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Community  
Health Centre  
Centre de santé  
communautaire

## HAPPENING IN YOUR COMMUNITY



### Your Community Newsletter

Dear Carlington Community,

March is here, bringing longer days, fresh opportunities, and a renewed sense of connection! As we step into this season of change, we continue our commitment to supporting your health and well-being.

you.

♥ **Community Wellness:** Stay active and engaged with our ongoing health programs, including wellness workshops and support groups.

📅 **Mark Your Calendar:** This month, we recognize important cultural and community events, including Ramadan, International Women's Day, National Nutrition Month, Social Work Month, and many more.

This is a wonderful time to reflect on developing habits, and appreciating others around us. Thank you for being a part of our vibrant community. Stay connected and reach out if you need support!

Warm regards,

*Carlington Community Health Centre*

## March 2025

	<b>Social Work Month</b> Promoting healthy eating habits & nutrition education
	<b>National Nutrition Month</b> Promoting healthy eating habits & nutrition education
	<b>Black Mental Health Week</b> Amplify Black voices and bring awareness to the mental health of Black communities
<b>1</b>	<b>First day of Ramadan</b> <i>Observed by Christianity</i>
<b>5</b>	<b>Ash Wednesday</b> <i>Observed by Christianity</i>
<b>8</b>	<b>International Women's Day</b> <i>Global observance</i>
<b>9</b>	<b>Daylight Saving Time Begins</b> <i>Clocks move forward</i>
<b>13-14</b>	<b>Purim</b> <i>Observed by Judaism</i>
<b>17</b>	<b>St. Patrick's Day</b> <i>Irish Holiday &amp; Global celebration</i>
<b>21</b>	<b>International Day for Elimintion of Racial Discrimination</b> <i>Observed by the United Nations</i>
<b>29</b>	<b>Earth Hour</b> <i>Global observance, 8:30PM local time</i>
<b>30</b>	<b>Eid al-Fitr</b> <i>End of Ramadan; date depends on lunar sighting</i>

*"The greatness of a community is most accurately measured by the compassionate actions of its members." – Coretta Scott King*



# Community

## *Programs*

### [Stitch and Style Society](#)

*Wednesdays, weekly from 1pm-3:30pm*

*1475 Caldwell Avenue (Bellevue Manor)*

Partnering with [Caldwell Family Centre](#), providing sewing machines and supplies for residents for creative expression, social engagements, skills development and improving mental health and wellbeing.



### [Art Drop-In](#)

*Thursday, weekly from 5pm - 7pm*

*900 Merivale Road (Carlington CHC)*

Join us for a weekly art experience! This is a great opportunity to meet new people, get creative, and learn new art techniques for free. In collaboration with [Ottawa School of Art](#).



### [Soup and Support Fridays](#)

*Friday, March 7 from 10:30am-11:30am*

*Friday, March 21 from 10:30am-11:30am*

*29 Van Lang Private (Fieldhouse)*

Enjoy a warm and delicious soup while accessing resources and system navigation support, including printing, photocopying, and referrals. Looking to help? We are always looking for volunteers for soup preparation. Call 613-410-6047 for more information.

### [Chair Exercise Classes](#)

*Tuesdays, weekly from 10:30am-11:30am*

*29 Van Lang Private (Fieldhouse)*

In partnership with [Family Physio](#), all are welcome to join these free chair exercises, designed for all levels and abilities, to build strength, coordination, and balance.

## *Financial Programs & Support*

### [Tax Prep Lunch & Learn](#)

*Friday, March 7 from 12pm-4pm*

feature information on filing taxes, avoiding scams, and budget counselling services available. Light lunch provided, free and all are welcome.

## [Income Tax Clinic](#)

*March - April 2025, various times*

*900 Merivale Road (Carlington CHC) and 29 Van Lang Private (Fieldhouse)*

Through the Community Volunteer Income Tax Program (CVITP), Carlington CHC is hosting clinics throughout the months of March and April. Eligible individuals must live in the Carlington catchment and have a modest income. Appointments are now available on Carlington CHC's [website](#).



