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Get Carlington CHC programs and services direct to your inbox.



HAPPENING IN YOUR COMMUNITY



Spring is here!

Dear Community,

As we welcome the fresh start of spring, Carlington CHC is excited to share updates, programs, and opportunities to keep you connected and supported. This season is all about renewal and growth, and we're here to help you prioritize your health and well-being.

programs, social supports, or new opportunities to give back, there’s something for everyone.

Thank you for being part of the Carlington CHC community—we appreciate your engagement and commitment to building a healthier community. Wishing you a wonderful and vibrant spring!

Warm regards,
Carlington Community Health Centre

April 2025

**Cancer Awareness Month**
Raises awareness about various types of cancer & early detection

**Autism Awareness Month**
Promotes understanding, awareness and support

**Oral Health Month**
Promotes the importance of dental health & good oral hygiene

2**World Autism Awareness Day**
Recognized worldwide

6**Rama Navami**
Observed in Hinduism

9**International Day of Pink**
Observed worldwide for anti-bullying and LGBTQ2S+ inclusion

20**Passover**
Observed in Judaism

18**Good Friday**
Statutory Holiday; The Centre is closed

20**Easter Sunday**
Observed in Christianity

22**Earth Day**
Observed worldwide

"Spring reminds us that growth and renewal are always possible — together, we thrive as a community."





Programs

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.

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

April 3rd and 10th, 2025 - 5pm - 7pm

900 Merivale Road (Carlington CHC)

Join us for the last 2 art experiences of this month! 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](#).



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.

Financial Programs & Support

Income Tax Clinic

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, April 10th and 24th 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

[Westboro Community Kitchen](#)

Mondays April 14th and 28th 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 food prep and socializing with your neighbours as you enjoy a nutritious and delicious meal. Free and all are welcome. In partnership with Nutrition Bloc and Westboro Beach Community Association.



Parent & Child Services

EarlyON Programming

[Together Time, Easter Egg Decoration](#)

Thursday, April 3, 2025 @ 10:30-11:30a.m.

Carlington Community Health Centre - 900 Merivale Road

Hosted by Maria, the Healthy Growth and Development Team is launching another Together Time event of the series: Easter Egg Decorating in time for Easter. All EarlyON registered parents are welcomed to join and discuss ways to engage their children in play while sharing tips on using language, introducing early math concepts, fostering creativity, and supporting social -emotional development. Please note this program will only be offered in English.



Together Time: Easter Egg Decorating

Parents gather to discuss ways to engage their children in play while sharing tips on using language, introducing early math concepts, fostering creativity, and supporting social-emotional development.

Thursday, April 3rd, 2025
10:30 - 11:30am

Limited spots available.
To register, please call or email Maria.

This program is offered in English only

Jeudi 6 Mars, 2025
10h30 - 11h30

Places limitées.
Pour vous inscrire, veuillez appeler ou
envoyer un courriel à Maria.

Ce programme est offert en Anglais

Temps ensemble: Pâte à Modeler

Les parents se réunissent pour discuter des façons d'engager leurs enfants dans le jeu tout en partageant des conseils sur l'utilisation du langage, l'introduction des concepts mathématiques de base, le développement de la créativité et le soutien des compétences socio-émotionnelles.

Call | Appelez, María Çuburú
Early Childhood Development Worker
613-722-4000 ext. 251
mcuburu@carlingtonchc.org



Community
Health Centre
Centre de santé
communautaire

[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 weather dependent.

- **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.

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)

EarlyON, Newsletter

Link to subscribe, click [here](#)

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

Informal Virtual Sessions

Prenatal Breastfeeding Information Session for expectant parents, hosted by Carlington

[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.



Youth & Teens

Children 0-5 years old

[Dolly Parton's Imagination Library](#)

Ongoing Service in partnership with Kiwanis Club of Ottawa West

We have some exciting news to share! In partnership with Kiwanis Club of Ottawa West, we continue to offer a wonderful 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. Get in touch to learn more by [emailing Natasha](#), or calling 613-722-4000 ext. 322.



"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.






Youth from 6-13 years old

After the Bell

Weekly, Thursday- Friday from 3-6pm

Van Lang Field House

Get homework help, snacks, and more! For students aged 9-13, this is an after school program to support their learning and socializing. Get in touch to learn more by [emailing Natasha](#), or calling 613-722-4000 ext. 322.

Afterschool Program

Weekly Monday-Wednesday from 3-6pm

Bellevue Community Centre, 1465 Caldwell Avenue

Get homework help, snacks, and more! For students aged 9-13, this is an after school program to support their learning and socializing. Get in touch to learn more by [emailing Natasha](#), or calling 613-722-4000 ext. 322.



