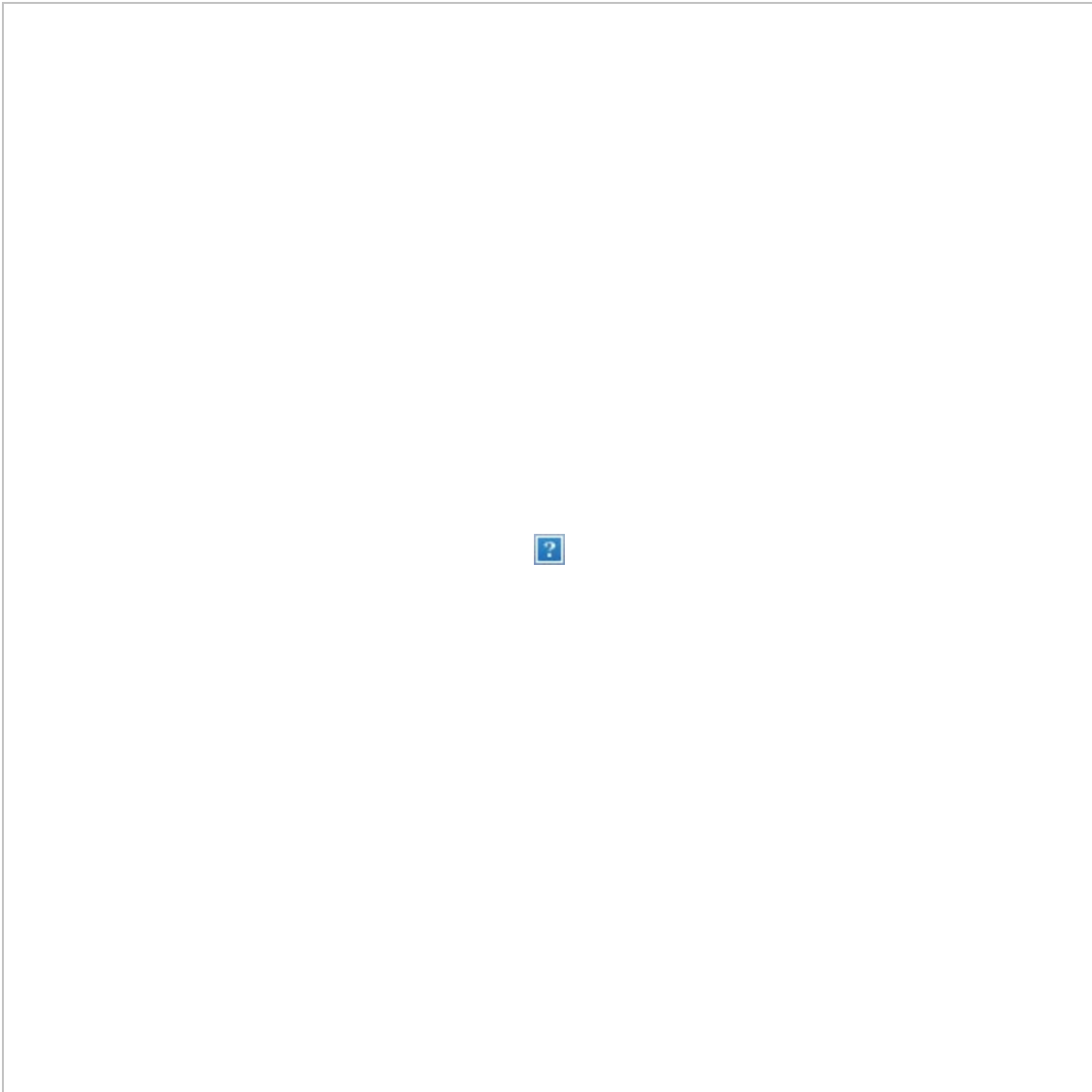
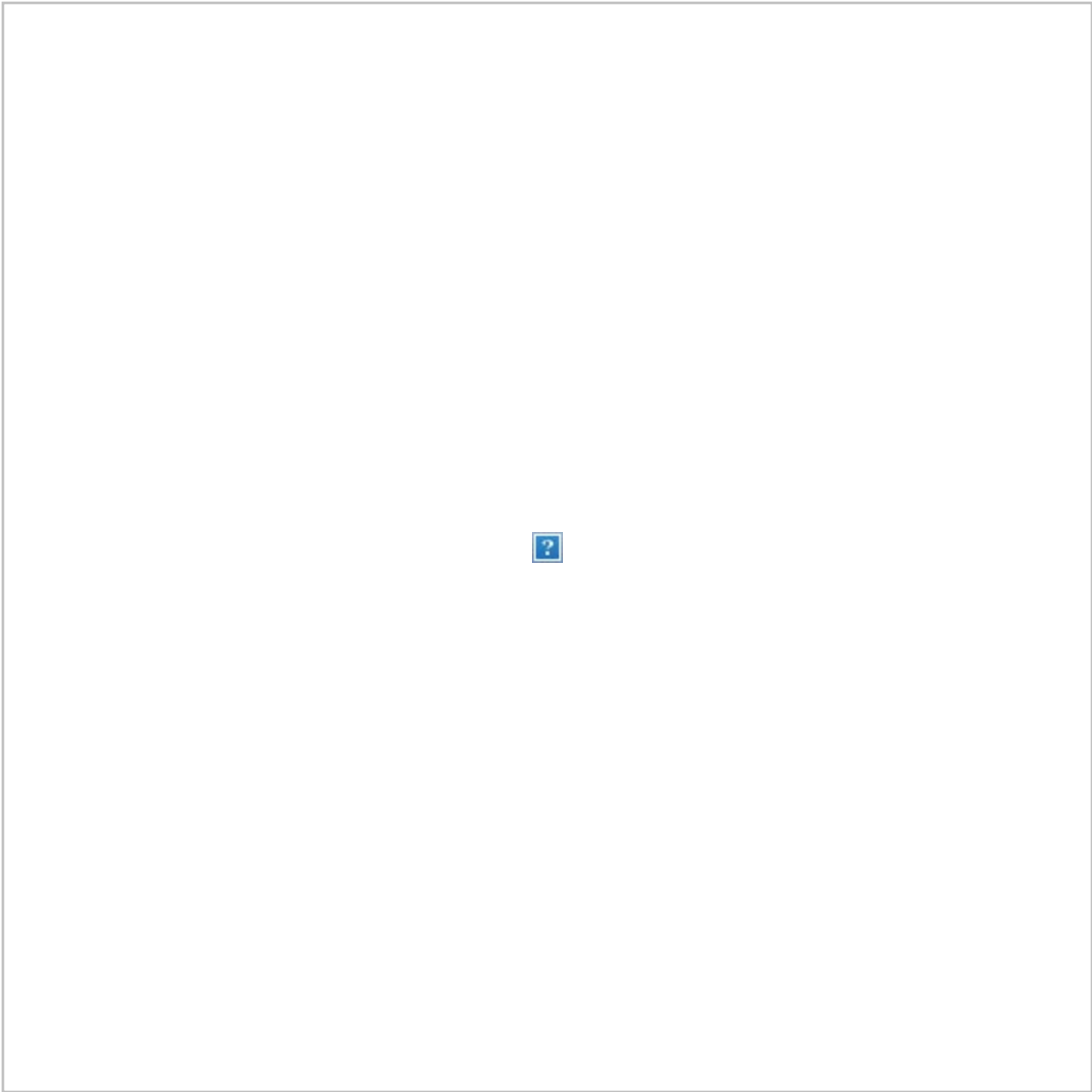