## [EBO Financial Education and Budgeting](#)

*Thursdays, bi-weekly from 9am-5pm*

*900 Merivale Road (Carlington CHC)*

EBO financial advisor is offering services at Carlington on topics including budget counselling, budget coaching, income tax filing, and access to benefits. Call 613-722-4000 ext. 204 for a referral.

## *Additional Partnership Programs*

## [Ottawa Mission Food Truck - Various Locations](#)

*Various days and locations throughout the Carlington neighbourhood*

Free hot meal, freshly prepared by the Ottawa Mission Food Truck. Vegetarian options will also be available.

## [Westboro Community Kitchen](#)

*Mondays, bi-weekly from 9am-1pm*

*29 Van Lang Private (Fieldhouse)*

Do you love cooking? Want to try a new recipe? Join the Community Kitchen at Van Lang for

Community Association.



## Parent & Child Services

### *EarlyON Programming*

#### EarlyON Drop-In Playgroups & Story Walks

*Monday-Fridays, various times in the week (see below)*

*Three sites: Carlington Community Health Centre - 900 Merivale Road, Carlington Gym - 1520 Caldwell Avenue & Harrold Place Park (see schedule below)*

Join us for the drop-in EarlyON Playgroups and Story Walks at either of the three locations listed above. Carlington CHC at 900 Merivale Road offers a beautiful new playroom and garden. Our Early Childhood Educators at each site can provide stories, songs, arts and crafts, and funny dances! For children ages 0-6 years. We are able to accommodate more families on a sunny day with our new garden. Limited spots available on a first come, first serve basis and is whether dependent.

- **MONDAYS:** Playgroup: 8:30am-1:30pm @ Carlington CHC  
Playgroup & Story Walk, 8:30am-1:30pm @ Carlington CHC
- **TUESDAYS:** Playgroup: 9:00-11:00am @ Carlington Gym, 1520 Caldwell Avenue
- **WEDNESDAYS:** Playgroup: 8:30-1:30pm @ Carlington CHC  
Playgroup in the Park: 2:30-4:30pm @ Harrold Place Park, 1 Harrold Place
- **THURSDAYS:** Playgroup: 12:00-3:00pm @ Carlington CHC
- **FRIDAYS:** Playgroup: 8:30-1:30pm @ Carlington CHC
- **SATURDAYS:** Playgroup: 9:30-11:30am @ Carlington CHC

#### EarlyON, Ask Us

*By appointment only. Please email [EarlyON@carlingtonchc.org](mailto:EarlyON@carlingtonchc.org)*

You have questions about how your child is growing? Bedtime routines? Teething? Mealtime? About activities in the community? About childcare options? Ask our Early Childhood Educators for information, resources and support! Email us to book an appointment (virtual or in-person)

For more useful tips and tricks specific to EarlyON, subscribe to the Carlington Community Health Centre EarlyON Newsletter to stay informed.



## *Perinatal Support Services*

### **Prenatal Breastfeeding Information Session**

*2nd Thursdays of the month, 4:00-6:00 pm*

*Carlington CHC, 900 Merivale Road*

Prenatal Breastfeeding Information Session for expectant parents, hosted by Carlington CHC's Lactation Consultant Janice, every second and third Thursday of the month. To register for the 2nd Thursdays, click [here](#) & for the 3rd Thursdays of the month, click [here](#).

### **Pregnant in Ottawa - Live Online Prenatal Classes**

*Ongoing - [Request to join the Facebook group](#)*

*VIRTUAL Sessions*

Join other families in Ottawa for ongoing support throughout your entire pregnancy, and post-partum. Join the monthly session that best fits where you are in your pregnancy.

Learn what you need to know, when you need to know it.

### **Q&A with a Lactation Consultant**

*Every Tuesday from 4:00-5:00 pm*

*VIRTUAL Sessions*

Join Carlington CHC's Lactation Consultant Janice over Zoom to ask your questions about breastfeeding, navigating the first 4-6 weeks, and connect with other parents. For more information, please contact our Lactation Consultant at [breastfeeding@carlingtonchc.org](mailto:breastfeeding@carlingtonchc.org).



