



# ANNUAL REPORT 2024 2025

PHOTO: Coldest Night of the Year (CNOY) - February 22, 2025 - Kanata, Ontario



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Welcome to our annual report! This year has been a remarkable journey of growth and success for Western Ottawa Community Resource Centre (WOCRC). The year was highlighted by the opening of our new satellite in Bells Corners and the expansion of important community partnerships. We are filled with pride and gratitude for the dedication and hard work of our team, volunteers, community members and collaborators.

This year, the WOCRC mission of promoting health, safety and wellness has been advanced through our robust roster of programs and services combined with several new initiatives and projects.

In April 2024, we hosted the grand opening of Hollyer House, celebrating over 20 years of partnership and collaboration. Our vision to collaborate with co-located partners, enhance collective capacity for community service and

create new affordable housing was realized. A key accomplishment included the opening of our commercial kitchen, allowing us to prepare meals on-site and create new food-based partnerships. We collaborated with the volunteers at FAMSAC food cupboard to hire their first employee and together we responded to increasing requests for support from community members facing food insecurity.

We strengthened our relationships with the Health sector, developing a Social Prescribing pilot in partnership with Richmond Medical Centre, which supported the mental health and wellbeing of rural residents. We also took on a leadership role providing training for paramedics, police and health partners in recognizing and combating Gender-based violence.

This year saw an expansion of our fundraising activities. We hosted a successful Coldest Night of the Year fundraising community walk and a new partnership with the National Kitchen and Bath Association who sponsored a complete

renovation of the kitchen at Chrysalis house.

We know that we can do more together than we can alone, and we would like to express our gratitude to all who have contributed to our impact this year. The dedication of our staff, volunteers, sponsors and partners has been instrumental in making these achievements possible.

While we celebrate our successes, we also look forward to the future with optimism and determination. We are committed to continuing to create opportunities ensuring healthy, vibrant and resilient communities across West Ottawa.

Thank you for taking the time to read our annual report. We hope you share in our pride and excitement as we reflect on our accomplishments and look forward to a promising future.

Sincerely,



**Leigh Couture**  
Executive Director

**Chris Booth**  
Chair, Board of Directors





## Our Vision

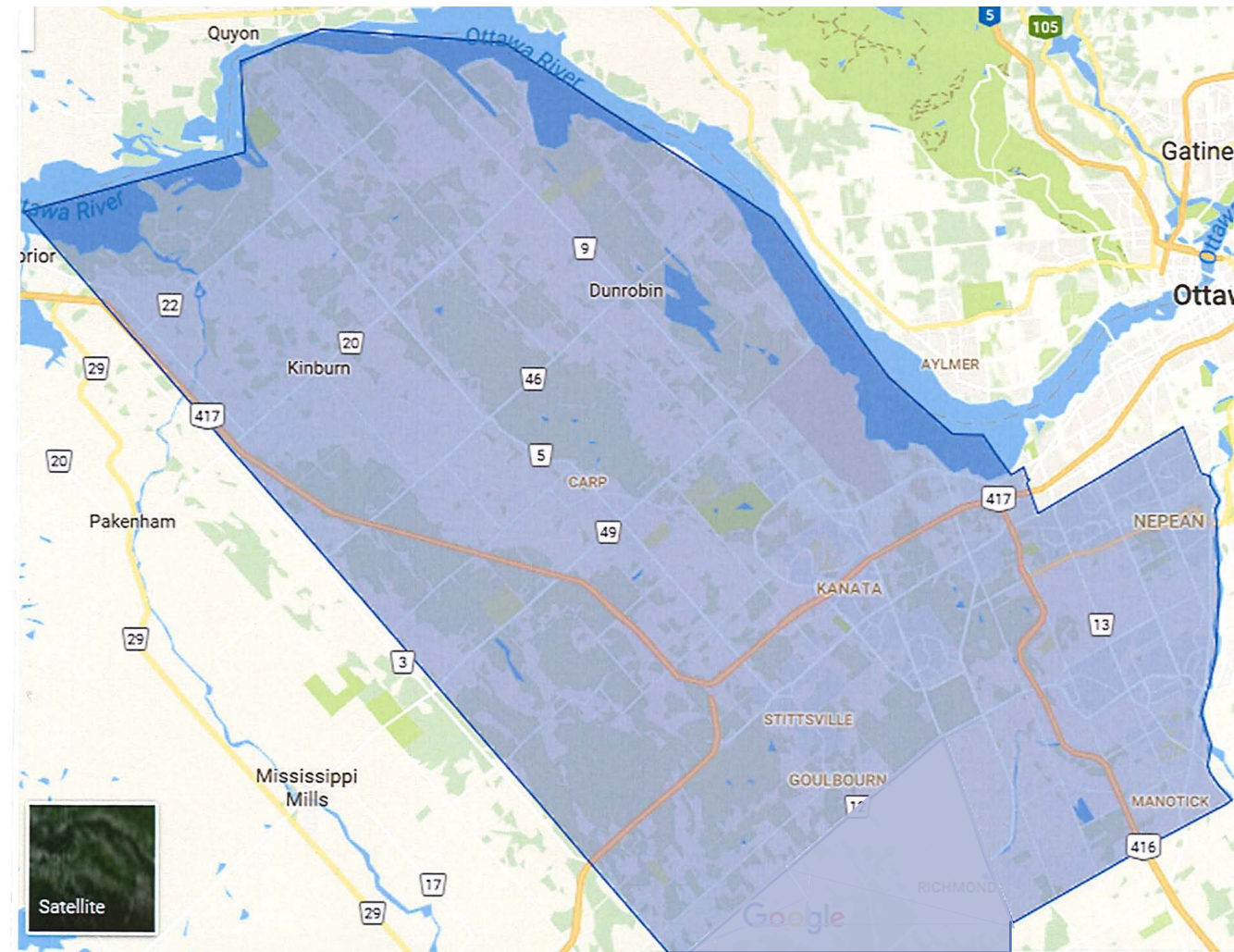
Healthy, inclusive, vibrant and resilient communities in Western Ottawa.

