



## COMMUNITY RESOURCE LIST

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24-HOUR CRISIS LINES AND SHELTERS

AGENCY	SUBJECT	CONTACT INFORMATION	BILINGUAL
<b>Alcoholics Anonymous</b>	Peer support for people who have alcohol abuse/addiction troubles.	Community: 613-237-6000 Members: 613-237-6003  <a href="http://www.ottawaaa.org/">http://www.ottawaaa.org/</a>	Yes
<b>CALACS francophone d'Ottawa</b>	A feminist and social justice organization that offers support for female survivors of sexual violence.	Ligne info-soutien: (613) 789-9117 Ligne d'affaires: (613) 789-8096 Ligne ATS-ATM: (613) 789-9596 Télec. : (613) 789-8097  <a href="http://calacs.ca/">http://calacs.ca/</a>	No, French only: consult the Sexual Assault Support Centre (below) as an alternative.
<b>Children's Aid Society</b>	CAS of Ottawa is committed to protecting the children and youth of our community from all forms of abuse and neglect. They work to keep them safe and secure, both within their families and the communities in which they live.	(613) 747-7800	Yes
<b>Distress Centre of Ottawa and Region</b>	Crisis and Support Line, Referrals (service in English)	City of Ottawa (613-238-3311) City of Gatineau (613-238-3311)  <a href="http://www.dcottawa.on.ca/">http://www.dcottawa.on.ca/</a>	Yes
<b>Fem'aide</b>	Fem'aide focuses its assistance to women who have experienced violence in an intimate relationship or the sexual assault.	Tel. : 1 877 336-2433 (femaide) TTY : 1 866 860-7082 Email : <a href="mailto:info@femaide.ca">info@femaide.ca</a>  <a href="http://www.femaide.ca">www.femaide.ca</a>	No. services are only offered in French.
<b>Immigrant Women Services Ottawa</b>	Helpline for racialized women experiencing abuse.	613-729-3145  <a href="http://www.immigrantwomenservices.com/about.htm">http://www.immigrantwomenservices.com/about.htm</a>	Service language is in English but they have interpreters in more than 50 languages.
<b>Interval House</b>	Shelter for women	Crisis Line 613-234-5181	Yes

	experiencing abuse.	Office 613-234-8511 <a href="http://intervalhouseottawa.org/">http://intervalhouseottawa.org/</a> Email: <a href="mailto:residential@intervalhouseottawa.org">residential@intervalhouseottawa.org</a>	
<b>Kids Help Phone</b>	Support provided by counselors over the telephone to children and teens	1-800-668-6868 <a href="http://www.kidshelpphone.ca/teens/home/splash.aspx">http://www.kidshelpphone.ca/teens/home/splash.aspx</a>	Yes
<b>Mental Health Crisis Line</b>	Crisis line for mental health crises	613-722-6914 <a href="http://www.crisisline.ca/home.htm">http://www.crisisline.ca/home.htm</a>	Yes
<b>Nelson House</b>	Crisis Line for women in need of immediate assistance	Crisis Line: 613-225-3129 Office: 613-225-0533	
<b>Ontario Assaulted Women's Hotline</b>	To provide free, 24-hour, 7-day-a-week crisis counselling, emotional support, information and referrals via telephone to women in up to 154 languages- completely anonymous and confidential.	1-8666-863-0511 <a href="http://www.awhl.org/">http://www.awhl.org/</a>	No. Services only offered in English. For services in French, please call Fem'Aide
<b>Ottawa Hospital (General &amp; Civic Sites)</b>	Psychiatric emergencies and crisis calls	Civic Campus 613-722-7000 General Campus 613-798-5555 <a href="http://www.ottawahospital.on.ca">http://www.ottawahospital.on.ca</a>	Yes
<b>Ottawa Rape Crisis Centre</b>	Sexual assault support and counseling	Crisis Line 613-562-2333 Office 613-562-2334 x 30 TTY 613-562-3860 Email: <a href="mailto:sakinna@orcc.net">sakinna@orcc.net</a>  <a href="http://orcc.net/index.html">http://orcc.net/index.html</a>	Yes
<b>Ontario Poison Centre</b>	First aid information in cases of suspected poisoning	416-813-5900 1 800 268 9017 <a href="http://www.ontariopoisoncentre.com">http://www.ontariopoisoncentre.com</a>	Yes
<b>Salvation Army</b>	Crisis intervention and referral for counseling	613-241-1573 <a href="http://www.salvationarmy.ca">http://www.salvationarmy.ca</a>	Some employees are bilingual.
<b>Sexual Assault Support Centre</b>	Support to victims of sexual assault and incest	Crisis Line 613-234-2266 TTY 613-725-1657 Office 613-725-2160 <a href="http://www.sascottawa.org/">http://www.sascottawa.org/</a>	No, English only: consult CALACS (above) as an alternative.
<b>Tel-Aide Outaouais (no English name)</b>	Crisis and support line, referrals (service in French)	613-741-6433 <a href="http://www.tel-aide-outaouais.org/">http://www.tel-aide-outaouais.org/</a>	No, English only

