

Ottawa and Eastern Ontario Community Resource Directory

General

<p>Huntington Society of Canada Eastern Ontario Resource Centre</p>	<p>233-5838 pklodniski@huntingtonsociety.ca</p>
<p>Ottawa and Area Representative National Office (Kitchener)</p>	<p>258-5660 1-800-998-7398</p>
<p>Disabled Persons Community Resources -- Ottawa info.dpcr@on.aibn.com 1150 Morrison Drive, Ste. 100, Ottawa K2H 8S9 www.dpcr.ca</p>	<p>613- 724-5886</p>
<p>Canadian Mental Health Association Ottawa Branch 1355 Bank St., Suite 301 Ottawa K1H 8K7 cmhaoc@magma.ca www.cmhaottawa.ca</p>	<p>613-737-7791</p>
<p>INFOLine (Ontario Ministry of Health and Long-Term Care)</p>	<p>1-800-665-9092</p>
<p>Access Ontario (For Ontario government information)</p>	<p>238-3630 1-800-268-8758</p>
<p>Social Assistance (Government) contact information please visit http://www.mcass.gov.on.ca/mcass/english/how/eastern_region.htm http://www.mcass.gov.on.ca/mcass/english/how/south_east_region.htm</p>	
<p>Community Care Access Centres (Placement, medical care at home, other services at home) Ottawa 4200 Labelle St., Suite 100 Ottawa K1J 1J8 info@ottawa.ccac-ont.ca www.ottawa.ccac-ont.ca</p>	<p>613-745-5525</p>

To find the nearest Community Care Access Centre (CCAC) please visit <http://www.ccac-ont.ca/>
Community Information Centres

Community Information Centre of Ottawa
260 St. Patrick Street, Suite 301
Ottawa K1N 5K5
613-241-INFO (4636)
communityinfo@bellnet.ca
www.cominfo-ottawa.org

Renfrew County Information Network
(613) 757-3108; 1-888-757-3108
info@renfrewcountyconnections.com
www.renfrewcountyconnections.com

Community Resource Centre (Killaloe) Inc.
15 Lake Street P.O. Box 59
Killaloe, ON K0J 2A0

Volunteer and Information Kingston
Covers Eastern Ontario east of Kingston and south of Ottawa.
260 Brock Street, Suite 5
Kingston, ON K7L 1S4
info@volunteerkingston.ca
<http://kingston.cioc.ca>
613-542-1001

Volunteer and Info Quinte (Belleville area)
Ste. 121, 199 Front St.
Belleville, ON K8N 5H5
(613) 969-8862
1-866-340-0899
www.viq.ca
info@viq.ca

Distress Centres

Distress Centre of Ottawa and Region	613-238-3311
Tel-aide Outaouais (French language)	613-741-6433
Distress Centre of Lanark, Leeds, Grenville	345-1290,

Renfrew county	1-800-465-4442 1-800-663-3060
Telephone Aid Line Kingston	613-531-8529 (office) 613-544-1771 (crisis)
Warm Line (Belleville) (In cooperation with the Canadian Mental Health Association)	1-866-922-5667
Open Line, Open Mind (Belleville)	310-OPEN

Long-Term Care and Residential Placement

Community Care Access Centre — (CCAC)	(See CCAC above.)
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Medical

Royal Ottawa Hospital (psychiatric) Dr. V. Ilivitsky (psychiatrist)	613-722-6521 Ext. 6533
Children’s Hospital of Eastern Ontario (CHEO) Department of Genetics (Predictive testing)	(613) 737-2275
Dr. Tilak Mendis (neurologist) 1929 Russell Road. #226 Ottawa, ON K1G 4G3	562-4235
The Ottawa Hospital, Civic Campus Dr. David Grimes (neurologist)	761-5353
Pembroke General Hospital	732-2811
Brockville Mental Health Centre	345-1461
Brockville General Hospital	345-5645

To find a general hospital please visit
http://www.health.gov.on.ca/english/public/contact/hosp/southeast_10_dt.html#southeast
http://www.health.gov.on.ca/english/public/contact/hosp/champlain_11_dt.html#champlain

Community Care Access Centre (CCAC) (See CCAC, p. 1.)

Kingston General Hospital 613-549-6666
Dr. Giovanna Pari (neurologist)
Cathy Walker (physiotherapist)

Medical Genetics (for genetic testing) 613-533-6310

Psychiatric Emergency

Ottawa Hospital — Civic Campus 761-4621
Ottawa Hospital — General Campus 737-8000
Pembroke General — request “Acute Mental Health” 732-2811
Brockville Psychiatric Hospital, Elmgrove 345-1461 ext. 2277
Kingston General Hospital (emergency) 548-2333
Hotel Dieu Hospital (Kingston) 613-544-3400

or call your local hospital and ask for the emergency department.

Emergency 9-1-1
(Police, ambulance and other emergencies)

Mental Health Crisis Service — Ottawa 241-0400
(Note: call 9-1-1 for medical or criminal emergencies.)

Assertive Community Treatment Team — Ottawa 820-4922
(Assistance for severe and persistent mental illness)
Leeds, Grenville, Lanark 498-1492

Medic-Alert ID 1-800-668-1507

Financial / Legal:

Canada Pension Plan (CPP) 1-800-277-9914

Ontario Disability Support Programme (ODSP) 234-1188
1-800-267-5111

Assistive Devices 1-800-268-6021

City of Ottawa,

Essential Health and Social Supports Financial Assistance	560-0631
Brockville	342-0055
Pembroke (“Ontario Works”)	732-2601 1-888-644-3444
Emergency Financial Assistance — Ottawa	560-0622
Community Financial Service (Pembroke)	735-5230
The Salvation Army (Community and Family Services) www.salvationarmy.ca (This site has a page for contacting the organization by email.)	
— Ottawa	241-1573
— Brockville	342-5211
— Pembroke	735-5601
— Belleville	968-6834
— Kingston	548-4411
Food Banks (Please call Community Information Centres)	
Office of the Attorney General and Public Guardian and Trustee	241-1202 1-800-891-0506
REACH — Equality and Justice for People with Disabilities	236-6636 1-800-465-8898
Community Legal Services (Ottawa)	241-7008
Legal Aid (Pembroke)	732-4903
Lanark, Leeds, Grenville Legal Clinic	1-800-597-4529
Community Advocacy and Legal Centre (Belleville)	1-877-966-8686
Kingston Community Legal Clinic	613-541-0777
Clinique juridique Stormont Dundas and Glengarry Community Legal Clinic	613-932-2703
Clinique juridique populaire de Prescott et Russell	613-632-1136

Transportation:

Para-Transpo (Administration) — Ottawa
Kingston Access Bus

244-1289
613-542-2512

Or contact your Community Care Access Centre

Physical Disability Parking Programme
(Customer Service Line)

1-800-387-3445