

Non- perishable Foods Including Pet Products



Free care packages are being offered on **Friday, November 13** and **December 11** for families who live in Strathcona Heights with children ages 0-18.

The Parent Resource Centre (PRC) is committed to serving the evolving needs of families in our community.

Household Cleaning Supplies



Please call **(613) 565-2467 ext 228** to order your package and schedule a safe pick-up time to allow for physical distancing.

Please note:

We are not associated with the Ottawa Food Bank.

Parent Support Line

Raising children
isn't easy.
Talk to someone
who understands.

613 - 565 - 2467
extension 2



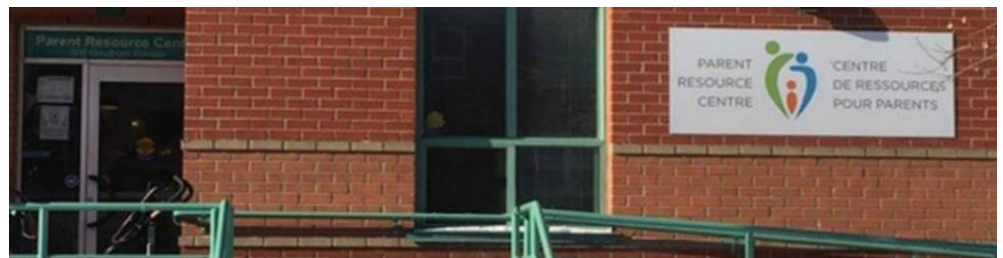
Personal & Hygiene Items



Baby Items



School Snacks



Call to Register : (613) 565-2467 ext. 228

Pick-up at PRC Entrance (orange railing) or schedule delivery. 300 Goulburn Crescent

Please wear a mask.

information@parentresource.ca