

The Reader

People, Words & Change



Adult literacy,
one-on-one.



March
2026

The Reader is the quarterly newsletter of People, Words & Change. We welcome stories and articles by our learners.

People, Words & Change
Heartwood House
202-404 McArthur Ave.
Ottawa, ON K1K 1G8
Tel: 613-234-2494

www.pwc-ottawa.ca

Feedback on the manner in which PWC provides its services to people with disabilities, and any other services, is encouraged and appreciated.

In this issue:

National Volunteer Week.....	2
“Thank you” Christmas Cheer Foundation!.....	3
PWC Learners Write.....	5
Computer Corner.....	14
PWC Learner Success Stories.....	16
Mental Health Corner.....	16
Reading & Comprehension	17
Community Services: Income Tax Clinics	18
Free Fun Family Activities.....	23
Gaming Corner.....	24
Gaming Corner Challenge	26



National Volunteer Week

NATIONAL VOLUNTEER WEEK

April 19–25, 2026



2026 has been proclaimed **the International Volunteer Year (IVY)** by the United Nations, with a global focus on the theme “Volunteers for Sustainable Development.” In Canada, this year-long celebration is anchored by the campaign theme “Ignite Volunteerism,” a nationwide effort to renew the culture of volunteering and celebrate civic participation. During National Volunteer Week, from April 19–25, 2026, the specific focus will be on celebrating how people have ignited change in their communities.

For more information, please visit:

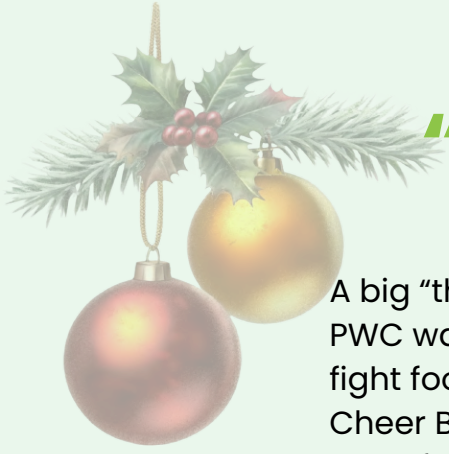
<https://volunteer.ca/national-volunteer-week/>

<https://www.canada.ca/en/employment-social-development/campaigns/international-volunteer-year-2026.html>

For nearly half a century, our volunteers have made a real difference in helping our learners achieve their goals and make better lives for themselves. Their invaluable contributions are a perfect embodiment of the IVY 2026 spirit, proving that every act of service, big or small, creates momentum and has the power to inspire and transform lives.

In acknowledgement and celebration of their incredible contributions, PWC holds an annual event to thank around 60 volunteer tutors and board members.

A big shout out to all PWC volunteers; THANK YOU for making a difference!



“Thank you” Christmas Cheer Foundation!

A big “thank you” to the Christmas Cheer Foundation! For a third year, PWC was able to provide grocery gift cards to our adult learners to help fight food insecurity in Ottawa over the Holiday Season. The Christmas Cheer Breakfast was held on December 5, 2025. The Christmas Cheer Breakfast raised over \$130,000 this year thanks to support from the community and their sponsors.

Some learners share their gratitude and how this gift helped them.

Thank you for the gift card. This will help me to afford blueberries. They help with the pain in my knees.

Mebrat



This is the first gift I have received in Canada. It will be very helpful.



I am so happy to receive this gift card. I will use it to buy groceries for my family. It’s very helpful during this holiday time. I appreciate the donation.

NW

Thank you so much. When I received the gift card, it was very exciting. I’m looking forward to shopping for Christmas with my gift card. It’s very useful for groceries. May you be blessed this Christmas.

Carole



Thank you People, Words & Change for the lovely gift card.

Mary



The Christmas cheer fundraiser made a big impact in my holiday season by providing groceries for my holiday dinner. Thank you so much. I really appreciated it.

Rose

I would like to express my thankfulness to you, Karen, Shaniece, and Mahtab for the Christmas card and the generous gift card from the Christmas Cheer Foundation. I really appreciate it.

Natt



“Thank you” Christmas Cheer Foundation!



Hello Christmas Cheer Foundation

I would like to thank you for the gift card that I received as Christmas support for me and my family.

