



WESAC FOUNDATION

Empowering Women, Changing Lives

✓ WESAC RESOURCE DIRECTORY



HOUSING & SHELTER



HOUSING & SHELTER

Organization	Who It Helps / Eligibility	Type of Service	Description	Address	Contact Info	Tags
Minwaashin Lodge – Indigenous Women’s Support Centre	Indigenous women & children fleeing violence	Emergency shelter, housing services, counselling, healing programs	24/7 crisis shelter with trauma-informed supports, cultural healing circles, counselling, housing help	2323 St Laurent Blvd, Ottawa, ON K1G 4J8	<p>☎ (613) 741-5590</p> <p>☎ Crisis: (613) 789-1141</p> <p>✉ info@minlodge.com</p> <p>🌐 minlodge.com</p>	Indigenous, shelter, counselling, trauma, housing
Interval House of Ottawa	Women, children & gender-diverse individuals fleeing abuse	Emergency shelter, pet-friendly housing, crisis support	Safe, confidential shelter with emotional support, resources, and pet-friendly housing for those fleeing abuse	PO Box 40089, 2515 Bank St, Ottawa, ON K1V 0W8	<p>☎ Crisis: (613) 234-5181</p> <p>☎ Office: (613) 234-8511</p> <p>✉ business@intervalhouseottawa.org</p> <p>🌐 intervalhouseottawa.org</p>	domestic violence, women, LGBTQ+, pets
Chrysalis House (WOCRC)	Women 16+ and their children fleeing abuse	Shelter, counselling, housing/legal support	25-bed safe shelter offering 24/7 counselling, support for children, housing & legal advocacy	Confidential (Western Ottawa)	<p>☎ Office: (613) 591-5991</p> <p>☎ Crisis: (613) 591-5901</p> <p>🌐 wocrc.ca</p>	abuse, crisis line, legal aid

Cornerstone Housing for Women	Adult women (inclusive of LGBTQ+) in need of emergency or transitional housing	Shelter, transitional housing, case management, health support	Includes overnight shelter, transitional residences, case management, trauma & mental health care	314 Booth St, Ottawa, ON K1R 7K2	☎ (613) 254-6584 🌐 cornerstonewomen.ca	women, transitional housing, trauma, LGBTQ+
The Ottawa Mission	Adult men experiencing homelessness or addiction	Emergency shelter, meals, rehab, job training	Offers 24/7 shelter, meals, addiction treatment, medical & employment support	35 Waller St, Ottawa, ON K1N 7G4	☎ (613) 234-1144 🌐 ottawamission.com	men, recovery, meals, workforce
The Salvation Army – Ottawa Booth Centre	Adults in crisis, homelessness, addiction	Shelter, recovery, emergency support	Offers shelter, meals, addiction services, and outreach programs	171 George St, Ottawa, ON K1N 5W5	☎ (613) 241-1573 🌐 salvationarmy.ca	shelter, outreach, addiction
Options Bytown Non-Profit Housing	Adults with mental health, addiction, or housing barriers	Supportive housing with 24/7 onsite care	Long-term, supportive housing and case management for residents with complex needs	380 Cumberland St, Ottawa, ON K1N 9P3	☎ (613) 241-6363 🌐 optionsbytown.com	mental health, housing stability
Multifaith Housing Initiative (MHI)	Low-income individuals/families, seniors, refugees, veterans	Affordable housing	Affordable, inclusive housing communities	206-404 McArthur Ave,	☎ (613) 686-1825 🌐 multifaithhousing.ca	affordable housing, families, refugees, veterans



			with supportive services	Ottawa, ON K1K 1G8		
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MEALS & DROP-IN / OUTREACH SERVICES

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MEALS & DROP-IN / OUTREACH SERVICES

