

Un coup de main
quand l'en a besoin

Centre de
ressources
communautaires
de la Basse-Ville



Lowertown
Community
Resource
Centre

A helping hand
when you need one

RESOURCES FOR WOMEN

FOOD BANKS	MEALS/DROP-IN CENTRES	DROP-IN CENTRES	CRISIS HELP	Clothing
<p>(bring ID and address)</p> <p>Lowertown : Good Neighbours Community House, 145 Beausoleil Dr. Wednesdays: 9:30-11:30 and 1:45-3:30 pm 613-562-2925</p> <p>St. Joe's 151 Laurier East Fridays: 1:00 – 3:00 pm Call first: 613-233-4095 infor@stjoessuppertable.com</p> <p>Shepherds of Good Hope 233 Murray Wed-Friday 10am-1pm</p> <p>Salvation Army 171 George Street 613-241-1573 Mon, Tues, Wed Fri -Call for times</p> <p>Sadaqa Foodbank (Halaal) 174 Cobourg St. #200 613- 680-5679 Sat and Sun.: 10am-1pm</p>	<p>Salvation Army: Every day of the year Breakfast 8 am Mid-afternoon meal 3pm 171 George</p> <p>Shepherds of Good Hope: Dinner and drop-in 5:30 – 9pm</p> <p>St. Joe's supper table: 5:00- 6:15pm – Monday to Friday 151 Laurier</p> <p>Centre Espoir Sophie (women & children only) 613-789-5119 Tues, Wed, Thurs 3-9pm 143 Murray Ave (evening meal 5pm, showers, laundry, support, social activities, computers, clothing and food)</p> <p>Capital City Mission: 512 Rideau Street Drop-in (coffee, sandwiches) Monday –Friday 9:30am -1:30pm Thurs eve: 6-8 pm Sat-Sun: 2-4pm</p>	<p>St. Joe's Women Centre Children welcome 613-233-4095 (breakfast, lunch, practical help, socializing, showers, laundry) 151 Laurier East</p> <p>The Well – women and children-154 Somerset St. West (church basement) Monday-Friday 9:30am-4pm (closed Monday pm) Clothing, light breakfast, hot lunch, showers, laundry, social activities, referrals).</p> <hr/> <p>SHELTERS</p> <p>Emergency Housing : 613-560-6000</p> <p>The Women's Shelter (Cornerstone) 613-237-4669 172 O'Connor St.</p> <p>Refuge For Families 613-820-9909 via: crisis worker at Ontario Works office on Catherine Street.</p> <p>Shepherds of Good Hope Women's services 613-789-4179 233 Murray</p>	<p>Help line for abused women (24hrs/7 days) English: 613-745-4818 French : 613- 745-3665</p> <p>Mental Health Crisis line (24 hrs) 613-722-6914 Outside Ottawa 1-866-996-0991</p> <p>Distress Centre Ottawa – 24 hrs / 613-238-3311</p> <p>Sexual Assault crisis line 24 hour support line 613-234-2266</p> <p>Tel Aide – French 613-741-6433</p> <p>Youth Services Bureau 613-562-3004</p> <p>Sexual Health Centre – Ottawa 179 Clarence St. 613-234-4641</p> <p>AIDS/Sexual Health info: 613-563-2437 (phone 9am-4pm)</p> <p>Alcoholics Anonymous : 613-237-6000</p> <p>Narcotics Anonymous 613-613-4674</p> <p>Gamblers Anonymous 613-567-3271</p> <p>Telehealth: 1-866-797-0000</p> <p>Ottawa Withdrawal Management (Detox) 613-241-1525</p>	<p>Good Neighbours Community House: 613-562-2925 145 Beausoleil Dr.</p> <p>St. Joe's Women Centre 151 Laurier East 613-233-4095 Mon, Wed, Friday</p> <p>Centre Espoir Sophie 143 Murray Ave</p> <p>The Well 154 Somerset St. W.</p> <p>Salvation Army 171 George Street 613-241-1573 Community and Family Services You may qualify for a clothing voucher from the Thrift store. Bring ID, proof of address and income stub. Monday-Friday /9am-11:30 12:30-4pm Closed Thurs aft.</p> <hr/> <p>City of Ottawa:</p> <p>311 – City of Ottawa services (access to sidewalk, needle hunters, street outreach van, etc)</p> <p>211 – Information and referral services connecting to community, social, government and health services in Ottawa.</p>