This gift meant a lot.

Sincerely,

Amal



Omason



It took the pressure off a little, gave me a needed boost.

Cathy



It shows how kind you are and how you cared for other people and were willing to support others. It made the holiday feel warmer and more meaningful. I am truly grateful for the kindness and support. You made my holiday feel warmer and more meaningful. I am truly grateful for the kindness and support.

Abbey



Dear Christmas Cheer Foundation,

I am truly grateful to the Christmas Cheer Foundation for your thoughtful gift each year. It is tremendously helpful for me and my family in managing groceries during the Christmas and New Year season. As a student at PWC, I feel deep gratitude for your generosity.

Sincerely,

Tilly



Dear Christmas Cheer Foundation,

I want to sincerely thank you for the Walmart gift card I received through your program. Your generosity has made a meaningful difference for me and my family, especially during this holiday season. It has helped us with essentials and brought us comfort and joy.

I deeply appreciate all the wonderful work you do to support the community. Thank you from the bottom of my heart for your kindness.

With gratitude,

Tarek

PWC Learners Write...



The views expressed in the learners' sections are those of individual learners. Their work is a demonstration of the progress they have made. PWC does not endorse any of the views that may be expressed.

An Unexpected Bike Ride

I rode my bike to work each day to downtown Ottawa when I was a nanny. It took 45 minutes each way, 5 days a week. This one summer day, I left work around 5 p.m. As I got to Dow's Lake, the clouds were getting darker, but I still biked along the pathway by the water's edge. Suddenly, I saw birds sheltering under branches close to the water. This gave me the idea to stop and shelter. The rain was too heavy to carry on, so I looked around and chose a very large oak tree. I know you're not supposed to go under a tree in a storm, but there wasn't any safe place. The lightning struck a tree close by and it went down in a second. I must have been praying for protection, and I was thankful the tree fell away from me and anyone else. I saw one other guy soaked sitting by his bike as I made my way home.

Wow! What a storm!

Carole

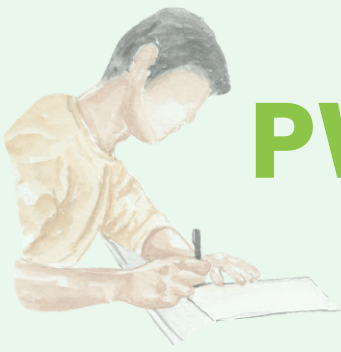
My Valentine's Day

We drop in at Carole's for Valentine's Day. We usually get chocolate for each other and cards. Carole is going to buy the cake.

Para Transpo will take us to Carole's place. We have pizza.

Mary





PWC Learners Write...

Imagine that in the future you will be able to design your own child. What traits do you want your son or daughter to have? Write a letter to your future child explaining why you wanted him or her to have these traits.

With this new technology, it allowed me to choose what traits I would want you to have when you are born. I decided that creativity, resilience, and patience are among the top three qualities I wanted you to have.

Every day there are new things and new ideas created in this fast-changing world of technology. If your mind is full of creativity, you will not only enjoy exploring or developing new ideas or products, but you also inspire and influence other people. Sometimes, being creative helps you find solutions to problems. Thinking outside the box is not a bad idea as it might help you see things differently and might turn out to have a positive impact on society and the world.

Resilience is a popular concept. It is an ability to help you go through challenges you face in life. You might sometimes have a bad day, encounter difficult time, or feel very stressed, hopeless or depressed. Being resilient will help you cope with negative feelings and adapt yourself to survive in any challenging situations. You will learn from your experiences and be strong for your future challenges.

Another important quality is patience. Many things will not come easily. Sometimes you have to wait until you get what you want. Being patient helps reduce your stress, gives you time to think carefully, and helps you achieve your goals. Especially in your daily life, when you communicate or work with other people, you will listen more and try to understand others. The advantages of being patient in relationships are to be willing to compromise, reduce conflicts, and create trust and respect.

Although I actually do not think appearance is more important than inner qualities. I still wanted you to have a good appearance and attractive personality because in today's world having a good look will give you more opportunities. Lastly, I hope you will live your entire life happy and healthy both physically and mentally.

Natt

PWC Learners Write...