From: [Shravana Ramgoolam](#)
To: [Shravana Ramgoolam](#)
Subject: Happening in your neighborhood...
Date: Monday, June 9, 2025 9:59:22 AM

⚠ Caution: This is an external email. Please take care when clicking links or opening attachments. When in doubt, contact your IT Department.



HAPPENING IN YOUR COMMUNITY





Hello June!

Dear Community,

As we settle into June, we're greeted with longer days, warmer sunshine, and plenty of opportunities to connect, grow, and celebrate together as a community. This month marks the beginning of summer—a time for outdoor activities, wellness, and embracing the vibrant energy that surrounds us.

June is also **National Indigenous History Month**, a time to honour the history, heritage, and diversity of First Nations, Inuit, and Métis Peoples across

Canada. We encourage everyone to take part in local events, listen to Indigenous voices, and deepen our collective understanding and commitment to reconciliation.

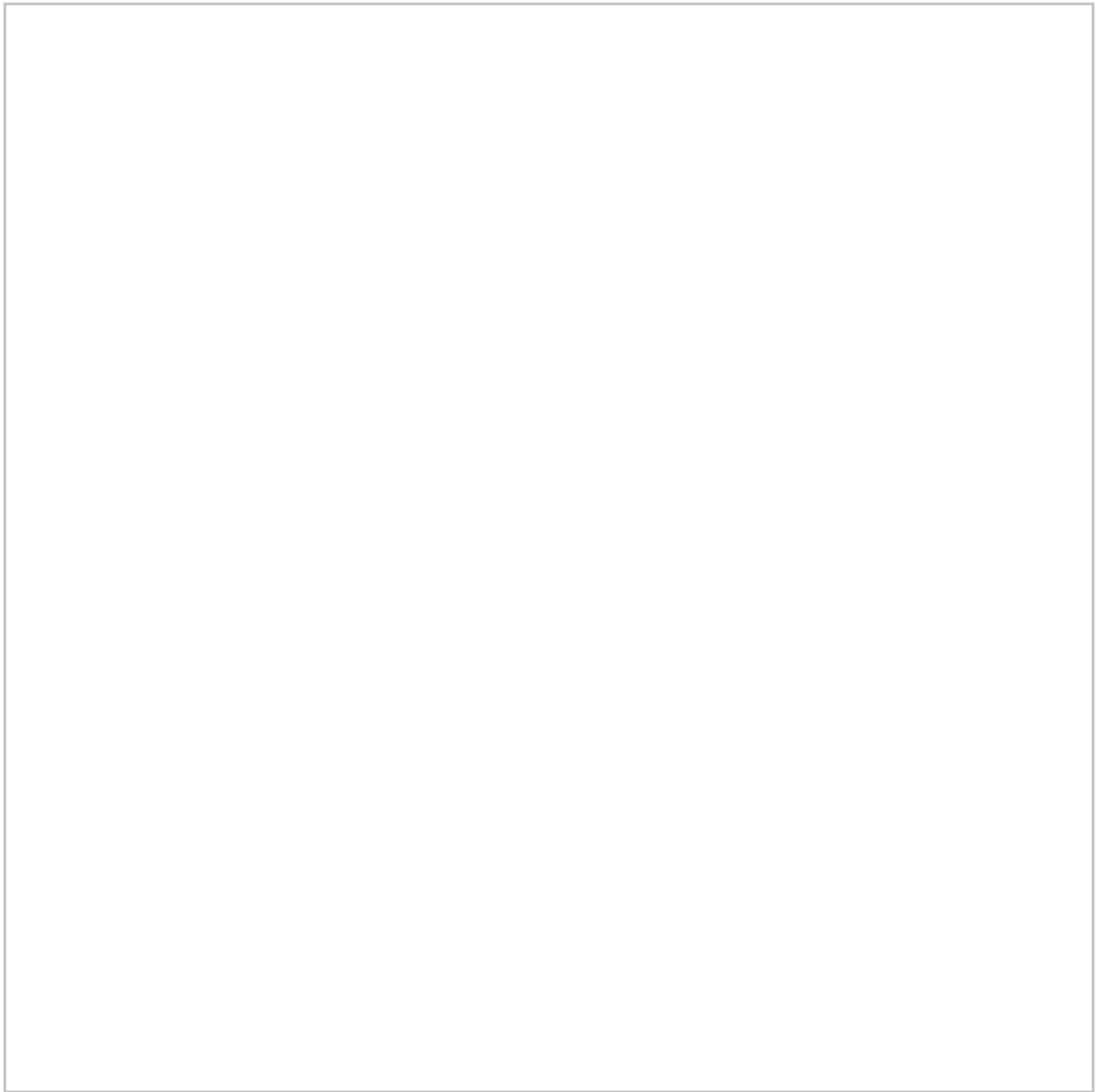
Don't forget—**Pride Month** is also in full swing! Let's celebrate the resilience, strength, and joy of 2SLGBTQIA+ communities. Whether it's attending a local Pride event or learning more about allyship, every action matters.

Be sure to check out our upcoming programs, workshops, and wellness initiatives. From garden gatherings to walking groups, June is packed with ways to stay connected and active.

