

Western Ottawa Community Resource Centre

Community services play a vital role in promoting healthy lifestyle strategies and problem solving skills for individuals and families.

Whether it's facing a personal crisis, dealing with peers or aging family members, parenting or wanting to help others in your community, the WOCRC is here for you.

Our Vision

We envision a future in which Western Ottawa is comprised of vibrant, safe, healthy communities in which everyone has access to the services and resources they require for their health and wellbeing.

Our Mission

The Western Ottawa Community Resource Centre partners with others to develop, provide and coordinate accessible community, health and social services for all members of our diverse communities.

We are committed to ensuring access to permanent and quality French Language Services in our designated

Chrysalis House Offers:

- 24-hour Crisis Phone Line
- Crisis Support
- Counselling
- Housing Support
- Legal Support
- Parenting Support
- Women's Programs: support groups, parenting groups
- Children's Counselling
- Children's Programs: support groups, creative individual counselling, recreational programming
- Advocacy
- Referrals to community resources



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Phone: 613-591-3686

Fax: 613-591-2501

TTY: 613-591-0484

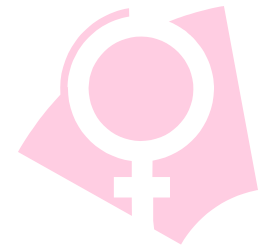
Web: www.communityresourcecentre.ca

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B.N. 12821 9201 RR0001

Bringing care and community together

Chrysalis House



A first stage emergency shelter for women and their children who are in violent and abusive situations.

613-591 5901 Crisis Line
613-591-5991 Business Line
613-591-8912 TTY

chrysalis@communityresourcecentre.ca

About Chrysalis House

Chrysalis House is a safe and secure home in Western Ottawa. It is a place where a woman can go to protect herself and her children from violence and abuse. In this supportive environment, a woman can focus on her personal needs and choices, as well as on her children's needs.

What's in a Name?

A chrysalis is the final stage of transition between larva and butterfly, just before they arrive at their winged or perfect state. A shelter represents a time of transition. With support from others, a woman can begin to heal the scars left from abuse. Through this transition, a woman can rediscover herself and feel free to fly, or she can return home having more knowledge about abuse and feeling a bit stronger.

Cultural Interpretation
available through



IWSO

Information and Crisis Support

For more information on the services of the Violence Against Women Program in your area:

Western Ottawa Community Resource Centre	613-591-3686
Nepean, Rideau and Osgoode CRC	613-596-5626
Pinecrest Queensway Community Health Centre	613-820-4922

If you are in **immediate danger** from violence and abuse and need **emergency shelter or crisis support**, the following Ottawa-based **crisis lines** are available 24 hours a day:

Chrysalis House	613-591-5901
Interval House	613-234-5181
La Présence	613-241-8297
Maison d'Amitié	613-747-0020
Nelson House	613-225-3129
Oshki Kisis Lodge	613-789-1141

Violence Against Women Services (WOCRC)

Community Counselling

Community Counsellors, located throughout Ottawa West, can provide women with crisis and short-term counselling, information and referral to the range of other support services and Women's Support Groups.

Transition & Housing Support

The Transitional and Housing Support Program helps women living with abuse find and maintain their own housing. Workers help women identify and access other supports they might need, such as financial aid and legal support.

Child Witness Program

For children who have witnessed violence, counsellors at the WOCRC, Nepean, Rideau and Osgoode CRC and Pinecrest Queensway offer children and their female parents group and individual counselling.

Peer Support Program

Volunteers are trained to provide one-on-one support, accompaniment to appointments, and to participate in public education and social action.