

The Directory of
Self-Help Groups
In Ottawa 2007

The Olde Forge Community Resource Centre

TABLE OF CONTENTS

	PAGE
INTRODUCTION TO SELF-HELP GROUPS	3
ALPHABETICAL LISTING OF SELF-HELP GROUPS	5
SUBJECT INDEX	67
ADDITIONAL RESOURCES	85

Copies of the Directory are available from:

**The Olde Forge Community Resource Centre
2730 Carling Avenue
Ottawa, Ontario
K2B 7J1**

Telephone: (613) 829-9777
Fax: (613) 829-9318
Internet: www.oldeforge.ca
E-mail: forge@ncf.ca

Cost: **\$10.00** (plus postage and handling where required)

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*Editor
Tanya Barker-Dowe*

Introduction to Self-Help Groups

What is a Self-Help Group?

A self-help group is a collection of people who experience similar concerns or difficulties in coping with social, psychological or physical problems or situations. They come together to deal with these problems, conditions or concerns in ways they decide are most useful and appropriate. Through mutual sharing of experiences, members of self-help groups provide one another with emotional support and understanding as well as practical information, which can help them deal effectively with their individual situations.

What kinds of self-help groups are included in this directory?

The self-help groups listed in this directory have some, if not all, of the following characteristics:

- a) There is a strong emphasis on personal change.
- b) There is minimal or no professional leadership. Where there is professional involvement, it is neither directive nor intrusive.
- c) There is a high degree of face-to-face interaction among the members of the group.
- d) The groups are non-profit.

Among the groups in this directory are various combinations of the following types of activities: discussion groups, guest speaker presentations, workshops, fundraising activities, public education, and social and recreational activities. The specific combination of activities in which a group engages depends on what sphere of action members have decided best addresses their particular needs and concerns.

Some of the organizations listed in this directory are not self-help groups in the strictest sense of the term. For example, the Psychiatric Survivors of Ontario carries out a variety of functions of which self-help activities are only one. However, self-help and mutual support groups are an integral part of PSO's mandate and philosophy. We feel it important to include this type of organization and have tried to make it clear in the description where self-help activities fit into each organization's overall offerings.

The Olde Forge Community Resource Centre wishes to thank the groups listed for their responses. We acknowledge that some groups may be missing.

This directory is produced from an extensive database of community information. If you are unable to find an appropriate group, please contact the Olde Forge at 829-9777.

ABOUTFACE

1003 - 123 Edward Street
Toronto, Ontario M5G 1E2
1-800-655-FACE (3223) Ext. 21
Website: www.aboutface.ca
Email: info@aboutfaceinternational.org

Living with a facial difference is a social disability that affects over 1.5 million Canadians. AboutFace is the only charitable organization in Canada working to provide information services, emotional support and educational programs for these children, adults and their families. We welcome clients whose difference is present at birth or who acquire a facial difference as a result of disease, accident or trauma.

Services include: a series of informational resources and educational forums on medical conditions and the social issues of living with a facial difference; Peer-To-Peer Networking support for parents, families and individuals; hospital and home visits to parents of newborns with facial birth defects and individuals with acquired facial differences; educational programs for parents, preschool and elementary schools to address socialization issues, examine diversity and to promote tolerance and acceptance; a workshop series designed to address the issues of adults living with facial differences, Youth Camping Retreats and an annual National Conference.

Please contact our office or visit our website for a complete list of client meetings, resources and services in your community.

ADULT BRAIN TUMOUR SUPPORT GROUP

Ottawa Hospital Cancer Centre
P.O. Box 938
501 Smyth Road
Ottawa, Ontario K1H 8L6
(613) 737-7700 ext. 70146

A monthly support meeting for people with Primary Brain Tumours and their loved ones. A Brain Tumour is a unique disease as it touches the innermost self, thoughts, feelings - the parts that make us human. By meeting with others in like situations you can: share experiences, gain emotional support and hear guest speakers. Call for more information on meeting dates, times and locations. ABTSG is supported by the Ottawa Regional Cancer Centre.

ADULT CHILDREN ANONYMOUS - NCR

P.O. Box 77002, Ottawa South
Ottawa, Ontario K1S 5N2
(613) 230-9071 (24hr. answering machine)
Website: <http://acainnerpeace.ncf.ca>

This organization was established to serve the needs and facilitate the recovery of adults who were raised in a dysfunctional family, where one or both parents suffered from a serious addiction problem. This safe environment is created at regularly scheduled meetings and periodic social fellowship events such as dinners, picnics, movie outings, etc. The meetings are designed to be friendly. Relax and make yourself at home. Most meetings offer special orientation discussion sessions and free literature for newcomers. Please call for more information on meeting dates, times and locations.

AIDS COMMITTEE OF OTTAWA (ACO)

251 Bank Street, Suite 700
Ottawa, Ontario K2P 1X3
(613) 238-5014
Website: www.aco-cso.ca

VISION:

AIDS Committee of Ottawa believes that to provide the best services possible and to fulfill our mission, we must facilitate and foster the involvement of people living with HIV/AIDS in all aspects of health promotion, prevention and support services.

MISSION:

AIDS Committee of Ottawa (ACO) works to empower people living with HIV/AIDS and the PHA (persons with HIV/AIDS) community in Ottawa through promoting the well being and quality of life of those living with, or closely affected by, HIV/AIDS. ACO works to reduce the barriers that foster the transmission of HIV/AIDS and is an active partner in the community-wide response to HIV/AIDS.

AIDS COMMITTEE OF OTTAWA - THE LIVING ROOM

251 Bank Street, Suite 700
Ottawa, Ontario K2P 1X3
(613) 563-0851
1-800-461-2182 (Toll Free)
Drop-in Hours: 1 pm to 5 pm
Website: www.aco-cso.ca

The Living Room (TLR) is a program centre that provides free, confidential, practical and psychological services for people living with, or closely affected by HIV/AIDS. TLR program provides a safe, supportive and accepting environment for people to come together and create a community. Call for more information on

meeting dates, times and locations and services available.

AL-ANON / ALATEEN FAMILY GROUPS

Meeting Information Line:

1-888-4AL-ANON

(1-888-425-2666), Monday - Friday 8 am - 6 pm ET

(613) 860-3431 (24 hr. answering machine)

For French meetings call: (819) 669-0543

Website: www.al-anon.alateen.org

Fellowship of relatives and friends of alcoholics sharing their experiences in order to understand alcoholism. Structured discussion groups using 12 Steps and Traditions of A.A. Open and closed weekly meetings in English and French are held. Call for meeting dates, times and locations.

ALCOHOLICS ANONYMOUS

211 Bronson Avenue, Suite 108

Ottawa, Ontario K1R 6H5

(613) 237-6000 (English Service, 24 hr answering machine)

(819) 595-1916 (French Service, 24 hr answering machine)

Website: www.ottawaaa.org

Fellowship of men and women sharing experiences, strengths and hopes that they may solve their drinking problem. 12 step program. Closed meetings for those who have a desire to stop drinking. Open meetings also include family, friends and general public. Call for dates, times and locations of meetings. Meetings are available in both English and French.

ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION - OTTAWA BRANCH

P.O. Box 33023

Ottawa, Ontario K2C 3Y9

(613) 860-2342

Website: www.aeha.ca

Email: president@aeha.ca

The purpose of AEHA-Ottawa is to provide support and gain respect and understanding for the many men, women, and children suffering with Environmental Sensitivities/Multiple Chemical Sensitivities (ES/MCS), Toxic Injury (TI) and other related disabilities. We strive to create public awareness by providing public education for the full recognition of MCS while promoting mutual respect between fellow human beings and encouraging all members of the MCS community to participate and create a world in which there is no threat of injury.

As a self-help group, AEHA-Ottawa provides support to its members through education, conferences, meetings, a hotline, and a variety of resources such as our Source Book of products and services for the environmentally sensitive. Priority issues include safe housing, prevention, health care and workplace accommodation, children and learning and behaviour disability resulting from sensitivities and more. Visit our website for meeting dates, times and locations. Annual membership (prorated) is \$25.00 and includes 3 issues yearly of Eco-Sense.

ALS SOCIETY OF ONTARIO

204A-1150 Morrison Drive
Ottawa, Ontario K2H 8S9
(613) 820-2267
1-866-858-4226 (Toll Free)
Website: www.alsont.ca

ALS better known as Lou Gehrig's disease is a fatal neuromuscular disease which over time paralyses all voluntary muscles, including those which allow for walking, talking and breathing.

The mission of the ALS Society of Ontario is to enable people affected by ALS to live with dignity and choice. Volunteers and staff provide the following services: information and referral, education and advocacy and support sessions - held at the ALS Society office the last Tuesday of the month, with a guest speaker and topic of interest at each meeting. Bereavement Groups for ALS spouses - held at the May Court Hospice, Mentor Program - support for caregivers of the newly diagnosed, equipment program (loan and funding assistance).

Please contact the ALS Society office for details about client services and upcoming fundraising events.

ALZHEIMER SOCIETY OF OTTAWA AND RENFREW COUNTY

1750 Russell Road, Suite 1742
Ottawa, Ontario K1G 5Z6
(613) 523-4004
Website: www.alzheimerottawa.org
Email: asoc@alzheimerott.org

To alleviate personal and social consequences of Alzheimer Disease through patient and family support, information, education and the promotion of research.

Family support meetings are held on the 2nd Tuesday of each

month at Woodroffe United Church, 207 Woodroffe Avenue, 7:00 pm. 4th Wednesday of every month at Orleans United Church, 1111 Orleans Boulevard, 1:00 pm - 3:00 pm. Caregiver Support Group in Metcalfe meets every 3rd Wednesday at The Township of Osgood Home Support Program office, 7650 Snake Island Road, Metcalfe, 10:15 am - 12:00 pm. Family support meetings are also held in Arnprior, Barry's Bay, Deep River, Renfrew and Pembroke. Call 1-888-411-2067 for details.

Francophone support groups meet the 2nd Wednesday of each month at 275 Perrier Street in Vanier at 7:00 pm.

Specialized support groups for wives, husbands, sons, daughters, early Alzheimer and caregivers are also offered. Call for more information. Annual membership costs \$25.00

AMPUTEE SOCIETY OF OTTAWA AND DISTRICT

505 Smyth Road, Room 1404
Ottawa, Ontario K1H 8M2
(613) 737-8899 Ext. 75415

Provides support to new amputees from trained amputee visitors, information on community services available to amputees and ongoing contact with amputees via a visitor program. Call for more information about programs and meetings.

ANGER AND FORGIVENESS

c/o Woodvale Church
205 Greenbank Road
Nepean, Ontario K2H 8K9
(613) 829-2362
Website: www.woodvale.on.ca

Increases the ability to forgive by learning to establish appropriate boundaries, achieving a balance between anger and forgiveness, correctly managing and communicating anger and

forgiving for the right reasons. Call for information regarding meeting dates and times.

ANXIETY DISORDERS ASSOCIATION OF ONTARIO

153 Chapel Street
Ottawa, Ontario K1N 1H5
(613) 729-6761
Website: www.anxietydisordersontario.ca
Email: info@anxietydisordersontario.ca

Our mandate is to assist individuals with anxiety conditions and their families, to promote both public and professional awareness of these conditions, and to provide programs and educational services. We do this to foster personal mental health and wellbeing for those in our community and to build a community that is more supportive to persons with anxiety conditions.

APHASIA CENTRE OF OTTAWA

153 Chapel Street
Ottawa, Ontario K1N 1H5
(613) 567-1119
Website: www.aphasiaottawa.com
Email: info@aphasiaottawa.com

Aphasia Centre of Ottawa (established 1990) is a not for profit community-based agency dedicated to the long-term support and access to treatment for adults affected by aphasia and other communication difficulties caused by stroke or neurological injury. Programs offered at the Aphasia Centre are client/family-centered and are developed for adults who have been discharged to home, residential or long-term care. Clients may be referred by a professional or may contact the Centre on their own behalf. They may continue to access treatment for as long as they feel it is

beneficial.

The following programs are available: group and individual; speech therapy; individual, couple and family counseling; couple groups combining speech therapy and crisis intervention; reading and writing groups; group physiotherapy; emotional support and physical exercise programs for caregivers; special activity program (i.e. painting class, monthly restaurant outing, computer training)

Registered professionals with the support of trained and dedicated volunteers deliver programs. Fees are charged (on a sliding scale) to help maintain programs; however, no one is denied services due to inability to pay.

A.P.P.L.E. OF OTTAWA-CARLETON

211 Bronson Avenue

Ottawa, Ontario K1R 6H5

(613) 238-1209

Website: www.appledropin.com

Offers subsidized social and recreational activities for low income, emotionally handicapped persons. A.P.P.L.E. also offers a peer support group, a wellness program, free light meals, a consumer-run thrift shop, employment assistance and referrals. Call for program information, dates, times and locations.

