

Find Your Way Community Resource Guide



SHELTERS

MEN:

The Ottawa Mission
35 Waller St., 613-234-1144

The Salvation Army
171 George St., 613-241-1573

Shepherds of Good Hope
230 Murray St., 613-241-6494

(YSB) Young Men's Emergency Shelter
613-907-8975

WOMEN:

Cornerstone Emergency Shelter
613-237-4669 ext. 300

**Women's Transitional Emergency Shelter Program,
Shepherds of Good Hope**
256 King Edward Ave., 613-688-2929 ext. 322

(YSB) Young Women's Emergency Shelter
613-789-8220

WOMEN FLEEING ABUSE:

Chrysalis House, 613-591-5901

Interval House, 613-234-5181

Maison D'Amitié, 613-747-0020

Nelson House, 613-225-3129

MEN & WOMEN:

YMCA/YWCA, 180 Argyle Ave., 613-237-1320, 3-1-1

FAMILY:

Carling Family Shelter, 613-820-9909

NEEDLE & SAFER INHALATION EQUIPMENT PUBLIC LOCATIONS

AIDS Committee of Ottawa
19 Main St., 613-238-5014

**Carlington Community Health Centre &
24 Community Health Box**
900 Merivale Rd., 613-722-4000 ext. 260

Belong Ottawa @ Centre 454
454 King Edward Ave., 613-235-4351

Belong Ottawa @ St. Luke's Table
211 Bronson Ave., 613-238-4193

Centre 507
507 Bank St., 613-233-5626 ext.221

Centretown Community Health Centre
420 Cooper St., 613-233-4443 ext. 2208

Max Ottawa
400 Cooper St. Unit 9004, 613-440-3237

Ontario Addictions Treatment Centres
1318 Carling Ave., 613-627-0856
263 Montreal Rd., 613-749-9666
401 Somerset St., West 613-233-1114

Onyx Community Services
311 McArthur Rd., 1-888-833-5303

Operation Come Home
150 Gloucester Street., 613-230-4663
24hr: 1-800-668-4663

**Ottawa Inner City Health-
Shepherds of Good Hope**
265 King Edward Ave., (343) 996-4376

Ottawa Public Health, Harm Reduction Program
179 Clarence St., 613-580-2424 ext. 29047

Pinecrest-Queensway Community Health Centre
1365 Richmond Rd., 2nd Floor., 613-820-2001

Sandy Hill Community Health Centre, Oasis
221 Nelson St., 613-569-3488 ext. 2101

South East Ottawa Community Health Centre
600-1355 Bank St., 613-737-5115

Site Van

613-232-3232 *Collect Calls Accepted

Somerset West Community Health Centre, N.E.S.I. Room

55 Eccles St., 613-238-8210 ext. 2246

Somerset West CHC, N.E.S.I. Van
613-761-0003

Terrasses Montfort Renaissance
1900 Blvd. St. Joseph, 613-424-3400

The Well
154 Somerset West., 613-594-8861

Wabano Centre for Aboriginal Health
299 Montreal Rd., 613-748-5999 ext. 230

Youth Services Bureau of Ottawa
147 Besserer St., 613-241-7788 ext. 300

MOBILE & OUTREACH SERVICES

**Drug Overdose Prevention &
Education Response Team (DOPE)**
Carlington Catchment: 613-619-0584
Centretown Catchment: 613-619-0543
Somerset Catchment: 613-402-5189

