



TEN YAD  
O F O T T A W A

# Ottawa Relocation Resource Guide

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

## MEDICAL & EMERGENCY

Police/Fire/Ambulance... .....911

### Hospitals

Children’s Hospital of Eastern Ontario (CHEO)... .....613-737-7600  
[www.cheo.on.ca](http://www.cheo.on.ca)  
 401 Smyth Rd.

Queensway Carleton Hospital - 3045 Baseline Rd..... 613 721-2000  
<https://www.qch.on.ca/>  
 3045 Baseline Road

Ottawa Hospital... .....613-722-7000  
[www.ottawahospital.on.ca](http://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  
[www.ovhkosher.ca](http://www.ovhkosher.ca)

### Grocers Carrying Kosher Goods

#### *Ottawa*

College Square Loblaws... .....613-723-3200  
 1980 Baseline Road (at Woodroffe) [www.loblaws.ca](http://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

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**Montreal**

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

Kettleman’s Bagels College Square (only select items are kosher).....613-422-6624  
1365 Woodroffe Ave.

**As of June 2023**

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

Keepin’ It Vegan.....613-291-3300  
3 Chartwell Ave.  
Kvbakery.ca

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](mailto:adashingpinch@gmail.com)  
21 Nadolny Sachs, inside the Jewish Community Centre [www.dashingpinch.ca](http://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)

**Liquor Stores**

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

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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) & Buses ..... 613-741-4390  
Fares, schedules and a Trip Planner Tool can be found at... [www.octranspo.com](http://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](mailto: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/>

## **Mikveh**

Women's mikveh:

Naomi Bulka Community Mikveh, located *behind* the JCC .....613-798-9818 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/>

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](http://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](http://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 Canada* ..... 1-800-0-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](mailto:naamatottawa@yahoo.com) Includes a more extensive reference list of local Jewish organizations

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**Utilities***Electricity*

Hydro Ottawa..... 613-739-6400

<https://hydroottawa.com/>

Hydro One (rural areas)... .. 1-888-664-9376

[www.hydroone.com](http://www.hydroone.com)*Natural gas*

Enbridge..... 1-877-362-7434

[www.enbridgegas.com](http://www.enbridgegas.com)*Water and sewer*..... 311[www.ottawa.ca](http://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 Carling..... 613-482-0118

For hours and wait times: [www.appletreemedicalgroup.com](http://www.appletreemedicalgroup.com)

Carlingwood Medical Centre... .. 613-728-4640

348 Woodroffe Ave.

College Square Medical Centre... ..613-224-6606

1980 Baseline Rd (at Woodroffe)

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**Alta Vista**

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](http://www.aimhealthgroup.com)

1582 Bank St... 613-482-0118  
For hours and wait times: [www.appletreemedicalgroup.com](http://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)... 613-523-9016  
1582 Bank St.

Shoppers Drug Mart (open until midnight)... 613-737-3344  
1830 Bank St, Ottawa (Bank and Walkley)

Rexall ..... 613-731-8087  
1670 Heron Road (Heron Gate Mall)

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  
250 Greenbank Road..... 613-828-9321

#### **Westboro**

Metro .....613-274-7274  
1705 Merivale Road

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Produce Depot..... 613-722 6106  
1855 Carling Ave

Food Basics..... 613-224-1544  
1465 Merivale Rd

### **Craig Henry/Centrepointe**

College Square Loblaws .....613-723-3200  
1980 Baseline Road (at Woodroffe)

### **Alta Vista**

Metro ..... 613-731-7410  
2515 Bank St.

Farm Boy .....613-739-7199  
1500 Bank Street (Blue Heron Mall)

Food Basics..... 613-731 0066  
1670 Heron Gate (Heron Gate Mall)

Loblaws South Keys... .....613-733-1377  
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 Rd ..... 613-739-5300

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](http://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](http://www.stlaurent-centre.com)

## **Orthodox Shuls & Minyanim**

### **Barrhaven**

Ottawa Torah Centre Chabad... 613-823-0866  
111 Lamplighters Drive  
[www.ottawatorahCentre.com](http://www.ottawatorahCentre.com) Rabbi Menachem Mendel Blum

### **Craig Henry/Centrepointe**

Congregation Beit Tikvah of Ottawa... 613-723-1800  
15 Chartwell Ave. [www.cbto.org](http://www.cbto.org)  
Rabbi Howard Finkelstein

Chabad of Centrepointe... 613-594-4900  
261 Centrepointe Dr.  
[www.chabadcentrepointe.com](http://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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Chabad of Wellington West.....934-200-6463  
166 Huron Ave. [jewishww.com](http://jewishww.com)  
Rabbie Moshe Caytak

Chabad Lubavitch of Ottawa 613-688-2025  
889 Lady Ellen Place [www.chabadottawa.ca](http://www.chabadottawa.ca)  
Rabbi Yehoshua Botnick

**Downtown**

Finkelstein Chabad Jewish Centre ..... 613-601-7701  
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](mailto:heshel@science.uottawa.ca)

**Alta Vista**

Congregation Machzikei Hadas ..... 613-521-9700  
2310 Virginia Dr. [www.cmhottawa.ca](http://www.cmhottawa.ca)  
Rabbi Idan Scher

**Kanata**

Chabad of Kanata..... 613-668-2770  
2 Evanshen Cres [jewishkanata.org](http://jewishkanata.org)  
Rabbi Michoel Gerzshon