



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!"**

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

**Community House Director,  
Sylvie Manser**



## 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 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

## Children Programming (7-12yrs)

**Homework Club:** Monday to Thursday

from 3:30-5:30pm

**Children's Sports Night:** Tues 6pm-7pm

at Clifflord 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 for Adults

**Food Bank:** 2<sup>nd</sup> Wednesday 1:30pm

3<sup>rd</sup> Wednesday 6pm

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

**Fruit & Vegetables:** Mondays 5:45pm

Bring your cloth bags



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

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



## 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."*