Somerset West CHC, N.E.S.I. Van
613-761-0003

Site Van, Ottawa Public Health
613-232-3232 *Collect Calls Accepted

S.T.O.R.M. Van (Aboriginal Women)
613-265-7558

**SWCHC: Homeless Crisis Outreach Project
West Centretown:** 613-447-0029

GENERAL OUTREACH

Salvation Army Van
613-296-8355 or 311

StreetSmarts Outreach
613-979-3387

PHARMACY-NEEDLE/SYRINGE 5-PACKS

Centretown Pharmacy
326 Bank St., 613-422-2900

Ottawa South Respect Rx Pharmacy
20-1800 Bank St., 613-424-9555

Palmyra Guardian
1013 Merivale Rd., 613-729-7117

Parkway Pharmacy
311 McArthur Ave., 613-749-2324

Respect Rx Vanier
45 Montreal Rd., 613-422-8181

Respect Rx West
14-2006 Roberston Rd., 613-680-6999

Respect Rx South
1800 Bank St., 613-414-9555

Shoppers Drug Mart
1300 Stitsville Main St., 613-831-0901

Swift Compounding Pharmacy
276 Bank St., 613-422-2202

Trust Care Pharmasave
1020 St. Laurent Blvd., 613-749-8577

Whole Health Pharmacy Ogilvie
1150 Cadboro Rd., 613-749-7455

DRUG INFORMATION & TREATMENT

INFORMATION:

**ConnexOntario: Community Mental Health
and Addiction Services**
1-866-531-2600

DETOX:

Ottawa Withdrawal Management Centre
1777 Montreal Road., 613-241-1525

SUPPORT SERVICES & TREATMENT:

AccessMHA
accessmha.ca, 613-241-5202

**Addiction and Mental Health Services,
Sandy Hill Community Health Centre**
221 Nelson St., 613-789-1500

Addiction Services, The Ottawa Mission
35 Waller St., 613-234-1144

Alcoholics Anonymous Hotline
613-237-6000

Amethyst Women's Addiction Centre
488 Wilbrod St., 613-563-0363

Canadian Mental Health Association
201-311 McArthur Ave., 613-737-7791

Dave Smith Youth Treatment Centre
112 Willowlea Rd., Carp, 613-594-8333

Managed Alcohol Program
256 King Edward Ave., 613-688-2929 x336

Montfort Renaissance
1900 St-Joseph Boulevard, 613-424-3400

Narcotics Anonymous Hotline
Free:1-888-811-3887

OASIS, Sandy Hill Community Health Centre
221 Nelson St., 613-569-3488

Ontario Addiction Treatment Centres
401 Somerset St. West, 613-233-1114
263 Montreal Rd., 613-749-9666
1318 Carling Ave., 613-627-0856

Recovery Care (formerly Recovery Ottawa)
45 Montreal Rd., 613-763-6882
306 Rideau St., 613-454-0321
2006 Robertson Rd., 613-903-6006
1800 Bank St., 613-425-9525

Rapid Access Addiction Medicine (RAAM)
613-722-6521, ext. 6508

Rideauwood Addiction and Family Services
312 Parkdale Ave., 613-724-4881

Serenity Renewal for Families
202-2255 St. Laurent Blvd., 613-523-5143

SMART Recovery
613-789-8941

**T.E.S.P. Transitional Emergency Shelter Program,
Shepherds of Good Hope**
256 King Edward Ave., 613-688-2929 ext. 349

The Oaks, Shepherds of Good Hope
1053-1057 Merivale Rd., 613-288-0374

Youth Services Bureau – Downtown Drop In
147 Besserer St., 613-241-7788 ext. 300 or ext. 400

RESIDENTIAL TREATMENT FACILITIES

MEN:

Anchorage, The Salvation Army
175 George St., 613-241-1573 ext. 308/326

Harvest House
3435 Ramsayville Rd., 613-521-9114

Serenity House
103 Leopolds Dr., 613-733-3663

Sobriety House
90 First Ave., 613-233-0828

Terrasses Montfort Renaissance
1900 Blvd. St. Joseph, 613-424-3400

WOMEN:

Empathy House
360 Sunnyside Ave., 613-730-7319

Vesta Recovery Program for Women
101 James St., 613-233-0353

Terrasses Montfort Renaissance
1900 Blvd. St. Joseph, 613-424-3400

FRENCH SERVICES:

Maison Fraternité
242 Cantin St., 613-741-2523

YOUTH:

