

CCBC Resource Directory



CHRIST CHURCH BELLS CORNERS

NURTURING FAITH, SERVING GOD'S WORLD, WELCOMING ALL

The Christ Church Bells Corners Resource Directory is an initiative from our partnership with the HELP Ottawa project (**H**ealthy **E**nd of **L**ife **P**roject Ottawa).

HELP Ottawa aims to support people living with frailty, chronic and advanced illness to live and die at home or in the community, and to ensure that all people who are living with grief, loss, or caregiving have the support they need. HELP Ottawa emphasizes the essential role of all carers with people who are ill, dying or bereaved, and the cross-cutting need for respect, support, safety, and belonging.

HELP Ottawa focuses on building and strengthening linkages and partnerships between individuals and their networks, with community-based health, social service, and spiritual care providers, services and supports. Collectively, we aim to ensure that illness, dying, and grief are everyone's business and a normal part of life.

Our goal with this Resource Guide has been to provide current contact information and links to organizations, helplines, services, medical and mental health resources and programs that could be of service. We have focused on the west end of Ottawa but there are certainly city-wide, provincial, and national sources as well.

We are grateful to the HELP Ottawa project at Christ Church Bells Corners.

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CCBC HELP Site Facilitators



Compassionate Ottawa
Compassion Ottawa



MACH-GAENSSLEN
Foundation of Canada



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EMERGENCY AND HELP LINES

- **911** Emergency
 - An emergency is any situation that requires immediate assistance from the police, fire department, or paramedics/ambulance. Examples include:
 - A fire
 - A crime, especially if in progress
 - A car crash, especially if someone is injured
 - A medical emergency or the need for immediate medical attention
 - <https://www.911.gov/needtocallortext911.html>
- **Ottawa Police Services for Non-emergencies**
 - 613-236-1222
 - <https://www.ottawapolice.ca/en/contact-us/find-a-police-station.aspx?mid=2025>
- **Poison Control for Emergencies**
 - 1-800-268-9017 (available 24 hours per day)
 - <https://www.ontariopoisoncentre.ca/>
- **Ottawa Rape Crisis Centre**
 - Crisis line (24/7) 613-562-2333
- **Ontario 2-1-1**
 - “Use the phone number or web address below to find programs and services in your community about abuse, disabilities, food, homelessness, healthcare, housing, income support, indigenous peoples, mental health/addictions, newcomers, older adults, youth.”
 - 2-1-1 (no area code required)
 - <https://211ontario.ca/>
- **311** Call for City of Ottawa services
 - 3-1-1
 - <https://ottawa.ca/en/3-1-1>

BEREAVEMENT AND GRIEF SUPPORT

Bereavement and Grief

For counselling services and mental health resources, see [MENTAL HEALTH RESOURCES](#)

Andrea Warnick Consulting

Offers free webinars and resources for families, professionals, volunteers, and communities supporting grieving children, youth, and adults.

intake@andreawarnick.com // 1-800-490-9192

<https://andreawarnick.com>

Canadian Alliance for Grieving Children & Youth

National directory (listed by province) of bereavement support and information resources for grieving children and their families.

<https://www.grievingchildrencanada.org/>

Child and Youth Grief Network

Resources for parents, caregivers, volunteers, and professionals who are supporting children and youth through death, grief, and bereavement.

<https://www.childrenandyouthgriefnetwork.com/>

Compassionate Ottawa

Courses and Resources on "Grief and Bereavement" and "Advanced Care Planning".

613-232-4025

<https://compassionateottawa.ca/resources/>

Bereaved Families of Ontario Ottawa

Free monthly or weekly peer support meetings. Other support groups offered based on a sliding scale.

office@bfo-ottawa.org // 613-567-4278

<https://bfo-ottawa.org/>

Carefor Health & Community Services

Individual and family bereavement counselling in French and English.

info@carefor.ca // 613-749-7557

<https://carefor.ca/>

Children's Hospital of Eastern Ontario (CHEO)

Support, group bereavement sessions, and individual counselling from child life specialists, social workers and spiritual support services, and a variety of resources and memory-making materials for families mourning the loss of a child who was a patient at the hospital.

<https://www.cheo.on.ca/en/resources-and-support/grief-and-bereavement-care.aspx>

Entraide-Deuil

Soutien un à un, des soirées de partage et d'entraide et un groupe de soutien pour enfants de 6-12 ans et un groupe de soutien pour parents, pour personnes francophones.

direction@entraide-deuil.qc.ca // 819-770-4814 or 1-866-770-4814

<https://entraide-deuil.qc.ca/services/>

Family Services Ottawa

Counselling and support services in French and English provided by trained counsellors to anyone living in Ottawa (families, youth, adults) who is going through a hard time. Service fees are on a sliding scale based on income.

info@familyservicesottawa.org // 613-725-3601 ext. 0

<https://familyservicesottawa.org/>

Hummingbird Centre for Hope

Support and resources for widowed parents, especially those who lose their spouse or partner at a young age, and shoulder the responsibility of raising a child or children.

<https://hummingbirdcentreforhope.com/>

The Dougy Center US Organization

Support and resources for children, teens, young adults, and their families grieving a death.

<https://www.dougy.org/>

Hospice Care Ottawa Family Support Program

Group and individual bereavement support in English and French through the Family Support Program. Caregiver support, day hospice programs, and in-home support.

May Court phone: 613-260-2906

Ruddy Shenkman (Kanata) phone: 613-591-6002

La Maison de l'Est (Orleans) phone: 613-424-6560

Bereavement support phone: 613-591-6002 ext. 243

<https://www.hospicecareottawa.ca/>

Meet Up Widows and Widowers Support Group

Resources for widows and widowers

<https://www.meetup.com/topics/widow/ca/on/ottawa/>

Traverser le deuil

D'être mis en contact avec un professionnel formé à l'accompagnement du deuil.

Le Deuil téléphone: 1-888-533-3845

Solidarité deuil d'enfants téléphone: 418-990-0435

<http://deuil.comemo.org/>

Funeral/Memorial Planning

Bereavement Authority of Ontario

A Guide to Death Care:

<https://thebao.ca/for-consumers/consumer-information-guide/#:~:text=The%20BAO's%20Consumer%20Information%20Guide,burial%2C%20cremation%20and%20hydrolysis%20services>

info@thebao.ca // 647-483-2645

<https://thebao.ca/>

Casket Outlet

Offers a wide selection of caskets, urns, headstones, monuments, gravestones, and tombstones. Casket Outlet prices may be more affordable than most funeral homes, and you are not obligated to purchase one from your funeral home.

1-877-982-0555

<https://casketoutlet.ca/en/>

Christ Church Bells Corners Anglican Diocese of Ottawa

Support with a funeral or access to pastoral support.

