



# Ongoing Services



221 Nelson Street  
 Ottawa, Ontario K1N 1C7  
 613-789-1500  
 www.sandyhillchc.on.ca

**Celebrating 35 years of community health service!**

## PROGRAMS AND SERVICES SPRING – SUMMER 2010



### Hours of Operation:

- Monday:** 7:00 a.m. - 8:00 p.m.
- Tuesday:** 7:00 a.m. - 6:00 p.m.
- Wednesday:** 7:00 a.m. - 8:00 p.m.
- Thursday:** 8:00 a.m. - 5:00 p.m.
- Friday:** 8:30 a.m. - 4:00 p.m.

**WORKING TOGETHER TO MAKE OUR COMMUNITY HEALTHY**

**Primary Care Services:** Available to clients registered in Health Services. Call 613-789-7752 for medical appointments or 613-789-8458 for information about medical services. Mondays and Wednesdays: 7:00 a.m. - 8:00 p.m.; Tuesdays: 7:00 a.m. - 6:00 p.m.; Thursdays: 8:00 a.m. - 5:00 p.m.; Fridays: 8:30 a.m. - 4:00 p.m.; at 221 Nelson Street; English/French.

**Walk-in Clinic Services:** For registered clients of Health Services who need urgent care. Mondays and Wednesdays: 9:00 a.m. - 7:30 p.m.; Tuesdays and Thursdays: 9:00 a.m. - 4:30 p.m.; Fridays: 9:00 a.m. - 3:30 p.m.; at 221 Nelson Street; English/French.

**Addiction and Mental Health Services:** Confidential counselling services for individuals, couples, family and children/adolescents seeking help for addiction (including problem gambling), mental health issues, or concurrent disorders. Available to Ottawa residents and service users of the SHCHC. Satellite offices in Ottawa East, South and West also available. Monday to Friday, 8:30 a.m. - 4:30 p.m., at 221 Nelson Street; some evening appointments available. Call 613-789-8941. English/French.

**Chiropody:** Foot care service for registered clients with the Health Services to access foot care specialists upon referral. Call 613-789-7752 for an appointment with your provider or for a referral, or call 613-789-8458 for more information. Offered at 221 Nelson Street; English/French.

**Social Services Walk-In:** This is a drop-in service for people with urgent personal and social needs. Information about community resources and referrals are also available. Monday - Thursday 1:00 - 4:00 p.m.; Friday 1:00 - 3:30 p.m.; 221 Nelson Street; English/French.

**Nutrition and Food Information:** Do you have any questions about healthy eating? Ask our dietitian for a telephone consultation. Monday to Friday, 9:00 a.m. - 5:00 p.m., at 221 Nelson Street. Call Olly Wodin at 613-244-2792 and leave a message. English/French.

**Health Card Assistance Program:** Assists individuals who are homeless, or at risk of homelessness, in obtaining their OHIP cards. Mondays, Tuesdays, Wednesdays and Fridays: 9:30 - 11:30 a.m.; Thursdays: 1:00 - 3:00 p.m.; call 613-789-6309 to make an appointment. English/French, 221 Nelson Street.

**Anonymous HIV Testing:** Walk-in services on Fridays, 1:00 - 3:00 p.m., at 221 Nelson Street, 1<sup>st</sup> floor. Confidential results while you wait! No appointment necessary! Please see Oasis reception, 1<sup>st</sup> floor. English/French.

**The Junction:** For people who use street drugs. Clean needles, sterile water, cookers, safe disposal containers, crack pipes, condoms, health information and referral. Monday to Friday, 8:30 a.m. - 4:30 p.m., at 221 Nelson Street, 1<sup>st</sup> floor. English/French.

**Counselling at Oasis:** Available only to clients registered in Oasis Program. If you have any personal concerns that you would like to see changed in your life, please call 613-569-3488 and you will be contacted to start sessions; Wednesdays, 3:00 - 6:00 p.m., and Fridays, 1:00 - 3:00 p.m., at 221 Nelson Street, 1<sup>st</sup> floor. English/French.