## Our Mission

Western Ottawa Community Resource Centre promotes health, safety and wellness in our communities. We provide individuals and families with, and connect them to, community, social and health services across the region.



## Western Ottawa Community Resource Centre's Catchment Area



\*WOCRC's Gender-Based Violence (GBV) programs are accessible to residents across the city.



WOCRC has four core deeply held beliefs, which guide our approach to serving our community and are demonstrated through our day-to-day interactions with clients, partners, volunteers, members, and staff.

## Empowerment

We believe that people have the right to make their own choices, and take control, individually and collectively, of their lives.

Therefore, we are committed to providing information and resources, which will enable people to make informed decisions.

We are dedicated to creating an environment where people participate in activities that promote social change.

## Equity

We believe that dignity, respect and justice are rights of all people regardless of age, language, race, ethnicity, culture, religion, ability, gender, gender identity, gender expression, income, geographical location or sexual orientation.

We acknowledge that there are systemic, social and cultural barriers that prevent people from having equal access to resources and opportunities.

Therefore, we are committed to recognizing and addressing barriers such as violence, poverty, isolation, exclusion, oppression and discrimination to enable people to reach their full potential.

## Partnership

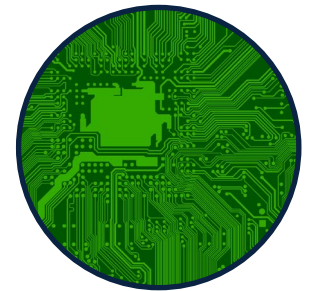
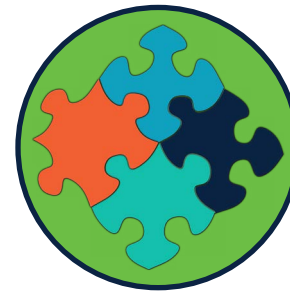
We believe that by working together we can achieve more than we can on our own.

Therefore, we are committed to creating partnerships with individuals and groups that build on equality, respect, integrity, accountability and responsibility. We will engage with others in a supportive, non-judgmental environment where everyone can share knowledge, experience, strengths, and skills.

## Innovation

We believe that we will transform our vision into reality by developing innovative solutions to the complex and diverse issues facing our community.

Therefore, we are committed to creating a learning culture that is flexible, dynamic, embraces change and encourages evolutionary thinking. We are dedicated to sharing our learning, knowledge and best practices for the benefit of the people with whom we interact.





WOCRC offers health and social services, and programs to benefit individuals of all ages in far west Ottawa.

### Community Support Services (CSS)

The Community Support Services program is committed to helping older adults and adults with a disability live independent, active and meaningful lives. These services include Meals on Wheels, Transportation, Diners Club, Foot Care, Service Arrangement, Friendly Visiting, and Adult Day Program for adults with a confirmed diagnosis of dementia, and support in the rural community.

