

Shravana Ramgoolam

From: Carlington CHC <communications@carlington.ochc.org>
Sent: Monday, May 5, 2025 12:23 PM
To: Shravana Ramgoolam
Subject: Happening in your neighbourhood...

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Get Carlington CHC programs and services direct to your inbox.



HAPPENING IN YOUR COMMUNITY



Welcome to May!

Dear Community,

As the days grow longer and blossoms begin to brighten our neighborhoods, May brings a renewed sense of energy and connection.

It's a time of growth, reflection, and celebration — from recognizing the contributions of mothers and caregivers to honoring Mental Health Week and preparing for spring events that bring us together. In this issue, you'll find updates, opportunities, and inspiring stories that reflect the heart of our community. Let's embrace the season of renewal with open minds and open hearts!

Warm regards,

Carlington Community Health Centre

May 2025

The graphic features a background of pink and white flowers. At the top, a dark blue banner contains the text 'May 2025'. Below this, two white boxes with rounded corners list heritage and awareness months. The left box lists Asian Heritage Month (with a circular pattern icon), Jewish Heritage Month (with a Star of David icon), and Polish Heritage Month (with a red rectangle icon). The right box lists Mental Health Awareness Month (with a brain and green ribbon icon), Cystic Fibrosis Awareness Month (with a purple ribbon icon), and Lyme Disease Month (with a green ribbon icon). Below these, a white box with rounded corners lists specific dates and events. The dates are 2, 4, 5, 7, 11, 12, 17, and 19. The events are Orthodox Good Friday, Orthodox Easter Sunday, Red Dress Day, National Child and Youth Mental Health Day, Mother's Day, International Nurses Day, International Day Against Homophobia, Transphobia and Biphobia, and Victoria Day. Each event is followed by a note on where it is observed.

	Asian Hertiage Month		Mental Health Awareness Month
	Jewish Heritage Month		Cystic Fibrosis Awareness Month
	Polish Heritage Month		Lyme Disease Month

2	Orthodox Good Friday <i>Observed in Eastern Orthodox Christianity</i>
4	Orthodox Easter Sunday <i>Observed in Eastern Orthodox Christianity</i>
5	Red Dress Day <i>National Day of Awareness for Missing and Murdered Indigenous Women & Girls</i>
7	National Child and Youth Mental Health Day <i>Observed in Canada</i>
11	Mother's Day <i>Observed in Canada</i>
12	International Nurses Day <i>Observed worldwide</i>
17	International Day Against Homophobia, Transphobia and Biphobia <i>Observed worldwide</i>
19	Victoria Day <i>Statutory Holiday; The Centre is closed</i>

“Spring is proof that there is beauty in new beginnings. Let this season remind us to nourish ourselves and our communities.”



Community

Programs

EVENT Carlington Employment Fair

Thursday May 15, 2025 from 5:30pm-7:30pm

960 Silver Street (Alexander Community Centre)

We are excited for the upcoming Carlington Employment Fair on May 15th from 5:30pm-7:30pm at Alexander Community Centre in collaboration with Caldwell Family Centre, the City of Ottawa, Ottawa Community Housing, Community Development Framework and more. Please see attached posters linked to share with residents and your networks.

CARLINGTON EMPLOYMENT FAIR

Join us on a journey of growth and success!
Food and refreshments available. Free and all are welcome.

EMPLOYMENT

- City of Ottawa
- Ottawa Community Housing
- Ottawa Police Services
- Local businesses
- And more!

VOLUNTEERING

- Gardening and landscaping
- Summer events and BBQs
- Tech and IT support

RESUME WORKSHOP

- Resume writing
- Cover letter design
- Interview prep



5:30pm - 7:30pm
MAY 15, 2024

More information:
WENDY.ROYER@OTTAWA.CA



Location
960 SILVER STREET – ALEXANDER COMMUNITY CENTRE



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.

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 5:00-7:00p.m. (ENDING MAY 29)

900 Merivale Road (Carlington CHC)

Join us for weekly art-drop in. 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](#).

