

Daily Programs

- **Food Bank** at 6 Epworth Ave: Tuesdays, Wednesdays, and Fridays 9:00am-11:30am & 1:00pm-4:00pm.
- **Food Bank** at 1475 Caldwell Ave: Thursdays 10:00 am-12:00 pm & 1:00pm-3:00pm.
- **Hot Breakfast** at 1475 Caldwell ave: 8:00am-9:30am.
- **Hot Lunch** at 1475 Caldwell Ave: 1:00pm-2:30pm.
- **Drop-in (Tea and Coffee)** at 1475 Caldwell Ave: 8:00 am-3:00pm.
- **Computer Cafe** at 1475 Caldwell Ave: Mondays, Tuesdays & Wednesdays 8:30am-3:00pm.



Holidays may affect these hours.

Visiting Programs at 1475 Caldwell

- **Immigrant Serving Organizations.** Every other Thursday, starting September 19th, 2024.



- **Stitch & Style Society Sewing Club.** Every Wednesday 1:00pm-3:30pm.
- **After School Program (Grade 3-6).** Monday, Tuesday, Wednesday 3pm-6pm. Contact: ssaad@carlingtonchc.org
- **Family Support Worker,** Carlington Community Health Centre. Tuesdays 9:00am-3:00pm & Thursdays 10:00am-3:00pm Contact: eyeadon@carlingtonchc.org

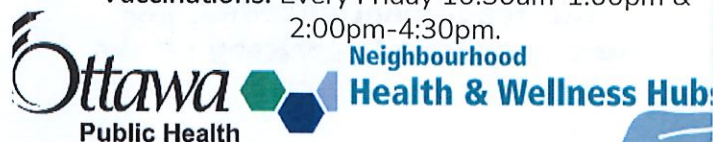


- **Impact Now Youth Empowerment Program.** Facilitated by Rise Academy Every Monday 4:30pm-7:00pm. Contact: info@riseacademy.ca



No appointment needed for the following services:

- **Dental Screening.** For more information please contact: programs@caldwellcentre.ca
- **Employment & Social Services.** Every Thursday 10:30am-3:30pm.
- **Vaccinations.** Every Friday 10:30am-1:00pm & 2:00pm-4:30pm.



External Services

- ✓ **CCRW/CCRT Employment Services**
Contact: www.ccrw.org
- ✓ **The ID Project- Helping you obtain ID.**
Contact : mgeorge@ottawamission.com or cscshub@ottawa.ca.
- ✓ **Food Services Training Program- The Ottawa Mission- Chef Ric's**
Contact: 613-518-1415 ext. 1004 fstp@chefrics.com
- ✓ **Basic Computer Skills For Job Seeker**
Contact: 613-234-2494 info@pwc-ottawa.ca
- ✓ **Mental Health Services through The Royal Ottawa**
Visit 1475 Caldwell for more information.
Income Tax Clinic, CCHC
Contact: 613-261-1484 tax_volunteer@carlingtonchc.org
www.carlingtonchc.org
AI for Seniors
Contact: programs@caldwellcentre.ca

For more information please visit our community board or contact us.



Hidden Gemz Thrift

Located behind 1475 Caldwell Ave:
Thursdays and Fridays 9:00am-12:00pm
& 1:00pm-3:00pm.

Clothing Assistance Program

Assistance in attaining clothing and shoes. Please contact your social worker or associated agency to book appointment.

Caldwell Catering

For all your catering needs please contact: noe.ligot@caldwellcentre.ca



Pet Resource

Pet Resource Bank 9:30am-10:00am
at 1475 Caldwell.
February 28th
March 28th
April 25th
May 23rd
June 27th
July 25th
August 22nd
September 26th
October 24th
November 28th
December 19th



Connect with Us

613-728-1800

info@caldwellcentre.ca

1475 Caldwell Ave Ottawa, ON
6 Epworth Ave Ottawa, ON



Volunteer with us today! Please contact
Bonnie Shaw, ext.302,
humanresources@caldwellcentre.ca
or visit our website to join our volunteer
team.



**Caldwell Family Centre is located on
the traditional unceded, and
unsurrendered territory of the
Anishinaabe Algonquin People.**

Caldwell Family Centre

RESPECT • COLLABORATION •
EMPOWERMENT • SECURITY

Last updated February 2025




CALDWELL
FAMILY CENTRE FAMILIAL
FOR PEOPLE WITH PEOPLE — POUR LES GENS AVEC LES GENS