Wishing you a joyful, healthy, and connected start to summer!

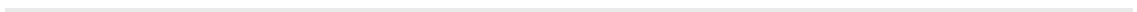
Warm regards,
Carlington Community Health Centre

June 2025



"In early June the world of leaf and blade and flowers explodes, and every sunset is different."

— John Steinbeck





Community

Programs

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.

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.



Carlingwood Special Programs (off-site)

Introduction to Dungeons and Dragons for Adults

Mondays, 5:30-8:00p.m. (June 2-June 16)

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.



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



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 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.

- **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

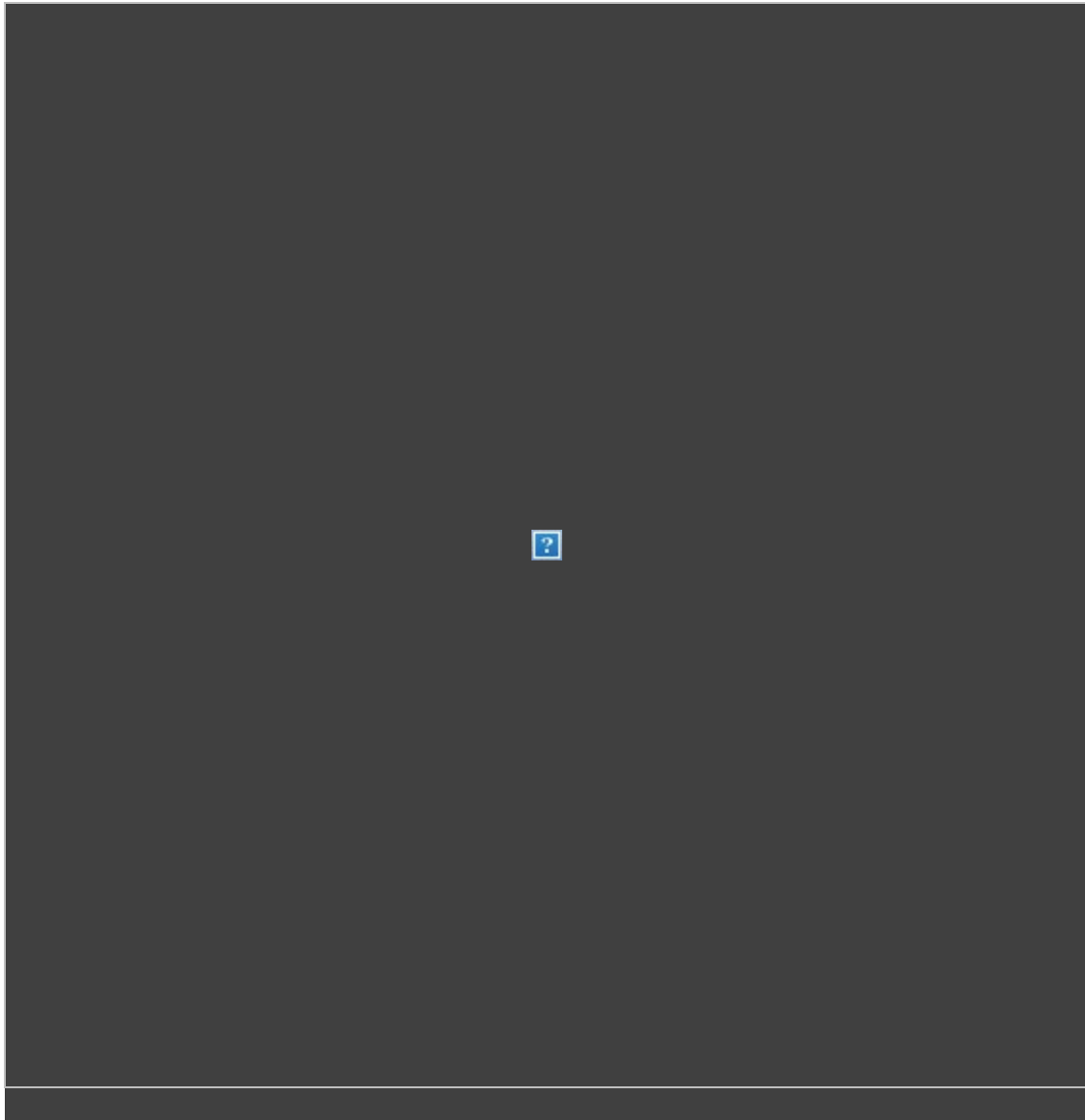
By appointment only. Please email EarlyON@carlingtonchc.org

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.



