

Share your story



If you have met with someone at the OCCRC for help, we'd love to hear your story. Tell us about your experience, in English or French, and send your story to info@crcoc.ca.

Your words could help others see that it is possible to solve problems or make a change in your life or the lives of your loved ones. You may inspire someone to come to the OCCRC for the assistance they need to work through a difficult time and come out the other side, as you have done.

The OCCRC reserves the right to edit all texts or to publish only suitable stories. The stories should be no longer than 500 words. If we select your story, we will protect your privacy. We will publish only your first name, or you may choose to use a different name. It is up to you.

Please share your story with us – it could make all the difference in someone's life.