

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
<p>Banff Avenue Community House info@banffcomhouse.ca 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>Women's Group 1-3pm Craft and Chat Drop-in for adults who like to sew, knit, crochet or just chat</p>	<p>10am- 3pm Essential Services INTAKE appointments</p>	<p>Available: Hygiene items, Period Packs, Baby items /diapers/formula</p>	<p>Used and New Clothing Giveaway By appointment only/ every 2nd week 1-3pm or 3-5pm</p>	 <p>Centraide United Way Est de l'Ontario East Ontario</p>
<p>Community Nurse Rishma is onsite 1-3pm (Pregnancy, breast feeding, health check in, take your blood pressure etc.)</p>	<p>Call 613-739-5702 to get an appointment for Food support programs, Clothing Cupboard</p>	<p>1-6pm Food Bank Appointments</p>	<p>Are you dealing with bedbugs? Mattress covers available at Clothing Cupboard. Make an appointment</p>	 <p>Ottawa Food Bank La Banque d'Alimentation d'Ottawa</p>
	<p>Produce Program Giveaway 4-6 pm By Appointment Only (residents of Banff-Ledbury only) Free! You just need a bag and an appointment</p>	<p>Offered once a month. If you are isolating at home, let us know and we can deliver.</p>	<p>Trauma Informed Women's Fitness (in partnership with Carleton University) Includes onsite childminding supports 6-7:30pm</p>	 <p>South-East Ottawa Community Health Centre Centre de santé communautaire du sud-est d'Ottawa</p>
<p>Do you need to borrow a laptop to look for work or for school? Call Intake for details!</p>	<p>Community/Family Activities Connect with Gwendy to see what's happening</p>	<p><i>Coming Soon!</i> Community Garden! Garden workshops and more... stay tuned</p>		