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 May 12th & May 26th 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.



Financial Programs & Support

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.



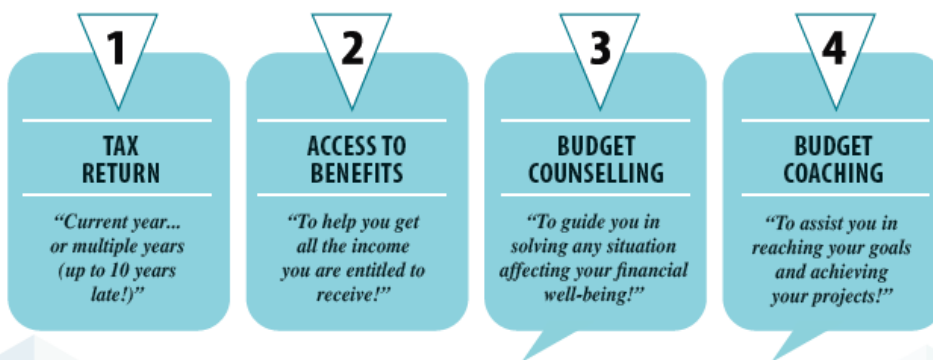
*"Because life is about more
than just money..."*

FINANCIAL EMPOWERMENT

through sound money management

- FREE AND CONFIDENTIAL SERVICES
- IN PERSON OR REMOTELY

★ ★ ★
NEW!



"May provide access to a micro-loan at 0% interest!"

ebo

FOR ORGANIZATIONS

Financial Education workshops for your clients or for your frontline workers
BUDGET - CREDIT and DEBT - INCOME TAX - BENEFITS



Carlingwood Special Programs (off-site)

Genealogy Drop-in at Carlingwood Library

Monday May 5, 1:30-3:30p.m.

Carlingwood special program

Want to learn more about your family history or getting stuck working on your family tree? Drop in to work on your family tree and share research strategies. Discover what library resources are available for your research with specialists

from the Ontario Genealogical Society Ottawa Branch

Introduction to Dungeons and Dragons for Adults

Mondays, 5:30-8:00p.m. (May 5-June 16) - no session Monday May 12 or 19

Carlingwood special program

Play Dungeons and Dragons at the library! Whether you've always wanted to learn, haven't played in years, or are an experienced player looking to join a table, try this five-part introduction to D&D for adults with Ottawa game master Allan Humphrey. The first session will include instruction on how to create a D&D character plus time to prepare for the game. Allan will run the adventure *Dragons of Stormwreck Isle* over the next four sessions. Registration is required. This game is intended for players ages 18 and older.

Note: If enough players join the waiting list, we will open a second table and run the first chapter of *Waterdeep: Dragon Heist* as well.

Introduction to Dungeons and Dragons for Adults

Mondays May 12, 6:00-8:00p.m.

Carlingwood special program

Canada North attracts travellers from around the world who want to discover the pristine beauty and grandiose space our country has to offer. Carole Gobeil, a polar travel specialist here in Ottawa has travelled to these remote areas many times and loves sharing her passion with other curious adventurers. Places like Yukon, Northwest Territories, Nunavut, Nunavik, and Labrador are to be discovered at this travel talk.



Seniors

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.

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.



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.

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 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

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 CHC's Lactation Consultant Janice, every second and third Thursday of the month. To register for the 2nd Thursdays, click [here](#) on the **NEW** registration platform.



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.

Carlingwood Special Programs (off-site)

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.



