



MONTHLY NEWSLETTER:

FEBRUARY 2017

CENTRE HOURS:

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

Open Tuesdays from
4:00pm to 7:00pm for
free* Legal Aid Services
*If client qualifies

PLEASE NOTE OUR
NEW ADDRESS

215-1980 Ogilvie
Road
K1J9L3

613-741-6025

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



A night aboard the Titanic Auction and Dinner Charity Event

March 4th, 2017

At the Conference and Event Centre, 200 Coventry Road

Cocktails starts at 5:00 PM Dinner starts at 7:00PM

Sponsored by:



85.00\$ / ticket

Order your ticket online:

<https://www.eventbrite.com/e/a-night-aboard-the-titanic-tickets-28195762284>

Or call Chantal Cadieux 613-741-6025 ext. 121

ccadieux@eorc-creo.ca

Intake, Resource & Referral

Healthy smiles Ontario

FREE dental for eligible children and youth 17 and under.

To find out more about Healthy Smiles Ontario call the ServiceOntario INFOline toll-free at 1-844-296-6306 (TTY toll-free at 1-800-387

FREE dental screening

Taking care of your teeth and gums is important for maintaining your overall health. We are reminding residents to take advantage of our free community dental health services. Each month, registered dental hygienists from Ottawa Public Health provide free dental screenings to individuals and families at Eastern Ottawa Resource Center. Everyone is welcome!

At our dental health screening clinics, we also provide dental health information and these services:

- ◇ Fluoride varnish application
- ◇ Healthy Smiles Ontario enrolment
- ◇ Denture cleaning

February 14th	June 13th
March 14th	July 11th
April 11th	August 8th
May 9th	September 12th

Please note

Every clinic is from 1:30 PM to 4:30 PM, first come first served basis.

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,

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

Consent: Let's talk about it.

Consent is permission for something to happen or agreement to do something.

Individuals taking part in a physically intimate relationship need to be mindful of having each other's consent at all times. In other words, unless an individual is giving their full enthusiastic consent during physical intimacy, it is not okay to proceed. Here are some things you can ask each other:

- ⇒ Are you comfortable?
- ⇒ Is this okay?
- ⇒ Do you want to slow down?
- ⇒ Do you want to go further?



What consent looks like:

- **Communicating** every step of the way. Checking in with your partner, and paying attention.
- Respecting that even if your partner doesn't say "no," it doesn't necessarily mean "go ahead."
- Breaking away from gender "rules." Girls are not the only ones who might want to take it slow. Also, it's not a guy's job to initiate the action.

What consent does NOT look like:

- They pressure or guilt you into doing things you may not want to do.
- They make you feel like you "owe" them — because you're dating, or they gave you a gift, etc.
- They react negatively (with sadness, anger or resentment) if you try to say "no" to something
- They don't pay attention to nonverbal cues that could show you're not consenting
- They assume that someone can give full consent while under the influence of drugs or alcohol.
- They assume that dressing sexy, flirting, accepting a ride, accepting a drink etc. is consenting to more.

Get Consent **Every Time!**

Whether it's the first time or the hundredth time, a hookup, a committed relationship or even marriage, nobody is ever obligated to give consent just because they have done so in the past. A person can decide to stop an activity at any time, even if they agreed to it earlier. Above all, everyone has a right to their own body and to feel comfortable with how they use it.

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.

Wishing a happy new year to you and yours. 2016 was an eventful year of changes for Community Support Services (CSS) here at the Eastern Ottawa Resource Centre.

We strive to offer increasing quality and efficiency in the delivery of our services so in early 2016 we asked you to tell us how we were doing. Clients received surveys and the results were used to plan and develop a new, more responsive model of service delivery. Previously, separate CSS Workers for each service made service coordination more complicated and time consuming. Survey results brought about the new telephone extension #300. Callers are now directed to a centralized number with up to 4 CSS Workers standing by to assist with the provision of all services. The change has resulted in less duplication, fewer calls reaching a voice mail box and a more comprehensive intake process for new clients. We encourage you to continue to tell us what you think by contacting the undersigned.

