



Supporting individuals, children/youth and families since 1992
Drop by TODAY!

ONE ON ONE SERVICES

- FREE LOCAL FAX
- INTERNET & COMPUTER USE (PRINTING COSTS 10¢)
- ASSISTANCE WITH DOCUMENTS
- COPIER SERVICES FOR 5¢



“We need YOUR help, please volunteer today!”

Programs for YOUTH (12 & up)

Youth Council: Mon 5:30—6:30pm

Youth Drop in: Wednesday 6-8pm

Pre-teen Cooking Club: Monday 6:30pm

Youth Homework Support: Mon-Thurs 5-6pm

City of Ottawa REC programs:
(Jim Durrell Rec Complex)

Call 613-247-4815 for a complete listings of programs offered in this neighbourhood -shinny hockey, skating lessons, gym night for youth, free swimming lessons



Programs for Adults

Food Bank: 2nd Wednesday 1:30pm

3rd Wednesday 6pm

(Bring your cloth bags. Can only access FOOD once per month)

Fruit & Vegetables: Mondays 5:45pm

Bring your cloth bags

Programs for Early Years (2-6yrs)

NEW Playgroup 4th Monday of each month

From 11:30-12:30pm

Preschool Programs Tues to Fri 10-12pm

and Tues to Fri 1-3pm

Children’s Clothing Mondays 1-2:00pm and

Thurs 6-7pm

Community Nurse Mondays 11:30-1pm

Snack & Chat Drop in: Mon 11:30-1:30pm

Dinner & Chat Drop in: Thurs 6-7:30pm

**CHECK OUT
Our March Break Programs
In an upcoming flyer**

**Community House Director,
Sylvie Manser**



Children Programming (7-12yrs)

Homework Club: Monday to Thursday

from 3:30-5:30pm

Children’s Sports Night: Tues 6pm-7pm

at Clifford Bowey School Gym

Children’s Drop in: Thurs 6-7:30pm



**NEW! Ledbury-Banff
Community Scholarship
Program**

See our staff for more details on how to apply.

Programs made possible by:

*City of Ottawa, Community Funding

*Community Foundation of Ottawa

*South East Ottawa Community Health Centre

City of Ottawa, *Parks and Recreation

*St. Thomas D’aquin Parish

*Industry Canada

*United Way of Ottawa

*Ottawa Food Bank

*Ace Bakery

*Rideau Park United Church

*Holy Cross Catholic Church

*Coalition of Community



“We support a safe, empowered community; provide services to diverse individuals, children/youth, and families living in Banff/Ledbury neighbourhood.”

