



Orléans-Cumberland
Community
Resource Centre

Newsletter

& the Community Caring Connection

June • July • August 2017



Opioids: the new reality

The increasing problem of opioid use and opioid-related overdoses and deaths across Canada has become an almost constant component of daily news and had now reached our nation's capital. According to a recent study conducted by the Ontario Drug Policy Research Network, more than two people each day die of opioid overdoses in Ontario. In the province alone, this rate has almost quadrupled over the last 25 years. On April 24, 2017, Ottawa Public Health reported 28 opioid-related overdoses in 6 days.

Consultations on the matter with public health officials have been taking place across town, culminated by a national summit in mid-March co-hosted by Health Minister Jane Philpott and Ontario Health Minister Eric Hoskins. Here in Orléans, the recent survey conducted by the OCCRC indicated concern on the part of the respondents over the opioid issue.

Opioids include drugs like heroin, morphine, fentanyl, methadone, oxycodone and codeine. Of particular interest is fentanyl, usually prescribed in a patch form as a painkiller. Fentanyl has now surpassed oxycodone as the lead culprit in opioid-related deaths, having increased by 548% between 2006 and 2015 in opioid fatalities. Made illegally, fentanyl is often mixed with other drugs, much more toxic than other pharmaceutical opioids, and sold on the streets. Youth are particularly susceptible to obtain this illicit fentanyl.

Naloxone is the opioid overdose-reversal medication. There are two kinds of naloxone applications to treat opioid overdoses: the intramuscular kit and the intranasal spray, which is injected right up a patient's nostril. Naloxone kits are available at pharmacies throughout Ottawa, and Ottawa Public Health wants to ensure residents know how to use them properly in case they come across someone who has overdosed.

Although accurate and timely information or precise numbers are difficult to ascertain, there are still public health measures that can be applied. These begin with increased education and awareness through continued consultation and information campaigns, as well as harm reduction strategies such as facilitated access to naloxone kits.

July 21st marks the International Drug Users' Remembrance Day. As an organization committed to providing services that respond to the physical, social, economic and emotional needs of individuals and families, we must acknowledge this important day and embrace the challenges that exist within our community.

Available resources

Ottawa Public Health offers a variety of information on opioids, as well as a list of pharmacies that distribute free naloxone kits. It can be found at the following links:

<http://ottawa.ca/en/residents/public-health/healthy-living/alcohol-drugs-and-tobacco/drugs>,
and https://documents.ottawa.ca/sites/documents.ottawa.ca/files/pharmacy_naloxone_list_en.pdf

Outlets particular to our community that offer naloxone kits:

- * Rexall, 2555 St. Joseph Blvd.
- * Rexall Pharma Plus, 1615 Orleans Blvd.
- * Shoppers, 1675 Tenth Line Road
- * Shoppers, 3940 Innes Road
- * Shoppers, 2954 St. Joseph Blvd.
- * Shoppers, 1937 Portobello Blvd.
- * Shoppers, 2301 Tenth Line Road
- * Sobeys Pharmacy, 5150 Innes Road



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Visit
our website
www.crcoc.ca



240 Centrum Blvd.
Unit 105
Orléans ON K1E 3J4
T 613-830-4357
info@crcoc.ca

Office Hours

Monday to Friday
8:30am to 4:00pm
(June-July-August hours)

Centre will be closed

July 3rd and August 7, 2017

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OC Transpo Buses

33, 135, 136, 137, 232
stop near our building
(Centrum Blvd. side)
Tel. 613-741-4390

— Our programs and services are free of charge —

Adults and families

Intake and Intervention Program – Talk to someone about stress, violence, crisis intervention, employment, bereavement, short-term counselling, advocacy, community education, etc. Call us for support and to discuss the resources available in the community.
Info. Tracy or Lisa (613) 830-4357

Contact North – Access to online education, course, programs, community referrals and more.
Info. (613) 830-4357 ext. 301 or
Orleans@contactnorth.ca

CFSO – Counselling for individuals, couples and families. (service available on a sliding scale)
Info. Carole Barrette (613) 830-4357 ext. 406

Employment Ontario – Invites you to their Job Fair, Wednesday March 1st, 2017 from 10 a.m. to 2 p.m. at the Shenkman Center. Many employers will be present.
Info: (613) 741-9042.

