

Updated May 20th, 2020

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 and/or video based crisis intervention
- ✓ Telephone and/or video based crisis counselling
- ✓ Telephone and/or video based counselling for women experiencing gender based violence
- ✓ Telephone based regular check-ins
- ✓ Telephone support with navigating systems
- ✓ Food/Supplies deliveries
- ✓ Medically necessary transportation
- ✓ Virtual programming and services
- ✓ Online resources

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/day at 613-591-5901

Call Western Ottawa Community Resource Centre at 613-591-3686

Visit us at

www.wocrc.ca

www.facebook.com/WOCRC.CRCCO/

twitter.com/WOCRC_CRCCO

Email us at info@wocrc.ca

Specific COVID-19 response - WOCRC services

- ✓ Frozen Meal delivery twice per week (Monday and Wednesday) – Call us at 613-591-3686 x 333 or use Caredove: <https://www.caredove.com/champlaincscs>
Orders must be in by **Friday at 12 pm** for Monday delivery, **Monday at 12 pm** for Wednesday delivery. This service is available to any vulnerable, isolated community members (no age restrictions). There is a fee associated with the cost of the meals; subsidies are available
- ✓ Grocery order delivery, once per week (Monday)
Call us at 613-591-3686 x 336 OR email us at info@wocrc.ca
Orders must be in, directly to 613-591-3686 x 336 by **Thursday at 12:00 pm** for delivery the following week. This service is available to any vulnerable, isolated community members (no age restrictions). **Priority will be given to community members living in West Carleton. Delivery will be limited to 30 households/week.** Payment will be made directly to the store for the grocery order; subsidies are available.

- ✓ Gift card (food and gas) delivery twice per week (Wednesday and Friday)
Call us at 613-591-3686 x 269 or email us at intake@wocrc.ca
Requests must be in on **Mondays by 12:00 pm**
This service is available to any vulnerable, isolated community members (no age restrictions)
- ✓ Virtual (video and phone) counselling and crisis intervention is available through our Counselling Services team. Services are available Mondays, Tuesdays, Thursdays and Fridays until 4:30 pm and every Wednesday until 7:30 pm.
Call us at 613-591-3686 x 269 or email us at intake@wocrc.ca
This service is available to all community members
- ✓ Online groups for youth - ZONE, ZONE+ and Queerios–
Call us at 613-591-3686 x 261 or email us at youth@wocrc.ca
- ✓ Virtual programming and simple activity ideas available through our EarlyON Child and Family Centre -
Call us at 613-591-3686 x 5 or email us at EarlyONyva@wocrc.ca
Sign up for the EarlyON C+FC mail list at <https://mailchi.mp/74e4ca8b66ca/wocrc>
Visit the EarlyON C+FC Pinterest page at <https://www.pinterest.ca/earlyonwocrc/>
Visit the EarlyON C+FC Instagram page at <https://www.instagram.com/earlyonyva.wo/>
- ✓ Virtual Caregiver Support available for individuals caring for someone living with dementia
Call us at 613-591-3686 x 312 or email us at info@wocrc.ca
- ✓ Food hampers are available for delivery on Fridays. **Call us at 613-591-3686 x 269** OR email us at intake@wocrc.ca. Requests must be in by Wednesdays at 12:00pm. This service is available to any vulnerable, isolated community members (no age restrictions).

Important links

What you need to know to help you and your family stay healthy

<https://files.ontario.ca/moh-coronavirus-pec-poster-en-2020-03-09.pdf>

Ottawa Public Health

https://www.ottawapublichealth.ca/en/public-health-topics/novel-coronavirus.aspx?utm_source=OPH&utm_medium=Home_Page_Banner&utm_campaign=Coronavirus&utm_content=Home_Page_Banner_OPH

Province of Ontario

<https://www.ontario.ca/page/2019-novel-coronavirus>

Canada

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>