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Office Hours:
M, T, W, F: 8:30am to 4:30pm
Thursdays: 8:30am to 7pm

Calendar of Activities – February 2018


For information or to register for an activity, call **613-789-3930** and ask for the contact person indicated beside each activity.



All LCRC programs are FREE!

Please note that the Centre will be closed on Monday, February 19th, 2018

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.

PROGRAM	ACTIVITY / LOCATION / DATE / TIME	CONTACT
<p>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)</p>	<p>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 Monday, February 12th, 2018 and delivery is on Wednesday, February 21st, 2018. You can pick-up your order between 9am and 12pm and from 1pm to 3:30pm.</p> <p>Important notice: Intake services are available from 9am to 12pm and from 1pm to 4pm. <u>Thursdays</u>, Intake services are available from 9am to 12pm and from 4:30pm to 6:30pm.</p>	<p>Christina x311</p> <p>Karine x310</p>
<p>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)</p>	<p>Multicultural Collective Kitchen (B): The Multicultural Collective Kitchen takes place at the CRCBV every last Thursday of the month, from 4:30pm to 6pm. Date of the next collective kitchen: February 22nd, 2018. REGISTRATION REQUIRED</p> <p>Aquafit classes (Women only)(B): Thursdays from 1 to 2pm at the Lowertown Pool, 40 Cobourg Street.</p> <p>Yoga Classes for Adults 50 + (B): on Tuesdays, from 1pm to 2pm, at the field house in Jules Morin Park.</p> <p>Zumba Classes for Adults 50 + (E): on Mondays, from 2pm to 3pm, at the field house in Jules Morin Park.</p> <p>Coffee Time (B): The first Tuesday of the month, from 10am to 11:30am, at 160 Charlotte Street. Date of the next Coffee Time: Tuesday, February 6th, 2018. This activity is only for the tenants of 160 Charlotte Street.</p>	<p>Shoon x309</p>
<p>VOLUNTEER PROGRAM A project that aims to develop a volunteer network who can actively contribute to the activities of the Centre. (B)</p>	<p>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.</p>	<p>Catherine x307</p>
<p>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)</p>	<p>Tuesday</p> <ul style="list-style-type: none"> French playgroup (F): from 9:30am to 11:30am, at the field house in Jules Morin Park. Baby playgroup (0 to 18 months) (B): from 1:30pm to 3:30pm at LCRC. <p>Wednesday</p> <ul style="list-style-type: none"> Prenatal with St-Mary shelter (B): from 9am to 11am, at LCRC. <p>Friday</p> <ul style="list-style-type: none"> English Playgroup (E): from 9:30am to 11:30am, at LCRC. 	<p>Maria del Carmen x315</p> 

***FREE PROGRAMS & SNACKS PROVIDED**

CLUB 310: (Ages 6 to 12) (E): Monday to Friday (2:30-5:30pm) 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 (2:30 to 5:30pm) Held at the Youth Centre-Basement, at 201 Friel Street (look for the mural).
***Free snacks and drinks provided.**

KEEPING YOUTH CONNECTED (Ages 13 to 17) (B): the youth receive support with homework and other school and community projects. Every **Monday Wednesday and Friday**, from 4:30pm to 7pm until June 28th, 2018. Offered at the Community House (145 Beausoleil dr.) ***snacks and drinks provided.**

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

JUNIOR SPORTS PROGRAM (CO-ED) (ages 9 to 12) (E): Monday and Wednesday (5:30 to 7pm) Multi-Sports Program Held 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.). ***Free snacks and drinks provided.**

*****NEW*** YOUTH BASKETBALL "WEST SIDE": (Ages 12 to 21) (E): Mondays (7pm to 10pm) Routhier Centre Gym (172 Guigues Ave, Ottawa,** Come and develop your basketball skills and fitness level. ***Snacks and drinks provided.**

LOWERTOWN YOUTH BASKETBALL (Ages 12-21) (E): Wednesdays (7pm to 10pm) York Street Public School Gym (310 York Street). Come out and develop your basketball skills and scrimmage with your friends. ***Snacks and drinks provided.**

GIRLS PROGRAM (ages 10 to 14) Girls Only Program (E): Tuesday Nights, from 6pm to 8pm, Held at York Street Public School (310 York Street). Girls Zone—A variety of programming is offered free of charge throughout the year (mentorship/leadership program, babysitting course, outings to the Lowertown Pool, Awesome Arts, etc.) ***Snacks 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! Call Stephen (x320) for more information. **Mondays 5pm to 6pm, Wednesdays 4pm to 6pm.**

CHILDREN AND YOUTH PROGRAM

Offers a variety of programs and activities for Lowertown Children and Youth ages 6 to 21. (B)

Alana

Sarah

x325



<p>COMMUNITY DEVELOPMENT Supports community based groups and organizations, engagement in social action, and the identification of community needs for future project development. (B)</p>	<p>Good Food Market (B): Saturday, February 3rd, 2018, from 11am to 1pm at 160 Charlotte Street. Come buy fresh vegetables and fruits at an affordable price.</p> <p>2018 Income Tax clinics at the LCRC (B): Lowertown residents can call the main line at 613-789-3930 to book an appointment starting February 7th, 2018.</p>	<p>Alain x314</p>
<p>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)</p>	<p>DUAL Breakfast Drop-in (E): DUAL (Drug User Advocacy League) and LOH hosts a drop-in breakfast for current and former drug consumers. All peers are welcome. The drop-in is in the lounge of 380 Murray and takes place every Wednesday morning, from 9:30am to 11:30am.</p> <p>Lowertown East Residents Committee (LERC) (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. LERC meets on the first Thursday of every month. Next meeting is February 1st, 2018 at 2pm at the LCRC. For more information, please call Sandra Pilote at ext. 375.</p> <p>TEA Time at the Community House (B): LERC will be hosting Tea Time at the Good Neighbours Community House (145 Beausoleil Drive) on Thursday, February 1st, 2018, at 1:30pm.</p> <p>Winterfest (B): Winterfest will occur once again this year on Monday, February 19th, 2018, from 1 pm to 4 pm. There will be a bouncy castle, sleigh rides, skating, food, hot chocolate, music and much more. Best of all? It's free and open to everyone! So dress warmly and come join us this Family Day at Jules Morin Park, at the corner of Clarence and Patro Street.</p>	<p>Aysha x324</p>
<p>ACTION HOUSING Assists, supports and advocates for disadvantaged individuals and families to find safe, adequate and affordable housing. (B)</p>	<p>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 Yarlle.</p>	<p>Yarlle x306</p>
<p>CATHOLIC FAMILY SERVICE OTTAWA (CFSO). Provides counseling for individuals, families and couples, family conflict, violence, and sexual abuse. (B)</p>	<p>The CFSO worker is at the centre every Tuesday, from 9am to 4pm.</p>	<p>Anne-Marie x318</p>



**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.

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

Food distribution program:

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 12.**

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

Soupalicious (B): Soup, beverages, bread and dessert, **Mondays from 1:30 pm to 3:30 pm, until March 2018**

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 8pm**

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.**

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 12pm.

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

Anne-Marie

613-562-2925

amvaz@crcbv.ca

Thank you to our funders!