Phone: 613-829-1826

<https://www.christchurchbellscorners.ca/>

Funeral Homes

Capital Funeral Home and Cemetery Barrhaven - Prince of Wales Drive

613-434-2301

https://www.arbormemorial.ca/en/capital?utm_source=G&utm_medium=lpm&utm_campaign=Arbor_Mem

Hulse, Playfair & McGarry West End - Woodroffe Avenue

613-728-1761 (available 24 hours per day)

<https://www.hpmcgarry.ca/>

Tubman Funeral Home Nepean - Richmond Road

613-726-0292 (available 24 hours per day)

<https://www.tubmanfuneralhomes.com>

Funeral Cooperative of Ottawa

Community-owned and operated funeral home, which offers a full range of funeral services on a not-for-profit basis. Ability to accommodate diverse traditions, religions, languages, and needs.

www.fco-cfo.coop/en

Cole Funeral Services Nepean - Baseline Road

Also operate Highland Park Cemetery, 2037 McGee Sideroad, Carp, ON

info@pinecrest-remembrance.com // 613-829-3600

<https://colegfuneralservices.com/>

Kelly Funeral Home Kanata - Eagleson Road

613-591-6580 (available 24 hours per day)

<https://www.arbormemorial.ca/en/kelly-kanata/contact>

Pregnancy and Infant Loss

Compassionate Friends of Canada Ottawa Valley

Phone support for parents, siblings, and grandparents who have lost a child of any age. Support meetings held on the third Tuesday of every month.

TCFOttawa@gmail.com // 1-866-823-0141

Ottawa chapter leaders:

Paulette phone: 613-612-4951

Larry phone: 613-608-3990

<https://tcfottawa.net/>

Pregnancy and Infant Loss Network (PAIL)

Bereavement care and support for families who have suffered the loss of a pregnancy or the death of their baby/babies. Free services provided by volunteers to families in Ontario.

Phone: 1-888-303-PAIL (7245)

<https://pailnetwork.sunnybrook.ca/support-for-families-menu/>

Roger Neilson House Bereavement Program

Grief support groups for grandparents, parents, and siblings (aged 4-12) who have experienced the loss of a child, from birth to age 19.

Pregnancy After Loss (P.A.LS) support group.

info@rogerneilsonhouse.ca // 613-523-6300 ext. 4600

<https://rogerneilsonhouse.ca/our-services/>

CAREGIVER RESOURCES

Caregiver Support

Atlas CareMap

Support to create a map of the care currently being offered for someone and the needs of caregivers and the person being cared for. Map is useful to explain the situation to professional caregivers and medical practitioners.

<https://atlasofcaregiving.com/caremap/>

Care Channel

Free resources for caregivers in 5 languages.

<https://carechannel.elizz.com/>

Hospice Care Ontario - Ottawa Caregivers & Family Support Program

Caregiver support, day hospice programs, and in-home support. Resources and education on home safety, falls prevention.

May Court phone: 613-260-2906

Ruddy Shenkman (Kanata) phone: 613-591-6002

La Maison de l'Est (Orleans) phone: 613-424-6560

Bereavement support phone: 613-591-6002 ext. 243

<https://www.hospicecareottawa.ca/>

Canadian Hospice Palliative Care Association (CHPCP)

Online resources for caregivers or patients, including webinars on hospice palliative care topics.

info@chpca.ca // 613-241-3663 or 1-800-668-2785

<http://www.chpca.net>

Caregiving Matters

Free workshops and resources (including a podcast) for caregivers and bereavement.

<https://caregivingmatters.ca/>

Hospice Palliative Care Ontario (HPCO)

Resources for patients and caregivers through the caregiver support portal in French and English and for First Nations people.

Nav.Dhillon@hpcoco.ca

<http://www.caregiversupport.hpcoco.ca/>

Ontario Caregiver Organization

Support for unpaid caregivers.

1-833-416-2273

<https://ontariocaregiver.ca/>

Young Caregivers Connect (OCO)

One-to-one peer support, online support groups, caregiver education and resources, opportunities to connect to young caregivers. The peer support group is for people between the ages of 15 and 25 who help take care of the physical, mental and/or emotional needs of a family member, friend, or neighbour.

1-833-416-2273

<https://youngcaregiversconnect.ca/>

Parents Lifelines of Eastern Ontario (PLEO)

Parent support groups, one-to-one support, and a free parent or caregiver helpline for those supporting a child under 25-years old who is struggling with their mental health.

To speak with a Family Peer Supporter: 613-321-3211 or 855-755-7005

<https://www.pleo.on.ca/how-we-help/>

Child and Youth Caregiver Resources

1 Call 1 Click

A simple way for children, youth, and families to access the right mental health and addiction care, at the right time. Available to assist infants, children, and youth from birth to 21 years of age.

613-260-2360 or 1-877-377-7775 (toll free for Eastern Ontario)

<https://1call1click.ca/en/index.aspx>

Canadian Alliance for Grieving Children & Youth

National directory of bereavement support and information resources for grieving children and their families. Supports are listed by province.

info@grievingchildrencanada.org // 905-337-2333

<https://www.grievingchildrencanada.org>

Access MHA

For youth 16 and over

One Starting Point, One Referral, One Assessment Process. Access MHA (Mental Health & Addictions) makes it easier to help find free mental health and/or substance use/addiction support, services, and care.

<https://www.accessmha.ca/>

Candlelighters Childhood Cancer Support

Offers support programs and services to young cancer patients and their families.

information@candlelighters.net // 613-715-9157

<https://candlelighters.net/what-were-about/>

Centre for the Treatment of Childhood Sexual Abuse

“Services provided by students under supervision including grief and loss.”

info@centrefortreatment.com // 613-233-4929

<http://centrefortreatment.com>

Entraide-Deuil

Services pour personnes francophones. Offre du soutien un à un, des soirées de partage et d'entraide et un groupe de soutien pour enfants de 6-12 ans et un groupe de soutien pour parents.

direction@entraide-deuil.qc.ca // 819-770-4814
ou 1-866-770-4814

<https://entraide-deuil.qc.ca/services/>

Parents Lifelines of Eastern Ontario (PLEO)

Offers parent support groups, one-to-one support, and a free parent or caregiver helpline Monday to Friday from 9 a.m. to 7 p.m. EST for those supporting a child under 25-years old who is struggling with their mental health.

613-321-3211 or 855-755-7005

<https://www.pleo.on.ca/how-we-help/>

Young Caregivers Connect

Offers 1:1 peer support, online support groups, caregiver education and resources, opportunities to connect to young caregivers.

1-833-416-2273

<https://youngcaregiversconnect.ca/>

Children's Hospital of Eastern Ontario (CHEO)

CHEO is a founding member of Kids Health Alliance, a network of partners working to create a high-quality, standardized, and coordinated approach to pediatric health care in Ontario that is centred around children, youth, and their families.

Western Ottawa Phone: 613-831-5098

<https://www.cheo.on.ca>

Kids Help Line

Offers bilingual phone and online counselling services for kids and teens. You can call, text, or chat online or via an app (“Always There”).

Text CONNECT to 686868 or 1-800-668-6868

<https://kidshelpphone.ca/>

Roger Neilson House Bereavement Program

Grief support groups for grandparents, parents, and siblings (aged 4-12)who have experienced the loss of a child, from birth to age 19.

