

Name	Description	Hours of Operation	Service Categories	Website
Community Health Centres (CHCs)				
Carlington CHC	Various community programs, NOT accepting primary care/walk-in clients.	Clinic Hours Monday & Fri: 8:30 am – 4:30 pm Tuesday to Thurs: 8:30 am – 8:00 pm	Primary Health Care, Mental Health & Counselling, Immunizations & Preventive Care, Community & Social Services	https://carlingtonchc.com
Centretown CHC	Various community programs, NOT accepting primary care/walk-in clients. Urban Outreach Newcomer Clinics Preventative Care Program,	Clinic Hours Monday to Wednesday 8:45am – 7:00pm Thursday 1:00pm – 5:00pm Fr: 8:45am – 4:00pm Saturday & Sunday: Closed	Mental Health & Social Services, Family & Community Programs, Health issues, chronic disease management, preventative care and palliative care and on-site access to specialty services such as psychiatry, diabetes, lung health and hepatitis C, practical supports such as harm reduction supplies, ID replacement, showers and navigation to other social service supports	https://www.centretownchc.org
Pincrest-Queensway CHC	Medical clinic for individuals in catchment area, various community programs.	Clinic Hours Main reception: Monday to Friday, 8:30am – 4:30pm	Mental Health & Counselling, Children & Family Services, Seniors & Multicultural Services	https://www.pqchc.com
Sandy Hill CHC	Medical clinic for individuals in catchment area/NOT accepting primary care, various community programs.	Monday to Friday 8:30–4	Addiction & Mental Health Services, Seniors, Family & Community Programs, Preventive Measures	https://www.sandyhillchc.on.ca
Somerset West CHC	Walk-in clinic and community programs.	Monday to Friday 8–4	Walk-in Clinics, Seniors, Mental Health & Counselling, Prenatal & Postnatal Services, Specialized Health Services, Community & Social Services, Multilingual Support, Newcomer Clinics	https://www.swchc.on.ca
Southeast Ottawa CHC	Medical clinic for individuals in catchment area, various community programs.	Mon–Friday 8:30–4:30, evening hours Tuesday & Wed	Primary Health Care, Mental Health & Counselling, Children & Family Services, Seniors & Adults with Disabilities, Community Programs	https://www.seochc.on.ca
Public Health Units				
Eastern Ontario Health Unit	Vaccinations, sexual health, contraception, wellness hubs, dental screening, mental health support, quit smoking.	Summer Hours (June 23 – August 29, 2025): Monday to Friday: 8:00 AM – 4:00 PM Regular Hours (Resuming September 2, 2025): Monday to Friday: 8:30 AM – 4:30 PM	Preventive Measures, Mental Health & Addictions, Adults, Seniors, Children & Youth	https://eohu.ca/en
Ottawa Public Health	Vaccinations, sexual health, contraception, wellness hubs, dental screening, mental health support, quit smoking.	Monday to Fri: 8:30 - 4:30	Preventive Health Services, Mental Health & Substance Use, Parenting & Family Health, System Navigation & Advocacy,	https://www.ottawapublichealth.ca

Community and Home Support Services

AccessCSS	A single point of access for community-based services for older adults, seniors, and adults with disabilities in the Champlain region. Services include referrals to home support, transportation, caregiver relief, and more.	Monday to Fri, 8:30 – 4:30	Older adults, Seniors, and Adults with Disabilities	https://www.accesscss.ca
Ontario Health atHome (Champlain Region)	In-home nursing, personal support, therapy, and care coordination	Monday to Sun: 8 – 8	Mental Health & Addictions	https://healthcareathome.ca/region/champlain/