**Oasis Drop-in:** Medical and social support for people with, or at risk of, HIV and Hepatitis C. Mondays, Tuesdays, Thursdays and Fridays, 1:00 - 4:00 p.m., at 221 Nelson Street, 1<sup>st</sup> floor. Call 613-569-3488. English/French.

**Oasis Women's Drop-in:** Medical and social support for women with, or at risk of, HIV and Hepatitis C. Only for women who use drugs or work in sex trade. Wednesdays, 3:00 - 7:00 p.m., at 221 Nelson Street, 1<sup>st</sup> floor. Call 613-569-3488. English/French.

**Accupuncture for Addictions:** A safe, relaxing and person-focused form of addictions treatment. Accupuncture for addictions is the insertion of five accupuncture needles in specific points of each ear. You do not have to quit your addiction to participate in the treatment, but you do have to be thinking about changing your behaviour. Every Monday Wednesday and Friday at 10:30 a.m., at 221 Nelson St.; call Robert Desarmia at 613-569-3488 x 3150.

**Counselling Services at 88 Main Street:** Individual, couple and family counselling available on Mondays; English. Call Chris Osler at 613-565-3265 to make an appointment.

**Nurse Consultations at 88 Main Street:** Come and meet with our nurse for information or concerns about your own or your family's health. Drop-in, 1<sup>st</sup> Tuesday of the month, 11:30 a.m. - 1:30 p.m.; English. For more information, contact Chris Osler at 613-565-3265.

**English as a Second Language Classes:** The Ottawa Carleton District School Board offers both beginner/intermediate and intermediate/advanced level classes to new Canadians. Free childcare is available for children from 6 months to 6 years of age. Ongoing registration from September to June; Monday to Friday, mornings and afternoons, at 88 Main Street. For more information, call Chris Osler at 613-565-3265.

**English Conversation Group:** A fun and social informal gathering of volunteers and participants who are interested in practicing their conversational English skills. Free drop-in. Volunteers are always welcome. Ongoing service for new Canadians, from September to June, on Wednesday evenings, 7:00 - 8:30 p.m., at 88 Main Street. For more information, call Chris Osler at 613-565-3265.

**The Good Food Box:** Are you interested in a box of fresh fruits and vegetables every month? Economical, fresh produce for pick-up at 88 Main Street (different size boxes and organic choices available). Register and pre-pay for your box by the end of 2<sup>nd</sup> Tuesday of the month, and pick up your box on the 3<sup>rd</sup> Wednesday of the month. English/French. For more information, call Chris Osler at 613-565-3265.



# Health Education and Support Groups

## General Programs

## Programs for Seniors

## Children and Youth Programs



**Buns in the Oven:** Pre-natal nutrition program for pregnant women up to 30 years of age. Wednesdays, 11:30 a.m. - 2:00 p.m., at 221 Nelson Street, 1<sup>st</sup> floor kitchen. Participants plan and cook lunch together. Bus tickets, milk coupons, as well as some food are given to the participants at the end of the program. Child care is provided on site. Ongoing; pre-registration is not necessary. Call Louise Besner at 613-789-8458, or Kim Ledoux at 613-725-5152.

**Mindfulness Based Stress Reduction Program:** An 8-week practical program for any adults interested in beginning a mindfulness meditation practice or wishing to rekindle their practice. Each session is two hours long. Dates and locations to be determined. For more information, or to pre-register, call Randy Walsh at 613-789-1500.

**Women's ESL Yoga:** Multi-level yoga instruction for women who are learning English. Offered on Thursdays, 12:00 - 1:00 p.m., at 88 Main Street. For more information, call Chris Osler at 613-565-3265.

**Weekly Meditation and Gentle Body Movement:** Educational session, gentle body movement and meditation. A supportive group for seniors, offered on Tuesdays, 11:30 a.m. - 12:45 p.m., at 221 Nelson Street, in English. For more information, or to pre-register, call Randy Walsh at 613-789-1500.

