

Christmas Resources

Please call 2-1-1 and a community navigator will help you find an agency or program that suits you best.

The Snowsuit Fund (Youth 0-15)

Eligibility: Families that are on OW or ODSP, low-income families, recent immigrants.

Register online through the link below.

www.snowsuitfund.com/get-a-snowsuit

Toy Mountain - The Salvation Army (Youth 0-12)

Eligibility: Families receiving social assistance, low-income families, and recent immigrants.

Call 2-1-1 to register with the Community Resource Centre and receive toys.

www.salvationarmy.ca/toymountain

The Caring and Sharing Exchange

Eligibility: Low-income families under the Low-Income Cut Off Measures.

Call 2-1-1 to be directed to registration.

www.caringandsharing.ca

Meals and Event Lists

The Community Navigation of Eastern Ontario provides a list of meals and events for the 2024 holiday season.

Call 2-1-1 to get free and confidential support.

www.cneo-nceo.ca/info/publications-and-lists

24/7 Crisis Resources

If you are experiencing a crisis outside the Indigenous Well-Being Workers' hours of operation, please see the list of 24/7 Indigenous supports below.

If this is an emergency, please dial 9-1-1.

Crisis Line Ottawa

Call: (613) 722-6914

www.crisisline.ca

First Nations and Inuit Hope for Wellness Help Line

Call: +1 (855) 242-3310

www.hopeforwellness.ca

Services are available in Cree, Ojibway, Inuktitut, English, and French.

Distress Centre Ottawa and Region

Call: (613) 238-3311 for the Ottawa Distress Line (English and French)

Call: +1 (866) 676-1080 for the Outaouais Distress Line

Call: +1 (800) 265-3333 for the Nunavut Kamatsiaqtut Help Line

www.dcottawa.on.ca