### CAMPUS RESOURCES – UOSU SERVICES

AGENCY	SUBJECT	HOURS - PHONE #	BILINGUAL
<b>Bilingualism Centre</b>	We strive to achieve equity regarding official languages and advocate for better linguistic rights for students	Monday to Friday, 10:00am to 6:00pm UCU 215e, 85 University Private, Ottawa, Ontario	Yes

	in all aspects of their life on campus.	bilingualism@uosu-seuo.com	
<b>Centre for Students with Disabilities</b>	We promote the independence of students with disabilities on campus, and organize various campaigns and accessible social events. In addition, we provide support to campus organizers by helping make their activities and student spaces accessible.	Monday to Friday, 10:00am to 6:00pm  cei-csd.coord@uosu-seuo.com University Centre (UCU), Room 022	Yes
<b>Food Bank</b>	The student-run food bank provides emergency food relief to members of the university community who face a precarious financial situation. We are confidential service that is here to help you because students should not have to choose between buying food and buying books.	Monday: 9am – 3:30pm Tuesday: 9am – 4pm Wednesday: 9am – 4pm Thursday: 9am – 3pm Friday: 9am – 4pm  foodbank@uosu-seuo.com 85 University, UCU basement	Yes
<b>Foot Patrol</b>	Foot Patrol is a student service that provides you with a safe walk or bus ride to your destination	Monday: 9am – 3:30pm Tuesday: 9am – 4pm Wednesday: 9am – 4pm Thursday: 9am – 3pm Friday: 9am – 4pm raccompagnement-footpatrol.coord@uosu-seuo.com  UCU 08A 85 University Private Ottawa, Ontario, K1N 9A7	Yes
<b>International House</b>	We are a fun, student-run service that promotes cultural diversity and acceptance of all cultural, ethnic and racial groups on campus. It serves international students and anyone interested in going around the world while staying on campus.	Monday to Friday, 10:00am to 6:00pm maisoninternationale-ihouse.coord@uosu-seuo.com University Centre (UCU), room 211E (2nd floor)	Yes
<b>Peer Help Centre</b>	With its dynamic team of volunteers, the Centre provides students with academic, social and personal support through several services. If you need support, call our confidential phone line at: 613-783-1380 ext. 155	Monday to Friday, 10:00am to 6:00pm 85 University Private (UCU) 211D entraide-peerhelp@uosu-seuo.com	Yes

