

FREE COPY - Your Family's Guide to Safety at Home, School & Online

Children's Safety Guide

Promoting Child Welfare and Development

Second Edition • 2025

Trusted by
Canadian
Families

FEATURE STORIES INSIDE:

* Stranger Danger in the Modern World

- Teaching kids how to identify and respond to unsafe situations with strangers, including lures and tricks.
- Updates for the digital age: how strangers may attempt contact through games or social media.

* Safe at Home: Preventing Accidents

- Common household hazards and how to prevent falls, burns, or cuts.
- A checklist for parents to "child-proof" each room.

* Emergency Preparedness

- Teaching kids when and how to dial 911.
- Preparing for natural disasters (storms, earthquakes, etc.) in a child-friendly way.

* Mental Health & Emotional Safety

- Recognizing stress, anxiety, or sadness in children.
- Creating safe spaces at home to talk about feelings.

* Pet & Animal Safety

- How kids should behave around dogs, cats, and unfamiliar animals.
- Avoiding bites and scratches.

* Nurturing Young Minds

- Mental Health Tips for Kids in Canada



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Charities and Clubs

BGC Ottawa

2825 Dumaurier Avenue
Ottawa, ON K2B 7W3
888-824-0183
www.bgcottawa.org

BGC Renfrew County

275 Pembroke St. E.
Pembroke, ON K8A 3J9
613-735-1933
www.bgcrenfrewcounty.ca

BGC South East

1300 Bath Road, Unit A-2
Kingston, ON K7M 4X4
613-507-3306
www.bgcsoutheast.ca

Big Brothers Big Sisters of Cornwall and District

101 Third St. W.
Cornwall, ON K6J 2N9
613-933-8035
www.cornwall.bigbrothersbigsisters.ca

Big Brothers Big Sisters of Kingston, Frontenac, Lennox and Addington

1300 Bath Rd.
Kingston, ON K7M 4X4
613-544-1621
www.kingston.bigbrothersbigsisters.ca

Big Brothers Big Sisters of Lanark County

18 William St. E
Smiths Falls, ON K7A 1C2
613-283-0570
www.lanark.bigbrothersbigsisters.ca

Big Brothers Big Sisters of Leeds and Grenville

36 George St., Lower Level
Brockville, ON K6V 3V5
613-345-0281
www.leeds.bigbrothersbigsisters.ca

Big Brothers Big Sisters of Ottawa

1645 Woodroffe Ave. Rm 12
Ottawa, ON K2G 1W2
613-247-4776
www.bbbsso.ca

Big Brothers Big Sisters of Outaouais

562 Chem. Doherty
L'Ange-Gardien, QC J8L 0T4
819-281-0405
www.outaouais.bigbrothersbigsisters.ca/contact-us

Carleton Place & District Youth Centre

360 Edmund St.
Carleton Place, ON K7C 3Y7
613-257-8901
www.cpyouthcentre.org

Children At Risk

235 Donald St. Suite 209
Ottawa, ON K1K 1N1
613-741-8255
www.childrenatrisk.ca

Children's Aid Society of Ottawa

1602 Telesat Court
Ottawa, ON K1B 1B1
613-747-7800
www.casott.on.ca

Christie Lake Kids

400 Coventry Rd
Ottawa, ON K1K 2C7
613-742-6922
www.christielakekids.com

CityKidz Ottawa

532 Montreal Rd, Suite 220
Ottawa, ON K1K 4R4
613-796-3063
www.citykidzottawa.ca

Dreams Take Flight

6305 Herberts Corners Rd
Ottawa, ON K4P 1H3
204-479-5267
www.dreamstakeflight.ca

If your organization is not listed or is incorrect, please contact us with your information. Please consider placing an Agency Snapshot in our next publication. Email us at: sponsor@cs-ee.ca

Agency Snapshot



**MAKING THE CONNECTION
OUR COMMUNITY
OUR FUTURE**

610 Donald Street
Ottawa, ON K1K 1L4
(613) 801-7426
communicationsacb@gmail.com
acbwellness.ca



OUR VISION

Our vision is to build capacity through literacy, community engagement, resource development, and advancement of Black and marginalized individuals, to ensure a society in which all individuals have equal and equitable rights empower Black and marginalized individuals in Ottawa/Gatineau surrounding area.

We aim to create positive change and a lasting, sustainable organization that serves as a pillar and home for newcomers in the community.



Stranger Danger in the Modern World

Teaching children how to stay safe around strangers is more important than ever. While the traditional “don’t talk to strangers” advice still has value, kids today face additional challenges with strangers reaching out online or pretending to be someone they know.

TIPS FOR PARENTS AND CAREGIVERS:

- Explain what a stranger is: someone the child does not know well, even if they seem friendly.
- Teach kids to never accept gifts, rides, or invitations from strangers.
- Create a family password: if someone claims to know the family, they must know the secret word.
- Talk about safe strangers (police officers, teachers) and unsafe situations.
- Monitor online activity and gaming chats—many strangers can hide behind screen names.



Encourage open conversations and practice “what if” scenarios so children know how to react.

Charities and Clubs

Footwear 4 Kids

www.footwear4k.com

Kemptville Youth Centre

5 Oxford St. W
Kemptville, ON K0G 1J0
613-258-5212

www.kyc.team

Kids Help Phone

800-668-6868

www.kidshelpphone.ca

Kids Up Front

100-601 Bank St
Ottawa, ON K1S 3T4
613-230-1111

www.kidsupfrontottawa.com

KidSport Ottawa

PO Box 14076
416-899-9106

www.kidsportcanada.ca

Lanark Highlands Youth Centre

61 Princess
Lanark, ON K0G 1K0
613-259-2012

www.lhyci.ca

Les Centres jeunesse de l'Outaouais

290 rue Marion
Shawville, QC J0X 2Y0
819-647-3288

www.yzb.ca

Mississippi Mills Youth Centre

134 Main St E
Almonte, ON K0A 1A0
613-256-5959

www.mmyc.ca

Navy League of Canada

137 John St
Carleton Place, ON K7C 1N7
613-257-7951

Options Youth (Ontario Inc)

305 - 53 Herriott Street
Perth, ON K7H 1T5
613-267-5427

www.optionsyouth.com

Orkidstra

211 Bronson Ave. Studios 204 & 210
Ottawa, ON K1R 6H5
613-859-3559

www.orkidstra.ca

Ottawa Food Bank

2001 Bantree Street
Ottawa, ON K1B 4X3
613-745-7001

www.ottawafoodbank.ca

Ronald McDonald House Ottawa

407 Smyth Road
Ottawa, ON K1H 8M8
613-737-5523

www.rmhottawa.com

Salvation Army

1490 Richmond Rd
Ottawa, ON K2B 6S1

Salvation Army Social Service Program

171 George St
Ottawa, ON K1N 5W5
613-722-9995

www.salvationarmy.ca

Smiths Falls & District Club for Youth

41 Main St W
Smiths Falls, ON K7A 1M7
613-284-1784

Charities and Clubs

The Door Youth Centre
755 Somerset St W, 2nd Floor
Ottawa, ON K1R 6R1
613-237-3667
www.thedoor youthcentre.com

Trips for Kids Ottawa
27 Stinson Ave
Ottawa, ON K2H 6N2
613-853-9454
www.tripsforkidsottawa.ca

