

DROP-IN CENTRES

¹ Centre 454

216 Murray Street 613-235-4351
Mon - Fri 8am - 11:30am; 12:30pm - 3:30pm
Closed Wednesday afternoons
Nov-March Sat-Sun 9:30am-11:30am

² Centre 507 Men/Women (16+)

507 Bank Street (at Argyle) 233-5626
(Telephone, computers, fax)
Mon - Fri 12pm - 3:30pm
Mon, Wed, Thurs 5:30pm - 9pm
Sun 1pm - 4 pm

³ The Living Room

(HIV & AIDS SUPPORT)
251 Bank Street, Suite 700
563-0851; 1-800-461-2182
Mon - Fri 12pm - 4pm

⁴ St. Luke's Lunch Club and Drop-in

760 Somerset Street West 238-4193
Mon - Fri 8am – 2pm

The Catholic Immigration Centre

(Information for immigration)
219 Argyle Avenue 232-5900
Mon - Fri 9am – 11am; 1pm – 4pm

⁵ The Odawa Native Friendship Centre

12 Stirling Avenue 722-3811
Mon - Fri 9am - 5:00pm

⁶ St. Georges 'Place to Go' Christian Fellowship

152 Metcalfe Street 235-1636
Fri 7:30pm - 10pm

Ottawa Innerscity Ministries

Salvation Army Church - 391 Gladstone (at Bank)
Wed 10am - 3pm

⁷ St. Joe's Centre (Women)

151 Laurier Avenue, East 231-6722
Mon - Fri 9:30am-4: 30pm

⁸ Bethany Hope Centre

1140 Wellington Street 725-1733
Mon - Thurs 9am - 4pm; Fri 9am - 12pm

⁹ The Well (Women and Children)

154 Somerset Street West
Office: 594-8861 Women: 594-2843
Mon 9:30am - 1:30pm; Tues - Fri 9:30am – 4pm

¹⁰ The Ottawa Mission (18+ Men)

35 Waller Street 234-1144 (Open 24 hours)
Shelter for men, day programs for all

¹¹ Capital City Mission

153 Chapel Street (at Rideau) 241-2407
Mon - Fri 9:30am - 2pm;
Mon, Tues 6:30pm - 9pm

Shepherds of Good Hope

233 Murray St 789-8210
Everyday 5:30pm – 9pm

Shaweneagamik Aboriginal

510 Rideau St (at Chapel)
Mon – Fri 8am – 6pm; Sat, Sun 11am – 6pm

MEALS

*** St. Luke's Lunch Club**

760 Somerset Street West 238-4193
Mon – Fri 8am - 9am and 12pm - 1pm

*** St. Joe's Centre (Men and Women)**

151 Laurier Avenue, East 231-6722
Mon - Fri 5pm – 6:15pm

*** Salvation Army**

171 George Street 241-1573
Breakfast everyday 8am; Supper everyday 3pm

***The Well (Women)**

154 Somerset Street West
594-2843 Mon. 9:30-1:30
Tues. & Fri. 9:30-4pm

*** Shepherds of Good Hope**

233 Murray Street 789-8210
11:30am – 12:30pm

⁸ community resource for young parents 25 under kids 0-6, clothing, daycare...

⁹ women (with/without children), clothing, laundry, showers, computers, lunch, haircut, yoga, massage, video.

¹⁰ 250 beds, book in 4pm, clothing, meals 8am and 3pm, emerge. food

¹¹ soup/sandwiches 10:30-11, emerge. clothing, laundry, in shelter-hair vouchers, computer, toiletries

*** The Ottawa Mission**

35 Waller Street 234-1144
Breakfast everyday 8am; Supper everyday 3pm

Ottawa Innerscity Ministries

Salvation Army Church - 391 Gladstone Ave
Wed 12pm – 12:30pm

YOUTH

¹² Youth Services Bureau (16-20)

(Drop-In Centre)
147 Besserer Street (at Waller) 241-7788
Mon. – Fri. 12pm to 6pm; Sat., Sun. 1pm to 6 pm

¹³ Operation Come Home (16-25)