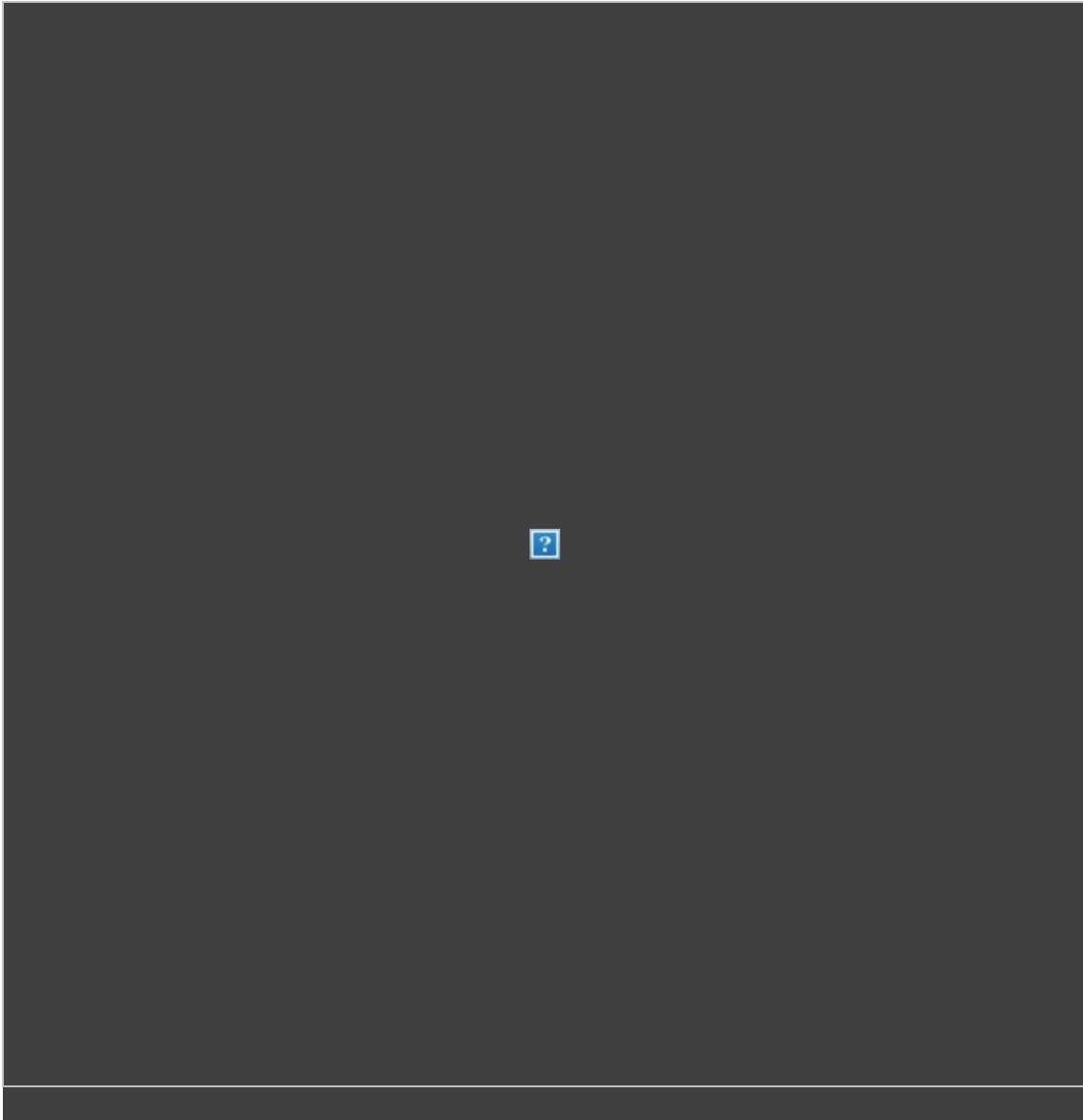
Perinatal Support Services

[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)

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

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Youth & Teens

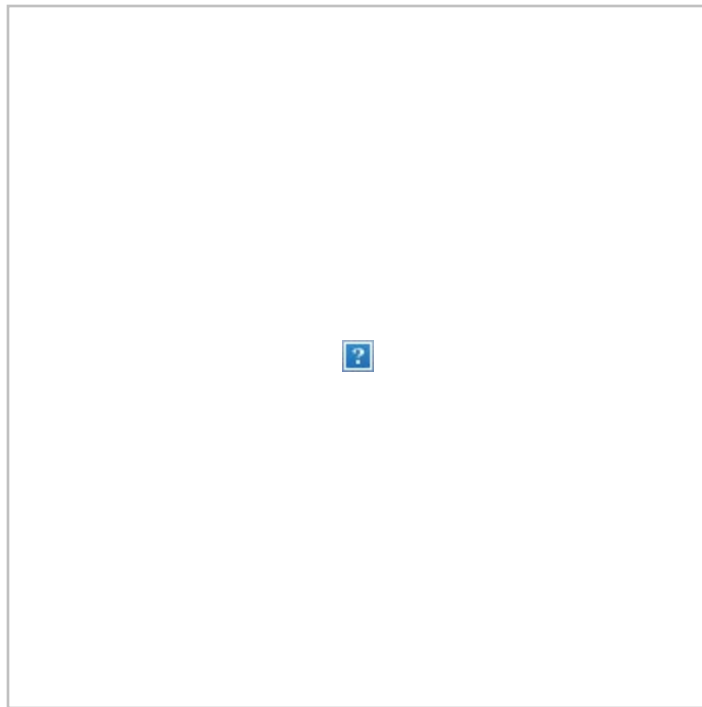


Children 0-5 years old

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.



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

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.





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)

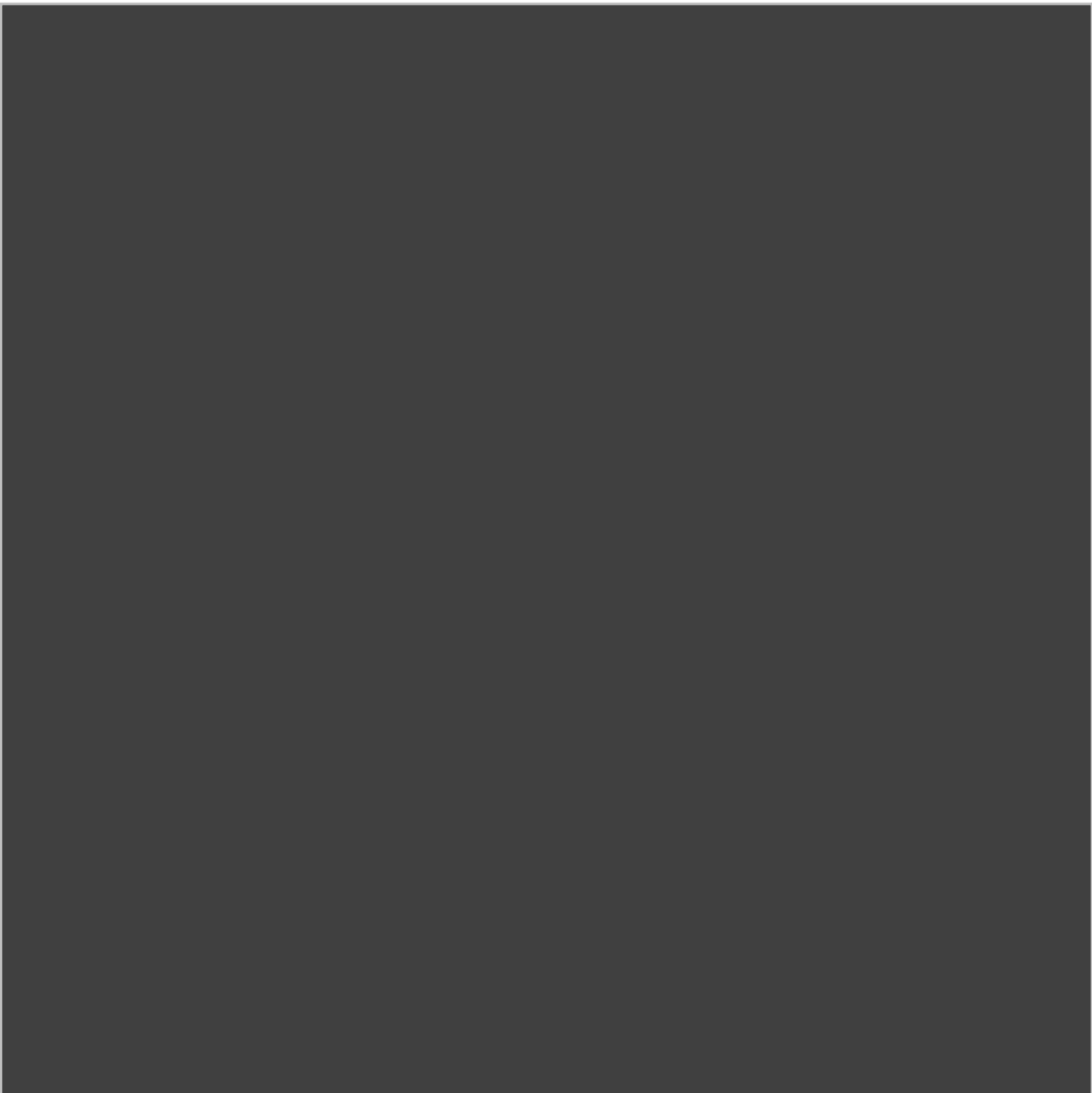
Supportive group counselling for individuals struggling with substance-use, addictive behaviours, trauma, anxiety and/or depression.