YAK Youth Centre
1 Sherbrooke St E
Perth, ON K7H 1A1
613-264-8381
www.yak youth.ca

YMCA
308-240 Catherine St
Ottawa, ON K2P 2G8
613-238-5462
www.ymca.ca

Youville Centre
150 Mann Ave
Ottawa, ON K1N 8P4
613-231-5150
www.youvillecentre.org

Clothing and Household Items

Lanark Highlands Food Pantry and Thrift Store
49B George
Lanark, ON K0G 1K0
613-259-3285
www.southeasthealthline.ca

May Court Bargain Box
228 Laurier Ave E
Ottawa, ON K1N 6P2
613-235-0333
www.maycourt.org/community-projects/

Mission Thrift Store
147 Mackay St
Pembroke, ON K8A 1B8
613-635-4796
www.missionthriftstore.com/store/pembroke/

Ottawa Valley Thrift Store
45 MacDonald St S
Arnprior, ON K7S 2W4
613-623-7076

Salvation Army
120 Garden St
Gananoque, ON K7G 1H9
613-382-3105
www.salvationarmy.ca

Salvation Army
181 King St W
Brockville, ON K6V 3R6
613-342-1616
www.salvationarmy.ca

If your organization is not listed or is incorrect, please contact us with your information. Please consider placing an Agency Snapshot in our next publication. Email us at: sponsor@cs-eo.ca

Agency Snapshot



Serving Our Community

2 Oxford Street West
Kemptville, ON K0G 1J0

(613) 258-3583

www.thesalvationarmykemptville.com

Find us on...  



Community and Family Services

The Salvation Army Community and Family Services works with families and individuals to alleviate the effects of poverty in our community and surrounding area. Vulnerable persons can access emergency services as well as programs and services designed to empower them at all stages of life to break the cycle of poverty and reduce isolation. We are dedicated to serving the spiritual, emotional, physical and social needs of all people, regardless of race, gender, sexual orientation, age, disability, national or ethnic origin.



Thrift Shoppe

Our Thrift Shoppe offers pre-loved items generously donated by the community. You can find quality products including; furniture, clothing, shoes, housewares, books, electronics and sporting goods. You can also find a second-hand or vintage piece at an affordable price while helping raise funds to support vital work through The Salvation Army's Community & Family Services.



Church

Welcome to Church! Here you are invited to join the family! In our family we practice courage, compassion, and gratitude. We value rest, play, boundaries, accountability and honour. We laugh, sing, dance and create - and we give ourselves permission to be who we truly are. In times of difficulty and uncertainty, you will be able to draw on Holy Spirit energy that is part of our shared experience. We are inclusive. No matter what, you belong here. Let's explore our spiritual questions together and find encouragement, hope and love regardless of where you may be on the spiritual journey.

Clothing and Household Items

Salvation Army - Ottawa Booth Centre

171 George St
Ottawa, ON K1N 5W5
613-241-1573
www.ottawaboothcentre.org

Salvation Army Thrift Store

203 Brockville St
Smiths Falls, ON K7A 3Z3
613-283-8311

Shop Smart Thrift Store

242 Dalhousie St
Ottawa, ON K1N 7E2
343-463-1515

Society of St. Vincent De Paul (Ottawa)

1273 Wellington St. W
Ottawa, ON K1Y 3A6
613-722-7166
www.chezvincent.org

The Community Thrift Shop

275 Elgin St
Ottawa, ON K2P 0H8
613-232-4500
www.stjohnsottawa.com

The Salvation Army Ottawa Citadel

1350 Walkley Rd
Ottawa, ON K1V 6P6
613-731-0165
www.ottawacitadel.com

The Salvation Army Thrift Store

2659 Alta Vista Dr
Ottawa, ON K1V 7T5
613-523-9059
www.thriftstore.ca

The Salvation Army Thrift Store

1490 Richmond Rd
Ottawa, ON K2B 6S1
613-726-7136
www.thriftstore.ca

The Salvation Army Thrift Store

333 Montréal Rd
Ottawa, ON K1L 6B4
613-842-3938
www.thriftstore.ca

The Salvation Army Thrift Store

1616 Merivale Rd
Ottawa, ON K2G 3K3
613-228-5282
www.thriftstore.ca

The Salvation Army Thrift Store

2339 Ogilvie Rd
Gloucester, ON K1J 8M6
613-745-2881
www.thriftstore.ca

The Salvation Army Thrift Store

1826 Robertson Rd
Nepean, ON K2H 5Z6
613-726-8891
www.thriftstore.ca

The Salvation Army Thrift Store

4025 Innes Rd
Orléans, ON K1C 1T1
613-830-2783

The Thrift Store New & Used Goods

55 Beckwith St N
Smiths Falls, ON K7A 2B4
613-205-1240

The Thrift Store New & Used Goods

55 Beckwith St N
Smiths Falls, ON K7A 2B4
613-205-1240

Value Village

1824 Bank St.
Ottawa, ON K1Z 7Y6
613-526-5551
www.stores.savers.com/on

safe at home: preventing Accidents

Many injuries happen right in the home. Fortunately, there are easy ways to make the house safer for children.

Room-by-Room Checklist:

- Kitchen: Keep knives, hot pans, and cleaners out of reach.
- Bathroom: Always supervise young children; keep medicines and razors locked away.
- Living Room: Secure furniture that could tip over; cover sharp corners.
- Bedrooms: Keep small toys away from infants and toddlers.
- Stairs: Use safety gates for toddlers; teach older kids to use handrails.



Teach children about household dangers in a calm, age-appropriate way.



Clothing and Household Items

Value Village
1-1300C Bath Rd
Kingston, ON K7M 2E9
613-536-5051
www.stores.savers.com/on

Value Village
361 boul Maloney O
Gatineau, QC J8P 7E9
619-663-4343

Value Village
1215 Pembroke St W
Pembroke, ON K8A 5R3
613-735-2560

Food Banks and Meal Programs

ACB (African Caribbean Black) Wellness Resource
Centre Food Cupboard
610 Donald St.
Ottawa, ON K1K 1L4
613-801-7426
www.acbwellness.ca

AGAPÈ Centre
40 Fifth St W.
Cornwall, ON K6J 2T4
613-938-9297
www.agapecentre.ca

AMS Food Bank
John Deutsch University Centre
87 Union St
Kingston, ON K7L 3N6
613-533-6000
www.amsfoodbank.com

Amprrior & District Food Bank Inc
295 Albert St
Amprrior, ON K7S 2M7
613-668-4462

Athens Area Food Bank / Crisis Fund Association
34 Mill St.
Athens, ON K0E 1B0
613-246-0402
www.athenstownship.ca/community/115-food/110-athens-food-bank

Banff Avenue Community House Food Bank
2084 Banff Ave. Unit A and B
Ottawa, ON K1V 7X9
613-739-5702
www.banffcommunityhouse.ca

Barrhaven Food Cupboard - Walter Baker Centre
100 Malvern Dr.
Ottawa, ON K2J 2G5
613-825-4505
www.barrhavenfoodcupboard.ca

Blair Court Community Food Bank
1566 Station Blvd.
Ottawa, ON K1G 0M1
613-736-5058

Boys and Girls Club of Kingston & Area
559 Bagot St.
Kingston, ON K7K 3E1
613-507-3306
www.bgcsoutheast.ca

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Agency Snapshot



Committed to promoting the empowerment, well-being, and collective interests of local youth in Perth and District region.

