



TEN YAD
O F O T T A W A

Ottawa Relocation Resource Guide

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MEDICAL & EMERGENCY

Police/Fire/Ambulance.....911

Hospitals

Children’s Hospital of Eastern Ontario (CHEO).....613-737-7600

www.cheo.on.ca

401 Smyth Rd.

Queensway Carleton Hospital - 3045 Baseline Rd613 721-2000

<https://www.qch.on.ca/>

3045 Baseline Road

Ottawa Hospital.....613-722-7000

www.ottawahospital.on.ca

Civic Campus - 1053 Carling Ave

General Campus - 501 Smyth Rd

Riverside Campus (No Emergency Department) – 1967 Riverside Dr

KASHRUS, GROCERIES & RESTAURANTS

Kashrus Inquiries

Ottawa Vaad Hakashrus (Rabbi Levy Teitlebaum).....613-782-3836

Grocers Carrying Kosher Goods

Ottawa

College Square Loblaws.....613-723-3200

1980 Baseline Road (at Woodroffe)

www.loblaws.ca

The only grocery store in Ottawa with kosher meat and extensive kosher selection

Open 24 hrs

Metro Greenbank (has a small kosher section)..... 613-828-9321

250 Greenbank Road

Open 8am - 10pm

Cedars & Co Food Market (has a small kosher section).....613-422-6526

1793 Kilborn Ave.

Open 9 am -10 pm

Ten Yad of Ottawa does not endorse any of the following companies, products, or organizations and is providing this list for information purposes only.

Montreal

Fooderie.....514-279-3663
Order via <https://www.fooderiemarket.com> or download their app
Delivers Thursdays to Ottawa

J&R Kosher.....514-369-2727
Order via <https://www.jrkosher.com/>
Delivers Thursdays to Ottawa

Kosher Bakeries

Farm Boy offers Rideau Bakery bread at all locations. Many Farm Boy brand products are also certified kosher under the Ottawa Vaad HaKashrut.

Ottawa Bagelshop & Deli – NB: *only select items are kosher-certified*.....613-722-8753
1321 Wellington St.

Strawberry Blonde Bakery..... 613-725-2253
Press #1 for Westboro / Press #2 for Kanata
111 Richmond Road
767 Silver Seven Road Unit 17
*please look for special signage on items that aren't yet certified

For a list of currently available kosher bread and baked goods:
<https://ovhkosher.ca/keeping-kosher/baked-goods>

Kosher Restaurant

Village Café by A Dashing Pinch..... adashingpinch@gmail.com
21 Nadolny Sachs, inside the Jewish Community Centre www.dashingpinch.ca
Pre-order with curbside pickup during Covid-19 pandemic

Kosher Caterers

A Dashing Pinch <https://www.dashingpinch.ca/>
Creative Kosher Catering <http://www.creativekosher.com/>
(or search Creative Kosher Catering on Facebook)

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Liquor Stores

LCBO – Market Square.....613-825-1160
120 Riocan Ave.

LCBO.....613-224-4611
1363 Woodroffe Ave (at Baseline)

LCBO.....613-523-7763
1980 Bank Street
Wide selection of kosher wines

TRANSPORTATION

OC Transpo Light Rail (LRT) & Buses613-741-4390
Fares, schedules and a Trip Planner Tool can be found at.....www.octranspo.com
Uses the “PRESTO Card” system – a reusable, reloadable card that can be swiped on board to pay fares. Visit <https://www.octranspo.com/en/fares/payment/presto/> for more information and to purchase your card.

OC Transpo also offers an app to help plan trips and track bus wait times.

West-Way Taxi.....613-727-0101

Blue Line Taxi.....613-238-1111

Uber (smartphone app)
Uber is licensed to operate in Ottawa

OTHER SERVICES

Finding a Doctor

The Ontario Ministry of Health and Long Term Care (MOHLTC) recommends 2 ways to find a family doctor. You can visit their website at <https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner> to find out more. Visits to a doctor or nurse practitioner are publicly funded – meaning you don't have to pay.

Register with MOHLTC's [Health Care Connect](#) service and have a nurse find a doctor or nurse practitioner for you OR

Use The College of Physicians and Surgeons of Ontario's [Find a Doctor search](#).

