

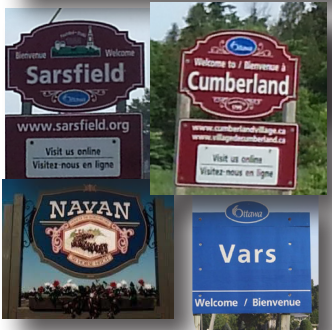


# Newsletter

## & the Community Caring Connection

March • April & May 2018

### Serving the community for 30 years



This year will mark the 30th anniversary of the Orléans-Cumberland Community Resource Centre.

The story of the Centre dates back to the mid-1980s. During a time of economic crisis, a few local citizens came together to support fellow residents of Cumberland Township who were going through hardship.

In 1988, the first Board of Directors was elected. At the time, basic services were offered, such as a food and clothing bank and a crisis referral service. The following year, the Centre hired Ms. Thérèse Preston as its first Executive Director.

The Centre was first housed in a small building located on St. Joseph Boulevard and that everyone referred to as "The Little House." In 1996, the Centre moved its services and activities to 210 Centrum Boulevard; two years later, the food bank opened its doors on Taylor Creek Road. In 2002, an Ontario Early Year Centre satellite office became part of the OCCRC. In October 2010, the Centre moved to 240 Centrum Boulevard, its current location where the OCCRC's programs and services are all housed, including those offered by a dozen community partners. All these programs and services combined make the OCCRC the largest multiservice Community Resource Centre in Eastern Ottawa!

Thanks to an amazing team of professionals and volunteers, the Centre and its community partners continue to offer a comprehensive range of programs and services tailored to the needs of the community.

We are also very thankful for the generosity of an exceptional group of individuals and corporate donors who year after year support the Centre. Since our incorporation 30 years ago, we have raised more than \$3.4 million in cash donations (\$1.7 million over the past 10 years). This very significant inflow of funds has allowed us to continue to enhance the Centre's program and service offerings over the years.

The celebrations for our 30th anniversary began with the launch of a new website (page 3) and there is much more to come. We will keep you informed on various community events that are planned throughout the upcoming year.

Thank you all for your continuous support!

Luc Ouellette  
Executive Director

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Visit our website [www.crcoc.ca](http://www.crcoc.ca)



Find us on Facebook

240 Centrum Blvd.  
Unit 105  
Orléans ON K1E 3J4  
T 613-830-4357  
[info@crcoc.ca](mailto:info@crcoc.ca)

**Office Hours**  
Monday to Friday  
**8:30am to 4:30pm**

**Closed for holidays - p. 2**

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

### Volunteers make the community grow!

In 2017, our more than 259-strong team of volunteers gave more than 10,000 hours of their own time to support many of the Centre's programs and services. Their numerous skills and abilities are essential to maintaining quality services to residents in our community. Our volunteers play a key role in the Centre's capacity to provide resources to individuals and families.

The OCCRC Board of Directors and staff take this opportunity to thank the Centre's volunteers and to praise them for their work.

Our heartfelt thanks to all the volunteers who are part of the OCCRC's success!

— 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](mailto:orleans@contactnorth.ca)

**Catholic Family Services Ottawa (CFSO)** – Counselling for individuals, couples and families. (service available on a sliding fee scale)

**Info.** Carole Barrette (613) 830-4357 ext. 406

**Employment Ontario** – Labour market related workshops. All workshops are offered free of charge in English and French. **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](http://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. **SMART Recovery** support groups every Monday: 1:00 – 2:30 PM. **Info.** (613) 233-4443

**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. Wednesdays from 2pm to 5pm. **Info.** (613) 830-4357 to speak to Andrée Bourgault or Marie-Odile Grayson or to set up an appointment.

**HIV testing** – Somerset West Community Health Centre offers rapid anonymous HIV testing, available for guys into guys, at the OCCRC – 1<sup>st</sup> and 2<sup>nd</sup> Wednesdays of the month • 4:30pm – 6:30pm\*\*\*. No name or health card required – Results ready within minutes. Walk-in or book online: [www.hivtest.setmore.com](http://www.hivtest.setmore.com)

**Info.:** <http://www.swchc.on.ca/our-programs/anonymous-hiv-testing>

\*\*\*Please note that clinic dates and times are subject to change.