### The Gender-Based Violence Program (GBV)

The Gender-Based Violence Program offers individual support, information, referrals, short-term/crisis counselling, housing support, advocacy and groups for women and gender-diverse individuals experiencing gender-based violence. The GBV program also provides individual and group support for children who have witnessed violence.

### Chrysalis House (CH)

Chrysalis House is a safe and secure 25-bed shelter in Western Ottawa. It is a place where any self-identified woman or gender-diverse individual over the age of 16 can go to protect themselves and their dependents from violence and abuse. In this supportive environment, an individual can focus on their personal needs and choices, as well as on their dependents' needs. Chrysalis House offers a crisis phone line 24 hours/day at 613-591-5901.

Chrysalis House is pleased to provide services to cis and trans women, two-spirit, non-binary and gender-diverse people of diverse ages, cultures, races, sexual orientations and abilities. Chrysalis House is an accessible building and service.

### Counselling Services Team (CST)

The Counselling Services Team provides practical support, ensuring equitable and inclusive access to essential community services. These services include free and confidential short-term counselling, crisis walk-in, phone support, information and referrals.

### EarlyON Child and Family Centre

Our EarlyON Child and Family Centre Team provides a variety of free programs and services for children from birth to six years along with their parents and caregivers in Kanata, West Carleton, and Stittsville. Services include drop-in playgroups, workshops, toy libraries and special events. The EarlyON team also offers information and referral navigation services.

### Capacity Development (CD)

Capacity Development is a key approach to health promotion, working in partnership across sectors and alongside coalitions, networks, and communities to identify and address local issues in the diverse areas of Western Ottawa with a particular focus on supporting our rural communities. Capacity Developers collaborate with staff, residents, and organizations to develop and advocate for services, policies and projects that seek to improve the social determinants of health, such as food security, access to transportation, early childhood development, housing, feeling safe, and being engaged.

### Children, Youth and Families

WOCRC offers support to children, youth, and families with a wide range of programs that provide coping and learning skills, as well as an opportunity to socialize. Programs include The Zone Youth Drop-In, Queerios 2SLGBTQ+ Youth Drop-In and workshops for parents and community partners.



EarlyON persevered this year through adaptation, community support, and unity. Our commitment to supporting families and responding to community needs remained at the forefront of our work.

To address changing community needs, we adapted our program delivery. With the closure of the Carp program on Saturdays, we redirected resources to support the increasing number of complex-needs families at our Stittsville location. This shift helped us reduce program cancellations and better support our community and clients during the busier times of the year.

Throughout the year, our team demonstrated resilience, stepping up to meet evolving needs, while prioritizing staff well-being. In response to popular location demand, we expanded programming at our Bridlewood location with the relocation of Little Movers and a rotation of weekly workshops.

We experienced a significant increase in attendance for evening and weekend programs, with many families from outside our catchment area joining us. This growing demand highlights the value of our high-quality programs and the importance of providing accessible programs.

During the summer, we collaborated with the Child and Youth Team running Playdate in the Park, supporting families whose children had aged out of our programs. This initiative helped maintain connections and bridged the gap between our services.

Events such as Family Fun Day, Rural Family Fun Day, and Family Literacy Day played a vital role in bringing communities together. These gatherings provided opportunities for families to connect, engage in enriching activities, and access valuable resources from community partners. This strengthened community ties and fostered a sense of belonging with shared experiences.

This year marked the formation of the EarlyON Community Advisory Committee. The committee, which held its inaugural meeting in February, brings together parents and caregivers to provide feedback and help align our priorities with community needs. A second meeting is planned for late 2025, continuing our commitment to collaboration and responsive service delivery.

We are proud of the progress made this year and will continue to adapt, grow, and serve our community with excellence.