## **SWAG (Students-Will-All-Graduate)**

*Monday-Thursday throughout the school year*

*Notre Dame Highschool, 710 Broadview Avenue, Ottawa*

SWAG (Students-Will-All-Graduate) is offered by a team of Youth Workers, Ontario Certified Teachers and Volunteers 4 days a week throughout the school year. The program provides credit based academic support, social recreation programming, mentoring and relationship building, and skill based leadership programming. Get in touch to learn more by [emailing Natasha](#), or calling 613-722-4000 ext. 322.

## **Carlington Youth Drop-In**

*Tuesdays from 6-8pm*

*Bellevue Community Centre, 1465 Caldwell Avenue*

Carlington CHC offers this drop-In to youth ages 12 to 18, with weekly fun activities. For more information, [email Natasha](#) or call 613-722-4000 ext. 322.

## **RedBlacks Youth Mentorship Program**

A free opportunity to bond with a pro athlete through the Ottawa RedBlacks and Youth Mentorship Program (for youth ages 14-18). Receive one-on-one individual mentoring by dedicated athletes, focusing on building supportive relationships between athletes and high school youth. For more information, [email Natasha](#) or call 613-722-4000 ext. 322.

## *Additional Children and Youth News*

### **Canadian Parks and Wilderness Society Program**

#### **Newcomer Youth Program: Nature for Everyone, Everywhere**

*March 2025-March 2026*

*Now Accepting applications until March 31, 2025*

Are you passionate about nature and looking for an opportunity to make a real difference in your community? Nature for Everyone, Everywhere! is a new program lead by CPAWS Ottawa Valley for youth (ages 18-30) from newcomer communities in the Ottawa Valley who want to get involved in environmental stewardship and civic engagement.



## *In-House Programs*

### Seniors Chair Exercises

*Mondays & Fridays, from 10am-10:45am*

*900 Merivale Road (Carlington CHC)*

Offering free chair exercises for people aged 55+ to increase mobility and build strength and balance. Designed for all skill levels and is everyone welcome!

### Seniors Sing-Along

*Fridays from 1pm-3pm*

*900 Merivale Road (Carlington CHC)*

Join the Friday afternoon fun singing group, making new friends with old songs. All are welcome, no experience or audition required.

### Brain Bingo

*Tuesdays from 2pm-4pm*

*900 Merivale Road (Carlington CHC)*

Test your knowledge! Featuring bingo, games, trivia with snacks and tea and lots of socialization time. Free to join and all are welcome.





## Mental Health & Addiction

### *In-House Programs & Services*

#### Carlington CHC Crisis Intake

*Mondays, Tuesdays, Wednesdays and Fridays from 1pm-3:30pm*

*900 Merivale Road (Carlington CHC)*

Intake Counsellor offers immediate help with personal crisis and support with food security, referrals and practical assistance. Walk-in or by appointment by calling 613-722-4000 ext. 260.

#### Coping Group

*Thursdays from 4:30pm-6:30pm*

*900 Merivale Road (Carlington CHC)*

Supportive group counselling for individuals struggling with substance-use, addictive behaviours, trauma, anxiety and/or depression.

#### Women in the Wild

*Wednesday, bi-weekly from 1pm-3pm*

*Outdoors, various locations*

A peer-support counselling and eco-therapy group for women who have experienced various life challenges. Transportation provided. Registration required.



## Health Services

### *Health Services Resources*

#### HealthBox

*Machine available near Coldrey entrance of 900 Merivale Road.*

Provides services that help individuals take control of their personal health which increases the wellbeing of our community as a whole.

Access safe, high-quality care and avoid unnecessary visits to the emergency room. This service is an easy way to get connected to care you or your loved ones need, but it does not replace your other touch point with your health care provider. In a medical emergency call 911 immediately. Call 811 (TTY: 1-866-767-0007).



## Carlington CHC News!

### **Dolly Parton's Imagination Library**

We have some exciting news to share! In partnership with Kiwanis Club of Ottawa West, we are launching a wonderful new initiative—Dolly Parton’s Imagination Library. This program provides a free book each month to every child aged 0 to 5 who is enrolled, delivered straight to their home with their name on it. This is an amazing opportunity to support early literacy and encourage a love of reading from a young age.



“YOU CAN NEVER GET ENOUGH  
**BOOKS**  
INTO THE HANDS  
OF ENOUGH  
**CHILDREN**”  
*Dolly*

**INSPIRE A LOVE  
OF READING**

Enroll your child in Dolly Parton's Imagination Library and get a **FREE BOOK** every month until their 5th birthday.

