

CHANGING LIVES, EVERY DAY

Whether it's at our downtown women's shelter, drop-in day programs or in the consultation rooms of our experienced counsellors and psychotherapists; whether it's someone struggling with mental illness or fleeing abuse, the hallmarks of Community Ministries of Ottawa are the easy welcome and the opportunity to access a network of practical help available for the people who walk through our doors – choosing hope.

We are here for them – one conversation, bowl of stew, card game, load of laundry, quiet room, phone call, workshop or joke at a time. Together we are pushing back despair and supporting each success—large or small—one step at a time.

Every day we see that the most powerful opportunities to heal feelings, bodies and lives come from loving, caring relationships and a sense of belonging. Our volunteers, counsellors and employees are adept at building such relationships in unassuming ways.

As a result, life improves in Ottawa: neighbourhoods settle down and pitch in as public health indicators receive a boost. Each success builds strength in our community.



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**CHOOSING HOPE
CHANGING LIVES AND
SEEKING YOUR SUPPORT**

COMMUNITY MINISTRIES OF OTTAWA

AN INVITATION TO COMMUNITY BUILDERS AND LEADERS

Community Ministries of Ottawa invites you to make a difference in this city and in the lives of each and every one of the nearly 600 people who walk through our doors on a daily basis.

We are asking you to consider making a generous gift to support our journey of choosing hope and changing lives.

Community Ministries of Ottawa consists of five social service agencies. Each in its own way and with its own people addresses social problems that are common in a city like ours.

HOMELESSNESS

In 2013, more than 6,700 men, women and children were homeless in Ottawa. Our Community Ministries offer:

- safe places away from the street
- meals and emergency food
- emergency shelter and safe, affordable housing for women
- life skills training and access to healthcare
- help navigating a transition into housing

CHANGING LIVES

To all, we offer support and encouragement, and qualities too often in short supply on our streets — respect, dignity, a sense of belonging, and the assurance that somebody cares:

- a safe place to go today
- help in finding the motivation to reconcile with family and friends
- the skills and stability to find a job and move into permanent housing.

NUTRITION

We are committed to providing food for those who are hungry and to helping all participants develop good nutritional practices:

- over 200,000 meals served each year
- advice for people with diabetes and special needs
- cooking classes
- guidance for people in a housing transition and on a tight budget to meet the challenge of buying and preparing nutritious meals

MENTAL HEALTH

Many of the people visiting our centres struggle with mental health challenges. We provide:

- counselling services
- spiritual care
- access to mental health professionals
- non-judgmental, stigma-free environment

HANDS-ON SUPPORT

PART OF the Anglican Diocese of Ottawa, Community Ministries of Ottawa works in partnership with all three levels of government and many individual and corporate donors. We have been caring for people experiencing homelessness, poverty and inadequate housing for 60 years. Every day, nearly 600 people walk through our doors, many of them in crisis or in desperate need. They will find a safe place and access to an array of services that address immediate concerns or lead to longer-term change in their lives.

CENTRE 454 is an award-winning, daytime drop-in centre for those experiencing homelessness, poverty or inadequate housing.

CORNERSTONE HOUSING FOR WOMEN

provides emergency shelter and supportive housing for a diversity of women.

THE OTTAWA PASTORAL COUNSELLING

CENTRE offers counselling and psychotherapy services to individuals, couples and families including children and teens.

ST. LUKE'S TABLE is a day program which provides services, support and meals for those who are homeless or at risk of homelessness.

THE WELL is a safe gathering place providing meals, services and resources for women and women with children living with poverty and issues surrounding homelessness.