

Contact List

OTTAWA



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PAUKTUUTIT
INUIT WOMEN OF CANADA
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COMMUNITY SERVICES

Minwashin Lodge
Offers support for women and children who have come through abusive relationships. Services include food baskets, counseling and support.
613-741-5590

Tungasuvvingat Inuit
Community support, advocacy, counseling, support, employment and education support. Help with beneficiary issues and orientation into the city.
613-747-2225

Centre 454
Supportive counseling and social recreation provided for those in need. Practical supports such as telephones, shower and laundry facilities, as well as crisis intervention and “in-reach” relating to housing, addiction and employment.
613-235-4351

OASIS
Outreach worker, health card support, needle exchange, drop-in center and women only clinic.
613-569-3488

St. Luke’s Lunch Club
Day drop-in for men, women and children in need of support. Recreational programs, breakfast and hot meals program.
613-238-4193

The Good Food Box Program (fee of \$10 to \$20)
Monthly food program offered at a small fee payable at the beginning of the month for fresh fruits and vegetables.
613-233-4443 ext. 2203

The Ottawa Food Bank
Information source for food banks in Ottawa.
613-745-7001

Salvation Army – Ottawa Booth Centre
Serves dinner to those in need in the community and offers an emergency grocery program. Drop-in, support and referral services.
613-241-1573

Sandy Hill Community Health Centre Clean Needle and Safer Inhalation Kit Program
613-789-1500

Shepherd’s of Good Hope
Provides emergency shelter for men, meal and groceries for singles and families and offers residential support programs.
613-789-8210

Operation Go Home
Crisis intervention for teen runaways (16+) for support in reuniting with their families. Housing assistance, crisis intervention and advocacy.
613-230-4663

Youth Services Bureau Downtown Services and Drop-In
Crisis and short term supportive counseling provided to street-involved youth (12–20). Meals, laundry facilities, shower, health services, housing services, computer access, phones and recreational activities.
613-241-7788

Health Card Assistance Program
613-789-6309

Social Service Walk-In
613-789-6309

Ontario March of Dimes
Employment services and support for people living with HIV/AIDS. Benefits counseling, career counseling, vocational assessment, transferable skill’s analysis and job search, coaching and placement.
613-596-3463

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