Action Housing – Services for tenants and landlords related to housing, tenants' rights. Get information on your rights and responsibilities in order to avoid difficult situations.
Info. Eddy Francillon (613) 830-4357 ext. 400

Diabetes Program – Information groups offered every month during the day and evening, in English and French. To register, call (613) 233-6655

Francophone Association for Autism – Information offered to individuals with autism and support to their family members.
Info. www.sfoautisme.org

Life Enrichment for Senior Adults [L.E.S.A.] – Counselling for adults 55+ experiencing problems with alcohol, medications, other drugs, and gambling – aiming to improve social / physical / psychological / spiritual health.
Info. (613) 233-5430

EBO - Financial Education Centre – Offers help on budgeting and work with individuals and their families to achieve financial autonomy.
Info. (613) 830-4357

Financial counselling - The Doyle Salewski firm offers counselling and solutions to people experiencing financial difficulties.
Info. Falak Saadalla (613) 830-4357

Ottawa Public Health – Youth sexual health community clinics available to youth aged 29 and under. Opening November 2, 2016 – Wednesdays from 2pm to 5pm.
Info. (613) 830-4357 to speak to Andrée Bourgault or Marie-Odile Grayson or to set up an appointment.

Volunteer Program – Volunteer opportunities to those who are interested in donating their time and talents to support OCCRC programs and services. Interested applicants please contact Rosanne for details.
Info. Rosanne Canzanella (613) 830-4357 ext. 307

Babies, children & teens

Early Years Centre : see middle of newsletter for activities

First Words – [speech & language services] Focus on prevention, early identification and treatment of speech and language problems in young children.
Info. Ottawa Public Health at (613) 580-6744 or visit www.firstwords.ca

Dental Screening Clinic – Offered every 3rd Friday of the month at the OCCRC from 9am to noon.

Youth Program [6-13] – Individual counselling to discuss difficult matters at home, at school or in their environment. Bullying prevention workshops, support groups, such as social skills. Other social events as well, contact Hélène for details.
Info. Hélène Leblanc (613) 830-4357 ext. 152

Youth Program [14-18] –
YOUTH WALK-IN – Tuesdays 4pm–7pm when you can talk one on one with a Youth Worker about concerns, needs and resources.
YOUTH SPACE – Thursday nights 4pm–7pm where youth can come to meet other youth in their community, share experiences, have fun, discuss different issues or their needs.
Info. Tanya Lapointe Harris (613) 830-4357 ext. 140.

Resources for military families – The MFRC still offers counselling at the OCCRC.
Info. (613) 998-4844 or email at capp@mfrnc-ncr.org and www.familyforces.ca

Food Bank information

Individuals and families coming to the food bank

Office Hours:

Tuesday — 3:30pm - 6:30pm
Thursday — 1:30pm - 4:00pm
Friday — 9am to noon

****Please come in 30 minutes before closing time.*

For donations

Office Hours:

Tuesday — 11:30am - 3pm
Wednesday — 9am to noon
Thursday — 9am - 4pm
Friday — 9am to noon



Annual General Meeting 2017 Monday June 19th at the OCCRC

If you are interested in joining us, please call 613-830-4357 ext. 209 for details.

Volunteer Program: A volunteer perspective

The OCCRC has benefited from the contribution of many volunteers who were willing to donate their time and talents to support the services and programs of the Centre. Below is a testimony of one of our volunteers, Saadia Khilji.

1. *What motivates you to be a volunteer in this organization?*

I have always enjoyed volunteering since my first volunteer position in high school. Volunteering has given me the chance to meet some great people and to push myself outside of my comfort zone. When I moved to Ottawa, I wanted to find a place that would really allow me to connect to the community and its people, and I feel the Centre has truly been the best place for that.

2. *What is your role at the OCCRC?*

I started as a volunteer in the Early Years Centre in which I helped supervise play activities for children from preschool kids to newborn babies. Eventually I had the chance to become a regular volunteer at the Centre's Food Bank, where tasks range from sorting the bags of food donated to the food bank to helping the clients choose from the food choices on the shelves and delivering the supplies to their car. I also try to respond to requests for help from the Centre's Volunteer Program Coordinator allowing me to participate in different initiatives within the Centre such as the Back to School program and the Firefighter's Food Drive.

3. *What do you like most about your volunteer work?*

Working at the OCCRC has made me feel connected to the Orléans community, and given me a chance to learn about the various programs offered by the Centre. I am now able to spread the message about the help offered by the OCCRC as I think not everyone is aware of many of these programs. I find the work to be very fulfilling personally and am thankful for the great team of people I get to work with every Tuesday!

