

# Gerami Law Professional Corporation

## Community Resources

Welcome to Canada	Bienvenue au Canada	Bienvenido a Canadá
Community Resources	Ressources <i>Communautaires</i>	Recursos <i>Comunitarios</i>
<u>EDUCATION</u>	<u>ÉDUCATION</u>	<u>EDUCACIÓN</u>
Register your children for school at:	Inscrivez vos enfants pour l'école a:	Inscribese sus hijos para el escuela a:
<b><u>Ottawa-Carleton District School Board</u></b> 133 Greenbank Road Nepean, ON K2H 6L3 613-721-1820	<b><u>Commission Scolaire Ottawa-Carleton</u></b> 133 Chemin Greenbank Nepean, ON K2H 6L3 613-721-1820	<b><u>Comisión Escolar Ottawa-Carleton</u></b> 133 Camino Greenbank Nepean, ON K2H 6L3 613-721-1820
<b><u>OCDSB</u></b> 300 Rochester Street Ottawa, ON K1R 7N4 613-239-2416	<b><u>CSOC</u></b> 300 Rue Rochester Ottawa, ON K1R 7N4 613-239-2416	<b><u>CSOC</u></b> 300 Calle Rochester Ottawa, ON K1R 7N4 613-239-2416
<a href="http://www.ocdsb.ca">www.ocdsb.ca</a>	<a href="http://www.ocdsb.ca">www.ocdsb.ca</a>	<a href="http://www.ocdsb.ca">www.ocdsb.ca</a>

## **HOUSING**

If you are in need of housing, please contact the following:

### **OTTAWA EMERGENCY SHELTER**

#### **CORNERSTONE**

314 Booth Street  
Ottawa, ON  
613- 237-4669 or 613-254-6584  
[www.ottawa.anglican.ca/cornerstone/](http://www.ottawa.anglican.ca/cornerstone/)

#### **Ottawa City Hall**

110 Laurier Avenue West  
Ottawa, Ontario K1P 1J1  
Monday – Friday 8:30am – 5pm  
CALL 3-1-1 or 613-560-6000  
[housing-logement@ottawa.ca](mailto:housing-logement@ottawa.ca)

#### **West / South**

Ben Franklin Place Client Service Centre  
101 Centrepointe Dr., Nepean, ON  
K2G 5K7 Monday – Friday 8:30am – 5pm  
CALL 3-1-1 or 613-560-6000

#### **East**

Orleans Client Service Centre  
255 Centrum Blvd. Orleans, ON  
K1E 3V8 Monday – Friday 8:30am – 5pm  
CALL 3-1-1 or 613-560-6000

## **HÉBERGEMENT**

Si vous avez besoin d'hébergement, veuillez communiquer avec les suivants:

### **ABRI D'URGENCE**

#### **CORNERSTONE**

314 Rue Booth  
Ottawa, ON  
613- 237-4669 ou 613-254-6584  
[www.ottawa.anglican.ca/cornerstone/](http://www.ottawa.anglican.ca/cornerstone/)

#### **Hôtel de Ville d'Ottawa**

110 Avenue Laurier Ouest  
Ottawa, Ontario K1P 1J1  
Lundi – Vendredi 8:30-17:00  
APPELEZ LE 3-1-1 ou 613-560-6000  
[housing-logement@ottawa.ca](mailto:housing-logement@ottawa.ca)

#### **Ouest / Sud**

Centre de Service Place Ben Franklin  
101 Prom. Centrepointe, Nepean, ON  
K2G 5K7 Lundi – Vendredi 8:30-17:00  
APPELEZ LE 3-1-1 ou 613-560-6000

#### **Est**

Centre de Service Orléans Client  
255 Boul. Centrum Orléans, ON  
K1E 3V8 Lundi – Vendredi 8:30-17:00  
APPELEZ LE 3-1-1 ou 613-560-6000

## **ALOJAMIENTO**

Si usted necesita alojamiento, comuníquese con los siguientes:

### **REFUGIO URGENTE**

#### **CORNERSTONE**

314 Calle Booth  
Ottawa, ON  
613- 237-4669 ó 613-254-6584  
[www.ottawa.anglican.ca/cornerstone/](http://www.ottawa.anglican.ca/cornerstone/)

#### **Alcaldía de Ottawa**

110 Avenida Laurier Oeste  
Ottawa, Ontario K1P 1J1  
Lunes – Viernes 8:30am – 5pm  
LLAMAR AL 3-1-1 ó 613-560-6000  
[housing-logement@ottawa.ca](mailto:housing-logement@ottawa.ca)