1. choose “**Advanced Search**” to find a doctor near you
2. click on “**Additional Search Options**” to narrow your search
3. contact the doctor to check if they are accepting new patients

Soloway Jewish Community Centre

Offers fitness facilities, programs, library, and various classes. Is home to a number of Jewish community organizations including JET, the Jewish Federation of Ottawa, the Jewish Bulletin, and the Ottawa Jewish Public Library.

21 Nadolny Sachs Private.....613-798-9818
<https://www.jccottawa.com/>

Jewish Family Services

Jewish Family Services of Ottawa (JFS) is a full service, non-sectarian agency serving residents of the greater Ottawa area. They offer more than 65 programs and services to children, youth, adults and seniors, be they individuals, couples, families or groups.

2255 Carling Avenue, Suite 300..... 613-722-2225
info@jfsottawa.com
<https://www.jfsottawa.com/>

Jewish Ottawa InfoCentre

Are you new to Ottawa? We provide a welcome kit for newcomers and will help with all questions about services, programs and the community.....Lindsay Newman 613-798-4696, ext. 355
<https://jewishottawa.com/>

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Jewish Youth Library

A great collection of Jewish books for kids and adults, as well as a wide range of programs for the community, from preschoolers to seniors.

192 Switzer Ave.613-729-1619
<https://www.jewishyouthlibrary.com/>

Jewish Education through Torah (JET)

JET provides a wide variety of classes, programs, small group study opportunities and more to Jews of all backgrounds and levels of knowledge and practice. Let JET help you make your connection to Judaism more vibrant, meaningful and inspiring.

Contact: Rabbi Zischa and Lauren Shaps

<https://www.jetottawa.com/>

Glebe Shul.....<https://www.jetottawa.com/glebe-shul/>

Contact: Rabbi Kasriel and Pessie Gewirtzman

A hub where Jewish young professionals can meet new friends and connect to the Jewish community.

Mikveh

Women's mikveh:

Naomi Bulka Community Mikveh, located *behind* the JCC613-798-9818 ext. 287
 Please note: by appointment only.

Keilim (Dish) Mikveh:

Located *inside* the JCC, ask the front desk!.....613-798-9818

Schools and Daycares

Ottawa Jewish Community School (K-8)

31 Nadolny Sachs Private<https://www.theojcs.ca/>

Torah Day School of Ottawa (JK-8)

1119 Lazard St <https://www.torahday.ca/>

Westboro Jewish Montessori Preschool (18 mos-6 yrs)

192 Switzer Ave<https://www.westborojewishmontessoripreschool.org/>

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Ganon Preschool (18 mos- JK)
21 Nadolny Sachs Private <https://www.jccottawa.com/ganon/>

Early Beginnings Daycare (18 mos-5 yrs)
11 Nadolny Sachs Private..... <http://www.earlybeginningsottawa.ca/>

Ten Yad Contact Information

For information regarding assistance to individuals and families facing acute situations and Kosher Pantries in hospitals..... 613-618-0485
www.tenyad.ca

Social Media

Facebook Groups: Ottawa Kosher Foodies; Jewish Ottawa Helps (Covid support); Ottawa Jewish Give ‘n Get; Ottawa Jewish Buy ‘n Sell

Becoming an Ottawan

City of Ottawa.....311
The city is responsible for services to residents and business including garbage and recycling, recreation and parks, by-laws and permits www.ottawa.ca
Resources for newcomers: <https://ottawa.ca/en/residents/social-services/immigrants>

Service Ontario..... 1-800-267-8097
Driver’s licences, plate stickers, health cards, birth certificates and other services provided by the Ontario government <https://www.ontario.ca/page/serviceontario>

Service Canada1-800-0-Canada
Service Canada provides Canadians with a single point of access to a wide range of services and benefits provided by the Federal government (e.g. Employment Insurance, Canada Child Benefit, Passport services, Job Bank)
<https://www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html>

Citizenship and Immigration Canada
Information from the Canadian government on how to immigrate to Canada
<https://www.canada.ca/en/immigration-refugees-citizenship/services/immigrate-canada.html>