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.





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

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!

NOTICE OF MEETING: Annual General Meeting

All are welcome to attend and learn more about our work and impact over the past year. Please note: only registered centre members are eligible to vote. We look forward to seeing you there!



Online Silent Auction: Fuel the Mission: Art & Limited Edition

Online Silent Auction: Fuel the Mission: Art and Limited Edition

In the spirit of vitality and continued innovation, at the Global Talent, Local Impact event on Friday May 30, 2025 -- The Centre launched the [Fuel the Mission: Through Art and Limited Edition, an online auction](#) where 100% of proceeds will continue to go towards Carlington Community Health Centre's **Fuel the Mission campaign**.

This initiative supports our efforts to expand access to critical services and programs for vulnerable individuals and families in our community. We also have additional pieces coming from our very own clients from the Art Drop-In program.

Pickup and Winner Announcements

Winners of the *Fuel the Mission: Art & Limited Edition Silent Auction* will be

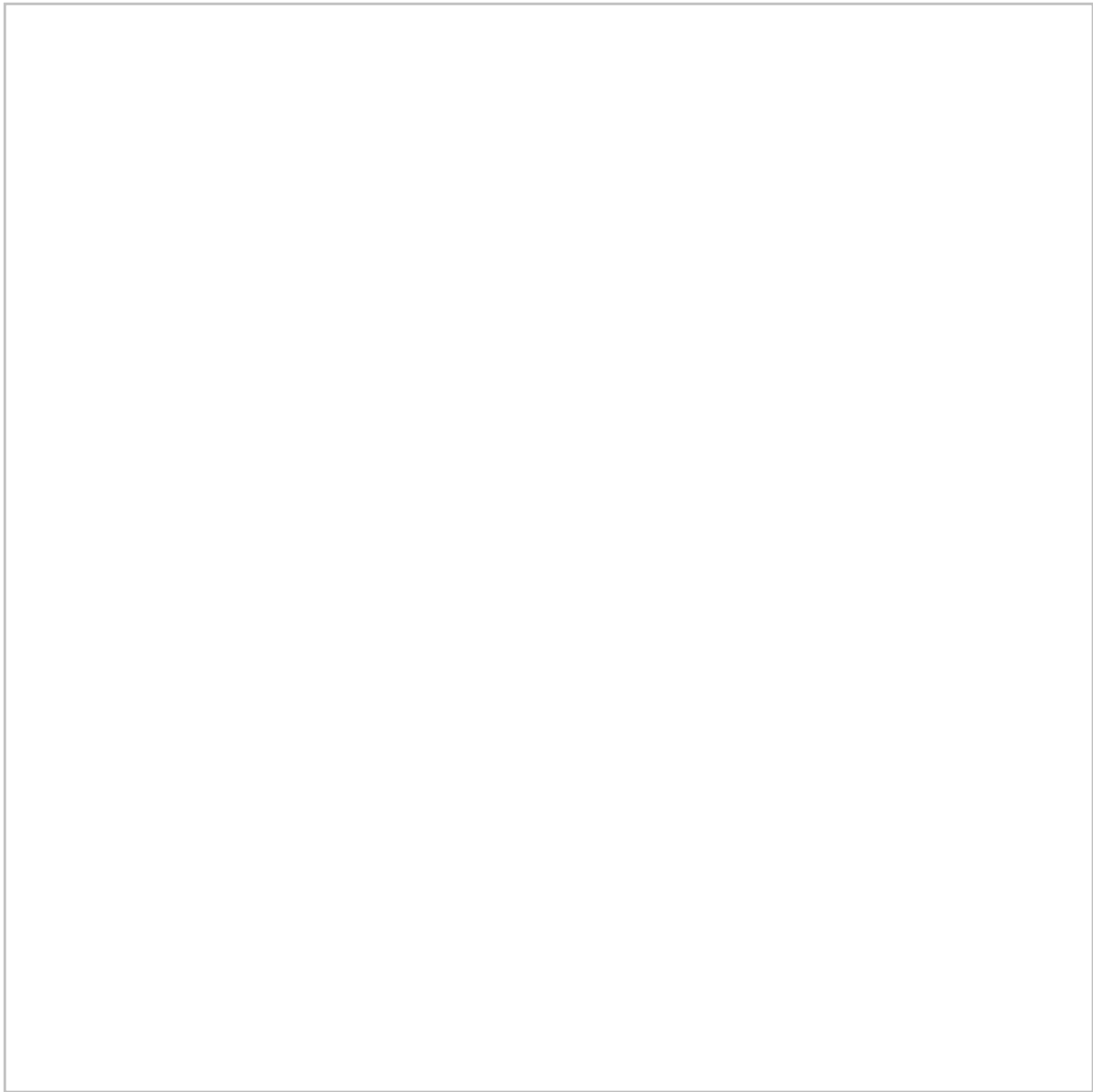
announced during our Annual General Meeting, Community BBQ on Wednesday, June 25, 2025, at 5:30 p.m. Join us for an evening of celebration, community spirit, and creativity!