4. *Has this volunteer position changed anything in your life?*

I think everyone should volunteer their time or efforts at some point in their lives as it opens up your mind to a wide spectrum of situations. I have learned to be open-minded about everyone I meet and to avoid being judgemental of others. I would like to thank the OCCRC for that.

We want to hear your story!

Whether you are a client, volunteer, a donor, or simply a family member of someone who had visited our Centre, we would like your feedback.

As a non-profit organization that has the goal to continue making a difference in the community, we feel it is important to find out how our services affect you. We would like to know how and why you became involved with the Centre, what your experience was, whether you feel there are improvements to be made, etc., so that we can serve you the best way possible.

You can divulge as much information and stories as you are comfortable with, and your input can be anonymous.

If you are interested in sharing your story, please email us at info@crcoc.ca.

Canada 150

This July marks Canada's 150th anniversary. Let us join in the festivities celebrating our great country and participate in all community events across Orleans and in our neighborhoods.



Would you like to...

- Receive our newsletter by email? Write to info@crcoc.ca
- Become a member of our **Community Caring Connection** (CCC)? Call 613-830-4357 x305
- Make a donation to the OCCRC? Please find the form on our website on the "Get Involved" page <http://crcoc.ca/get-involved/donate/>

Project for Youth with YAM

Youth Active Media (YAM)

The Ottawa Youth Active Media Project (YAM) is an innovative, skill development and civic engagement program for youth. Main goal: empower youth to effect positive social change in their local communities on key issues that matter to them and to build connections between participants and the broader community. Second goal: increase the communications capacity of neighborhood-based community development initiatives. Youth participants will develop media and video production skills, and will be exposed to social responsibility and civic engagement. They will learn to leverage effectively the power of the arts for positive social change and community building. They will accomplish this by using the tools and professional equipment available to them to create videos with compelling content for media applications and community-led grassroots actions. The youth will develop video and multi-media communications products, which will help communicate the issues and improvements in the community.

- **Meeting location:** Orléans-Cumberland Community Resource Centre
- **Date:** July 24th – July 28th
- **Time:** 10 am to 3pm
- **Duration:** 1 week
- **Contact:** Tanya Lapointe Harris, 613-830-4357 ext. 140 or tanya@crcoc.ca



We have heard you...youth and parents of our communities!

In August 2015, the Orléans-Cumberland Community Resource Centre (OCCRC) added new programming for youth 14 - 18 years old. After a year of activities, the Youth Program launched surveys online and in paper format to receive your feedback as youth, and parents of youth, in our communities (Orléans, Cumberland, Vars, Sarsfield and Navan). The surveys had as objective to assess what issues were present, find out what services are missing or lacking in our communities, as well as explore how our Centre could best support the community to address these issues.

Here are the conclusions:

1. Youth mentioned that these top challenges or issues faced by youth in their communities:

- o Self-esteem, feeling accepted;
- o Mental health;
- o Stress related to school, success, peer pressure, body image;
- o Bullying;
- o LGBTTQ+ identity, sexuality;
- o Stereotypes

2. Youth stated that the following services or programs would respond to their needs:

- o Drop-in
- o Counseling
- o Workshops
- o Recreational activities
- o Community events



It is interesting to see that, in both cases, parents seem to be on the same page as youth. The parent respondents answered most of the same challenges and issues for youth, such as self-esteem, mental health and bullying. They even specified some issues, particularly anxiety, depression, body image, internet safety, drug and alcohol use, and youth only gathering places. For services and programs needed, parents also mentioned support groups and presentations in schools.

We will focus our efforts and will work on the above challenges and issues faced by youth, such as self-esteem, anxiety and bullying. The OCCRC will continue to seek resources and partnerships to enhance our capacity to deliver high quality and diverse youth programs. As per the Trillium Funding article, you will see that the youth program will be enhanced with on-going programming in schools with 3 year funding. (See Trillium funding article for more news for the Youth Program.)

On behalf of the OCCRC's Youth Program, we thank all participants for their feedback!

YOUTH PROGRAM RECEIVES \$ 394,000 GRANT FROM THE ONTARIO TRILLIUM FOUNDATION



In the fall of 2015, the Orléans-Cumberland Community Resource Center received a \$10,000 grant from the Community Foundation of Ottawa to provide a youth program for youth aged 14 to 18. In the first year of the program, we met hundreds of young people who enjoyed guitar lessons, individual counseling, cyber bullying and conflict resolution workshops.