Ottawa Jewish Telephone Directory (Na’amat Ottawa).....613-722-2932
To acquire a copy and/or get listed, call or email naamatottawa@yahoo.com
Includes a more extensive reference list of local Jewish organizations

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Utilities*Electricity*

Hydro Ottawa613-739-6400
<https://hydroottawa.com/>
 Hydro One (rural areas)..... 1-888-664-9376
www.hydroone.com

Natural gas

Enbridge1-877-362-7434
www.enbridgegas.com

Water and sewer

.....311
www.ottawa.ca

IN YOUR AREA**Drop-In Medical Clinics****Barrhaven**

Appletree Medical Group Centres
 2573 Baseline Rd. (at Greenbank)613-721-8630
 2948 Baseline Rd. (Bells Corners).....613-288-2059

Craig Henry/Centrepointe

Appletree Medical Group Centres
 1595 Merivale Rd. 613- 482-0118
 3001 Carling613-482-0118
 For hours and wait times: www.appletreemedicalgroup.com

Carlingwood Medical Centre.....613-728-4640
 348 Woodroffe Ave.

College Square Medical Centre.....613-224-6606
 1980 Baseline Rd (at Woodroffe)

Alta Vista

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Kilborn Medical Centre.....613-523-7474
1385 Bank St. Suite 100

Bank Medical Centre.....613-521-2391
1935 Bank St.

Aim Health Group.....613-731-2244
550 Terminal Ave. www.aimhealthgroup.com

1582 Bank St.613-482-0118
For hours and wait times: www.appletreemedicalgroup.com

Pharmacies

Barrhaven

Shoppers Drug Mart
3151 Strandherd Drive (Strandherd Crossing).....613-825-8717
3781 Strandherd Drive (Town Centre)613-825-9151

Loblaws Pharmacy (Barrhaven Market Square)..... 613-825-3748
3201 Greenbank Road

Walmart Pharmacies
2525 100 Bayshore Ave. 613-828-5482
3651 Strandherd Dr.613 823-8714

Westboro

Shoppers Drug Mart
1309 Carling Ave (Westgate Shopping Centre) **open 24 hours**613-722-4277

Rexall
1415 Carling Ave (Hampton Park plaza)..... 613-729-0375

DRUGStore Pharmacy
190 Richmond Road (Real Canadian Superstore)613-722-2102

Craig Henry/Centrepointe

Rexall Pharma Plus..... 613- 224-7621
1363B Woodroffe Avenue (at Baseline)

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College Square Loblaws Pharmacy.....	613-723-3200
1980 Baseline Road (at Woodroffe)	
Walmart pharmacies	
1375 Baseline Rd.	613-224-2664
Shoppers Drug Mart	
181 Greenbank Rd.	613-820-1306

Alta Vista

Pharmasave Cyril	
1795 Kilborn	613-247-1070
Shoppers Drug Mart (open until midnight).....	
1582 Bank St.	613-523-9016
Shoppers Drug Mart (open until midnight).....	
1830 Bank St, Ottawa (Bank and Walkley)	613-737-3344
Rexall	
1670 Heron Road (Heron Gate Mall)	613-731-8087
Walmart Pharmacies	
2210 Bank Street.....	613-247-1033
450 Terminal Ave (Trainyards).....	613-562-3225
22 Data Centre Rd. (Billings Bridge).....	613-737-6898

Grocery Stores

Barrhaven

Loblaws	
3201 Greenbank Road (at Strandherd).....	613-823-8285
Metro – <i>open 24 Hours</i>	
250 Greenbank Road	613-828-9321

Westboro

Metro – <i>open 24 Hours</i>	
1705 Merivale	
Road.....	613-274-7274
Produce Depot.....	
	613-722 6106

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1855 Carling Ave

Food Basics613-224-1544
1465 Merivale Rd

Craig Henry/Centrepointe

College Square Loblaws – *open 24 hours*613-723-3200
1980 Baseline Road (at Woodroffe)

Alta Vista

Metro – *open 24 Hours*613-731-7410
2515 Bank St.