About YAK

YAK Youth Services is an established, award-winning, not-for-profit charity that has been operating in the Perth and District Region since 1996. YYS is deeply committed to promoting the well-being and positive development of local youth, serving as a vital support network while providing protective conditions. YAK Youth Services currently operates the Perth Youth Centre and manages the Perth Community Services Hub, both of which are located at 1881 Rogers Rd.



A message from the Executive Director



It gives me great pleasure to provide you with information in regard to The Door Youth Centre. Located in Centretown west, Ottawa area. The Door provides social, educational and recreational programs for high-risk youth between the ages of 12-18. The Centre is open Monday to Friday 4pm to 8pm.

Our vision is one of a welcoming place where young people acquire the knowledge, attitudes, and behaviors that help them realize their full potential and participate actively in their communities. Our mission is to provide integrated social and developmental activities within an accessible, safe, and supportive environment.

The programs of The Door are founded on voluntary participation. Activities are structured to maximize the opportunity for young people to engage in terms of their unique development capacities and needs. Every program operates within a framework designed to:

- Strengthen personal knowledge and skills.
- Promote healthy behaviors and lifestyles.
- Develop interpersonal skills and practices of understanding, tolerance and inclusion.
- Contribute to a sense of civic responsibility and engagement in community.

Special Activities and Accomplishments 2024

1. ParticipAction – Sports at The Door: This initiative promoted physical activity among youth by providing accessible sports programming at our center, The Door. The project aimed to encourage healthy lifestyles, foster teamwork, and boost confidence

through soccer and volleyball. Funding enabled us to purchase equipment, previous members of The Door as coaches, and organize regular sports sessions. The program's success was evident in increased youth participation, improved physical fitness, and stronger social connections.

2. Michaëlle Jean Foundation – Black Youth Empowerment Project:

Focused on empowering Black youth, this project offered workshops, mentorship, and cultural programming to help young people embrace their heritage, build leadership skills, and access opportunities for personal and professional growth. Funding supported the development of a safe space for discussions, the delivery of skill-building sessions, and collaborations with community leaders. As a result, participants reported enhanced self-esteem, a greater sense of identity, and progress toward their career and educational goals.

3. Catherine and Maxwell Meighen Foundation – New Recreational Supplies:

This grant allowed us to upgrade and expand our recreational resources, making The Door more inviting and engaging for youth. New supplies included games, fitness equipment, and creative materials, all aimed at promoting mental well-being and leisure activities. These enhancements created a lively



and supportive environment, providing a much-needed outlet for stress relief and social interaction for the youth we serve.

4. Christina Mary Hendrie Foundation – Arts Programming at The Door: Through this project, we introduced arts programming designed to unlock creativity, foster emotional expression, and provide a platform for youth voices. The funding allowed us to offer classes led by professional artist. This initiative helped youth develop new skills, gain confidence, and connect with their peers.

5. City of Ottawa Emerging Needs – Outreach Project: This outreach project addressed the needs of vulnerable youth in the community, particularly those who live in family shelters and are new commers to Ottawa, who are also disconnected from services or at risk of social isolation. Funding enabled us to extend our reach, conducting community visits and organizing events to engage youth directly. By providing information on our programs and offering immediate support, we succeeded in building trust and connecting many young people with essential services, fostering a stronger sense of belonging.

6. 30 years and going: Last but certainly not least, The Door proudly celebrated its 30th Anniversary in October 2024. To mark this incredible milestone, we hosted a grand BBQ event that



brought together our cherished supporters, community members, youth alumni, and both current and former staff and volunteers. The celebration was a heartfelt occasion to reflect on three decades of impact and growth.

As part of the festivities, we acknowledged 30 exceptional organizations and individuals whose unwavering support and contributions have been instrumental in shaping The Door into what it is today. A special recognition was given to the City of Ottawa, including current and past ward 14 councilors and furthermore to our City Funding Division Social Development and Funding/ Community and Social Service which has been a steadfast supporter since the center's inception in 1994. Their commitment



to our mission has been a cornerstone of our success.

We're incredibly grateful for the unwavering support we receive from our community, generous private donors, and dedicated businesses who champion our cause. Despite operating on a modest budget of approximately \$250,000 annually, the impact of our programs has been significant, with an average attendance of 22 youths per night.

The City of Ottawa's financial backing covers around 60% of our expenditures, leaving us with the ongoing challenge of raising nearly \$100,000 each year. Our team consists of a core staff of five members, complemented by a robust volunteer network that fuels our fundraising efforts and supports program delivery.

Our dedicated fundraising committee, comprised of ten passionate volunteers, including board members, tirelessly works to secure vital funds. Your support means everything to us, and we invite you to explore more about our initiatives on our website at www.thedoor youthcentre.com. Together, we can continue making a positive difference in the lives of our youth community. We thank you in advance for considering supporting our centre and your commitment to our cause.



Food Banks and Meal Programs

Breakfast Club of Canada

135-G De Mortagne Blvd
Boucherville, QC J4B 6G4
www.breakfastclubcanada.org

Britannia Woods Community House

115 Ritchie St. Unit 9
Ottawa, ON K2B 6E8
613-820-0853
www.britanniawoods.com

Caldwell Family Centre

6 Epworth Ave.
Ottawa, ON K2G 2L5
613-728-1800
www.caldwellfamilycentre.ca

Care Centre Ottawa

500 Viewmount Dr.
Ottawa, ON K2E 7P2
613-693-0890
www.carecentreottawa.ca

Carleton University Unified Support Centre (USC)

314 University Centre, 1125 Colonel By Dr.
Ottawa, ON K1S 5B6
613-520-4066
www.cusaonline.ca/usc

Centretown Community Food Centre

370 Catherine St.
Ottawa, ON K1R 5T5
613-232-3059
www.cfccottawa.ca

Cobden & District Food Bank

58 Main St.
Cobden, ON K0J 1K0
613-647-7801

Community Compassion Centre - Foodbank

1825 St Joseph Blvd.
Ottawa, ON K1C 7C6
343-887-3662
www.cpcorleans.ca/foodbank

Confederation Court Community House Food Bank

2483-A Walkley Rd.
Ottawa, ON K1G 3H2
613-521-6807
www.confederationcourt.com

Coopérative Ami Jeunesse

2720 Richmond Rd N, Unit 104
Ottawa, ON K2B 6S2
613-820-3073
www.amijeunesse.wixsite.com/ami-jeunesse

Dalhousie Food Cupboard

211 Bronson Ave. Suite 107
Ottawa, ON K1R 6H5
613-230-3982
www.dalhousesiefoodcupboard.ca

Debra Dynes Emergency Food Bank

955 Debra Ave. Unit 85
Ottawa, ON K2C 0J5
613-224-3824
www.debradynesfamilyhouse.com

Église Nouvel Espoir

2224 Innes Rd.
Ottawa, ON K1B 4C4
613-909-7274
www.nouvelespoir.net

FAMSAC Food Cupboard - Emergency Food Service

3865 Old Richmond Rd.
Ottawa, ON K2H 5C1
613-820-5428
www.famsac.ca

Fire of God Ministries

212 Murray St.
Ottawa, ON K1N 5N1
613-789-4700
www.fireofgod.ca/donation-based-food-program

HAVE YOU HEARD ABOUT YOUVILLE CENTRE?



