



Emergency Baby Cupboard

Assistance with items such as diapers, formula, and baby food for infants and toddlers once a month. Links to local organizations and health providers for baby items and health issues.

Monday, & Wednesday- Friday

9:00 A.M.- 12:00 P.M. (noon)

1:00 P.M.- 3:00 P.M.

No service on Tuesday

Baby Bundles

New baby and safety items to support families with their newborn children. All donations are gladly accepted.

Available upon request

Literacy Library

A program designed at Debra Dynes. Families are able to borrow preschool books in English and second languages such as Farsi, Arabic, or Somali to promote lifelong literacy.

Available upon request

Debra Dynes Perinatal Program-Starting Strong & Collective Kitchen

This perinatal program works in partnership with Carlington Community Health and Resources Centre to support pregnant women and nursing mothers on a bi-monthly basis for health promotion and nutrition.

Monday

9:30 A.M.- 2:30 P.M.

Kindergarten Readiness

Providing a safe supported environment for preschool children to play and increase social and literacy skills in preparation for kindergarten. This program helps ease the transition from daycare or home care to formal education

Tuesday-Thursday

1:30 P.M.- 3:30 P.M.

Holiday Gift Sales

The Debra Dynes Family House holds gift sales for children to purchase small gift items for their parents at significant times during the year such as Mother's Day, Father's Day, and Christmas. All donations are gladly accepted.

Please contact the Family House for more information

HELPING OTTAWA FAMILIES SINCE 1995

Building community

&

Brighter futures



PROGRAM SCHEDULE

955 Debra Ave, Suite 85

Ottawa, ON

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(613) 224-3824

<http://debradynes.ncf.ca>

Charitable #: 860064914RR0001



Emergency Food Bank

Provides a 3 day supply of emergency food one time per month. Please contact the Family House for more information on our catchment area and how we can help if you are working or in school.

Monday-Friday

9:00 A.M.- 12:00 P.M. (noon)

1:00 P.M.- 3:00 P.M.

No food bank service on Tuesday mornings

Welcome Caregivers!

A time to play, meet, and support. The playroom is open for caregivers on a daily basis.

Monday-Friday

9:00 A.M.- 12:00 P.M.

&

1:00 P.M.- 3:00 P.M.

Exceptions: Tuesday and Thursday afternoons, and the mornings of the 1st and 3rd Monday of the month

Sewing Program

Run by community volunteers to provide participants with basic sewing skills, assisting in making and repairing clothes, and making household furnishing items.

Tuesday & Thursday

1:00 P.M.- 3:00 P.M.

September-June

Freebie Friday

Collected from donations and clothing drives, families are able to receive high-quality and gently used free clothing and small household items.

Fridays

1:00 P.M.- 2:00 P.M.

Community Computers

Community access program that provides computer and Internet access, printing, faxing, and photocopying.

Monday-Friday

9:00 A.M.- 12:00 P.M. (noon)

1:00 P.M.- 3:00 P.M.

As programming occurs in the same space, please call ahead to ensure computers are available

Good Food Box

Collective buying program for fresh, local produce. Available in \$10, \$15, \$20, \$25 (organic) boxes and \$5 fruit bags.

Orders should be placed in the first 10 days of the month with collection at the Family House in the 3rd week of the month.

Referrals and Personal Help

- Resume help
- Job search board and assistance
- Faxing/photocopying
- Snow suit applications
- Toy Mountain applications
- Holiday hampers
- Crisis services
- Referrals and outside agency information
- Advocacy
- Health promotion
- Community events
- Emergency laundry help
- Tax assistance