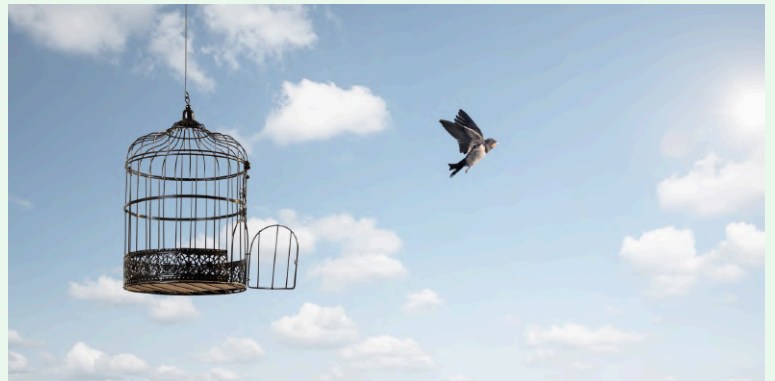


Freedom

I wish I could soar like an eagle,
but I feel as if my wings are clipped.
I feel as if I am a flower
that cannot stand for long.
There is a feeling of despair, of being lost.
I feel that there are many expectations
thrust upon me,
and I cannot reach those goals.

I cannot find the path
that feels like my own—
only footsteps already carved
by others before me.
Every direction feels heavy,
as if choosing wrong would cost me
everything I am trying to become.

Yet somewhere beneath the weight,
there is still a quiet pulse,
a reminder that clipped wings
once knew the sky,
and even a wilting flower
remembers the sun.



Miriam



From a Different Generation

The sun cast its light over the old, wrinkled, and frail house, which stood like a forgotten relic on the edge of the neighbourhood. It kept its distance from all the others, shying away as though too drained of its former strength to keep pace with the newer, sleeker homes. The fresh generation of houses, bright as children at play, carried a joie de vivre that had long faded from the aging ones. To them, the old house was a fading memory, left behind as time marched forward. Unable to match the energy of the newcomers, the old house sighed in its solitude, choosing instead to spend its final years in quiet isolation, reminiscing like an elderly storyteller about the days when it too had been full of life.



PWC Learners Write...

The theme of this year's Family Literacy Day was "Make mealtime family learning time." Honouring this theme, PWC Learners responded to a Writing Challenge by sharing wonderful food stories and delicious recipes for their favourite dishes:

Family Literacy Day Writing Challenge: Food Writing

LUMPIA

My old family is in a rare period of transformation at the moment. My brother and I are in our fifties and childless. But now my brother has a young bride from the Philippines! Filipinos are famous for their skills in the domestic sphere but our Guia said that she wasn't a great cook. Sad face!

Turns out however, that she was underselling herself; I'm not sure why. **So** with my busy life and the excitement of the wedding etc., I have mostly only been eating the various and exciting dishes that she has made for us. But when my father recently turned **ninety**, both my brother and I decided that we would help roll the great Filipino classic known as Lumpia, which most Canadians would consider to be a close relative to the egg roll. I don't think our unskilled labour sabotaged the process and of course Guia was cracking the whip if we messed up.

I am happy to report that the dish was a huge hit at the party.



PWC Learners Write...



Family Literacy Day Writing Challenge: Food Writing

Recipe Molokhia (Lebanese cuisine)

1- Prepare the Broth & Chicken:

- In a large pot, sear the chicken in a little oil and then cover with water.
- Add the halved onion, bay leaves, cardamom, and garlic cloves.
- Bring to a boil and then simmer on low for 45-60 minutes until the chicken is cooked.
- Remove the chicken to cool and shred it; then strain the broth into a clean pot.

2- Cook the Molokhia:

- Add 4 cups of the hot broth to a pot. Bring to a simmer and add the minced molokhia leaves.
- Tip: Do not boil the molokhia aggressively or it may lose its consistency or become bitter.
- Simmer gently for 10-15 minutes, stirring to break up the frozen block.

3- Make the Tasha (Garlic Sauté):

- In a small skillet, melt the ghee over medium heat.
- Add the minced garlic and sauté until golden brown and fragrant.
- Add the ground coriander and stir for another 30-60 seconds.

