

Sexual Assault & Violence Resources

General Resources & Food Banks

Bereaved Families of Ottawa	Phone: 613-567-4278 Website: Bfo-ottawa.org
Canadian Human Rights Commission	Phone: 1-888-214-1090 Website: Chrc-ccdp.ca
FAFIA Canadian Feminist Alliance For International Action	Phone: 613-232-9505 Website: Fafia-afai.org
Human Rights Commission	Phone: 1-800-387-9080 Website: Ohsc.on.ca
Lead to Win for Women	Website: Ltw-women.ca
National Clearinghouse on Family Violence	Phone: 1-800-267-1291
Newcomer Information Centre	Phone: 613-788-5001
Ottawa Community Immigrant Services Organization	Phone: 613-725-0202

<p align="center">Ontario Poison Information Centre</p>	<p>Phone: 1-800-268-9017 613-737-1100</p> <p>Email: Poison.information@sickkids.ca</p> <p>Website: Sickkids.ca</p>
<p align="center">Ottawa Women of Wonder</p>	<p>Website: Owow.me</p>
<p align="center">Ottawa Women’s Folio Organization</p>	<p>Phone: 613-828-1807</p>
<p align="center">Ottawa Women’s Credit Union</p>	<p>Phone: 613-233-7711</p>
<p align="center">Peer Counselling for Seniors</p>	<p>Phone: 613-725-3601</p>
<p align="center">Pet Loss Support</p>	<p>Phone: 613-834-2955</p>
<p align="center">PSO Psychiatric Survivors of Ottawa</p>	<p>Phone: 613-567-4379</p> <p>Website: Psychiatricurvivors.org</p>
<p align="center">ROH Royal Ottawa Hospital</p>	<p>Phone: 613-722-6521</p> <p>Website: Rohcg.on.ca</p>
<p align="center">Women’s Business Network</p>	<p>Website: Womensbusinessnetwork.ca</p>

<p align="center">Zonta Club of Ottawa</p>	<p>Website: Zontaottawa.ca</p>
<p align="center">Ottawa Food Bank 1317 Michael Street ID and Proof of Address Needed</p>	<p>Phone: 613-745-7001 Email: foodbank@theottawafoodbank.ca Website: Theottawafoodbank.ca</p>
<p align="center">Parkdale Food Centre 105-89 Stonehurst Ave ID and Proof of Address Needed</p>	<p>Phone: 613-722-8019 Website: Parkdalefoodcentre.org</p>
<p align="center">Vanier Comity Service Centre 161 Marier Ave Must Reside in Vanier, ID, Proof of Address and Grocery Bags Needed</p>	<p>Phone: 613-747-2389 Email: scarriere@scvanier.com Website: Cscvanier.com</p>
<p align="center">Operation Come Home 150 Gloucester St Youth Only</p>	<p>Phone: 613-230-4663</p>
<p align="center">Kanata Food Cupboard 20 Young Rd May Deliver to Those Who Can't Pick Up</p>	<p>Phone: 613-836-7847 Email: coord@kanatafoodcupboard.ca</p>
<p align="center">Stittsville Food Bank Main St (Call for exact address)</p>	<p>Phone: 613-381-0451</p>

<p>West Carleton Emergency Food Aid 434 Donald B Monro Dr (No public transportation)</p>	<p>Phone: 613-839-5685</p>
<p>Centretown United Church 507 Bank St ID and Proof of Address Needed</p>	<p>Phone: 613-232-3059</p>
<p>Market Mobile Affordable Produce</p>	<p>Website: Marketmobileottawa.ca</p>
<p>St. Paul's Contact Rev. Carla Van Delen</p>	<p>Phone: 613-838-5397 Email: cmvandelen@yahoo.ca</p>
<p>Ottawa Good Food Box Program Affordable Produce</p>	<p>Phone: 613-860-6767 Website: Ottawagoodfoodbox.ca</p>