Pregnancy After Loss (P.A.LS) support group.

info@rogerneilsonhouse.ca // 613-523-6300 ext. 4600

<https://rogerneilsonhouse.ca/our-services/>

Youth Services Bureau of Ottawa Crisis Line

Offers 24/7 support in French and in English by phone and online chat for children and youth ages 20 and under, who are experiencing a crisis.

Support is offered for parents, guardians, caregivers, friends, or service providers who are concerned about a young person in crisis (including loss and bereavement).

info@ysb.ca

Crisis line phone: 613-260-2360 or 1-877-377-7775

Intake counselors: 613-562-3004

<https://www.ysb.ca/services/ysb-mental-health/24-7-crisis-line>

DEI (Diversity, Equity and Inclusion)

2SLGBTQI+

Note: The Federal Action Plan uses the acronym “2SLGBTQI+” to describe its inclusivity prioritization. This stands for Two-Spirit, lesbian, gay, bisexual, transgender, queer, intersex, and additional sexually and gender diverse people.

Champlain Region Gender Diverse Health Resource Guide

Includes physical health, mental health, and community-based services for trans and gender diverse people in Ottawa and the Champlain region.

<https://brucehouse.ca/wp-content/uploads/2020/01/Champlain-Region-Gender-Diverse-Health-Resource-Guide.pdf>

LGBT Youthline

Offers confidential and non-judgemental peer support to youth through telephone, text, and chat services 4 pm-9:30 pm, Sunday-Friday.

Peer support helpline: helpline@youthline.ca
General Inquiries: info@youthline.ca
416-962-2232 or 1-888-687-9688

<https://www.youthline.ca/>

Rainbow Health Ontario

Offers physical and mental health resources for members of the LGBT2SQ community, as well as a directory of affirming healthcare providers in Ottawa.

info@rainbowhealthontario.ca // 416-324-4100

<https://www.rainbowhealthontario.ca/service-user/>

2SLGBTQI+ Around the Rainbow Family Services Ottawa

Offers counselling and support groups and services to the lesbian, gay, bisexual, transgender, two-spirit, queer, and questioning (2SLGBTQI+) communities and allies of Ottawa.

info@familyservicesottawa.org // 613-725-3601 ext.105

<https://familyservicesottawa.org/services/around-the-rainbow/>

Ottawa Pastoral Counselling A Community Ministry of the Anglican Diocese of Ottawa

Offers counselling and psychotherapy services for individuals, couples, and families of all religions. The centre is LGBTQ2-friendly.

opc@ottawa.anglican.ca // 613-235-2516

<https://www.ottawapastoralcounsellingcentre.ca/index.php>

African, Caribbean, Black Communities

FAMHAS Foundation

Offers free short-term counselling services to members of the ACB (African, Caribbean, Black) Community in Ottawa who are struggling with depression, anxiety, or other mental health crisis.

<https://famhas.ca/>

National Black Youth Helpline

Offers a point of contact for parent and family support and coaching, health counselling, and referrals to professional services.

info@blackyouth.ca // 416-285-9944 or 1-833-294-8650

<https://blackyouth.ca/>

Immigrant Services

Ottawa Community Immigrant Service Organizations (OCISO)

OCISO directly serves about 10,000 immigrants and refugees every year and has four locations in Ottawa (central, east, and south).

Their multi-faceted programs and services are delivered in over 50 languages to clients from 120 countries by OCISO's team of knowledgeable, skilled, and professional staff. Services include settlement and integration, language instruction, multicultural liaison, employment, clinical counselling, and community economic development.

Wellington St. Phone: 613-725-0202

Bank St. Phone: 613-249-0006

<https://ociso.org/>

Indigenous Communities

Honouring Life Network

Offers culturally relevant information and resources on suicide prevention to help Aboriginal youth and youth workers in English, French, and Inuktitut.

info@honouringlife.ca // 613-237-9462 ext. 567 or 1-877-602-4445

<http://www.honouringlife.ca/>

Hope for Wellness Help Line

Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada in Cree, Ojibway, Inuktitut, English & French.

1-855-242-3310

www.hopeforwellness.ca

Inuuqatiglit Centre for Inuit Children, Youth, and Families / Inuutiarnirmut Katujjigatigiit Mental Wellness

Offers trauma-informed, culturally and linguistically relevant mental health counselling services to youth and families, crisis appointments, a trauma, and addiction group for parents, and the Tree of Life program for youth.

healingandwellnessodawa.on.ca // Phone (Pam Stellick - Manager of Community Initiatives and Mental Health): 613-744-3133 ext. 237 or 343-550-8550

<http://inuugatigiit.ca/inuutiarnirmut-katujjigatigiit/>

Odawa Native Friendship Centre

Offers healing circles, traditional and cultural support, peer counselling, crisis intervention, and counselling referrals to Aboriginal people. Some delineation exists between client and participant-based services.

613-722-3811 ext. 236

<http://www.odawa.on.ca/home.html>

Palliative Care Toolkit for Aboriginal Communities

Resource toolkit and reference material meant for First Nations, Métis, and Inuit families and communities to help support individuals with cancer who have palliative care needs.

<https://www.cancercareontario.ca/en/guidelines-advice/treatment-modality/palliative-care/toolkit-aboriginal-communities>

Wabano Centre for Aboriginal Health

Offers culturally-relevant health services to Inuit, Métis, and First Nation communities of Ottawa, including support groups, youth counselling, historical trauma counselling, addictions counselling, walk-in counselling, traditional healing, and psychoeducation.

Health Clinic: clinic@wabano.com // Phone: 613-748-5999

Email: info@wabano.com // Phone: 613-748-0657 ext. 233

<https://wabano.com/>

Métis Nation of Ontario

Offers information about healing and wellness programs and services in the Ottawa area.

mno@Metisnation.org // 1-800-263-4889 or 613-798-1488

<http://www.Metisnation.org/programs-and-services/healing-wellness/>

Ontario Native Women's Association

Offers land-based therapy, counselling, support from Elders and Healers, traditional healing and ceremony, sharing/healing circles, referrals, addictions and aftercare support, and mental health services.

1-800-667-0816

<https://www.onwa.ca/mental-health>

Tungasuvvingat Inuit

Offers community-based counselling (in English and Inuktitut) that reflects the Inuit perspective.

info@tiontario.ca // 613-565-5885 ext. 201

<https://tiontario.ca/programs/day-counselling-program>

Jewish

Jewish Family Services

Offers a wide range of counselling services for individuals, couples, and families including a Bereavement Group and loss and grief counselling. Services are available in English, French, Spanish, Hebrew, Arabic, and Armenian. The centre is LGBTQ2-friendly.