You can complete your high school education in person, access our onsite childcare for ages 0-3 & many other support programs!



PREGNANT OR PARENTING?
14-25?



Call or text 613.864.6611
or email intake@youvillecentre.org

SPACES AVAILABLE NOW!

Food Banks and Meal Programs

Foster Farm Family House
1085 Ramsey Cres, Unit 332 and 334
Ottawa, ON K2B 7Z9
613-596-4866

Gloucester Emergency Food Cupboard
2040 Arrowsmith Dr.
Ottawa, ON K1J 8V9
613-749-4728
www.gefc.ca

Hastings and Prince Edward Learning Foundation
Food for Learning Program Education Centre
156 Ann St.
Belleville, ON K8N 3L3
613-966-1170
www.hpelearningfoundation.com

Heron Emergency Food Centre
1480 Heron Rd.
Ottawa, ON K1V 6A5
613-737-9090
www.hefc.ca

House of Lazarus
15 Maple Street N. South
Stormont, ON K0C 1M0
613-989-3830
www.hol.community

Just Food
2391 Pépin Court
Ottawa, ON K1B 4Z3
613-824-7771
www.justfood.ca

Kanata Food Cupboard
340 Legget Dr. Door 46
Ottawa, ON K2K 1Y6
613-836-7847
www.kanatafoodcupboard.ca

Lanark Highlands Food Pantry and Thrift Store
49B George
Lanark, ON K0G 1K0
613-259-3285
www.southeasthealthline.ca

Lifecentre Food Bank
2675 Innes Rd. Unit 4
Ottawa, ON K1B 5N5
613-834-0900
www.lifecentre.org/foodbank

Lowertown Community Resource Centre
145 Beausoleil Dr.
Ottawa, ON K1N 8W3
613-789-3930
www.crcbv.ca

Manotick Outreach Emergency Food Cupboard
1098 Bridge St,
Ottawa, ON K4M 1J2
613-692-6333

Mohawk Council of Akwesasne
169 International Rd.
Akwesasne, ON K6H 5R7
613-933-0409
www.ambe.ca

Moisson Outaouais
37 rue Bombardier
Gatineau, QC J8R 0G4
819-669-2000
www.moissonoutaouais.com

Morrison Gardens Community House
985-A Morrison Dr.
Ottawa, ON K2H 7L1
613-596-6229
www.pqchc.com

Operation Harvest Sharing
Brockville and Area Food Bank
58 Buell St.
Brockville, ON K6V 4Y2
613-342-0605
www.operationharvestsharing.wordpress.com

Food Banks and Meal Programs

Orléans-Cumberland Community Resource Centre

Orléans-Cumberland Food Bank
240 Centrum Blvd. Unit 105
Ottawa, ON K1E 3J4

Ottawa Food Bank

2001 Bantree St.
Ottawa, ON K1B 4X3
613-745-7001
www.ottawafoodbank.ca

Ottawa Kosher Food Bank (The)

1400 Coldrey Ave.
Ottawa, ON K1Z 7P9
613-728-3501 ext 235
www.okfb.wordpress.com

Ottawa Network for Education

900 Morrison Drive, Suite 205
Ottawa, ON K2H 8K7
613-366-3085
www.onfe-rope.ca

Ottawa Seventh-day Adventist Church Food Pantry

2200 Benjamin Ave.
Ottawa, ON K2A 1P5
613-482-0908
www.ottawaon.adventistchurch.org

Parkdale Food Centre

5 Hamilton Ave North
Ottawa, ON K1Y 1B4
613-722-8019
www.parkdalefoodcentre.ca

Partners in Mission Food Bank

140 Hickson Ave.
Kingston, ON K7K 2N6
613-544-4100
www.kingstonfoodbank.ca

Pavilion Food Bank

Greenboro Pavilion, 14 Tapiola Cres.
Ottawa, ON K1T 1W9
613-247-7772

Pinecrest Terrace Community House

2483 Iris St W, Unit B
Ottawa, ON K2C 1C7
613-596-6703
www.pinecrestterrace.ca

Renfrew & District Food Bank

8 Argyle St S
Renfrew, ON K7V 1T3
613-433-9216

Rideau Community Health Services

Emergency Food Cupboard
354 Read St.
Merrickville-Wolford, ON K0G 1N0
613-269-3400
www.rideauchs.ca

Russell Heights Community House

1799 Russell Rd. Unit E.
Ottawa, ON K1G 0N1
613-736-9855
www.russellheights.ca

Sadaqa Food Bank

174 Colonnade Rd. Unit 34
Ottawa, ON K2A 3V7
613-225-0909
www.sadaqafoodbankottawa.com

Salvation Army (The)

Community and Family Services - Food Bank Cornwall
500 York St.
Cornwall, ON K6J 3Z8
613-932-7515

Sandy Hill Emergency Food Cupboard

221 Nelson St.
Ottawa, ON K1N 1C7
613-789-1500
www.shhc.ca

Food Banks and Meal Programs

Smiths Falls Community Food Bank

93 Russell St E.
Smiths Falls, ON K7A 1G8
613-283-6695
www.smithsfallscommunityfoodbank.org

Society of Saint Vincent de Paul Central Store

1273 Wellington St W.
Ottawa, ON K1Y 3A6
613-722-7166
www.saintvincentdepaul.ca

Society of Saint Vincent de Paul Food Bank

434 Second St W.
Cornwall, ON K6J 1H1
613-932-9345
www.ssvp.on.ca

South Grenville Food Bank

136 Henry St W.
Prescott, ON K0E 1T0
613-925-2444
www.foodforallfoodbank.ca

Southern Frontenac Community Services Food Bank

4295 Stagecoach Rd.
South Frontenac, ON K0H 2T0
613-376-6477
www.sfcsc.ca

St Augustines Social Action Committee

1060 Baseline Rd.
Ottawa, ON K2C 0A6
613-225-7388
www.staugustineparish.ca

St. Joe's Supper Table

151 Laurier Ave E.
Ottawa, ON K1N 6N8
613-233-4095 ext 221
www.st-josephs.ca

St Lawrence College Food for Thought Program

100 Portsmouth Ave.
Kingston, ON K7L 5A6
613-544-5400
www.saslc.ca

St. Vincent de Paul Society of Kingston

85 Stephen St.
Kingston, ON K7K 2C5
613-766-8432
www.svdpkingson.com

The Food Sharing Project

37 Rigney St. Unit 4
Kingston, ON K7K 6Z3
613-530-3514
www.foodsharingproject.org

The Salvation Army Booth

171 George St.
Ottawa, ON K1N 5W5
613-241-1573 ext 268
www.ottawaboothcentre.org

The Salvation Army Mississippi Rideau-Lakes Corps

251 Brockville St.
Smiths Falls, ON K7A 4T2
613-283-3563

The Salvation Army Community and Family Services

342 Patrick St.
Kingston, ON K7K 6R6
613-548-4411
www.sacfs.ca

The Salvation Army

Rideau Heights Community and Family Services - Food Bank
183 Weller Ave.
Kingston, ON K7L 2V1
613-541-3947

The Salvation Army Bethany Hope Centre

820 Woodroffe Ave
613-725-1733
www.bethanyhopecentre.org

Agency Snapshot



Opportunity Changes Everything



All programs listed are FREE with a membership. The membership fee is \$40/year.