**The EarlyON team 2024**

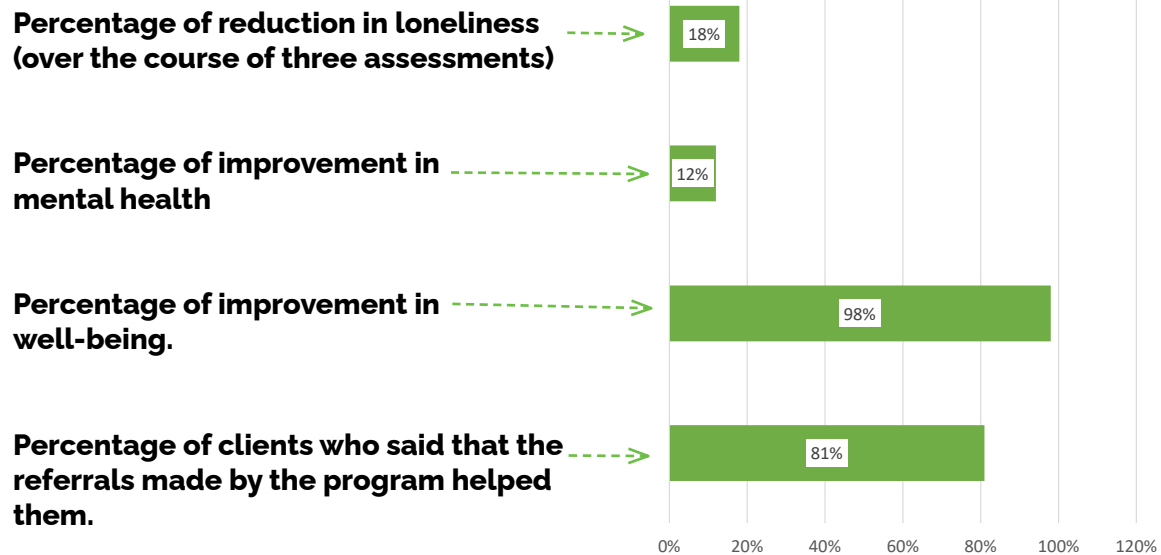


**Family Fun Day**



The Counselling Services Team (CST) provides free, confidential and non-judgmental services in both French and English to children, youth and adults. In addition to short-term crisis counselling, the team is responsible for an intentional community response to emerging needs. For example, this past year the team participated in two campaigns in collaboration with the Caring and Sharing Exchange, a local charity that provides assistance to Ottawa families and individuals in need, specifically during the Christmas season and the back-to-school season.

The team continued their implementation of a social prescribing project in partnership with the Richmond Medical Clinic. This project provides mental health support, system navigation, and creates referral pathways between physicians and community partners. The project was evaluated in January 2025, and data showed that there were 99 people served during the 9-month period we evaluated, with 124 visits total. Healthcare utilization decreased overall for hospital, emergency department, and emergency medical services use.



WOCRC is an intake agency for Ontario Energy Board's Ontario Electricity Support Program (OESP) and Low-Income Energy Assistance Program (LEAP). The CST team is responsible for supporting community members with their applications for these programs, and is excited that as a result of advocacy done by WOCRC and the sector as a whole, United Way Simcoe Muskoka has taken over as the lead agency for processing LEAP applications. This means that there are now 11 full time agents at United Way Simcoe Muskoka to assist intake agencies with the application processes, which will improve workflow and workload for intake agencies across the city.

In September, members of the CST team joined other community partners at the Working on Wellness (WOW) festival to engage with other service providers working in the Substance Use Health, Mental Health and Physical Health communities (see photo below).

The CST team implemented a 6-week psychoeducational group on the topic of Self-Care, prioritizing folks on our waitlist for counselling, and look forward to exploring more opportunities for group facilitation this coming Fall.



Working on Wellness (WOW) festival



WOCRC has a dynamic and vibrant range of services to benefit youth ages 12-17 and their families. From youth groups and workshops to counselling, clinics and presentations, the centre offers opportunities for youth to connect with peers, access support, learn new skills, build confidence, make lasting friendships, and contribute positively to life in our community through volunteerism.

This past year, the Child and Youth team continued to leverage their partnerships in rural and suburban areas of our catchment in innovative ways. The school-based partnerships established in our rural communities flourished and were instrumental in providing community members opportunities for socialization, engagement and connection to one another.

The **Get Movin'** program at both Stonecrest Elementary School and Huntley Centennial Public School was very successful, with a great deal of positive feedback from community members and partners.

Using a feedback-informed and client-centered approach, the **Healthy Relationships** program that took place at Frederick Banting Alternative High School in Spring 2024 evolved into the **Real Talks with Ryan** program in the Fall.

**Queerios** continued to be a very popular program during this past year, serving 64 youth.

**Rooted** was a new summer program that was implemented in partnership with **YouthNet**, taking place outdoors, helping youth learn new strategies for coping and connecting them with their peers.