613-722-2225

<http://www.jfsottawa.com> info@jfsottawa.com

Muslim

Muslim Family Services of Ottawa

Offers counselling and psychotherapy to Muslims with mental health issues as well as vulnerable, marginalized, racialized, and low-income Muslims and residents of the downtown core.

info@mfsoc.ca // 613-562-2273

<https://mfsoc.ca/>

Support Services for Muslim Women and Youth

The Canadian Women's Foundation is a national leader in the movement for gender equality in Canada. Through funding, research, advocacy, and knowledge sharing, we work to achieve systemic change. We support women, girls, and gender-diverse people to move out of violence, out of poverty, and into confidence and leadership.

416-365-1444 or 1-866-293-4483

<https://canadianwomen.org/blog/support-services-for-muslim-women-and-youth/>

People with Disabilities

Disability Support Organizations

A list of organizations that provide information and support to people with disabilities and their families. Some of these have local chapters across the province as well.

<https://services.easterseals.org/family-information-resources/disability-support-organizations/>

Family Alliance Ontario

An autonomous alliance of citizens who offer knowledge, tools, and networking opportunities, to individuals with disabilities, their families and friends.

alliance@family-alliance.com // 905-723-8111

<https://family-alliance.com/>

Guide to Government of Canada Services for People with Disabilities and their Families

A guide with information, programs and services provided by the Government of Canada for people with disabilities, their families and caregivers. It is meant to help you find information about services and benefits you may be entitled to.

<https://publications.gc.ca/site/eng/9.688937/publication.html>

Ontario Resources for Persons with Disabilities

Learn what programs and services are available to help prevent, reduce and remove accessibility barriers you may face in everyday life.

<https://www.ontario.ca/page/people-disabilities>

CHRONIC ILLNESS/LIFE-LIMITING ILLNESS RESOURCES

Illness Specific Resources

Alzheimer's, Dementia, or Cognitive Impairment

Alzheimer Society of Ontario Ottawa Renfrew

Individual counselling, family counselling, support groups for bereavement, and support to persons with Alzheimer's disease and their families.

info@ottawarenfrew.alzheimeront.org // 613-224-1400

<https://alzheimer.ca/ottawa/en/home>

Dementia Society

Support groups, recreational programs, information, and resources to individuals, caregivers, and families affected by dementia.

info@dsorc.org // 613-523-4004

<https://dementiahelp.ca/>

Dementia Carers

Support programs and resources for caregivers.

reitmaninquiries.msh@sinaihealth.ca // 416-586-4800 ext. 5882

<https://www.dementiacarers.ca/>

Good Companions Adult Day Program

For seniors with early-onset to mild Alzheimer's, Dementia or Cognitive Impairment, or Adults with Physical Disabilities. A non-profit multi-service seniors' centre provides opportunities for older adults to participate in social, recreational, educational, and volunteer activities and benefit from social and health services.

info@thegoodcompanions.ca // 613-236-0428

<https://thegoodcompanions.ca/programs-services/adult-day-program/>

Home Instead

Personalized in-home senior care services
(includes dementia patients)

Phone: 888-353-2398

<https://www.homeinstead.ca/ppc/dual/home-instead-senior-care/>

AIDS

AIDS Committee of Ottawa

Individual and group support, referrals to professional services, support therapies, advocacy, and programs to promote the holistic wellbeing of those living with or affected by HIV/AIDS in Ottawa.

info@aco-cso.ca // 613-238-5014

<http://aco-cso.ca/support/>

ALS Canada

Monthly support meetings for people with ALS and caregivers. Regional manager home visits to discuss individual and family needs, provide information and education, and assist with connecting you to other healthcare providers and community resources

416-497-2267 or 1-800-267-4257

<https://als.ca/>

Cancer

Candlelighters Childhood Cancer Support

Support programs and services to young cancer patients and their families.

information@candlelighters.net // 613-715-9157

Maplesoft Centre for Cancer Survivorship

A cancer coach who meets with you to offer support and guide you towards the appropriate resources. Group support is offered as well.

info@ottawacancer.ca // 613-247-3527

<https://www.ottawacancer.ca/>

Palliative Care Toolkit for Aboriginal Communities

Resource toolkit and reference material for First Nations, Métis, and Inuit families and communities to help support individuals with cancer who have palliative care needs.

416-971-9800

<https://www.cancercareontario.ca/en/guidelines-advice/treatment-modality/palliative-care/toolkit-aboriginal-communities>

Chronic Conditions

Living Healthy Champlain

A variety of fully-funded resources for individuals living with chronic conditions, including workshops, 1:1 health coaching, an online self-management program, and various caregiver Resources

rdavidson@Bruyère.org // 1-877-240-3941

<https://www.livinghealthychamplain.ca/>

Diabetes

Diabetes Canada

Information, education, advocacy, and tools and resources for those living with or affected by type 1 and type 2 diabetes.

info@diabetes.ca // 613-521-1902

<https://www.diabetes.ca/>

Diabetes Central Ottawa

Services for those over 17 years of age living with prediabetes or type 2 diabetes. Intake & Referral program provides a centralized way for individuals to access community education and support in Ottawa and Kemptville if they are 18 years of age or older and living with prediabetes or type 2 diabetes. Central referral form provides a single referral form for healthcare providers to give adult patients access to effective community diabetes education.

613-238-3722

<https://diabetesottawa.ca/>

Heart Disease

Heart & Stroke Foundation of Canada

Helpful drop-down menu. Information describing what heart disease and stroke are, the signs/symptoms, and recovery and support

Phone: 1-888-473-4636

<https://heartandstroke.ca/>

Multiple Sclerosis

MS Society of Canada

Information on MS, self-help tools, legal services, advocacy, peer support, friendly visiting, and support for caregivers and young people with MS.

MS Navigator: msnavigators@mssociety.ca //
Phone: 1-844-859-6789

General Inquiries: info@mssociety.ca // Phone: 1-800-268-7582

<https://mssociety.ca/>

Stroke

Champlain Regional Stroke Network

Information on stroke care and recovery and caregiver support

613-798-5555 ext. 16153

<https://crsn.ca/>

Heart & Stroke Foundation of Canada

Helpful drop-down menu

Information describing what heart disease and stroke are, the signs/symptoms, and recovery and support

1-888-473-4636

heartandstroke.ca

Elisabeth Bruyère Hospital Inpatient Stroke Rehabilitation

33-bed specialized stroke rehab program, including comprehensive assessments and intensive, daily therapies in an environment designed to reinforce and consolidate new skills. 613-562-6262 ext. 1488

<https://www.Bruyère.org/en/inpatient-stroke-rehab>

Neurologic Physiotherapy

Physiotherapy and rehabilitation centre for the treatment of neurological injuries and conditions, including recuperating from a stroke

info@neurogymrehab.com // 613-523-9905

<https://neurogymrehab.com/>

END OF LIFE RESOURCES

End-of-life Planning

Advance Care Planning (ACP) Canada

Advance Care Planning is a process of reflection and communication. It is a time for you to reflect on your values and wishes, and to let people know what kind of health and personal care you would want in the future if you were unable to speak for yourself.