SPORTS NIGHT - Join us each week for a different sport's themed night in the gym. Check the calendar for the schedule.

COMMUNITY SUPPER & REC NIGHT - Everyone will be served a delicious meal donated by one of our Community Sponsors. After supper we participate in crafts, skill-building activities and sports.

KID FOOD NATION - Get ready to join us for 8 weeks while we cook delicious meals, learn food safety and basic nutrition. Program is offered in person and virtually.

STEP DANCING - Come learn Ottawa Valley Step dancing in this 10 week program.

S.T.E.A.M. - Join us for 8 weeks of science experiments and inquiry based activities, as well as visual arts.

TAKE IT EASY - This weekly workshop helps participants to gain self confidence, feel empowered and socialize with a peer group.

FINE ARTS CLUB - This program is meant for the art enthusiast! We will explore a variety of materials, techniques and subject matter.

MOVIE NIGHT - Movie night will take place at the Wesley St. Clubhouse or our Lea St. Clubhouse. Check the calendar each month to know which location to send your child(ren) to. The Wesley St. Clubhouse is located at 275 Pembroke St. East. The Lea St. Clubhouse is located at 1144 Lea St. A serving of air-popped popcorn is offered to all those who attend.

SUNRISE CLUB - This hour will focus on having fun and making friends! Each Saturday will featured themed activities, games and crafts.

PLAYFUL COMMUNITY - Suited for parents and their toddlers aged 10 months - 3 years. Parents are required to be present during the program. Join us for an hour of practicing fine/gross motor skills, sensory stations, play-based activities as well as developmentally appropriate crafts and stories.

emergency preparedness for kids

Emergencies are less frightening when children know what to do. Teaching them basic safety steps builds confidence and readiness.

emergency safety tips:

- Learn how and when to call 911 (know address and phone number).
- Have a family emergency plan for fires, storms, and power outages.
- Keep emergency contact numbers on the fridge.
- Pack a small emergency bag with comfort items and a flashlight.

Roleplay emergency situations in a fun and supportive way. Being prepared helps kids feel in control.



Food Banks and Meal Programs

The Table Community Food Centre

190 Gore St E.
Perth, ON K7H 1K3
613-267-6428
www.thetablecfc.org

Thousand Islands Baptist Church

Soup for Souls Community Meal and Food Cupboard
229 Park St.
Brockville, ON K6V 5Y6
613-342-9552
gracebrockville.com

Upper Canada Leger Centre

Student Nutrition Program
613-307-0848
studentnutritionontario.ca

Upper Canada Leger Centre for Education and Training

225 Central Avenue West
Brockville, ON K6V 5J9
613-342-0371
www.uclc.ca

Vanier Community Services Centre

Partage Vanier Food Bank
161 Marier Ave.
Ottawa, ON K1L 5R8
613-744-2892
www.cscvanier.com/en

Westboro Region Food Bank

All Saints' Anglican Church; 354 Madison Ave.
Ottawa, ON K2A 0E7
613-722-3851
westborofoodbank.wixsite.com/westborofoodbank

YAK Youth Services Food and Nutrition

1881 Rogers Rd.
Perth, ON K7H 3P7
613-264-8381
yakyouth.ca/food-and-nutrition

Youville Centre

150 Mann Ave.
Ottawa, ON K1N 8P4
613-231-5150
www.youvillecentre.org

Social Service Organizations

Able2 Children's Sibling Groups

312 Parkdale Ave.
Ottawa, ON K1Y 4X5
613-761-9522
www.able2.org

Andrew Fleck Children's Service

700 Industrial Ave. Suite 600
Ottawa, ON K1G 0Y9
613-736-1913
www.afchildrensservices.ca

Banff Avenue Community House Food Bank

2084 Banff Ave. Unit A and B
Ottawa, ON K1V 7X9
banffcommunityhouse.ca

If your organization is not listed or is incorrect, please contact us with your information. Please consider placing an Agency Snapshot in our next publication. Email us at: sponsor@cs-eo.ca

Social Service Organizations

Brighter Futures for Children of Young Parents

St. Mary's Home Young Parent Outreach Centre
780 de l'Eglise St.
Ottawa, ON K1K 3K7
613-749-4584
www.ottawayoungparents.com

Centre De Ressourcement Pour La Famille De L'Outaouais (C R F O)

750 ch du Fort
Val-des-Monts, QC J8N 1A2
819-457-4066
www.crfo.ca

Children's Aid Foundation of Ottawa

1602 Telesat Crt.
Ottawa, ON K1B 1B1
613-742-1620
www.casoft.on.ca

Children's Aid Society of Ottawa

173 Old Hwy 17
Plantagenet, ON K0B 1L0
800-675-6168

Children's Aid Society of Ottawa

123 Patterson Cr.
Carleton Place, ON K7C 4R2
613-253-4276

Children's Village of Ottawa-Carleton

333 Churchill Avenue North
Ottawa, ON K1Z 5B8
613-725-2040
www.childrensvillage.on.ca

City of Cornwall Human Services Dept

Children's Services - Fee Subsidy Program
340 Pitt St. 4th Flr.
Cornwall, ON K6J 3P9
www.cornwall.ca/en/index.aspx

Comptoir St-Vincent-de Paul De Hull

102 rue Eddy
Gatineau, QC J8X 2W4
819-776-1068

Connections - Good Food for a Healthy Baby

33 Central Ave W.
Brockville, ON K6V 4N4
613-257-2779
www.connectwell.ca

Connections - Parent and Children's Groups

73 Beckwith Street North
Smiths Falls, ON K7A 4S5
www.connectwell.ca

ConnectWell Community Health – Carleton Place Site

30 Bennett Street
Carleton Place, ON K7C 4J9
613-257-7121
www.connectwell.ca

ConnectWell Community Health – Lanark Site

207 Robertson Dr.
Lanark, ON K0G 1K0
613-259-2182
www.connectwell.ca

Cornwall & District Family Support Group

613-527-1201
www.listentofamilies.ca

Crossroads Children's Mental Health Centre

1755 Courtwood Cr.
Ottawa, ON K2C 3J2
613-723-1623
www.crossroadschildren.ca

Debra Dynes Family House

955 Debra Ave. Unit 85
Ottawa, ON K2C 0J5
613-224-3824
www.debradynesfamilyhouse.com

ATTENTION CHARITIES!

Showcase Your Cause in Our Safety-Guide!

Is your charity looking for a way to spread the word about your mission and reach a wider audience? Look no further! We are offering **FREE advertising space** in our next issue for charitable organizations. As a token of our support for the incredible work you do, we're providing this space at no charge. We'll even design the ad for you!

Join Us in Making a Difference!

Take advantage of this unique opportunity to highlight your charity's mission and work. Together, we can make a bigger impact!

Contact us at: sponsor@cs-eo.ca or 866-465-3693



Social Service Organizations

Diabetes Canada (Clothing Collection) Ottawa

1604 Michael St.
Ottawa, ON K1B 3T7
613-685-4088

www.declutterfordiabetes.ca

EarlyON Child and Family Centre

Commonwealth Public School; 166 Pearl St E.
Brockville, ON K6V 1R4
613-341-9044

www.leedsgrenville.com/en/services/EarlyON.aspx

Edith Rankin Memorial United Church

4080 Bath Rd.
Kingston, ON K7M 4Y7
613-389-2530

www.ermuc.ca

Équipe psycho-sociale pour enfants, adolescents et familles de S D G

Children and Youth Mental Health Services
610 McConnell Ave.

