





# Banff Avenue Community House's SPRING Programs & Services 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Banff Avenue Community House  <a href="mailto:info@banffcomhouse.ca">info@banffcomhouse.ca</a>  613-739-5702</p>	<p><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>1:30-2pm</b>  <b>Community Nurse</b>  <b>Early Years</b>  <i>for moms with Babes &amp; young children under 6</i>  <i>(Milk/eggs are available)</i>  <i>Community nurse is onsite 1-3pm</i>  <i>(Pregnancy, breast feeding, health check in, take your blood pressure etc.)</i></p>  <p>South-East Ottawa Community Health Centre  Centre de santé communautaire du sud-est d'Ottawa</p>	<p><b>10am- 3pm</b>  <b>Essential Services</b>  <b>INTAKE</b>  <b>appointments</b></p>  <p><i>Call 613-739-5702 to make an appointment for Food support programs, and/or Clothing Giveaway</i></p>	<p><b>1-4pm</b>  <b>5-7pm</b>  <b>Community Food Bank</b>  <b>Appointments</b></p> <p><i>Offered once a month for anyone living in our catchment area. Must make an appointment. Please bring an egg carton and bags</i></p>	<p><b>3-4:30pm</b>  Used and New  <b>Clothing+ Giveaway</b></p> <p><i>By appointment only. 2nd of the month and the 4th week of the month</i></p>
<p><b>Tenant Circle/ Voices, Ledbury Park Improvement Committee= Join and make a difference in your community</b></p>		 <p>Ottawa Food Bank  La Banque d'Alimentation d'Ottawa</p>	<p><b>Giveaways</b>  <b>3-4 pm</b>  (only for the residents of Banff-Ledbury)  <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>6-7:30pm</b>  <b>Trauma Informed</b>  <b>Women's Fitness</b>  <i>(in partnership with Carleton University)</i>  <b>Includes onsite childminding supports</b>  <b>@Pavilion</b></p>