

# Ottawa GBV Resources for Men

Here are some of your options if you have experienced sexual harassment, relationship abuse or sexual assault.

## Call someone you trust to support you

If you have a trusted friend, family member, elder or mentor in your life, consider asking them to support you.

## Call a crisis line

<p><b>Ottawa Distress Centre</b>  <a href="https://www.dcottawa.on.ca/">https://www.dcottawa.on.ca/</a>                  24 hour crisis support: (613) 238-3311</p>	<p><b>Provincial crisis line</b>                  Support for male-identifying survivors of sexual violence                  24-hour, multilingual, toll-free phone line for immediate crisis and referral services:                  1-866-887-0015</p>
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## Call the police services

- Emergency, 24 hours: 911
- [Sexual Assault and Child Abuse Unit](#): (613) 236-1222 ext 5944
- [Victim Crisis Unit](#): provides short-term crisis counselling for people affected by sexual and domestic violence at (613) 236-1222 ext 5822
- [Partner Assault Unit](#): (613) 236-1222 ext 5407

## Seek medical attention if needed

<p><b>Adults</b></p> <p>Ottawa Hospital Civic Campus : 24 hour                  (613) 761-4366                  TTY (613) 761-4140</p> <p><a href="#">Ottawa Hospital Sexual Assault and Partner Abuse Care Program</a> supports people of all genders affected by sexual violence or domestic abuse.</p>	<p><b>Children and Youth</b></p> <p>Children’s Hospital of Eastern Ontario</p> <p>- Within 72 hours of assault - 24 hour:                  (613) 737-2328</p> <p>- Over 72 hours after assault – 24 hour:                  (613) 737-7600</p>
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Lanark County Sexual Assault & Domestic Violence: 24 hours at (613) 283-2330 ext 1258

## Community programs that support men dealing with GBV

### Walk-in counselling

General counselling and walk-in counselling is available at [Jewish Family Services](#), [Family Services Ottawa](#), [Counselling and Family Services](#) and [community health centres](#) across Ottawa.

### [Counselling and Family Services](#)

Individual counselling and groups at several sites across the city for male survivors of sexual abuse.

### [Ottawa Victim Services](#)

Crisis counselling and temporary shelter for anyone fleeing domestic abuse.

### [Men and Healing](#)

Individual counselling and groups for men affected by unwanted sexual experiences, including childhood abuse.

### [Ottawa Men's Refuge](#)

An emerging shelter service for men affected by partner abuse. At present, OMR offers an online referral tool to help you find out what services are right for you, and plans to offer groups for men in the near future.

### [Wabano Aboriginal Health Centre](#)

Walk-in counselling and men's groups for Indigenous men.

### [Odawa Native Friendship Centre](#)

[Kizhaay Anishnaabe Niin \(I Am a Kind Man\)](#) is a group for Indigenous men to heal from family violence (as a survivor, witness to abuse or aggressor).

### [Kindspace](#)

Offers a gender-inclusive LGBTTTQ+ friendly [men's group](#) (not specifically focused on violence).

## Resources for dads and kids

It can be tough to be a parent, especially when there are abusive patterns in the family. These play-groups and programs help dads connect with their kids, other parents and community resources.

### Bethany Hope Center – Support for Young Parent Families

820 Woodroffe Avenue, Ottawa, Ontario K2A 3V7

(613) 725-1733

[info@bethanyhopecentre.ca](mailto:info@bethanyhopecentre.ca)

Fathering Worker - Debbie Wong

[Debbie\\_wong@can.salvationarmy.org](mailto:Debbie_wong@can.salvationarmy.org)

613-725-1733

“Fathers at Bethany Hope Centre are welcomed to use almost all of the supports and services that we provide. We also try to provide some fathering specific programs which acknowledge that there are unique elements to the fathering role that must be acknowledged and supported.”

### Muslim Family Services Ottawa (MFSO)

375 Somerset St W, Ottawa, ON K2P 0K1

(613) 232-0210

[info@mfsocan.ca](mailto:info@mfsocan.ca)

Caring Dads program

Counselling services

Career and job assistance

Senior Services, etc.

### Rural Family Connections

8243 Victoria Street, Metcalfe

613-821-2899

Please call for programs for dads

Play groups available

## Ten Oaks Project

251 Bank Street, Floor 2, Ottawa, Ontario K2P 1X3  
(613) 614-1537

LGBTQ2A+ family camp and camps for kids; not specifically a violence prevention program, but a safe space

## Ottawa Inuit Children's Center

Early Years:

224 & 230 McArthur Ave, Vanier, ON, K1L 6P5

Youth Centre:

76 Queen Mary Street, Vanier, ON, K1K 1X7

613-744-3133 ext. 232

For programs: Trudy Metcalfe, 613-744-3133, ext. 219

For breakfast and play with dad: James Mutyaba 613-744-3133 ext. 216

Inuit focused parenting programs → MEALS, BUS TICKETS, & CHILD CARE PROVIDED

Men's Programs

Breakfast & Play with dad

Parent Counselling

Home visits, etc.

## Pinecrest Queensway Community Health Center

1365 Richmond Road, 2nd floor, Ottawa, Ontario K2B 6R7

613-820-4922

[info@pqchc.com](mailto:info@pqchc.com)

Housing Support

System Navigation

## Ontario Early Years Centre – Ottawa South

2330 Don Reid

Drop-in playgroup for dads and their children. Please call 613-737-6369 for more info.

## Centerpointe Childcare Services

75 Hemmingwood Way, Ottawa ON K2G 5T6  
(613) 225-9678

Drop in group for dads: 613-225-4819

Drop in group for dads and their children

Toy library

Various FREE and INCLUSIVE workshops (incl. things like sleep and routines and car seat safety)

## Dad Central

Brian Russell, Dad Central Ontario Provincial Coordinator  
613 257 2778 ext. 3108  
[ontario@dadcentral.ca](mailto:ontario@dadcentral.ca)

This is a website for dads to get connected to resources.

<http://www.dadcentral.ca/ontario/>

## Family Services Ottawa

312 Parkdale Avenue, Ottawa, ON, K1Y 4X5  
613-725-3601 ext. 0  
[fsfo@familyservicesottawa.org](mailto:fsfo@familyservicesottawa.org)

LGBTQ+ Around the Rainbow family program

Just For Dads workshop . . . the nuts and bolts of parenting

Parenting through high conflict separation and divorce

Various Parenting Classes

Anger management classes

## Western Ottawa Community Resource Center

2, MacNeil Court, Kanata, ON, K2L 4H7  
613-591-3686  
[info@wocrc.ca](mailto:info@wocrc.ca)

Programs for fathers are available, please call for more information

Somerset West Community Health Center

55 Eccles Street, Ottawa, ON K1R 6S3  
613-238-8210

Seahorses Gym Squad for dads and their children aged 3-7 years. Please contact Leslie for more info and location at 613-238-8210x2503

Free monthly dental screenings

Sexual health services

Vanier Community Service Center

290 Dupuis St.  
613-744-2892

Drop-in playgroup for dads and their children. Please call 613-744-2892 ext. 1432 for more info.

Food bank (different location than above, call for info)

Counselling

Job hunting help

St. Mary's Outreach

780 rue l'Eglise Street, Ottawa, Ontario K1K 3K7  
(613) 749-2491

Super Dads, Super Kids Program for fathers with children up to 5 years of age. Please contact Brian for more info at 749-4584x711.

Young Fathers Program. Please contact Brian for more info at 749-4584x711