



**Centre de
ressources
communautaires
de la Basse-Ville**

**Lowertown
Community
Resource
Centre**

**All LCRC
programs
are FREE**

**Office Hours:
Mon.-Tues.-Wed. and Fri.:
8:30am-4:30pm
Thursdays: 8:30am-7pm**

**40 Cobourg, Ottawa K1N 8Z6
Email: reception@crccbv.ca
Twitter: twitter.com/crccbv**

Bus: 6, 7, 17, 19



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 Youth Basketball 6pm-9pm Keeping Youth Connected 4:30pm-7pm	02 French Playgroup 9:30am-11:30am Baby Playgroup 1:30pm-3:30pm Swordfish 4-6pm	03 Swordfish Lowertown Pool 4-6pm Junior Multi-Sports 5:30pm-8:30pm Keeping Youth Connected 4:30pm-7pm	04 Spanish Playgroup 9:30am-11:30am	05 English Playgroup 9:30am-11:30am Keeping Youth Connected 4:30pm-7pm	06 Homework Club 10am-1pm
08 <p>Every Week Monday to Friday</p> Club 310 York Street School Ages 6 to 12 2:30pm-5:30pm Transitions Youth Centre Ages 12 to 14 2:30pm-5:30pm	09 French Playgroup 9:30am-11:30am Baby Playgroup 1:30pm-3:30pm Swordfish 4-6pm	10 Swordfish 4-6pm Junior Multi-Sports 5:30pm-8:30pm Keeping Youth Connected 4:30pm-7pm	11 Spanish Playgroup 9:30am-11:30am	12 English Playgroup 9:30am-11:30am Keeping Youth Connected 4:30pm-7pm	13 Homework Club 10am-1pm
15 Keeping Youth Connected 4:30pm-7pm Youth Basketball 6pm-9pm	16 French Playgroup 9:30am-11:30am Baby Playgroup 1:30pm-3:30pm Junior Multi-Sports 5:30pm-8:30pm	17 Swordfish 4-6pm Junior Multi-Sports 5:30pm-8:30pm Keeping Youth Connected 4:30pm-7pm	18 Spanish Playgroup 9:30am-11:30am	19 English Playgroup 9:30am-11:30am Keeping Youth Connected 4:30pm-7pm	20 Homework Club 10am-1pm <p>See other side for more information</p>
22 Keeping Youth Connected 4:30pm-7pm Youth Basketball 6pm-9pm	23 French Playgroup 9:30am-11:30am Baby Playgroup 1:30pm-3:30pm Junior Multi-Sports 5:30pm-8:30pm	24 Swordfish Lowertown Pool 4-6pm Junior Multi-Sports 5:30pm-8:30pm Keeping Youth Connected 4:30pm-7pm	25 Spanish Playgroup 9:30am-11:30am	26 English Playgroup 9:30am-11:30am Keeping Youth Connected 4:30pm-7pm	27 Homework Club 10am-1pm
29 Keeping Youth Connected 4:30pm-7pm Youth Basketball 6pm-9pm	30 French Playgroup 9:30am-11:30am Baby Playgroup 1:30pm-3:30pm Junior Multi-Sports 5:30pm-8:30pm	31 Swordfish 4-6pm Junior Multi-Sports 5:30pm-8:30pm Keeping Youth Connected 4:30pm-7pm			

**Youth Calendar
October 2018**

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CHILDREN AND YOUTH PROGRAM

Offers a variety of programs and activities for Lowertown Children and Youth ages 6 to 21 (E)
Alana or Sarah 613-789-3930 x315

FREE PROGRAMS -- SNACKS PROVIDED



Please note that all programming is cancelled for Thanksgiving on Monday, October 8th, 2018



CLUB 310: (Ages 6 to 12) (E): Monday to Friday, 2:30pm to 5:30pm
FREE afterschool program, held at York Street Public School (310 York Street).

Participants are provided with a healthy snack every day as well as a variety of interesting activities/workshops. Homework support and study skills development are offered.



TRANSITIONS PROGRAM for Youth (Grades 7 and 8) (E): Monday to Friday, 2:30pm to 5:30pm
Held at the Youth Centre-Basement, at 201 Friel Street (look for the mural).

*Free snacks and drinks provided.



JUNIOR MULTI-SPORTS PROGRAM (CO-ED) (ages 10 to 15) (E): Tuesdays and Wednesday, 5:30pm to 8:30pm

The Multi-Sports Program takes place at the York Street Public School Gym (310 York Street) for the Lowertown children. A variety of sports/athletics will be offered throughout the year (basketball, floor hockey, volleyball, dodgeball, etc.).

10 to 12 years old: 5:30pm to 7pm 13 10 15 years old: 7pm to 8:30pm

*Free snacks and drinks provided.



YOUTH BASKETBALL: (Ages 14 to 21) (E): Mondays, 6pm to 9pm
At Routhier Centre Gym (172 Guigues Avenue, in Lowertown West)

Come and develop your basketball skills and fitness level.

*Snacks and drinks provided.



LOWERTOWN SWORDFISH SWIM CLUB (ages 6 to 16) (B): Learn new swimming skills and progress through different certification levels. All new participants must undergo an initial swim test to evaluate ability. A variety of activities/outings are offered throughout the year including competition against other swim clubs across Ontario (telegames). Work towards becoming a lifeguard, free of charge!

Wednesdays, from 4pm to 5pm (for ages 6 to 12), 5pm to 6pm (for ages 13 to 16).

Call Stephen at 613-789-3930 x320 for more information.



KEEPING YOUTH CONNECTED (Ages 13 to 17) (B): support with homework and other school and community projects. **Every Monday, Wednesday and Friday, from 4:30pm to 7pm.**

Offered at the Community House (145 Beausoleil Dr.) *snacks and drinks provided.



HOMEWORK CLUB (ages 6 to 12) (B): support with homework and other school related activities. **Saturdays from 10am to 1pm. Offered at the Community House (145 Beausoleil).**

EARLY YEARS PROGRAM

Promotes the healthy development of children from 0 to 6 years while preparing them for school. The project is also geared to support parents and caregivers by offering educational tools and resources, such as workshops on parenting and playgroups. (B)

Maria del Carmen 613-789-3930 x315



French playgroup (F): Tuesdays, from 9:30am to 11:30am, at the Jules Morin Fieldhouse



English Playgroup (E): Fridays, from 9:30am to 11:30am, at the Jules Morin Fieldhouse



Baby playgroup (0 to 18 months) (B): Tuesdays, from 1:30pm to 3:30pm at LCRC (40 Cobourg).

Spanish Playgroup (S): Thursdays, from 9:30am to 11:30am, at LCRC (40 Cobourg).

For 10 weeks only

Intake

- Provides information, advocacy and referral to services within the Centre and to external agencies.
- Provides crisis or short-term counselling for individuals and families. (B).
- Please see the LCRC's calendar for intake hours.

Karine 613-789-3930 x310

Sarah 613-789-3930 x310

Youth Counselling Program

Support and counselling, either individually or in groups, to children and families who live in Lowertown (B).

613-789-3930

Volunteer Program

Come fill out an application form and we will try to match your needs with the needs of the Centre.

Catherine

613-789-3930 x307

All LCRC programs are FREE

Our services are most often provided in both official languages. Interpretation services also available.

(B) = Bilingual services

(F) = Services in French only

(S) = Services in Spanish only

(E) = services in English only

LCRC= Lowertown Community Resource Centre

THANK YOU TO OUR FUNDERS



