottawa ON K1N 6N5

Phone: 613-562-5600

Web: [www.uottawa.ca/associations/clinic/](http://www.uottawa.ca/associations/clinic/)

- *legal info, legal representation, referrals, public legal education, advocacy and law reform*
- 

### **Victim Crisis Unit (B)**

Ottawa Police Service

Mailing address: PO Box CP 9634, Station T, Ottawa, ON K1G 6H5

Phone: 613-236-1222 x5822

Web: [www.ottawapolice.ca](http://www.ottawapolice.ca)

- *legal and counselling support and referral*
- 

## **More Great Resources**

### **Big Brothers Big Sisters Ottawa (B)**

204-2197 Riverside Dr, Ottawa, ON K1H 7X3

Phone: 613-247-4776

Web: [www.bbbso.ca](http://www.bbbso.ca)

- *volunteer-based mentoring program that facilitates one-to-one and group mentoring relationships*
- 

### **Canadian Coalition for the Rights of Children (B)**

Web: [www.rightsofchildren.ca](http://www.rightsofchildren.ca)

- *a network of Canadian organizations and individuals who promote respect for the rights of children, with the Convention on the Rights of the Child as the guiding framework for all activities*
- 

**Revised 2010**

Busing it? Call OC Transpo for the quickest route! 613-741-4390, TTY 613-741-5280

## **More Great Resources cont'd**

### **Canadian Institute of Child Health (B)**

300-384 Bank St. Ottawa ON K2P 1Y4

Phone: 613-230-8838

Web: [www.cich.ca](http://www.cich.ca)

- *provides mentoring, education and advocacy regarding the rights of children and youth*
- 

### **New Beginnings for Youth (E)**

Roasted Cherry Coffee House  
93 O'Connor St. Ottawa ON K1P 5M8

Phone: 613-236-1656

Web: [www.nbfy.com](http://www.nbfy.com)

- *youth leadership and development program, coop and volunteer opportunities available*
- 

### **Operation Come Home (B)**

179 Murray St. Ottawa, ON K1N 5M7

Phone: 613-230-4663

Web: [www.operationcomehome.ca](http://www.operationcomehome.ca)

- *offers supported education and employment, social enterprises, street outreach, drop-in centre and emergency services, and assists runaway youth return home to their families*
- 

### **The Sierra Youth Coalition (B)**

406-1 Nicholas St., Ottawa, ON K1N 7B7

Phone: 613-241-1615

Web: [www.syc-cjs.org](http://www.syc-cjs.org)

- *national organization run by youth for youth with programs aiming to empower youth aged 14-26 to becoming active community leaders and contributing to making Canada a sustainable society*
- 

## **Revised 2010**

Busing it? Call OC Transpo for the quickest route! 613-741-4390, TTY 613-741-5280

## **More Great Resources cont'd**

### **YOU CAN (B)**

National Office

223 Main St. Ottawa, ON K1S 1C4

Phone: 613-230-1903

Web: [www.youcan.ca](http://www.youcan.ca)

- *youth-led peace-building agency that runs workshops and conferences to promote non-violent conflict resolution*
-