



Orléans-Cumberland  
Community  
Resource Centre

# Newsletter & the Community Caring Connection

March • April • May 2016



## In this issue

Food Bank information – p.2

Income Tax Clinic – p.2

Upcoming Events – p.3

Special Thanks – p.4

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 noon to 1pm

## Centre will be closed

March 25, 26, 27 & 28  
May 23rd

• • • • •

## OC Transpo Buses

135, 136, 137  
stop near our building  
T 613-741-4390

## Youth Program in Orléans-Cumberland

In our fall 2015 newsletter, we told you about the launch of a new program for Orleans youth between 14 and 18 years old. This program started in September thanks in part to the donations we have received from our community, and a one year grant of \$10,000 from the Community Foundation of Ottawa. In January 2016, we received another one year grant of \$28,000 from the Ontario Trillium Foundation. The community donations and grants received will help us provide a variety of programming that meets the needs of our community's teens.

In just a few months, we have already welcomed over 70 youth who have enjoyed guitar lessons, individual counselling, and workshops on cyber bullying, conflict resolution and self-confidence. Youth come to the Centre weekly and participate in the Youth Space program that allows them to participate in activities and interact with one another.

*“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.” Youth Program participants*

We are currently using the Centre's meeting rooms, which we reconfigure the space to accommodate each activity and make it suitable for the youth. In the next few months, we will be seeking a meeting place that is better adapted and designed for the young people of our community.

Although this program is in its very early stages, it is clear that it meets an important need for the young people or youth in our community. Permanent funding should be allocated or granted in order to offer this program on an ongoing basis.

## A wind of change at the OCCRC

Our dear receptionist-clerk, Carmelle Legault, is leaving us after 25 years to take a well-deserved retirement. During her years at the resource centre, she welcomed people in a highly attentive and professional manner, and with a lot of compassion. Carmelle greeted everyone with great respect and dignity who entered the Centre, and always with a smile. Her support to her colleagues was unwavering and always reliable. Carmelle is officially leaving her position on March 31, 2016. She will be greatly missed. *Happy retirement Carmelle!*

Our Program Manager, Joffré Malette, left our Centre at the beginning of January 2016 to continue his career in another Centre. Mr. Malette played a key role at the Centre for the past seven years in the development as well as the implementation and management of several programs and initiatives. He has shown outstanding leadership within the organization and continuously seeking out effective, constructive, and innovative solutions. On behalf of the Centre's staff, Board of Directors, volunteers and donors, we wish to extend sincere thanks to Mr. Malette for his great contribution and we wish him well in his new job.

It is with great pleasure that we announce the hiring of Chantal Pomerleau as the new Program Manager. She has worked in three community health and resource centres and had the opportunity to hold positions in various fields of activity. She is very familiar with the mission and values that drive our Centre. We are very happy that Ms Pomerleau has chosen to join our team. She will officially assume her duties on Tuesday, March 1, 2016. We welcome her and wish her good luck.

## Adults and families

**Intake and Intervention Program** – Talk to someone about stress, violence, 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** – Online education, financial aid options, employment agency referrals and more. [Info.](#) Christina Patterson (613) 830-4357 ext. 301 [orleans@contactnorth.ca](mailto:orleans@contactnorth.ca)

**Supporting Elders** – Offered to elders in Gloucester, Orléans and Cumberland. Day centre open for more services —1515 Tenth Line Rd. [Info.](#) (613) 741-6025

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

**Employment Ontario** – Your job is out there...and we'll help you find it. We can help you get the training, skills and experience to achieve your goals. [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 parents of dyslexic children and other learning disabilities** – Provides information and support to parents and professionals. [Info.](#) [www.afped.ca](http://www.afped.ca)

**Francophone Association for Autism** – Information offered to individuals with autism and support to their family members. [Info.](#) [www.sfoautisme.ca](http://www.sfoautisme.ca).

**Life Enrichment for Senior Adults [L.E.S.A.]** – Counselling for adults over the age of 55 experiencing problems with alcohol, medications, other drugs, and gambling – aiming to improve social / physical / psychological / spiritual health.

## Food Bank Information

**Individuals and families coming to the food bank**

**Office Hours:**

Tuesday — 4pm - 7pm

Thursday — 1:30pm - 4:30pm

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 - 4:30pm (closed between

Friday — 9am to noon noon and 1pm)



## Babies, children & teens

[Early Years Centre : see centre of newsletter for activities]

**La Leche League Canada [LLLC]** – Breastfeeding meetings at the OCCRC every 3<sup>rd</sup> Tuesday of each month 6:30pm to 9pm. The facilitators provide breastfeeding information and encouragement to parents and offer breastfeeding support on a continuing care model from breastfeeding preparation right through to weaning.