Cornwall, ON K6H 4M1
613-938-7112

www.equipepsychosociale.com

Highjinx - Neighbours Helping Neighbours

290 Kent St.
Ottawa, ON K2P 2A4
613-864-4289

www.highjinxottawa.com

House of Lazarus

15 Maple Street N.
South Stormont, ON K0C 1M0
613-989-3830

www.hol.community

Inspire Community Support Services

Child and Youth Services Program
775 Campbell St.
Cornwall, ON K6H 7B7

613-937-3072

www.inspire-sdg.ca

Kids Help Phone

800-668-6868

www.kidshelpphone.ca

Leeds and Grenville. Community and Social Services

Children's Services Department - EarlyON Child and Family Centre

166 Pearl St E.
Brockville, ON K6V 1R4
613-342-3840

www.leedsgrenville.com/en/index.aspx

Ministries of Community and Social Services - Children and Youth Services

357 Raglan S
Renfrew, ON K7V 1R6

www.ontario.ca/page/ministry-children-community-and-social-services

Mothercraft Ottawa

Child Care Programs
475 Evered Ave.
Ottawa, ON K1Z 5K9
613-728-1839

www.mothercraft.com

Nepean, Rideau and Osgoode Community Resource Centre

Emerald Plaza, 1547 Merivale Rd, Unit 240, 2nd Flr.
Ottawa, ON K2G 4V3
613-596-5626

www.nrocr.org

Ontario March of Dimes

3001 Jockvale Rd.
Nepean, ON K2J 4E4
613-825-7655

www.marchofdimes.ca

Open Doors for Lanark Children and Youth

88 Cornelia St W, Unit A1
Smiths Falls, ON K7A 5K9
613-283-8260

www.opendoors.on.ca

"I am so impressed with the quality of the volunteers that have come through over the years. Each of them has shown to be a true collaborator with a heart for the mission of CityKidz to impact children on a personal and relational level. They truly represent our mission and values, and it is why we are still in operation after 14 years in Ottawa" – Wendy Turpin, Exec. Director

Who We Are

Our Mission

We exist to increase resiliency and inspire BIG dreams for Canadian children living in low-income communities by providing inspirational experiences and nurturing personal relationships, one child at a time.

Our Big Dream

That one day, in the not-so-distant future, we will see the end of child poverty in Canada and every child would have equal opportunity to thrive, to dream big and to reach their full potential.

Our Values

We are people of FAITH.
We are a community of HOPE.
We are servants of LOVE.



Due to pandemic restrictions, our usual Playhouse activities which had been running since 2010 had to be put on hold. However, we were able to adapt by enhancing our home visits program, providing special games, lessons, and prizes directly to the children at their doorsteps. After patiently waiting for over two and a half years for the restrictions to ease, CityKidz Ottawa has finally resumed its in-person Playhouses in the spring of 2022. The organization has now increased its Playhouses from one per spring and fall season to an impressive six in 2024, with plans to reach eight per season. While the number of children attending dropped to 72 during the pandemic, we now have 110 kids actively involved. Alongside the Playhouses, our annual Toy Drive and Christmas Party have also made a comeback. Despite facing higher expenses, CityKidz Ottawa remains dedicated to its mission. The pandemic had a significant impact on the well-being of families and children, emphasizing the importance of returning to normal activities. It is essential to continue making a positive difference in children's lives through faith, hope, and love.



Playhouse is Back

Impact Survey

(CityKidz Ottawa Children surveyed in 2016)

EFFECT	BASELINE <i>(children surveyed who had not attended longer than 6 months)</i>	AFTER 3 YEARS <i>(children surveyed who had attended for 3 years or longer)</i>
Children demonstrate increased resiliency	46%	90%
Children demonstrate making good choices	13%	20%
Children demonstrate skills that increase their self-worth, self-confidence and sense of purpose in life	13%	70%
Children feel they access positive peer relationships	8%	70%
Children feel they access relationships and learn to trust adults who love them unconditionally	13%	70%

It has been proven that CityKidz programming is **bringing about compelling positive change** both spiritual and social. **We are proud of our results.** But **we cannot do this alone** and so are asking for your help. CityKidz Ottawa is growing quickly. We are working to achieve long-term sustainability. Our main fundraising efforts are focused on increasing our monthly donors and corporate sponsorships. Fundraising events and community outreach are growing our organizational supporters. We are also applying to private foundations and service groups for grants.

Although this is the nation's capital, CityKidz Ottawa is serving in the margins of society. We are living out our faith with meaningful actions. CityKidz Ottawa works to transform the lives of inner-city children, break the cycle of hopelessness and end child poverty. We do this by inspiring children to dream big and to rise above their circumstances. We instill faith-based values, teach children to do the right thing, and provide new experiences and environments that inspire kids to unlimited possibilities.

Social Service Organizations

Operation Come Home

Youth Drop-In and Resource Centre
150 Gloucester St.
Ottawa, ON K2P 0A6
613-230-4663

www.operationcomehome.ca/programs/resources-drop-in

Orléans-Cumberland Community Resource Centre

240 Centrum Blvd. Unit 105
Ottawa, ON K1E 3J4
613-830-4357

www.crcoc.ca/en

Ottawa City Operations

Essential Health and Social Supports
370 Catherine St. 3rd Flr.
Ottawa, ON K1R 5T5
1-866-261-9799

www.ottawa.ca/en/family-and-social-services

Ottawa-Carleton Headstart Association for Preschools

429 Parkdale Ave.
Ottawa, ON K1Y 1X3
613-728-8055

www.ochap.ca/queensway-preschool/

Pro Bono Ontario

Legal Services for Families and Children at CHEO
613-737-7600

www.probonoontario.org

Rideau Community Health Services

354 Read St.
Merrickville-Wolford, ON K0G 1N0
613-269-3400

www.rideauchs.ca

Salvation Army (The)

175 George St
Ottawa, ON K1N 5W5
613-722-9551

www.salvationarmy.ca

Salvation Army (The)

Community and Family Services,
95 Wilson St. W.
Perth, ON K7H 2P1
613-267-6260

Seaway Valley Community Health Centre

353 Pitt St.
Cornwall, ON K6J 3R1
613-936-0306

www.seawayvalleychc.ca

Society of Saint Vincent de Paul

Ottawa Central Council
613-241-1225

www.ssvp.on.ca/en

Society of St. Vincent De Paul (Ottawa)

1273 Wellington St. W
Ottawa, ON K1Y 3A6
613-722-7166

www.chezvincent.org

Soeurs de la Charite d'Ottawa

59 Parent Ave
Ottawa, ON K1N 7A7
613-241-3886

www.soeursdelachariteottawa.com

South-East Ottawa Community Health Centre

Hunt Club/Riverside Park Community Centre
3320 Paul Anka Dr.
Ottawa, ON K1V 0J9
613-247-1600

www.seochc.on.ca

Southern Frontenac Community Services Corporation

4295 Stagecoach Rd.
South Frontenac, ON K0H 2T0
613-376-6477

www.sfcsc.ca

St Basil's Social Action Group

613-729-5149 ext 207

Social Service Organizations

St. Vincent de Paul Society of Kingston

85 Stephen St
Kingston, ON K7K 2C5
613-766-8432
www.svdpkington.com

The Salvation Army

8 Asa St
Kemptville, ON K0G 1J0
613-258-0111
www.facebook.com/salvationarmy

The Salvation Army

Mississippi Rideau-Lakes Corps - Community & Family Services
251 Brockville St.
Smiths Falls, ON K7A 4T2
613-283-3563

