

West Carleton Community Support Services Calendar – March 2020



Monday Constance Bay	Tuesday Fitzroy Harbour	Wednesday Fitzroy Harbour	Thursday Constance Bay	Friday
2 9:00-12:00 Drop In	3 10:00-12:00 Coffee and Conversation at CBBCA 12:00-4:00 Community Home Visits	4 12:00-3:00 Drop In 1:30-4:00 Crafts with Colleen at CBBCA	5 9:00-12:00 Drop In	6
9 12:00-4:00 Community Home Visits	10 10:00-12:00 Coffee and Conversation at CBBCA 12:00-3:00 Drop In	11 12:00-3:00 Drop In 1:30-4:00 Crafts with Colleen at CBBCA	12 12:00-4:00 Community Home Visits	13 11:30-1:30 West Carleton Diners Club: Kinburn- Joining Sharing Wisdom Across the Ages for lunch and “Local History through Storytelling”
16 9:00-12:00 Drop In	17 10:00-12:00 Coffee and Conversation at CBBCA 12:00-4:00 Community Home Visits	18 12:00-3:00 Drop In 1:30-4:00 Crafts with Colleen at CBBCA	19 9:00-12:00 Drop In	20 12:00-4:00 Community Home Visits
23 12:00-4:00 Community Home Visits	24 10:00-12:00 Coffee and Conversation at CBBCA 1:00-3:00 Caregiver Support Group in Carp	25 12:00-3:00 Drop In 1:30-4:00 Crafts with Colleen at CBBCA	26 10:30-12:00 -Listening to Others Sharing Strength 12:00-4:00 Community Home Visits	27 11:30-1:30 West Carleton Diners Club: Carp- Sherry Harding
30 9:00-12:00 Drop In	31 10:00-12:00 Coffee and Conversation at CBBCA 12:00-3:00 Drop In			

Constance & Buckham's Bay Community Service Centre- 262 Len Purcell Drive
Fitzroy Harbour Community Service Centre- 184 Jack Loughheed Way



Please note WOCRC Staff will be available on site during the programming hours listed above and all other times by calling 613-591-3686 ext. 327 or 299.

Drop In

WOCRC staff will be on site to provide support, information, referrals and practical assistance to community members for a variety of services including, transportation, frozen meals, foot care and social opportunities.

Caregiver Support Group at Carp Commons, 480 Donald B. Munro Drive, Carp.

Our caregiver support group meets on a monthly basis to discuss topics that may assist you in your well-being.

For more information about the support group, including how to join, please call: **613-591-3686 ext. 266** or email us at bignell@wocrc.ca

Community Home Visits

Service Coordinators will be in the community providing support and service coordination through home visits.

West Carleton Diner's Club

Western Ottawa Community Resource Centre and community volunteers host a nutritional lunch, entertainment, and/or educational program for seniors and adults with physical disabilities living in our community – a great way to socialize, learn and have some fun at the same time! **Registration required at 613-591-3686 ext. 327.**

Coffee and Conversation

Come and join us for the 55+ Coffee & Conversation Time. Coffee and treats and will be served at the Constance Bay Community Center in the meeting room downstairs, beside the Library. All are welcome!

Listening to Others Sharing Strength

This program is designed for those who need a safe place to talk about loss. The L.O.S.S program will have a series of four independent workshops that focus on the themes around loss. The February workshop will be a general discussion about loss, followed by more specific topics in the upcoming workshops.

Crafts with Colleen (CBBCA Activity)

Bring your ongoing project and join us in the small room beside the library. **For more information, contact Colleen at 613-832-4666.**