ASSOCIATION FOR BRIGHT CHILDREN - OTTAWA

(613) 860-1398 (24 hr. answering machine)

Website: www.abcontario.ca/ottawa

Established in 1975, the Association for Bright Children of Ontario is a provincially incorporated, non-profit support and advocacy group. We are an all-volunteer group working on both the local and provincial level with individuals, teachers, Boards of Education and the Ministry of Education and Training. The

Association works to increase the understanding of bright children at home, at school and in the community, and encourages the development of appropriate educational programs. Call for dates, times and location. Also holds “TAKE OFF” workshops twice a year for bright children which offer 6 sessions on Saturday mornings. Annual membership is \$40.00 per year.

AUTISM SOCIETY OF OTTAWA

210 - 211 Bronson Avenue
Ottawa, Ontario K1R 6H5
(613) 230-6305
Website: www.autismottawa.com

Autism is a difficult disorder to define, mainly due to the fact that it is usually diagnosed by behavioral and social observation, and not through a “symptomatic” process. The Ottawa Chapter has a reference library of relevant books, articles, and multimedia resources. We also publish regular news and event updates for our membership. Please call for office hours as well as meeting dates and times.

BEHCET’S CANADA

Website: www.behcetscanada.com
Email: info@behcetscanada.com

Behcet’s Canada is an advocacy patient group. Its main purpose is to bring individuals who suffer from this rare disease and their families together and to help educate and bring awareness to both the public and medical community. It is our goal to reach out to everyone, and help alleviate the isolation experienced with Behcet’s Disease.

Behcet’s is a multi-system vascular disease that has no known cause or cure to date. Treatment is aimed at individual symptoms as they occur. These symptoms can include mouth and genital ulcers, eye and skin lesions, vasculitis and central nervous system

issues. Behcet's has the ability to mimic many other diseases making it difficult to diagnose. For more information please visit our website or email us for more information.

BEREAVED FAMILIES OF ONTARIO - OTTAWA REGION

211 Bronson Avenue, Suite 308
Ottawa, Ontario K1R 6H5
(613) 567-4278
Website: www.bfo-ottawa.org

A self-help organization for bereaved families. Interested people who have suffered the pain of death and loss are trained by professionals to facilitate small discussion groups and provide one-to-one support. We help families accept the reality of their loss, rediscover the meaning of life, and live comfortably with memories of their child or loved one. Monthly Support and Share nights are held, a lending library is available, and education is provided through guest speakers, an Education Co-ordinator, and community outreach. Individual support is available. Call for meeting dates, times and locations.

BRAIN INJURY ASSOCIATION OF THE OTTAWA VALLEY

211 Bronson Avenue, Room 224
Ottawa, Ontario K1R 6H5
(613) 233-8303
Website: www.biaov.org
Email: braininjuryottawavalley@bellnet.ca

Mission Statement: to offer information, hope, education and support to persons with an acquired brain injury, their families and professionals. Call for more information about meeting dates, times and location.

BREAST CANCER ACTION SUPPORT AND RESOURCE CENTRE

Riverside Mall
739A Ridgewood Avenue
Ottawa, Ontario K1V 6M8
(613) 736-5921
Website: www.bcott.ca
Email: info@bcott.ca

The Breast Cancer Support and Resource Centre's goal is to educate and support breast cancer patients and survivors, their families, friends and the community.

Emotional support is provided by volunteers on a one-to-one basis. We are here for you when a breast cancer diagnosis has you feeling alone, fearful and overwhelmed. Our volunteers will help you from diagnosis through treatment and then on to active living as a survivor.

Practical support is provided by our resource library, audio/visual tape collection, aquatic and dry land exercise programs, special workshops, and our monthly open meetings with guest speakers on topics of particular interest to breast cancer survivors. Our volunteers provide confidential, sensitive, understanding and compassionate assistance. Please call for meeting dates, times and locations.

CANADIAN CANCER SOCIETY - OTTAWA UNIT

1745 Woodward Drive
Ottawa, Ontario K2C 0P9
(613) 723-1744
1-800-938-3333 (Toll Free, Bilingual)
Email: ottawa@ontario.cancer.ca

If you or someone you care about has been diagnosed with cancer, the Canadian Cancer Society can help.

Peer Support Programs - A cancer diagnosis can be a

life-altering experience. Speaking with a cancer survivor can be both comforting and insightful. The Society's volunteers draw upon their own cancer experience to offer encouragement, compassion and helpful information. These volunteers will support you over the phone at times that are convenient for you.

The Society also offers adult groups. Trained volunteers facilitate educational and informal discussions to help people living with cancer and their caregivers. Some groups are specific to one type of cancer, while others may offer general support for people living with cancer.

Transportation - sometimes getting to treatments can be hard. We can work with you to find the best way to get you there. For example, a volunteer driver could drive you from your residence to treatment at your local hospital or regional cancer centre. For more information contact the Canadian Cancer Society.

CANADIAN CELIAC ASSOCIATION - OTTAWA CHAPTER

P.O. Box 39035, Billings Postal Outlet
Ottawa, Ontario K1H 1A1
(613) 789-1335 (24 hr. answering machine)
Website: www.celiac.ottawa.ca
Email: celiac@magma.ca

The Ottawa Chapter of the Canadian Celiac Association provides information on celiac disease and the gluten-free diet. Distributes information pamphlets and lists of gluten-free products and their availability. The Association also counsels newly diagnosed celiacs on the gluten-free diet, and provides a lending library to our members. There are five general meetings per year and three newly diagnosed meetings per year, offering lectures by gastroenterologists and others to help members understand the disease and diet! Membership has an initial cost of \$45.00 and is renewable for \$40.00. The membership includes four newsletters

from National Office and four from the Ottawa Chapter, a new members information package which includes a pocket dictionary of food to purchase or not.

**CANADIAN CYSTIC FIBROSIS FOUNDATION
(OTTAWA CHAPTER)**

120 Amberwood Crescent
Ottawa, Ontario K2E 7H8
(613)-230-6643
Website: www.cffottawa.ca

Aids those afflicted with Cystic Fibrosis; conducts research into improved care and treatments; seeks a cure or control for Cystic Fibrosis. The Foundation promotes public awareness by providing information using all forms of communication. Call for information about dates, times and locations of meetings.

CANADIAN DYSLEXIA CENTRE

495 Richmond Road
Ottawa, Ontario K2A 4B2
(613) 722-4777
Website: www.dyslexiacentre.ca

Promotes public awareness about dyslexia, helps parents with difficulties encountered with school boards, informs parents on what can be done and where they can obtain help. Training available for parents whose children have dyslexia. Provides information pamphlets in English and French.

CANADIAN HEARING SOCIETY

2197 Riverside Drive, Suite 502

Ottawa, Ontario K1H 7X3

(613) 521-0509

(613) 521-0634 TTY

Website: www.chs.ca

Social group for hard of hearing adults who wish to meet others and share and discuss experiences with the challenges of hearing loss. Call for more information on meeting dates, times and location.

CANADIAN HEMOCHROMATOSIS SOCIETY

272-700 Minoru Boulevard

Richmond, British Columbia V6Y 3Z5

(604) 279-7135

(613) 739-9277 or (613) 521-5897 - Local Information

1-877-BAD-IRON (1-877-223-4166) - Toll Free

Website: www.toomuchiron.ca

Email: office@toomuchiron.ca

Canadian Hemochromatosis Society (CHS) has only one office in Richmond B.C., although it has an Ottawa-Gatineau Support Group. We are a small informal group that usually has five meetings yearly, often with guest speakers from September through May. Our meeting dates appear on the CHS website and also in the Sunday Ottawa Citizen (Our Town Section). We meet in the Ottawa Hospital - Riverside Campus Boardroom. We provide support and information for those diagnosed with Hereditary Hemochromatosis (Iron Overload).

CANADIAN PARAPLEGIC ASSOCIATION ONTARIO

1101 Prince of Wales Drive, Suite 230
Ottawa, Ontario K2C 3W7
(613) 723-1033 Ext. 234
1-888-723-1033 (toll free)
Website: www.cpanot.org
Email: stacey.newell@cpaont.org

To assist persons with spinal cord injuries and other physical disabilities to achieve independence, self reliance and full community participation. CPA offers peer counseling and support, rehabilitation counseling, community advocacy, information and referral services. Call for information on services and meetings or if you would like to volunteer.

CANADIAN STUTTERING ASSOCIATION

“Speechmasters of Ottawa”
(613) 226-7001
Website: www.stutter.ca
Email: normp@rogers.com

Speechmasters of Ottawa is a local group which meets every two weeks, usually on Thursday evenings at individuals homes, to improve our fluency skills, to help each other with specific problems. We direct people looking for therapy to qualified speech-language pathologists who specialize in stuttering, and we speak to groups about the physical and psychological aspects of stuttering.

We welcome both individuals who have not yet had therapy and those who have gone through a therapy program. Please contact us for information on dates, times and locations of meetings.

CANGRANDS NATIONAL KINSHIP SUPPORT

R.R. 1

McArthurs Mills, Ontario K0L 2M0

(613) 474-0035

Website: www.cangrands.com

Email: grandma@cangrands.com

CANGRANDS is a national internet support group for kinship families raising 'other people's children'. According to Stats Canada, 70,000 grandparents are raising their grandchildren, with no bio-parent in the home, and with little government support. There are 20,000 kinship children in Ontario. In the Ottawa area there 3,000 kinship families.

"Kinship Care" is defined as a placement of a child in the home of the child's relative or in the home of another adult with whom the child or child's parent already has a close emotional attachment. Many of the kinship children show signs of FASD, ADHD and RAD, and have a variety of special needs from previous neglect and abuse.

We host the only known KINSHIP conference and camp in Canada at the Salvation Army camp in Sutton. We also support the countless who are denied access to kin family.

CENTRE FOR TREATMENT OF SEXUAL ABUSE AND CHILDHOOD TRAUMA

230 MacLaren Street

Ottawa, Ontario K2P 0L4

(613) 233-4929

Website: www.centrefortreatment.com

Email: centrefortreatment@yahoo.com

The Centre provides comprehensive services, including evaluation and treatment for all individuals who have experienced sexual abuse or trauma. An individualized therapy plan will be developed based on assessed needs of the client. The Centre trains

and supervises other therapists. They also offer family counseling and couples therapy.

Individuals of all ages, including children, who have experienced sexual abuse or other forms of abuse and/or trauma are eligible for services. Please call us to receive more information.

C.H.A.D.D. CANADA

P.O. Box 23043 Citadel RPO

St. Albert, Alberta T8N 6Z9

Website: www.chaddcanada.org

Email: chaddcanada@hotmail.com

C.H.A.D.D. Canada is a non-profit, parent-run organization that aims to help support, educate, and ultimately better the lives of individuals with ADHD and those who care for them.

We have chapters in communities across the nation where meetings are held. We also sponsor various workshops, presentations and conferences offering the latest breakthroughs and techniques involved in dealing with ADHD.

C.H.A.D.D. offers a support group for parents of children and adults with ADHD, provides a forum for continuing education of ADHD to interested individuals and is a community resource of accurate and up-to-date information about ADHD.

CHARGE SYNDROME CANADA - ONTARIO OFFICE

245 King George Road, Suite 410
Brantford, Ontario N3R 7N7
(519) 758-9919

Website: www.chargesyndrome.ca

Email: info@chargesyndrome.ca

CHARGE Syndrome Canada promotes the awareness and recognition of persons with CHARGE Syndrome in Canada, and provides information to these individuals, their families, professionals and the Canadian public.

CHARGE Syndrome is now considered to be the leading cause of deaf blindness in infants and children, although clinical features are varied both in severity and expression and children may have a varying degree of sensory loss, which usually includes balance and the vestibular system.

CHARGE is an organization of families and related professionals with an interest in CHARGE. We bring our families together through special events and get together. Contact us by telephone or email to be connected with other families in the Ottawa area.

CHARLIE'S RAP GROUP

1355 Bank Street, Suite 402
Ottawa, Ontario K1H 8K7
(819) 684-0438 - Pat
(613) 526-2111 - Yvan

Confidential round table discussion group made up of individuals with mood disorders. Charlie's Rap Group meets every 2nd and 4th Tuesday of the month, 7:30 pm at the Canadian Mental Health Association, 1355 Bank Street, 4th floor. Contact Pat or Yvan for more information.

CHILD FIND OTTAWA REGION

211 Bronson Avenue, Suite 217
Ottawa, Ontario K1R 6H5
(613) 860-3463 (24 hr. answering machine)
Website: www.ontario.childfind.ca/chapters.html

Child Find Ontario is a non-profit registered charity dedicated to reducing the incidence of missing, abducted and exploited children through education and awareness. Volunteers with the Ottawa Region Community Link are police screened and trained in providing our programs and services including kidcheck fingerprinting clinics and street proofing safety education sessions. For further information please call the local office.

CHROMOSOME 22 CENTRAL

237 Kent Avenue
Timmins, Ontario P4N 3C2
(705) 268-3099
Website: www.c22c.org
Email: c22c@ntl.sympatico.ca or
steph.stpierre@gmail.com

Chromosome 22 Central is a non-profit organization and registered charity providing support and information to families affected by Chromosome 22 disorders. We provide only basic information on various disorders and offer support to families by connecting them with other organizations or members of our group. We are not run by medical professionals, but a volunteer base of caring parents.