4- Combine and Serve:

- Pour the garlic-coriander mixture into the boiling molokhia pot (this step is called tasha).
- Add the fresh lemon juice and stir.
- Add the shredded chicken back to the stew or serve it on the side.
- Serve immediately with white rice, pita bread, and extra lemon wedges.

And this is what the food looks like when it's done. And my family loves this food a lot. When I make it, my family enjoys it a lot and they love helping me out with it.





PWC Learners Write...

Family Literacy Day Writing Challenge: Food Writing

Kabuli Pulao

Kabuli pulao is a traditional Afghan dish made with rice and lamb that is an important part of Afghan identity and culture. It represents the identity of all Afghans and is cooked on special occasions and for family gatherings.

Ingredients (quantities can be adjusted according to the number of servings needed)

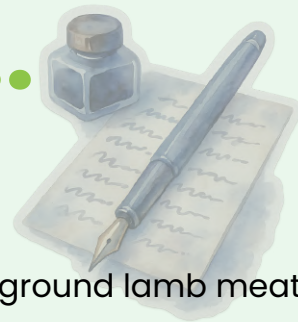
2.5 kg basmati rice
3 kg lamb or beef (with bones for better taste)
4 large onions, thinly sliced
3 whole bulbs of garlic, peeled and minced
2 cups oil or ghee
5 tsp salt (adjust to taste)
2 tsp black pepper
2 tsp ground coriander
1.5 tsp ground cumin
8–10 pods green cardamom
2 pods black cardamom
8–10 cloves
Ingredients for topping
1.5 kg carrots, chopped
300 g raisins
200 g almonds
150 g pistachios
150 g cashews



Cooking method

Wash the rice and soak for two hours. Heat the oil in a large pot, and add the sliced onions and cook until golden brown. Add garlic and lamb (or beef) and cook until the meat changes colour. Add salt, spices and water and simmer for about 30 minutes. Next, add the soaked rice with enough hot water to cook it and cook on medium heat until the water is absorbed and the rice is tender. Cover the pot and bake in the oven for 30 minutes at 350F. Finally, sauté the carrots, raisins and nuts in a small pan and spread on top of the rice before serving.

PWC Learners Write...



Family Literacy Day Writing Challenge: Food Writing

Mantu

Mantu is like a dumpling. It is traditional Afghan food that we make from ground lamb meat. It also has chickpeas and a yogurt sauce.

Ingredients:

- 1 kg ground lamb meat
- Dough – as needed
- ½ kg chopped cabbage
- 1 cup chickpeas
- 3 to 4 fresh tomatoes
- 1 carton yogurt
- 1 cup oil
- Salt – as needed
- 1 tsp black pepper
- 1 tsp dried coriander
- 1 kg onions
- 1 tsp cumin
- 4 to 5 cloves of fresh garlic



Method:

First, cook the ground lamb meat for the dumpling. Next, heat half a cup of oil and add the ground lamb meat to it. Cook until the meat is well-done. Then add crushed garlic and cook for one or two minutes. Add the chopped cabbage and the spices. Mix well, then add the sliced onion. Mix well and cover the pot for 20 minutes over medium heat. After 20 minutes, make sure the onion is soft and mix to make sure the mixture is dry. Leave to completely cool. After your mixture is cooled down, spoon it into the dumpling dough. Shape as you like. Place it into the steamer and steam it for 30 minutes.

First topping:

For the first topping, cook the chickpeas after soaking for at least two hours. First heat half a cup of oil, then add crushed garlic. Quickly add the blended tomato and spices. Cook until the oil is absorbed, then add the chickpeas and ¾ cup of water. Mix well and bring to a boil. Cover for 20 minutes over medium heat. After 20 minutes, check to make sure the chickpeas are soft.

Second topping:

For the second topping, first strain the yogurt through cheesecloth for at least two hours. Then put it into a large bowl, and add a few crushed garlic cloves with a half a spoon of salt with dry mint. Add water if needed.

To plate:

First, put a layer of the yogurt sauce, then make a layer of mantu. After that, put a layer of chickpea sauce. Add another layer of yogurt sauce and garnish it with fresh coriander or dry mint.



PWC Learners Write...

