

# CCI OTTAWA SERVICES

219 ARGYLE AVE.  
613-232-9634



# HOW CCI IS ORGANIZED

## 1st Floor

### YOUR FIRST VISIT

All clients must check in at Reception. New clients will register and meet an intake counsellor to discuss your needs. If a follow-up visit is needed, you will be assigned a counsellor. All future visits will be appointment only.

### CURRENT CLIENTS

Newcomers who are already clients still need to check in with the Reception Desk on the main floor. If you have an appointment, your counsellor will be contacted and will meet you in Reception. An appointment guarantees you will get to visit your counsellor. Counsellors work out of the office 50 per cent of the time, so that's why you need to make an appointment.

# EMPLOYMENT

Our employment team can help you with resumes, cover letters, online job applications, job searches and more. Workshops are held twice a month. Weekly e-newsletter provides more tips and job links. Contact: [gaudence@cciottawa.ca](mailto:gaudence@cciottawa.ca)

# CITIZENSHIP PREP

Are you ready to become a Canadian citizen? Get ready for the citizenship test and learn how to fill out the documents. Contact: Mussie at 613-232-9634.

# YOUTH ACTIVITIES

For young newcomers, ages 14-29, we offer a variety of social, recreational and sport activities to help you make friends, have fun or learn a new skill. Contact: [communityconnections@cciottawa.ca](mailto:communityconnections@cciottawa.ca)

# LANGUAGE

Do you want to practise your English or French? Join our Conversation Circles where you and other newcomers get to practise your English with a volunteer. Contact: [emily@cciottawa.ca](mailto:emily@cciottawa.ca)

# CRISIS COUNSELLING

Are you feeling overwhelmed? Are you dealing with past trauma?

# FOOD PANTRY

Do you need help buying groceries? Do you need a few extra food items? Our emergency food pantry might be able to help you.

# LEGAL ADVICE

Do you need to speak with an immigration lawyer or an immigration consultant? We can provide you with names and numbers of lawyers

# EDUCATION

Enrolling your children into school for the first time and need help? Need help with your homework? Need help figuring how the university or college system?



# HOUSING

Are you at risk of eviction? Do you need to know what your rights are as a tenant? Do you get along with your landlord? If you need help, our housing team is here for you.

# PERMANENT RESIDENCY

Are you ready to apply for permanent residency? Do you need help finding the documents and filling them out.

# LIFE SKILLS

Do you want help adapting to life in Canada? Are you ready to take the next step in your settlement journey but need help figuring it out? We can help you with life skills.

# SPONSORSHIP

Do you want to sponsor a refugee or family members? Contact 613-232-9634

# MATCHING

Do you want to be connected to a Canadian volunteer who can help you with education or work? Contact [Eddie@cciottawa.ca](mailto:Eddie@cciottawa.ca) to learn more about how a mentor can help you on your settlement journey in Canada.

# PARENTING SKILLS

Parenting is a big job. It can be overwhelming at times, especially when you're adapting to life in a new country. Let us help you. xt. 5

## OTHER ORGANIZATIONS IN THE BUILDING

### IWSO: 4th Floor

IWSO provides immigrant and racialized women and their families with the supports and tools to achieve their full potential as members of Canadian society and participate in the elimination of all forms of abuse against women and children. Contact: 613-729-3145.

**Don't see what you're looking  
for? Call 613-232-9634**

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