Another new program, **Mellow Mondays**, was implemented in the Fall of 2024, in alignment with our guiding belief of innovation. This program was developed for youth who prefer a more low-stimulation and calming environment with the goal of supporting them in creating and maintaining healthy life patterns through creative outlets, such as book club, movie nights, visual arts and dramatic arts.

The Child and Youth team continued to be engaged in a variety of social initiatives this year as well, and participated in the **Pride March** (see **photo 1**), the **Frederick Banting Wellness Day** (see **photo 2**), the Stonecrest Summer Send-off, both the rural and suburban **EarlyON Family Fun Day** events, the **Mental Health Fair** at West Carleton Secondary School, the

**West Carleton Secondary School Parent Workshop**, implemented a **Queer Prom**, organized a clothing drive, and accompanied a group of youth from our community to an Ottawa Redblacks football game event.



**Pride March**



**Frederick Banting Wellness Day**



It was a very busy year for the Gender-Based Violence team! We continued to focus on strengthening partnerships and advocacy work, and amplifying our presence and voices in the GBV sector. Please see below for some highlights from this past year:

- April 2024: **The Transitional Housing Support Program (THSP)** team moved from **Carling Family Shelter** to **Corkstown Transitional Shelter**.
- June 2024: Members of the GBV team attended the **EarlyON Family Fun Day** and the **Stittsville Multicultural Festival**. Along with staff from CH, we provided a second **Gender-Based Violence** session for members of the **Mental Well-Being Response Team (MWRT)** with the **Ottawa Paramedics**.
- July 2024: Our team became the coordinating agency for the **Violence Against Women Advocate Case Review (DV-VACR)** in partnership with **Ottawa Police Service** and successfully completed our first two reviews in September 2024 and March 2025, welcoming new members to the review panel from teams across the organization including **Chrysalis House**, **Counselling Services Team**, and **GBV**.
- September 2024: Attended the **Take Back the Night** rally and resource fair (see **photo 1**).
- November 2024: Development and implementation of a social media campaign to acknowledge **Abuse Awareness Month** (see **photo 2**). Our team also attended a mosaic art workshop as a team-building activity (see **photo 3**).
- December 2024: Presentation at the **Ottawa Police Services Human Rights Learning Forum** about our work on the case review (see **photo 4**); outreach presentation at **Inuuqatigiit Centre for Inuit Children, Youth and Families**; attended a gala in support of the kitchen renovation at Chrysalis House.
- January 2025: Development and implementation of training for new reviewers for **DV-VACR**.
- February 2025: Began exploring potential partnership with **Naomi's shelter** re: **Transitional Housing Support Worker (THSW)** support; consulted with **City of Ottawa** re: **Housing Needs Assessment**.
- March 2025: Began exploring potential partnership with **Ottawa Community Housing** re: **Transitional Housing Support Worker** support.

## Ongoing Committee Work

- Chairing **Gender-Based Violence Housing Liaison Advisory Committee** and city-wide **Transitional Housing Support Worker** committee meetings; coordination of city-wide **Children Who Witness Violence** meetings.
- Team member representation at **OCTEVAW's Front Line Support Committee**; **Comité Réseau d'Ottawa**; **Rebuilding Trust Committee** at **Ottawa Police Service**; **GBV Leadership Table**; **CAS/VAW Steering Committee**.



1) Top-left: Take back the Night event  
3) Bottom-left: Mosaic Art Workshop

2) Top-right: Abuse Awareness Month  
4) Bottom-right: Police Human Rights Learning Forum



2024 marked Chrysalis House's 20th anniversary.

Since July 26, 2004, we have served thousands of women, gender diverse folks and children who have come to Chrysalis House to protect themselves from violence and abuse. We have answered countless crisis calls, plunged way too many toilets, and probably walked a million miles between the administration area and the pantry. This year alone, we have provided shelter services to 111 residents, supported 675 people on the phone, and turned away 283 callers looking for safe shelter space because we were full. It takes a whole caring and dedicated team to make the magic of Chrysalis House happen, and the staff at Chrysalis House, past and present, have shown unwavering dedication and support for the residents and callers we serve. It is hard work, carried out around the clock by Chrysalis House staff with quiet diligence, kindness, compassion, and a touch of humour.

Sometimes we can forget that there was also hard work put into making Chrysalis House happen in the first place, and our success now has been built out of the dreams and dedication of WOCRC and the community we serve. Many thanks to those who supported this project when it was just a hope and a dream.