<https://www.advancecareplanning.ca/>

Legal support (Wills, Powers of Attorney)

While it is always recommended that legal advice be sought from a lawyer, there are relevant publications provided by the Government of Ontario at:

<https://www.publications.gov.on.ca>

Compassionate Ottawa

Compassionate Ottawa is a community movement that works to change the way we think about living well, dying, death and grief and to strengthen the capacity of people to care for each other in times of serious illness and loss. Offers Advanced Care Planning & grief and bereavement workshops

info@compassionateottawa.ca // 613-232-4025

<https://compassionateottawa.ca/>

Speak Up Ontario

“Offers a variety of Advanced Care Planning resources in French and English to all including First Nations communities and people.”

<https://www.advancecareplanning.ca/resource/ontario/>

Hospice

Canadian Hospice Palliative Care Association (CHPCA)

Online resources for caregivers or patients, including webinars on hospice palliative care topics

info@chpca.ca // 613-241-3663 or 1-800-668-2785

<http://www.chpca.net>

Home Hospice Association

Information on programs which recognize a range of losses and experiences.

info@homehospiceassociation.com

Hospice Palliative Care Ontario (HPCO)

Resources for patients and caregivers through the caregiver support portal in French and English and for First Nations people.

info@hpco.ca // 416-304-1477 or 1-800-349-3111

<https://www.hpco.ca/>

Canadian Virtual Hospice

Resources for caregivers and patients and online support discussion forums. Direct inquiries to a team of doctors, clinical nurse specialists, social workers, a pharmacist, and a spiritual care advisor who specialize in the care of individuals and families living with terminal illness or loss

Email: info@virtualhospice.ca

<http://www.virtualhospice.ca>

Hospice Care Ottawa

A community-based charitable organization offering palliative and end-of-life programs and services to people living in the City of Ottawa. All services are offered at no charge to clients and their families. Provides Community Hospice Care programs such as in-home visits and day hospice, Residence Hospice Care, Bereavement Care and Caregiver Support.

613-260-2906

<https://www.hospicecareottawa.ca/>

MAID (Medical Assistance in Dying)

Bridge C-14

A network of peer-to-peer connections and community supports through all stages of medical assistance in dying (MAID).

bridgec14org@gmail.com

<https://www.bridgec14.org/>

Canadian law on MAID

Information on eligibility, procedures, reporting

<https://www.canada.ca/en/health-canada/services/medical-assistance-dying.html>

Dying with Dignity Ottawa Chapter

Ottawa chapter of Dying with Dignity Canada

office@bfo-ottawa.org // 1-877-389-1251

https://www.dyingwithdignity.ca/ottawa_chapter

“In sure and certain hope” Anglican Church of Canada

Resources to assist pastoral and theological approaches to physician-assisted dying.

416-924-9192

Resource document:

<https://www.anglican.ca/wp-content/uploads/In-Sure-and-Certain-Hope.pdf>

<https://www.anglican.ca/faith/focus/ethics/pad/>

Dying with Dignity National Chapter

DWDC is the national human-rights charity committed to improving quality of dying, protecting end-of-life rights, and helping Canadians avoid unwanted suffering. Can help you navigate your end-of-life options.

info@dyingwithdignity.ca //416-486-3998 or 1-800-495-6156

<https://www.dyingwithdignity.ca/>

Palliative Care

Canadian Hospice Palliative Care Association (CHPCP)

Online resources for caregivers or patients, including webinars on hospice palliative care topics

info@chpca.ca // 613-241-3663 or 1-800-668-2785

<http://www.chpca.net>

Community Palliative Medicine Associates

Partnership of family physicians dedicated to delivering quality in-home palliative care to patients with a life-limiting illness (includes physicians dedicated to Bells Corners area). Provides patient-centered medical care and symptom management support to relieve suffering and enhance quality of life

613-801-0035

<https://www.cpmaottawa.ca>

Champlain Health Line

Provides regional health and service information for end-of-life care

Phone: 310-2222

<http://champlainhealthline.ca>

Death / End-of-Life Doulas

Support from diagnosis to death through knowledge of the dying process, by offering loving care, a listening ear, heartfelt dialogue, and counsel with a human touch.

<https://www.deathdoulaottawa.ca/>

Home and Community Care Support Services

Formerly: Champlain LHIN, CCAC

In-home Resources and services, as well as additional links and resources including brochure and referral form for Regional Palliative Consultation Team

Phone: 310-2222

www.healthcareathome.ca/champlain/en/getting-care/getting-care

Hospital Elisabeth Bruyère - Palliative Care Unit

Provides bilingual care to patients and families in hospital, including short hospital admissions to manage difficult pain and symptoms or admissions for care at the end of life when the individual's care needs cannot be met in other settings

613-562-6262 ext. 1000

<https://www.Bruyere.org/en/palliative-care>

Roger Neilson House

Palliative care, hospice, respite and grief and bereavement Resources for infants, children, and youth at end-of-life and their families

info@rogerneilsonhouse.ca // 613-523-6300 ext. 4600

www.rogerneilsonhouse.ca

Hospice Care Ottawa

A community-based charitable organization offering "palliative and end-of-life programs and services to people living in the City of Ottawa." All services are offered at no charge to clients and their families.

613-260-2906

<https://www.hospicecareottawa.ca/>

Palliative Care Toolkit for Aboriginal Communities

Resource toolkit and reference material for First Nations, Métis, and Inuit families and communities to help support individuals with cancer who have palliative care needs.

<https://www.cancercareontario.ca/en/guidelines-advice/treatment-modality/palliative-care/toolkit-aboriginal-communities>

St. Vincent's Hospital - Part of the Bruyère Hospital

Specialized program of care that aims to improve and maintain function for patients with complex care needs, by providing them with required services, support, and a possibility of transition back into the community.

613-562-6262 ext. 2805

<https://www.Bruyère.org/en/s-saint-vincent-hospital>

MENTAL HEALTH RESOURCES

For counselling services and mental health resources, see [Bereavement and Grief](#)

Counselling Support

1 Call 1 Click

Is a simple way for children, youth, and families to access the right mental health and addiction care, at the right time. Available to assist infants, children, and youth from birth to 21 years of age.

613-260-2360 or 1-877-377-7775

<https://1call1click.ca/en/index.aspx>

Canadian Mental Health Association (CMHA)

Offers individual, family, youth bereavement counseling and support groups.

general@cmhaottawa.ca // 613-737-7791

<https://ottawa.cmha.ca/>

Counselling & Family Services Ottawa

Offers counselling and support services to individuals, couples, and families in French and English, and support programs for the LGBTQ+ community. Fees are based on a sliding scale (i.e. annual income and number of dependent).

613-233-8478

<http://www.cfsottawa.ca> info@cfsottawa.ca

Elder Abuse Prevention Ontario

We provide support to seniors affected by abuse, foster public awareness, deliver training and community building.