In 2016, OCCRC received a \$ 28,000 grant from the Ontario Trillium Foundation that allowed us to continue to offer a variety of programming that meets the needs of young teenagers in our community. In the spring of 2017, OCCRC received a \$ 394,000 grant from the Ontario Trillium Foundation for three years. This grant will allow us to continue to provide services to teenagers in order to improve their social and emotional skills through programs offered in schools and at the Center's Youth Space drop-in center.

During this 3-year project, OCCRC will offer social and emotional learning programs in collaboration with elementary and secondary schools in Orleans and surrounding areas using the SAFE approach, which has been demonstrated to have real impacts on five social and emotional competency clusters, such as: self-awareness, self-management, social awareness, relationship skills and responsible decision-making. Over the next three years, OCCRC plans to reach 1460 young people by offering 96 programs in schools, 108 drop-in evening meetings and up to 1600 hours of individual counseling.

OCCRC expects that at least 50% of participating youth will show improvement in one of the five social and emotional competency clusters three months following the program's completion. OCCRC's long-term goal is to secure core funding with the City of Ottawa for this program beyond September 2020.

We look forward to your support.

"We young people need a space where we can talk and interact among each other so we can understand each other, to get to know each other and have fun ... increase my self-confidence."

~Young participants in the program

Do you need school supplies for your children?

School Supplies Program registration dates: June 1st to August 4th 2017

Starting August 5th, all families registering will be added to a waiting list.

Program eligibility requirements are:

- Resident of Orléans-Cumberland catchment
- Low-income family (See chart below)
- Students from kindergarten to grade 12

To apply, you must provide the following documents:

- Proof of ID and proof of address for all children registering
- Proof of household income

For registration, you can leave a message at: 613-830-4357 extension 408

LICO- Low income cut-off chart (LICO-2012)

Family unit size	Income
1	\$3,950 and less
2	\$29,816 and less
3	\$36,655 and less
4	\$44,504 and less
5	\$50,476 and less
6	\$56,928 and less
7	\$63,382 and less

More than 7 persons, add this amount per person. \$6,269

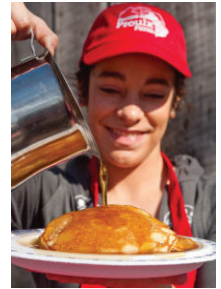


"Flippin' for Charity" Returns ...



In September of 2016 the OCCRC hosted its first annual **"Flippin' for Charity"** pancake breakfast. We are proud to announce that we will once again host this fun family community event on Saturday, September 30, 2017.

For the second year in a row the unbelievable team at **Proulx Berry Farm** have stepped up and will be providing each ticket holder with a delicious meal that include gluten free, dairy free and vegetarian options. For those who like the traditional pancake meal- not to worry, Proulx creates their very own syrup, beans and pancake mix right at the farm.



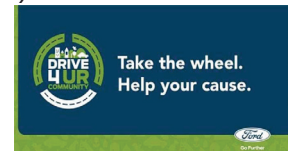
We are very grateful to **Steve Sicard** of Royal LePage Performance Realty who has graciously agreed to come back this year as our Title Sponsor. (www.stevesicard.ca). It was thanks to Steve, our other caring sponsors and ticket holders that the 2016 event was such success! *Won't you join us this year???*

WE NEED YOUR HELP!

We are still looking for sponsors for this great event- would like to have your businesses featured at **the** Community Pancake event of the Fall here in Ottawa East? Visit our website or contact us today for more information. (www.crcoc.ca - 613-830-4357 ext. 305)

What you can expect this year:

- *Delicious food
- *Fun activities for the entire family
- *Prizes and surprises
- *The OCCRC twist on a silent auction
- *The ability to test drive one of the incredible Ford vehicles from Jim Keay Ford Lincoln in Orleans...



Without the pressure of sales and right in the parking lot of Proulx farms! That is right, the OCCRC has teamed up with the team at Jim Keay Ford Lincoln and Ford Canada to bring **"Drive 4 UR Community"** fundraising event to Orleans again this year. For more details on this incredible program or to register to test drive at this event, please visit www.forddrive4ur.com or [www.crcoca.ca/ flippin-charity/](http://www.crcoca.ca/flippin-charity/) (registration is not necessary- only suggested to ensure you spot)



Mark your calendars for **September 30th** to join us for this great event while helping your community! Please watch the OCCRC's Facebook and website for more details!



Jacob's Full-Belly Mission...



Jacob, an amazing young man who challenged youth in 2016 to turn their birthday parties into **"Caring Birthdays"** is back this year to appeal to youth throughout our community to Give Back! His challenge aptly named **"Jacob's Full Belly Mission"**, encourages youth to ask their party goers' to bring food and/ or financial donations for their local food bank instead of gifts.

