



## Centre de ressources communautaires RIDEAU-ROCKCLIFFE Community Resource Centre

Overbrook • Forbes • Carson Grove • Manor Park  
Lindenlea • Rockcliffe • New Edinburgh

**LOCATION:** 3-815 St. Laurent Blvd. (former Rideau High School), K1K 3A7

**CONTACT US:** Web [www.crcrr.org](http://www.crcrr.org) Email [info@crcrr.org](mailto:info@crcrr.org)

Phone [613-745-0073](tel:613-745-0073)

### Services Offered During Covid-19 – Updated April 2022

#### 1. Incubator13

**incubator13** is an accessible **Employment Skills** and **Entrepreneurship Hub** with a particular focus on youth, small business and young entrepreneurs. We support individuals and businesses by providing them with the education, knowledge, support, connections and skills development they need to succeed.

**Are you looking for employment, want to develop your skills or start/grow your own business?**

**Connect with us online at [incubator13.ca](http://incubator13.ca) and follow us on social media:**

**Email:** [incubator@crcrr.org](mailto:incubator@crcrr.org)

**Facebook:** <https://www.facebook.com/incubator13/>

**Twitter:** <https://twitter.com/Incubator130>

**LinkedIn:** <https://www.linkedin.com/company/incubator13>

#### 2. Good Food on the Move: Market Mobile and Ottawa Good Food Box

**Good Food on the Move: (MarketMobile and Ottawa Good Food Box)** is a new grocery service where customers can place orders for affordable fresh fruits and vegetables online or over the phone. Orders will then be available for pick-up the following week at the customer's chosen time and location. Purchases must be made using a credit or debit card. Those without access to the internet are able to place an order over the phone by calling **(613) 745-0073 ext. 122 every Thursday between 9am to 4pm** (credit/debit cards still required.) *Good Food on the Move* is also offering limited free home delivery for those who are immunocompromised, senior citizens, individuals self-isolating due to illness, primary caregivers for other vulnerable individuals or those who have mobility issues. Visit the website at [www.marketmobileottawa.com](http://www.marketmobileottawa.com) to place an order or to find out more information.

#### 3. Social Harvest

**Social Harvest** (SH) offers gardening programs and community engagement activities year-round, including community gardens and workshops related to the environment, urban agriculture, and food literacy. SH also offers paid-employment experiences to youth aged 18 to 29 years wishing to develop their professional and entrepreneurial skills. For more information, please visit [socialharvestottawa.ca](http://socialharvestottawa.ca) or reach out to the Social Harvest team by phone at (613) 754 - 0073 ext. 151, email at [social.harvest@crcrr.org](mailto:social.harvest@crcrr.org) or using the QRcode.



#### 4. **Emergency Food Bank**

**Emergency Food Bank** is open but by appointment only. We are able to serve community members from **postal codes K1K and some K1M & K1G**. To book an appointment, please **call 613-745-0073 ext. 206 or 207** (Monday, Tuesday and Wednesday hours of 9am to 4pm). You will need to bring a proof of address within the last three months & photo ID. The health card is accepted for children 0 to 17 year of age.

- The **Food Bank Delivery** with Ottawa Cares is a temporary service for community members facing barriers accessing the food bank. We will be prioritizing seniors, residents with accessibility issues, and single parents with large families for deliveries. **The delivery service is available for community members with postal codes K1K and some K1M & K1G. At this time, for safety reasons, volunteers cannot enter any apartment to help carry boxes inside people's homes.** Deliveries are on Wednesdays and Thursdays 10:00am to noon and Thursday PM from 2:00pm to 4:00pm. If you are not at home during the delivery period, you will need to reschedule another appointment.
- The **Baby Cupboard** program is for families with children ages 0 to 3 years old with postal codes K1K and some K1M & K1G. Families are able to use this service once per month. The Baby Cupboard distributes items such as diapers, wipes, cereals and other baby items. You do not need an appointment. Drop in on **Wednesday from 1:00pm to 4:00pm**, and **Friday from 9:00am to 12:00pm**. If you have children between the ages of 0-3, please inquire about this program when booking a Food Bank order. **Note:** You will need to bring a proof of address and photo ID. The health card is accepted for children.

#### 5. **The Ottawa Mission Food Truck**

**The Ottawa Mission Free Food Truck** is a collaboration between RRCRC and the Ottawa Mission's Food Truck in order to provide **free hot meals** to community members. The menu changes weekly. Vegetarian and meat options are available. No reservations required. This service is now available at two locations, supported by RRCRC staff and volunteers!

815 St. Laurent Blvd – side of the Rideau Hub – Every Wednesday 2:30 – 3:30 pm

**NEW!** 710 Carson's Road – Carson's Community House – Every Wednesday 11:00 am – 12:00 pm (starting April 14<sup>th</sup>, 2022)

For more information contact [shannon.szkurhan@crccr.org](mailto:shannon.szkurhan@crccr.org) or (613)-745-0073 ext.120.

#### 6. **Cooking Workshops**

These **cooking workshops** focus on yummy, budget-conscious, plant-based recipes and are offered free of charge with recipe ingredient kits provided to residents of Rideau-Rockcliffe Ward 13. Sessions are offered on the first and third Friday of each month from February until the end of June. Registration is required and enrolment is limited. To register please visit <https://forms.office.com/r/EfnVnjeqqG> or contact [shannon.szkurhan@crccr.org](mailto:shannon.szkurhan@crccr.org) (613-745-0073 ext.120) for more information.



