

Human Needs Task Force Xaqiiqada Xaanshida Illaha Cuntada oo Waayeelada La gooniyeeyay

Warbixinta iyo illaha hoose waxaa bixiyo hay'adaha bulshada oo ka shaqeynayo inay hubiyaan in dagayaasha Ottawa helaan cunto inta lagu jiro cudurka faafida COVID-19 ee hadeer.

Ka soo wac 2-1-1 wixii warbixin ah oo dad kala duwan oo buuxdo, bulshada, dowlada iyo adeegyada caafimaadka iyo barnaamijyada laga heli karo Ottawa, iyo sida loo helo iyaga.

Noocyada Barnaamijyada Cuntada La heli karo

Qaarkood waa lacag \$ iyo kuwa badan waa kaalmo.



Hay'adaha Wada
Shaqeynayo



Gaarsiinta Cuntada



Qaadashada Cuntada

Champlain Community Support Network

Lambarka
Xiriirka

Web kaliya

Goobta
Loo
Adeegay

Gobolka Ottawa iyo
qeybaha baadiyaha



Adeegyada La Bixiyay

Gaarsiinta Bagaashka iyo Cuntooyinka

waayeelada/dadka weyn ee curyaanka ah.

Isticmaal communitysupport.covidresponse.ca

- Gaarsiinta farmashiga, gaadiidja balamaha caafimaadka, iyo hubinta taleefonka fayyo qabka sidoo kale waa la helayaa.

Good Companions

Lambarka
Xiriirka

613-236-0428

Goobta
Loo
Adeegay

Gobolka Ottawa



Adeegyada La Bixiyay

Grocery and frozen meal delivery

Ka soo wac **613-236-0428**

ama i-meelka info@thegoodcompanions.ca

- Gaarsiinta bagaashka iyo cuntooyinka barafka ee waayeelada bulshadeena ku jiro.
- Web: thegoodcompanions.ca

Meals on Wheels

Lambarka Xiriirka

613-233-2424



Goobta Loo Adeegay

Gobolka Ottawa

Adeegyada La Bixiyay

Gaarsiinta cuntada barafka, haljeer isbuucii (Isniinta illaa Qamiista ka bilow 8:30 am illaa 4:30 pm; Jimcooyinka ka bilow 8:30 am illaa 3 pm; Sabtida ka bilow 9 am illaa 1:30 pm)

Ka soo wac **613-233-2424** ama isticmaal **mealsonwheels-ottawa.org** ama i-meelka **service@mealsonwheels-ottawa.org**

- Gaarsiinta waayelada cuntada, dadka curyaanka ah iyo dadka guriga ku soo kabsanayo. Loo goyn karo kuwa leh daqliga go'an.
- Cuntooyinka barafeysan ee Tallaadooyinka ee qeybta galbeedka ee aaga juquraafiga iyo Jimcooyinka ee qeybta aaga juquraafiga bariga/koonfurta.

Gaarsiinta cuntada kulul (Isniinta illaa Sabtida)

Ka soo wac **613-233-2424** ama isticmaal **mealsonwheels-ottawa.org** ama i-meelka **service@mealsonwheels-ottawa.org**

- Gaarsiinta cuntada kulul ee macaamiisha aan u suurtoqaleyn inay kululeystaan cuntooyinka barafeysan.
- Loo goyn karo kuwa leh daqliga go'an.

Montfort Renaissance

Lambarka Xiriirka

613-241-1266 ext. 457



Goobta Loo Adeegay

Gobolka Ottawa

Adeegyada La Bixiyay

Gaarsiinta Cuntada Barafeysan

(Arbacada iyo Jimcaha 9 am illaa 4 pm)

Ka soo wac **613-241-1266 ext. 457** ama i-meelka **reception-csg@mri.ca** Web: **montfortrenaissance.ca**

- Cuntooyinka barafeysan iyo cuntada kale ee aasaaska ee la gaarsiiyay guriyaha waayelada af Faransiiska ku hadlo'.

Odawa Native Friendship Centre

Lambarka Xiriirka

613-722-3811



Goobta Loo Adeegay

Gobolka Ottawa

Adeegyada La Bixiyay

Qaadashada Cuntada Weelka

Ka soo wac **613-722-3811**

Web: **odawa.on.ca**

- Cuntada iyo wacyigelinta macmiilada jirtay; taageerada waayelka sidoo kale waa la helayaa.
- Sanduuqyada cuntada waxaa laga heli karaa 510 Rideau Street.

Operation Ramzieh

Lambarka
Xiriirka

1-800-321-5973

Goobta
Loo
Adeegay

Gobolka Ottawa



Adeegyada La Bixiyay

Gaarsiinta Dambiisha Cuntada

Ka soo wac **1-800-321-5973**
ama isticmaal foomka dalabka ee
operationramzieh.org

- Cuntada dambiilaha ee waayeelada iyo dadka kale ee aan ka tagi karin guryahooda.

Ottawa West Community Support

Lambarka
Xiriirka

613-728-6016

Goobta
Loo
Adeegay

Galbeedka Ottawa



Adeegyada La Bixiyay

Gaarsiinta sanduuqa bagaashka, labo jeer isbuucii
(Isniinta iyo Qamiista)

Ka soo wac **613-728-6016** ama isticmaal **owcs.ca**
ama i-meelka **info@owcs.ca**
ama isticmaal **communitysupport.covidresponse.ca**

- Gaarsiinta waayeelada ee aanan heli karin bagaashka.