24/7 Senior Safety Line: 416-916-6728 or 1-866-299-1011

<https://eapon.ca/>

Access MHA - Mental health and addiction

For youth 16 and over. One Starting Point, one referral, one assessment process. AccessMHA (Mental Health & Addictions) makes it easier to help find free mental health and/or substance use/addiction support, services, and care.

inquiries@accessmha.ca

<https://www.accessmha.ca/>

Counselling Connect

One-stop centralized intake for same-day or next-day phone or video counselling sessions, offered by several agencies. Available for residents (all ages) of Ottawa and surrounding areas.

<https://www.counsellingconnect.org/>

Credit Counselling Society Ottawa

Free debt help and debt relief.

613-234-0505

<https://nomoredebts.org/>

Family Services Ottawa

Offers counselling and support services in French and English provided by trained counsellors to anyone living in Ottawa (families, youth, adults) who is going through a hard time. Service fees are based on a sliding scale based on income.

info@familyservicesottawa.org // 613-725-3601

www.familyservicesottawa.org

Hope for Wellness Help Line

Experienced and culturally competent HelpLine counsellors can help if you want to talk, are distressed, have strong emotional reactions, or may be triggered by painful memories. Telephone and online counselling are available in English and French. On request, telephone counselling is also available in Cree, Ojibway, Inuktitut.

Connect online: www.hopeforwellness.ca // 1-855-242-3310

<https://www.sac-isc.gc.ca/eng/1576089519527/1576089566478>

Ottawa Pastoral Counselling A Community Ministry of the Anglican Diocese of Ottawa

Offers counselling and psychotherapy services for individuals, couples, and families of all religions. The centre is LGBTQ2-friendly.

opc@ottawa.anglican.ca // 613-235-2516

<https://www.ottawapastoralcounsellingcentre.ca/index.php>

Serenity Renewal for Families (Addiction)

Offers counselling to individuals, youth, and families, support groups, and programs and workshops for those impacted by addiction, trauma, and grief.

info@serenityrenewal.ca // 613-523-5143

<https://www.serenityrenewal.ca/>

Ottawa Community Immigrant Service Organizations (OCISO)

OCISO directly serves about 10,000 immigrants and refugees every year. We have four locations in Ottawa (central, east, and south). Our multi-faceted programs and services are delivered in over 50 languages to clients from 120 countries by OCISO's team of knowledgeable, skilled, and professional staff. Services include settlement and integration, language instruction, multicultural liaison, employment, clinical counselling, and community economic development.

info@ociso.org // 613-725-0202

<https://ociso.org/ociso/>

Rideauwood Addiction and Family Services

Rideauwood is a specialist in substance use, behavioural addictions, and mental health.

613-724-4881

<https://www.rideauwood.org/>

Distress Lines/Crisis Resources (telephone support)

911 for emergencies only

Centre de prévention du suicide de Québec

Offrent des services de prévention, intervention et postvention. Service offert seulement au Québec.

accueil@cpsquebec.ca // 1-866-277-3553

<https://www.cpsquebec.ca/en/>

Mental Health Crisis Line

Offers telephone support in French and English to those experiencing psychological distress 24 hours/day. Calls can be transferred to the local crisis team if needed.

613-722-6914 or 1-866-996-0991

<https://crisisline.ca/>

Seniors' Safety Line

A 24/7, confidential and free resource that provides information, referrals, and support in over 150 languages for seniors experiencing abuse.

Connect online: www.awhl.org/online-chat // 1-866-299-1011

<https://eapon.ca/seniors-safety-line/>

Tel-Aide Outaouais

Ligne de crise de 24 heures pour les francophones vivant à Ottawa et Gatineau.

Ottawa phone: 613-741-6433

Gatineau phone: 819-775-3223

Phone: 1-800-567-9699

<https://telaideoutaouais.ca/>

Distress Centre Ottawa

Offers confidential, emotional mental health support, crisis intervention, information referral, and education services 24 hours/day by trained volunteers in French and English.

Distress Line phone: 613-238-3311

Crisis Lines phone: 613-722-6914 or 1-866-996-0991

<https://www.dcottawa.on.ca/>

Ontario Network of Sexual Assault / Domestic Violence

Provide leadership and support to 37 hospital-based sexual assault and domestic violence treatment centres across Ontario. Our members are the staff and healthcare professionals of the SA/DV treatment centres that, together, form the Network. Our goal is to provide victims/survivors of sexual violence and domestic violence with comprehensive, quality care and support.

416-323-7327

<https://www.sadvtreatmentcentres.ca/>

Suicide Prevention Ottawa

Provides Applied Suicide Intervention Skills Training (ASIST) and safeTALK throughout the city: a cornerstone of our suicide prevention efforts in Ottawa.

613-729-1000

<https://suicidepreventionottawa.ca/>

Psychological Services

Canadian Counselling & Psychotherapy Association

A counsellor can offer ongoing grief counselling. There is a cost associated with this service. Some of them provide sliding scale pricing.

613-237-1099 or 1-877-765-5565

<http://www.ccpa-accp.ca>

College of Psychologists of Ontario

A psychologist can offer ongoing grief counselling. There is a cost associated with this service. The cost may be covered by your private insurance with a prescription from your doctor.

416-961-8817

https://members.cpo.on.ca/public_register/new

Centre for the Treatment of Childhood Sexual Abuse

Services provided by students under supervision including grief and loss.

info@centrefortreatment.com // 613-233-4929

<http://centrefortreatment.com>

Psychology Today

Find local psychologists, therapists, counselling, treatment centres, online therapy, and support groups across Canada.

<https://www.psychologytoday.com/ca/therapists>

SERVICES FOR SENIORS

Abuse and Advocacy

Advocacy Centre for the Elderly

Community-based legal clinic for low-income senior citizens.

<http://www.advocacycentreelderly.org/>

Elder Abuse Prevention Ontario

We provide support to seniors affected by abuse, foster public awareness, deliver training and community building

24/7 Senior Safety Line: 1866-299-1011

<https://eapon.ca/>

Council on Aging of Ottawa

Serves as a leading community voice in both official languages for Ottawa's seniors. Our aim is to help Ottawa become more Age-Friendly by identifying and addressing issues and services that impact the lives of seniors.

<https://coaottawa.ca/>

National Institute on Aging (US)

Abuse - definitions, signs of, help, long-term effects of

<https://www.nia.nih.gov/health/elder-abuse>

Ottawa Police Services

(911 for emergencies only)

Senior's Safety Line

A 24/7, confidential and free resource that provides information, referrals, and support in over 150 languages for seniors experiencing abuse.

1-866-299-1011

<https://eapon.ca/seniors-safety-line/>

Companionship & Services

AgeWell

AGE-WELL is a unique Canadian network that brings everyone together to develop technologies and services for healthy aging. We're also training the next generation of innovators in this field and making Canada a world leader in technologies that help aging populations everywhere.

info@agewell-nce.ca // 416-597-3422 ext.7778

<https://agewell-nce.ca/>

A Friendly Voice

A free, confidential "warm line" for older Ontarians, 55+ who just want to chat with a friendly person who cares, without expectations or judgment. Whether you're struggling with loneliness or simply looking to stay socially healthy and add some connection to your routine, we offer an empathetic ear and good conversation. Maybe it's been a while since you talked to someone, or maybe you're grieving a loss, or maybe you just want to gush about your new grandbaby. A Friendly Voice is here to listen.

afriendlyvoice@rosss.ca // 613-692-4697 or 1-855-892-9992

<https://afriendlyvoice.ca/>

Bag Half Full

Our goal is to assist the elderly, those who are immunocompromised, and those who are self-isolating by providing them with free grocery shopping and delivery services. We launched this program to promote community health, safety and accessibility amidst the COVID-19 pandemic.