Organization	Program / Service Details	Schedule & Location	Contact Info	Tags
Centre 454 (Belong Ottawa)	Day drop-in center offering light meals/snacks, showers, laundry, peer supports, recreation, case navigation, outreach.	454 King Edward Ave, Ottawa, ON K1N 7M8• Mon–Tue, Thu–Fri: 8 am–3 pm• Wed: 8 am–1 pm	☎ (613) 235-4351 ✉ receptionC454@belongottawa.ca 🌐 belongottawa.ca/programs/centre-454	drop-in, meals/snacks, laundry, outreach
St Luke’s Table (Belong Ottawa)	Drop-in meals & snacks, community connection, inclusive space.	211 Bronson Ave (Bronson Centre), Ottawa, ON• Wed: 9 am–4 pm	☎ (613) 238-4193	drop-in, meals, community
The Well (Belong Ottawa)	Drop-in supports including meals/snacks, washrooms, supports navigation.	154 Somerset St W, Ottawa, ON• Tue: 9 am–4 pm	☎ (613) 594-8861	drop-in, meals, basic services
Organization	Service Details & Eligibility	Location & Schedule	Contact Info	Tags



Parkdale Food Centre – Grocery Program	Catchment-based food bank offering grocery boxes, fresh food, and community meals for low-income residents.	5 Hamilton Ave N, Ottawa, ON K1Y 1B4 ☎ Call to confirm service hours	☎ (613) 722-8019 🌐 parkdalefoodcentre.ca ✉ info@parkdalefoodcentre.org	grocery program, food bank, healthy food
Britannia Woods Community House Food Bank	Supports families in the Britannia Woods area with groceries, snacks, and hygiene supplies.	9 Sycamore Dr, Ottawa, ON K2H 6R2 ☎ Open Wednesdays (check site)	☎ (613) 820-0853 🌐 britanniawoods.com	Britannia area, community aid, groceries
Sadaqa Food Bank (Muslim Family Services Ottawa)	Culturally appropriate food support for all backgrounds. Halal options available.	1800 Bank St, Ottawa, ON K1V 7Y6 ☎ Check Facebook/website for distribution dates	☎ (613) 686-6328 🌐 sadaqafoodbank.com ✉ info@sadaqafoodbank.com	halal, faith-based, food pantry
Shepherds of Good Hope – Community Kitchen	Free meals and grocery distribution for vulnerable adults.	233 Murray St, Ottawa, ON K1N 5M9• Refer to Ontario Health for schedule	☎ (613) 789-8210 ext. 5 🌐 shepherdsforgoodhope.com	meals, supportive living, outreach



<p>Ottawa Inner City Health – Mobile Harm Reduction (Site Van)</p>	<p>Mobile outreach van offering harm reduction supplies, overdose prevention education, and light snacks in some cases.</p>	<p>Citywide — daily 5 pm–11:30 pm</p>	<p>☎ 613-232-3232</p>	<p>outreach, harm reduction, mobile services</p>
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FOOD BANKS



FOOD BANKS

Organization	Service Details & Eligibility	Location & Schedule	Contact Info	Tags
Ottawa Food Bank	Wholesale distribution to partner agencies; emergency hampers, Good Food Box, Deliver-a-Box.	2001 Bantree St, Ottawa, ON K1B 4X3. Mon–Fri, 8am–4pm.	☎ (613) 745-7001 · ✉ foodbank@ottawafoodbank.ca · 🌐 ottawafoodbank.ca	food bank, emergency food, partner network
Centre town Community Food Centre	Client-choice grocery program; approx. 3–4 day supply.	370 Catherine St, Ottawa. See website for hours.	☎ (613) 233-4443 · ✉ info@ccfcottawa.ca · 🌐 ccfcottawa.ca	grocery, community, client-choice
Society of Saint Vincent de Paul – Ottawa Central Council	Food vouchers, delivery from food banks via referrals; advocacy and more.	Suite 308, 207 Bank St, Ottawa, ON K2P 2N2. No fixed hours.	☎ (613) 241-1225 · ✉ info@ssvp.on.ca · 🌐 ssvp.on.ca	food assistance, vouchers, referrals
Heron Emergency Food Centre	Emergency food pantry services.	1480 Heron Rd, Ottawa, ON K1H 7Z5.	☎ (613) 737-9090 · ✉ info@heronfoodcentre.ca · 🌐 heronfoodcentre.ca	emergency food, local pantry
Lowertown Community Resource Centre Food Bank	Local emergency food bank.	145 Beausoleil Dr, Ottawa, ON K1N 8W3.	☎ (613) 789-3930 ext 357 · ✉ info@crcbv.ca · 🌐 crcbv.ca	community food, emergency aid
Partage Vanier Food Bank	Grocery assistance for Vanier residents.	161 Marier Ave, Ottawa, ON K1L 1A2.	☎ (613) 744-2892 ext 6 · ✉ info@partagevanier.ca · 🌐 partagevanier.ca	food support, local
Westboro Region Food Bank	Food cupboard services.	All Saints' Anglican Church, 354 Madison Ave, Ottawa, ON K2A 0E7.	☎ (613) 722-3859 · ✉ wrfb@allsaintswestboro.com · 🌐 allsaintswestboro.com	food cupboard, community
Sandy Hill CHC – Emergency Food Cupboard	Emergency food support.	221 Nelson St, Ottawa, ON K1N 1C7.	☎ (613) 789-1500 · ✉ info@sandyhillchc.on.ca · 🌐 sandyhillchc.on.ca	emergency food, health centre