<b>Pride Centre</b>	The Pride Centre was established to provide a safe, comfortable, non-biased and positive environment for those who identify as queer, including the gay, lesbian, bisexual, transsexual, transgender, two-spirit, intersexed and questioning communities and its allies.	Monday to Friday, 10:00am to 6:00pm  University Centre (UCU), room 215C  fierte-pride.coord@uosu-seuo.com	Yes
<b>Women's Resource Centre</b>	The Women's Resource Centre is an inclusive, non-judgmental, pro-choice, feminist drop-in space that supports community members (women, trans* folk and men) who want to work together to challenge gender oppression on campus and in our communities.	Monday: 10am – 1pm, 4pm – 6pm Tuesday: 11:30am – 6pm Wednesday: 10am – 11:30am, 1pm – 6pm Thursday: 10am – 7pm Friday: 1pm – 6:30pm  crf-wrc.coord@uosu-seuo.com  UCU220	Yes
<b>RISE</b>	A safe space for uOttawa Racialized and Indigenous students.  Peer-to-peer dialogue, programming, campaigns, resourcing and support.	Monday: 10am – 6pm Tuesday: 10am – 6pm Wednesday: 10am – 6pm Thursday: 10am – 6pm Friday: 10am – 6pm  rise@uosu-seuo.com	Yes
<b>Multi-Faith</b>	A space for faith-based groups to meet, celebrate and practice their beliefs.  A Private space that allows those who wish to observe their faith, do so in a safe and inclusive environment.	Monday: 10am – 6pm Tuesday: 10am – 6pm Wednesday: 10am – 6pm Thursday: 10am – 6pm Friday: 10am – 6pm  multi-faith@uosu-seuo.com	Yes

### CAMPUS RESOURCES – PROTECTION AND SAFETY

AGENCY	SUBJECT	HOURS - PHONE #	BILINGUAL
<b>Protection Services</b>	Enhance security; Develop alternative modes of transportation; Ensure respect of university community members' rights; Protect assets of the University and its community.	General 613-562-5499 Emergency 613-562-5411 <a href="http://www.protection.uottawa.ca">www.protection.uottawa.ca</a>	Yes
<b>Rape Aggression Defense Course</b>	The class is free for students, but enrollment is limited; only women can register.	<a href="http://www.protection.uottawa.ca/en/rape-defence.html">http://www.protection.uottawa.ca/en/rape-defence.html</a>	Yes

### CAMPUS RESOURCES

AGENCY	SUBJECT	HOURS - PHONE #	BILINGUAL
<b>Academic Accommodations</b>	Students with a disability or bona fide medical condition can work collaboratively with Access Service Specialists to achieve their academic goals (via accommodations).	Monday to Friday, 8:45am and 4:30pm 613-562-5976 <a href="http://www.sass.uottawa.ca/ACCESS/">HTTP://WWW.SASS.UOTTAWA.CA/ACCESS/</a>	Yes
<b>Centre for Psychological Services</b>	Offers counseling and therapy for adults, couples, adolescents and children, as well as career advice	Mondays, Wednesdays & Thursdays: 8:45 a.m. to 8 p.m. Tuesdays & Fridays: 8:45 a.m. to 5 p.m.  613 562 5289  <a href="https://socialsciences.uottawa.ca/psychology/centre-psychological-services-research">https://socialsciences.uottawa.ca/psychology/centre-psychological-services-research</a>	Yes
<b>Counseling and Coaching Services</b>	Individual guidance, study skills	Monday-Friday: 8:45a.m. to 4:30 p.m.  Summer hours: 8:45 to 3:30 (Closed from 12:00 to 1:00p.m)  613-562-5200  <a href="http://www.sass.uottawa.ca/personal">http://www.sass.uottawa.ca/personal</a>	Yes
<b>Health Services Clinic</b>	Health promotion and education	Monday to Friday: 8:30 a.m to 8 p.m Saturdays, 10 a.m to 2 p.m (no weekend summer hours) Sundays: closed 613-564-3950 <a href="http://www.uottawa.ca/health/health-services/services_offered.html">http://www.uottawa.ca/health/health-services/services_offered.html</a>	Yes
<b>Housing Service</b>	Information on affordable housing	Monday-Friday 9:00 am to 5:00 pm 613-562-5885 1-888-564-4545 <a href="mailto:residence@uOttawa.ca">residence@uOttawa.ca</a> <a href="https://www.uottawa.ca/housing/">https://www.uottawa.ca/housing/</a>	Yes
<b>Legal Clinic and Information</b>	Free support, legal advice and legal procedures	Business Hours: Monday to Friday: 9:00am to 5:00pm  Drop in Hours (No appointment is necessary): Mondays & Wednesdays: 7:00 pm to 9:00 pm Thursday:	Yes