**Dave Smith Youth Treatment Centre
(Male & Gender Diverse)**
1986 Scotch Corners Rd., 613-594-8333 ext. 3101

**Dave Smith Youth Treatment Centre
(Women & Gender Diverse)**
1883 Bradley Side Rd., 613-594-8333 ext. 2207

DROP-IN CENTRES/DAY PROGRAMS

Belong Ottawa @ Centre 454
454 King Edward., 613-235-4351

Capital City Mission
521 Rideau St., 613-241-2407

Centre Espoir Sophie (Women)
145 Murray St., 613-789-5119

Centre 507
507 Bank St., 613-233-5626

Kind Space
400 Cooper St., 613-563-4818

**Minwaashin Lodge Aboriginal
Women's Support Centre**
100-1155 Lola St., 613-741-5590

Oasis, Sandy Hill Community Health Centre
221 Nelson St., 613-569-3488

Operation Come Home
150 Gloucester St., 613-230-4663
or 1-800-668-4663

St. Joe's Women's Centre
151 Laurier Ave. East, 613-231-6722

Shawenjeagamik Drop-In Centre
510 Rideau St., 613-789-3077

The Living Room, AIDS Committee of Ottawa
19 Main St., 613-563-0851

The Well (Women)
154 Somerset St. West, 613-594-8861

Wabano Centre for Aboriginal Health
299 Montreal Rd., 613-748-5999

Youth Services Bureau of Ottawa
147 Besserer St., 613-241-7788

CRISIS LINES/CRISIS SERVICES

Canadian Human Trafficking Hotline
24/7 Crisis Line, 1-833-900-1010

Distress Centre (24 hours)
613-238-3311

Ottawa Hospital Mobile Crisis Team (Van)
613-722-6914

Ottawa Rape Crisis Centre
613-562-2333

Ottawa Victim Services
600-250 City Centre Ave., 613-238-2762

Sexual Assault Support Centre (24 hours)
613-234-2266

Suicide Crisis Helpline
9-8-8

Youth Services Bureau of Ottawa
24/7 Crisis Line: 1-877-377-7775, 613-260-2360

SEXUAL HEALTH, PREGNANCY & BIRTH CONTROL

Planned Parenthood Ottawa
404-222 Somerset St. West, 613-226-3234

Sexual Health Centre & Gay Zone
179 Clarence St., 613-234-4641 (reception)

Ontario Sexual Health Info Line
1-800-668-2437

YSB Youth Health Clinic
147 Besserer St., 613-241-7913 ext. 222

HIV/AIDS

AIDS Committee of Ottawa
19 Main St., 613-238-5014

Bruce House
402-251 Bank St., 613-729-0911

**Bureau Régional d'Action, SIDA (BRAS)
(French Services)**
109 Wright St, Hull, Québec., 819-776-2727

Oasis, Sandy Hill Community Health Centre
221 Nelson St., 613-569-3488

The Living Room, AIDS Committee of Ottawa
19 Main St., 613-563-0851

SYSTEM NAVIGATION PHONE LINES

Client and Social Services Ontario
2-1-1

Health Connect Ontario
8-1-1

Ottawa Client Services
3-1-1

ADDITIONAL SERVICES

Dental Health Services
613-580-6744 ext. 23510

Gignul Housing Inc (Aboriginal Services)
396 MacLaren St., 613-232-0016

HALCO – HIV & AIDS Legal Clinic Ontario
1-888-705-8889

Housing Help
502-309 Cooper St., 613-563-4532

Legal Aid of Ontario
73 Albert St., 613-238-7931

Men & Healing
209-1300 Carling Ave., 613-482-9363

Odawa Native Friendship Centre
815 St. Laurent Blvd., 613-722-3811

Ottawa Police Service
613-236-1222

The Food Bank
613-745-7001

The Ottawa Mission's Dental Clinic
35 Waller St., 613-234-1144 ext. 314

The Ottawa Mission's Primary Care Clinic
35 Waller St., 613-288-0460

University of Ottawa Community Legal Clinic
17 Copernicus St., 613-562-5600

Voice Found/Strength Found
613-763-5332//1-866-239-0558

Wabano Centre for Aboriginal Health
299 Montreal Rd., 613-748-5999

SUPERVISED CONSUMPTION SERVICES

Ottawa Public Health
179 Clarence St.

Sandy Hill Community Health Centre
221 Nelson St.

Somerset West Community Health Centre
55 Eccles St.

The Trailer, Shepherds of Good Hope
230 Murray St.