Family Literacy Day Writing Challenge: Food Writing

Many families are looking for meaningful ways to connect and I find mealtime is a great time for my family. At the dinner table, I teach my 7-year-old son about food. For example, together we name the fruits, vegetables, and their colours. We also talk about the best way to eat certain foods, plus if they are nutritious and/or our favorite foods.

He loves to learn new words and shows interest in the activity of cooking. When our family cooks together, it is not only fun, but also helps us to practice reading, math, and language skills. When we want to cook something special, we make a grocery list together and go shopping. Sometimes my son comes to the kitchen and helps me. He is learning to cut vegetables and stir food that is cooking. When I see the progress my son is making, I am reassured that we are on the right track.



Shahana



Family Literacy Day Writing Challenge: Food Writing

Initially, I heard about churros through the Australian Master Chef program on television. One competitor made them look scrumptious and crunchy. That video lured me into trying this dessert. Recently, I travelled to Quebec City for a vacation. At that time, I stumbled upon a small churros stall in the Christmas market. It was delectable and I savoured the mix of cinnamon and sugar taste which brought back my memories of the video I watched a few years ago. I really enjoyed my first experience with churros and since then it has become my favorite dessert.

Tilly



PWC Learners Write...

Family Literacy Day Writing Challenge: Food Writing Our Sunday Family Lunch

On Sundays, our family has lunch. We come together: my sister, my brother and their kids. We all go to my parents' house. There is always family love in the air.

My mom prepares all the ingredients that go in the dish for our Family Lunch. My parents used to own a little diner back home in El Salvadore. This is why my mom is gifted at cooking. She has always loved cooking. She can cook almost anything! My father is also handy in the kitchen. He does the chopping for my mother. They are a great team!



I have three nephews and one niece. My two nephews from my brother's side are older. One is 25 and the other is 26 years old. My younger nephew and younger niece are from my sister. This nephew is 15 years old and my niece is 12. They both go to School in Ottawa. My niece is a very happy young girl. She is also interested in the language Vietnamese. She loves going out for pho at the Soup Place. Overall, my niece is a happy-go-lucky kid. I love her to bits.

My older two nephews are into playing soccer. When they are not playing soccer, they are on their Play Station 5 playing video games such as FIFA , or watching a match on TV. The older nephews are very close to me because we are all into soccer.

When we arrive at my parents' home, my two older nephews help bring up the folding table and the extra chairs. The others help put out the meal ingredients. We all take part in something for Sunday lunches.

The family loves bread with chicken. It's a dish that is usually messy, with the sauce that comes within the chicken. The bread is cut in half and some mayonnaise is put on it. After, you put chicken and the vegetables on it. Lettuce, tomatoes, cucumbers and red onions are added. When you bite into the bread, the sauce comes out of the chicken. The dish is very saucy. It's sooo yummy! At the end of the meal we all have a coffee or tea. I usually bring a dessert that goes with our tea or coffee.

After we are all done eating one or two of us help with the dishes, rinsing and putting them in the dishwasher. We try to collaborate. It's family teamwork.

These meals are great to have! We are all together and talk about our lives and how our week went. These Sunday Family Lunches remind me of when we were under the same roof. My parents did their best to give us a better future. They still love us as they did when we were kids.

COMPUTER CORNER

EMAILS

TO, CC, BCC

New Message	
To	CC BCC
Subject	

TO

Use *To* when the person:

- Needs to reply to you
- Is responsible for the message
- Is the main person you are talking to

Examples: teacher, employer, tutor, appointment office

CC (Carbon Copy)

Use *CC* when the person:

- Should see the message
- Should stay informed

Examples: coworker, school office, support worker

BCC

Use *BCC* when:

- You want to protect privacy
- People should NOT see each other's email address
- Sending to a large group
- Quietly informing someone

Examples: emailing many learners, mailing list, letting a supervisor see the email privately



COMPUTER CORNER

PRACTICE

Read the scenario. Then circle the correct answer.

Scenario #1:

Your instructor needs to email the class to say class is cancelled because of the weather.

TO CC BCC

Scenario #2:

Your tutor is sending you homework.

TO CC BCC

Scenario #3

You need to tell your instructor that you will not be in class today.

TO CC BCC

Scenario #4

You are emailing your child's teacher and want your partner to be aware of the conversation.

