

SERVICES AT THE COMMUNITY HOUSE

- Free computers
- Printing
- Faxing
- Photocopying
- Assistance with paperwork
- Resume assistance
- Referrals to services
- Free book lending library
- Free games and movies to borrow
- Workshops
- School supplies (when available)



BUSINESS HOURS OF THE COMMUNITY HOUSE

(Some programming happens
during evening hours)

MONDAY 1PM TO 4PM

TUESDAY 10AM TO 4PM

WEDNESDAY 10AM TO
4PM

THURSDAY 1PM TO 8PM

FRIDAY 9AM TO 12
NOON

CLOSED FOR LUNCH
FROM NOON
UNTIL 1PM

Rochester Heights Community House is a safe, accessible community space for all residents of the area. You are always welcome to come on in and find out what we can do to help you!

We are a non-profit organization and all programs and services available here are free.

Please let us know if you have a great idea for a new program or a way to serve you and your community better!

We look forward to meeting you soon!

ROCHESTER HEIGHTS COMMUNITY HOUSE

PROGRAMS AND SERVICES GUIDE FALL/WINTER 2011/2012



Rochester Heights Community House
299 Rochester Street, Ottawa, Ontario K1R 7N2

613 237 6529

Coordinator: Josmi Bansal
jbansal@swchc.on.ca

CHILDREN AND YOUTH PROGRAMS AT THE COMMUNITY HOUSE

Mondays:

Kids In The Kitchen: 6-12 years old: 3:30pm to 5:45pm every Monday. Kids learn to cook great food together!

Piano Lessons: Free lessons to kids! Sign up for a class!
3:30pm—5:45pm

Youth Advisory: Youth ages 12+ can join to work on cool projects to help make their community a better place with fun activities too! 5pm –7pm

Homework Help: Get some help with those homework projects every Monday night from 3:30pm to 5:45pm



Tuesdays:

Playgroup: Home daycare providers and parents with kids from 0-6 years are welcome to drop-in at our playgroup each week at 9:30am! Snack and toys are provided.

Art Class: Children ages 6-9 can learn art every Tuesday from 4pm to 6pm. Offered by the Ottawa School of Art. Classes begin October 11th and go until November 29th.



Wednesdays:

Homework help and Physical Activity: 3:30pm to 5:45pm every week. Get some help with those tough assignments!

Youth Night: 6-8pm. Join youth in the area for fun stuff like movies, yoga, cooking and guitar lessons! 12+

ADULT PROGRAMS AT THE COMMUNITY HOUSE

Community House Board: If you would like to help advise the direction of the Community House, you can become a House Board member in the spring! Meetings are every 6 weeks. Contact Josmi for more information.

Adult Social Night: Every Thursday night from 6pm to 7:30pm. Drop by to play a game, watch movies, cook or play bingo! Childcare provided twice a month.

Social Committee: Want to help plan all the fun parties and events for your community? Meetings usually on Thursdays at 6pm. Talk to Josmi and find out the next meeting date!

Flavours of Rochester Heights: A family event on the last Friday of each month! Someone leads the group in cooking a dish from their country and everyone helps to prepare it and eat together!



USEFUL SERVICES:

- Free bread from Rideau Bakery. First come first served, 11:30am onwards on Tuesdays
- Clothing Cupboard - Pick up a free bag of gently used clothes. Clothes arrive Wednesdays at 10am
- Garden Tool Lending: Borrow rakes, push mowers, shovels etc. from the community house
- Swim Passes - Get free swim passes and free swimming lessons to Plant Pool for the whole family