		<p>2:00 pm to 4:00 pm</p> <p>613-562-5600</p> <p><a href="https://commonlaw.uottawa.ca/community-legal-clinic/">https://commonlaw.uottawa.ca/community-legal-clinic/</a></p>	
<b>Office of the Ombudsperson of the University of Ottawa</b>	<p>Provides a neutral setting through which university members may pursue just resolutions. May forward recommendations and/or encourage the University community to redress institution-related concerns.</p>	<p>The hours of operation are 9:30 a.m. to 12:00 p.m. and 1:30 p.m. to 4:00 p.m., Monday to Friday.</p> <p>Email: <a href="mailto:ombudsperson@uottawa.ca">ombudsperson@uottawa.ca</a></p> <p>Phone number: 613-562-5342 Office of the Ombudsperson University Centre, Room 307 85 University Street, Ottawa ON K1N 6N5</p>	Yes
<b>Office for the Prevention of Discrimination and Harassment of the University of Ottawa (Human Rights Office)</b>	<p>At the Office for the Prevention of Discrimination and Harassment, you can safely discuss report and resolve situations where you feel discrimination or harassment have taken place.</p> <p>-Confidential consultations with advisers -Individual support and resolution of student complaints -Training and Workshops</p>	<p>The hours of operation are 9:00 a.m. to 3:30 p.m. Monday to Friday.</p> <p>Email: <a href="mailto:respect@uOttawa.ca">respect@uOttawa.ca</a></p> <p>Tel: 613-562-5222</p> <p>1 Stewart St. (Main Floor – Room 121) Ottawa, ON, Canada K1N 6N5</p> <p><a href="https://www.uottawa.ca/respect/en/policies-regulations/harassment-discrimination">https://www.uottawa.ca/respect/en/policies-regulations/harassment-discrimination</a></p>	
<b>Residence Association of the University of Ottawa</b>	<p>Provides advocacy and awareness, for residents, on various boards and committees.</p> <p>Provides its members with a mixture of social events ranging from movie nights to the annual Residents' Ball.</p>	<p>September</p> <p>Hours are posted in the office window – 149 University</p> <p>Business Hours: Monday to Friday: 3:30pm-8pm</p> <p>Email: <a href="mailto:info@aruo-rauo.com">info@aruo-rauo.com</a></p> <p><a href="http://www.aruo-rauo.com/">http://www.aruo-rauo.com/</a></p>	Yes