#### **Oeste / Sur**

Centro de Servicio Place Ben Franklin  
101 Centrepointe, Nepean, ON  
K2G 5K7 Lunes – Viernes 8:30am – 5pm  
LLAMAR AL 3-1-1 ó 613-560-6000

#### **Este**

Centre de Servicio Orleans  
255 Bulevar Centrum Orleans, ON  
K1E 3V8 Lunes – Viernes 8:30am – 5pm  
LLAMAR AL 3-1-1 ó 613-560-6000

**COMMUNITY HOUSING**

For subsidized, social or rent geared to income housing, please contact the following:

1065 Ramsey Crescent  
Ottawa, ON K2B 8A1  
613-738-2287

1485 Caldwell Avenue  
Ottawa, ON K1Z 8M1  
613-729-1336

1365 Bank Street  
Ottawa, ON K1H 8K8  
613-249-0458

380 Somerset Street West,  
Ottawa, ON K2P 0K2  
613-231-7666

380 Murray Street  
Ottawa, ON K1N 8W1  
613-789-4305

[www.och.ca](http://www.och.ca)

**LOGEMENTS COMMUNAUTAIRE**

Pour logements subventionné, communautaire, ou ajusté à la revenue, veuillez communiquer avec les suivants:

1065 Crescent Ramsey  
Ottawa, ON K2B 8A1  
613-738-2287

1485 Avenue Caldwell  
Ottawa, ON K1Z 8M1  
613-729-1336

1365 Rue Bank  
Ottawa, ON K1H 8K8  
613-249-0458

380 Rue Somerset Ouest,  
Ottawa, ON K2P 0K2  
613-231-7666

380 Rue Murray  
Ottawa, ON K1N 8W1  
613-789-4305

[www.och.ca](http://www.och.ca)

**ALOJAMIENTO COMUNITARIO**

Para alojamiento subvencionado, comunitario, o ajustado al ingreso, favor comunicase con los siguientes:

1065 Crescent Ramsey  
Ottawa, ON K2B 8A1  
613-738-2287

1485 Avenida Caldwell  
Ottawa, ON K1Z 8M1  
613-729-1336

1365 Calle Bank  
Ottawa, ON K1H 8K8  
613-249-0458

380 Calle Somerset Oeste  
Ottawa, ON K2P 0K2  
613-231-7666

380 Calle Murray  
Ottawa, ON K1N 8W1  
613-789-4305

[www.och.ca](http://www.och.ca)

## **ORIENTATION CENTRES**

### **CATHOLIC CENTRE FOR IMMIGRANTS**

219 Argyle Avenue  
Ottawa, ON K2P 2H4  
613-232-9634  
[www.cic.ca](http://www.cic.ca)

### **OCISO**

Ottawa Community Immigrant Services  
Organization  
1800 Bank Street  
Ottawa, ON K1V 0W3  
613-288-1294  
[www.ociso.org](http://www.ociso.org)

## **CENTRES D'ORIENTATION**

### **CENTRE CATHOLIQUE D'IMMIGRANTS**

219 Avenue Argyle  
Ottawa, ON K2P 2H4  
613-232-9634  
[www.cic.ca](http://www.cic.ca)

### **OCISO**

Organisation de Services aux Immigrés  
Communauté d'Ottawa  
1800 Rue Bank  
Ottawa, ON K1V 0W3  
613-288-1294  
[www.ociso.org](http://www.ociso.org)

## **CENTROS DE ORIENTACIÓN**

### **CENTRO CATÓLICO DE INMIGRANTES**

219 Avenida Argyle  
Ottawa, ON K2P 2H4  
613-232-9634  
[www.cic.ca](http://www.cic.ca)

### **OCISO**

Organización de Servicio para Inmigrantes  
Comunidad de Ottawa  
1800 Calle Bank  
Ottawa, ON K1V 0W3  
613-288-1294  
[www.ociso.org](http://www.ociso.org)

## **WOMEN'S CENTRES**

### **Women's Resource Centre**

85 University Street  
Ottawa, ON K1N 9A6  
613-562-5800 / extension 2083

### **Canadian Network Of Women's Shelters**

613-680-5119  
[www.endvaw.ca](http://www.endvaw.ca)