179 Murray Street 230-4663
Mon, Fri 8am - 1pm;
Tues - Thurs 8:00am – 3:00pm

¹⁴ Youville Centre

150 Mann Avenue 231-5150 (parents under 21)

¹⁵ Young Women's Emergency Shelter (Ages 16-20)

789-8220 24 Hours

¹⁶ Youth Employment Services (16-24)

1355 Bank Street Ground Floor 236-8244

¹⁷ Salvation Army (Emergency Only)

171 George Street 241-1573 (Male Teens 16-19)
9am - 11:30am, 12:30pm - 4:30pm

¹⁸The Door Drop-In-Centre (12-20)

755 Somerset Street 237-3667
Mon - Thurs 4pm - 9pm

¹⁹ Rideau Street Youth Enterprises 16-24

147 Besserer Street 562-3864
Mon - Fri 8:30am - 4:30pm

CHEO

Mental Health Out-patient Services
738-6990

Child Care Referrals

248-3605 ext. 294

¹² lunch, laundry, telephone, shower

¹³ breakfast, internet, clothing, some food hampers, reunite families

¹⁴ academic high school for teen mothers

¹⁵ 12 beds- provide food, shelter, showers, clothing

¹⁶ assist in job search, resume, application

¹⁷ 160 beds-meals, clothing, community- 2 meals a day (8:15am, 3pm)

¹⁸ programs for recreation, social, emotional and intellectual needs

¹⁹ employment for disadvantage youth

²⁰ Youth Service Bureau

147 Besserer Street 729-1000

SHELTERS

²¹ Cornerstone (Women 18+)

1) 172 O'Connor Street 24 hrs 237-4669
2) Emergency Shelter 234-5181

²²515 House (Women)

515 MacLaren 233-2243 (referrals needed)

*** Salvation Army (Men)**

172 George Street 241-1573
Outreach Van 580-2400 or 311

*** The Ottawa Mission (Men)**

35 Waller Street 234-1144

²³ Shepherds of Good Hope (Men)

233 Murray Street 789-8210
(Laundry, shower facilities)

²⁴ Hope Outreach (24 hrs)

256 King Edward Avenue (South Entrance) 789-4179

²⁵ OASIS

221 Nelson St 569-3488
Mon – Thurs 1pm - 4:30pm; Fri 1pm – 4pm
Wed 3pm – 7pm (women only)

HOUSING

²⁶Housing Help

502-309 Cooper St 563-4532
Mon. - Fri. 9am - 12pm; 1pm - 4:30pm

Emergency Housing

200 Catherine Street 560-6000

City Living & Ottawa Housing

2197 Riverside Drive 5th Floor 526-2088

²⁷ YMCA/YWCA

180 Argyle Avenue 237-1320 ext 0

²⁰ assist in employment and housing

²¹ 49 beds, temporary, clothing, meals

²² 20 women, geared income housing, long as needed

²³ 116 beds, meals, showers, laundry, medical care, dental care, mental health services

²⁴ generally those with serious mental illness, 40 men/women disallowed from other shelters

²⁵ snacks, showers, sports, HIV testing, needle exchange, medical clinic, massage therapy

²⁶ assistance housing emer., evictions, locatioin housing, maintenance, illegal rents

²⁷ counseling, housing, child services

¹ laundry, shower, telephone, toiletries, counseling

² clothing, toiletries, needle exchange, foot clinic, crisis intervention

³ HIV persons/dependents, meals Mon, Wed, Fri., food bank, clothing, safe sex kits, support groups, computers

⁴ men/women/children-practical support, rec. programs, telephone, breakfast and lunch

⁵ aboriginal family support, pre/post natal support

⁶ sandwiches/soup, lounge/games/t.v.