2016 also saw changes to the CSS team. Following the departure of Day Program Worker, Andree-Lynne Courville for a 12 month leave. Long time CSS Worker Martin Bazinet has happily joined Najwa Beaino in the Day Program until fall 2017. In his place we have welcomed Kristine McGahey as a new CSS Worker. The Centre also saw the departure of our Volunteer Coordinator, followed by the exciting news that our very own CSS Worker Frank Rosso would be assuming the role. In his place we have welcomed Vanessa Brousseau who has assumed many roles within the CSS team over the years and is stepping into a role as CSS Worker. In November CSS Coordinator, Hillary Isenman accepted a new opportunity to share his expertise within the broader CSS sector. CSS Worker, Chantal Jolicoeur has welcomed the challenge as the new CSS Coordinator. Lastly, Transportation Coordinator, Natasha departed for a 12 month leave and we welcomed the EORC's own Miles from the EORC's welcome desk.

The following CSS Workers will be happy to help you at extension #300: Annie, Kristine, Vanessa, and a new CSS team member. We welcome you to meet our team at 1515 Tenth Line Rd (Mon-Fri 8:30-12:00 & 13:00-16:30). If you call first we might just put some tea on!



Our Services:

Crisis intervention, intervention and support, meals on wheels, friendly visiting, transportation, telephone assurance, grocery bus, support for caregivers, home maintenance & home help, respite care, foot care, dinners club / fun and fitness, going home, day program, snow go / assist, primary care outreach (1-844-726-5115).

For more information or a complete list of services available to older adults and adults with physical disability visit us at www.eorc-creo.ca, call us at **613-741-6025 ext. 300** or email us at info@eorc-creo.ca

The Eastern Ottawa Resource Centre (EORC) is a community-based, non-profit organization. The EORC offers a wide range of social and community services to older adults and adults with physical disabilities residing in Blackburn Hamlet, Beacon Hill, Carlsbad Springs, Gloucester South, Orleans, Cumberland, Navan, Vars, Sarsfield and surrounding areas.

Keeping It Cool



This 8 week strengths-based program focuses on skill building and conflict solution strategies for young women from the region. Participants will explore issues related to anger, self-care, and self-respect.

Conflict solutions program:

A community response to anger related problems

For young women (15 to 18 years old)

What is the difference between Keeping Your Cool and Losing Your Cool?

How can I Keep My Cool when feeling angry or disrespected?

The purpose of this program is to create a safe, supportive, and non-blaming space for young people to practice, share, and learn alternate ways of responding to the difficult situations faced in their everyday lives.

When?

Tuesdays as of February

(Please note: group sessions will run from 4:30 – 6:30 pm on weeks 2-7

Individual session will take place on week 1 & 8)

Where?

**Eastern Ottawa Resource Centre
1980 Ogilvie Rd., Ottawa, ON
K1J 9L3**

**** New Location****



For more information and for registration:

Josée Duguay X110

This program is bilingual

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

Playgroup will be closed December 23rd 2016 through January 6th 2017.

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

There will be no Fun to Read at Chapters this month; this will resume January 17th.

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

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

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 Frank,
Volunteer Development
Coordinator at
613-741-6025*106 or
frosso@eorc-creo.ca
for further details
regarding these
positions.

Free Income Tax Clinic

REGISTRATION

To make an appointment please call: (613) 741-6025 ext. 232

What you need to bring with you:

- A copy of last year's tax return
- Information slips:
 - T4, T4A, T4A (OAS), T4A(P), T4RSP, TRRIF, T4E (UI benefits) T5, T5007 (workers Comp/Social Assist) T2202 (Education slips)
- Information on rent or property taxes
- Daycare Expenses
- Bus Passes
- Medical Expenses, including health plan premiums
- Disability Forms
- Spousal Info – SIN and income
(if spousal return not being prepared)
- Dependents Info – ex. Date of Birth
- RRSP receipts
- Union Dues paid
- Moving Expenses
- Support payments
- Charitable donation receipts



Visit us at www.eorc-creo.ca