St Joe's Women's Centre Food Bank	Food assistance for women in need.	151 Laurier Ave E, Ottawa, ON K1N 6N8.	☎ (613) 231-6722 · ✉ info@stjoeswomenscentre.org · 🌐 stjoeswomenscentre.org	women's food bank, community support
Pavilion Food Bank	Food pantry for Greenboro residents.	14 Tapiola Cres, Ottawa, ON K1T 1W9.	☎ (613) 247-7772 · ✉ info@seochc.on.ca · 🌐 seochc.on.ca	food pantry, local aid
Feed Ontario (formerly Ontario Association of Food Banks)	Network of 1,200+ food banks. Provides advocacy, food rescue, emergency response programs.	Province-wide	☎ (416) 656-4100 · ✉ info@feedontario.ca · 🌐 feedontario.ca	provincial network, advocacy, emergency support
Feed - Chain Ontario	Interactive directory/map of food banks and pantries across Ontario.	Province-wide	✉ hello@feedchainontario.org · 🌐 feedchainontario.org	map, locator, pantries
The Food Bank of Waterloo Region	Distributes food to over 120 community programs. Offers emergency and non-perishable food support.	50 Alpine Ct, Kitchener, ON N2E 2M7	☎ (519) 743-5576 · ✉ info@thefoodbank.ca · 🌐 thefoodbank.ca	regional hub, emergency services
Daily Bread Food Bank	Major Toronto-based food distribution and research hub.	191 New Toronto St, Toronto, ON M8V 2E7	☎ (416) 203-0050 · ✉ info@dailybread.ca · 🌐 dailybread.ca	Toronto food hub, research, hunger relief
Guelph Food Bank	Emergency food support for low-income individuals and families.	100 Crimea St, Guelph, ON N1H 2Y6	☎ (519) 767-1380 · ✉ guelphfoodbank@gmail.com · 🌐 guelphfoodbank.ca	food hampers, support
North York Harvest Food Bank	Serves 60+ neighborhoods in North York and parts of Toronto.	116 Industry St, Toronto, ON M6M 4L8	☎ (416) 635-7771 · ✉ info@northyorkharvest.com · 🌐 northyorkharvest.com	food programs, child nutrition





SUPERVISED CONSUMPTION & HARM REDUCTION



SUPERVISED CONSUMPTION & HARM REDUCTION

Organization	Who It Helps / Eligibility	Type of Service	Description	Address	Contact Info	Tags
Sandy Hill CHC – Oasis Program	People (16+) who use drugs	Supervised consumption, walk-in clinic, harm reduction	Supervised consumption (8 am–8 pm daily), medical clinic (1–4 pm), HIV/HCV support, naloxone, drop-in, case mgmt.	221 Nelson St, Ottawa, ON K1N 1C7	☎ (613) 789-1500 / (613) 569-3488 ✉ info@sandyhillchc.on.ca 🌐 shchc.ca/oasis	harm reduction, supervised consumption, HIV/HCV
Ottawa Public Health – Clarence Site Program	People who use drugs	Needle/syringe exchange, supervised booths	Supervised injection, education, sterile supplies, overdose prevention Mon–Fri 9am–5pm	179 Clarence St, Ottawa, ON	☎ (613) 580-6744 ext. 29047 🌐 ottawapublichealth.ca	needle exchange, overdose prevention
Somerset West CHC – HART Hub	People facing addiction/homelessness	Harm reduction drop-in hub	Drop-in hub with outreach, lunch, harm reduction supplies, and case	55 Eccles St, Ottawa, ON K1R 6S3	☎ (613) 238-8210 ✉ info@swchc.on.ca 🌐 swchc.on.ca	harm reduction, outreach, support services