Farm Boy613-739-7199
1500 Bank Street (Blue Heron Mall)

Food Basics613-731 0066
1670 Heron Gate (Heron Gate Mall)

Loblaws South Keys613-733-1377
2210 C Bank St South

Independent
Billings Bridge 2241 Riverside Dr.613-733-1590
2681 Alta Vista Dr.....613-733-2311

Produce Depot
2446 Bank St.....613-521-9653
1855 Carling Ave.613-722-6106

Cedars & Co Food Market
1793 Kilborn Ave (has a small kosher section).....613-422-6526
1255 Bank St.....613-288-2797

Household goods, gardening, home improvement

Barrhaven

Home Depot
3779 Strandherd Dr.613-843-7900

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Wal-Mart - *also has a grocery section*
100 Bayshore Ave. 613-828-5482

Wal-Mart - *also has a grocery section*
3651 Strandherd Dr.613 823-8714

Canadian Tire – *also has car & mechanics services*
2501 Greenbank Road.....613-823-5278

Craig Henry/Centrepointe

Home Depot
1900 Baseline Rd613-739-5300

Wal-Mart - *also has a grocery section*
1375 Baseline Rd.613-224-2664

Westboro

Canadian Tire – *also has car & mechanics services*
1820 Merivale Road 613-224-9330

Alta Vista

Home Depot.....613-723-5900
2056 Bank Street

Walmart (*also has a grocery section*)
2210 Bank St.613-247-1184
450 Terminal Ave (Trainyards).....613-562-3225
22 Data Centre Rd. (Billings Bridge).....613-737-6898

Canadian Tire – *also has automotive service centre*.....613-733-6776
1170 Heron Road

Shopping Centres

Barrhaven/ Craig Henry/Centrepointe

Bayshore Shopping Centre (Nepean - West).....613-829-7491
100 Bayshore Drive <http://bayshore.shopping.ca>

Westboro

Carlingwood Shopping Centre (Westboro – West).....613-725-1546
Corner of Carling Ave. & Woodroffe Ave. <https://www.carlingwood.com/>

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Westgate Shopping Centre (Westboro - West).....613-722-3433
1309 Bathurst St www.westgateshoppingcentre.ca

Downtown

Rideau Centre (Downtown).....613-236-6565
50 Rideau Street <https://www.cfshops.com/rideau-centre.html>

Alta Vista

Billings Bridge (Alta Vista - East).....613-733-2982
<https://billingsbridge.com/>

St Laurent Shopping Centre (East).....613-842-4133
1200 St Laurent Blvd www.stlaurent-centre.com

Orthodox Shuls & Minyanim

Barrhaven

Ottawa Torah Centre Chabad.....613-823-0866
111 Lamplighters Drive www.ottawatorahCentre.com
Rabbi Menachem Mendel Blum

Craig Henry/Centrepointe

Congregation Beit Tikvah of Ottawa.....613-723-1800
15 Chartwell Ave. www.cbto.org
Rabbi Howard Finkelstein

Chabad of Centrepointe.....613-594-4900
261 Centrepointe Dr. www.chabadcentrepointe.com
Rabbi Chaim Mendelsohn

Westboro

Young Israel of Ottawa.....613-722-8394
762 Carling Ave. <http://www.yiofo.ca>
Rabbi Gavriel Rudin
info@yiofo.ca

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Hillel Lodge (*only shabbos morning and yom tov*).....613- 728-3900
 10 Nadolny Sachs Private
 Rabbi Levy Teitelbaum

Chabad Lubavitch of Ottawa613-688-2025
 889 Lady Ellen Place www.chabadottawa.ca
 Rabbi Yehoshua Botnick

Downtown

Finkelstein Chabad Jewish Centre613-601-7701
 254 Freil St. <https://www.chabadstudentnetwork.com>
 Rabbi Chaim Boyarsky

Orthodox Community Ohev Yisroel.....613-321-6200
 516 Rideau St.
 President: Hershel Teitlebaum heshel@science.uottawa.ca

Glebe Shul
 5th Avenue
 Rabbi Kasriel Gewirtzman <https://www.jetottawa.com/glebe-shul/>

Alta Vista

Congregation Machzikei Hadas613-521-9700
 2310 Virginia Dr. www.cmhottawa.ca
 Rabbi Idan Scher
 Rabbi Emeritus Dr. Reuven Bulka