



# MONTHLY NEWSLETTER:

JANUARY 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



**Hours:**

8:30am to noon and  
1:00 pm to 4:30 pm

Monday to Friday

**Contact Us**

1980 Ogilvie Road  
Suite 215, 2nd floor  
Ottawa, Ontario  
K1J 9L3

Tel: 613-741-6025

Fax: 613-741-7029

TTY: 613-741-3556

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www.eorc-creo.ca

Like us on Facebook




*A total of 1367 applicants were registered to the Caring & Sharing Exchange programs through EORC:*

- Toy Mountain
- Christmas exchange program



*With your generous donations, EORC was able to provide assistance to about 250 children with our programs such as Teen Angel and private sponsorships.*

**We thank you enormously for your generous support!**



**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.**

**You are not alone. We are here to help.**

Three years ago, I met my husband. He was everything a woman dreams to have: very kind and sympathetic. A few months after living together, he started to abuse me physically, verbally, and emotionally. I suffered unimaginable cruelties. The violence had reached its peak and I could no longer live with him. I was ashamed to talk about it, I thought that nobody would believe me because, in public, he was nice with everyone. I decided to leave but I could not execute my plan. One day I decided to talk to a friend who already suspected the situation I was experiencing... She told me to go get help and that nobody would judge me. Today, I am no longer with him. I have rebuilt my life; help other women living in the same situation as I was. This message is for everyone who reads this: "Life is a struggle; it is up to you to decide to pick yourselves up or stay on the carpet. It is worth it to free yourselves. Yes, there are difficult steps to take to leave. However, we need to go seek professional help." You are not alone. We are here to help. Call the following numbers for help: 613-745-4818 or 1 877 336-2433.

**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.**

## Winter Roads

“We are gearing up for our busiest season” says the EORC’s transportation coordinator. Services include transportation to and from essential services such as medical appointments and grocery shopping. “No one likes winter driving and other transportation options become less practical during the winter months”, she says. The EORC’s transportation coordinator recommends “booking well ahead of time whenever possible to avoid disappointment”.

The EORC strives to offer services and programs that are planned with the safety of clients, caregivers, volunteers and staff in mind. Consequently, all transportation and delivery services will be cancelled if the Ottawa Carleton District School Board and/or the Ottawa Carleton Catholic District School Board cancel bus transportation for the day. Local radio stations broadcast cancellations starting at 6:15am. Local school bus cancellations are also announced at [www.ottawaschoolbus.ca](http://www.ottawaschoolbus.ca). All participants will be contacted the morning of. Every attempt will be made to provide access to essential services and basic needs, however, we encourage stocking up 7 days worth of non-perishable food items or frozen meals and bottled water during the winter months. Please contact our Meals on Wheels department at ext. 300.

## 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](http://www.eorc-creo.ca), call us at **613-741-6025 ext. 300** or email us at [info@eorc-creo.ca](mailto: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 men and woman (separately)** 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 and men (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 from January 17<sup>th</sup> to March 7<sup>th</sup> 2017 (for women)**

**Wednesdays from January 18<sup>th</sup> to March 7<sup>th</sup> 2017 (for men)**

(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 (for women)**

**Keri Tallack X129 (for men)**

**613-741-6025**

**This program is bilingual**

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

Playgroup will be closed **December 23<sup>rd</sup> 2016 through January 6<sup>th</sup> 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 17<sup>th</sup>.

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.

### Civic Engagement Celebration and Launch Thursday January 19 | 10:00 – 11:00 with reception to follow

#### Councillor's Lounge, Ottawa City Hall

[Making Voices Count](#) is happy to invite you to a celebration of our achievements and the launch of Making Voices Count: A Kit for Engaging City Decision Makers. We want to thank all residents, community organizations and members of City Council who contributed to the voices of the community being heard in this City Budget process.

As we move ahead, the Civic Engagement Kit will be a key tool for the community to bring our concerns to the attention of city decision makers, and in that way, create a more inclusive city for everyone. Come to learn how you can use it.

Join us on Thursday, January 19th, at 10:00-11:00, reception to follow, Councillors Lounge at City Hall. Childcare costs and bus tickets will be reimbursed for anyone who needs it in order to participate. Please [register on Eventbrite](#) to attend.



Visit us at [www.eorc-creo.ca](http://www.eorc-creo.ca)