

# Newcomers Info.

HOW CAN WE HELP? LET US ASSIST YOU IN FINDING THE INFORMATION  
THAT WILL GUIDE YOU TO MEET YOUR REQUIREMENTS.

## **Cultural Interpretation Services For Our Community**

Website: <https://www.cisoc.net/en>

Address: 44 Eccles St, Suite 100, Ottawa, ON, K1R 6S4

Phone: 1-855-442-4762

Provides interpretation and translation services to the non-English/non-French speaking community facilitates equitable access to health, social, legal, education, and other community services interpretation services to and from 60+ languages (in person/by phone) translation services to and from 45+ languages provides CILISAT testing and online training for cultural interpretation, medical knowledge and terminology Call to inquire about languages available, capacities change on a regular basis



## **Continuing And Community Education**

Website: <http://conted.ocsb.ca/>

Address: Catholic Education Centre, 570 West Hunt Club Rd, Ottawa, ON, K2G  
3R4

Phone: 613-228-3338

We provide learning opportunities for all ages in welcoming and supportive  
environments in the Ottawa area

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## **Catholic Centre For Immigrants**

Website: <http://cciottawa.ca/>

Address: 219 Argyle Ave, 2nd Flr, Ottawa, ON, K2P 2H4

Phone: 613-232-9634



## **Canada Revenue Agency**

**Website:**

<https://www.canada.ca/en/employment-social-development/programs/disability/savings.html>

**Address: 333 Laurier Ave W, Ottawa, ON, K1A 0L9**

**Phone: 1-800-959-8281**

Long-term savings plan for individuals with disabilities and their families to save for the future. Holders may be eligible for a Canada Disability Savings Grant or a Canada Disability Savings Bond to help with long-term savings.



## **Credit Canada Debt Solutions**

**Website: <https://www.creditcanada.com/>**

**Address: 116 Albert St, Ottawa, ON, K1P 5G3**

**Phone: 1-800-267-2272**

Confidential credit counseling provider. Services include assessment of income and expenses, money management advice, credit counseling, budgeting assistance, debt management program, advocacy, and public education.

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## **Credit Counseling Society**

**Website:** <https://nomoredebts.org/canada-credit-counselling/ontario/ottawa>

**Address: 130 Albert St, Unit 514, Ottawa, ON, K1P 5G4**

**Phone: 1-888-527-8999**

Confidential consumer credit and debt counseling service that helps with creating a spending plan to manage living expenses, getting finances back on track, consolidating debts in one monthly payment, saving thousands of dollars in interest, and stopping collection calls from creditors. Provides alternatives to filing for bankruptcy.

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## **Debtors Anonymous**

**Website:** <http://www.debtorsanon.ca/>

**Address:** 347 Richmond Rd, Ottawa, ON, K2A 0E7

**Phone:** 613-686-3380

Fellowship of women and men who share their experience, strength, and hope to solve their common problem and help others recover from compulsive debting and spending. No dues or fees. The group is self-supporting through its own contributions. Focuses on compulsive indebtedness and personal recovery.

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## **Developmental Services Ontario Eastern Region**

**Website:** <https://www.dsontario.ca/>

**Address:** 150 Montreal Rd, Suite 200, Ottawa, ON, K1L 8H2

**Phone:** 1-855-376-3737

Reimbursement program helping adults with a developmental disability participate in their community. Clients can choose to receive money directly or purchase support and services through an agency. Funding is available to help take part in community classes or recreational programs, develop work, volunteer and daily life skills, hire a support worker, create a life-plan (person-directed planning) and reach goals, and get temporary respite for caregivers. Information about and referral to agencies in the community providing housing support is also available.

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## **EBO Financial Education Centre**

**Website:** <https://www.centre-ebo.com/?lang=en>

**Address:** 300 Olmstead St, 2nd Flr, Ottawa, ON, K1L 7K1

**Phone:** 613-746-0400

Community non-profit organization offering financial literacy services to Ottawa's low/modest income individuals and families. Services include budget counseling, year-round tax service, forms assistance with finance-related applications, financial education workshops, interest-free micro loan program, and the Personal Finance, I'm in charge program, which is a financial education program geared towards young adults in partnership with Desjardins.

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## Fontaine And Associates

Website: <https://www.fontaineandassociates.com/>

Address: 150 Montreal Rd, Suite 310, Ottawa, ON, K1L 8H2

Phone: 1-877-241-6018

Provides guidance regarding debt settlement, credit counseling, consumer proposals, bankruptcy solutions, and business solutions.

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## Global Affairs Canada (Domestic Clientele)

Website: <https://travel.gc.ca/assistance/emergency-assistance>

Address: Global Affairs Canada; 125 Sussex Dr, Ottawa, ON, K1A 0G2

Phone: 1-800-387-3124

Service for Canadian citizens in need of emergency consular assistance while abroad or emergency assistance regarding travel outside Canada. Offers information and resources to assist individuals in managing emergency or crisis situations that may arise while abroad, including arrest and detention, child welfare, abduction and custody issues, death abroad, financial assistance, forced marriage, hijacking, hostage takings and kidnappings, large-scale emergencies abroad, lost or stolen belongings abroad, missing persons, passport security, physical assault, sexual assault, sickness or injury. Also provides financial help for Canadians outside Canada during the COVID-19 pandemic.

