



Programs and Services Winter 2019

Ongoing Services

Primary Care Services: Available to clients registered in Health Services. Call 613-789-8458 for medical appointments and/or for information about medical services. Mondays and Wednesdays: 7:00 a.m. - 8:00 p.m.; Tuesdays: 7:00 a.m. - 6:00 p.m.; Thursdays: 8:00 a.m. - 5:00 p.m.; Fridays: 8:30 a.m. - 4:00 p.m.; at 221 Nelson St.; English/French.

Same Day Clinic Services: For registered clients of Health Services who need urgent care. Mondays and Wednesdays: 9:00 a.m. - 7:30 p.m.; Tuesdays and Thursdays: 9:00 a.m. - 4:30 p.m.; Fridays: 9:00 a.m. - 3:30 p.m.; at 221 Nelson St.; English/French. Prior to coming in to our Same Day Clinic, please call 613-789-8458 to book an appointment.

Chiropody: Foot care service for clients registered with Health Services. For more information, please call 613-789-8458. Offered at 221 Nelson St.; English/French.

Counselling Services: We provide confidential and supportive counselling services for individuals, families and adolescents seeking help for substance use, concurrent substance use and mental health concerns, and concerns about problem gambling. 221 Nelson St.; English/French. For more information, please call 613-789-6309.

Social Services Walk-In: Drop-in service for people in our catchment area of Sandy Hill and Ottawa East, who have urgent personal and social needs. Information about community resources and referrals are also available. Monday to Thursday 1:00 - 3:30 p.m.; Friday 1:00 p.m. - 3:00 p.m.; 221 Nelson St.; English/French. For more information, please call 613-789-6309.

Nutrition and Food Information: Do you need any nutrition and/or food related information? And/or do you have any questions about healthy eating? Our Dietitian and Nutrition Counsellor can help you talk about your health, lifestyle and current challenges. They can help you review your diet for nutritional intake and then help you focus on your goals. To book a telephone and/or in person consultation, please call Tina Isbister at 613-244-2849. Offered at 221 Nelson St., in English/French.

Youth Health Clinic: This drop-in health clinic provides at risk youth with easy access to primary care services, including mental health and addictions support. For youth ages 16 to 24; no health card needed. The clinic is located at 147 Besserer St. (Youth Services Bureau of Ottawa - downtown location). For hours of services and more information, call 613-241-7788 x 222. English/French.

Practical Assistance Program: Assists homeless clients and clients on ODSP in obtaining their OHIP cards. The program also provides an ID safekeeping service where clients can store their ID in a secure area and access it as needed. Offered by appointment Tuesday to Friday, at 221 Nelson St.; English/French. Please call 613-789-6309.

The Junction: Safer injecting, smoking and disposal supplies for people who use street drugs. Naloxone kits available, health advice and referrals. Monday to Friday, 8 a.m. to 8 p.m., at 221 Nelson St., 1st floor. English/French.

Oasis Clinic: Primary health care services for people who inject drugs, smoke crack or are involved in street level sex work. Monday to Friday, 9:00 a.m. to 4:30 p.m.; closed Thursday mornings between 9:00 a.m. and 12 noon. For more information, call 613-569-3488. Offered in English/French, at 221 Nelson St., 1st floor.

Counselling at Oasis: Available only to clients registered in Oasis Program. If you have any personal concerns that you would like to see changed in your life, please call 613-569-3488 and you will be contacted to start sessions. At 221 Nelson St., 1st floor. English/French.

Supervised Injection Services: Supervised injection for people who use street drugs. Health care professionals present for health teaching and referral and to respond to overdoses. Monday to Friday, 8:00 a.m. to 8:00 p.m.; expanded hours coming soon. Offered at 221 Nelson St., 1st floor; English/French. Please call 613-569-3488.

Drug Checking: Find out what is in the substance you purchased prior to use. To be eligible, you must register for our Supervised Injection Service. For monthly results poster, visit our website at www.shchc.ca/programs/oasis/drug-checking. Offered at 221 Nelson St., 1st floor; English/French. For more information, please call 613-569-3488.

Opioid Agonist Treatment (Methadone and Suboxone): Assessment and treatment of opioid use disorder. Comprehensive care includes case management, counseling and primary care services. Walk in Monday to Friday, 12:00 to 2:00 p.m., or by appointment Monday to Friday, 9:00 a.m. to 3:00 p.m.; 221 Nelson St., 1st floor; English/French. For more information, please call 613-569-3488.

Oasis Drop-in: Social support for people living with, or at risk of, HIV and hepatitis C. Mondays and Tuesdays, 10:00 a.m. - 12 p.m. and 1:00 - 3:00 p.m.; Thursdays, 1:00 - 4:30 p.m.; and Fridays, 1:00 - 4:00 p.m.; at 221 Nelson St., 1st floor. Call 613-569-3488. English/French.

Women's Drop-in: Social support for people who identify as female and are living with, or at risk of, HIV and hepatitis C. Offered on Wednesdays, 3:00 - 7:00 p.m., at 221 Nelson St., 1st floor; English/French. Please call 613-569-3488.

Acu-detox: A free drop-in ear acupuncture treatment group. Mondays, Wednesdays and Fridays, 10:30 a.m. - 11:30 a.m., at 221 Nelson St.; English/French. No registration required. For more information, call 613-789-1500.

Intensive Case Management: A case management service adhering to the principles of “housing first” and harm reduction. For people with complex needs who are chronically homeless and who suffer from substance use and a mental health disorder. The long-term relationship between worker and client serves to help the person recognize their strengths and develop the skills necessary to create stability in their lives, thus ending the cycle of homelessness. For more information, contact Jean-François Martinbault at 613-244-2790.

SMART Recovery: This program helps people recover from all types of addiction and addictive behaviours, including drug use, substance use, alcohol use, problem gambling and addiction to other substances and activities. Offered on Tuesdays and Thursdays, 12:00 - 1:30 p.m., at 221 Nelson St., in English. People are welcome to drop in; registration is not required. For more information, call 613-789-6309.

Market Mobile – Strathcona Heights: Buy fresh, affordable produce right in your community from the rolling grocery store **every Wednesday evening, 6:00 - 7:30 p.m., at 731-A Chapel Crescent** (truck parks in the Ottawa Community Housing parking). For more information, please contact Chris Osler at 613-565-3265, or visit Market Mobile website at www.marketmobileottawa.ca.

The Good Food Box at 95 Main St.: Are you interested in a box of fresh fruits and vegetables? Healthy, fresh fruits and vegetables at great value available for pick-up once a month at 95 Main St. (corner of Lees Ave. and Main St.). Register and pre-pay for your box the 2nd Tuesday of the month, and pick it up the 3rd Wednesday of the month, between 11:00 a.m. and 4:00 p.m., at SHCHC's 95 Main St. office. For more information call Chris Osler at 613-565-3265. Ongoing, in English/French.

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Looking for drop-in playgroups, toy lending library access, homework literacy programs, English conversation groups, ESL, the Good Food Box, exercise programs, learn-to-bicycle courses and other services in Old Ottawa East? Please contact Community Developer Chris Osler at 613-565-3265 for information.

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Your opinion matters! Send us your feedback at:
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