⁷ breakfast, lunch(12), snack(2), laundry, emergency food bank, telephone, fax, computer

²⁸Action Housing/Action Logement

261 Montreal Rd 562-8219
Mon. - Fri. 9:30am – 4:30pm

WOMEN IN CRISIS

²⁹ Young Women's Emergency Shelter (12-20)
789-8220

³⁰ Interval House for abused Women (24 hrs)

234-5181

Rape/Sexual Assault Centre

234-2266 or 562-2333

First Place Pregnancy Center

201-889 Bank St 228-7475

³¹ Maison D'Amitie (abused Women)

747-0020

³² Nelson House for abused Women (24 hrs)

Crisis Line 225-3129; Non-Crisis Line 225-0630

³³ Presence (French) for abused Women (24 hrs)

241-8297

Food Centers

³⁴ Centretown Food Centre

507 Bank St. 232-3059
Mon, Thurs 12pm – 2:30pm;
Tues, Fri 12pm - 2:00pm

***Shepherds of Good Hope**

256 King Edward Ave 789-8210
Mon, Wed 10am – 1pm

³⁵ Dalhousie Food Cupboard

18 Louisa St 230-3982
Tues, Thurs 11am – 3pm

Christian Coffee House

Jericho Road Coffee House

St. Paul's Eastern United Church
Cumberland and Daly 567-5134
Wed. 7pm – 9pm

²⁸ helps find safe, adequate and affordable housing

²⁹ short term stay

³⁰ 25 beds, women fleeing immediate danger, 10 weeks max.

³¹ 15 beds, women fleeing immediate danger, 6 weeks max. francophone

³² 15 beds, domestic violence

³³ women fleeing immediate danger

³⁴ Centertown area- 3-5day food supply

³⁵ 2-3 day supply for Dalhousie Ward area

Salvation Army Coffee House

391 Gladstone 232-2952
Sat. evenings

Bridges Christian Coffee House

453 Bank St. 238-8182
Tues 7 pm

Hospitals

***Royal Ottawa**

722-6521

***Ottawa Hospital (Civic, General and Riverside)**

722-7000

***Montfort**

746-4621

Health

Sexual Health Centre (STD, AIDS Testing)

179 Clarence St. 234-4641

³⁶ Sandy Hill Community Centre (Walk In)

221 Nelson St. 789-7752
Mon, Wed 7am - 8pm; Tues 7am - 6pm;
Thurs 8am - 5pm; Fri 8:30am – 4pm

³⁷ Somerset West Community Health

550 Eccles St. 238-8210

AIDS Committee of Ottawa

700-251 Bank Street 238-5014

Addictions

³⁸ Withdrawal Centre (Detox)

62 Bruyere St. 241-1525

Lifestyle Enrichment for Senior Adults

420 Cooper Street 233-5430

³⁹ Harvest House

3435 Ramsayville Rd 521-9114

⁴⁰Hope Recovery

233 Murray St. 241-6494

Narcotics Anonymous

236-4674

³⁶ Medical services, addictions programmers, counseling, crisis intervention, HIV/AIDS programs

³⁷ multilingual- children's aid services, housing help for mental/physical disabled

³⁸ 24 hr. admission

³⁹ Men all ages- 35 available beds, 12 month live in program, 18 beds for re-entry

⁴⁰ 21 beds for chronic alcoholics/addicts

Alcoholics Anonymous

108-211 Bronson Ave 237-6000

Al-Anon & AlaTeen

860-3431

Ex Offenders

⁴¹Elizabeth Fry

211 Bronson Ave 237-7427

⁴²John Howard

550 Old St. Patrick St 789-7418

Free Clothing

***The Well (women) only**

154 Somerset Street West 594-2843
Mon 9:30am - 1:30pm Tues - Fri 9:30am – 4pm

*** The Ottawa Mission for men (24 hrs)**

35 Waller St 234-1144

*** Shepherds of Good Hope**

233 Murray St 241-6494
Mon, Wed 10am – 1pm

Crisis, Legal and Education

Police, Fire or Ambulance

911

Distress Centre

238-3311

Ontario Works

560-6000

Legal Aid

238-7931

Rent Control Tribunal

1-888-332-3234

Probation Office

239-1119

St. Nicholas Adult High School

893 Admiral Ave 223-8888
Mon – Fri 8am - 4:30pm

OC Transpo

741-4390

Children's Aide

747-7800

⁴¹ women and female youth at risk with law

⁴² advocacy, works with those at risk with law

Help! When You Need It



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