The poster features a circular logo at the top left with the text "Dolly Parton's IMAGINATION LIBRARY" and an illustration of a train. To the right of the logo, the text reads: "YOU CAN NEVER GET ENOUGH BOOKS INTO THE HANDS OF ENOUGH CHILDREN" with "Dolly" in script below. A large photo of Dolly Parton is on the right. The main headline is "INSPIRE A LOVE OF READING". Below it, the text says: "Enroll your child in Dolly Parton's Imagination Library and get a FREE BOOK every month until their 5th birthday." A quote from a parent is included: "Our daughter LOVES READING and being read to, and the VARIETY she receives from the Imagination Library is a SIGNIFICANT part of this". A red banner at the bottom states: "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." Logos for Kiwanis OTTAWA WEST and Carlington are at the bottom, along with a QR code.

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.



High School aged Programs

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

Belleview 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.

Out-House Resources

A Medley of Entertaining Canadian Music

Saturday May 17, 2025

429 Parkdale @ Gladstone Ottawa, ON

This will be an evening of performances from Concert Docs – an established musical/medical duo – tenor, Dr. Fraser Rubens, cardiac surgeon, and pianist Dr. Carol Wiebe, family doctor, and [Kiwanis Music Festival](#) performers showcasing the piano, classical guitar and saxophone quartets. This musical treat is an important fundraiser for [Radical Connections](#) and for Kiwanis Ottawa West to provide learning and healthy starts to underserved children and youth in the community. Tickets are only \$25 or \$10 for students. Admission is free for children under 5. Go to the Zeffy link [here](#) to purchase tickets. Full program information is attached. We are grateful to the event sponsor [Hobin Architecture](#). Together, we are making a difference by strengthening our community. Please join us and circulate the attached poster to colleagues, friends and family. [PROGRAM LINK TO THE EVENT.](#)



Health 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

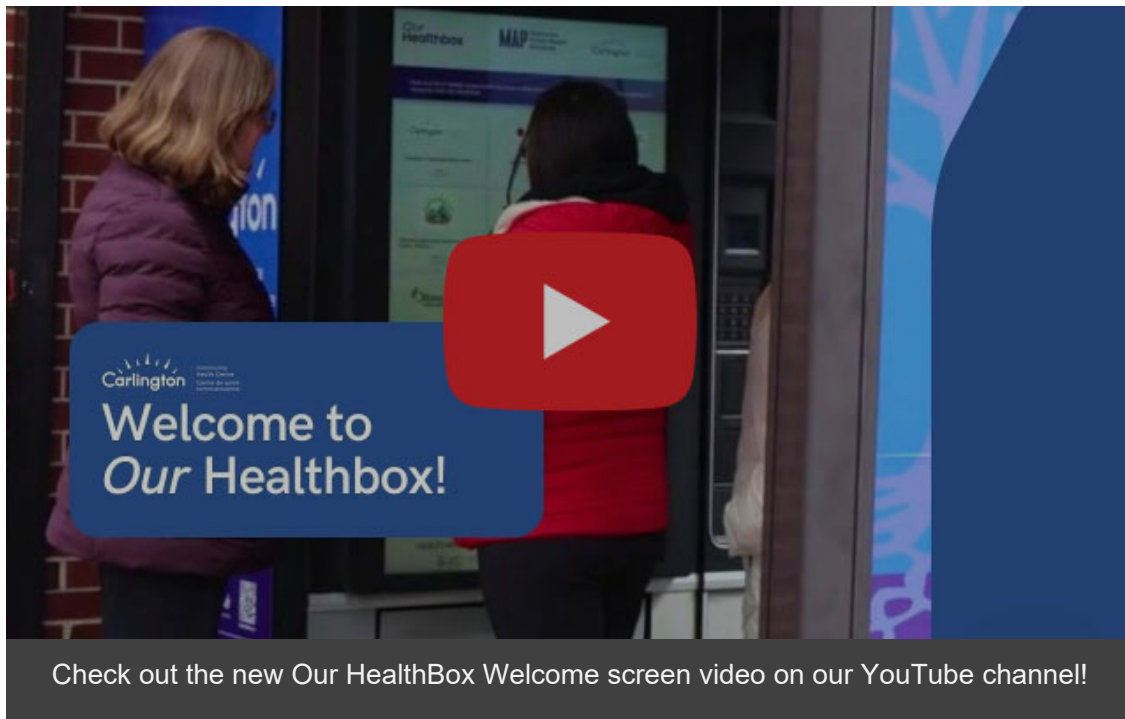
900 Merivale Road (Carlington CHC)

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

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.