## COMMUNITY RESOURCE and HEALTH CENTRES

AGENCY	SUBJECT	HOURS - PHONE #	BILINGUAL
<b>211 Ontario</b>	Information and referral to all community, government and social services in Ontario	Seven days a week 24 hours 1-877-330-3213 Call: 211 <a href="http://www.211ontario.ca/#region:m=QUICK&amp;r=5">http://www.211ontario.ca/#region:m=QUICK&amp;r=5</a>	Yes
<b>911</b>	La police et les services paramédicaux d'urgence	Seven days a week 24 hours	Yes
<b>Addictions and problem Gambling Services of Ottawa (Sandy Hill Community Health Center)</b>	Assessment counseling and referral	Monday & Wednesday: 7:00am to 8:00pm Tuesday: 7:00am to 6:00pm Thursday: 8:00am to 5:00pm Friday: 8:30 am to 4:00pm 613-789-8941 <a href="http://www.ementalhealth.ca">http://www.ementalhealth.ca</a>	Yes
<b>Bereaved Families of Ontario (Ottawa)</b>	Self-help and peer support for those who have lost a loved one	Monday to Friday 9:00 am to 4:00 pm 613-567-4278 <a href="http://www.bfo-ottawa.org/">http://www.bfo-ottawa.org/</a>	No, English only
<b>Canadian Hearing Society</b>	Services and crisis counseling for deaf and hearing impaired	Monday to Thursday, 9:00 am to 4:30 pm Friday, 9:00 am to 12:00 pm Phone: 1 866 518 0000 TTY: 1 877 215 9530 Email: <a href="mailto:info@chs.ca">info@chs.ca</a> <a href="http://www.chs.ca/">http://www.chs.ca/</a>	Yes
<b>Canadian Mental Health Association (Ottawa Branch)</b>	Information and referral, direct service to individuals with serious mental illness and are homeless or at risk of homelessness	Monday to Friday 9:00 am to 4:30 pm 613-737-7791 TTY: 613-737-9480 <a href="http://www.cmhaottawa.ca/">http://www.cmhaottawa.ca/</a>	Yes
<b>Carlington Community Health Centre</b>	Health services, counseling, crisis intervention, and information	Monday & Friday 8:30 am to 4:30 pm Tuesday to Thursday 8:30 am to 8:00 pm 613-722-4000 <a href="http://www.carlington.ochc.org/">http://www.carlington.ochc.org/</a>	Yes
<b>Catholic Family Services</b>	Counseling to all denominations	Monday to Thursday 9:00 am to 8:00 pm Friday 9:00am to 5:00 pm 613-233-8478 <a href="http://www.cfsottawa.ca/">http://www.cfsottawa.ca/</a>	Yes
<b>Centre for Counselling and Pastoral Services (Saint Paul University)</b>	Counseling for individuals, couples & families	Monday to Friday 9:00 am to 9:00 pm 613-236-1393 <a href="http://www.ustpaul.ca/index.php?m=120&amp;page=360">http://www.ustpaul.ca/index.php?m=120&amp;page=360</a>	Yes
<b>Centretown Community Health Centre</b>	Health services, counseling, crisis intervention, and information	Monday to Friday 8:30 am to 4:45 pm 613-233-4697 <a href="http://www.centretownchc.org">http://www.centretownchc.org</a>	Yes



<b>Resource Centre</b>	intervention, and information	8:30 am to 4:30 pm 613- 741-6025 <a href="http://www.eorc-gloucester.ca/">http://www.eorc-gloucester.ca/</a>	
<b>Family Services Ottawa</b>	General and mental health counseling and group work	Monday to Friday 8:30 am to 10:30 pm 613- 725-3601 TTY 613-725-3605 <a href="http://www.familyservicesottawa.org/index.html">http://www.familyservicesottawa.org/index.html</a>	Yes
<b>Find-a-Doctor Service (College of Physicians and Surgeons of Ontario)</b>	Assistance in finding a family doctor	Monday to Friday 8:30 am to 5:00 pm. 1-800-268-7096 Ext. 603 Email: <a href="mailto:feedback@cpso.on.ca">feedback@cpso.on.ca</a> <a href="http://www.cpso.on.ca/about-us/">http://www.cpso.on.ca/about-us/</a>	No, English only
<b>Hunt Club/Riverside Community Services Centre</b>	Health social services recreation	Monday to Friday 7:00 am to 9:00 pm Saturday and Sunday 8:30 am to 5:00 pm 613-580-2990 <a href="https://ottawa.ca/en/residents/facilities/hunt-club-riverside-park-community-centre">https://ottawa.ca/en/residents/facilities/hunt-club-riverside-park-community-centre</a>	Yes
<b>Jewish Family Services of Ottawa</b>	Counseling	Monday to Thursday 9:00 am to 5:00 pm Friday: 9:00 am to 1:30 pm Sunday: 12:00 pm to 5:00 pm 613-722-2225 <a href="http://www.jfsottawa.com/">http://www.jfsottawa.com/</a>	Yes
<b>John Howard Society of Ottawa</b>	Assistance to persons in conflict with the law and their families	Monday to Friday 8:30 am to 4:30 pm 613-789-7418 <a href="http://www.ottawa.johnhoward.ca/">http://www.ottawa.johnhoward.ca/</a>	No, English only
<b>Kind Space</b>	Homosexuality information and support	Monday to Friday 9:00 am to 9:00 pm 613-563-4818 <a href="http://kindspace.ca/">http://kindspace.ca/</a>	No, English only
<b>Minwaashin Lodge, Oshki Kizis Lodge</b>	Shelter for women and children, Counselling/ crisis Intervention support/ youth/ parents & children/ elders, various Programs	613-741-5590 <a href="http://www.minlodge.com">www.minlodge.com</a>	No, English only
<b>Mood Disorders Mutual Support Group (formerly DMD)</b>	Support, education and advocacy for family and friends	Hours vary 613-526-5406 <a href="https://www.moorderssottawa.ca/">https://www.moorderssottawa.ca/</a>	No, English only
<b>Nepean, Rideau &amp; Osgoode Community Resource Centre</b>	Counseling, crisis intervention, and information	Monday to Friday 8:30 am to 4:00 pm Tuesday: 8:30 to 8:00 pm 613-596-5626 <a href="http://www.nrocr.org/">http://www.nrocr.org/</a>	Yes
<b>Odawa Native Friendship Centre</b>	Provide information & referral on jobs, emergency housing, and legal matters.	613-722-3811 <a href="http://www.odawa.on.ca">www.odawa.on.ca</a>	No, English only