**Chair Exercise Group:** Free program for those who wish to maintain their functional autonomy, or those at risk of arthritis, osteoporosis, diabetes, respiratory problems and obesity. It is a heart wise exercise program recognized by the Ottawa Heart Institute. Includes light intensity aerobic exercise, strength training, balance and dexterity exercises. Tuesdays, 10:30 - 11:30 a.m., at 221 Nelson Street, 5<sup>th</sup> floor; in English. Now until June 15<sup>th</sup>. The French program **Mise en forme** is on Tuesdays, 9:30 - 10:30 a.m., at the same location. For more information or to register, call Natacha Ducharme at 613-244-2816.

**Energy Balance Workshop:** Take weight loss one step at a time! Take your next step towards establishing what a healthy weight and body composition are for you, and how to achieve them with healthy eating and active living. Space is limited. To register, call Natacha Ducharme at 613-244-2816.

**Rideau Centre Mall Walking Program:** Walk with friends at your own pace during the opening hours of the walking club. Membership fees are \$10/year. Ongoing, Mondays and Thursdays, 8:00 - 10:30 a.m., at the 3<sup>rd</sup> level of the Rideau Centre Shopping Mall. For more information or to register, call Natacha Ducharme at 613-244-2816.

**Ottawa Seniors Action Network:** An advocacy and action group of volunteer seniors who respond to the needs and issues of seniors. The group meets every 3<sup>rd</sup> Wednesday of the month, at Centretown CHC (420 Cooper St.). For more information, call Valerie Stam at 613-244-2804. English/French.

**Toy Library:** A library of hundreds of children's toys and books suitable for children 0-6 years old. Items can be borrowed for 2 weeks at a time for free. Offered by appointment on Tuesday mornings, 9:30 - 11:30 a.m., at 88 Main Street. Call Chris Osler at 613-565-3265.

**Children's Playgroup:** A drop-in playgroup for parents and children, facilitated by community members. Healthy snacks and access to the Toy Library are available. Offered Tuesdays, 9:30 - 11:30 a.m., at 88 Main Street; English/French. For more information, call Chris Osler at 613-565-3265.

**Sage Youth Homework Program:** After school tutoring and literacy program for students from grade 1 to 12, run by volunteer tutors with Sage Youth. Offered in English, on Tuesdays, 4:30 - 6:30 p.m., September to June, at 88 Main Street. For more information, call Chris Osler at 613-565-3265.

**Homework Club:** Teachers and volunteers offering homework assistance to students grade 1-12. Mondays and Wednesday, 4:00 - 7:00 p.m. at 731 Chapel Street, and on Fridays, 6:00 - 9:00 p.m., at Viscount Alexander Public School. For more information, call Ruweida Shire at 613-565-2731.

**Babysitter Training Course:** A certification training course as an introduction to the basic skills necessary for babysitting. Offered in the weekends, to teens and caregivers, at 88 Main Street, in English. For more information, call Chris Osler at 613-565-3265.

**Walking School Bus:** Promote healthy living and clean air by walking to school! For Viscount Alexander Public School students, parents and volunteers. Offered on Tuesday and Thursday mornings, from various locations in Sandy Hill. For more information, call Karen Bays at 613-565-8460.

**Girls Only Dance:** Beginner hip-hop and traditional Somali dancing, for girls ages 13-17. Offered on Wednesday evenings, 7:00 - 8:00 p.m., at 430 Wiggins Private, until May 26<sup>th</sup>. For more information, call Valerie Stam at 613-244-2804.

**Girls Only Sports:** Be active and learn new skills in a girls-only space. Offered on Mondays, 6:00 - 8:30 p.m., at Viscount Alexander Public School, in the gym, until May 31<sup>st</sup>, for girls 13-17 years of age. English/French. For more information, call Valerie Stam at 613-244-2804.

**Transitions and Junior Transitions Summer Camps:** Summer daycamp programs for children ages 5-12 years of age, offered by the Children's Village of Ottawa Carleton in July and August. For more information, call Chris Osler at 613-565-3265.

**Summer Soccer:** Soccer for youth from May to August, for boys and girls ages 9-16. Mondays and Fridays, 6:00 - 8:00 p.m., and Saturdays 10:00 a.m. - 12:00 p.m., at Robinson Field. Adult volunteers needed! For more information, call Valerie Stam at 613-244-2804.