Artists and contributing organizations are warmly invited to attend and take part in a photo opportunity to recognize their valuable contributions. Purchased artwork will be prepared for pick-up and available at the event. If you're unable to attend, a delivery option can be requested. Payment can be made by cheque, or interact e-transfer the day of event.

Come celebrate with us, meet the artists, and take home a beautiful piece of art that helps build a healthier community!

Please see [flyer](#) to share with your clients, partners and community to help continue to drive this movement forward for our Centre.

[Online Silent Auction](#)

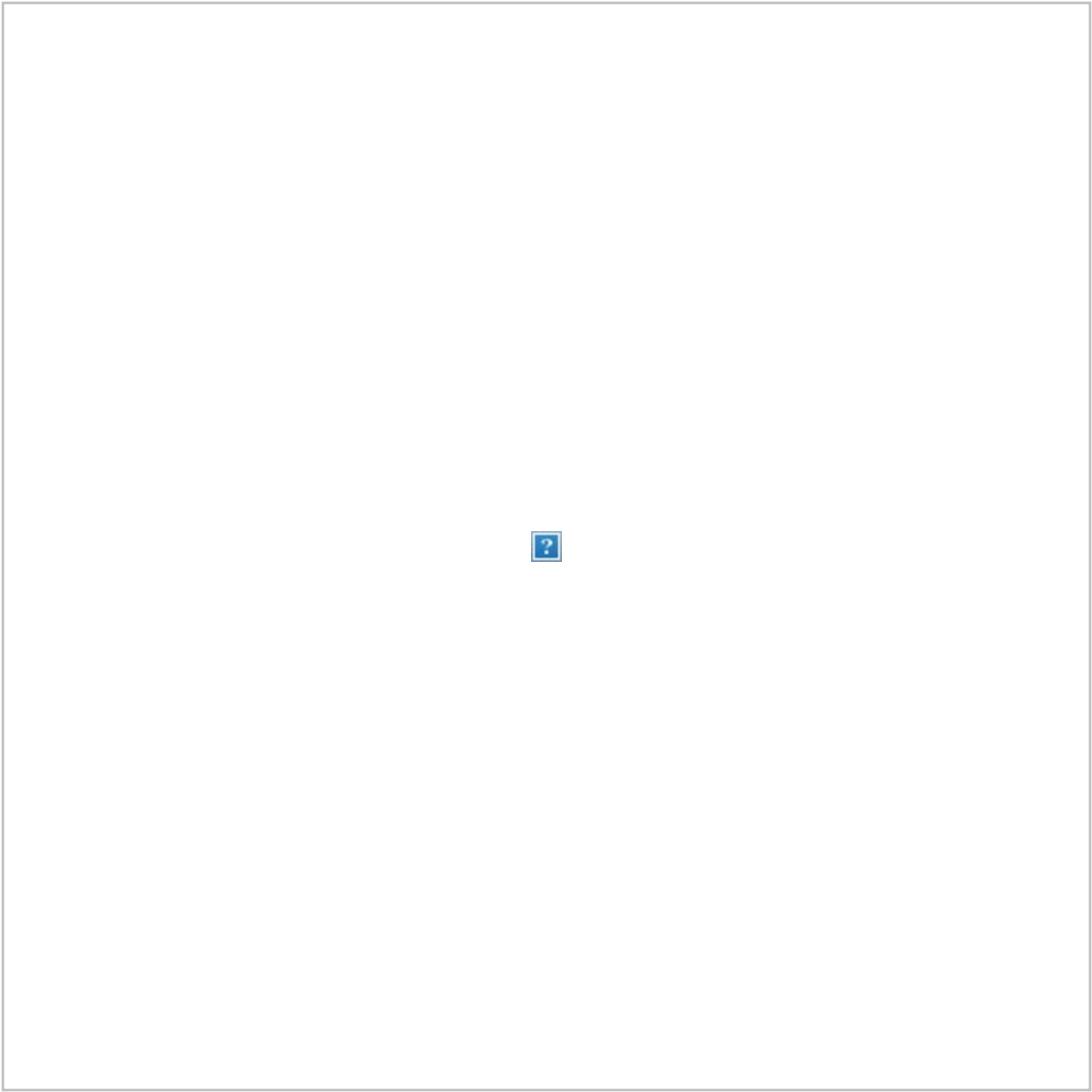


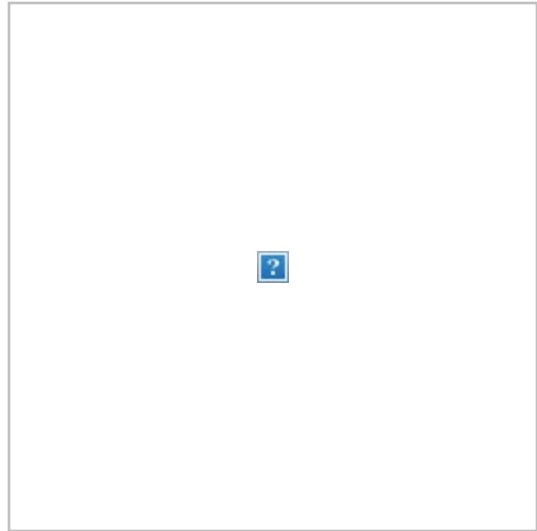
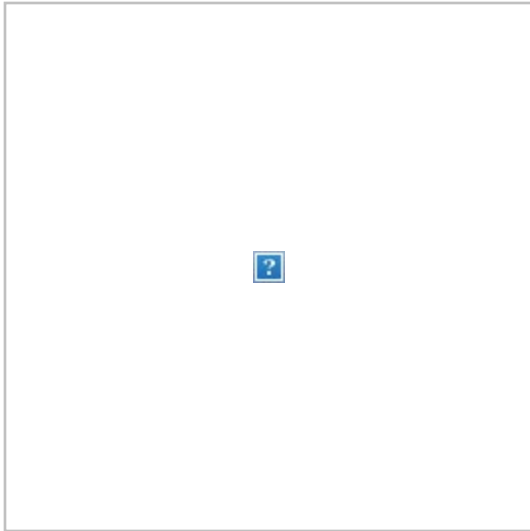
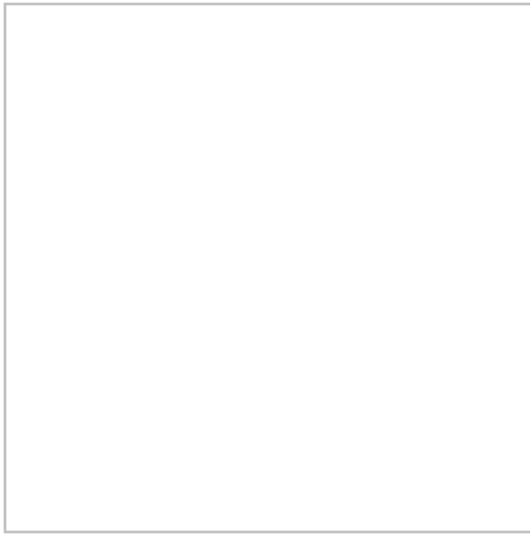
Global Talent, Local Impact