			management (CTS closed March 2025)			
Toronto Public Health – The Works	Drug users & vulnerable populations	Supervised injection, harm reduction	Health services, naloxone, supervised injection, HIV/HCV testing, mobile outreach	277 Victoria St, Toronto, ON M5B 1W2	(416) 392-0520 theworks@toronto.ca toronto.ca/theworks	SCS, HIV testing, outreach
Regent Park CHC – Toronto	People using drugs in East Toronto	Supervised consumption, harm reduction	Supervised injection, counselling, naloxone kits, outreach services	465 Dundas St E, Toronto, ON M5A 2B2	(416) 203-4506 info@regentparkchc.org regentparkchc.org	SCS, naloxone, outreach
South Riverdale CHC – keepSIX SCS	Drug users in East Toronto	Supervised injection site & drop-in	keep SIX is a harm reduction SCS for people who inject drugs, offering integrated care	955 Queen St E, Toronto, ON M4M 3P3	(416) 461-1925 info@srchc.com srchc.ca	keepsix, supervised injection, wraparound care
Street Health – Toronto	Unhoused & drug-using individuals	Harm reduction outreach	Mobile harm reduction, HIV testing, naloxone training, outreach care	338 Dundas St E, Toronto, ON M5A 2A1	(416) 921-8668 info@streethealth.ca streethealth.ca	mobile harm reduction, outreach



Rise Asset Development	MH/Addiction clients	Microfinance for entrepreneurs	Loans, leases, mentoring combined with business & mental health support	Province-wide (Toronto HQ)	☎ 416-867-6838 · 🌐 riseassetdevelopment.com	microfinance, entrepreneurship
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ID ID CLINICS

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ID CLINICS

Organization	Who It Helps / Eligibility	Type of Service	Description	Address	Contact Info	Tags
Organization	Who It Helps / Eligibility	Type of Service	Description	Address	Contact Info	Tags
Centre town Community Health Centre	Low-income, general public	ID replacement drop-in clinic	Assists with replacing birth certificates, OHIP, SIN; offers safekeeping and guidance	420 Cooper St, Ottawa, ON K2P 2N6	☎ (613) 233-4443 ✉ info@centretownchc.org 🌐 centretownchc.org	ID, health card, SIN, documents
Sandy Hill Community Health Centre	Individuals needing OHIP/SIN/ID	ID & health card assistance	Helps with applying for birth certificates, OHIP, SIN; appointment recommended; some walk-ins	221 Nelson St, Ottawa, ON K1N 1C7	☎ (613) 789-1500 ✉ info@sandyhillchc.on.ca 🌐 shchc.ca	ID support, health cards, documents
The Ottawa Mission – ID Program	Homeless & vulnerable adults	ID replacement drop-in	Provides help replacing lost ID (health card, birth certificate, SIN); also legal support via law students	35 Waller St, Ottawa, ON K1N 7G4	☎ (613) 234-1144 ✉ info@ottawamission.com 🌐 ottawamission.com	ID, legal aid, vulnerable population