780-952-7101

<https://www.baghalffull.com/ottawa>

Barrhaven Seniors' Council

To relieve conditions attributable to being aged by providing social and recreational activities to aged persons experiencing loneliness and isolation, decreased physical strength and motor skills, and other physical and mental ailments

613-440-3620

<https://barrhavenseniors.com/home>

Canadian Frailty Network

Canada's sole network devoted to improving care for older Canadians living with frailty and supporting their families and caregivers.

info@cfn-nce.ca // 613-549-6666 ext. 7986

<https://www.cfn-nce.ca/>

Council on Aging of Ottawa Smart Aging

The *Smart Aging Core Program* is a series of eight weekly workshops covering key topics facing seniors today. Each workshop is designed to provide you with the information you need, before you need it, to make smart decisions at key transition points in your life. The COA has developed four new stand-alone workshops as part of the Smart Aging Program.

coa@coaottawa.ca // 613-789-3577 or 613-789-4406

<https://coaottawa.ca/smartaging/>

Home Instead Senior Care

Home Instead provides trustworthy, kind-hearted, senior home care services in your loved one's home. Personal Services: bathing, dressing, incontinence care/toileting, mobility assistance. Alzheimer's or Other Dementias Care: managing behaviors, encouraging engagement, assisting with Activities of Daily Living, keeping seniors safe. Transitional Care Services: transportation prescription pick-up, discharge assistance

888-683-6128

<https://www.homeinstead.ca/ppc/dual/employment-home-care-services/>

Connected Canadians

Is an organization that seeks to reduce isolation and loneliness and promotes digital literacy skills amongst older adults by providing free technology training and support. Uses a customized, hands-on learning centred approach. Volunteers with a high comfort level in technology are paired with senior clients.

info@connectedcanadians.ca

<https://www.connectedcanadians.ca/>

Good Companions

A non-profit multi-service seniors' centre, providing opportunities for older adults to participate in social, recreational, educational, and volunteer activities and benefit from social and health services.

info@thegoodcompanions.ca // 613-236-0428

<https://thegoodcompanions.ca/>

ROSSS

Rural Ottawa South Support Services

ROSSS is a non-profit, charitable organization committed to excellence in the delivery of rural community support services. It champions the rights of seniors, people with disabilities, and caregivers. Social programs and meals-on-wheels.

info@rosss.ca // 613-692-4697

<https://rosss.ca/>

South Nepean Community Health Centre (SNCHC)

SNCHC covers the Nepean (including Barrhaven), Rideau and Osgoode. The Health Promotion teams work in Parkwood Hills, Tanglewood, Manordale, Bells Corners, and Barrhaven.

613-820-4922

<https://www.pgchc.com/services/Health-Promotion-SNCH>

Tea & Toast

Tea & Toast advisors guide you through a four-step process to find your perfect retirement home. We work with you to uncover your needs, wants, budget and location preferences.

info@teaandtoast.ca // 613-698-1319

<https://www.teaandtoast.ca/>

Sweatergang Companions

Provide lifestyle assistance to seniors: respite, companionship, personal care, daily phone calls, light housekeeping, grocery shopping, transportation.

info@sweatergangcompanions.ca // 1 800-927-0985

<https://www.sweatergangcompanions.ca/>

Western Ottawa Community Resource Centre (WOCRC)

Community Support Services programs are available to adults aged 55+ and adults with a disability living in the communities of Kanata, Stittsville, Nepean, and West Carleton. Community Support Services are for individuals who need support to function independently at home because of a disability, illness, or limitation due to aging. Also known as home and community care, these services help individuals live at home and keep connected with their community.

info@wocrc.ca // 613-591-3686

<https://wocrc.ca/>

Home Care & Other Resources

Carefor

"Carefor Health & Community Services in Ottawa offers a wide range of in-home care and community support services designed to meet the needs of our community, including nursing and palliative care, rehabilitation, respite care, community support services and retirement care."

info@carefor.ca // 613-749-7557

<https://carefor.ca/>

Centre de service Guigues Montfort Renaissance

Helps people who are struggling with addiction, mental health, homelessness or age-related issues. Housing services include programs that focus on providing people at risk of homelessness both housing and the support services they require in order to keep their housing and increase their autonomy. These services are primarily intended for people living or having lived in a state of chronic homelessness as well as for people with a severe and persistent mental illness or concurrent disorders.

info@mri.ca

<https://montfortrenaissance.ca/en/?scrolled>

FAMSAC

Food cupboard

Provides emergency food assistance to the communities of Bayshore, Bells Corners, Crystal Beach, Craig Henry, Manordale, Trend Village

613-820-5428

<http://famsac.ca/>

Home Instead

Personalized in-home senior care services

Provides trustworthy, kind-hearted, senior home care services in your loved one's home. All Caregivers are thoroughly screened, extensively trained, professional, and reliable.

888-353-1970

<https://www.homeinstead.ca/ppc/dual/employment-home-care-services/>

Nurse on Board

Health care management for seniors and their families.

info@nurseonboardottawa.ca
613-656-1956 or 1-833-233-1445

<https://www.nurseonboard.ca/>

Ottawa Public Health

Provides public health programs and services to individuals and communities while advocating for public policies that make our city and its residents healthier.

613-580-6744

<https://www.ottawapublichealth.ca/en/index.aspx>

Home and Community Care - Ottawa

Formerly LHIN and CCAC

Offers patient and caregiver resources. Our name has changed but local services and contact information remain the same, including home and community care and long-term care home placement. Health system planning and funding functions are now part of Ontario Health.

310-2222 or 1-800-538-0520

<http://healthcareathome.ca/champlain>

Massotopia

Mobile massage therapy

Registered massage therapy in the comfort of your own home.

<https://massotopia.ca/>

Ottawa-Carleton Association for People with Developmental Disabilities (OCAPDD)

OCAPDD/Open Hands provides support to persons with developmental disabilities including seeking work opportunities, securing living arrangements, or dealing with day-to-day tasks. Since a third of OCAPDD's clients are also affected by physical disabilities and other medical considerations, the scope of the organization's support is in direct response to the level of need.

ocapdd@ocapdd.on.ca // 613-569-8993

<https://www.ocapdd.on.ca/>

Right at Home

Right at Home exists to be your guide to successful living at home. Right at Home provides a range of in-home care options for seniors and adults with disabilities.