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## **Innovation, Science And Economic Development Canada**

**Website:** <http://www.ic.gc.ca/eic/site/bsf-osb.nsf/eng/home>

**Address:** 410 Laurier Ave W, Ottawa, ON, K1R 5E3

**Phone:** 1-877-376-9902

Office of the Superintendent of Bankruptcy that ensures bankruptcies and insolvencies are conducted in a fair and orderly manner. Provides debtor assistance, helps in finding a bankruptcy trustee, manages complaints and inquiries about bankruptcy-related issues or wrongdoings, and maintains bankruptcy and insolvency records search.

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## **Immigrant Women Services Ottawa**

Website: <https://www.immigrantwomenservices.com/>

Address: 219 Argyle Ave, Suite 400, Ottawa, ON, K2P 2H4

Phone: 613-729-3145



## **Hire Immigrants Ottawa**

Website: <https://www.hireimmigrantsottawa.ca/fr/>

Address: 363 Coventry Rd, Ottawa, ON, K1K 2C5

Phone: 613-228-6700

Initiative that brings together employers, immigrant agencies, and stakeholders to enhance employers' ability to access the talents of skilled immigrants convenes and collaborates with employers and stakeholders raises public awareness Develops tools, resources, programs and events that support employer's capacity to more effectively attract, hire and integrate skilled

immigrants into their workplaces, including: Cross Cultural Competency Workshops Coaching and Networking Events Employer Tools and Resources Labor Market Information Annual Employer Summit Employer Excellence Awards

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## **John Howard Society Of Ottawa**

**Website:** <https://johnhoward.on.ca/ottawa/services/pre-employment-training/>

**Address:** 550 Old St Patrick St, Ottawa, ON, K1N 5L5

**Phone:** 613-789-7418

The John Howard Society of Ottawa provides literacy and basic skills training, including numeracy, digital, communication, and interpersonal skills. The organization helps learners prepare for employment, apprenticeship, secondary-school credit, post-secondary education, and greater independence. Learners are tutored individually by trained teachers in weekly sessions that take place in the Society's offices, and meeting times are flexible. Additionally, computer workshops are available on-site. The John Howard Society of Ottawa also offers a Financial Literacy Program, providing personal mentoring to help develop skills for managing money on a daily basis.

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## Ontario Ministry Of Labour

**Website:**

<https://www.ontario.ca/page/working-construction-ontario-and-quebec>

**Address: 347 Preston St, Fourth Flr, Suite 430, Ottawa, ON, K1S 3J4**

**Phone: 1-888-998-9959**

The Ontario Ministry of Labour implements and monitors the 2006 Agreement on Labour Mobility and Recognition of Qualifications. They are responsible for overseeing and promoting the agreement, responding to public complaints about construction-related issues, and helping with skills and work experience in the construction industry between the Government of Ontario and the Gouvernement du Québec. They facilitate access for Ontario construction contractors and workers into the Quebec construction sector and monitor Quebec contractors' and workers' compliance with related Ontario laws while working in Ontario. The ministry also helps Ontario contractors navigate the complexities of the Quebec licensing system.

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**Ottawa And District Injured Workers Group (The)**

**Website: <https://www.ottawainjured.com/>**

**Phone: 613-567-5872**

The Ottawa and District Injured Workers Group is an incorporated non-profit organization dedicated to assisting injured workers and their families in seeking justice, dignity, and equality. The organization promotes the proper health, safety, and security of injured workers in the workplace. They provide resources and education to assist injured workers in dealing with the Workplace Safety and Insurance Board (WSIB) and advocate for injured workers' rights. The group holds regular meetings to discuss injured worker issues, promotes political activism, empowers or acts on behalf of clients, sometimes working with their union (where applicable), or refers to the Office of the Worker Adviser or other legal services.

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## **Ottawa Community Loan Fund**

**Website: <https://oclf.org>**

**Address: 2211 Riverside Dr, Suite 308, Ottawa, ON, K1Y 2C5**

**Phone: 613-366-2159**

The Ottawa Community Loan Fund is an incorporated non-profit organization working for financial empowerment. They arrange microloans to start, buy, or expand a small business and provide professional development to increase employability. The organization also offers education in credit literacy and entrepreneurship.

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**OCISO, Ottawa Community Immigrant Services**

**Organization OCISO Main Office**  
959 Wellington Street West,  
Ottawa, On K1Y 2X5 Canada  
613-725-0202

<https://ociso.org>

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**Resolve Counseling Services Canada**

Website: <https://resolvecounseling.org>

**Address: 312 Parkdale, Ottawa, ON, K1Y 4X5**

**Phone: 1-800-379-5556**

Resolve Counseling Services Canada provides credit counseling services to help individuals become debt-free through a Debt Management Program. They assist in stopping all collection calls, understanding credit, setting financial goals, talking to loved ones about money, setting and sticking to a budget, and understanding one's history and values regarding money.

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**Spinal Cord Injury Ontario**

**Website: <https://sciontario.org/>**

**Address: 211 Bronson Ave, Unit 241, Ottawa, ON, K1R 6H5**

**Phone: (information not provided)**

Spinal Cord Injury Ontario delivers services, support, and advocacy for people with spinal cord injuries. Their regional services provide practical help, advocacy, and assistance from the time of injury through rehabilitation and into the community. They also offer the Connect Peer Program, which matches newly injured individuals and their family members to people who have lived experience with a spinal cord injury. In addition, they have the Cortree Disability Education Centre, an online learning platform for people with spinal cord injuries and other

physical disabilities and their families, providing information on relevant topics around living with a disability and available for professionals.

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