### **Interval House Of Ottawa**

55 Eccles Street  
Ottawa, ON  
613-234-5181  
[www.intervalhouseottawa.org](http://www.intervalhouseottawa.org)

## **CENTRES DE FEMMES**

### **Centre de Ressources pour Femmes**

85 Rue Université  
Ottawa, ON K1N 9A6  
613-562-5800 / extension 2083

### **Réseau Canadienne de Refuges pour Femmes**

613-680-5119  
[www.endvaw.ca](http://www.endvaw.ca)

### **Maison Interval d'Ottawa**

55 Rue Eccles  
Ottawa, ON  
613-234-5181  
[www.intervalhouseottawa.org](http://www.intervalhouseottawa.org)

## **CENTROS DE MUJERES**

### **Centro de Recursos para Mujeres**

85 Calle University  
Ottawa, ON K1N 9A6  
613-562-5800 / extensión 2083

### **Red Canadiense de Refugios para Mujeres**

613-680-5119  
[www.endvaw.ca](http://www.endvaw.ca)

### **Casa Interval de Ottawa**

55 Calle Eccles  
Ottawa, ON  
613-234-5181  
[www.intervalhouseottawa.org](http://www.intervalhouseottawa.org)

## LEGAL AID

### Ottawa District Office

73 Albert Street, Ground Floor  
Ottawa, ON K1P 1E3  
Call: 613-238-7931 or 1-877-314-0933

## AIDE LÉGAL

### Bureau Régional d'Ottawa

73 Rue Albert, Rez-de-Chaussé  
Ottawa, ON K1P 1E3  
613-238-7931 or 1-877-314-0933

## AYUDA LEGAL

### Oficina Regional de Ottawa

73 Calle Albert, Planta Baja  
Ottawa, ON K1P 1E3  
613-238-7931/61-877-314-0933

## LOW-COST DENTAL

### Healthy Smiles Ontario

Call 1-866-532-3161  
[www.health.gov.on.ca/./hso\\_phu.aspx](http://www.health.gov.on.ca/./hso_phu.aspx)

## DENTIERS ÉCONOMIQUES

### Sourires Santé Ontario

Appelez: 1-866-532-3161  
[www.health.gov.on.ca/./hso\\_phu.aspx](http://www.health.gov.on.ca/./hso_phu.aspx)

## DENTISTAS DE BAJO COSTO

### Sonrisas Sanas Ontario

Llamar: 1-866-532-3161  
[www.health.gov.on.ca/./hso\\_phu.aspx](http://www.health.gov.on.ca/./hso_phu.aspx)

## FOODBANK

### OTTAWA FOOD BANK

1317 Michael Street  
Ottawa, ON K1B 3M9  
Please call: 613-745-7001  
[foodbank@ottawafoodbank.ca](mailto:foodbank@ottawafoodbank.ca)

## BANQUE DE NOURRITURE

### BANQUE DE NOURRITURE OTTAWA

1317 Rue Michael  
Ottawa, ON K1B 3M9  
Veuillez appeler: 613-745-7001  
[foodbank@ottawafoodbank.ca](mailto:foodbank@ottawafoodbank.ca)

## BANCO DE COMIDA

### BANCO DE COMIDA OTTAWA

1317 Calle Michael  
Ottawa, ON K1B 3M9  
Favor llamar: 613-745-7001  
[foodbank@ottawafoodbank.ca](mailto:foodbank@ottawafoodbank.ca)

## ENGLISH COURSES & L.I.N.C.

### OTTAWA CENTRE

St. Patrick's School  
290 Nepean Street  
Ottawa, ON K1R 5G3  
613-594-5773

## COURS D'ANGLAIS ET L.I.N.C.

### CENTRE OTTAWA

École St. Patrick  
290 Rue Nepean  
Ottawa, ON K1R 5G3  
613-594-5773

## CURSOS DE INGLÉS Y L.I.N.C

### CENTRO OTTAWA

Escuela St. Patrick  
290 Calle Nepean  
Ottawa, ON K1R 5G3  
613-594-5773

**VANIER**

St. Joseph's Adult School  
330 Lajoie Street  
Vanier, ON  
613-741-6808

**VANIER**

École d'Adultes St. Joseph  
330 Rue Lajoie  
Vanier, ON  
613-741-6808

**VANIER**

Escuela de Adultos St. Joseph  
330 Calle Lajoie  
Vanier, ON  
613-741-6808

**OTTAWA SOUTH**

Queen of the Angels Adult School  
1461 Heron Road  
Ottawa, ON  
613-731-3237

**OTTAWA SUD**

École d'Adultes Reine des Anges  
1461 Chemin Heron  
Ottawa, ON  
613-731-3237

**OTTAWA SUR**

Escuela de Adultos Reina de los Ángeles  
1461 Camino Heron  
Ottawa, ON  
613-731-3237

