



# Prayer & Care Resources

“CASTING ALL YOUR ANXIETIES ON HIM, BECAUSE HE CARES FOR YOU.” 1 PETER 5:7

This document is not meant to be exhaustive but to assist you in finding timely resources in our community. As ministers, we are honoured to offer prayer and care in life’s moments.

We are not trained psychologists or counsellors; these are different disciplines. We are, however, prepared to provide prayer, support, encouragement, and spiritual direction based on Scripture and the Holy Spirit. We also know you might require different care in our city.

## Counselling Services

<b>Free Walk-In Clinics</b> 613-755-2277 <a href="#">Website</a>  Offers counseling services in English, French, Arabic, Spanish, Cantonese and Mandarin. The Service can be used up to 4 times. Usually, 1.5 hours in length.	Tues	Somerset West Community Health Centre
	Wed/Sundays	Jewish Family Services of Ottawa
	Thurs/Fridays	Counselling and Family Services
<b>St Paul University</b> 233 Main street Ottawa, K1S 1C4 613-782-3022 <a href="#">Website</a>	They can go down to 5\$ if needed. It is faith friendly. They do have a lot of Christian counsellors working there. It’s not a Christian counselling centre, because not everyone is Christian, but everyone is faith friendly because theology classes are mandatory for all student counsellors there.	Ottawa
<b>Christian Counselling Ottawa</b> 63 Glencoe St. Ottawa K2H 8S5 613-729-8454 <a href="#">Website</a>	Counselling and Psychotherapy Centre	Offices in Kanata and Gloucester
<b>Michael Browning</b> 613.724.1332 <a href="mailto:mr.michael.browning@gmail.com">mr.michael.browning@gmail.com</a>	Psychologist	Ottawa, East
<b>Tanya Rust</b> <a href="#">Website</a>	Psychologist	Ottawa, Online



<b>Elim Christian Counselling</b> 1825 St. Joseph Blvd. 613-699-1677 <a href="#">Website</a>	Psychologist	Ottawa
<b>Ottawa Couple and Family Institute</b> 613-722-5122 <a href="#">Website</a>	Marital Counselling	Ottawa
<b>By Peaceful Waters</b> Joe & Carrington Asigner 613.798.3323 <a href="#">Website</a>	Spiritual Direction, Coaching, and therapy services	Ontario

## Support Resources

<b>Kids Help Phone</b> Open 24/7 1-800-668-6868 <a href="#">Website</a>	A resource for mental health.	Phone/Text/Online
<b>Safe Families</b> <a href="#">Website</a>	We surround families in crisis with caring, compassionate community.	Ontario
<b>Hopewell Eating Disorders</b> 404 McArthur Ave. 613-241-3428 <a href="#">Website</a>	A resource for eating disorders	Ottawa, East
<b>Jericho Road</b> 613.567.5134 <a href="#">Website</a>	A resource for addictions	Phone/Text/Online
<b>The Dementia Society of Ottawa and Renfrew County</b> 1750 Russell Road 613-523-4004 <a href="#">Website</a>	Caregiver Support Referral Services Education Social programs	Ottawa/Renfrew County
<b>The Alzheimer Society of Cornwall</b> 106B Second St. West 613-932-4914 <a href="#">Website</a>	Caregiver Support Referral Services Education Social programs	Cornwall
<b>Memory Clinic</b> 1600 Carling Avenue 613-702-1000 <a href="#">Website</a>	Early Screening (Research) Testing Referral and Support	Ottawa/Gatineau



<b>Home and Community Care Support Services</b> 613-310-2222 <a href="#">Website</a>	Evaluation for Government funded Services, Support Education. Registration for assisted living and day program	Ontario
<b>Community Health and Resource Centres of Ottawa (CHRC)</b>  <a href="#">Website</a>		Coalition of 10 resource centre in the Ottawa area
<b>Eastern Ottawa Resource Centre</b> 1980 Ogilvie rd 613-741-6025 <a href="#">Website</a>	Counseling (Free, Adult and children). Domestic Violence Youth programs. Low-income Energy Assistance program. Elderly Support. Legal Aid Clinic	Ottawa
<b>Western Ottawa Resource Centre</b> 2 MacNeil Court 613-591-3686 <a href="#">Website</a>	Counseling (Free, Adult and children). Domestic Violence Youth programs. Low-income Energy Assistance program. Elderly Support. Legal Aid Clinic	Kanata
<b>Cornwall Community Resources</b> <a href="#">Website</a>	Counseling (Free, Adult and children). Domestic Violence Youth programs. Low-income Energy Assistance program. Elderly Support. Legal Aid Clinic	Cornwall



## Housing Resources in Ottawa

### Property management & Private Landlords

- Dore Rentals ([Website](#))
- Rentals Ottawa ([Website](#))
- Padmapper ([Website](#))
- CLV Group ([Website](#))
- Sleepwell Management ([Website](#))
- Fleming Management ([Website](#))
- Flex Property Management ([Website](#))
- Facebook Marketplace ([Website](#))

### Welcome To Canada

A partner local church, Bethel Pentecostal Church, has compiled a fantastic resource with all you need as you arrive in Canada. ([Website](#))

### New To Canada Housing Options

- Carry House (New To Canada homes for women - [Website](#))
- Stepstone House (New To Canada homes for all - [Website](#))

### Lower Income Housing Options

- Lower-income housing availability ([Website](#))
- Co-op housing ([Website](#))
- Ottawa Community Housing ([Website](#))
- Action Housing ([Website](#))
- Connecting Ottawa ([Website](#))

### Landlords and Tenants Rights & Responsibilities

- City of Ottawa ([Website](#))
- Ontario ([Website](#))



## Lifecentre Ministry Partners

In 2023/24, Lifecentre Care was created - a non-profit organization of equal parts food bank and solutions centre. Wherever we plant a church, we establish Lifecentre Care for that neighbourhood. We also select partners, locally and globally, who are making a Jesus-sized difference in how they demonstrate God's love in tangible ways to others. Below are some additional support resources and partners not previously mentioned or linked in this document.

### Community Development

<b>Lifecentre Care</b>	<a href="#"><u>Website</u></a>
<b>Kanata Food Cupboard</b>	<a href="#"><u>Website</u></a>
<b>Agape Centre</b>	<a href="#"><u>Website</u></a>
<b>City Serve Canada</b>	<a href="#"><u>Website</u></a>

### Vulnerable People

<b>Beacon Bags</b>	<a href="#"><u>Website</u></a>
<b>Destiny Adoption</b>	<a href="#"><u>Website</u></a>
<b>First Place Options</b>	<a href="#"><u>Website</u></a>
<b>Ottawa Innerscity Ministries</b>	<a href="#"><u>Website</u></a>