Chromosome 22 Central represents families who have children/family members affected by Chromosome 22 disorders, including the 22q11 delation (VCFS and DiGeorge Syndrome), Emanuel Syndrome (trisomy 11;22), Cat Eye Syndrome, trisomes, translocations, etc. We publish a quarterly newsletter, host get togethers every couple of years, and connect families through our

registry. We have an e-mail support list and also promote research studies to our members.

CO-DEPENDENCY

c/o Woodvale Church
205 Greenbank Road
Nepean, Ontario K2H 8K9
(613) 829-2363
Website: www.woodvale.on.ca

Helps overcome the negative effects of feelings such as anger, anxiety, guilt, shame and rejection in such areas as co-dependency, perfectionism, interpersonal skills. Call for information about meeting dates and times.

CO-DEPENDENTS ANONYMOUS

(613) 860-0288 (24 hr. answering machine)
Website: www.cdrs.ca

Twelve step program for men and women having difficulty forming functional relationships. Members may have grown up in dysfunctional families and behaviours learned there are carried over into present-day relationships. Call for information regarding meeting dates, times and location. Meetings are held on Tuesdays from 7:30 pm to 9:00 pm at All Saints Lutheran Church, 106 Pinecrest Road and on Thursdays, 12:00 pm - 1:00 pm at the McNabb Community Centre, 180 Percy Street. Call for more information

COLORECTAL CANCER SUPPORT GROUP

(613) 829-2075

Website: www.ccac-acc.ca

Provides support and information for those living with colorectal cancer, families and caregivers. Monthly meetings are held on the 2nd Tuesday of each month from 7pm to 9pm at 480 Metcalfe Street (The Palisades).

COMPASSIONATE FRIENDS OTTAWA VALLEY / OUTAOUAIS CHAPTER

31 Maplehill Way

Ottawa, Ontario K2C 3H1

(613) 692-4521

Website: <http://www3.sympatico.ca/phtaylor/TCFOttawa.htm>

Email: tcfottawa@rogers.com

The Compassionate Friends is an international, non-profit, non-denominational, self-help organization offering friendship, understanding, grief education and hope for the future to all bereaved parents. The primary purpose is to aid in the positive reconciliation of grief and foster the physical and emotional health of bereaved parents and their surviving children regardless of age, race, creed or financial status.

Information, newsletters, meetings, “telephone friends”, lending libraries, candlelighting programs and communication with professionals involved in bereaved parents are some of the services provided. Call for meeting dates, times and locations.

CRESCENDO PARENT/PRESCHOOL PROGRAMS

Pinecrest-Queensway Health & Community Services
1365 Richmond Road, 2nd Floor
Ottawa, Ontario K2B 6R7
(613) 820-4922
Website: www.pqhcs.com/children.htm

To provide support for parents and caregivers and playtime for children. Drop-in programs for parents, caregivers and preschoolers (0 - 6 years), play activities for children and social and educational programs for parents. Opportunities exist for parents to participate in various workshops. Call for times and locations of programs, located throughout the Pinecrest-Queensway area.

CROHNS AND COLITIS FOUNDATION OF CANADA - OTTAWA CHAPTER

P.O. Box 8625, Terminal Post Office
Ottawa, Ontario K1G 3J1
(613) 733-7830
Website: www.cafc.ca

The National Capital Region, including Ottawa, Ottawa Valley and Outaouais Chapter of CCFC operates to find the cause and cure of Inflammatory Bowel Disease (IBD). Raises funds for medical research. Educates members and public about IBD through written material and meetings. Call for information on dates, times and locations of meetings. Annual membership \$30.00.

DEBTORS ANONYMOUS

(613) 294-6496

Website: www.debtorsanonymous.ca

Email: ottawa@debtorsanonymous.ca

Debtors Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from compulsive debting. The only requirement for membership is a desire to stop incurring unsecured debt. Our primary purpose is to stop debting one day at a time and to help other compulsive debtors to stop incurring unsecured debt. We have two meetings a week in Ottawa, on Wednesdays at 7:00 pm and Saturday at 10:00 am. Both meetings are held at All Saints Anglican Church, 347 Richmond Road. Just drop in.

DISABLED WOMEN'S NETWORK CANADA

(D.A.W.N.)

111 Ste-Therese, #005

Montreal, Quebec H2Y 1E6

(514) 396-0009

1-866-396-0074 (Toll Free)

Website: www.dawncanada.net

A national organization dedicated to ending the poverty, isolation, discrimination and violence experienced by women with disabilities through outreach and resource services to women and girls across Canada.

DIVORCE CARE

c/o Woodvale Church
205 Greenbank Road
Ottawa, Ontario K2H 8K9
(613) 829-2363
Website: www.woodvale.on.ca

The divorce recovery support program provides the care needed to heal the hurt, allows group members to personalize each concept and focus on specific issues as challenges of divorce are faced, helps discover the important keys to balanced relationships, and moves members beyond bitterness, anger and loneliness. Helps acquire increased strength and self-knowledge as well as embrace a time of healing through reflection, re-creation and refocusing. Call for information regarding meeting dates and times.

DOWN SYNDROME ASSOCIATION - NATIONAL CAPITAL REGION (DSA-NCR)

P.O. Box 8025 Station T
Ottawa, Ontario K1G 3H6
(613) 737-0658
Website: www.dsancr.com

The Down Syndrome Association - National Capital Region is a not for profit organization that works to enhance the quality of life for people with Down Syndrome. We provide support and information to families and professionals to encourage a better understanding of people with Down Syndrome and their inclusion in our community.

DYSTONIA SUPPORT GROUP, OTTAWA AREA

1316 Alloway Crescent
Ottawa, Ontario K1K 3Z1
(613) 749-7401

To enhance the quality of life through improving one's physical, mental and social well-being. Regular monthly meetings are held at 900 Merivale Road. Call for information on meeting dates and times. Meetings may include lectures by physicians and other professionals. Information and other assistance is available to dystonia patients.

EASTERN OTTAWA RESOURCE CENTRE

Beacon Hill Shopping Centre - 2339 Ogilvie Road
Gloucester Ontario, K1J 8M6
(613) 741-6025 (Intake Services)
(613) 745-4818 (English Women's Help Line)
(613) 745-3665 (Linge Femme Aide)
(613) 741-3556 (TTY)

Intake Services - Groups available throughout the year include Stress Management, Anxiety and Depression, Assertiveness; Self Esteem and Women and Wellness (women only). The format is generally a series of 8 - 10 weekly sessions providing emotional support and tools to participants

Women and Violence - Groups include Phase 1 and 2 and Healthy Relationships are available to women who have experienced violence and offers information on the dynamics of abuse, communication and coping tools and discusses the difference between health and unhealthy relationships.

EPILEPSY OTTAWA-CARLETON

211 Bronson Avenue, Suite 207
Ottawa, Ontario K1R 6H5
(613) 594-9255
Website: www.epilepsyottawa.ca
Email: epilepsy@magma.ca

Provides support and information about epilepsy to help people better understand the disorder. Encourages those with the disorder to view epilepsy as a small part of their life and to dismiss the idea that they are unable to participate in active sports, etc. Call for information on meeting dates, times and locations.

FAMILIES MATTER CO-OPERATIVE

169 Glamorgan Drive
Kanata, Ontario K2L 1R7
(613) 733-0122
Website: www.familiesmattercoop.ca
Email: familiesmattercoop@sympatico.ca

We connect people with developmental disabilities, their families and friends to each other, with up to date information and we provide a comprehensive list of resources.

We are the hub to facilitate initiatives that empower our members such as supportive housing options, social enterprises and other initiatives needed by our members.

FIBROMYALGIA SUPPORT - OTTAWA WEST

P.O. Box 26076
72 Robertson Road
Nepean, Ontario K2H 5Y8
(613) 721-2082
Website: www.ncf.ca/fibromyalgia

Fibromyalgia is a common and disabling disorder affecting 2 to 4% of the population, women more often than men. Patients with fibromyalgia usually ache all over, sleep poorly, are stiff upon waking and are tired all day. Everyone is welcome to the support meetings. We meet once a month in March, April, May, June, September, October and November. Please check our website or voicemail for meeting dates.

FOUNDATION FIGHTING BLINDESS - CANADA

890 Young Street, 12th Floor
Toronto, Ontario M4W 3P4
(416) 360-4200
1-800-467-3331 (Toll Free)
Website: www.ffb.ca

The mission at the Foundation Fighting Blindness is to promote and support research directed at finding the cause, developing a treatment and ultimately a cure for Retinitis Pigmentosa and related retinal degenerations, including macular degeneration and Usher Syndrome.

GAMBLERS ANONYMOUS

(613) 567-3271 (24 hr. answering machine)

Website: www.gamblersanonymousottawa.org

Email: information@gamblersanonymousottawa.org

Gamblers Anonymous was formed to help people with gambling problems stop gambling. Using the 12-step method, members help one another overcome gambling. Many meetings are held across the Ottawa-Hull region. Call for a recording that will have up-to-date meeting listings or leave a message and a volunteer will return your call. Gam-anon was formed to help family and friends whose lives have been affected by problem gambling. Call the above number for more information on meeting dates, times and locations.

GATHERING STRENGTH GROUP

Family Services Ottawa

312 Parkdale Avenue

Ottawa, Ontario K1Y 4X5

(613) 725-3601 ext. 117

Website: www.familyservicesottawa.org

Email: intake@familyservicesottawa.org

A group for women 55+ who have experienced controlling and/or other abusive behavior by their partner and/or children. To have an opportunity to learn from one another in a safe, supportive environment about: possible effects of these experiences on mind, body and spirit; how our responses to this mistreatment can teach us something about what we value and care about in our lives; the ways in which women have used their own inner wisdom emotionally, mentally, spiritually, physically and socially to strengthen themselves; sharing ideas together about how to enhance our connection within ourselves and with others who are supportive; offering information about other community resources which may be of assistance. Meetings are located at Family

Services Ottawa, 312 Parkdale Avenue. Please call for information about dates and times of meetings.

**GRAND SOCIETY OF OTTAWA-CARLETON
(Grandparents Requesting Access and Dignity Society)**

1516 Bourcier Drive
Orleans, Ontario K1E 3J5
(613) 837-8371

Support group for grandparents requesting access visits to their grandchildren and to raise public awareness of this ever-growing problem. Makes its concerns known to legislators and those involved in law reform. Annual membership costs \$20.00 per person or \$35.00 for a couple. Call for meeting dates and times.

GRIEF SHARE

c/o Woodvale Church
205 Greenbank Road
Nepean, Ontario K2H 8K9
(613) 829-2362
Website: www.woodvale.on.ca

Grief is not just sadness or depression; it is a whole host of emotions ranging through anxiety, anger, guilt, confusion, vulnerability, relief and more. This group will help members who have suffered the pain of losing a loved one acquire tools of coping and emotional support to help rebuild. Call for more information about meeting dates and times.

**HEMOPHILIA ONTARIO -
OTTAWA AND EASTERN ONTARIO REGION**

2660 Southvale Crescent, Suite 214A

Ottawa, Ontario K1B 4W5

(613) 739-3845

Website: www.hemophilia.ca

Email: cpatterson@hemophilia.on.ca

Provides services to hemophiliacs and their families, including support, referral services, education and financial assistance. Call for more information related to programs and activities provided by the Ottawa and Eastern Ontario Region branch of Hemophilia Ontario.

**HOPEWELL EATING DISORDERS SUPPORT
CENTRE OF OTTAWA**

153 Chapel Street, Suite 202

Ottawa, Ontario K1N 1H5

(613) 241-3428

Website: www.hopewell.on.ca

Email: hopewell@hopewell.on.ca

Hopewell Eating Disorders Support Centre of Ottawa is a non-profit organization that offers hope, peer support, and information to those with eating disorders, their families and their friends. Hopewell provides free support services which include a telephone and email help line, support groups, expressive art programs and a resource lending library. We also offer workshops for both professionals and youth, prevention training, and presentations to the community.

**HUNTINGTON SOCIETY OF CANADA -
EASTERN ONTARIO RESOURCE CENTRE**

250 City Centre Avenue, Suite 700
Ottawa, Ontario K1R 6K7
(613) 233-5838
Website: www.hsc.co.org

Provides support, counseling, advice and information to people with Huntington's disease and their families. Offers support groups and educational sessions for professional groups and long-term care establishments. Distributes books, videos and pamphlets. The Ottawa Chapter organizes public awareness activities, fundraising and some social events for affected families. Membership with the National Association costs \$25.00 per year.

**INFERTILITY AWARENESS ASSOCIATION
OF CANADA**

2100 Marlowe Avenue, Suite 350
Montreal, Quebec H4A 3L5
(613) 731-3535 (Ottawa Chapter)
1-800-263-2929 (Toll Free)
Website: www.iaac.ca
Email: info@iaac.ca

To support individuals through the painful struggle with infertility. To provide assistance to infertile people and associated professionals. By meeting and sharing with others, infertile couples will find comfort and feel less alone. Group sessions are run through the Ottawa Chapter. Meetings are held on an as-needed basis. Phone for more information on dates, times and location of meetings.