Partners for Access and Identification (PAID)	Homeless, low-income, refugees	Mobile ID replacement clinics	Mobile outreach program helping clients obtain birth certificates, health cards, SIN, photo ID, and immigration documents	Mobile – Across Ottawa and Ontario	☎ (647) 577-7243 ✉ info@paidprogram.ca 🌐 paidprogram.ca	mobile ID, document support, refugee services
Service Ontario (Multiple Locations)	General public	Government ID & registration	Apply/recover OHIP, driver's licenses, birth & marriage certificates. Available province-wide.	E.g., 100 Bank St, Ottawa, or search ServiceOntario locations	☎ 1-800-267-8097 🌐 ontario.ca/page/serviceontario	OHIP, driver's license, vital documents
John Howard Society – Ottawa	At-risk and reintegrating individuals	ID replacement and housing assistance	Assists with birth certificates and ID applications as part of reintegration and support services	550 Old St. Patrick St, Ottawa, ON K1N 5L5	☎ (613) 789-7418 ✉ info@johnhoward.on.ca 🌐 johnhoward.on.ca/ottawa	justice-involved, ID support, housing
Canadian Mental Health Association (CMHA Ottawa)	People with mental health needs	ID and service navigation	Helps clients with ID, housing, income supports, and medical care	311 McArthur Ave, Ottawa, ON K1L 8M3	☎ (613) 737-7791 ✉ info@cmhaottawa.ca 🌐 cmhaottawa.ca	ID, mental health, case management



			as part of case management			
Centre town Community Health Centre	Low-income, general public	ID replacement drop-in clinic	Assists with replacing birth certificates, OHIP, SIN; offers safekeeping and guidance	420 Cooper St, Ottawa, ON K2P 2N6	☎ (613) 233-4443 centretownchc.org	ID, health card, documents
Sandy Hill Community Health Centre	Individuals needing OHIP/SIN/ID	ID & health card assistance	Helps with applying for birth certificates, OHIP, SIN; appointment recommended; some walk-ins	221 Nelson St, Ottawa, ON K1N 1C7	☎ (613) 789-1500	ID support, health cards, government ID
The Ottawa Mission – ID Program	Homeless & vulnerable adults	ID replacement drop-in	Provides help replacing lost ID (health card, birth certificate, SIN) plus legal support via law students	35 Waller St, Ottawa, ON K1N 7G4	☎ (613) 234-1144	ID, legal help, homelessness
Partners for Access and Identification (PAID)	Homeless, low-income, refugees	Mobile ID replacement clinics	Mobile service helping obtain photo ID, birth certificates, health cards, immigration docs	Mobile across Ottawa/Ontario	☎ 647-577-7243	mobile, ID recovery, immigrant support
Service Ontario (various locations)	General population	Government ID services	Apply/recover OHIP cards, driver's	E.g. 100 Bank St,	☎ 211 (ONTARIO)	OHIP, driver's license, government ID



			licenses, birth & marriage certificates	Meadowlands, Merivale		
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TAX CLINICS

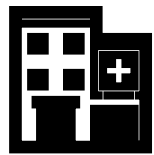


TAX CLINICS

Organization	Who It Helps / Eligibility	Type of Service	Description	Address	Contact Info	Tags
Family Tax Clinic Ottawa (via Canada Revenue Agency)	Low-income families	Free tax preparation	Volunteer-run during tax season offering in-person and virtual tax filing help	Various community sites (via 2-1-1 referral)	☎ 2-1-1 or ☎ 1-800-959-8281 🌐 canada.ca/taxes	tax return, low-income, volunteer
Vanier Community Service Centre (CSC Vanier)	Low-income individuals & families	CVITP tax clinic	Supports tax filing and government benefit applications	290 Dupuis St, Ottawa, ON K1L 1A2	☎ (613) 744-2892 ✉ info@cscvanier.com 🌐 cscvanier.com	tax help, francophone support, CVITP
Somerset West Community Health Centre	Low-income, seniors, newcomers	CVITP tax clinic	Free filing for eligible clients; appointments only	55 Eccles St, Ottawa, ON K1R 6S3	☎ (613) 238-8210 ✉ info@swchc.on.ca 🌐 swchc.on.ca	tax support, community clinic
Nepean, Rideau and Osgoode Community Resource Centre (NROCRC)	Nepean/Rideau/Osgoode residents	Free community tax clinic	Tax clinic open during March–April by appointment	1547 Merivale Rd, Ottawa, ON K2G 4V3	☎ (613) 596-5626 ✉ nrocr@nrocr.org 🌐 nrocr.org	family support, taxes, CVITP
Ottawa Chinese Community Service Centre (OCCSC)	Newcomers, Chinese-speaking residents	Multilingual tax prep	Tax clinic offered in English/Chinese	400 Cooper St, Suite 2000, Ottawa, ON K2P 2H8	☎ (613) 235-4875 ✉ ocsc@ocsc.org 🌐 ocsc.org	immigrant services, multilingual, newcomer support
ACORN Ottawa Tax Clinics	Low-income individuals & tenants	Free tax support	Community-led, advocacy-	Multiple pop-up	☎ (613) 746-5999 ✉ ottawa@acorncanada.org 🌐 acorncanada.org	tax help, low-wage earners, renters