<b>Orleans-Cumberland Community Resource Centre</b>	Counseling, crisis intervention, and information	Monday to Friday 8:30 am to 4:30 pm 613-830-4357 <a href="http://www.crcoc.ca/en/">http://www.crcoc.ca/en/</a>	Yes
<b>Oshki Kizis Lodge</b>	Shelter for homeless and/or abused First Nation, Inuit and Métis women and their children	24 hours residential support 613-741-5590 <a href="http://www.minlodge.com">www.minlodge.com</a>	No, English only
<b>Ottawa Independent Living Centre</b>	Information and Referral for People with Disabilities	Monday to Friday 9:00 am to 4:00 pm 613-236-2558 <a href="http://oilrc.com/">http://oilrc.com/</a>	No, English only
<b>Ottawa Community Legal Clinics</b>	Legal clinics for those on low income	Mon, Wed-Fri 8:30 am to 4:30 pm * Tue 1 pm-4:30 pm 613-241-7008 <a href="http://www.socls.org/">www.socls.org/</a> <a href="http://ottawa.cioc.ca/record/OCR1700?UseCICVw=13">http://ottawa.cioc.ca/record/OCR1700?UseCICVw=13</a>	Yes
<b>Overbrook-Forbes Community Services Association</b>	Counseling, crisis intervention, and information	Monday to Friday 8:30am to 4:30 pm 613-745-0073	Yes
<b>Sandy Hill Community Health Centre</b>	Health services, counseling, crisis intervention, and information	Mon and Wed 7 am-8 pm Tuesday 7 am – 6 pm Thu 7:45 am – 5 pm Fri 8:15 am-4 pm Some programs offer extended hours of service. 613-789-8458 <a href="https://www.shhc.ca/">https://www.shhc.ca/</a>	Yes
<b>Parents' Lifeline of Eastern Ontario (PLEO)</b>	Information, support group for families with child or teenager diagnosed with a psychiatric disorder	Monday to Friday 9am to 7pm 613-321-3211 <a href="http://www.pleo.on.ca">www.pleo.on.ca</a>	No, English only
<b>Pinecrest-Queensway Community Health Centre</b>	Health services, counseling, crisis intervention, and information	Monday to Wednesday 8:30 am to 8pm Thursday and Friday 8am to 4:30 pm 613-820-4922 <a href="http://www.pgchc.com/">http://www.pgchc.com/</a>	Yes
<b>Psychiatric Survivors of Ottawa</b>	Peer Support, activities and advocacy	Monday to Friday 10 am to 4 pm 613-567-4379 <a href="http://www.psychiatricsurvivors.org/">http://www.psychiatricsurvivors.org/</a>	No, English only
<b>Reach, Equity and Justice for People with Disabilities</b>	Reach is a lawyer referral organization that helps people with all disabilities.	(613) 236-6636, 1-888-669-4001 E-mail: <a href="mailto:reach@reach.ca">reach@reach.ca</a> Website: <a href="http://www.reach.ca">www.reach.ca</a> .	Yes
<b>Schizophrenia Society of Ontario – Ottawa Chapter – Royal Ottawa Mental Health Centre</b>	Support, education and advocacy for families and consumers	Evening meetings Meeting times vary 613-722-6521 Ext. 7775 <a href="http://www.schizophrenia.on.ca/Events/Regional-Events/Ottawa-Region">http://www.schizophrenia.on.ca/Events/Regional-Events/Ottawa-Region</a>	Service language is English, but volunteers speak various languages including French.