KABUKI SYNDROME NETWORK

8060 Suthers Crescent
Regina, Saskatchewan S4Y 1J3
(306) 543-8714
Website: www.kabukisyndrome.com
Email: margot@kabukisyndrome.com

We are a registered, non-profit charitable organization in Canada. Our membership is worldwide. We are entirely run by volunteers from various countries and work from our homes.

KSN has two main goals:

1. to act as a source of information on Kabuki Syndrome (KS)
2. to help families support each other by sharing their experiences.

Please contact us and we will make arrangements for a member of Kabuki Syndrome Network in your area to contact you.

KIDNEY FOUNDATION OF CANADA EASTERN ONTARIO BRANCH

1140 Morrison Drive, Suite 400C
Ottawa, Ontario K2H 8S9
(613) 724-9953
1-800-724-9953
Website: www.kidney.on.ca
Email: eob@kidney.ca

The Kidney Foundation of Canada, Eastern Ontario Branch, is a not-for-profit health organization which offers patient education and support for those living with kidney disease, and health promotion awareness and organ donation information for the general public. Call for information related to meeting dates, times and location.

LA LECHE LEAGUE - OTTAWA CHAPTER

(613) 238-5919 (24 hr. answering machine)

Website: www.lllc.ca

Offers support and information to expectant mothers and women who wish to nurse their babies. Each Ottawa group holds three series of four meetings, led by accredited volunteer leaders who have nursed their own babies. Babies are welcome at meetings. Groups are available in English and Spanish. Most groups are for women only. Occasional couples meetings are held. Also holds meetings for mothers of nursing toddlers. The series of four meetings have the following topics: 1) The Advantages of Breast Feeding: Mother and Baby 2) The Baby Arrives: The Family and The Breast Fed Baby 3) The Art of Breast Feeding and Avoiding Difficulties 4) Nutrition and Weaning. Call for more information about meeting dates, times and location. Annual membership costs \$40.00 and includes a bi-monthly magazine.

LEARNING DISABILITIES ASSOCIATION OF OTTAWA-CARLETON (ANGLOPHONE CHAPTER)

160 Percy Street

Ottawa, Ontario K1R 6E5

(613) 567-5864

Website: <http://ldao-c.ncf.ca/>

Email: ldaoc@rogers.com

The Learning Disabilities Association of Ottawa-Carleton is a group of parents and professionals brought together by our concern for children and adults with learning disabilities. The LDAO-C provides information and support to parents and professionals and strives to increase public awareness and acceptance of children with learning disabilities. Members serve on Special Education Advisory Committees (SEAC's) of public and separate school boards in Eastern Ontario, to ensure appropriate special education programs and services. Holds free monthly meetings on the 2nd

Wednesday of every month (except July and August) - everyone is welcome. Maintains a Resource Centre (we are closed during the months of July and August) which has: a library specializing in books and videos on exceptional children and adults as well as a book store that sells workbooks for elementary school students and information kits. It also promotes and supports the activities of adults with learning disabilities. Call for meeting dates, times and locations.

LUPUS ONTARIO

590 Alden Road, Suite 211
Markham, Ontario L3R 8N2
(613) 731-4301
Website: www.lupusontario.org

Provides information and lends support to sufferers of lupus. Meetings feature talks by rheumatologists and other professionals who deal with medical aspects or practical problems relating to lupus. Group furnishes support to families, promotes public awareness and raises funds for research. Call for more information about meeting dates, times and locations. Annual membership costs \$25.00.

LYMPHOVENOUS ASSOCIATION OF ONTARIO

4161 Dundas Street West
Toronto, Ontario M8X 1Y2
(416) 410-2250
1-877-723-0033 (Toll Free)
Website: www.lymphontario.org
Email: lymphontario@yahoo.com

The LAO is a charity dedicated to improving the lives of people living with Lymphedema. We provide support to patients, their families, caregivers and health care professionals through our website, support groups, publication of a lymphedema newsletter

three times per year and an annual educational conference. Our telephone and email support line links patients to resources including treatment centres and professionals.

MESH OTTAWA

Myalgic Encephalomyelitis Self-Help Ottawa
Hintonburg Community Centre
1064 Wellington Street
Ottawa, Ontario K1Y 2Y3
(613) 789-6374
Website: www.meshottawa.org

MESH Ottawa helps people who are negatively affected by Fibromyalgia and Chronic Fatigue Syndromes (ME) to understand and cope with these often disabling conditions to achieve optimal quality of life. We provide members and anyone wishing to know more about FMS/CFS, an informative website, inspirational speakers, meetings, awareness day programs and fundraising events throughout the year. Our meetings are held at the Hintonburg Community Centre, 1064 Wellington St. Call for information on meeting date and times.

MOOD DISORDERS OTTAWA - FAMILY MEMBERS' SUPPORT GROUP

1355 Bank Street, Suite 402
Ottawa, Ontario K1H 8K7
(613) 737-7791
(613) 837-7430 - Jackie

Support group for families and friends of those with mood disorders. Meetings are held the 3rd Thursday of each month at Orleans United Church, 1111 Orleans Boulevard at 7:00 pm. Mood Disorders Ontario holds a monthly family night with guest speakers. Please call for meeting dates, times and locations.

MOOD DISORDERS OTTAWA - SUPPORT GROUP

Canadian Mental Health Association
1355 Bank Street, 3rd Floor
Ottawa, Ontario K1H 8K7
(613) 737-7791
(613) 526-2406 (24 hr. answering machine)

Provides an opportunity for people suffering from mood disorders to meet socially and learn more about these illnesses. The main educational meeting with speakers is held once a month. Meetings are held the 3rd Tuesday of each month between September and June at Southminster United Church, 2nd floor on Bank Street at Aylmer Avenue (wheelchair accessible). For information and advice about mood disorders, leave a message at (613) 737-7791. Discovery 2000 - a recreational group for individuals with mood disorders run by people with mood disorders.

MOTHERS OFFERING MOTHERS SUPPORT

1 Community Place
312 Parkdale Avenue
Ottawa, Ontario K1Y 4X5
(613) 725-3601 ext. 117
Website: www.familyservicesottawa.org
Email: intake@familyservicesottawa.org

A support group for mothers experiencing depression. Mothers support one another and share knowledge and coping strategies. Call for more information about the support group, meeting dates, times and locations.

MULTIPLE BIRTH FAMILIES

P.O. Box 5532, Station F
Ottawa, Ontario K2C 3M1
(613) 860-6565 (24 hr. answering machine)
Website: www.mbfa.ca

To allow parents of multiples the opportunity to share experiences and friendship and to provide moral and emotional support to each other. Provides general information on issues related to multiple births to parents and the community. Call for meeting and program dates, times and locations.

MULTIPLE SCLEROSIS SOCIETY - SELF HELP GROUPS

1826 Woodward Drive
Ottawa, Ontario K2C 0P7
(613) 728-1583
Website: www.mssociety.ca/ottawa

The purpose of the self help groups is to offer support and encouragement to those affected by MS. Members discuss topics relevant to those with MS, share concerns and exchange information. Doctors and other professionals are invited to speak to the groups. As well, a lending library comprised of videos, books and newsletters is available to interested individuals.

NARCOTICS ANONYMOUS

P.O. Box 862, Station B
Ottawa, Ontario K1P 5P9
(613) 236-2474 (24 hr. answering machine)
1-888-388-7822 (Toll Free)
1-800-879-0333 (Quebec)
Website: www.magma.ca/~ottawaana

Twelve step fellowship of men and women who meet regularly to help each other stay clean and recover from addiction. Call for dates, times and locations of meetings.

NAIM MINISTRY TO WIDOWS & WIDOWERS

(613) 749-3608 - Zita

Offering support to widows and widowers of all faiths as they work through the painful process of grieving and to encourage them as they begin a new role in life. Call for more information about meeting dates, times and location. Regular meetings are held on the 3rd Tuesday of each month at Our Lady of Fatima Church, 153 Woodroffe Avenue, at 7:00 pm.

NATIONAL ALLIANCE FOR THE MENTALLY ILL (NAMI)

c/o Canadian Mental Health Association
1355 Bank Street, 3rd Floor
Ottawa, Ontario K1H 8K7
(613) 737-7791
Website: www.namiontario.ca

Sponsored by the Ontario Ministry of Health, this semi-annual family-to-family education program teaches coping, problem solving and communication skills to relatives or friends of people with mental illness. The course is taught by trained volunteers and is offered at no cost. Please visit www.namiontario.ca for

additional information and for registration.

NICOTINE ANONYMOUS

Website: www.nicotine-anonymous.org

Nicotine Anonymous is a non-profit 12-step fellowship of men and women helping each other live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The primary purpose of Nicotine Anonymous is to help all those who would like to cease using tobacco and nicotine products in any form. The fellowship offers group support and recovery using the 12 steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine. For further information, or to find a meeting near you, please go to www.nicotine-anonymous.org.

OBSESSIVE-COMPULSIVE DISORDER SELF HELP GROUP

(613) 736-7364 - Mark

(613) 722-3607 - Roly

Website: www.ocdontario.org

Provides a supportive atmosphere in which people can share their common experiences and concerns in relation to obsessive compulsive symptoms. People broaden their perspective from dialogue and discover new ways of thinking and being. Call for meeting dates, times and location.

**ONE PARENT FAMILIES ASSOCIATION -
OTTAWA CHAPTER**

P.O. Box 41039
Ottawa, Ontario K1G 5K9
(613) 834-1308 (24 hr. information hotline)
Website: www.ncf.ca/opfa

One Parent Families Association is a non-profit organization of families with one parent who have joined together for mutual benefit of parent and child, providing a program of family and adult activities at an educational, recreational and social level. General meetings on the 4th Thursday of each month at 8 pm at Dempsey Community Centre, 1895 Russell Road. Annual membership cost \$40.00.

**ONTARIO FEDERATION OF TEACHING
PARENTS**

1-800-704-0448
Website: www.ontariohomeschool.org
Email: enquires@ontariohomeschool.org

The Ontario Federation of Teaching Parents (OFTP) is a provincial home-school group providing support to home-schooling families and information on home-based education to our members and the public at large.

**OSTOP OTTAWA -
OSTEOPOROSIS SELF-HELP GROUP**

The Good Companions Centre
670 Albert Street
Ottawa, Ontario K1R 6L2
(613) 563-9660
Website: www.thegoodcompanions.ca

A self-help, mutual aid, and information group for the prevention, treatment and management of Osteoporosis. Group offers regular scheduled meetings at The Good Companions Centre the first four Wednesdays of each month to provide support and encouragement. Pamphlets and other publications are available. For more information, call and leave your name and phone number. A volunteer will return your call.

OTTAWA ANAPHYLAXIS SUPPORT GROUP

23 Southview Crescent
Nepean, Ontario K2E 5R4
(819) 778-2562 Ext. 3
Website: www.ottawaasg.com
Email: karen@ottawaasg.com

The Ottawa Anaphylaxis Support Group is dedicated to individuals or families affected by anaphylaxis: a life-threatening allergic reaction. Its mandate is to share information and promote allergy awareness in and around the Ottawa/Gatineau area. Call, email or check the website for meeting dates, times and location.

OTTAWA AND DISTRICT POST POLIO ASSOCIATION

c/o Ontario March of Dimes
200-2249 Carling Avenue
Ottawa, Ontario K2B 7E9
(613) 596-3463 ext. 239

Group for post polio sufferers dedicated to helping those with post polio syndrome cope with their special requirements. Publishes a quarterly bulletin. The group meets 2 times per year; call for dates, times and location of meetings. Annual membership \$10.00

OTTAWA ASPERGER SYNDROME PARENT SUPPORT GROUP

(613) 230-6305
Email: asoottawa@hotmail.com

Sponsored by Autism Ontario - Ottawa chapter for parents of children with Asperger Syndrome and related disorders. A diagnosis is not required. Regular emails to parents and professionals about workshops and other activities relevant to ASD. Comprehensive resource guide available at www.autismottawa.com. Meets the last Monday of the month, (except during the summer), at the Bronson Centre, 211 Bronson Ave. at 7:30 pm.

OTTAWA-CARLETON LIFESKILLS INC.

260 Hearst Way, Suite 600
Ottawa, Ontario K2L 3H1
(613) 254-9400
Website: www.ocl.ca

To provide residential and/or life skills programs to developmentally delayed adults.

OTTAWA DEAF CENTRE

2249 Carling Avenue, Suite 401
Ottawa, Ontario K2B 7E9
(613) 667-0315
(613) 667-0316 (TTY)
Website: www.ottawadeafcentre.org

Provides services to people of all ages, including drop-in, social and recreational activities, information and referral service, literacy programs for deaf and hard of hearing people (including children and their siblings), day camps and sign language courses for the general public. Call for more information regarding programs, meeting dates, times and locations.