			based tax support	sites (call to confirm)		
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WALK-IN CLINICS



WALK-IN CLINICS

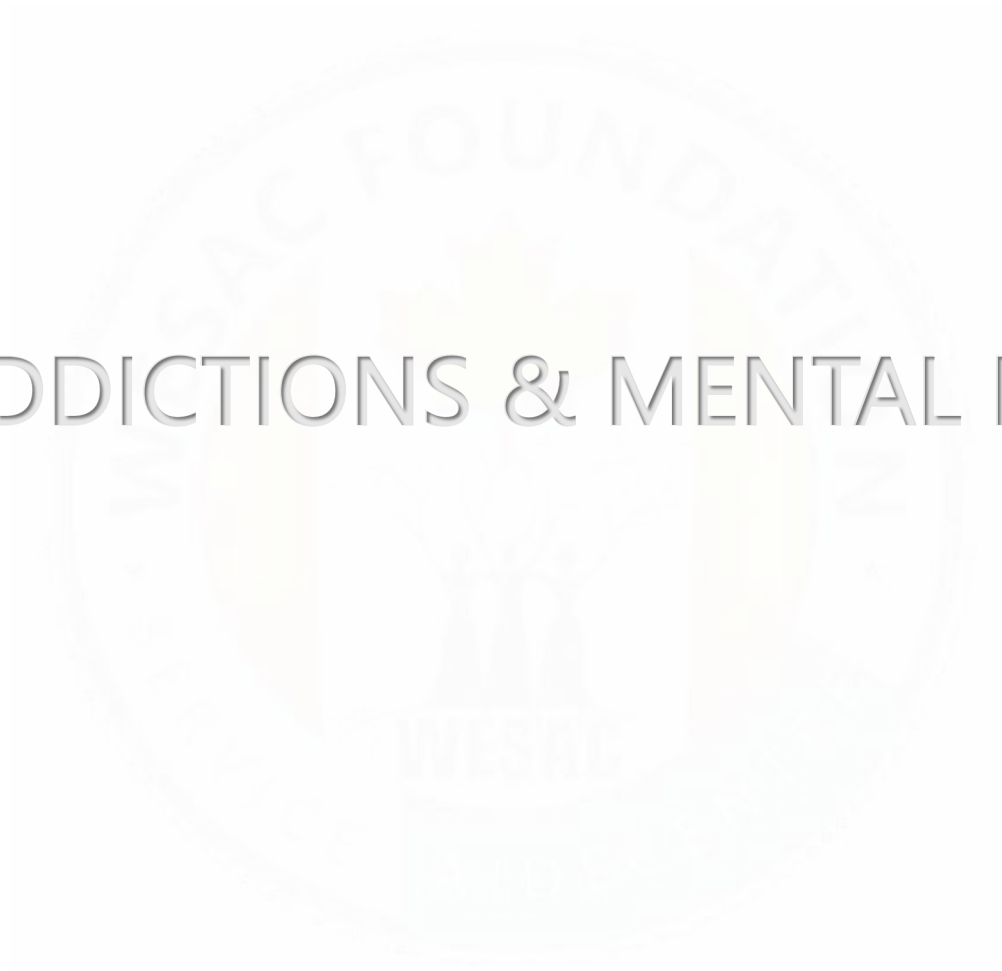
Organization	Who It Helps / Eligibility	Type of Service	Description	Address	Contact Info	Tags
Sandy Hill CHC – Oasis Program	People who use drugs	Medical walk-in clinic	Walk-in medical care Mon-Fri 1–4 pm alongside harm reduction, HIV/HCV treatment	221 Nelson St, Ottawa, ON	☎ 613-789-1500 🌐 shchc.ca+12champlainhealthline.ca+12ottawapublichealth.ca+12orcc.net+2ottawapublichealth.ca+2swchc.on.ca+2orcc.net	walk-in, harm reduction, HIV/HCV
Centre town Community Health Centre	Primary care patients	Walk-in medical clinic	Offers primary medical care, mental health support, and addiction services; accepts walk-ins	420 Cooper St, Ottawa, ON	☎ (613) 233-4443 ✉ info@centretownchc.org · 🌐 centretownchc.org	walk-in, primary care, addiction
Sandy Hill CHC – Oasis Program	People who use drugs	Medical walk-in clinic	Walk-in medical care Mon–Fri 1–4 pm alongside harm reduction, HIV/HCV treatment	221 Nelson St, Ottawa, ON	☎ (613) 789-1500 ✉ info@sandyhillchc.on.ca · 🌐 shchc.ca	walk-in, harm reduction, HIV/HCV
Somerset West CHC – Eccles Site	Rostered clients & community	Walk-in / same-day appt	Same-day in-person & virtual appointments; walk-ins for clients without provider	55 Eccles St, Ottawa, ON	☎ (613) 238-1220 ext 2 · ✉ info@swchc.on.ca · 🌐 swchc.on.ca	walk-in, virtual care, community