On Friday May 30, 2025 the Centre held it's **Global Talent, Local Impact** event. The event was a great success, with an excellent turnout—as anticipated—and we've received glowing feedback from attendees who are still talking about the lasting impression it made.

During the event, we explored the powerful concept of a “success pipeline” and what innovation looks like in action at our Centre. We proudly acknowledged the generous support of the Ontario Trillium Foundation, whose funding made the innovation dashboard possible. From there, our on boarded globally trained team of professionals showcased the innovative product they developed through their collective expertise and collaboration. The event concluded with a

powerful panel discussion featuring immigrant leaders in the sector, who shared honest and inspiring stories behind their work—narratives that truly exemplify the driving force of innovation and meaningful impact.





TELUS Day of Giving - Recap

We were thrilled to partner again with TELUS during their Days of Giving—and what a weekend it was in May! Over two incredible days, more than 28 TELUS volunteers joined forces with our Healthy Growth and Development team to transform Colette's Garden and our Annavale playground into vibrant, refreshed spaces for the children and families we serve.

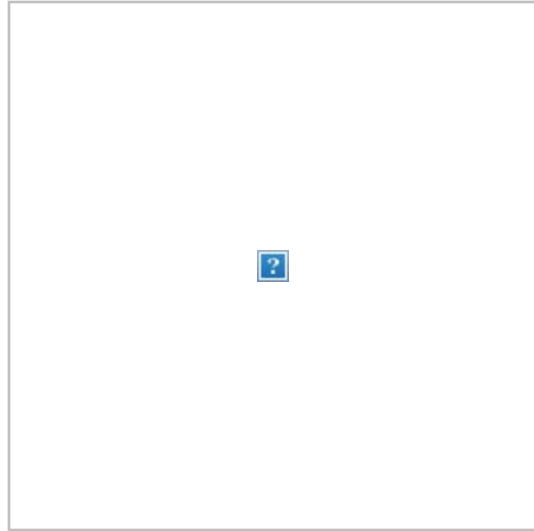
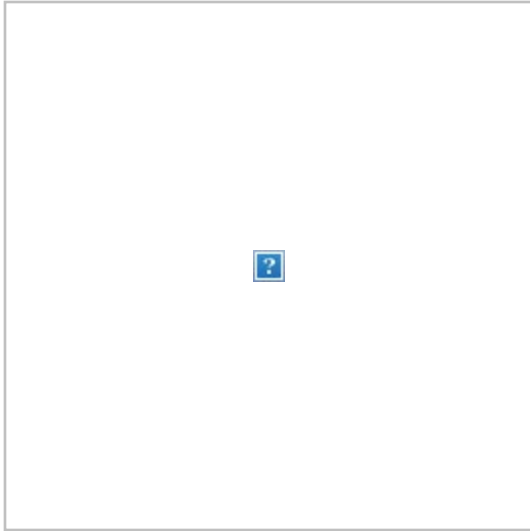
Together, we:

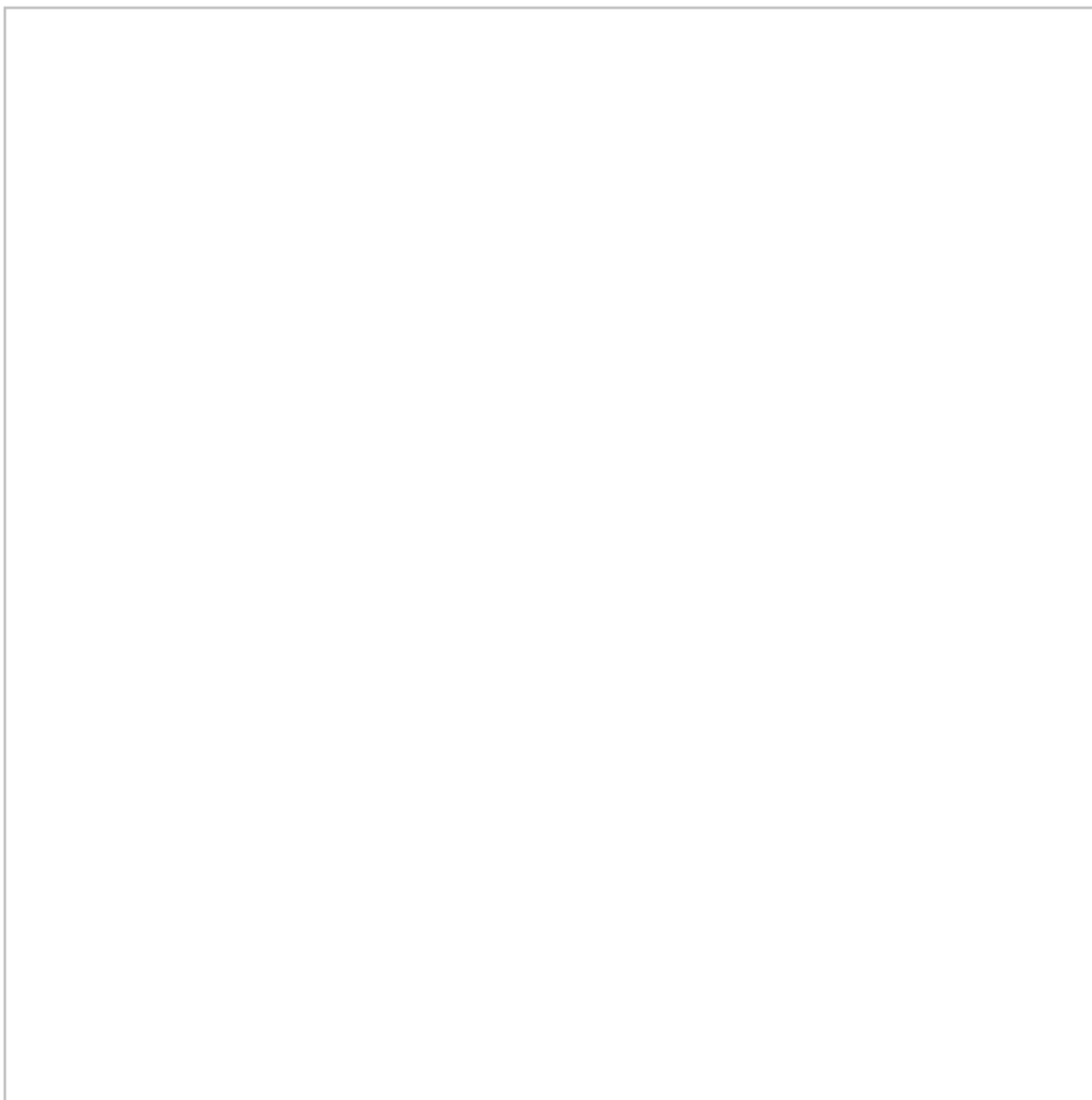
- Planted 100+ new plants

- Moved 6,000kg of sand

- Rebuilt a massive sandbox

None of this would've been possible without our amazing staff—huge shoutout to the EarlyON and Annavale teams, and our unstoppable community heroes who came out to help finish the job. This is what community and collaboration look like. Thank you to everyone who brought their time, energy, and strong backs to make a difference!





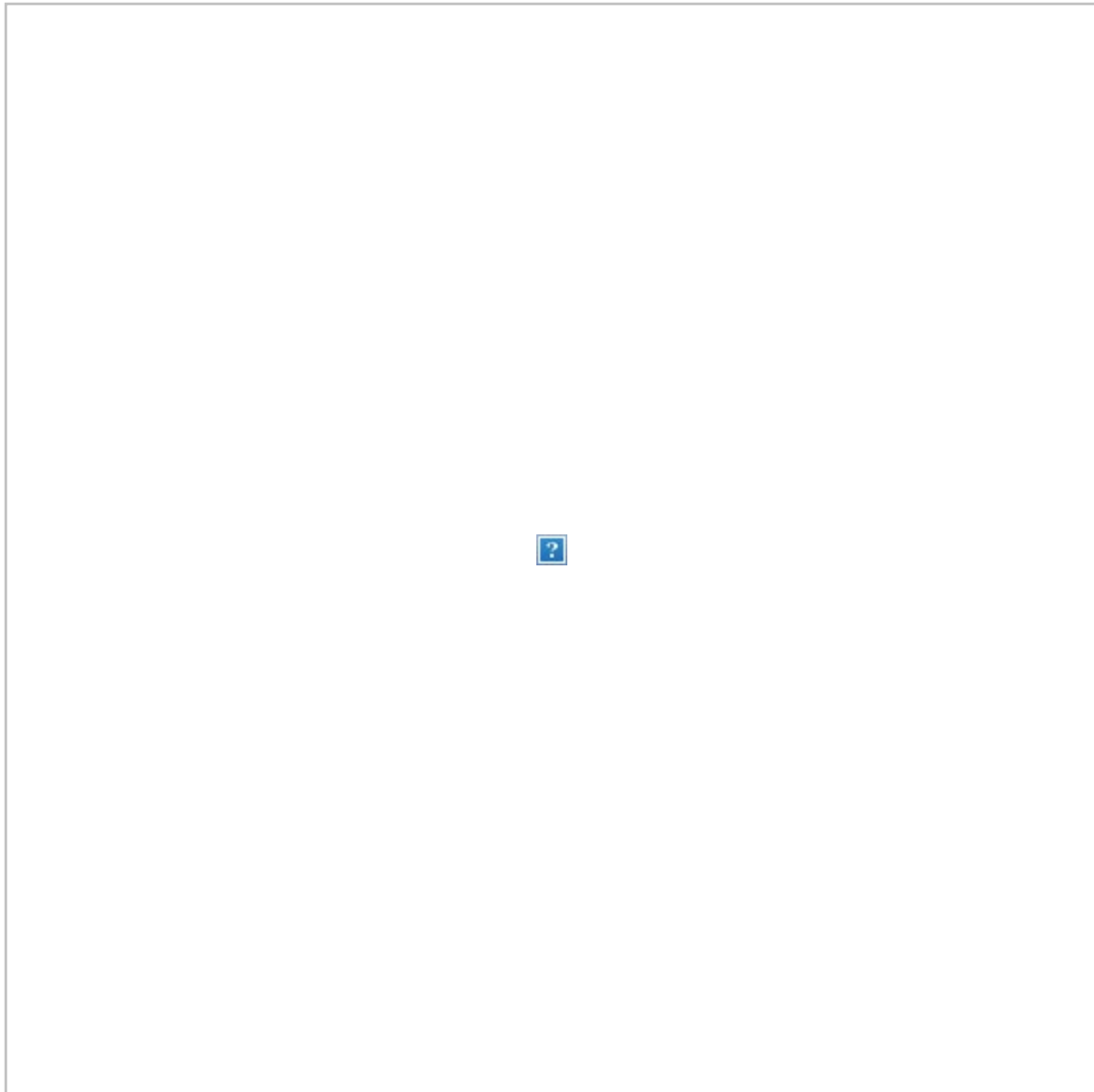
Get involved: Support a Healthier Community!

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, click to view current opportunities



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

- [Registered Nurse \(ACTT\)](#) – Full-time, Permanent
- [Health Promotor](#) – Full-time, Permanent
- [Family Physician Opportunity! Locum physician\(s\) \(0.3FTE\)](#) – Part-time
- [Violence Against Women / Intimate Partner Violence Counselor](#) – 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

- [2025 Tenant Guide](#) - MPP Chandra Pasma, Ottawa-West Nepean
- [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