OTTAWA DIABETES PEER SUPPORT GROUP

Canadian Diabetes Association
45 Montreal Road
Vanier, Ontario K1L 6E8
(613) 521-1902 Ext. 233
Website: www.diabetes.ca
Email: chin_susieq@yahoo.ca

The Canadian Diabetes Association mission is to promote the health of Canadians through diabetes research, education, service and advocacy. The Ottawa Diabetes Peer Support Group for adults living with type 2 diabetes is just one of many programs offered by

the association. It provides an opportunity to share and support each other in an informal setting.

OTTAWA HEART SUPPORT GROUP

(613) 729-3481 - Bernie

(613) 824-9563 - Bill

(613) 825-2209 - Hugh

Website: www.committed.to/ohs

Our objective is to reduce the fear, anxiety, and emotional stress that is often the result of having a serious health problem. We focus on developing positive attitude, recognizing that laughter is often the best medicine. Membership cost is \$10.00 per member or \$15.00 per family. Money collected from memberships goes to administration costs such as mailings, web, name cards, etc. Meetings are held the third Monday of each month at the Ottawa Heart Institute, 40 Ruskin Street, Room 2349, Second Floor from 7 pm to 9 pm. Call for more information.

OTTAWA INDEPENDENT LIVING RESOURCE CENTRE

75 Albert Street, Suite B010

Ottawa, Ontario K1P 5E7

(613) 236-2558

Website: www.ocilc.com

A cross-disability, consumer-controlled resource centre aimed at the empowerment of all persons with a disability in Ottawa to direct their own lives by accessing the options and resources necessary for participation in the community. Provides: peer networking (sharing ideas, concerns, information and emotional support); information exchange, exchanging knowledge and collecting information with a consumer viewpoint; individual advocacy (understanding the choices we have concerning our rights

and their significance in making independence a reality); research and service development (consumer control, cross-disability focus on upgrading existing services); and the development of new services. Also provides an employment program. Some services are available in French.

OTTAWA RESTLESS LEGS SYNDROME SUPPORT GROUP

(819) 459-2655

Email: ottawa@rlsgroups.org

The goals of the Ottawa Restless Legs Syndrome (RLS) Support Group are to help people learn about the latest treatments and ongoing research for RLS. Provides a forum to discuss ways to communicate with family and friends about the disorder and to supply information to educate healthcare providers about RLS.

Restless Legs Syndrome creates an overwhelming need to move the limbs. Other characteristics include: restless, nervous or creepy-crawly sensations in the limbs and trunk; relief from movement, more severe in the evening and at night; involuntary jerking of the limbs during sleep and sometimes during wakefulness. Symptoms occur during periods of inactivity, difficulty staying or falling asleep which leads to feelings of daytime tiredness or fatigue. For information on meeting dates and times, please contact Carol Connolly at (819) 459-2655.

OVARIAN CANCER CANADA

National Office

101-145 Front Street East

Toronto, Ontario M5A 1E3

1-877-413-7970 Ext. 231

Website: ovariancancer.org

Email: msapsfor@ovariancanada.org

Ovarian Cancer Canada provides support for women living with ovarian cancer and their families, public education and awareness sessions, and money for research. Our “You Are Not Alone” kit is provided to women diagnosed with ovarian cancer and “Listen to the Whispers” is a one hour seminar for well women to teach the signs and symptoms of the disease. We have general information fact sheets and a variety of other programs and brochures. We also refer people to local resources in the Ottawa area. All materials and resources are bilingual and free of charge.

OVEREATERS ANONYMOUS

P.O. Box 35036, Westgate Postal Outlet

1309 Carling Avenue

Ottawa, Ontario K1Z 1A2

(613) 820-5669 (24hr. answering machine)

Website: www.aa-ottawa.ca

Email: aa-ottawa@mail.com

Overeaters Anonymous (OA) is a fellowship of individuals who, through shared experiences, strength and hope, are recovering from compulsive overeating. We welcome anyone who wants to stop eating compulsively. There are no dues for members; we are self-supporting through our own contributions. OA primary purpose is to abstain from compulsive overeating and to carry the message of recovery to those who still suffer. Call for more information on meeting dates and times.

**PARENT FINDERS -
NATIONAL CAPITAL REGION**

P.O. Box 21025, Ottawa South Postal Outlet
Ottawa, Ontario K1S 5N1
(613) 730-8305
Website: www.members.aol.com/pfnrcr

Provides assistance and moral support to adult adoptee's wishing to research their origins and to birth parents, grandparents, siblings, fostered adults and adoptive parents wishing to provide adoptee's with needed information. Adoptive parents are welcome to participate. At monthly meetings, members share search strategies and receive general assistance. Call for more information about meeting dates, times and location. Membership fee for new members is \$70.00 which includes a Search Manual (cost \$15.00 plus \$5.00 shipping). Annual renewal rate is \$45.00.

PARENT RESOURCE CENTRE

300 Goulbourn Private
Ottawa, Ontario K1N 1C9
(613) 595-2467
Website: www.parentresource.on.ca
Email: information@parentresource.on.ca

Offers information, support, and referral to parents and caregivers of young children and professionals working with families. Offers drop-in, parenting courses, "Warm Line" telephone service, noon hour parenting seminars in the workplace, MOMS Post Partum Support Group, annual Family Conference, playgroup start-up, toy lending libraries, Caregiver Training, and the Growing Up Downtown project. All programs are free of charge.

PARKINSON SOCIETY OF OTTAWA

1053 Carling Avenue
Ottawa, Ontario K1Y 4E9
(613) 722-9238
Website: www.parkinsons.ca

Parkinson Society of Ottawa's mission is twofold:

~ to increase community awareness of Parkinson's and to support people living with Parkinson's across the Eastern Ontario region, as well as their care partners, families and friends. The organization does this by providing information and referral as well as supports and services including educational sessions, speech therapy, exercise classes and support groups.

~ to raise money to support leading edge research for a cure.

Call for more information about meeting dates, times and location. Annual membership costs \$30.00 or a lifetime membership can be purchased for \$375.00.

PFLAG

Support Group for Parents and Friends
(613) 860-7138
(613) 238-1717 (Gay Line, 7:00 pm to 10:00 pm)
Website: www.gaycanada.com/pflag-ottawa/
Email: ottawaon@pflagcanada.ca

Support group for parents and friends of gay men, lesbians, bisexuals and transgendered focusing on understanding and acceptance of their children or friends. Call for information about meeting dates, times and location.

PINK TRIANGLE SERVICES

117 Nepean Street, Suite 508

Ottawa, Ontario K2P 0B4

(613) 563-4818

Website: www.pinktriangle.org

Email: pts@pinktriangle.org

Pink Triangle Services (PTS) is a non-profit charity and social service agency providing peer support, educational, research and advocacy services primarily for gay men, lesbians and bisexuals around the national capital region.

Through the work of volunteers PTS provides, among other things, in-person and telephone peer support and information, educational services, training programs for health and social service professionals, a speakers bureau, a library with lesbian, gay and bisexual and transgender related materials, and a variety of discussion and support groups. PTS also offers outreach and educational services to the community at large. Call for program and meeting information.

PIONEER NAR-ANON FAMILY GROUPS

Royal Ottawa Mental Health Centre

1145 Carling Avenue

Ottawa, Ontario K1Z 7K4

(613) 860-0920

Website: www.naranonontario.com

Email: ottawa@naranonontario.com

The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. As a Twelve-Step Program, we offer our help by sharing our experience, strength, and hope. Our meetings are held every Saturday evening at 7:30 pm in Room 3350.

**PLANNED PARENTHOOD OF
OTTAWA-CARLETON**

251 Bank Street, Suite 201
Ottawa, Ontario K2P 1X3
(613) 226-3234
Website: www.ppottawa.ca
Email: ppottawa@ppottawa.ca

Planned Parenthood Ottawa (PPO) is a pro-choice organization that offers education, information and referral and counseling services to assist and support people making informed sexual and reproductive health choices. We are non-judgmental, pro-choice, supportive, glbtq positive, youth positive and confidential.

Our services include: information and referral, community education, pregnancy options support, fertility awareness information, contraception information, condom distribution, and professional and volunteer training.

**PROSTATE CANCER ASSOCIATION OF
OTTAWA-CARLETON**

P.O. Box 23122
Ottawa, Ontario K2A 4E2
(613) 828-0762
Website: www.pca.ncf.ca

Provides emotional support for those with prostate cancer, their spouses, caregivers and families. Provides information and educates families and patients about treatment options and the effects of the condition. At meetings, members have the opportunity to share experiences and hear guest speakers. Call for more information about meeting dates, times and locations.

PSORIASIS SOCIETY OF CANADA

National Office
P.O. Box 25012
Halifax, Nova Scotia B3M 4H4
1-800-656-4494
Website: www.psoriasisociety.org

The Psoriasis Society of Canada is a national organization dedicated to the people who have psoriasis. Support groups are offered across Canada. The purpose of the Psoriasis Society of Canada is to assist its affiliated chapters; and to represent their members' needs on a national level which include providing up-to-date information on treatment, programs and services, offering support groups across Canada, increasing awareness of psoriasis among health care professionals and the public, consult with the Government to assist with programs and services, encouraging research programs to find the cause and cure for psoriasis.

PSYCHIATRIC SURVIVORS OF OTTAWA

211 Bronson Avenue, Suite 313
Ottawa, Ontario K1R 6H5
(613) 567-4379
Website: www.psychiatricsurvivors.org

Advocacy, referral and support organization for survivors and users of the mental health system. Promotes greater survivor participation in changing the mental health system, building a supportive survivor community and developing alternative resources as defined by members. Members drop in for socialization and to use the resource library, computer, fax machine, photocopier and lounge area. Workshops for member development, advocacy, discussion groups, social-education meetings. Call for more information about meeting dates, times and locations.

RECOVERY INC.

(613) 749-5418

Website: www.recovery-inc.com

An international association of persons exhibiting nervous symptoms, fears and mental health problems. The purpose is to prevent relapses in mental health disorders. Weekly meetings follow a panel format and members can make five-minute telephone calls to each other for additional support outside meetings. Professionals and members of the public are welcome to attend meetings as observers. Meetings are held every Sunday at St. Anthony's Church, 427 Booth Street, from 2:30 pm to 4:30 pm. Call Rick at (613) 749-5418 for information.

SALVATION ARMY - BETHANY HOPE CENTRE - YOUNG PARENTS RESOURCE CENTRE

1140 Wellington Street West

Ottawa, Ontario K1Y 2Z3

(613) 725-1733

Website: www.bethanyhc.ca

Email: npraasma@ottawayoungparents.com

Day Resource Centre for young, single parent families and their children. Provides prenatal classes, parenting and respite programs, crafts, playgroups, anger and stress management programs. Provides information and emotional support to single parents. Food and clothing cupboard is available. At meetings, mothers meet others in similar situations to discuss common concerns. Babies cared for free of charge. For young parents up to 25 years of age and children from 0-6 years old. Call for information on care and for meeting dates and times.

**SCHIZOPHRENIA SOCIETY OF ONTARIO -
OTTAWA BRANCH**

c/o Royal Ottawa Hospital Mental Health Centre
1145 Carling Avenue
Ottawa, Ontario K1Z 7K4
(613) 722-6521 ext. 7775
Website: www.schizophrenia.on.ca
Email: sdeighton@schizophrenia.on.ca

A non-profit family-based organization with a mandate to provide support, education and advocacy to families and friends of people with schizophrenia as well as to raise public awareness and support for research. A public information meeting is held at the Royal Ottawa Hospital on the 4th Tuesday of the month except for July, August, December and January. Call the office for more information.

SCLERODERMA SUPPORT GROUP

455 Blake Boulevard
Ottawa, Ontario K1K 1A9
(613) 745-7829

Working in cooperation with the medical profession, members meet to share information and ways of coping with Scleroderma and its effects. Call for more information.

**SELECTIVE MUTISM GROUP -
CHILDHOOD ANXIETY NETWORK (SMG-CAN)**

P.O. Box 2207
Dover, New Hampshire 03820
USA
(603) 498-7825
Website: www.selectivemutism.org

SMG-CAN is a non-profit, charitable organization dedicated to providing information, support and resources to those whose lives are impacted by Selective Mutism. Selective Mutism (SM) is a complex childhood anxiety disorder, characterized by an inability to speak in select social settings such as school. SM children understand language and are able to talk normally in settings where they are comfortable, secure and relaxed. The goal of SMG-CAN is to help "Rid the Silence" - we do this by increasing awareness about this disorder, insuring the delivery of accurate information, and providing support to those in need. Local support groups, the Parent-to-Parent program, quarterly newsletters and expert online chats are some of the many benefits of being a part of the SMG-CAN community. For more information and to get in contact with a member of our organization in your area, please visit our website or contact us by telephone.