**Some social time for 30+ year-old** – Drop-in at the OCCRC, room 212 every Thursday between 1:00-3pm • for games, crafting and refreshments. If you require assistance with transportation please email Mélanie at [mjubinville-stafford@croc.ca](mailto:mjubinville-stafford@croc.ca) or text/call Christine at 613-799-7421. *Hope you can join us!*

## 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](http://www.firstwords.ca)

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

**Child/Youth Program [7-13]** –

Individual counselling to discuss difficult matters at home, at school or in the community. Bullying prevention workshops as well as social and emotional skills groups.

**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 Counsellor about concerns, needs and resources.

YOUTH SPACE – Thursday nights 4pm–7pm where youth ages 13 to 18 can come to meet other youth in their community, share experiences, have fun, discuss different issues or their needs. Check our website or social media for the schedule of mixed nights, girls' night and LGBTQ2+ nights.

**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@mfr-ncr.org](mailto:capp@mfr-ncr.org) and [www.familyforces.ca](http://www.familyforces.ca)

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## Food Bank information

**For individuals and families**

**Office Hours:**

Tuesday: 4pm - 7:00pm

Thursday: 1:30pm - 4:30pm

Friday: 9am to noon - **closed March 30 and May 4**

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

**For donations**

**Office Hours:**

Tuesday — 11:30am - 3pm

Wednesday — 9am to noon

Thursday — 9am - 4:30pm

Friday — 9am to noon



## Centre closures for March, April and May 2018

The Centre will be closed on:

March 30

April 1

May 4 (**Early ON Child and Family Centre and Food bank closed**)

May 23

## Coming soon to your inbox: a new email newsletter!



Last year, we surveyed many people who gave us a strong message: 70 % said they wanted to receive information by e-mail. We heard them, which is why by early spring, you will start receiving our new e-newsletter by email!

Each month, this e-newsletter will tell you which programs and events are coming up for youth, adults, families and more. Information on all our programs will be put together in a single email. This means you'll no longer have to read several newsletters to get the information on the programs you're interested in.

We know that many people like getting information on paper. That's why a paper version of the monthly schedule for our programs and workshops will still be posted at the Centre by mid-month. For example, you will be able to check the paper version of the May schedule that will be posted as of mid-April at the Centre.

As well, all program schedules will be posted on the Centre's new website ([croc.ca](http://croc.ca)).

### How to subscribe to the new e-newsletter

If you already receive the Centre's newsletter by email, the Early Year Centre newsletter or the Youth Program newsletter, you're automatically signed up for the new emails, which means you'll receive our new email newsletters. You will no longer have to go through several emails each focused on just one program. Instead, each new e-newsletter will give you information on all upcoming programs and events.

If you don't currently receive the Centre's regular e-mails, you need to subscribe to the new e-newsletter. To do so, visit our website ([croc.ca](http://croc.ca)) and look for the Subscribe blue box that can be found near the bottom of the homepage.

## We have exciting news: we're launching a new website!



[www.croc.ca](http://www.croc.ca)

We're very happy to introduce the new OCCRC website ([www.croc.ca](http://www.croc.ca)). You'll notice a number of great improvements. For example, information is broken down by areas and programs such as Children and Parents, Youth, Food Bank, Volunteers, Community Engagement, and Donate Your Way. Also, you can now access our new website easily from your computer or mobile device.

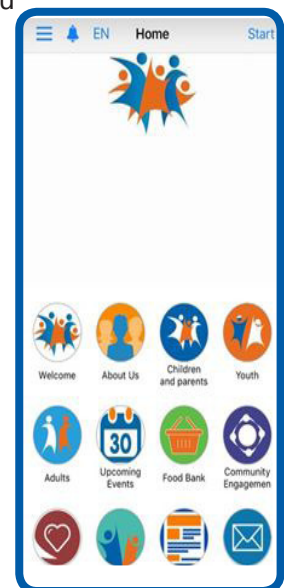
Take a look at our new website and tell us what you think!

