

Western Ottawa Community

Resource Centre

continues to provide the following supports to our vulnerable, isolated community members living in the former cities of Kanata and Nepean and the former townships of

Goulbourn and West Carleton:

- Telephone based crisis intervention
- Telephone based crisis counseling
- Telephone based regular check-ins
- Telephone support with navigating systems
- Food/Supplies deliveries
- Medically necessary transportation
- Virtual programming and services
- Online resources

Chrysalis House

Chrysalis House, our shelter for self-identified women (over 16) and their dependents who are experiencing violence in the home and need to leave to keep safe from violence or abuse. Chrysalis House offers a

crisis phone line 24 hours

a day at: 613-591-5901

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Centre de ressources
communautaires
d'Ottawa ouest