613-842-8014

<https://www.rightathomecanada.com/ottawa>

WOCRC - Western Ottawa Community Resource Centre

Community Support Services available to adults aged 55+ and adults with a disability living in the communities of Kanata, Stittsville, Nepean, and West Carleton. Community Support Services are for individuals who need support to function independently at home because of a disability, illness, or limitation due to aging.

info@wocrc.ca // 613-591-3686

<https://wocrc.ca/>

Housing – Seniors Retirement Residences

Chartwell

Empress Kanata Retirement Residence

170 McGibbon Drive, Kanata // Phone: 613-366-0726

<https://chartwell.com/en/retirement-residences/chartwell-empress-kanata-retirement-residence/overview>

Stillwater Creek Retirement Residence

2018 Robertson Road, Nepean // Phone: 613-366-6161

<https://chartwell.com/en/retirement-residences/chartwell-stillwater-creek-retirement-residence/overview>

Stonehaven Senior Apartments

70 Stonehaven Drive, Kanata 613-366-0725

<https://chartwell.com/en/retirement-residences/chartwell-stonehaven-senior-apartments/overview>

Harmer House

Offers comfortable living in a safe and secure environment, located in the Ottawa west-end area, Bells Corners.

execdir@harmerhouse.ca // 613-726-8882 ext. 222

<http://harmerhouse.ca/>

Riverpark Retirement Residence

1 Corkstown Road, Nepean // Phone: 613-366-6091

<https://chartwell.com/en/retirement-residences/chartwell-riverpark-retirement-residence/overview>

Stonehaven Retirement Residence

70 Stonehaven Drive, Kanata // Phone: 613-663-2968

<https://chartwell.com/en/retirement-residences/chartwell-stonehaven-retirement-residence/overview>

Revera

Lynwood Park - Independent Supportive Living

1 Eaton Street, Nepean, ON K2H 9P1 // Phone: 613-596-6969
<https://reveraliving.com/en/live-with-us/ontario/nepean/lynwood-park>

Sienna Red Oak

Retirement Residence, Seniors' apartments, Independent Living, Respite stays

3501 Campeau Drive, Kanata, ON K2A 0C1 // Phone: 613-592-6426

<https://www.siennaliving.ca/retirement/ontario/red-oak-retirement-residence/feature/red-oak-at-a-glance>

Thorncliffe Place

Family owned and operated

1 Thorncliffe Place, Ottawa, ON K2H 2N9 // Phone: 613-596-3853

<https://thorncliffeplace.com/>

Valley Stream

2 Valley Stream Drive, Nepean, ON K2H 0A5 // Phone: 613-232-2202
<https://reveraliving.com/en/live-with-us/ontario/nepean/valley-stream>

Spring Living - Robertson House

1 Mill Hill Road, Nepean, ON K2H 9L6 // Phone: 613-721-0886

<https://www.springliving.ca/property/robertson-house/>

Viva Barrhaven

275 Tartan Dr., Nepean, ON, K2J 6A9 // Phone: 613-823-0220

<https://vivalife.ca/vva-barrhaven/>

Long-term Care and Assisted Living Residences

Chartwell

Empress Kanata Memory Care

170 McGibbon Drive, Kanata // Phone: 613-366-0726

<https://chartwell.com/en/retirement-residences/chartwell-empress-kanata-memory-care/overview>

Stillwater Creek Assisted Living

2018 Robertson Road, Nepean, ON K2H 1C6 // Phone: 613-366-6090

<https://chartwell.com/en/retirement-residences/chartwell-stillwater-creek-assisted-living/overview>

Riverpark Assisted Living

1 Corkstown Road, Nepean // Phone: 613-366-6091

<https://chartwell.com/en/retirement-residences/chartwell-riverpark-assisted-living/overview>

Community Care - Sienna Red Oak

3501 Campeau Drive, Kanata // Phone: 613-592-6426

<https://www.siennaliving.ca/long-term-care>

Extendicare

New Orchard Lodge

99 New Orchard Ave. N., Ottawa, ON K2B 5E7 // Phone: 613-820-2110

<http://www.extendicareneworchardlodge.com/>

Peter D. Clark Centre

9 Meridian Place, Nepean, ON, K2G 6P8 // Phone: 613-274-2671

<https://www.ontario.ca/locations/longtermcare/homes/M609-peter-d-clark-centre>

West End Villa

2179 Elmira Drive, Nepean, ON K2C 3S1 // Phone: 613-829-3501

<http://www.extendicarewestendvilla.com/contact/visitors/>

Revera Longfields Manor Long Term Care

330 Beatrice Drive, Nepean // Phone: 613-823-8999

<http://carecommunityottawa.ca/listing/revera-longfields-manor-long-term-care/>

Medical System Access Resources

Health clinics in Bells Corners

Appletree Medical Group

Ontario's largest network of physicians and specialists offers a walk-in clinic and virtual care options.

Open 7 days a week, hours vary
Phone: 613-482-0118

<https://appletreemedicalgroup.com/>

Recovery Care

A harm-reduction clinic for substance use disorders for legal or illegal drugs, including opioids, narcotics, and alcohol.

Open Mon. - Fri. 9:00 - 3:30
2006 Robertson Road, Ottawa K2H 1A5
Phone: 613-903-6006

<https://recovery.care/>

Bells Corners Medical Group

An independent clinic with 6 doctors & 2 nurses caring for patients of all ages, from infants to seniors.

Mon. - Thurs. (9:00 - 4:00); Fri. (9:00 - 3:00);
closed weekends

15 - 2006 Robertson Road, Ottawa K2H 1A5
info@bellscornersmedical.ca // 613-596-0911

<https://www.bellscornersmedical.ca/>

Champlain Health Line

Provides links for health and health care options to support decision-making.

<https://www.champlainhealthline.ca/>

Queensway Carleton Hospital

The hospital which serves the Bells Corners and surrounding communities. Cornerstone Programs: Acute Rehabilitation, Childbirth, Critical Care, Emergency, Geriatric, Medicine, Mental Health, Surgery.

3045 Baseline Road, Ottawa, K2H 8P4
Phone: 613-721-2000 or 1-888-824-9111

<https://www.qch.on.ca/>

Wellwise by Shopper's Drugmart **e.g., walkers, chairs, etc.**

A wide range of products and services designed to help you age with strength, determination, and passion. Helping Canadians take control of how they age, stay longer in the home they love, and provide the help they need to make the most of every day.

<https://shop.wellwise.ca/>

Home and Community Care Support Services

Formerly LIHN

Offers patient and caregiver resources. The name has changed but local services and contact information remain the same, including home and community care and long-term care home placement. Health system planning and funding functions are now part of Ontario Health.

Phone: 310-2222 (no area code required) or 1-800-538-0520

<http://healthcareathome.ca/champlain/en>

The Perfect Smile

The Perfect Smile team travels to homes and retirement residences throughout the region to deliver dental care.

52 Glendenning Dr, Nepean, K2H 7V9
info@thepperfectsmile.ca // 613-898-2292

<https://thepperfectsmile.ca/>