20<sup>th</sup>  
Anniversary



The Adult Day Program offers a meaningful opportunity for individuals living with dementia to engage in stimulating activities that support all dimensions of wellness. Led by a dedicated and compassionate team, the program provides participants with enriching experiences—while giving care partners valuable time for respite and peace of mind, knowing their loved ones are in good hands. Beyond daily engagement, the Adult Day Program plays a critical role in delaying institutionalization, enabling individuals to remain in their homes and communities for longer. WOCRC operates two Adult Day Program locations: one in Kanata and another in Nepean. In January, clients and care partners gathered for an open house to celebrate the temporary relocation of the Algonquin College-based program to Hollyer House.



Enjoying a snack at the Adult Day Program

Michel, a care partner whose wife has been attending the Nepean program since March 2024, attended the open house. He shared his thoughts on the impact the Adult Day Program has had on their lives:

**“Every member of your team is exceptionally caring and endearing, providing my wife with a feeling of being wanted and appreciated. She enjoys meeting and interacting with people who are in a similar situation as herself. This, in turn, improves her mental wellbeing at home and makes caring for her a lot more pleasant. That is why your program is not only beneficial, but essential.”**

**Furthermore, the shorter afternoon program is better for her as it gives her more time in the morning to get ready, and the duration of the program easier to handle, leaving her more energetic throughout. As for myself, I appreciate the in-person caregiver support group on the last Tuesdays of the month, where I can comfortably share my experience. And last but not least, I enjoy your virtual exercise program on Saturdays.”**



### Wheelchair Van

CSS took action this year to help further reduce barriers to transportation. Through the purchase of a wheelchair accessible van, the transportation program is now able to provide affordable and dependable transportation to medical appointments, social events, errands etc, to individuals requiring accessible vehicles.

In early December, CSS was able to provide transportation to a community member requiring accessible transportation to attend a family member's wedding. Without the support of the CSS team, the community member expressed that she would have had no other option to attend and participate in this important milestone. **As her case worker expressed, "I saw her this week and she was still beaming, thanks again!"**

### Hollyer House Commercial Kitchen

After many months of preparation, and years of making a vision a reality, the CSS team with the support of Community Partner, Ishina, prepared and delivered the very first hot meal for the Meals ON Wheels program from our

very own commercial kitchen in Hollyer House. Since the first meal in October, the team has gone on to prepare and deliver thousands of hot and frozen meals to members of our community in an effort to reduce food insecurity, and support some of our most vulnerable community members.

### Hollyer House Exercise Program

The CSS team heard and responded to the request of our community seniors. Many of our folks expressed an interest in accessing an exercise program to improve their mobility, mental and physical health. This request led to the development of a chair exercise program and a community walking group at Hollyer House. The Tuesday morning exercise program continues to grow since the very first session in July.



**Hollyer House meals ready to go!**



Each year, WOCRC accepts nominations for the Eva James Award, an award established to recognize a volunteer who best personifies the commitment exemplified by Eva James. Eva was a dedicated community volunteer who passed away suddenly in 1995. She enthusiastically volunteered in our community for over 15 years and was one of the key people who helped to create the Western Ottawa Community Resource Centre.

### Jan Skora

Jan Skora exemplifies the WOCRC's commitment to community service. Jan made an impression through a heartfelt Facebook interview, where he shared his journey caring for his mother and discovering the deeper value of the Meals on Wheels program. His passion led him to volunteer with WOCRC in the Meals on Wheels Program.



**Pictured from left to right: Volunteer and Student Services Coordinator Carol Diguier, Eva James Award Winner Jan Skora, and Executive Director of the Western Ottawa Community Resource Centre Leigh Couture.**

Jan soon after joined our volunteer Board of Directors, where his thoughtful insights have enriched organizational governance. When the Regional Director of Health visited, Jan shared his story to highlight the real impact of WOCRC's services for older adults.

His contributions extend far beyond WOCRC. As a community leader, Jan has helped launch an OASIS program in his building, coordinating health clinics with doctors, nurses, and pharmacists to bring wellness services on-site. He's also shared this model at the Ontario Community Support Association's annual conference, inspiring others across the province.

Jan is a tireless fundraiser and advocate. As Co-chair of our Coldest Night of the Year event, he led the top fundraising team—rallying family, neighbours, and businesses. He spreads awareness about our mission with energy and heart.