Somerset West CHC – Rosemount Clinic	Local community residents	Primary care clinic	Family health, prenatal/postnatal care, needle exchange, social services	30 Rosemount Ave, Ottawa, ON	☎ (613) 688-1177 ✉ info@swchc.on.ca 🌐 swchc.on.ca	primary care, family health, immunizations
Ottawa Newcomer Clinic @ SWCHC	Government-assisted refugees	Appointment-based clinic	Temporary primary care for refugee newcomers, including immunizations & healthcare navigation	219 Argyle Ave (Basement), Ottawa, ON	☎ (613) 691-0192 ext 6002 ✉ oncadmin@swchc.on.ca 🌐 onhc.ca	newcomer health, refugee care
Ottawa Inner City Health	Chronically homeless adults	Mobile walk-in	Medical outreach for chronically homeless individuals with complex healthcare needs	550 Old St Patrick St, Ottawa, ON	☎ (613) 562-4500 🌐 innercityhealth.ca	homelessness, outreach
Pinecrest-Queensway CHC	Registered clients	Primary care	Clinical services, immunizations, family support, seniors' care	1365 Richmond Rd, Ottawa, ON	☎ (613) 820-4922 / 613-820-2001 ✉ info@pqchc.com 🌐 pqchc.com	family health, immunizations
Info Health – Telehealth Ontario	Public in Ontario	Health phone consultation	24/7 free, confidential health advice from registered nurses via phone; assists with primary-care navigation	Ministry of Health, 438 University Ave, 10th Floor, Toronto, ON M7A 1N3	☎ 1-866-797-0000 🌐 ontario.ca/page/get-medical-advice-telehealth-Ontario	telehealth, primary care, advice





ADDICTIONS & MENTAL HEALTH



ADDICTIONS & MENTAL HEALTH

Organization	Who It Helps / Eligibility	Type of Service	Description	Address	Contact Info	Tags
Sandy Hill CHC – Addiction & MH	Individuals & families	Counselling, case mgmt, rapid addiction medicine	Harm reduction, mental health counselling, case management, integrated care	221 Nelson St, Ottawa, ON	☎ 613-789-1500 · 🌐 shchc.ca · ✉ info@sandyhillchc.on.ca	addiction, mental health, counselling (SOAR Community Services, Ontario, Ottawa Public Health)
Royal Ottawa Mental Health Centre	Adults & youth	Specialized mental health treatment	Inpatient, outpatient, perinatal & women's mental health programs	1145 Carling Ave, Ottawa, ON	☎ 613-722-6521 · 🌐 theroyal.ca	mental health, perinatal, youth
ConnexOntario (Provincial)	General public	24/7 info & referral helpline	Confidential info/referral for mental health, addictions & problem gambling	Province-wide	☎ Toll-free: 1-866-531-2600 · 🌐 connexontario.ca · ✉ via website	info line, mental health, addictions
Centre for Addiction & Mental Health (CAMH)	All Ontarians	Clinical services & research	Outpatient, inpatient, research, education	1001 Queen St W, Toronto, ON	☎ 416-535-8501 (press 2) · 🌐 camh.ca	mental health, research, treatment
Addictions & Mental Health Ontario (AMHO)	Providers & public	Advocacy & systems improvement	Policies, education, resource development	Province-wide	☎ 416-787-1885 · 🌐 amho.ca	advocacy, education, system change
AccessMHA (Eastern ON)	Individuals 16+	Co-ordinated access service	Intake/referral for mental health, substance use, addictions	Eastern ON	☎ 1-833-527-8207 · 🌐 accessmha.ca · ✉ inquiries@accessmha.ca	coordinated access, addiction, mental health