7. **Hot Meal Delivery with Food for Thought Café**

**Hot Meal Delivery with Food for Thought Café** are meals made fresh every day by volunteer chefs, including Joe Thottungal, owner of Coconut Lagoon. **Meal delivery is ONLY being offered in certain areas and at specific addresses/buildings which are identified as low-income.** For more information, contact reception at 613-745-0073 ext. 0.

8. **Clothespin**

**Clothespin** is a program with the aim to provide **gently used clothing, shoes, toys** and other goods to **children aged 0-16** (and some adults) who are in need. This program thrives on receiving donations from outside sources, whether it be people from the neighborhood or local businesses and companies. Clothespin then gives away these products free of charge for those who are most in need. The program aims to cover the basic needs of individuals. Clothespin is open on Tuesday, Wednesday and Friday. Please call 613-745-0073 ext. 215 to book an appointment.

9. **Crisis Counselling and Intervention**

**Crisis Counselling and Intervention**

Rideau-Rockcliffe Community Resource Centre (CRCRR) continues to provide community support, crisis counselling/interventions to community members living in ward 13 (K1K, and some K1M & K1G). Our community support services include but are not limited to support with CERB, Hydro bills, completing documents, etc. RRCRC's Crisis Counselling/ Interventions and community support will be available **Monday to Friday from 8:30-12:00 and 1:00-4:30.** Community members who need support are requested to call 613-745-0073 ext. 0.

10. **After School Program**

**After School Program**

Providing children ages 6-12 years old in the Carson and Manor Park area with fun and educational activities during after school hours. Manor Park is every Tuesday and Carson is every Wednesday from 3:30-5:30pm. We also provide homework assistance during these hours. To register please contact Michelle Hartman at 613-745-0073 ext. 123 or by email at [michelle.hartman@crcrr.org](mailto:michelle.hartman@crcrr.org)

11. **Violin Program**

**Violin Program**

Engaging children ages 6-12 years old through the arts of music. With the aid of our instructor and her volunteers, we have in person group practice sessions every Friday from 4-5:30pm. For those that require more assistance, individual sessions can be set up with the instructor. For more information, contact Michelle Hartman at 613-745-0073 ext. 123 or by email at [michelle.hartman@crcrr.org](mailto:michelle.hartman@crcrr.org)

12. **Carson Drop-in**

**Carson Drop-in**

Every Wednesday morning our staff is available to support you in person at the Carson Community House from 8:30-12pm. No appointment needed. Our staff offers support and helps with referrals. For more information, contact reception at 613-745-0073 ext. 0

13. **Income Tax Clinic**

**Income Tax Clinic**

We provide free income tax service until May 13 2022. The community members should visit <https://taxclinic13.org> and follow the instructions to register themselves and book an appointment for drop off, zoom on in person services. They can also call 613-745-0073 ext. 150 on Mondays, Tuesdays, Wednesdays and Thursdays from 10.00 am to 3:00 pm for any question.

The tax clinic will be located in room 101, at Rideau Hub. We offer services in English, French and Arabic. We do not complete returns for businesses, self-employed like UBER; deceased individuals; bankruptcy.

14. **Gifts In-Kind Program**

**Gifts In-Kind (GIK) Program** is a central hub, gathering donations of surplus goods and services from individuals, corporate, governmental and non-profit entities and distributing them to over 200 non-profit agencies in the city of Ottawa. GIK accepts donations from individuals and distributes them to the community members via its registered agencies. For more information, contact Ahmet Kapici at 613-745-0073 ext. 104 or by email at [gifts.inkindprogram@crcrr.org](mailto:gifts.inkindprogram@crcrr.org).

15. **Charity13**

**Charity13** is a social enterprise founded by Rideau-Rockcliffe Community Resource Centre. It is born out of the mandate of the Gifts-in-Kind program: to help increase the service delivery capacity of not-for-profit (NFP) organizations in Ottawa. It aims to help NFPs with limited resources to close the digital gap and also provide opportunities for individuals who want to start a career or build and improve their IT skills. For more information contact Ahmet Kapici at 613-745-0073 ext. 104 or by email at [ahmet.kapici@crcrr.org](mailto:ahmet.kapici@crcrr.org).

16. **Post-Incident Neighborhood Support**

**The Post-Incident Neighborhood Support** Network project supports the work of local networks across the city of Ottawa to respond to the negative impacts of critical or traumatic incidents. The networks help neighbourhoods coordinate support and resources by engaging local leaders, mobilise existing local resources to address needs, coordinate community discussions and share information.

These networks help reduce distress and restore cohesion. Ultimately, they reduce fear, help residents recover from trauma, and build community resilience.

For more information, contact [info@crcrr.org](mailto:info@crcrr.org) or call 613 745 0073 ext.0

17. **Overbrook Community Safety Project**

**The Overbrook Community Safety project** supports the Overbrook neighborhood to prevent crime and enhance the feeling of safety in Overbrook through collaborative and evidence-based crime prevention efforts. The aim is to increase the well-being of the residents of Overbrook, build connections between residents and their neighbors, connect residents with existing and needed resources and ultimately address collaboratively the challenges, issues, and barriers they face including the uncertainty created by the pandemic. For more information, contact [info@crcrr.org](mailto:info@crcrr.org) or call 613 745 0073 ext. 0

18. **Donations**

If you are able to donate, please donate at

<https://www.canadahelps.org/en/charities/rideau-rockcliffe-community-resource-centre/>

**Help us, Help YOU by letting us know what you need!**