Last year Jacob helped to bring awareness and encouraged many other local youth to change the way they celebrate. Jacob is appealing to youth again this year to join his fight against hunger in our community. For more information please visit his Facebook page **"Jacobs Full-belly Mission"**. **THANK YOU JACOB!**

Twins' Causes Returns...

Summer is upon us and soon it will be time to dust off our golf clubs and hit the links. Why not do so while supporting your community at the same time?

The incredible brother /sister twins combination of Denis Sauve & Denise Hoffman in 2016 decided they wanted to give back- in a BIG way and "**Twins' Causes**" was born. This annual Charity Golf Tournament in its first year raised more than \$15,120 for The Orleans-Cumberland Community Resource Centre & Kelly's Mastectomy Boutique.



SAVE THE DATE!!! Friday August 25th at Hammond Golf Club



So get your foursome together and register today! Want to support but cannot attend? Please visit their Facebook page today to find out how you can support this incredible event!



For more information:
613-447-1808
Twins' causes



We have an amazing community!

Our community has been very busy over the past 3 months! Just take a look at the remarkable groups that have gone above and beyond for their community.

Below are a few community groups, schools, and organization that have taken the time to host an event where they have collected food donations and/ or funds to help support the OCCRC. Thank you to you all for your generous support!



OutGrow OutPlay Childrens Consignment sale
April 7-9



Capital Artisans Guild Spring Market
April 22



Hot Tots / Hot Mommas Consignment sale
May 13-14



St. Peter's High School Annual Food Drive

St. Peter's Catholic School Annual Food Drive
May 3rd
More than 35,000 food items collected!



"Move your Feet So Kids can Eat" Annual Charity Walk-a-Thon
May 13
Raised more than \$2,500





Our Caring Community Corner...

Sobeys not just a Grocery Store

Thank you does not seem enough! Eric Foget and his amazing team at the NEW Sobeys grocery store located at Tenth Line road and Brian Coburn held their Grand Opening event on March 30th. At 7:15am there was already a lineup of eager shoppers looking to get the first look at the beautiful store. This is the 2nd location for Sobeys here in Orleans- their first store opened its doors in March of 2007 and owner Allan Foget (father to Eric) knew right away that he was going to ensure that his store was heavily involved in our community. Immediately connections were made with the Orleans-Cumberland Community Resource Centre and Allan dedicated all food donations collected at his store to our local Orleans-Cumberland Food Bank. It was no surprise that when this new store was announced, that Eric immediately contacted our Centre and again dedicated their support.



We at the OCCRC are incredibly grateful to the very generous Foget family and Sobeys for their dedicated support of our community. At their grand opening ceremonies, Eric, and his team presented to the OCCRC \$2,500 in gift cards. "Sobeys is one of our strongest community partners - they are helping us to make a difference in our community" ~said Nicole Perras, OCCRC Food Bank Coordinator as (quoted by Fred Sherwin of the Orleans Star Newspaper) It is because of supporters like Sobeys Orleans that we are able to continue our work in the community.

For more on this story please visit www.orleansonline.ca/pages/N2017033102.htm

Thank you for your very generous support!

Upcoming Community Events

Are you looking for community events that support the OCCRC's efforts to build a better community? Please join us and these incredible businesses/ organizations/ groups hosting events in the summer 2017.

Last weekend of May 2017 – Giant Tiger Community Birthday BBQ – Join us for a FREE community BBQ hosted by the great team at Giant Tiger St. Joseph Blvd. All donations collected (food and financial) will be donated to the OCCRC. For more information please visit www.crcoc.ca



Aug. 12 2017 –Navan Fair Parade- Come out and cheer on the OCCRC and many other parade participants. This year the Fair will be held Aug. 10-13, 2017. For more information please visit www.navanfair.com



July 1 2017 – Canada Day festivities – The Kiwanis Club of Orleans is bringing the Canada Day 150 celebrations to Petrie Island. For more information please visit: www.orleanskiwanis.ca/canada-day-%40-petrie.html



Aug. 2017 – Super Store & Ottawa Police Services Annual Fill the Boat Food Drive - Please help us fill a boat with food to help our community. For more information please visit our website and Facebook page www.crcoc.ca

July 7 2017 – Paul Rushforth 6th Annual Charity Golf Tournament- This event is sold out. If you would like to donate or support, please contact us today. Info: www.paulrushforthgolf.com