## OCCRC is innovating: new mobile application now

The use of mobile devices is definitely increasing in our busy lives. Instead of their computer, people are using mobile devices, and especially smart phones because they're easily and readily accessible.

That's why the OCCRC has put in place an application that allows you to access its website directly to get information on programs and events you're interested in. We'll use this platform to post changes and updates as soon as they occur.

We recommend that you download the free application **CROC-OCCRC** from the Apple App Store, so that you know everything that's going on at the OCCRC.



# Upcoming programs and events

## Youth Space

Are you wondering what the Centre is planning this spring for groups in its Youth Space (mixed, girls, LG-BTQ2+)? Read on to find out more:

- March 1 (Mixed Night): Q&A with a Community Police Officer.
- March 8 (Girls Night): Celebration of International Women's Day — workshop on jewelry design and movie (Mulan).
- March 15 (Mixed Night): Outing to be determined.
- March 22 (LGBTQ2+ Night): Activity to be determined.
- March 29 (Mixed Night): Stressless, a presentation by Youth Net.
- Tentative upcoming activities, outings and guest speakers: yoga, scavenger hunt, visit to a museum, Escape Room, workshop on finances, Youth Services Bureau, etc.

## Youth Program community outreach

Do you want to learn more about the Youth Program's activities and services? Here's your chance: over the next few months, we will be in the community to let people know about the Youth Program. Come and check out our community kiosk on the dates and at the locations listed below:

- Place d'Orléans: Saturday, March 3, from noon to 4:00 p.m. and Saturday, March 31, from noon to 4:00 p.m.
- Ruddy Family YMCA–YWCA (265 Centrum Blvd.): Dates and times to be determined.

## For Children and Youth

Are you looking for community programs that your child or youth might be interested in? Check out the OCCRC's website ([www.crcoc.ca](http://www.crcoc.ca)) or follow us on Facebook and Instagram for updates on programs and activities for children and youth coming up in the spring.

- I Love to Dance March Break camp (March 12 to 16): For children ages 7 to 10 from low-income families.
- March Break activities (March 12 to 16): For youth ages 13 to 18.
- Pens and Paint Program (Youth Net): Offered in English only to youth ages 13 to 18; every Wednesday, from April 11 to May 30, from 4:30 p.m. to 6:30 p.m.
- SELFY Workshops: Social and emotional learning for parents and youth ages 12 to 18.

\*\*Registration required for all programs.\*\*

\*\*Dates, times and locations to be determined.\*\*

## Upcoming Community Events you don't want to miss!

*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 or groups hosting events this spring.*

**February/March/April 2018 – Paul Rushforth 7th Annual Charity Golf Tournament** - If you are interested in sponsoring or donating an auction item to this premier charity event, please contact us today at 613-830-4357 ext. 305 / [prgofl@crcoc.ca](mailto:prgofl@crcoc.ca)

**April 28, 2018 – Capital Artisan Guild's Spring Sale** - We hope many of you will join us for this sale at Sir Wilfrid Laurier High School located at 1515 Tenth Line Rd., in Orléans. During the sale, non-perishable food items and financial donations will be collected in support of the OCCRC's Food Bank. For more information: [www.capitalartisansguild.org.crcoc.ca](http://www.capitalartisansguild.org.crcoc.ca).

**May 13 and 14, 2018 – Hot Tots Spring Consignment Sale** – Please join us for this annual spring sale. Visit <http://www.hottots.ca/ottawa-east-sale.shtml> for more information.

**May 12, 2018 – "Move Your Feet so Kids Can Eat" Annual Charity Walk-A-Thon** – You're invited to this great annual event in support of the OCCRC's many programs and services. For more information: <http://ottawa-voyageurs.wikidot.com/charity-walkathon>.

**May 2018 – St. Peter's Catholic Secondary School's Annual Food Drive** – Throughout the month of May, St. Peter's Catholic Secondary School's dedicated students and staff will be conducting their annual food drive to help stock the shelves of the OCCRC's Food Bank. For more information: [www.crcoc.ca](http://www.crcoc.ca)

