

Directory of Ottawa Support Groups – **Winter-Spring 2015**

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| Agency | Somerset West Community Health Centre & Centretown Community Health Centre |
| Brief Description of Group: | Anger and Assertiveness: a group for women Practise effective communication skills and learn how to set boundaries |
| Day/Time: | Thursdays, 6pm to 8pm |
| Location: | Somerset West Community Health Centre (55 Eccles St. 3 rd Floor) |
| Start & End Dates or Ongoing | March 12 – May 14 (10 weeks) * Must register in advanced |
| Childcare Available | Yes |
| Bus Tickets Provided | Yes |
| Fees: | None |
| Languages Served: | English |
| Ages Served: | Adults |
| Accepting Clients Outside Agency: | Yes |
| Contact Information | Bonnie Stephanson, Somerset West CHC – 613 238 8210 Andrea Madan, Centretown CHC – 613 233 4443 |

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| Agency | Carlington Community Health Centre |
| Brief Description of Group: | Support group for women who have experienced abuse by their partner (past or present) |
| Day/Time: | Wednesdays, 9:30am – 12:00pm |
| Location: | West-End area |
| Start & End Dates or Ongoing | March 4 th to May 20 th 2015 * need to register in advanced |
| Childcare Available | Financial help for childcare available |
| Bus Tickets Provided | Yes |
| Fees: | None |
| Languages Served: | English |
| Ages Served: | Adults |
| Accepting Clients Outside Agency: | Yes |
| Contact Information: | Annick 613 722 4000 ext 307 or Melanie ext 297 |

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| Agency | Catholic Family Service Ottawa/Le Service familial catholique Ottawa |
| Brief Description of Group: | Francophone women who have experienced violence from a partner / adult child femmes francophones ayant vécu de la violence d'un partenaire/enfant adulte |
| Day/Time: | Thursday evenings jeudi soir de 18h30 à 21h00 |
| Location: | Vanier |
| Start & End Dates or Ongoing | February 12th to April 30 th 12 février au 30 avril/15 |
| Childcare Available | Yes |
| Bus Tickets Provided | Yes |
| Fees: | No |
| Languages Served: | French/ Français |
| Ages Served: | Adults/adultes |
| Accepting Clients Outside Agency: | Yes/ Oui |
| Contact Information: | Marie Louise Boudreau 613-233-8478 poste 231 (ext 231) |

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|--|---|
| Agency | Catholic Family Service Ottawa/Le Service familial catholique Ottawa |
| Brief Description of Group: | Francophone women 50+ who have experienced violence from a partner / adult child femmes francophones 50+ ayant vécu de la violence d'un partenaire/enfant adulte |
| Day/Time: | Tuesdays 1pm to 3pm le mardi de 13h00 à 15h30 |
| Location: | Vanier |
| Start & End Dates or Ongoing | February 17 th to April 28 2015 17 février au 28 avril/15 |
| Childcare Available | Yes |
| Bus Tickets Provided | Yes |
| Fees: | no |
| Languages Served: | French/ Français |
| Ages Served: | 50+ |
| Accepting Clients Outside Agency: | Yes/ Oui |
| Contact Information: | Marie Louise Boudreau 613-233-8478 poste 231 (ext 231) |

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|--|---|
| Agency | Eastern Ottawa Resource Centre |
| Brief Description of Group: | Children who witness group for 3-6 years old (and support group for moms) |
| Day/Time: | Thursdays 5 :30pm to 7pm *supper is provided |
| Location: | Eastern Ottawa Resource Centre |
| Start & End Dates or Ongoing | February 19 th to April 30 th 2015 |
| Childcare Available | Yes |
| Bus Tickets Provided | yes |
| Fees: | no |
| Languages Served: | English |
| Ages Served: | Children 3-6 |
| Accepting Clients Outside Agency: | Yes |
| Contact Information: | Julie Frereault 613-741-6025 ext.118 |