SEX ADDICTS ANONYMOUS

(613) 786-1066 (24 hr. answering machine - leave first name and number for return call)
Website: www.slaa-ontario.org

Men and women who share their experiences, strengths and hopes with each other so they may overcome their sexual addiction and help others recover from sexual addiction or dependency. Membership is open to all who share a desire to stop compulsive sexual behaviour. Meeting attendance by invitation only. Leave a message and a member of SAA will contact you.

SEXUAL ASSAULT SUPPORT CENTRE OF OTTAWA

P.O. Box 4441, Station E
Ottawa, Ontario K1S 5B4
(613) 725-2160
(613) 234-2266 (Support Line 24 hrs/day)
(613) 722-1657 (TTY)
Website: www.sascottawa.ca
Email: sascott@istar.ca

Our Centre provides support to women survivors of sexual violence including incest, rape, sexual assault, and sexual harassment. Programs include: support groups, individual support including accompaniment and advocacy; short and longer term support; information and resources; a 24 hour support line; Young Women at Risk (YWAR) Program, Women, War, Rape and Torture Program. Offers public education, speakers and volunteer opportunities. Our general support group for survivors of sexual violence runs twice per year and other groups are offered as demand and resources permit. All our groups have a wait list.

SICKLE CELL ASSOCIATION OF ONTARIO

3199 Bathurst Street, Suite 202
Toronto, Ontario M6A 2B2
(416) 789-2855
Website: sicklecellontario.com
Email: sicklecell@look.ca

The Sickle Cell Association of Ontario (SCAO) has been serving the community as a recognized voluntary agency which endeavors to optimize the quality of life for individuals and families with sickle cell disease. Public education and awareness and support to families/individuals is our primary focus. Please contact us either by telephone or email and we will connect you to a representative in the Ottawa area.

SIGNIFICANCE - SELF CONCEPT AND ESTEEM

c/o Woodvale United Church
205 Greenbank Road
Nepean, Ontario K2H 8K9
(613) 829-2362
Website: www.woodvale.on.ca

Teaches members how to develop self-esteem and how to be focused and ambitious about the things that add quality to life's experiences. Encourages members to gain new skills for getting off the performance treadmill. Group discussion allows members to share experiences and help each other gain more self-confidence. Call for meeting dates and times.

SPINA BIFIDA & HYDROCEPHALUS ASSOCIATION

555 Richmond Street West
P.O. Box 103, Suite 1006
Toronto, Ontario M5V 3B1
1-800-387-1575
(613) 248-3619 - Ottawa Community Contact
Website: www.sbhao.on.ca
Email: provincial@sbhao.on.ca

Core programs include counseling, support and referral services to parents, families, children, youth and adults affected by spina bifida and/or hydrocephalus. Support and social groups and a library of resource material specific to spina bifida, hydrocephalus and other disability-related topics is available. The Association conducts public awareness and educates professionals in the fields of social services, health and education. Visit the web site for specific details on events in the region, other programs, services and to obtain membership information.

THE ARTHRITIS SOCIETY

2269 Riverside Drive, Unit 20
Ottawa, Ontario K1H 7X6
(613) 723-1083
1-800-410-4033 (toll free)
Website: www.arthritis.ca

Offers recreational and social activities to those with arthritis. Informal discussion at which members have an opportunity to discuss their concerns are held several times a year. Call for more information about meeting and activity dates, times and location. Annual membership costs \$5.00.

THE LUNG ASSOCIATION – ASTHMA EDUCATION CENTRE

2319 St. Laurent Boulevard
Phase 1 Court, #500
Ottawa, Ontario K1G 4J9
(613) 230-4200
Website: www.on.lung.ca

The Asthma Education Centre is available for people with asthma and their families, friends and caregivers to learn more about asthma. We provide one-to-one education which is available by appointments only. Please call for more information about available services.

**THE LUNG ASSOCIATION -
BREATH WORKS COPD PROGRAM**

2319 St. Laurent Boulevard
Phase 1 Court, #500
Ottawa, Ontario K1G 4J9
(613) 230-4200
Website: www.on.lung.ca

Under the auspices of the Lung Association, the group helps members cope with lung problems; learn how to maintain a more active lifestyle through exercise, support, education and shared information concerning their lung problems and offer encouragement to each other. Breath Works is available for all populations with COPD. Call for more information about the program. There is a monthly fee for the 'exercise maintenance' program.

**THYROID FOUNDATION OF CANADA
OTTAWA CHAPTER**

P.O. Box 23133
Ottawa, Ontario K2A 4E2
(613) 729-9089
1-800-267-8822 (National Office)
Website: http://ottawa_thyroid.ncf.ca/
Email: ottawa_thyroid@ncf.ca

The Thyroid Foundation is a non-profit registered volunteer organization. The Ottawa Area Chapter of the Foundation is but one link in a chain that reaches across Canada. Our purpose is to raise awareness about thyroid conditions among members of the public. We hold Public Education Programs (PEP) to inform people about thyroid conditions and other related subjects. The presentations are given by well-known endocrinologists and thyroid specialists. Everyone is welcome to attend any of our events. It is

not necessary to be a member and it is free. Annual membership costs \$25.00 for individuals, \$20.00 for seniors and \$30.00 for families. As a new member of the Thyroid Foundation of Canada you will also receive a current copy of the Thyrobulletin, the Foundation's quarterly publication and a one-year subscription. Thyrobulletin presents up-to-date information on thyroid disease as well as upcoming Chapter events. The Ottawa Area Chapter also offers a Help Line for anyone who needs information and support.

TOURETTE SYNDROME FOUNDATION OF CANADA - OTTAWA CHAPTER

P.O. Box 386
900 Greenbank Road
Nepean, Ontario K2J 4P6
(613) 823-1741
Website: www.tsottawa.com

To supply family support for persons with Tourette Syndrome through community education, video and publications lending library, and supplying information to schools and the medical community. Bilingual counseling by families and referral for diagnosis and follow-up also available.

TURNER SYNDROME SOCIETY OF CANADA

323 Chapel Street
Ottawa, Ontario K1N 7Z2
(613) 321-2267
1-800-465-6744 (Toll Free)
Website: www.turnersyndrome.ca
Email: tssincan@web.net

Provides support to women and their families through individual counseling, discussion groups and the dissemination of up-to-date medical information. The Society raises public

awareness, produces a bi-annual newsletter and booklets. Meetings are held as needed; most contact is through the telephone. Call for more information about local meeting dates, times and location.

UNDERSTANDING AND OVERCOMING DEPRESSION

c/o Woodvale Church
205 Greenbank Road
Nepean, Ontario K2H 8K9
(613) 829-2362
Website: www.woodvale.on.ca

Those who have been diagnosed with clinical, bi-polar, post-partum, loss related or situational depression find themselves unmotivated, lacking concentration and energy for everyday living and struggling with various feelings. This group will help members understand the causes and treatments of depression. It will also show how to recognize and manage symptoms, emotions and self-esteem. Call for meeting dates and times.

UNITED OSTOMY SUPPORT GROUP

P.O. Box 11134 Station H
Nepean, Ontario K2H 7T8
(613) 447-0361 (24 hr. answering machine)
Website: www.ostomyottawa.ca

Provides information and psychological/emotional support for persons who will or have undergone intestinal or urinary tract diversion surgery (colostomy, urostomy, ileostomy or ileo-anal reservoir); their caregivers, family and friends; medical and spiritual care professionals; and anyone interested in learning more about ostomy. Offers meetings, literature, a newsletter and a supportive visiting service before, during and after the hospital stay. Visitors are trained volunteers who are matched by age, sex

and type of surgery. \$35.00 for full yearly membership or \$20.00 for associate membership. Meets September to June; please call for dates, times and location of meetings. Members are encouraged to bring their spouses, family and friends to the meetings.

VOICE FOR HEARING IMPAIRED CHILDREN

P.O. Box 1357 Station B
Ottawa, Ontario K1P 5R4
Website: www.voicefordeafkids.com
Email: info@voicefordeafkids.com

Promotes the auditory/verbal approach to educating hearing impaired children. At monthly meetings during the school year, guests speak on topics relevant to children's problems, followed by a discussion period. "Hearing Aid Bank" provides members with hearing aids on a temporary basis. Check the newsletter for dates, times and location of meetings. Annual family membership costs \$35.00.

VOICES OF POSITIVE WOMEN

66 Isabella Street, Suite 105
Toronto, Ontario M4Y 1N3
1-800-236-0961
Website: www.vopw.org

Voices of Positive Women (VOPW) is a provincial, community-based, non-profit organization directed by and for women living with HIV/AIDS living in Ontario. Voices aims to: empower women living with HIV/AIDS through confidential support, outreach, information and education; represent the issues of women living with HIV/AIDS in order to improve HIV+ women's health and quality of life; educate the public by promoting accurate affirming images of women living with HIV/AIDS. VOPW is a partner of the AIDS Committee of Ottawa.

Subject Index

	Page
ABDUCTED	
Child Find Ottawa Region	24
Grand Society of Ottawa-Carleton	34
ABUSED	
Adult Children Anonymous	6
Anger and Forgiveness	11
Centre for Treatment of Sexual Abuse & Childhood Trauma	21
Eastern Ottawa Resource Centre	30
Gathering Strength Group	33
Psychiatric Survivors of Ottawa	56
Sexual Assault Support Centre of Ottawa	60
ABUSERS	
Anger and Forgiveness	11
ADDICTIONS see ANONYMOUS	
ADOPTION	
Parent Finders - National Capital Region	52
AGORAPHOBIA	
Anxiety Disorders Association of Ontario	12
Psychiatric Survivors of Ottawa	56
AIDS	
Aids Committee of Ottawa	7
Aids Committee of Ottawa - The Living Room	7
Voices of Positive Women	66

ALCOHOLISM	
Al-Anon/Alateen Family Group	8
Alcoholics Anonymous	8
ALLERGIES	
Allergy and Environmental Health Association - Ottawa Branch	9
Canadian Celiac Association - Ottawa Chapter	17
Ottawa Anaphylaxis Support Group	46
The Lung Association - Asthma Education Centre	62
The Lung Association - Breath Works COPD Program	63
ALZHEIMER DISEASE	
Alzheimer Society of Ottawa and Renfrew County	10
AMYOTROPHIC LATERAL SCLEROSIS	
ALS Society of Ontario	10
AMPUTEE	
Amputee Society of Ottawa and District	11
ANAPHYLAXIS	
Ottawa Anaphylaxis Support Group	46
ANGER	
Anger and Forgiveness	11
ANONYMOUS	
Adult Children Anonymous	6
Al-Anon/Alateen Family Group	8
Alcoholics Anonymous	8
Co-Dependents Anonymous	25
Debtors Anonymous	28
Gamblers Anonymous	33

Narcotics Anonymous	43
Nicotine Anonymous	44
Overeaters Anonymous	51
Sex Addicts Anonymous	59
ANOREXIA/BULIMIA see EATING DISORDERS	
ANXIETY DISORDERS	
Anxiety Disorders Association of Ontario	12
Eastern Ottawa Resource Centre	30
Recovery Inc.	57
APHASIA	
Aphasia Centre of Ottawa	12
ARTHRITIS	
Lupus Ontario	39
OSTOP Ottawa	46
Scleroderma Support Group	58
The Arthritis Society	62
ASPERGER SYNDROME	
Ottawa Asperger Syndrome Parent Support Group	47
ASTHMA	
The Lung Association - Asthma Education Centre	62
ATTENTION DEFICIT DISORDERS	
CANGRANDS National Kinship Support	21
C.H.A.D.D. Canada	22
AUTISM	
Autism Society of Ottawa	14
Ottawa Asperger Syndrome Parent Support Group	47

BATTERED WOMEN see ABUSED	
BEHCET’S DISEASE	
Behcet’s Canada	14
BEREAVEMENT	
Bereaved Families of Ontario - Ottawa Region	15
Grief Share	34
NAIM Ministry to Widows & Widowers	43
BREAST CANCER	
Breast Cancer Action Support and Resource Centre	16
BREAST FEEDING	
La Leche League - Ottawa Chapter	38
BRAIN INJURY	
Brain Injury Association of the Ottawa Valley	15
CANCER	
Adult Brain Tumour Support Group	6
Breast Cancer Action Support and Resource Centre	16
Canadian Cancer Society - Ottawa Unit	16
Colorectal Cancer Support Group	26
Ovarian Cancer Canada	51
Prostate Cancer Association of Ottawa-Carleton	55
CELIAC	
Canadian Celiac Association - Ottawa Chapter	17
CHARGE SYNDROME	
CHARGE Syndrome Canada - Ontario Office	23