**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.

**Youth Program [7-13]** – Individual counselling to discuss difficult matters at home, at school or in their environment. Bullying prevention workshops, support groups, such as social skills. Social gatherings as well. [Info.](#) Hélène Leblanc (613) 830-4357 ext. 152

**Youth Program [14-18] – YOUTH DROP-IN** – Tuesday nights 4pm–7pm to talk one on one with a Youth Worker about needs and resources. **YOUTH SPACE** – Thursday nights 4pm–7 pm where youth can come to meet other youth in their community, share experiences, have fun, discuss their needs.

[Info.](#) Tanya Lapointe Harris (613) 830-4357 ext. 140

**Youth Services Bureau** – Services in areas of mental health, community and housing, employment and information on youth justice.

[Info.](#) Almarine Thomas (613) 830-4357 ext. 147

**Resources for military families** – Saturday Time Away (respite child care) at the Early Years Centre (EYC) at the OCCRC. Registration in advance (613) 998-4888. Drop-in Orléans on Wednesdays 9:30am to 11:30am in the EYC.

[Info.](#) (613) 998-4844 or email at

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

## Monthly acts of kindness

Did you know that you can turn your yearly donations into smaller monthly donations? Monthly donations are the most effective way to support your community. Your monthly commitment ensures there is a ready and reliable stream of funding available to support the OCCRC while allowing our Centre to reduce fundraising costs. Monthly gifts are the most powerful way you can make a difference. Join us today, and help to fight against poverty right here in our own backyards ~ Join our **Community Caring Connection Monthly Donors** Today!



**Income Tax Clinic 2016** for the Orléans-Cumberland CRC  
Saturday – April 2, 9, 23 :: 9am to noon & noon to 3pm  
Tuesday – April 5, 26 :: 4pm to 7pm  
Registration required: 613-830-4357 ext. 408

Clinics for **Coalition Ottawa health and resource centres**

You can also contact the Financial Education Centre at (613) 746-0400 or Acorn at (613) 746-5999.

## My volunteer work at the OCCRC

### What motivates you to be a volunteer at the OCCRC?

"I wanted to get involved in my community and the Centre provides a number of community programs. I spoke to a friend who was/is volunteering at the Centre and it convinced me to join. The Centre has given me the opportunity to learn about the programs and the needs in my community and how I can help."

### What is your role at the OCCRC?

"I do not have a specific role with the Centre. I respond to requests for help from the Centre's Volunteer Program Coordinator. I have helped sorting the food collected by the Firefighters' Food Drive; sorting and stocking shelves at the Food Bank at Christmas time; putting together gifts based on family profiles' for the Christmas Gift Program; administering the survey for Hunger Month; preparing letters of thanks to those who bought items at the auction; assisting the instructors at a pre-school program."

### What do you like most about your volunteer work?

"Doing volunteer work has given me a sense of value in my retirement. It gives me the opportunity to give back to my community. Since I have learned about the programs offered by the Centre, I can promote them to my friends and encourage them to get involved. "

### Has this volunteer position changed anything in your life?

"I have been blessed with a very good life and doing volunteer work at the Centre has made me realize how lucky I am. I am more aware of the needs in my community and how I can get involved."

*Diane Bertrand, a volunteer since 2013*

## A record breaking Christmas



Thank you to our amazing community for their incredible support over this past Christmas season. Your donations helped to make this a record breaking year. All thanks to your donations we were able to help more than 900 people right here in our community ~



**THANK YOU!!!!**

## Upcoming Events

**April 2016 – Capital Artisans Guild's Spring Sale** - Please join us on April 23 & 24 for this spring sale that will be held at Sir Wilfrid Laurier High School (1515 Tenth Line Rd, Orleans). Non perishable food items and financial donations will be collected in support of the Orleans-Cumberland Food Bank.  
Info.: [www.capitalartisansguild.org](http://www.capitalartisansguild.org)

**April 2016 – OutGrow OutPlay Spring Consignment Sale** – Please join us on April 23 & 24 for this annual spring consignment sale being held at Prairieland Park au 503 Ruth St. W. Non perishable food items will be collected in support of the Orleans-Cumberland Food Bank.  
Info.: [www.orleans.outgrowoutplay.com](http://www.orleans.outgrowoutplay.com)

**April 23 & 24 2016 – Hot Tots Spring Consignment Sale** – Join us for this annual sale being held at Beatrice-Desloges High School (1999 Avenue de Provence, Orleans). Non perishable food

## Birthdays are changing our community!

### Charity Birthday parties...a new way to give

We would like to extend our deepest gratitude and thanks to Daniel, Gabriel, Isabelle, Kasra and Nathaniel. These amazing donors are surprisingly all under the age of 7, and all decided that for their birthdays this year they would rather give instead of receive! Each held a birthday party where they asked not for gifts, but for nonperishable food items or financial donations to help the OCCRC's Food Bank. These young philanthropists are inspiring and we hope they know exactly how grateful we are for their selfless acts of kindness.



