



CARE CENTRE OTTAWA

little by little, a little becomes a lot

“The Care Centre is not just a food bank - it’s a family” - anonymous quote

The Care Centre is a charitable organization that exists to provide dignified support to those in need throughout the Ottawa region. We come alongside and provide support to our guests as they navigate between where they currently find themselves and where they hope to be.

The rising costs of food affects those living on low income more deeply than those with a financial buffer. Our guests often tell us they are forced to choose between paying the rent and feeding themselves and their children.

We believe it is important to create a warm, welcoming place where people want to be, rather than a place they feel they have to be. More than somewhere that provides really great food – at the Care Centre, we deeply engage with our neighbours - in what is often a really challenging time - and provide a much needed space for them to catch their breath.

Upon completing the renovation, we intend to re-establish programs that are holistic – focusing on the mind, body and spirit, and supporting individuals and families living on low-income to set goals and move towards brighter futures.

The Care Centre seeks to be a part of transformation in our neighbourhood by establishing a caring and supportive space where individuals living on low income can access nutritious food, learn new skills and make use of available resources that will help them build a better life for themselves and their families.

WHO WE ARE



500 Viewmount Drive
Ottawa ON K2E7P2
CANADA

www.carecentreottawa.ca
info@carecentreottawa.ca
613-693-0890

Care Centre Ottawa is a registered charitable organization
Charitable Registration #766524284 RR0001



WHAT WE DO

Emergency Food Support Services

We offer a Full Choice Food Pantry and a Community Drop-in Meal Program that is available every Monday and an Emergency Drive-Thru Food Bank on Tuesday through Thursday.

Families Supported Per Month

220 February 2020 (Pre-Covid)

1,392 June 2023

Meals Served Per Month

500+ June 2023

Our food support programming enhances equitable access to nutritious and culturally appropriate food.

Cooking Programs

We provide supportive groups that foster the development of nutrition and food skills in a safe, non-judgmental environment.

Senior Deliveries

Our home delivery program reaches over 170 seniors each month. Our volunteer teams deliver food and make follow-up calls to enhance equitable access to healthy food, combat social isolation and help our neighbours live independently longer.

Community Advocacy Group

We are excited to begin facilitating a peer-led community advocacy group where we will be working with community members to address their evolving needs.

Wrap Around Supports

We invite various social service organizations on-site to provide information to our guests on a wide variety of topics and issues and to raise awareness about their services (e.g., employment supports, settlement supports, counselling supports). Guests are encouraged to book appointments with the Care Centre's on-staff social worker to help set goals and work towards their successful completion.

Computer Cafe

Guests have access to computers, along with a printer, scanner and copier. Free wifi is also available.

All of this is possible because:

170+

Volunteer Hours
Per Month

46

Volunteers
Per Month



Many of our volunteers and staff have walked in the shoes of our guests, been a guest themselves at The Care Centre and have faced similar hurdles. We are neighbours caring for neighbours.

RENOVATION

CCO

Fundraising Goal
\$570,000

■ Raised
■ Needed

\$214,000

\$356,000

\$0

\$570K

It will allow us to:

Dignity is in the details – our goal is that guests feel safe and welcomed from the moment they step foot inside the Care Centre.

Food insecurity remains a heightened concern in Ottawa and across the country. Our guests report high inflation rates, a lack of affordable housing and insufficient income supports as the top reasons for needing to access our food bank.

- Create a dignified and welcoming space that will accommodate the growth in demand
- Open our indoor Marketplace and meal program daily
- Enhance our efficiency and effectiveness
- Increase our ability to provide dignified choice
- Reintroduce our capacity and community building programming
- Help our guests navigate complex health and governmental systems
- Accept more food items from donors and divert food waste from the landfill
- Invite more local social service organization onsite
- Reengage the community with large scale neighbourhood meals

help us reach our goal

Donate

Online:

carecentreettawa.ca/donate

E-transfer:

donate@carecentreettawa.ca

Cash/Cheque:

Cheques payable to
Care Centre Ottawa

Mail to:

Care Centre Ottawa
500 Viewmount Dr,
Nepean, ON K2E 7P2

A charitable donation receipt will be issued for all donations. Please email donate@carecentreettawa.ca with your full name including middle initial and mailing address.