



MONTHLY NEWSLETTER:

SEPTEMBER 2016

CENTRE HOURS:

8:30am to Noon
&
1pm to 4:30pm
Monday to Friday

Open Tuesdays from
4:00pm to 7:00pm for
free Legal Aid
Services

In case of emergency,
please call the
Distress Centre at
613-238-3311

215-1980 Ogilvie
Road, Gloucester ON

K1J 9L3

613-741-6025

info@eorc-creo.ca
www.eorc-creo.ca



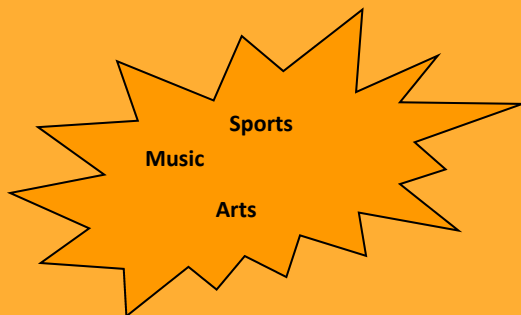
Carlsbad Springs Youth Night

Date: Thursday September 15th, 2016 until June 29th, 2017
(Sept. 15 & 29, Oct. 13 & 27, Nov. 10 & 24, Dec. 8 & 22)

Time: 6:30pm to 8:00pm (every second Thursday)

Ages: 7 to 16

Where: Carlsbad Community Centre



For more information, please contact
Miles Huff
613-741-6025 *138

Eastern Ottawa Resource Centre
Gloucester Shopping Centre, 215-1980 Ogilvie Road
Gloucester, ON K1J 9L3

www.eorc-creo.ca

Visit us on Facebook



**Did you
know???**

**All of the money
or in-kind
donations go
directly to the
clients?**

**That's right,
there is no hidden
fee or hidden
cost! 100% of
everything is
given back to the
community.
Isn't that cool??**

Back to School Program

Thank you

**The Intake Team would like to thank all the
donors on behalf of the EORC and all its
clients who received support from this
program!**

**This program provides children from kinder-
garten to grade 12 with a backpack with age
-appropriate school supplies.**

**With your help, we were able to provide
support to over 430 children needing our
support. Without help from the
community, this would not have happened.**



**The Intake Team can help you open doors to resources that include, but are not
limited to: food, baby supplies, housing, counseling, clothing, social issues,
understanding social services, budgeting, advocacy and more...**

We serve women of all cultures, religions, ages, and sexual orientations who continue to live with or have left an abusive partner.

Take Back the Night!



The annual Take Back the Night March, organized by Women's Events Network, has been carried out for more than 30 years in the Ottawa area.

Each year, diverse women come together to hear speakers on the issue of violence against women, and to march on the street in solidarity to send the message that women should be free to walk on, and use our streets free from the fear of violence. It is quite a sight to see over 500 marchers with placards, women with drums and noise makers, children in strollers, kids on bikes, women on roller blades, and women riding the accessible bus – all wanting to send the message that women demand to be safe!

The march is followed by an information fair at which participants can pick up important valuable resource material from local women's agencies who provide services and resources to women; particularly women who have experienced abuse.

Please join us in Taking back the Night at 6 pm on September 22nd 2016 at Minto park.

The information fair will be held at 110 Laurier Ave. west at 8:15 pm

Our services include: CRISIS INTERVENTION AND SUPPORT, INDIVIDUAL COUNSELING, SUPPORT GROUPS, TRANSITIONAL SUPPORT, SERVICE FOR CHILDREN (individual counselling and group support), FAMILY COURT SUPPORT Help Line for Abused Women 613-745-4818 7 days 24 h.

Come Celebrate With Us

**PLEASE CALL
613-741-6025
EXT: 300 TO
REGISTER.**

The month of October is Ontario's Community Support Services Month. Come celebrate the services that promote choice and independence for older adults, seniors, and adults with disabilities.



We invite you to join us for an afternoon of fun, wellness and information on Friday October 14th, 2016 from 1:00pm - 3:30pm at 1515 Tenth Line Rd., Orleans Activities include:

1:00 pm Meet and Greet (light refreshments)

2:00 pm Presentation: The who, what, when, where of aging at home.

A look at the service providers in Ottawa's East end.

2:30 pm Learn more about your Community Support Services such as Meals On Wheels, Foot Care, Medical Transportation and more!

Stop by to find out about our exciting volunteer opportunities and have a chance to win some great door prizes!

Our Services:

The Eastern Ottawa Resource Centre (EORC) is a community-based, non-profit charitable organization that offers the following Community Support Services.