*Gabriel is only 2 and decided he would much rather collect donations for the food bank his birthday rather than receive gifts!*



*This is Nathaniel who also decided that for his 3rd birthday celebrations he would ask his friends to not bring gifts for him but instead bring food donations for the food bank!  
What amazing little guys!*

*Thank you so much for setting such an amazing example for the rest of us!*

items will be collected in support of the Orleans-Cumberland Food Bank. Info.: [www.hottots.ca/ottawa-east-sale.shtml](http://www.hottots.ca/ottawa-east-sale.shtml)

**May 7, 2016 – Move your Feet so Kids Can Eat, Annual Charity Walk-A-Thon**– Please join us for this great annual event that helps to support our Centre's many programs and services. Info.: [www.ottawa-voyageurs.wikidot.com/charity-walkathon](http://www.ottawa-voyageurs.wikidot.com/charity-walkathon)

**May 2016 – St. Peter's Secondary School's Food Drive** – During the month of May, the amazing students and staff of St. Peter's Secondary school will conduct their annual food drive that helps to fill the shelves of our Food Bank.

**February/March/April 2016 – Paul Rushforth 5th Annual Charity Golf Tournament** - If you are interested in sponsoring or donating an auction item to this year's tournament, please contact us today at 613-830-4357 ext. 305

# Community Rising Stars

## Humbled by our communities' support

Here at the OCCRC, we are incredibly humbled every day by the overwhelming support we receive from our community. We would like to take this opportunity to thank all those who took time out of their lives over the last three months to help collect food and financial support via food drives or community events to ensure the success of the OCCRC's food program. You are all heroes in our minds!

- AMYA Ottawa East
- BDO Ottawa
- Bilberry Creek Baptist Church
- Cumberland Lions Club
- Dust Evans Grandmaitre Lawyers
- Gloucester Synchro Swimming Club
- J.P. Seguin Electric Inc.
- Kathryn & William Windeler
- Kiwanis Club of Orleans
- Louis Delorme
- Louise Ouellette
- MaxBounty Inc.
- Mobile Emissions Testing Inc.
- Navan Arts & Crafts Group
- Royal Canadian Legion Orleans Branch 632
- Ottawa Fire Services

**And so many more...  
thank you all for your very  
generous support!**

And so many more... thank you all for your very generous support!

**Orléans and surrounding communities are incredibly supportive...THANK YOU!**

## Thank you does not seem like enough...

The list below shows the many OCCRC supporters who donate on a monthly basis food items and financial support to our Centre ~ THANK YOU! Your heartwarming support is what keeps our food bank full for those who so desperately need it.

- Kardish Health Food Centre – Innes Rd.
- Royal Canadian Legion Orleans Branch 632
- Good Shepherd Catholic Parish
- Queenswood United Church
- Pantry Plus – St. Joseph Blvd.
- Divine Infant Catholic School
- Redeemer Alliance Church
- Navan-Vars United Church
- St. Mary's Anglican Church
- Giant Tiger St. Joseph Blvd.
- St. Marks Anglican Church
- St. Helen Anglican Church
- Your Independent Grocer
- Starbucks – Innes Rd.
- Sobeys Orleans
- Orleans United Church



## A great night of celebration...

### Celebrating those who help us to do what we do

On February 4, 2016, the OCCRC hosted our annual **Wine & Cheese Donor Recognition Night** where we celebrated all those who took the time to donate food, items, or financial support to our Centre in 2015. It is because of support from individuals, families, businesses, organizations, community groups, and churches in our community that we are able to continue to meet the needs of people in our area who need assistance. It was a great night ~ thank you to than 100 individuals who joined us. We would also like to extend our deepest gratitude to our speakers for the evening - **Catherine Priestman (donor and owner of CP Business Solutions), Julien Chan (Youth Program participant) & Tanya Lapointe-Harris (OCCRC staff- Youth Program coordinator)**- your kind words, encouraging facts, personal stories, and time was appreciated more than you know.



### 2016 Speakers

(from left to right)

**Catherine Priestman**

(donor)

**Julien Chan**

(youth program participant)

**Tanya Lapointe-Harris**

(staff- Youth worker)



Anick Tremblay, Chef Marc Miron  
Chantal Gagné & Jason Bellefleur



Over 100 individuals joined us this year ~  
Thank you!



Suzanne Wert, Norm Houle, Tanya  
Lapointe-Harris, MPP Marie-France  
Lalonde & Luc Ouellette



A very big thank you to  
**Domaine Perrault & Sobeys**  
for their very kind donations  
that made this night possible

## Would you like to...

- Receive our newsletter by email? Write to [info@crcoc.ca](mailto: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/>