



MONTHLY NEWSLETTER:

OCTOBER 2016

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

**215-1980 Ogilvie
Road, Gloucester ON**

K1J 9L3

613-741-6025

info@eorc-creo.ca

www.eorc-creo.ca



FREE

Keeping It Cool

Conflict solutions program:

A community response to anger related problems

For Males 15-18 years old

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

*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? Thursdays October 13th- December 1, 2016

(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, please contact:

Keri Tallack at: 613-741-6025 ext. 129



This program is bilingual

How they hook you?

- Ask to crash on the couch
- Give free dope or clear your debt
- Offer women for sexual favours
- Offer protection

Do you feel
threatened in your home?
Can't get rid of
unwanted guests?

You have every right to take back
your place.

You can call the
OTTAWA POLICE at
613-236-1222

Ext: 7300

For more info, visit crime
prevention ottawa website:
www.crimepreventionottawa.ca

Intake, Resource & Referral

P. 1

Home Take over

is an arising issue in Ottawa and its' surrounding areas.

What is a Home take over?

A takeover is when a friend, relative or someone you know takes over your home. They may use it to crash, sell drugs, do illegal activities or steal from you. As the tenant, you are responsible for what happens in your home.

A home takeover could happen to you, your neighbours or someone you care about. You need to get help. It's important to know the warning signs and what you can do about them.



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...

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

Self-Care

Why is it that when we are stressed, the first thing to do is Self-Care? We all know that violence creates stress and going back to school, the cooler months ahead to be followed shortly by the holiday seasons, guess what? More stress or should we say instead; life and all of its seasons and life challenges. It is true for many of us, that we are often way too busy to even entertain the notion of self-care or doing something nice or relaxing for ourselves.

Yet, this is exactly what is often needed to make better decisions, improve our health, sleep and general well-being. Taking care of others is often an automatic reflex and may seem easier to do than taking time to care for yourself. At this time of the year self-care needs to be your number one gift to others. We all know the saying “If you do not take care of YOU, how can you care of Others”?

There are hundreds of ways to care of yourself and you alone know what is affordable, possible and useful. The first step is for you to be the **FIRST** choice and do it. The idea behind any activity or action you do choose, is to disconnect temporarily from your present stressful state and to relax, laugh, decompress, forget temporarily or pause for a moment to put aside your stressful or preoccupied state.

This can be done by checking out various website links regarding “self-care” or “how to reduce stress” as titles, this can give you more ideas and suggestions of various self-care activities, but you will also find some other suggestions that are easy to implement below.

When you feel stressed and need a calm mind, try focusing on the sensations around and within you—sights, smells, sounds, tastes, touch... This will help you focus on the present moment, giving you a break from your worries. (Mindfulness)

Some of my favorites activities are:

- Listening to music that brings back happy times and memories (dancing or swaying)
- Breathe in fresh air and practice various breathing techniques to relax
- Take a wake up shower with your favorite smelling soap,
- Sit outdoors by a fire-pit, watching the flames and listening to the night sounds.
- Take a warm relaxing bath with scented candles and add the happy memories music (or not)
- Burn some scented candles (aromatherapy).
- Stare up at the sky (morning or night)– breathing the fresh cool air slowly.
- Lie down where the afternoon sun streams in a window.
- Read a good book, sing, draw, dance, cook...

Pick a different activity every day, take a little time for yourself. It is the best investment and gift you can give to others and yourself. Treat yourself today!



**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.**

**PLEASE CALL
613-741-6025
EXT: 300 TO
REGISTER.**

Come Celebrate With Us

The month of October is Ontario's Community Support Services Month. Come celebrate the services that promote choice and independence for older adults, seniors, and adults with physical disabilities.

We invite you to join us for an afternoon of fun, wellness and information on Friday October 14th, 2016 from 1:00pm - 3:30pm

at 1515 Tenth Line Rd., Orleans. Activities include:

1:00 pm Meet and Greet

light refreshments provided by Alavida Lifestyles

2:00 pm Presentation: The who, what, when, where of aging at home.

A look at the service providers in Ottawa's East end.

2:30 pm Learn more about your Community Support Services such as Meals On Wheels, Foot Care, Medical Transportation and more!

Attend a blood pressure clinic plus meet our partners including The Alzheimer Society of Ottawa and Renfrew County and Parkinson Society Canada plus more!

Stop by to find out about our exciting volunteer opportunities and have a chance to win some great door prizes!