“ Our daughter **LOVES READING** and being read to, and the **VARIETY** she receives from the Imagination Library is a **SIGNIFICANT** part of this ”

Dolly Parton's Imagination Library is dedicated to inspiring a love of reading by gifting books free of charge to children from birth to age five, through funding shared by Dolly Parton and local community partners in the United States, United Kingdom, Canada, Australia and Republic of Ireland.






## ***Your Future... Your Choice, Youth Conference***

On February 26, 2025, we proudly hosted the 2nd Annual *Your Future... Your Choice* Youth Conference in celebration of Black History Month! 🇺🇸 This inspiring event brought together passionate youth and accomplished Black professionals for a day of empowerment, leadership, and perseverance.

From engaging panel discussions to powerful keynote addresses, attendees had the opportunity to connect, learn, and gain invaluable insights into breaking barriers and achieving success. The energy in the room was electric, as youth were encouraged to embrace their potential and take bold steps toward their futures.

A huge thank you to our speakers, volunteers, and generous donors who made this event possible! Your contributions helped provide food, drinks, honorariums, and exciting door prizes—ensuring a meaningful experience for all participants.

Let's continue to uplift and support the next generation of leaders! If you'd like to contribute to future events and initiatives, please visit the link below.

Together, we are fostering a stronger, more empowered community. 🤝



## Colette's Garden

It is with deep respect that we announce the renaming of our Carlington Community Health Centre garden to **Colette's Garden**. At the beginning of 2025, our Centre lost our dear Coordinator of Annavale Headstart School and Early Years Programs, Colette Francis, a remarkable mentor in Ottawa's child care community.

Colette's impact was profound—her unwavering commitment to supporting children and families in Ottawa changed lives. She brought compassion, guidance, and hope to many, fostering an environment where children could thrive and families could find support. Through her tireless efforts, Colette shaped the early years community and left an indelible mark on the hearts of all who knew her.

The garden, now named in her honor, will serve as a lasting tribute to her incredible legacy. Children at the Centre will continue to learn, grow, and play in this space, carrying forward the spirit of Colette's dedication and love for nurturing the potential of every child.



*Colette's Garden*

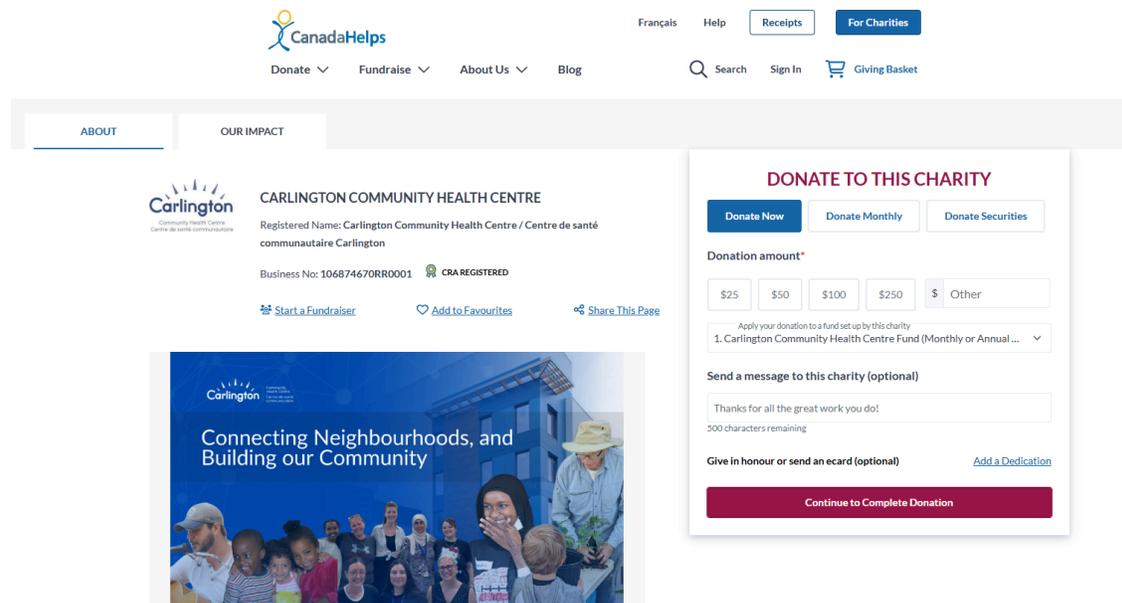
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# GET INVOLVED

