



Health Care and Well-Being

Interim Federal Health Program

1-888-242-2100

www.cic.gc.ca/english/refugees/outside/arriving-healthcare.asp

Coalition of Community Health and Resource Centers of Ottawa

<http://www.coalitionottawa.ca/>

Gatineau Local Community Health Service Centers

819 966-6100

www.csssgatineau.qc.ca/en/our_services/our_clscs/

Ottawa Public Health

<http://ottawa.ca/en/residents/public-health/healthcare/finding-healthcare>

Sexual Assault Support Center

24-hour Support Line (613) 234-2266

<http://www.sascottawa.org/>



Government Services

Ontario Ministry of Community and Social Services

1-888-789-4199

www.mcscs.gov.on.ca/en/mcscs/contact/index.aspx

City of Ottawa

311/ 1 (613) 580-2400

www.ottawa.ca

City of Gatineau

1-866-299-2002 (toll free)

www.gatineau.ca

Immigration and Refugee Board

613-995-6486

www.irb.gc.ca

Citizenship and Immigration Canada

1-888-242-2100

www.cic.gc.ca

Canada Border Services Agency

1-800-461-9999

www.cbsa-asfc.gc.ca



United Nations High Commission for Refugees Canada

280 Albert Street, Suite 401
Ottawa, Ontario CANADA
K1P 5G8

Phone: 613-232-0909
Fax: 613-230-1855
E-mail: canot@unhcr.org



Useful Information for Asylum Seekers in Ottawa-Gatineau

United Nations High Commission
for Refugees

2015



Emergency and Police

Life-Threatening Emergency or Crime in Progress
911

Other emergencies
613-230-6211

Community Police Centers and all other enquiries
613-236-1222 (TTY: 613-232-1123)
www.ottawapolice.ca

Shelter/Housing Resources

Referral to a shelter by an Ontario Social Worker

613-560-6000
After hours 311 or 613-722-9495
www.ontario.ca/socialassistance

Ottawa Community Housing

613-731-7223
www.och.ca



Ottawa-Carleton District School Board

613-721 1820 or 613-239-2795
www.ocdsb.ca/Pages/default.aspx

Ottawa-Catholic School Board

613-224-2222 or 613-237-2001
www.ottawacatholicschools.ca

Ottawa Public Library

<http://bibliottawalibrary.ca>



Transportation and Integration

OC Transpo—Public Transportation

*tickets and passes available at most convenience stores
613-741-4390
www.octranspo.com

Recreation

311

Locations

<http://ottawa.ca/en/residents/parks-and-recreation/recreation-facilities/recreation-centre-locations>

Guide

<http://ottawa.ca/en/residents/parks-and-recreation/recreation-guide/recreation-guide>



Catholic Center
for Immigrants
613-232-9634
www.cic.ca

Jewish Family Services
of Ottawa
613-722-2225
www.jfsottawa.com

Lebanese and Arab Social
Services Agency of Ottawa-
Carleton
613-236-0003
www.lassa.ca

Ottawa Community
Immigration Services
Organization
613-725-0202
www.ociso.org

YMCA/YWCA National
Capital Region
613-788-5001
www.ymcaywca.ca

Somali Centre for
Family Services
613-526-2075
www.somalifamilyservices.org



Community Legal Services

613-241-7008
www.aidejuridiqueottawalegalaid.ca

Legal Aid Ontario Ottawa Office

1-800-668-8258
1-877-314-0933
<http://www.legalaid.on.ca/>

Legal Aid Quebec Aylmer Office

819-684-0333
www.justice.gouv.qc.ca

ProBono Quebec

514-954-3434
1-800-361-8495 ext. 3434
www.probonoquebec.ca

University of Ottawa Legal Clinic

613-562-5600
www.uoclc.uottawa.ca

Connecting Ottawa

www.connectingottawa.com

Religious & Cultural Information

Websites of the Greater
Ottawa Christian Community
<http://ottawachurches.ncf.ca/>

Ottawa Muslim
Association
613-722-8763, ext. 21
<http://www.ottawamosque.ca>

Jewish Federation
of Ottawa
613 798-4696
<http://jewishottawa.com/>