



TEN YAD
OF OTTAWA

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)

📍 401 Smyth Rd.

☎ 613-737-7600

🌐 www.cheo.on.ca

Queensway Carleton Hospital

📍 3045 Baseline Road

☎ 613-721-2000

🌐 www.qch.on.ca

The Ottawa Hospital

- Civic Campus - 1053 Carling Ave
- General Campus - 501 Smyth Rd
- Riverside Campus (No Emergency Department) – 1967 Riverside Dr

☎ 613-722-7000

🌐 www.ottawahospital.on.ca

Kashrus, Groceries & Restaurants

Kosher Inquiries

Ottawa Vaad Hakashrus (Rabbi Levy Teitlebaum)

☎ 613-782-3836

🌐 www.ovhkosher.ca

Grocers Carrying Kosher Goods

Ottawa

College Square Loblaws - *The only grocery store in Ottawa with kosher meat and extensive kosher selection*

📍 1980 Baseline Road (at Woodroffe)

☎ 613-723-3200

Metro Greenbank - *Has a small kosher section*

📍 250 Greenbank Road

☎ 613-828-9321

Cedars & Co Food Market - *Has a small kosher section*

📍 1793 Kilborn Ave.

☎ 613-422-6526

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Montreal

Fooderie - *Delivers Thursdays to Ottawa*

☎ 514-279-3663

🌐 Order via <https://www.fooderiemarket.com> or download their app

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.

🌐 www.farmboy.ca

Kettleman's Bagels College Square - *Select items are kosher*

📍 1365 Woodroffe Ave.

☎ 613-422-6624

Strawberry Blonde Bakery - *Look for special signage on items that aren't yet certified*

📍 111 Richmond Road (Westboro)

📍 767 Silver Seven Road Unit 17 (Kanata)

☎ 613-725-2253

Press #1 for Westboro / Press #2 for Kanata

Keepin' It Vegan

📍 3 Chartwell Ave.

☎ 613-291-3300

🌐 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

📍 21 Nadolny Sachs, inside the Jewish Community Centre

✉ adashingpinch@gmail.com

🌐 www.dashingpinch.ca

Keepin' It Vegan

📍 3 Chartwell Ave.

☎ 613-291-3300

🌐 Kvbakery.ca

Kosher Caterers

A Dashing Pinch

☎ 343-988-1587

🌐 www.dashingpinch.ca

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Cater4U

✉ orders@cater4u.ca

🌐 <https://www.cater4u.ca/>

Creative Kosher Catering

☎ 613-788-2713

🌐 www.creativekosher.com or search Creative Kosher Catering on Facebook

Yugi Rolls – Ottawa Vegan Chinese Food

📍 2310 Virginia Dr.

☎ 613-416-2388

🌐 <https://www.yugirolls.com/>

Liquor Stores

LCBO – Market Square

📍 120 Riocan Ave.

☎ 613-825-1160

LCBO – College Square

📍 1363 Woodroffe Ave (at Baseline)

☎ 613-224-4611

LCBO - *Wide selection of kosher wines*

📍 1980 Bank Street

☎ 613-523-7763

Transportation

OC Transpo Light Rail (LRT) & Buses

☎ 613-741-4390

🌐 www.octranspo.com for Fares, schedules and a Trip Planner Tool

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

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Other Services

Finding a Doctor

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

💻 www.jcottawa.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

💻 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

💻 www.jewishottawa.com

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

💻 www.jewishyouthlibrary.com

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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

 www.jetottawa.com

Mikveh


Women's mikveh - by appointment only

Naomi Bulka Community Mikveh, located *behind* the JCC (21 Nadolny Sachs Private).

 613-798-9818 ext. 287


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

 613-722-0020

 www.theojcs.ca

Torah Day School of Ottawa (JK-12)


 1119 Lazard St

 613-274-0110

 www.torahday.ca


Westboro Jewish Montessori Preschool (18 mos-6 yrs)


 192 Switzer Ave

 613-729-1619

 www.westborojewishmontessoripreschool.org


Ganon Preschool (18 mos- JK)


 21 Nadolny Sachs Private

 613-798-9818

 www.jccottawa.com/ganon/

Early Beginnings Daycare (18 mos-5 yrs)

 11 Nadolny Sachs Private

 613-722-5157

 www.earlybeginningsottawa.ca

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OTC Chabad Hebrew School

📍 111 Lamplighters Dr.

☎ 613-843-7770

🌐 https://www.theotc.org/templates/section_cdo/aid/1432405/jewish/Hebrew-School.htm

✉ Rabbi Leibel leibel@theotcorg

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, Ottawa Jewish Give 'n Get, Ottawa Jewish Buy 'n Sell

Becoming an Ottawan

City of Ottawa

The city is responsible for services to residents and business including garbage and recycling, recreation and parks, by-laws and permits

☎ 311

🌐 www.ottawa.ca

Resources for newcomers: <https://ottawa.ca/en/residents/social-services/immigrants>

Service Ontario

Driver's licenses, plate stickers, health cards, birth certificates and other services are provided by the Ontario government.

☎ 1-800-267-8097

🌐 www.ontario.ca/page/serviceontario

Service 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)

☎ 1-800-O-Canada (1-800-622-6232)

🌐 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)

Includes a more extensive reference list of local Jewish organizations.

To acquire a copy and/or get listed, call or email Na'amat Ottawa.