Jan's warmth, humour, and unwavering dedication have had a lasting impact on our team and community. We are proud to have him as the Eva James Award winner this year in recognition of his outstanding service.



This year has been one of growth and transformation for Volunteer and Student Services, and we are grateful for the unwavering support from our community volunteers. Thanks to the dedication of 125 individuals, our community has become more enriched and fulfilled. Their commitment to service has made a profound impact, enhancing the lives of those they support and strengthening the bonds within our neighborhood.

In 2024-2025, we have seen a significant increase in the number of people moving to Western Ottawa. This influx has created new opportunities and challenges, prompting an expansion of our services to meet the growing demand. In response, both our seasoned volunteers and those who have recently joined us have stepped up to ensure that these needs are met with compassion and dedication.

The growth of our volunteer network has been instrumental in continuing our mission to serve our diverse and dynamic community. We are proud of the collective effort that has made this year a success and look forward to further strengthening our services and outreach in the years ahead.

Thank you to all of our volunteers, both new and returning, for their time, effort, and passion.

Together, we continue to build a stronger, more connected community for everyone.

Volunteers contributed a total of 12,212 hours of their time.

### Future Plans - Volunteer and Student Services Program

As Western Ottawa continues to see an influx of new residents, it is crucial that we remain proactive in connecting with community members, ensuring they are aware of the support available to them.

A key priority for the upcoming year will be the recruitment of volunteer drivers. With the increasing demand for transportation services, particularly for those who are elderly or face mobility challenges, volunteer drivers will play a pivotal role in meeting these needs. By building a reliable and committed team of volunteer drivers, we can continue to provide essential services that improve the quality of life for many individuals in our community.

We are excited about the potential to further strengthen our volunteer network and expand our reach. If you are also excited about the potential to further strengthen and expand our network, reach out to [volunteer@wocrc.ca](mailto:volunteer@wocrc.ca).

## Smiles, Sneakers and Seasonal Spirit

### Celebrating the People who power our purpose

At the heart of our success is a community of staff and volunteers who bring joy, creativity, and energy to every corner of our organization. From wellness initiatives to seasonal contests, we make space for connection and celebration all year round.

### Pumpkin Carving Contest

Our annual Pumpkin Carving Contest is a showcase of creativity and camaraderie. From classic jack-o'-lanterns to elaborate spooky scenes, our teams had a blast getting into the Halloween spirit!

### ParticipACTION Challenge

Through the national ParticipACTION challenge, we stepped up—literally! From walking meetings to lunchtime beanbag tossing, our teams embraced movement for better health and stronger connections.





**Capacity Development** focuses on suburban/urban and rural areas, serving all age groups, from newborns to older adults, with a special emphasis on the Social Determinants of Health, Equity, and Inclusion. The process involves identifying community challenges and collaborating with partners to create strategies that strengthen networks, build trust, and foster engagement. This work aims to improve health, wellness, and connectedness within the community. Overall, Capacity Development had a very successful year, with numerous interactions and a total number of contacts that reflect our impact.

### Key highlights of the work include:

**Community Conversations & Forums:** The CD team hosted 20 community conversations, forums, and meetings across West Carleton, Richmond, and Kanata. Key topics included mental health, housing/affordability, poverty/food security, and communication/collaboration.

**West Carleton Community Conversations:** The CD team organized several community conversations, each averaging 15 participants, offering a platform for local voices to address pressing concerns. This included facilitating workshops followed by the main Rural Summit event, which engaged over 30 participants in discussing rural community challenges. We hosted resident and partner meetings to foster community engagement and discuss local issues. Our team also led workshops for parents at Stonecrest Public School, promoting WOCRC programs and services.

**Richmond Community Table:** The CD team chaired monthly meetings of the Richmond Community Table, which brought together local stakeholders to discuss and address key community needs. A Community Appreciation Event was supported, alongside members of the Richmond Community Table, to celebrate local contributions, programs and services. The CD team also supported the Richmond social prescribing project and completed an asset map to support the community.

**Kanata Community Forum:** The CD team hosted several community forums with 10-20 participants each, where key discussions included housing and affordability. A key takeaway from the housing committee was the importance of acting as a catalyst to move projects from concept to development. The team supported an event for Gaza newcomers, attracting over 200 attendees, and offering valuable resources and support.