The Salvation Army

Community and Family Services
Kingston - Patrick St.
342 Patrick St.
Kingston, ON K7K 6R6
www.sacfs.ca

The Salvation Army

Cornwall Community Church - Community and Family Services
613-932-7515
500 York St.
Cornwall, ON K6J 3Z8

The Salvation Army

Community and Family Services
175 First Ave.
Brockville, ON K6V 5W1
www.salvationarmy.ca

The Salvation Army Bethany Hope Centre

820 Woodroffe Ave
613-725-1733
www.bethanyhopecentre.org

YMCA

308-240 Catherine St.
Ottawa, ON K2P 2G8
613-238-5462
www.ymca.ca

Youth Services

2675 Queensview Drive
Ottawa, ON K2B 8K2
613-260-2360
www.ysb.ca

Special Needs Programs and Services

Boys and Girls Club of Kingston & Area

Afterschool and Evening Programs
Robert Meek Community Youth Centre, 559 Bagot St.
Kingston, ON K7K 3E1
613-507-3306
www.bgcsoutheast.ca

Brockville General Hospital

Pediatric Community Programs - Pediatric Physiotherapy
100 Strowger Blvd, Suite 102
Brockville, ON K6V 5J9
613-345-5649

Canadian Mental Health Association Ottawa

Family-to-Family Education Programs
311 McArthur Ave, 2nd Flr, Suite 201
Ottawa, ON K1L 8M3
613-737-7791
www.f2fontario.ca

If your organization is not listed or is incorrect, please contact us with your information. Please consider placing an Agency Snapshot in our next publication. Email us at: sponsor@cs-ee.ca

Agency Snapshot



Society of St-Vincent de Paul
(Ottawa Central Council)

Société de Saint-Vincent de Paul
(Conseil central d'Ottawa)

(Ottawa Central Council)
207 Bank Street, Suite 308,
Ottawa, ON K2P 2N2

613-241-1225

Email: SSVPcta@gmail.com

Web: ssvpottawa.ca

Society of Saint Vincent de Paul (Ottawa Central Council)

Serving the poor with love, respect, justice, hope and joy!

The Ottawa Central <https://ssvp.ca/donate-project/#Donate3Council> (OCC) of the Society of St-Vincent de Paul has formed a partnership with the Multifaith Housing Initiative (MHI) to build a housing complex, called the Dream in LeBreton Flats and later, the Anchor, to be located at 7 Rossland Avenue in Nepean. Through various fundraising activities, the OCC aims to raise sufficient funds to cover the down payments of 4-6 apartments for Indigenous families in need. Studies have shown that Indigenous peoples are over represented in the homeless population in Ottawa. This project is aligned with the Diocese's response to the Truth and Reconciliation.

Down payments on these apartments will help to lower rental fees so they are equal to the shelter allowances provided by the Ontario social assistance programs. Tenants will then be able to use their basic needs allowances for food, clothing, transportation and other needs. The SSVp will provide ongoing support to those tenants according to its mission.

The high cost of housing is the biggest single drain on the finances of low-income people. When their housing is affordable, people can pay for other basic necessities such as food, clothing, health needs and transportation. They can then achieve health and dignity, and participate more fully in the life of the community with employment and education. Affordable housing is an investment in the future of our community.

If you would like to make a tax deductible donation to this housing project, go to link below and indicate "Ottawa Multifaith Housing Initiative Project the DREAM"
<https://ssvp.ca/donate-project/#Donate3>

mental health and emotional safety

Children's emotional well-being is just as important as physical safety. Helping kids express their feelings in healthy ways fosters lifelong resilience.

emotional safety tips:

- Encourage kids to talk about their day and their feelings.
- Let them know it's okay to feel sad, angry, or scared.
- Model calm behavior and coping strategies.
- Watch for changes in behavior that might signal stress.
- Offer tools like journaling, art, or quiet time for self-expression.

A supportive home environment helps children build emotional strength.



Special Needs Programs and Services

Candlelighters Childhood Cancer Support Programs

21 Concourse Gate, Unit 9
Ottawa, ON K2E 7S4
613-715-9157
www.candlelighters.net

CHEO

Mental Health Services - Programs for Youth and Young Adults - Transitional Age Youth

401 Smyth Rd.
Ottawa, ON K1H 8L1
613-737-7600
www.cheo.on.ca

Children's Village of Ottawa-Carleton

333 Churchill Ave N.
Ottawa, ON K1Z 5B8
613-725-2040
childrensvillage.on.ca

Cornerstone Housing for Women

314 Booth St.
Ottawa, ON K1R 7K2
613-254-6584
www.cornerstonewomen.ca

Family Services Ottawa - Parenting Programs

312 Parkdale Ave.
Ottawa, ON K1Y 4X5
613-725-3601
www.familyservicesottawa.org

Kids Help Phone

800-668-6868
www.kidshelpphone.ca

Kingston. City Hall

Housing Programs - Housing & Social Services Department

362 Montreal St. Kingston, ON K7K 3H5
613-546-2695
www.cityofkingston.ca

Lennox and Addington Resources for Children

School Age Program
Amherstview Public School, 59 Fairfield Blvd.
Loyalist, ON K7N 1L4
613-354-6318
www.larc4kids.com

Make A Wish Foundation

888-822-9474
www.makeawish.ca

Mothercraft Ottawa - Child Care Programs

475 Evered Ave.
Ottawa, ON K1Z 5K9
613-728-1839
www.mothercraft.com

Ontario Ministry of Children, Community and Social Services

347 Preston St, 3rd Flr.
Ottawa, ON K1S 2T7
613-788-2399
www.ontario.ca/page/special-services-home

Ottawa Hospital (The)

1967 Riverside Dr.
Ottawa, ON K1H 7W9
613-738-8219
www.ottawahospital.on.ca

Partners in Parenting

Special Needs Foster Care and Respite Program
613-824-4200
www.partnersinparenting.ca

Pinecrest-Queensway Community Health Centre Specialized Preschool Programs - Infant Hearing Program

1365 Richmond Rd.
Ottawa, ON K2B 6R7
613-688-3979
www.firstwords.ca/hearing

Shepherds of Good Hope

Supportive Housing Program
1053 and 1057 Merivale Rd.
Ottawa, ON K1N 5M9
613-288-0374
www.sghottawa.com

Shepherds of Good Hope

Supportive Housing Program
208 St Andrew St. Ottawa, ON K1N 5G6
613-789-8210
www.sghottawa.com

Something Special Children's Centre

10 Chapman St.
Kingston, ON K7K 6B8
613-544-8367
www.sssc.care

Special Olympics Ontario

1-888-333-5515
www.ottawa.specialolympicsontario.ca

St. John Ambulance

Therapy Dog Services
23 Abbott St. Brockville, ON K6V 5T7
613-342-2974
www.sja.ca/en