CRISIS INTERVENTION AND SUPPORT – ext.:325

MEALS ON WHEELS – ext.: 331

FRIENDLY VISITING – ext.: 322

TRANSPORTATION – ext.: 300

TELEPHONE ASSURANCE – ext.: 322

GROCERY BUS – ext.: 326

SUPPORT FOR CAREGIVERS – ext.: 322

HOME MAINTENANCE & HOME HELP - ext.: 326

RESPIRE CARE – ext.: 326

FOOT CARE – ext.: 322

WELLNESS & FITNESS - ext.: 325

GOING HOME – ext.: 326

DAY PROGRAM – ext.: 321 / ext.: 327

SNOW GO/ASSIST – ext.: 326

SENIOR DRIVER RENEWAL PROGRAM – 1-800-396-4233

PARKINSON SUPPORT GROUP – 613-722-9238

DIABETES WORKSHOPS – 613-233-4444

PRIMARY CARE OUTREACH - 1-844-726-5115

ELDER ABUSE RESPONSE & REFERRAL - 613-596-5626 ext. 230

For a complete list of community support services available to seniors and persons with disabilities in Gloucester, Orléans, and Cumberland, visit us at www.eorc-creo.ca or call us at 613-741-6025.

EARLY YEARS



SEPTEMBER

lhowe@eorc-creo.ca

Please bring one fruit Mondays, Wednesdays and Fridays

DO NOT FORGET:

- sippy cup of water
- one fruit to share
- indoor shoes



Ontario Early Years Centres
A Place For Every Child's Future



Centres de la Petite Enfance
Un endroit pour apprendre et découvrir

www.ontarioearlyyears.ca

OCTOBER



Eastern Ottawa Resource Centre
215-1980 Ogilvie Road, Gloucester, ON
K1J 9L3 613-741-8025 x218
www.eorc-creo.ca

Eastern Ottawa Resource Centre PLAYGROUPS

Monday	Tuesday	Wednesday	Thursday	Friday
			(F) French (E) English (B) Bilingual	2 CLOSED
5 CLOSED Labour Day		7 CLOSED		9 CLOSED
12 (F) fruit École La Vérendrye 9-11am 614 Eastvale Drive	13 (A) 'Fun to Read' CHAPTERS 10am Chapters	14 (E) fruit Beacon Hill North CC 9-11am 2130 Radford Court		16 (B) fruit Cyrville CC 9h à 11h 4355 Halmont Drive
19 (F) fruit École La Vérendrye 9-11am 614 Eastvale Drive	2401 city park 	21 (E) fruit Beacon Hill North CC 9-11am 2130 Radford Court		23 (B) fruit Cyrville CC 9h à 11h 4355 Halmont Drive
26 (F) CLOSED PD Day		28 (E) fruit Beacon Hill North CC 9-11am 2130 Radford Court		30 (B) fruit Cyrville CC 9h à 11h 4355 Halmont Drive

Monday	Tuesday	Wednesday	Thursday	Friday
3 (F) fruit École La Vérendrye 9-11am 614 Eastvale Drive		5 (E) fruit Beacon Hill North CC 9-11am 2130 Radford Court	(F) French (E) English (B) Bilingual ** Join us in October for a FUN Halloween Party where we will share a delicious pot luck lunch. Please contact us for more details.	7 CLOSED PD Day
10 CLOSED Thanksgiving	11 (E) 'Fun to Read' CHAPTERS Chapters	12 (E) fruit Beacon Hill North CC 9-11am 2130 Radford Court		14 (B) fruit Cyrville CC 9h à 11h 4355 Halmont Drive
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31 (F) fruit École La Vérendrye 9-11am 614 Eastvale Drive				

Festivals &

Concerts in Ottawa

Sept 1-5: Gatineau

Hot Air Balloon

Festival

Sept 3: Badass Dash

Sept 4: Latin

American Festival

and Parade

Sept 5-11: Ottawa

Turkish Festival

Sept 9-11: Baconpa-

looza

Sept 9-11: Ta Da!

Festival

Sept 14-18: City Folk

Sept 18: Army Run

Volunteers Needed!

Volunteers Needed

Will You Lend

a Hand?



The Eastern Ottawa Resource Centre is in serious need of volunteers for Meals on Wheels, volunteer drivers for transportation to appointments and Friendly Visitors for seniors. The demand for these programs is increasing and so is the need for volunteers. We never want to turn away a senior who is in need of meals delivered to their home, or a senior that needs a drive an essential appointment or a senior that would enjoy a friendly visit from a volunteer once a week. Our local seniors are extremely grateful to our volunteers and it can be an incredibly rewarding experience for a volunteer.

If you are available during the weekday we would like to talk to you. If you are retired, semi-retired, a stay at home parent, someone who does shift work or someone that would be available to help we would appreciate hearing from you. Or perhaps you know of someone who could help out, please pass on this information. We will do our best to work with your availability.

Please contact Gayle Downing Volunteer Development Coordinator at 613-741-6025 ext. 106 or gdowning@eorc-creo.ca.

