



Centre de ressources communautaires de la Basse-Ville

Lowertown Community Resource Centre



Office Hours:
 Mon.-Tues.-Wed. and Fri.:
 8:30am-4:30pm
 Thursdays: 8:30am-7pm
 40 Cobourg, Ottawa K1N 8Z6
 Email: reception@crbv.ca
 Twitter: twitter.com/crcbv



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 Zumba for Adults Jules Morin Fieldhouse 1pm-2pm	02 CFCO 9am-4pm Yoga for Adults Jules Morin Fieldhouse 1pm-2pm	03 Action Housing 9am-4pm	04 Candidates Debate 6:30pm-9pm Sandy Hill Community Centre Lowertown Residents Committee 6:30pm LCRC - 40 Cobourg	05 Good Food Box Order Deadline
08 Closed for Thanksgiving Happy Thanksgiving	09 CFCO 9am-4pm Yoga for Adults Jules Morin Fieldhouse 1pm-2pm Deadline to order the Good Food Box	10 Action Housing 9am-4pm	11 Aquafitness Lowertown Pool 1pm-2pm	12 Action Housing 9am-4pm
15 Zumba for Adults Jules Morin Fieldhouse 1pm-2pm	16 Yoga for Adults Jules Morin Fieldhouse 1pm-2pm CFCO 9am-4pm	17 Action Housing 9am-4pm Good Food Box Delivery	18 Aquafitness Lowertown Pool 1pm-2pm Action Housing 9am-4pm	19 Action Housing 9am-4pm
22 Zumba for Adults Jules Morin Fieldhouse 1pm-2pm	23 Yoga for Adults Jules Morin Fieldhouse 1pm-2pm CFCO 9am-4pm	24 Action Housing 9am-4pm	25 Aquafitness Lowertown Pool 1pm-2pm Action Housing 9am-4pm Collective Kitchen 4:30pm-6pm	26 Action Housing 9am-4pm
29 Zumba for Adults Jules Morin Fieldhouse 1pm-2pm	30 Yoga for Adults Jules Morin Fieldhouse 1pm-2pm CFCO 9am-4pm	31 Action Housing 9am-4pm	<div style="background-color: #1a3d54; color: white; padding: 20px; border-radius: 15px; text-align: center;"> <h1>Centre – 40 Cobourg</h1> <h2>October 2018</h2> </div>	




Centre – 40 Cobourg Calendar October 2018

Please note that the Centre will be closed on Monday, October 8th for Thanksgiving


INTAKE

Provides information, advocacy and referral to services within the Centre and to external agencies. Also provides crisis or short-term counselling for individuals and families. (B)
Important notice: See new Intake Schedule.

 **Lowertown Good Food Box (B):** Once a month, this program allows you to buy fresh fruits and vegetables at low-cost (boxes of \$10, \$15, \$20 or \$25 organic and \$5 fruit bags). Deadline for payment is **Friday, October 8th, 2018** and delivery is on **Wednesday, October 17th, 2018**. You can pick-up your order between **9am and 12pm and from 1pm to 3:30pm**.

MULTICULTURAL PROGRAM

Facilitates the integration of people from various ethnic backgrounds who are new to Canada through services and activities such as counseling, drop-in and exercise groups. (B) **Shoon 613-789-3930 x309**

 **The multicultural collective kitchen** takes place at the **CRCBV** every last Thursday of the month, from 4:30pm to 6pm. Next collective kitchen: **October 25th, 2018** **REGISTRATION NECESSARY**

 **Aquafit classes (Women only)(E) – Thursdays, from 1 to 2pm, at the Lowertown Pool**

 **Yoga Classes for Adults (B): on Tuesdays, from 1pm to 2pm, at the Jules-Morin Park.**

 **Zumba Classes for Adults (E): on Mondays, from 1pm to 2pm, at the Jules-Morin Park.**

COMMUNITY DEVELOPMENT

Supports community based groups and organizations, engagement in social action, and the identification of community needs for future project development. (B) **Alain 613-789-3930 x314**

 **Ward 12 Candidates Debate: the debate will take place on Thursday, October 4th, 2018, from 6:30pm to 9pm, at the Sandy Hill Community Centre (located at 250 Somerset Street East).**

LOWERTOWN, OUR HOME (LOH)

A project in partnership with Lowertown residents and community organizations with the objective of preventing crime in the community. The goal is to actively engage the community to identify safety concerns in the neighbourhood, as well as facilitate solutions. (B) **Aysha 613-789-3930 x324**

Lowertown East Residents Committee (B): this committee's main objective is strengthening pride and belonging in Lowertown. Its mission is to actively engage community members in identifying common concerns and community solutions to build a safe and healthy community.
Next meeting: Thursday, October 4th, at 6:30pm, at the John Howard Society (550 Old St-Patrick). For more information, please call **Sandra Pilote at 613-789-3930 x375.**

ACTION HOUSING

Assists, supports and advocates for disadvantaged individuals and families to find safe, adequate and affordable housing. (B) **Yarlie 613-789-3930 x306**



The Action Housing worker is at the LCRC every week on **Wednesday, Thursday, and Friday**. Issues such as housing emergencies, evictions, discrimination, maintenance and repairs, and illegal rents can be addressed by a housing caseworker.
To make an appointment, **contact Yarlie 613-789-3930 x306.**

CATHOLIC FAMILY SERVICE OTTAWA (CFSO)

Provides counseling for individuals, families and couples, family conflict, violence, and sexual abuse. (B) The CFSO worker is at the centre on **Tuesdays, from 9am to 4pm.** **Anne-Marie 613-789-3930 x318**

New Intake Schedule

Monday : 9am-11:30am, 1pm-3:30pm

Tuesday: 9am-11:30am

Wednesday: 1pm-3:30pm

Thursday: 9am-11:30am, 4pm-6:30pm

Friday: 9am-11:30am, 1pm-3:30pm

Karine 613-789-3930 x310

Sarah 613-789-3930 x311

Youth Counselling Program

Our counselor provides support and counselling, either individually or in groups, to children who live in Lowertown (B).

**Gisèle
613-789-3930 x304**

Volunteer Program

A project that aims to develop a new volunteer network that can actively contribute to the activities of the Centre. (B)

This program matches the needs of the volunteers with the needs of the Centre. If you are interested in volunteering come to fill out an application form.

**Catherine
613-789-3930 x307**

All LCRC programs are free

Our services are most often provided in both official languages. Services offered in both languages are designated by the letter (B); the services available in English only are designated by the letter (E); the services in French only are designated by the letter (F). The Lowertown Community Resource Centre is identified by the acronym LCRC. Interpretation services are available in other languages.

THANK YOU TO OUR FUNDERS



