



# 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@crccbv.ca](mailto:reception@crccbv.ca)  
 Twitter: [twitter.com/crccbv](https://twitter.com/crccbv)

Bus: 6, 7, 17, 19



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 How do you like your eggs 9:30am-11:30am Millennium Learning 9am-12pm and 1pm-4:30pm	02 Millennium Learning 9am-12pm and 1pm-8:30pm Food Distribution 5:30pm-7:30pm Computer Support 7pm-8:30pm	03 Food Distribution 8am-11:30am Millennium Learning 9am-12pm and 1pm-4:30pm Clothing Distribution 2:30pm-5pm	04 Clothing Distribution 9:30am-12pm Drop-in / Learn to Knit 9:30am-1pm Millennium Learning 9am-12pm and 1pm-4:30pm	05 Millennium Learning 9am-12pm
08 Closed for Thanksgiving Happy Thanksgiving	09 Millennium Learning 9am-12pm and 1pm-8:30pm Food Distribution 5:30pm-7:30pm Computer Support 7pm-8:30pm	10 Food Distribution 8am-11:30am Millennium Learning 9am-12pm and 1pm-4:30pm Clothing Distribution 2:30pm-5pm	11 Clothing Distribution 9:30am-12pm Drop-in / Learn to Knit 9:30am-1pm Millennium Learning 9am-12pm and 1pm-4:30pm	12 Millennium Learning 9am-12pm
15 How do you like your eggs 9:30am-11:30am Millennium Learning 9am-12pm and 1pm-4:30pm	16 Millennium Learning 9am-12pm and 1pm-8:30pm Food Distribution 5:30pm-7:30pm Computer Support 7pm-8:30pm	17 Food Distribution 8am-11:30am Millennium Learning 9am-12pm and 1pm-4:30pm Clothing Distribution 2:30pm-5pm	18 Clothing Distribution 9:30am-12pm Drop-in / Learn to Knit 9:30am-1pm Millennium Learning 9am-12pm and 1pm-4:30pm	19 Millennium Learning 9am-12pm
22 How do you like your eggs 9:30am-11:30am Millennium Learning 9am-12pm and 1pm-4:30pm	23 Millennium Learning 9am-12pm and 1pm-8:30pm Food Distribution 5:30pm-7:30pm Computer Support 7pm-8:30pm	24 Food Distribution 8am-11:30am Millennium Learning 9am-12pm and 1pm-4:30pm Clothing Distribution 2:30pm-5pm	25 Clothing Distribution 9:30am-12pm Drop-in / Learn to Knit 9:30am-1pm Millennium Learning 9am-12pm and 1pm-4:30pm Employment Support 3pm-4pm	26 Millennium Learning 9am-12pm
29 How do you like your eggs 9:30am-11:30am Millennium Learning 9am-12pm and 1pm-4:30pm	30 Millennium Learning 9am-12pm and 1pm-8:30pm Food Distribution 5:30pm-7:30pm Computer Support 7pm-8:30pm	31 Food Distribution 8am-11:30am Millennium Learning 9am-12pm and 1pm-4:30pm Clothing Distribution 2:30pm-5pm		

Emergency access to Kitchen and Laundry Room  
 Call 613-562-2925

See reverse for more information

# Community House October 2018

# Community House Calendar

## October 2018

### COMMUNITY HOUSE – 145 BEAUSOLEIL STREET

Provides educational, recreational and social programs that meet the needs of the residents in Lowertown East. The Community House also offers a physical space for residents that facilitates the identification of community needs, encourages the social integration of its members and promotes harmony and greater community participation. **Anne-Marie 613-562-2925 [amvaz@crcbv.ca](mailto:amvaz@crcbv.ca)**

**Boundaries:** St Patrick St (North) to Rideau St (South) and Vanier Pkwy (East) to King Edward Ave (West).

**Food distribution program boundaries:** Same as for all services plus the Byward Market area from Boteler St. (North) to George St (South) and King Edward Ave (East) to Sussex Pkwy (West).



**Millennium Learning Centre (B):** Free access to computers and the Internet.  
**Monday, Wednesday & Thursday, from 9am to 12pm and from 1pm to 4:30pm.**  
**Tuesdays, from 9am to 12pm and 1pm to 8:30pm. Fridays, from 9am to 12pm.**



**Computer Support (B):** Tuesdays, from 7pm to 8:30pm.



**Food Distribution (B):** We offer emergency food supplies (full once a month and extras every week based on availability) to Lowertown residents (see boundaries).  
**Tuesdays, from 5:30pm to 7:30pm and Wednesdays, from 8am to 11:30am.**



**NEW Intake (B):** 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.  
**Tuesdays from 1pm to 3:30pm and Wednesdays from 9am to 11:30am.**

### 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

(E) = services in English only

LCRC= Lowertown Community Resource Centre



**How do you like your eggs (B):** Free breakfast à la Carte.  
**Mondays, from 9:30am to 11:30am.**



**Employment Support (B):** “To Succeed” an employment clinic offered by Vanier Community Resource Centre **every LAST THURSDAY of the month from 3pm to 4pm. Registration required at 613-562-2925.**



**Drop-in / Learn to Knit (B):** Thursdays, from 9:30am to 1pm. Includes breakfast and lunch.



**Clothing Distribution (B):** Wednesdays, from 2:30pm to 5pm  
**and Thursdays, from 9:30 am to 12 pm.**



**Emergency access to Kitchen and Laundry Room (B):** Available to Lowertown residents and families staying at the Econolodge. **Call us at 613-789-2925** for additional information and availability.

### 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 the new Intake schedule.**

**Karine 613-789-3930 x310**

**Sarah 613-789-3930 x311**

### 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

Want to volunteer and give back to your community? Meet new people, gain experience, or complete volunteering hours? 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**

### THANK YOU TO OUR FUNDERS

