

## 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

## PLEASE NOTE OUR NEW ADDRESS

215-1980 Ogilvie  
Road

613-741-6025

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



The Eastern Ottawa Resource Centre would like to remind you that your clocks "Fall Back" at 2:00am on Sunday November 6th, 2016!



It's a good time to check  
your smoke detectors!

**Hours:**

8:30am - 12 pm  
1pm - 4:30pm  
Monday to Friday

**Contact Us**

1980 Ogilvie Rd.  
Unit 215, 2nd  
Floor, Ottawa ON  
K1J 9L3

Tel: 613-741-6025  
Fax: 613-741-7029  
TTY: 613-741-3556

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

Like us on  
Facebook



## Intake, Resource & Referral

# Christmas Programs

### **Toy Mountain, Christmas Exchange & Teen angel**

*These programs provide low-income families with a food hamper or voucher and/or with toys for children & teens.*

*As of October 24<sup>th</sup>, register in person Monday to Thursday, no appointment necessary.*

**Bring:**

- Identification for each person in your household
- Proof of income
- Proof of address

**DEADLINES TO REGISTER**

**Christmas Exchange:**  
**November 18<sup>th</sup>**

**Toy Mountain and Teen Angel:**  
**December 9<sup>th</sup>**

*For more information, please call  
613-741-6025 ext. 232*

**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...**

## Women and Violence

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



**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.**

## Time to Connect, Time to Participate

Over the years the Eastern Ottawa Resource Centre has emphasized the importance of knowing where to find services and supports should you ever need them. Now the EORC has partnered with The Community Information Centre of Ottawa, Centre Séraphin-Marion/MIFO, the Seniors' Centre Without Walls and

211 Ontario Services to bring you "Time to Connect, Time to Participate". This new program offers older adults and seniors phone conversations with other local seniors. Find out what is available to you and tell us about your experience using these services.

We hope to educate older adults and seniors about various community, health, and social resources available in your area. Join us in a telephone chat offered twice a week in both official languages. Tell us what you want to talk about, ask questions or share your concerns.

Simply dial 2-1-1 to receive instructions on how to listen in or participate "Time to Connect, Time to Participate" discussions.



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

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](http://www.eorc-creo.ca) or call us at 613-741-6025\*300.

# BULLYING AWARENESS

Bullying is defined as a form of repeated, persistent and aggressive behavior directed at an individual or individuals that is intended to cause (or should be known to cause) fear and distress and/or harm to another person's body, feelings, self-esteem or reputation. Bullying occurs in a context where there is a real or perceived power imbalance. (Ontario Ministry of Education, 2013)

## **Bullying Includes;**

- **Physical** – hitting, shoving, stealing or damaging property
  - **Verbal** – name calling, mocking, or making sexist, racist or homophobic comments
  - **Social** – excluding others from a group or spreading gossip or rumors about them
- Electronic** (commonly known as **cyberbullying**) – spreading rumors and hurtful comments through the use of cellphones, e-mail, text messaging and social networking sites (Ontario Ministry of Education, 2013)

## **TREAT OTHERS HOW YOU WANT TO BE TREATED**

**BE KIND  
GIVE COMPLIMENTS  
SMILE  
ENCOURAGE OTHERS & SELF  
HANDS OFF  
STAY POSITIVE**

**Bullying Awareness and Prevention Week – November 14th-20th, 2016**

### **Join us at our weekly drop-in playgroups in your area**

Monday École La Verendrye 9-11am, 614 Eastvale Drive (FRENCH)

Tuesday November 8, 10am "Fun to Read" Chapters Indigo. 2401 city Park Drive (ENGLISH)

Wednesday Beacon Hill North Community Centre 9:00–11:00am 2130 Radford Court (ENGLISH)

Friday Pat Clark (Cyrville) Community Centre 9:00–11:00am, 4355 Halmont Drive (BILINGUAL)

November closures: Friday November 11<sup>th</sup> 18<sup>th</sup>

Don't forget your indoor shoes, water bottle and fruit to share for snack time.

Questions, call 613-741-6025 ext 218



### Volunteers needed

We are in need of Transportation drivers to take seniors to-and-from essential services and Friendly Visitors to visit seniors for a minimum of 1-2 hours each week. All volunteer roles are done during the weekday.

Please contact Gayle,  
Volunteer Development  
Coordinator at

613-741-6025\*106 or  
gdowning@eorc-creo.ca

for further details

regarding these

positions.

## The 2017 Draft City Budget: Is it the City You Want?

On November 9<sup>th</sup>, the 2017 draft City Budget will be presented at City Council. The City of Ottawa is facing a \$42M deficit and this could mean cuts to important city services that we all depend upon.

We need to speak out now about the importance of these services that keep our communities healthy – affordable transit, childcare, affordable housing, employment services and more.

An increase of 1% is \$36 per year on the average property tax bill and would give the City \$14M in revenue. This would provide the resources needed to fund a Low Income Transit Pass and other important community services.

Connect with our Community Developer to learn how the City collects and spends our money. Learn how you can give your ideas to Council before the final budget vote on December 14<sup>th</sup>.