Our Services:

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

CRISIS INTERVENTION AND SUPPORT – ext.:325

MEALS ON WHEELS – ext.: 331

FRIENDLY VISITING – ext.: 322

TRANSPORTATION – ext.: 300

TELEPHONE ASSURANCE – ext.: 322

GROCERY BUS – ext.: 326

SUPPORT FOR CAREGIVERS – ext.: 322

HOME MAINTENANCE & HOME HELP - ext.: 326

RESPIRE CARE – ext.: 326

FOOT CARE – ext.: 322

WELLNESS & FITNESS - ext.: 325

GOING HOME – ext.: 326

DAY PROGRAM – ext.: 321 / ext.: 327

SNOW GO/ASSIST – ext.: 326

SENIOR DRIVER RENEWAL PROGRAM – 1-800-396-4233

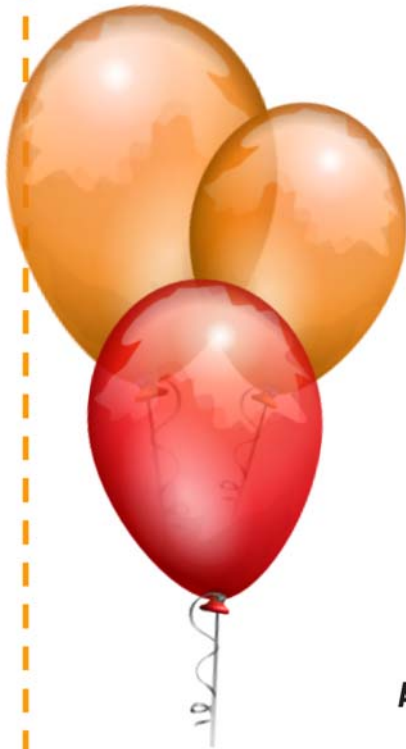
PARKINSON SUPPORT GROUP – 613-722-9238

DIABETES WORKSHOPS – 613-233-4444

PRIMARY CARE OUTREACH - 1-844-726-5115

ELDER ABUSE RESPONSE & REFERRAL - 613-596-5626 ext. 230

For a complete list of community support services available to seniors and persons with disabilities in Gloucester, Orleans, and Cumberland, visit us at www.eorc-creo.ca or call us at 613-741-6025.





We will be starting our highly-anticipated basketball program the week of October 24th and we are looking for volunteer coaches to help us during the practices. We are also more than happy to take in university and college students for their placements/internships. For high school students, this is a fun and flexible opportunity to earn your community hours!

Please see the schedule information below and **please reply to this email with your availability**. Please feel free to forward this email to anyone else who may be interested.

PROGRAM DETAILS

Area	Date	Time	Location
Cyrville	Mondays: October 24 - De-	5:00-7:00pm	Our Lady of Mount Carmel Elementary School: 675 Garden-
Carson Grove	Mondays: October 24 - De-	6:00-8:00pm	Carson Grove Elementary School: 1401 Matheson Road
Orleans	Tuesdays: October 25 - De-	6:00-8:00pm	Convent Glen PUBLIC School: 1708 Grey Nuns Drive
Beacon Hill	Wednesdays: October 26 -	5:15-7:15pm	Brother Andre Elementary School: 1923 Elmridge Drive
Pineview	Thursdays: October 27 -	4:00-6:00pm	John Paul II Elementary School: 1500 Beaverpond Drive
Blackburn	Thursdays: October 27 -	6:30-8:30pm	Good Shepherd Elementary School: 101 Bearbrook Road
Blossom Park	Fridays: October 28 - De-	6:00-8:00pm	Sawmill Creek Elementary School: 3400 D'Aoust Avenue

Thank you very much in advance for your help, dedication, and commitment to our programs. We truly value and appreciate all of our volunteers!

GRDO

Email: volunteer@grdo.ca

Phone: (613) 203-7554

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

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

Tuesday October 11, 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)

October closures : Friday October 7th, Monday October 10th

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

Questions, call 613-741-6025 ext 218



Ontario Early Years Centres
A Place For Parents And Their Children.



Centres de la Petite enfance
Un endroit pour les parents et leurs enfants.

Volunteers needed

We are really 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.



Budget 2017: Have your say

Provide your input on the City budget

The Mayor and Councillors are responsible for guiding and directing where public funds are spent and are always interested in what residents have to say.

Saturday, September 17 10 to 11:30 a.m.	Place d'Orléans Shopping Centre, Community Kiosk	1	Orléans	Bob Monette
Saturday, September 17 10 to 11:30 a.m.	Place d'Orléans Shopping Centre, Community Kiosk	2	Innes	Jody Mitic
Saturday, September 17 10 to 11:30 a.m.	Place d'Orléans Shopping Centre, Community Kiosk	11	Beacon Hill- Cyrville	Tim Tierney
Saturday, September 17 10 to 11:30 a.m.	Place d'Orléans Shopping Centre, Community Kiosk	19	Cumberland	Stephen Blais
Thursday, October 6 6 to 8 p.m.	Jim Durrell Recreation Centre	10	Gloucester- Southgate	Diane Deans