CHILDREN

Abuse

Centre for Treatment of Sexual Abuse &
Childhood Trauma 21

Abducted

Child Find Ottawa Region 24

Parent Finders - National Capital Region 52

Alcohol

Al-Anon/Alateen Family Group 8

Asthma

The Lung Association - Asthma Education Centre 62

Attention Deficit Disorder

C.H.A.D.D. Canada 22

Cystic Fibrosis

Canadian Cystic Fibrosis Foundation - Ottawa Chapter 18

Developmentally Challenged

Autism Society of Ottawa 14

Down Syndrome Association - National Capital Region 29

Families Matter Co-Operative 31

Ottawa-Carleton Lifeskills Inc. 48

Dyslexia

Canadian Dyslexia Centre 18

Learning Disabilities Association of Ottawa-Carleton 38

Eating Disorders

Hopewell Eating Disorders Support Centre of Ottawa 35

Overeaters Anonymous 51

Epilepsy	
Epilepsy Ottawa-Carleton	31
Facial Disfigurement	
Aboutface	5
Gifted Children	
Association for Bright Children - Ottawa	13
Hearing Impaired	
Ottawa Deaf Centre	48
Voice for Hearing Impaired Children	66
Hemophilia	
Hemophilia Ontario - Ottawa and Eastern Ontario Region	35
Learning	
Association for Bright Children - Ottawa	13
Canadian Dyslexia Centre	18
Crescendo Parent/Preschool Programs	27
Learning Disabilities Association of Ottawa-Carleton	38
Ontario Federation of Teaching Parents	45
Parent Resource Centre	52
Safety	
Child Find Ottawa Region	24
Selective Mutism	
Selective Mutism Group - Childhood Anxiety Network	59
Tourette Syndrome	
Tourette Syndrome Foundation of Canada - Ottawa Chapter	64

Twins	
Multiple Birth Families	42
CHROMOSOME 22	
Chromosome 22 Central	24
CHRONIC FATIGUE SYNDROME	
Fibromyalgia Support - Ottawa West	32
MESH Ottawa	40
COCAINE	
Narcotics Anonymous	43
Pioneer Nar-Anon Family Groups	54
CODEPENDENTS	
Co-Dependency	25
Co-Dependents Anonymous	25
COLITIS	
Crohns and Colitis Foundation of Canada - Ottawa Chapter	27
COLORECTAL CANCER	
Colorectal Cancer Support Group	26
COMPULSIVE	
Co-Dependents Anonymous	25
Obsessive-Compulsive Disorder Self Help Group	44
Overeaters Anonymous	51
Sex Addicts Anonymous	59
COPD	
The Lung Association - Breath Works COPD Program	63

CROHNS	
Crohns and Colitis Foundation of Canada - Ottawa Chapter	27
CYSTIC FIBROSIS	
Canadian Cystic Fibrosis Foundation - Ottawa Chapter	18
DEPRESSION - MANIC DEPRESSION	
Charlie's Rap Group	23
Eastern Ottawa Resource Centre	30
Grief Share	34
Mood Disorders Ottawa - Family Members' Support Group	40
Mood Disorders Ottawa - Support Group	41
National Alliance for the Mentally Ill	43
Understanding and Overcoming Depression	65
DEVELOPMENTALLY CHALLENGED	
Autism Society of Ottawa	14
Down Syndrome Association - National Capital Region	29
Families Matter Co-Operative	31
Ottawa-Carleton Lifeskills Inc.	48
Ottawa Independent Living Resource Centre	49
DIABETES	
Ottawa Diabetes Peer Support Group	48
DISABLED see HEALTH - Physical	
DIVORCE/SEPARATION	
Divorce Care	29
Grand Society of Ottawa-Carleton	34
DYSTONIA	
Dystonia Support Group - Ottawa Area	30

EATING DISORDERS	
Hopewell Eating Disorders Support Centre of Ottawa	35
Overeaters Anonymous	51
ENVIRONMENTALLY SENSITIVE	
Allergy and Environmental Health Association - Ottawa Branch	9
The Lung Association - Asthma Education Centre	62
EPILEPSY	
Epilepsy Ottawa-Carleton	31
FACIAL DISFIGUREMENT	
Aboutface	5
FINANCES	
Debtors Anonymous	28
FIBROMYALGIA	
Fibromyalgia Support - Ottawa West	32
MESH Ottawa	40
GAMBLING	
Gamblers Anonymous	33
GAY MEN	
PFLAG	53
Pink Triangle Services	54
GRANDPARENTS	
Grand Society of Ottawa-Carleton	34

HEALTH (MENTAL)

Adult Children Anonymous	6
Alzheimer Society of Ottawa and Renfrew County	10
Anger and Forgiveness	11
Anxiety Disorders Association of Ontario	12
A.P.P.L.E. of Ottawa-Carleton	13
Autism Society of Ottawa	14
Canadian Dyslexia Centre	18
Centre for Treatment of Sexual Abuse & Childhood Trauma	21
C.H.A.D.D. Canada	22
Charlie's Rap Group	23
Eastern Ottawa Resource Centre	30
Mood Disorders Ottawa - Family Members' Support Group	40
Mood Disorders Ottawa - Support Group	41
Mothers Offering Mothers Support	41
National Alliance for the Mentally Ill	43
Obsessive-Compulsive Disorder Self Help Group	44
Ottawa Asperger Syndrome Parent Support Group	47
Overeaters Anonymous	51
Psychiatric Survivors of Ottawa	56
Recovery Inc.	57
Schizophrenia Society of Ontario - Ottawa Branch	58
Selective Mutism Group - Childhood Anxiety Network	59
Understanding and Overcoming Depression	65

HEALTH (PHYSICAL)

Aboutface	5
Adult Brain Tumour Support Group	6
Aids Committee of Ottawa	7
Aids Committee of Ottawa - The Living Room	7
Allergy and Environmental Health Association - Ottawa Branch	9
ALS Society of Ontario	10

Amputee Society of Ottawa and District	11
Aphasia Centre of Ottawa	12
Behcet's Canada	14
Brain Injury Association of the Ottawa Valley	15
Breast Cancer Action Support and Resource Centre	16
Canadian Cancer Society - Ottawa Unit	16
Canadian Celiac Association - Ottawa Chapter	17
Canadian Cystic Fibrosis Foundation - Ottawa Chapter	18
Canadian Hearing Society	19
Canadian Hemochromatosis Society	19
Canadian Paraplegic Association	20
CHARGE Syndrome Canada - Ontario Office	23
Chromosome 22 Central	24
Colorectal Cancer Support Group	26
Crohns and Colitis Foundation of Canada - Ottawa Chapter	27
Disabled Women's Network Canada (D.A.W.N.)	28
Dystonia Support Group - Ottawa Area	30
Epilepsy Ottawa-Carleton	31
Fibromyalgia Support - Ottawa West	32
Foundation Fighting Blindness - Canada	32
Hemophilia Ontario - Ottawa and Eastern Ontario Region	35
Huntington Society of Canada - Eastern Ontario Resource Centre	36
Infertility Awareness Association of Canada	36
Kabuki Syndrome Network	37
Kidney Foundation of Canada Eastern Ontario Branch	37
Lupus Ontario	39
Lymphovenous Association of Ontario	39
MESH Ottawa	40
Multiple Sclerosis Society - Self Help Groups	42
OSTOP Ottawa	46
Ottawa Anaphylaxis Support Group	46
Ottawa and District Post Polio Association	47

Ottawa Deaf Centre	48
Ottawa Diabetes Peer Support Group	48
Ottawa Heart Support Group	49
Ottawa Restless Legs Syndrome Support Group	50
Ovarian Cancer Canada	51
Parkinson Society of Ottawa	53
Prostate Cancer Association of Ottawa-Carleton	55
Psoriasis Society of Canada	56
Scleroderma Support Group	58
Sickle Cell Association of Ontario	60
Spina Bifida & Hydrocephalus Association	61
The Arthritis Society	62
The Lung Association - Asthma Education Centre	62
The Lung Association - Breath Works COPD Program	63
Thyroid Foundation of Canada - Ottawa Chapter	63
Tourette Syndrome Foundation of Canada - Ottawa Chapter	64
Turner Syndrome Society of Canada	64
United Ostomy Support Group	65
Voice for Hearing Impaired Children	66
Voices of Positive Women	66
HEARING IMPAIRED	
Canadian Hearing Society	19
Ottawa Deaf Centre	48
Voice for Hearing Impaired Children	66
HEART	
Ottawa Heart Support Group	49
HEMOPHILIA	
Hemophilia Ontario - Ottawa and Eastern Ontario Region	35

HEMOCHROMATOSIS	
Canadian Hemochromatosis Society	19
HUNTINGTON	
Huntington Society of Canada - Eastern Ontario Resource Centre	36
INCEST	
Centre for Treatment of Sexual Abuse & Childhood Trauma	21
Sexual Assault Support Centre of Ottawa	60
INFERTILITY	
Infertility Awareness Association of Canada	36
KABUKI SYNDROME	
Kabuki Syndrome Network	37
KIDNEY DISEASE	
Kidney Foundation of Canada Eastern Ontario Branch	37
LEARNING DISABILITIES	
Canadian Dyslexia Centre	18
C.H.A.D.D. Canada	22
Learning Disabilities Association of Ottawa-Carleton	38
LESBIANS	
PFLAG	53
Pink Triangle Services	54
LUNG DISEASE	
The Lung Association - Breath Works COPD Program	63

LUPUS	
Lupus Ontario	39
LYMPHOVENOUS	
Lymphovenous Association of Ontario	39
MEN	
Anger and Forgiveness	11
Prostate Cancer Association of Ottawa-Carleton	55
Sex Addicts Anonymous	59
MISSING CHILDREN	
Child Find Ottawa Region	24
Grand Society of Ottawa-Carleton	34
MOOD DISORDERS	
Charlie's Rap Group	23
Eastern Ottawa Resource Centre	30
Grief Share	34
Mood Disorders Ottawa - Family Members' Support Group	40
Mood Disorders Ottawa - Support Group	41
National Alliance for the Mentally Ill	43
MOTHERS	
La Leche League - Ottawa Chapter	38
Mothers Offering Mothers Support	41
Parent Resource Centre	52
Planned Parenthood of Ottawa-Carleton	55
Salvation Army - Bethany Hope Centre -	
Young Parents Resource Centre	57
MULTIPLE SCLEROSIS	
Multiple Sclerosis Society - Self Help Groups	42

MYALGIC ENCEPHALOMYELITIS	
MESH Ottawa	40
NARCOTICS	
Narcotics Anonymous	44
Pioneer Nar-Anon Family Groups	54
NICOTINE	
Nicotine Anonymous	44
OBSESSIVE	
Obsessive-Compulsive Disorder Self Help Group	44
OSTEOPOROSIS	
OSTOP Ottawa	46
OSTOMY	
United Ostomy Support Group	65
OVARIAN CANCER	
Ovarian Cancer Canada	51
PANIC ATTACKS	
Anxiety Disorders Association of Ontario	12
Eastern Ottawa Resource Centre	30
PARAPLEGIC	
Canadian Paraplegic Association	20
PARENTING SUPPORT	
CANGRANDS National Kinship Support	21
Families Matter Co-Operative	31
Mothers Offering Mothers Support	41
Multiple Birth Families	42

One Parent Families Association - Ottawa Chapter	45
Ottawa Asperger Syndrome Parent Support Group	47
Parent Resource Centre	52
PFLAG	53
Planned Parenthood of Ottawa-Carleton	55
Salvation Army - Bethany Hope Centre -	
Young Parents Resource Centre	57
Selective Mutism Group - Childhood Anxiety Network	59
PARKINSON'S	
Parkinson Society of Ottawa	53
PHOBIAS	
Anxiety Disorders Association of Ontario	12
POLIO	
Ottawa and District Post Polio Association	47
POST PSYCHIATRIC	
A.P.P.L.E. of Ottawa-Carleton	13
Mood Disorders Ottawa - Support Group	41
Psychiatric Survivors of Ottawa	56
Recovery Inc.	57
Schizophrenia Society of Ontario - Ottawa Branch	58
PRESCHOOL	
Crescendo Parent/Preschool Programs	27
Parent Resource Centre	52
PROSTATE CANCER	
Prostate Cancer Association of Ottawa-Carleton	55
PSORIASIS	
Psoriasis Society of Canada	56

RESTLESS LEGS SYNDROME	
Ottawa Restless Legs Syndrome Support Group	50
RETINITIS PIGMENTOSA	
Foundation Fighting Blindness - Canada	32
SCHIZOPHRENIA	
Schizophrenia Society of Ontario - Ottawa Branch	58
SCLERODERMA	
Scleroderma Support Group	58
SELECTIVE MUTISM	
Selective Mutism Group - Childhood Anxiety Network	59
SELF ESTEEM	
Eastern Ottawa Resource Centre	30
Significance - Self Concept and Esteem	61
SEPARATION - DIVORCE see DIVORCE SEPARATION	
SEXUAL ASSULT	
Centre for Treatment of Sexual Abuse & Childhood Trauma	21
Sexual Assault Support Centre of Ottawa	60
SEXUALITY	
Co-Dependents Anonymous	25
PFLAG	53
Pink Triangle Services	54
Sex Addicts Anonymous	59
SICKLE CELL	
Sickle Cell Association of Ontario	60

SINGLE PARENTS	
NAIM Ministry to Widows & Widowers	43
One Parent Families Association - Ottawa Chapter	45
Parent Resource Centre	52
Planned Parenthood of Ottawa-Carleton	55
Salvation Army - Bethany Hope Centre - Young Parents Resource Centre	57
SPINA BIFIDA & HYDROCEPHALUS	
Spina Bifida & Hydrocephalus Association	61
STRESS MANAGEMENT	
Eastern Ottawa Resource Centre	30
STROKE	
Aphasia Centre of Ottawa	12
STUTTERING	
Canadian Stuttering Association	20
THYROID DISEASE	
Thyroid Foundation of Canada - Ottawa Chapter	63
TOURETTE SYNDROME	
Tourette Syndrome Foundation of Canada - Ottawa Chapter	64
TURNER SYNDROME	
Turner Syndrome Society of Canada	64
TWINS	
Multiple Birth Families	42

VISION IMPAIREMENT

Foundation Fighting Blindness - Canada	32
--	----

WIDOWED

NAIM Ministry to Widows & Widowers	43
------------------------------------	----

WOMEN

Anger and Forgiveness	11
Breast Cancer Action Support and Resource Centre	16
Disabled Women's Network Canada (D.A.W.N.)	28
Eastern Ottawa Resource Centre	30
Gathering Strength Group	33
Fibromyalgia Support - Ottawa West	32
La Leche League - Ottawa Chapter	38
MESH Ottawa	40
Ovarian Cancer Canada	51
Sex Addicts Anonymous	59
Sexual Assault Support Centre of Ottawa	60
Voices of Positive Women	66

ADDITIONAL RESOURCES

If you have access to the World Wide Web, the following list of web sites may prove useful. Self-help/support groups vary and not all are available in Ottawa. As a result, the Olde Forge has compiled a list of on-line sites that are maintained by groups all over the world.