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 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.

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.



Seniors

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.



Check out the new Our HealthBox Welcome screen video on our YouTube channel!

Telehealth Ontario

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).



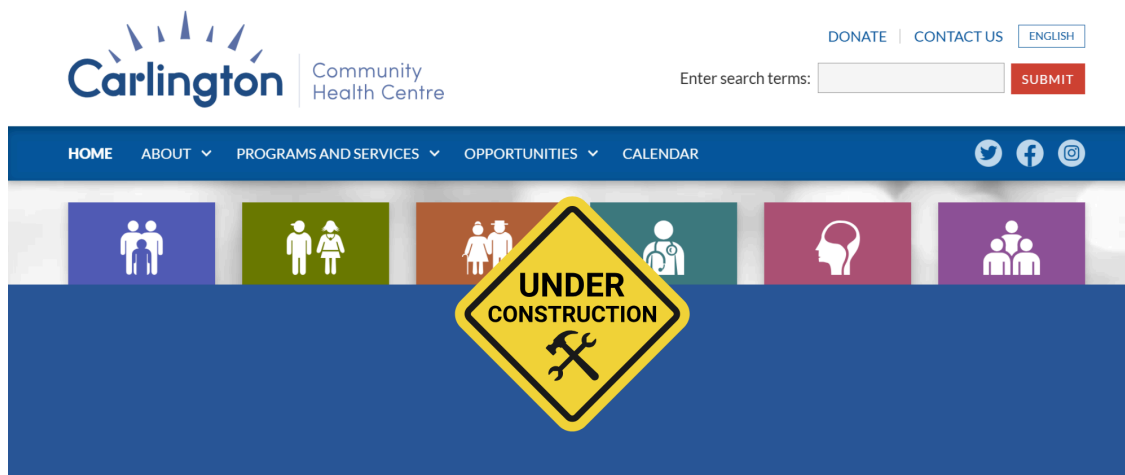
Carlington CHC News!

Website Refresh

We heard you - we're undergoing a website refresh to ensure the best experience for our community! As part of our updates, the new site will align with our organizational goals and values, offering:

- ♦ **Streamlined Design** – A modern, user-friendly layout that enhances navigation, integrating the new organizational review with a client-focused perspective.
- ♦ **Impact-Driven Approach** – A website designed to highlight the **real impact** of our services, including a new **testimonial section**.
- ♦ **Enhanced Visuals** – A more engaging design with visuals that reflect accurately our departments and its programs.
- ♦ **Improved Resource Access** – A refined search function to help users find what they need faster.
- ♦ **Optimized Calendar Section** – A refined calendar tab that condensed and outlines all programs and services by day/month.
- ♦ **Interactive Google Map** – Conveniently located at the bottom of the webpage to help users explore our **catchment area**.

🌐 Stay tuned for the official launch this month! We appreciate your patience and can't wait for you to explore the new site. 😊



♥ [Get involved: Support a Healthier Community!](#)

Are you passionate about health and well-being? Do you believe in building a stronger, healthier community? Carlington Community Health Centre (CCHC) is looking for individuals and organizations who share our commitment to making a difference.

campaign to exploring other opportunities to support our programs, your contribution can have a lasting impact.

If you or someone you know would like to learn more, reach out to **Shravana Ramgoolam, Communications and Resource Development Coordinator**, at sramgoolam@carlingtonchc.org. Let's work together to create a healthier, more connected community!



♥ [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.

[Donate Today](#)

GET INVOLVED

with Carlington Community Health Centre

[Employment Opportunities](#)

These positions are currently opened. To apply, please submit your application through the online portal or email HR@carlingtonchc.org. Please share with your network:

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 the foundation and the purpose, year after year.

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](#)

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 City of Ottawa and support our mission and values. [Click here to access the application form](#)

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!



Additional Reads and Resources

- [Ottawa Community Housing 2024 Partnership Survey Results](#) - Brian Gilligan
- [Promoting Equitable Access and Experiences for Newcomers in Canada's Health and Social Services](#) - National Newcomer Navigation Network
- [Patient and Family Engagement Program, Expression of Interest](#) - Ontario Health

Communities. New sections on: *Client Registration Information, Individual Service Events, Personal Development Groups, & Communities Initiatives.*

- [The Canadian Association of Community Health Centre](#) - Amplifying Black Health & Wellness with Durham CHC | Community Matters WEBINAR

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.

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