SETTLEMENT SUPPORT



SETTLEMENT SUPPORT

Organization	Who It Helps / Eligibility	Type of Service	Description	Address	Contact Info	Tags
OCISO – Ottawa Community Immigrant Services Org	Immigrants, refugees, LGBTQ2S+, youth	Settlement, counselling, ESL, mentorship, tax help	Offers settlement services, language classes, mental health counselling, LGBTQ2S+ supports, tax clinics	1546 Merivale Rd, Nepean, ON K2G 1E2	☎ (613) 722-0283 🌐 ociso.org	settlement, ESL, mental health, LGBTQ2S+
Catholic Centre for Immigrants	Refugees & immigrants	Settlement, free bus pass program, orientation	Provides transportation support, orientation, info sessions for newcomers	1073 Somerset St W, Ottawa, ON K1Y 4T2	☎ (613) 232-9634 🌐 cciottawa.ca	settlement, bus pass, newcomer support
YMCA Newcomer Information Centre	Permanent residents & refugees	One-on-one orientation & referrals	Offers newcomer navigation, info sessions, referrals to community services	180 Argyle Ave, Ottawa, ON K2P 2G3	☎ (613) 741-1106 🌐 ymcaywca.ca	newcomer info, referrals, orientation
WES Gateway (WES Canada)	Immigrants & internationally trained professionals	Credential assessment	Helps assess educational credentials for Canadian recognition	Virtual (Canada-wide)	☎ via website 🌐 wes.org/ca	credentials, evaluation, immigration





FINANCIAL SERVICES

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FINANCIAL SERVICES

Organization	Who It Helps / Eligibility	Type of Service	Description	Address	Contact Info	Tags
FM Exchange	Newcomers, immigrant families	Remittance services	Offers international money transfers, currency exchange, cash pickup	Multiple retail locations across Ottawa	☎ via website 🌐 fmexchange.ca	remittance, money transfer, FX
Western Union	Individuals sending/receiving funds globally	International money transfers	Services include cash pickup, bank transfers, mobile wallets in 200+ countries	Multiple retail/outlet locations	🌐 westernunion.com/ca	remittance, global, bank transfer
MoneyGram	Everyone	Remittance via agents & online	Send money via retail agents (Walmart, CP), or online transfers	Multiple retail locations	🌐 moneygram.ca	agent transfers, online, retail
Wise (TransferWise)	Newcomers, migrant workers	Online international money transfer	Low-fee international transfers using real mid-market exchange rate	Online	🌐 wise.com	low-fee, online transfers
Remitly	Immigrant workers & families	Digital remittance	Fast online transfers to Africa, Asia, Latin America with low fees	Online	🌐 remitly.com/ca	online, digital, low fee
World Remit	Newcomers & global families	Online remittance	Secure transfers to mobile wallets, bank accounts, and cash pickup	Online	🌐 worldremit.com	online, mobile, remittance

Xoom (PayPal)	International immigrants	PayPal-based remittance	Quick transfers funded via PayPal to bank or cash pick-up	Online	 xoom.com/ca	digital, PayPal, fast
Instarem	Immigrant workers	Online remittance service	Cost-effective transfers with quoted guaranteed exchange rates	Online	 instarem.com	online, FX, global