✉ naamatottawa@yahoo.com

☎ 613-722-2932

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Utilities

Electricity

Hydro Ottawa

☎ 613-739-6400

🌐 www.hydroottawa.com

Hydro One (rural areas)

☎ 1-888-664-9376

🌐 www.hydroone.com

Natural gas

Enbridge

☎ 1-877-362-7434

🌐 www.enbridgegas.com

Water and sewer

☎ 311

🌐 www.ottawa.ca

In Your Area

Drop In Medical Clinics

🌐 <https://www.champlainhealthline.ca/listServices.aspx?id=10072>

These medical clinics offer walk-in or same-day non-urgent care, often without an appointment. Doctors and nurses at these clinics can assess and treat minor illnesses and injuries. Some walk-in medical clinics may contain an associated family practice, or host after-hours clinics.

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)

📍 3201 Greenbank Road

☎ 613-825-3748

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Walmart Pharmacies

📍 100 Bayshore Dr. Unit 10

☎ 613-828-5482

📍 3651 Strandherd Dr.

☎ 613 823-8714

Westboro

Shoppers Drug Mart

📍 1309 Carling Ave (Westgate Shopping Centre)

☎ 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)

College Square Loblaws Pharmacy

📍 1980 Baseline Road (at Woodroffe)

☎ 613-723-3200

Walmart pharmacy

📍 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

📍 1582 Bank St.

☎ 613-523-9016

📍 1830 Bank St. (Bank and Walkley)

☎ 613-737-3344

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Rexall

📍 1670 Heron Road (Heron Gate Mall)
☎ 613-731-8087

Walmart Pharmacies

📍 2210 Bank Street (South Keys)
☎ 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

Westboro

Metro

📍 1705 Merivale Road
☎ 613-274-7274

Produce Depot

📍 1855 Carling Ave.
☎ 613-722 6106

Food Basics

📍 1465 Merivale Road
☎ 613-224-1544

Craig Henry/Centrepointe

Loblaws College Square

📍 1980 Baseline Road (at Woodroffe)
☎ 613-723-3200

Metro

📍 250 Greenbank Road
☎ 613-828-9321

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Alta Vista

Metro

📍 2515 Bank St.
☎ 613-731-7410

Farm Boy

📍 1500 Bank Street (Blue Heron Mall)
☎ 613-739-7199

Food Basics

📍 1670 Heron Gate (Heron Gate Mall)
☎ 613-731 0066

Loblaws South Keys

📍 2210 C Bank St South
☎ 613-733-1377

Independent

📍 2241 Riverside Dr (Billings Bridge)
☎ 613-733-1590

📍 2681 Alta Vista Dr
☎ 613-733-2311

Produce Depot

📍 2446 Bank St
☎ 613-521-9653

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

Wal-Mart - also has a grocery section

📍 100 Bayshore Ave
☎ 613-828-5482

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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

📍 2056 Bank Street

☎ 613-723-5900

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

📍 1170 Heron Road

☎ 613-733-6776

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Shopping Centres

Barrhaven/Craig Henry/Centrepointe

Bayshore Shopping Centre (Nepean - West)

📍 100 Bayshore Drive

☎ 613-829-7491

💻 <http://bayshore.shopping.ca>

Westboro

Carlingwood Shopping Centre (Westboro – West)

📍 2121 Carling Ave. (Corner of Carling Ave. & Woodroffe Ave.)

☎ 613-725-1546

💻 <https://www.carlingwood.com/>

Westgate Shopping Centre (Westboro – West)

📍 1309 Carling Ave.

☎ 613-722-3433

💻 www.westgateshoppingcentre.ca

Downtown

Rideau Centre (Downtown)

📍 50 Rideau Street

☎ 613-236-6565

💻 <https://www.cfshops.com/rideau-centre.html>

Alta Vista

Billings Bridge

📍 2269 Riverside Dr.

☎ 613-733-2982

💻 <https://billingsbridge.com/>

St Laurent Shopping Centre (East)

📍 1200 St Laurent Blvd

☎ 613-842-4133

💻 <https://stlaurentshoppingcentre.com/>

Orthodox Shuls & Minyanim

Barrhaven

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

Craig Henry/Centrepointe

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

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

Westboro

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

Chabad of Wellington West
📍 166 Huron Ave.
☎ 934-200-6463
🌐 www.jewishww.com
Rabbie Moshe Caytak

Chabad Lubavitch of Ottawa
📍 889 Lady Ellen Place
☎ 613-688-2025
🌐 www.chabadottawa.ca
Rabbi Yehoshua Botnick

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Downtown

Finkelstein Chabad Jewish Centre

📍 254 Freil St.

☎ 613-601-7701

🌐 <https://www.chabadstudentnetwork.com>

Rabbi Chaim Boyarsky

Orthodox Community Ohev Yisroel

📍 516 Rideau St.

☎ 613-321-6200

✉ hershel@science.uottawa.ca

President: Hershel Teitlebaum

Alta Vista

Congregation Machzikei Hadas

📍 2310 Virginia Dr.

☎ 613-521-9700

🌐 www.cmhottawa.ca

Rabbi Idan Scher

Kanata

Chabad of Kanata

📍 2 Evanshen Cres

☎ 613-668-2770

🌐 www.jewishkanata.org

Rabbi Michoel Gerzshon