Some of the sites were created by local groups, although most are from outside the region. Preference is given to information sites closest to Ottawa, and if one could not be found, the best available site for any given topic is included in these pages. This list was accurate as of September 4, 2007 and some addresses may have changed. Visit the Olde Forge web site for updates at www.forge.ca/self-help.html

A

AboutFace

www.aboutface.ca

Adult Children of Alcoholics

www.adultchildren.org

Adult Children Anonymous NCR

www.acainnerpeace.ncf.ca

AIDS Committee of Ottawa

www.aco-cso.ca

Al-Anon/Alateen

www.al-anon.alateen.org

Alcoholics Anonymous

www.aa.org

Alcoholics Anonymous - Ottawa

www.ottawaaa.org

Allergy/Environmental Health Association

www.aeha.ca

ALS Society of Canada

www.als.ca

ALS Society of Ontario

www.alsont.ca

Alzheimer Society of Ottawa

www.alzheimerottawa.org

American Nystagmus Network

www.nystagmus.org

Anaphylaxis Canada

www.anaphylaxis.org

Anaphylaxis -

Ottawa Support Group

www.ottawaaaasg.com

Aphasia Information

(York-urham Ctr)

www.ydac.on.ca

A.P.P.L.E. of Ottawa-Carleton

www.appledropin.com

Arthritis Society

www.arthritis.ca

Association for

Bright Children - Ontario

www.abcontario.ca

Association for

Bright Children - Ottawa

www.abcontario.ca/ottawa

Asthma Education Centre

www.on.lung.ca

Attention Deficit Disorder Association

www.add.org

Autism Society of Ottawa

www.autismottawa.com

B

BC Institute Against Family Violence

www.bcifv.org

Behcet's Canada

www.behcetscanada.com

Behcet's Ontario

Www.behcetsontario.com

**Bereaved Families of
Ontario - Ottawa Region**
www.bfo-ottawa.org

**Borderline Personality
Disorder Central**
www.bpdcentral.com

**Brain Injury Association of the
Ottawa Valley**
www.biaov.org

Breast Cancer Action
www.bcaotta.ca

C
**Canadian Association for
Suicide Prevention**
www.suicideprevention.ca

Canadian Cancer Society
www.cancer.ca

**Canadian Celiac Association
(Ottawa Chapter)**
www.celiac.ottawa.ca

**Canadian Cystic Fibrosis
Foundation**
www.ccff.ca

**Canadian Cystic Fibrosis
Foundation - Ottawa**
www.ccffottawa.ca

**Canadian Diabetes
Association**
www.diabetes.ca

**Canadian Dyslexia
Association**
www.dyslexia.ca

Canadian Hearing Society
www.chs.ca

Canadian Lung Association
www.lung.ca

**Canadian Marfan
Association**
www.marfan.ca

**Canadian Medical
Association**
www.cma.ca

**Canadian Mental Health
Association**
www.cmha.ca

**Canadian Mental Health
Association - Ottawa**
www.cmhaottawa.ca

**Canadian Paraplegic
Association Ontario**
www.cpaont.org

Canadian RSD Network
www.canadianrsd.com

**Canadian Stuttering
Association**
www.stutter.ca

**Canadian Syringomyelia
Network**
www.csn.ca

CANGRANDS
www.cangrands.com

**Cardiac Care Network of
Ontario**
www.ccn.on.ca

**Centre for Addiction and
Mental Health**

www.camh.net

**Centre for Treatment of
Sexual Abuse and Childhood
Trauma**

www.centrefortreatment.com

C.H.A.D.D. Canada

www.chaddcanada.org

**Charcot-Marie-Tooth
International**

www.charcot-marie-tooth.org

CHARGE Syndrome Canada

www.chargesyndrome.com

Chemically Dependant Anonymous

www.cdaweb.org

Child Find Canada

www.childfind.ca

Child Find Ontario

[www.ontario.childfind.ca/
chapters.html](http://www.ontario.childfind.ca/chapters.html)

Children's Mental Health Ontario

www.cmho.org

Chromosome 22 Central

www.c22c.org

**Co-Anon Family Groups for
Friends and Family of
Cocaine Addicts**

www.co-anon.org

Cocaine Anonymous Online

www.ca.org

Co-dependents Anonymous

www.cdrs.ca

Colorectal Cancer Support Group

www.ccac-acc.ca

**Compassionate Friends
Ottawa Valley/Outaouais Chapter**

[www.3.sypmatico.ca/phtalor/TCF/
Ottawa.htm](http://www.3.sypmatico.ca/phtalor/TCF/Ottawa.htm)

**Crohns and Colitis Foundation
of Canada**

www.ccfc.ca

**Crohns and Colitis
Foundation Ottawa**

www.martosh.com/ccfcott

Crystal Meth Anonymous

www.crstalmeth.org

D

**Disabled Women's Network
Canada**

www.dawncanada.net

Debtors Anonymous

www.debtorsanonymous.org

**Depression Information
Resource Centre**

www.fhs.mcmaster.ca/direct

DES Action

www.web.net/~desact

**Disabled Persons
Community Resources**

www.dpcr.ca

**Down Syndrome Association -
National Capital Region**

www.dsancr.com

Dystonia Dialogue

www.dystonia-foudation.org

E

**Eating Disorders: Working to
Help Stop the Voices**

www.something-fishy.org

Emotions Anonymous

www.emotionsanonymous.org

Endometriosis Information

www.endocenter.org

Epilepsy Canada

www.epilepsy.ca

Epilepsy Ontario

www.epilepsyontario.org

Epilepsy Ottawa-Carleton

www.epilepsyottawa.ca

F

**Families Matter
Co-Operative**

www.familiesmattercoop.ca

**Fibromyalgia Support -
Ottawa West**

www.fibromyalgia.ncf.ca

Food Addicts Anonymous

www.foodaddictsanonymous.ca

**Foundation Fighting
Blindness**

www.rpresearch.ca

G

Gamblers Anonymous

www.gamblersanonymous.org

Gamblers Anonymous - Ottawa

www.gamblersanonymousottawa.org

H

**Heart and Stroke
Foundation**

www.heartandstroke.ca

Hemophilia Ontario

www.hemophilia.ca

**Hepatitis C Society of
Canada**

www.hepatitissociety.com

**Hopewell Eating Disorders Support
Centre of Ottawa**

www.hopewell.on.ca

**Huntington Society of
Canada**

www.hsc.co.org

I

**Infertility Awareness
Association of Canada**

www.iaac.ca

**Irritable Bowel Syndrome Self
Help Group**

www.ibsgroup.org

J

K

Kabuki Syndrome Network

www.kabukisyndrome.com

**Kidney Foundation of
Canada**

www.kidney.ca

**Kidney Foundation of
Canada - Ontario Chapter**

www.kidney.on.ca

**Kleptomaniacs and
Shoplifters**

www.shopliftersanonymous.com

L

La Leche League

www.lalecheleague.org

La Leche League Canada

www.lllc.ca

**Learning Disabilities
Association of Canada**

www.ldac-taac.a

**Learning Disabilities
Association of Ottawa**

www.idao-c.ncf.ca

Lung Association (The)

www.lung.ca

Lung Association of Ontario (The)

www.on.lung.ca

Lupus Canada

www.lupuscanada.org

Lupus Ontario

www.lupusontario.org

Lymphovenous Canada

www.lymphovenous-canada.com

M

Marijuana-Anonymous

www.marijuana-anonymous.org

MESH Ottawa

www.meshottawa.org

**ME/FM National Action
Network**

www.mefmaction.net

**Mothers are Women Support
Group**

www.mothersarewomen.com

Multiple Birth Canada

www.multiplebirthscanada.org

Multiple Birth Families

Association

www.mbfa.ca

**Multiple Sclerosis Society of
Canada**

www.mssociety.ca

**Multiple Sclerosis Society - Ottawa
Branch**

www.mssociety.ca/ottawa

N

Narcotics Anonymous

www.na.org

**Narcotics Anonymous
Ottawa Area**

www.magma.ca/~ottawana

Nar-Anon Ontario

www.naranonontario.com

Nar-Anon World Service

www.nar-anon.org/index.html

National Aphasia Association

www.aphasia.org

National Association for Self-Esteem

www.self-esteem-nase.org

National Psoriasis Foundation

www.psoriasis.org

National Stroke Association

www.stroke.org

National Tay-Sachs and Allied Diseases of Ontario

www.ntsad.org

Nicotine Anonymous

www.nicotine-anonymous.org

O

Obsessive Compulsive Disorder Ontario

www.ocdontario.org

One Parent Families Association Ottawa Chapter

www.ncf.ca.opfa

Ontario Federation for Cerebral Palsy

www.ofcp.on.ca

Ontario Federation of Teaching Parents

www.ontariohomeschool.org

Ontario Medical Association

www.oma.org

Ottawa Anaphylaxis Support Group

www.ottawaasg.com

Ottawa Carleton LifeSkills Inc.

www.olc.ca

Ottawa Deaf Centre

www.ottawadeafcentre.org

Ottawa Independent Living Resource Centre

www.ocilc.com

Ovarian Cancer Canada

www.ovariancanada.org

Overeaters Anonymous

www.aa-ottawa.ca

P

Parent Finders Canada

www.parentfinders.org

Parent Finders - National Capital Region

www.members.aol.com/pfnrcr

Parent Resource Centre - Ottawa

www.parentresource.on.ca

Parkinson Society of Ottawa

www.parkinson.ca

PFLAG

www.gaycanada.com/pflag-ottawa

Pink Triangle Services

www.pinktriangle.org

**Planned Parenthood -
Ottawa**

www.ppottawa.ca

**Prostate Cancer Association of Ot-
tawa-Carleton**

www.pca.ncf.ca

**Psychiatric Survivors of
Ottawa (P.S.O.)**

www.psychiatricsurvivors.org

Q

R

Recoveries Anonymous

www.r-a.org

Recovery Inc.

www.recovery-inc.com

**Recovering Couples
Anonymous**

www.recovering-couples.org

S

**S-Anon International Family
Groups**

www.sanon.org

**Salvation Army - Bethany Hope
Centre**

www.bethanyhc.ca

**Saskatchewan Awareness of Post
Polio**

www.geocities.com/sapponline

Schizophrenia Society of Canada

www.schizophrenia.ca

**Self-Help Resource
Association of BC**

www.vcn.bc.ca/shra

**Selective Mutism -
Childhood Anxiety Network**

www.selectivemutism.org

**Self Help Resource Centre of
Toronto**

www.selfhelp.on.ca

Sex Addicts Anonymous

www.slaa-ontario.org

Sexaholics Anonymous

www.sa.org

Sex and Love Addicts Anonymous

www.slaafws.org

T

The Arthritis Society

www.arthritis.ca

The Lung Association

www.lung.ca

**The Lung Association -
Ontario**

www.on.lung.ca

**Thyroid Foundation of
Canada**

www.thyroid.ca

**Thyroid Foundation of
Canada Ottawa Chapter**

http://ottawa_thyroid.ncf.ca/

**Tourette Syndrome Foundation of
Canada**

www.tourette.ca

**Tourette Syndrome Foundation of
Canada - Ottawa Chapter**

www.tsottawa.com

**Turner Syndrome Society of
Canada**

www.turnersyndrome.ca

U

United Ostomy Support Group

www.ostomyottawa.ca

V

**Voice for Hearing Impaired
Children**

www.voicefordeafkids.com

Voices of Positive Women

www.vopw.org

