





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

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

Email us: [info@banffcomhouse.ca](mailto:info@banffcomhouse.ca) Phone us: 613-739-5702 Address: 2084 A & B Banff Avenue