with Carlington Community Health Centre

## ♥ [Become a Monthly Donor](#)

Join us in building a stronger community! ☀️ Become a **monthly donor** and provide ongoing support for essential services that make a lasting impact. Make a difference today—set up your **monthly donation** through CanadaHelps! Your contributions help ensure that **everyone** has access to the care they need.



The screenshot shows the CanadaHelps website interface. At the top, there are navigation links for 'Français', 'Help', 'Receipts', and 'For Charities'. Below this, there are links for 'Donate', 'Fundraise', 'About Us', and 'Blog'. A search bar and 'Sign In' link are also visible. The main content area is titled 'DONATE TO THIS CHARITY' and features three buttons: 'Donate Now', 'Donate Monthly', and 'Donate Securities'. The 'Donation amount\*' section includes radio buttons for \$25, \$50, \$100, \$250, and '\$ Other'. Below this, there is a dropdown menu for 'Apply your donation to a fund set up by this charity' with the selected option '1. Carlington Community Health Centre Fund (Monthly or Annual ...'. There is also a text input field for 'Send a message to this charity (optional)' with the placeholder text 'Thanks for all the great work you do!' and a '500 characters remaining' indicator. A 'Give in honour or send an ecard (optional)' link is also present. At the bottom of the form is a red button labeled 'Continue to Complete Donation'. On the left side of the page, there is a section for 'CARLINGTON COMMUNITY HEALTH CENTRE' with its logo, registered name, business number, and CRA registration status. There are also links for 'Start a Fundraiser', 'Add to Favourites', and 'Share This Page'. Below this is a large image of a diverse group of people with the text 'Connecting Neighbourhoods, and Building our Community'.

[Donate Today](#)

## [Employment Opportunities](#)

Looking for work or thinking about a career change? We encourage you to visit our website or reach out for information, please see our current opportunities:

### [Violence Against Women/Intimate Partner Violence Counsellor](#)

*Part-time, Permanent*

## [Become a Volunteer](#)

Carlington Community Health Centre recognizes the importance of our volunteers as essential in forging the bond between the Centre and our clients. Volunteers represent the mortar between the bricks of our building, supporting

To view current volunteer opportunities or apply to be a volunteer, please see our two volunteer portals:

- High School Students: [Click here to see our volunteer opportunities](#)
- All other volunteers: [Click here to see our volunteer opportunities](#)

## [Board Recruitment](#)

We are currently seeking four (4) passionate individuals to join our Board of Directors! This is a great opportunity to make a meaningful impact in our community while helping to guide and shape the future of our organization.

If you have experience in leadership, governance, or a strong commitment to community service, we would love to hear from you.

For more information or to express your interest, please see the call for nominations [here](#), and express your interest by **Friday March 15, 2024**. Your expertise and dedication can help us make a difference!

[Call for Nominations](#)



## [Become a Member](#)

Carlington Community Health Centre is a community-based and community-governed non-profit organization. Membership is a great way to show your support for the Community Health Centre model of care. Members elect our Board of Directors and vote on important matters at our annual general meeting. Membership is FREE and is an opportunity to have your voice heard. Membership is open to individuals 18 years of age or over who live in the

## Let's get the Word out There on Socials

We're doing a lot of great things in our community, and we want you to see it all! Follow us on social media to stay updated on our programs, events, and news. Click icons below to follow!



## Feedback

We strive to provide the best possible programs, services and care for our clients. If you have any feedback, comments or grievances, please email [feedback-complaints@carlingtonchc.org](mailto:feedback-complaints@carlingtonchc.org).

If you have suggestions, recommendations or general feedback for our November edition, please feel free to send an email to [communications@carlingtonchc.org](mailto:communications@carlingtonchc.org)



Not interested anymore? We'll miss you!

You can [update your preferences](#) or [unsubscribe from this list](#)

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