**IELTS TESTING CENTRE****CENTRE D'ÉXAMIN IELTS****CENTRO DE EXAMEN IELTS****University of Ottawa**

Official Languages & Bilingualism Institute  
70 Laurier Avenue East  
Room 130 Ottawa, ON  
[www.olbi.uottawa.ca/ielts.php](http://www.olbi.uottawa.ca/ielts.php)  
See also:  
[www.ieltsottawa.com](http://www.ieltsottawa.com)

**Université d'Ottawa**

Institut de Langues Officielles et Bilinguisme  
70 Avenue Laurier Est  
Bureau 130 Ottawa, ON  
[www.olbi.uottawa.ca/ielts.php](http://www.olbi.uottawa.ca/ielts.php)  
Voir aussi:  
[www.ieltsottawa.com](http://www.ieltsottawa.com)

**Universidad de Ottawa**

Instituto de Idiomas Oficiales y Bilingüismo  
70 Avenida Laurier Este  
Sala 130 Ottawa, ON  
[www.olbi.uottawa.ca/ielts.php](http://www.olbi.uottawa.ca/ielts.php)  
Ver también:  
[www.ieltsottawa.com](http://www.ieltsottawa.com)

**VOLUNTEER OPPORTUNITIES****TRAVAILLE BÉNÉVOLAT****TRABAJO VOLUNTARIO****VOLUNTEER OTTAWA**

363 Coventry Road  
Ottawa, ON K1K 2C5  
613-736-5266  
[www.volunteerottawa.ca](http://www.volunteerottawa.ca)

**BÉNÉVOL OTTAWA**

363 Chemin Coventry  
Ottawa, ON K1K 2C5  
613-736-5266  
[www.volunteerottawa.ca](http://www.volunteerottawa.ca)

**VOLUNTARIO OTTAWA**

363 Camino Coventry  
Ottawa, ON K1K 2C5  
613-736-5266  
[www.volunteerottawa.ca](http://www.volunteerottawa.ca)

**City of Ottawa Volunteer Service**

110 Laurier Avenue West  
Ottawa, Ontario K1P 1J1  
613-580-2624  
[volunteer@ottawa.ca](mailto:volunteer@ottawa.ca)

**Service De Bénévole Ville D'Ottawa**

110 Avenue Laurier Ouest  
Ottawa, Ontario K1P 1J1  
613-580-2624  
[volunteer@ottawa.ca](mailto:volunteer@ottawa.ca)

**Servicio Voluntario de Ottawa**

110 Avenida Laurier Oeste  
Ottawa, Ontario K1P 1J1  
613-580-2624  
[volunteer@ottawa.ca](mailto:volunteer@ottawa.ca)

**EMPLOYMENT**

**Action 2000 Employment Services**

151 Slater Street, Suite 502  
Ottawa, ON K1P 5H3  
613-236-9748  
[www.action2000.net](http://www.action2000.net)

**Career Station**

2841 Richmond Road, Unit 1111  
Ottawa, ON K2B 6C5  
613-569-4320  
[www.careerstation.ca](http://www.careerstation.ca)

**EMPLOIS**

**Services d' Emploi Action 2000**

151 Rue Slater, Suite 502  
Ottawa, ON K1P 5H3  
613-236-9748  
[www.action2000.net](http://www.action2000.net)

**Station Carrière**

2841 Chemin Richmond, Unit 1111  
Ottawa, ON K2B 6C5  
613-569-4320  
[www.careerstation.ca](http://www.careerstation.ca)

**EMPLEO**

**Servicios de Empleo Acción 2000**

151 Calle Slater, Suite 502  
Ottawa, ON K1P 5H3  
613-236-9748  
[www.action2000.net](http://www.action2000.net)

**Estación Carrera**

2841 Camino Richmond, Unidad 1111  
Ottawa, ON K2B 6C5  
613-569-4320  
[www.careerstation.ca](http://www.careerstation.ca)

**Resources**

**Tele-Health Ontario**

1-866-797-0000

For more resources, log-on to:

[www.cnmag.ca](http://www.cnmag.ca)

**Recours**

**Télé-Santé**

1-866-797-0000

Pour plus de recours, connectez au:

[www.cnmag.ca](http://www.cnmag.ca)

**Recursos**

**Tele-Salud**

1-866-797-0000

Para más recursos, comunícase al:

[www.cnmag.ca](http://www.cnmag.ca)