

Banff Avenue Community House's Winter Programs & Services 2026 (613-739-5702)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Banff Avenue Community House info@banffcomhouse.ca 613-739-5702	Wraparound Support Services <i>Does your family require one on one support with forms or applications? We can help! Book an appointment with Gwendy or Tommeson today.</i>		
Early Years Drop in 1:30-2pm for moms with Babes & young children under 6 <i>(Milk & Eggs for all who visit with the community nurse)</i>  South-East Ottawa Community Health Centre Centre de santé communautaire du sud-est d'Ottawa	INTAKE for Essential Services appointments 10 am- 3 pm <i>Call 613-739-5702 to make an appointment for Foodbank, and/or Clothing Giveaway</i>	Community Foodbank 1-4 pm <u>Evening Appointments available on the 2nd week</u> <i>Offered once a month for anyone living in our catchment area. Must make an appointment on Tues Intake. Please bring bags</i>	Used and New Clothing+ Giveaway 3-5 pm 2nd of the month and the 4th week of the month <i>Must make an appointment on Tues Intake.</i>
Community Nurse Early Years <i>Kaltoum is onsite 1:30-3pm (Pregnancy, breast feeding, health check in, take your blood pressure etc.)</i>	ESL Conversation Group 1:45 pm to 2:45 pm Adults	 Ottawa Food Bank La Banque d'Alimentation d'Ottawa	Leftover Giveaways 3-5 pm (residents of Banff-Ledbury- please register) <i>Should we have any fresh food left over, drop by with your bag</i>
ADULT PROGRAMMING AND SERVICES		Women's Swimming Lessons <i>Limited spaces. Must register with Gwendy.</i>	Stay tuned for date Women's Fitness Pop ups 6-7:30pm <i>Includes onsite childminding @Pavilion</i>
		Women's Only swimming 8:30pm <i>@Deborah Anne Kirwan - call about free passes</i>	Community Supper Table 4th week of month at 6pm @ Pavilion For Adults 18 & up Childminding available-CALL 1st