### Mental Health Capacity Building Initiatives:

Led several mental health-focused initiatives, including:

- **Safe Talk:** Trained 40 individuals as “helpers” across two sessions.
- **Mental Health Parenting Workshop:** Partnered with Ottawa Public Health, engaging 24 attendees in a workshop on mental health and parenting.
- **Neighbours Helping Neighbours:** focused on caregiver support in Kanata.
- **Mental Health and Substance Use Lived/Living Experience Forum:** hosted a forum in West Carleton to discuss lived/living experiences of mental health and substance use.
- **Ottawa Physician Fair** which saw over 200 attendees.

### Client Experience Survey

The CD team led the Client Experience Survey, gathering feedback from 512 respondents. The insights will help identify needs, gaps, and strengths, guide service delivery improvements, inform resource allocation, and support data-driven decision-making for program development and innovation.



Richmond Community Table



**Community Support Services**

There were 1,748 one-way drives in rural Ottawa.



**Community Support Services**

1,337 footcare appointments were completed.




**Community Support Services**

388 unique clients were served Meals on Wheels.



**Chrysalis House**

65 women and 46 dependents received shelter.



**Community Support Services**

24,487 meals were served.



**Adult Day Program**

There were 3,563 attendances at our Adult Day Program.



**Capacity Development**

There were 3,459 contacts made by our Capacity Development team.



**EarlyON**

There were 22,739 visits by children and 19,789 visits by adults.



**Community Support Services**

There were 4,780 one-way drives within the Ottawa area.



**Counselling Services Team**

There were 3,345 contacts made by our Counselling Services Team.



**Gender-Based Violence Team**

277 women received GBV counselling support.



**Children and Youth Services**

2,585 contacts were made by our Child and Youth team.



**Seniors and Adults with a physical disability**

There were 366 unique individuals served by Service Arrangement.



## Funders



WOCRC receives funding from numerous sources. This funding, along with the generous contributions from donors, allows us to continue the work of serving the communities in far west Ottawa.

### Municipal

City of Ottawa



### Provincial

Ontario Health East

Ministry of Children, Community and Social Services



### 2024 - 2025 Funding

Municipal  
\$2,985,525

Provincial  
\$4,604,153



Total Funding: \$8,673,706

Programs  
\$330,198

Rental  
\$352,520

Other  
\$265,900

Donations  
\$135,411

## Thank you!



### Supporters

Amberwood Village Golf and Country Club  
 Bells Corners United Church  
 Bethel St. Andrews United Church  
 Beyond Yoga  
 Campbell Chiropractic Health  
 CDAH Ottawa Jr. Lady Senators  
 CWL - St. John the Apostle  
 Glen Cairn Public School  
 Government Internal Auditors Council of Canada  
 Holy Spirit Catholic Woman  
 Knights of Columbus Council  
 Mark Reid Insurance

NKBA Gala for CH Kitchen  
 Ottawa Home Services  
 Reclaim your Spark  
 Royal LePage Shelter Fund  
 St. Paul's Kanata Anglican Church  
 St. Paul Catholic High School  
 Starbucks  
 Stittsville United Church  
 Tim Hortons  
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 Wellings of Stittsville

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Argue Construction  
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 Kanata Community Christian Reformed Church  
 Metro - Richelieu Inc.  
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Rona - Home Sweet Home  
 Rotary Club  
 Rotary Club of Stittsville  
 Royal Canadian Legion  
 Royal LePage Shelter Fund

### Patrons

RBC - CFBRC Donation  
 Toronto Dominion Bank

### Benefactors

The SJ Foundation  
 Canadian Delegation of Savoia Order  
 Shoppers Foundation

### Individual Donors

We are deeply grateful to all of our individual donors - your generosity makes our work possible. To learn more about how you can support our programs, please visit [wocrc.ca](http://wocrc.ca)



I've found the WOCRC a great place to volunteer. The staff are all professional and friendly and there are lots of opportunities to learn and contribute.

**A WOCRC volunteer**

The service by all the staff including front desk greeters, walk-in counsellor, ongoing counsellor, and support group counsellors was all very respectful, friendly, compassionate, knowledgeable, and helpful. I always felt cared for and important. I appreciated their support immensely.

**A Counselling client**

Wonderful staff and volunteers working. Homemade meals are delicious and provide balanced nutrition.

**An Adult Day Program Client**

The variety of activities and being able to enjoy my child without having to plan. Learning new songs and having the opportunity to ask questions and interact with other parents.

**An EarlyON client**