Starlight Children's Foundation Canada

800-880-1004
www.starlightcanada.org

Tutoring for Students with Special Needs

613-599-0690
www.quickstartautism.ca

United Way East Ontario / Centraide Est de l'Ontario

363 Coventry Rd.
Ottawa, ON K1K 2C5
613-228-6700
www.unitedwayeo.ca YAK Youth Services - After School Programs
1881 Rogers Rd.
Perth, ON K7H 3P7
613-264-8381
www.yakyouth.ca

YMCA of Eastern Ontario

Child Care Services: School-Age Care Programs
100 Wright Cres.
Kingston, ON K7L 4T9
613-546-2647
www.eo.ymca.ca

YMCA of the National Capital Region

Recreational Programs and Social Services
180 Argyle Ave.
Ottawa, ON K2P 1B7
613-788-5000
www.ymcaywca.ca

Summer Camps

Boys & Girls Club

559 Bagot St.
Kingston, ON K7K 3E1
613-542-6557
www.bgcsoutheast.ca

Camp Merrywood

333 Laurier Ave. W.
Ottawa, ON K1P 1C1
613-267-1244
www.eastersealscamps.org

Carrefour d'Ottawa (Le)

35 Melrose Ave.
Ottawa, ON K1Y 1T8
613-798-0575

Children's Village of Ottawa-Carleton

333 Churchill Ave. N.
Ottawa, ON K1K 4Y5
613-725-2040
www.childrensvillage.on.ca

Christie Lake Kids

400 Coventry Rd.
Ottawa, ON K1K 2C7
613-742-6922
www.christielakekids.com

Glebe Neighbourhood Activities Group

175 Third Ave.
Ottawa, ON K1S 2K2
613-233-8713
www.gnag.ca

If your organization is not listed or is incorrect, please contact us with your information. Please consider placing an Agency Snapshot in our next publication. Email us at: sponsor@cs-eo.ca

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A Heartfelt Thank You.



Pet and Animal Safety

Most children love animals, but they need to learn how to behave safely around them.

TIPS FOR INTERACTING WITH PETS:

- Always ask before petting someone else's dog or cat.
- Don't disturb animals when they're eating or sleeping.
- Learn the signs of a scared or angry animal (growling, tail tucked, ears back).
- Never chase or corner an animal.



Remind kids that even friendly pets can bite or scratch if scared.

nurturing young minds: mental health TIPS FOR kids in Canada

In today's fast-paced, screen-filled world, children face more mental and emotional challenges than ever before. Between the pressures of school, navigating friendships, dealing with bullying, and the ever-present influence of social media, it's no surprise that mental health has become a growing concern for Canadian families.

Supporting children's mental well-being is just as important as ensuring their physical health. The good news? There are simple, everyday things parents, caregivers, and educators can do to help kids build emotional resilience and thrive.

TALK ABOUT FEELINGS OPENLY AND OFTEN

Encourage kids to name and talk about their feelings, whether they're happy, sad, angry, or confused. Normalizing conversations about emotions helps children feel seen and heard—and reminds them that it's okay to not be okay sometimes.

- Quick Tip: Use resources from organizations like Kids Help Phone or CMHA (Canadian Mental Health Association) that offer free tools and age-appropriate ways to talk about mental health.

Limit and guide social media use

Social media can be a powerful tool for connection, but it can also contribute to anxiety, poor self-esteem, and cyberbullying. Teach kids to critically evaluate what they see online and remind them that not everything on social media is real life.

- Quick Tip: Set screen-free times at home (like during meals or before bed), and model balanced digital habits.

Promote positive self-esteem

Self-worth is built from a young age. Celebrate effort over perfection, and avoid harsh criticism. Encourage hobbies, creative expression, and challenges that allow kids to feel confident and capable.

- Parent Pointer: Compliment qualities like kindness, creativity, or perseverance instead of appearance or performance alone.

create a safe space to talk about bullying

Whether it happens in-person or online, bullying can seriously affect a child's mental health. Encourage your child to speak up if they or someone else is being bullied, and reassure them that you're there to help.

- Did You Know?: Every province in Canada has anti-bullying policies. Reach out to your child's school if you need support—they're legally required to help address it.

encourage Physical Activity and outdoor Time

Exercise and fresh air can do wonders for a child’s mood. Regular movement reduces stress, boosts energy, and helps children sleep better. Even just a daily walk or time in nature can make a difference.

- Fun Fact: Parks Canada offers free passes for youth under 18—an awesome way to explore and unwind as a family.

Teach mindfulness and Coping skills

Simple breathing exercises, journaling, or mindfulness practices can help kids manage overwhelming emotions and develop lifelong coping strategies.

- Try This: Apps like Smiling Mind or Breathe, Think, Do with Sesame offer free, kid-friendly mindfulness tools.

KNOW when to seek Professional help

Sometimes, kids need more support than a parent or teacher can provide—and that’s okay. Watch for signs like prolonged sadness, withdrawal, changes in sleep or eating, or talk of self-harm. Reaching out early can prevent more serious issues later on.

- Get Help: Kids Help Phone (1-800-668-6868 or text 686868) is available 24/7 for children and teens across Canada.



Final Thoughts

Raising emotionally healthy children in today’s world means being present, proactive, and patient. By creating supportive environments at home and in the community, we give kids the tools they need to face challenges with strength and confidence.

Mental health is not a destination—it’s a journey. And with the right guidance, children can learn to navigate it with hope, balance, and resilience.

Summer Camps

Greatness is Within Me Summer Camp
Centennial Public School, 376 Gloucester St.
Ottawa, ON K1R 5E8
613-567-0600
www.jakukonbit.com/greatness-is-within-me-summer-camp-2

Learning Disabilities Association of Ottawa-Carleton
Sunshine Day Camp
160 Percy St, Rm 2,
Ottawa, ON K1R 6E5
613-567-5864
www.ldaottawa.com/day-camp/

Ottawa Little Theatre Inc
400 King Edward Ave.
Ottawa, ON K1N 7M7
613-233-8948
www.ottawalittletheatre.com

Salvation Army (The)
Booth Centre Ottawa - Community and Family Services
171 George St.
Ottawa, ON K1N 5W5
613-241-1573 ext 268
www.ottawaboothcentre.org

Salvation Army (The)
Overnight Camp for Children
203 Brockville St.
Smiths Falls, ON K7A 3Z3
613-466-0632

Salvation Army (The)
Community and Family Services, Perth - Wilson St W
95 Wilson St W.
Perth, ON K7H 2P1
613-267-6260

Somerset West Community Health Centre
Rochester Heights Community House
101-865 Gladstone Ave.
Ottawa, ON K1R 7T4
613-237-6529
www.swchc.on.ca

Ten Oaks Project
9004-400 Bank St.
Ottawa, ON K2P 2H8
613-889-1537
www.tenoaksproject.org

YAK Youth Services
Summer Day Camp
1881 Rogers Rd.
Perth, ON K7H 3P7
613-264-8381
www.yakyouth.ca

YMCA of Eastern Ontario
301 Johnson St.
Kingston, ON K7L 1Y5
613-546-2647
www.eo.ymca.ca

YMCA of the National Capital Region
Y Neighbourhood Day Camps
180 Argyle Ave.
Ottawa, ON K2P 1B7
1-888-241-2267
www.ymcaottawa.ca

If your organization is not listed or is incorrect, please contact us with your information. Please consider placing an Agency Snapshot in our next publication. Email us at: sponsor@cs-eo.ca