



Ontario's Community
Health Centres
Every One Matters.

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

PROGRAMS AND SERVICES WINTER 2012



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

Ongoing Services

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.

Same Day 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. Prior to coming in to our Same Day Clinic, please call 613-789-7752 to book an appointment.

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.; some evening appointments available. Please 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: Drop-in service for people with urgent personal and social needs. Information about community resources and referrals are also available. Monday to Thursday 1:00 - 4:00 p.m.; Friday 1:00 p.m. - 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. Please 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 card. By appointment on Monday, Tuesday, Wednesday and Friday mornings, and Thursday afternoons; call 613-789-6309. At 221 Nelson Street; 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, 1st 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; Tuesdays, 1:00 p.m. - 3:00 p.m., Wednesdays, 3:00 - 6:00 p.m., and Fridays, 9:00 a.m. - 12 noon; at 221 Nelson Street, 1st 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, 1st 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, 1st floor. Please call 613-569-3488. English/French.

Acupuncture for Addictions: A safe, relaxing and person-focused form of addictions treatment. Acupuncture for addictions is the insertion of five acupuncture 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 Street; call Oasis reception at 613-569-3488 for more information.

Intensive Case Management: A case management service adhering to the principles of housing first and harm reduction. For people with complex needs who are chronically homeless and who suffer from substance use and a mental health disorder. The long-term relationship between worker and client serves to help the person recognize their strengths and develop the skills necessary to create stability in their lives, thus ending the cycle of homelessness. For more information, or for a referral package, contact Jean-François Martinbault at 613-244-2790.

Youth Health Clinic: This drop-in health clinic provides street-involved youth with easy access to primary health care services, including mental health and addictions case management services. Nurse Practitioner available Mondays, Tuesdays, Wednesdays and Fridays, 12:30 - 4:30 p.m.; Youth Case Manager available Monday to Friday, by appointment (sometimes on a walk-in basis). The clinic is located at 147 Besserer Street (Youth Services Bureau of Ottawa - downtown location). For more information, contact main reception desk at 613-241-7913 x 222. English/French.

Counselling Services at 88 Main Street: Individual, couple and family counselling available on Mondays; offered in 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, 1st 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 at 88 Main Street: 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 of age. Ongoing registration from September to June; Monday to Friday, mornings and afternoons. For more information, please call Chris Osler at 613-565-3265.

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

The Good Food Box at 88 Main Street: Are you interested in a box of fresh fruits and vegetables? Economical, fresh produce for pick-up once a month at 88 Main Street (different box sizes available). Pre-pay for your box in-person or online by the 2nd Tuesday of the month, and pick-up your box on the 3rd Wednesday of the month. English/French. For more information, visit www.ottawagoodfoodbox.ca, or call Chris Osler at 613-565-3265.

Health Education and Support Groups

General Programs

Programs for Seniors

Children and Youth Programs



Basic Skills Cooking Group: Prepare and enjoy a healthy lunch together. Group offered on Tuesdays, 10:00 a.m. to 1:30 p.m., starting on January 17, 2012, at 221 Nelson Street; in English. Registration required. For more information, call Olly at 613-244-2792.

Cook it up! Three healthy cooking demonstrations by staff and community members for Nutrition Month. Afterwards, taste recipes and greet other participants. Offered on March 5th, 19th and 26th, 5:30 - 7:30 p.m., at 221 Nelson Street; in English. Registration required. For more information, or to register, call Olly Wodin at 613-244-2792.

Craving Change: Are you struggling with your weight? Understand why you eat the way you do. Comfort yourself without food, identify your triggers. Change your thinking, change your eating. Offered on May 9th, 16th, 23rd and 30th, 5:50 - 7:30 p.m., at 221 Nelson Street; in English. For more information, call Madeleine Bluteau, at 613-789-1500 x 2516.

Smoking Cessation Program: Are you wanting to cut down or quit smoking? We offer individual support, as well as information about community resources to help you. Offered in English and/or French to all adults who want to quit smoking. For more information, call Julie Tessier at 613-789-1500 x 2519.

Advocacy, Civic Engagement and Community Support: Want to get involved in issues that affect your neighbourhood but don't know how? Community developers are available to support the development of initiatives and to respond to community issues of concern. Everyone is welcome! Offered in English/French, on an ongoing basis. Please contact us if you have an idea that would improve the health of our community! For Sandy Hill area call Geri Blinick or Gerald Dragon at 613-789-1500, and for Old Ottawa East call Chris Osler at 613-565-3265.

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 program, Mondays and Thursdays, 8:00 - 10:30 a.m., at the 3rd level of the Rideau Centre Shopping Mall. For more information or to register, call Natacha Ducharme at 613-244-2816.

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, 5th floor; in English. From September 6th to December 13th. 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.



Toy Library at 88 Main St.: 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. English/French. Call Chris Osler at 613-565-3265.

Babysitter Training Course at 88 Main St.: A certification training course as an introduction to the basic skills necessary for babysitting. Offered in the weekends in February 2012, to teens and caregivers, in English. Dates to be determined. For more information, call Chris Osler at 613-565-3265.

Successfully Parenting Children with ADHD and Social Skills for 8-10 Year-Old Children Diagnosed with ADHD: A free 10-week group for both parents and their children between the age of 8-10 years, or for children in grades 3 and/or 4. Increase parenting skills while children increase their social and life skills. Offered in English, at 88 Main Street. Mondays, 5:30 - 7:30 p.m., from February 6th to April 30th, 2012. Childcare and light dinner at 5:00 p.m. will be provided. To register, call Julie Tessier at 613-789-1500 x 2519.

Learn to Skate: An introduction for newcomer children and adults who are interested in learning to skate for the first time. Offered from January to March 2012; English/French. For more information, call Chris Osler at 613-565-3265.



Walking School Bus: Need some exercise? Want to get to know the community? Believe that physical activity and safety are important to children? Then why not join the Viscount Alexander Walking School Bus? The Walking School Bus weaves through the neighbourhood and collects students, so they arrive at school the active, green way. The "bus" operates five days a week, but we currently need "drivers" for approximately half an hour, one or two mornings a week. The "bus" is sponsored by SHCHC, in partnership with the Viscount Alexander Public School and Action Sandy Hill. For more information, call Karen Bays at 613-565-8460. She is waiting for your call!

Sage Youth Homework Program at 88 Main St.: 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. For more information, call Chris Osler at 613-565-3265.

Strathcona Heights Homework Club: Teachers and volunteers offering homework assistance to students grade 1-12. Monday to Thursday, 4:00 - 7:00 p.m., at 731 Chapel Street; Friday, 6:00 - 9:00 p.m., at Viscount Alexander Public School. For more information, call Ruweida Shire at 613-565-2731, or Gerald Dragon at 613-789-1500. English/French.