<b>Social Services (ODSP) Welfare (Ontario Works)</b>	Financial and housing help	Monday to Friday 8:30 am to 5:00 pm 613-234-1188 (ODSP) 613-580-2400 (OW) <a href="http://www.mcass.gov.on.ca/index.aspx">http://www.mcass.gov.on.ca/index.aspx</a>	Yes
<b>Somerset West Community Health Centre</b>	Health services, counseling, crisis intervention, and information	Monday to Friday 9am to 4 pm 613-238-8210 <a href="http://www.swchc.on.ca/">http://www.swchc.on.ca/</a>	No, English only
<b>South East Ottawa Community Services</b>	Health services, counseling, crisis intervention, and information	Monday and Tuesday: 8:00 am to 6:00 pm Wednesday: 9:00am to 8:00pm Thursday and Friday: 9:00am to 5:00 pm 613-737-5115 <a href="http://www.seochc.on.ca/english/index.html">http://www.seochc.on.ca/english/index.html</a>	Yes
<b>Vanier Community Service Centre</b>	Counseling, crisis intervention, and information	Monday to Friday: 8:30 am to 4:30 pm Wednesday: 8:30am to 8:00pm 613-742-4400 <a href="http://www.cscvanier.com/en/home">http://www.cscvanier.com/en/home</a>	Yes
<b>Victims Crisis Offices Ottawa Police Service</b>	Counseling, information and referral	Monday to Friday 8:30 am to 4:30 pm 613-236-1222 <a href="http://www.ottawapolice.ca">http://www.ottawapolice.ca</a>	Yes
<b>Wabano Aboriginal Health Centre</b>	Programs and services for First Nation, Inuit and Métis peoples.	613-748-0657 Monday to Friday 9:00 am to 5:30 pm <a href="http://www.wabano.com">www.wabano.com</a>	No, English only
<b>Walk-In Counselling Clinic</b>	Support for Life's Challenges Free Counselling Services No Appointment Necessary Trained Professional Counsellors	<a href="http://www.walkincounselling.com">www.walkincounselling.com</a>	Yes and more
<b>Western Ottawa Community Resource Centre</b>	Counseling, crisis intervention, and information	Monday to Friday 8:30 am to 4:30 pm 613-591-3686 <a href="http://www.wocrc.ca/en/home.aspx">http://www.wocrc.ca/en/home.aspx</a>	Yes
<b>Youth Services Bureau of Ottawa - Young Men's shelter</b>	This program offers young men aged 12 to 20 immediate access to safe housing	Phone: 613-241-7788 email: <a href="mailto:youngmenshelter@ysb.on.ca">youngmenshelter@ysb.on.ca</a>  <a href="http://www.ysb.ca/index.php?page=young-men-s-shelter&amp;hl=eng">http://www.ysb.ca/index.php?page=young-men-s-shelter&amp;hl=eng</a>	Yes
<b>Youth Services Bureau of Ottawa - Young Women's shelter</b>	This program offers young women aged 12 to 20 immediate access to safe housing	Phone: 613-789-8220 email: <a href="mailto:shelter@ysb.on.ca">shelter@ysb.on.ca</a>	Yes

		<a href="http://www.ysb.ca/index.php?page=young-women-s-shelter&amp;hl=eng">http://www.ysb.ca/index.php?page=young-women-s-shelter&amp;hl=eng</a>	
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