Health Services Resources

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. 😊



EVENT, CALL FOR PANELISTS: Global Talent, Local Impact

At the end of May, 2025, we are holding an event for an inspiring evening to unveil Carlington Community Health Centre's new innovative dashboard, developed by a diverse team of experts from around the world. Attendees will gain unique insights into the people behind the project through a compelling panel discussion, and connect with changemakers during a dedicated networking session. The evening will also feature a silent auction in support of the Centre—an opportunity to contribute to a meaningful, community-driven organization leading in innovation. Please see below on ways to get involved, or refer a client or partner:

CALL FOR PANELISTS:

Carlington Community Health Centre (CCHC) invites expressions of interest from individuals who are passionate about community development, diversity, and innovation to participate as panelists in our upcoming event, Global Talent, Local Impact. Expression of interest is due on May 14, 2025.

CALL FOR PANELISTS

Global Talent, Local Impact

Empowering Community through Technology and Innovation



Exact Date TBD - May 26th - May 30th @ 5:00-7:00p.m.
Exact Location TBD - Ottawa, ON

About the Event

Carlington Community Health Centre (CCHC) invites expressions of interest from individuals who are passionate about community development, diversity, and innovation to participate as panelists in our upcoming event, Global Talent, Local Impact.



Panel Discussion Themes & Format

Format: Moderated panel discussion of 6 questions (~45 minutes), followed by audience Q&A

Audience: Community leaders, partners, health professionals, and changemakers

Venue: To be confirmed (Ottawa-based, accessible location)

Themes

- The Influence of Global Expertise in Canada
- Driving Innovation with Diversity
- The Impact of Technology on Community Wellbeing

Eligibility and Application by May 14, 2025

We welcome expressions of interest from individuals who:

- Have lived or professional experience relevant to the panel themes
- Are engaged in work/volunteer that reflects innovation, inclusion, or global-local connections
- Are comfortable participating in a moderated, public discussion
- Reside or work in Ottawa or the surrounding area

*If you are interested in being considered as a panelist, please send an email to quisp@carlingtonchc.org, attention to **Ahmet Kapici**, with the following: A resume or letter of intent outlining your background and connection to the panel themes, and a short biography (up to 150 words) by May 14, 2025. Only those considered will be contacted.*

♥ 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.

Whether you're interested in **partnering, supporting, or giving back**, there are many ways to get involved! From launching a **peer-to-peer fundraising 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:

- **Program Director - Healthy Growth & Development** - Full-time, Permanent
- **Registered Nurse (ACTT)** - Full-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 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

- [Public Health Alert - Cases of Measle Cases in Ottawa](#) - Ottawa Public Health
- [Strengthening Prevention and Equity in Mental Health, Addictions, and Substance Use Health \(MHASUH\) Care Workshop Series](#) - Ottawa Public Health's Local Tools, Training and Data for Action
- [Greif Support Programs: Virtual Support and Share Night \(Next: May 6, 2025\)](#) - BFO Ottawa
- [May Newsletter](#) - Alliance to End Homelessness
- [Mindline](#) - A resource developed to support the mental health and wellbeing of the workforce. Caters to individuals who are facing high levels of stress at work
- [Promoting Equitable Access and Experiences for Newcomers in Canada's Health and Social Services](#) - National Newcomer Navigation Network

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



Did someone forward this to you? Sign up to get ["This week in your neighbourhood"](#) in your own mailbox!

You are receiving this email because you have provided us with your email address (opted in on our website, volunteer application, membership application).

Our mailing address is:
Carlington Community Health Centre
900 Merivale Road

Ottawa, On K1Z 5Z8
Canada

[Add us to your address book](#)

Not interested anymore? We'll miss you!

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

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