TO CC BCC



Answers:
1. BCC
2. TO
3. TO
4. CC

PWC Learner Success Stories

Eric's Story

Eric came to our program with some basic knowledge of Microsoft Word. He has worked diligently to complete the Beginner and Intermediate modules since May of 2023. Eric goes through the modules and works on ways to connect the material to his day-to-day life to ensure he has grasped all of the concepts. While with PWC, Eric has also been able to kick start his permanent residency process and is currently waiting for the final steps. Now Eric is working on bringing his family to Ottawa using the skills he has developed in our computer lab: He is gathering and putting documents together in Word, uploading and emailing documents, as well.

Eric is a great example of how our program can work for people who really want to try improving their skills. Eric has now secured a position as an Intermittent Staff Member at a school board, a step towards a goal he has been working to achieve since coming to Canada. We are happy to see Eric move forward and getting closer to his goals.

Mental Health Corner

Taking care of our mental health is a very important part of our lives. Life can feel heavy sometimes, especially when days are short, routines change, or we feel lonely. We all feel this way sometimes.

Many people use different tips to feel a little better day by day. These are not medical or professional tips, just everyday ways to help ourselves.

- Try to get some daylight each day, even a short walk.
- Keep a simple routine, like waking up and eating at the same time.
- Talk to someone you trust, even for a few minutes.
- Take slow, deep breaths when you feel stressed.
- Do one small thing you enjoy, like music, reading, or going outside.
- It's okay to have good days and hard days.

There are free mental health services in Ottawa. For example, The **Walk-In Counselling Clinic** offers free counselling for one session. You don't need to have an appointment or referral to speak with them.



Website: <https://walkincounselling.com/>

Address: The Walk-In Counselling Clinic
301-2255 Carling Ave.
Ottawa, ON
K2B 7Z5

Phone: 613-755-2277

You matter, and your well-being matters.

Reading & Comprehension

The first step in building literacy is learning to read the words on a page. This is an important achievement and something to be proud of. The next step is comprehension: understanding the meaning behind those words so the information becomes useful in everyday life.

When you comprehend a text, you can explain the main idea, talk about it with others, and apply what you learned. Strong comprehension develops over time, and there are simple ways to support this growth:

- Take your time. Reading more slowly can help your brain make sense of the message.
- Pause and reflect. After a short section, ask yourself, “What is this about?”
- Check new words. Understanding key vocabulary helps the whole text become clearer.
- Make a picture in your mind. Visualizing can improve memory and understanding.
- Put it in your own words. Try explaining the idea out loud or writing a short summary.
- Stay curious. Asking questions keeps your mind engaged with the text.

Reading is a journey. Each step, from recognizing words to understanding ideas, builds stronger skills and greater confidence.



Community Services: Income Tax Clinics (Walk-in)

For more information, please visit the CRA website by clicking [here](#) or contact the clinics.

Clinic Name	Address	Language(s)
Filcan Ottawa Community Tax Services	474 Parkdale Ave Ottawa, ON K1V7Z9	English
HSS Income Tax Seva (Services)	1883 Bank St Ottawa, ON K1V7Z9	English, Gujarati, Hindi, Punjabi, Tamil, Urdu
Ottawa Chinese Alliance Church Tax Clinic	22 ECCLES ST Ottawa, ON K1R6S2	English, French, Cantonese, Mandarin
Ottawa Mission Volunteer Filing Assistance	35 WALLER ST Ottawa, ON K1N7G4	English
Ottawa Public Library - Main Branch Tax Clinic	120 METCALFE ST Ottawa, ON K1P5M2	English, French
Ottawa Public Library- Rideau	377 Rideau St, Ottawa, ON K1N 5Y6	English, French



Income Tax Clinics (Drop-off)

Clinic Name	Address	Language(s)
1975 BOULEVARD ST-LAURENT	11197240 CANADA ASSOCIATION OTTAWA ON K1G3S7	English, French, Kikongo, Kiswahili, Lingala
Carlington CHC Income Tax Clinic	900 MERIVALE RD OTTAWA ON K1Z5Z8	English, French
CASFI	8-902 MOORVALE ST OTTAWA ON K1K3L1	French
DTC TAX CLINIC	219 COLONNADE RD S NEPEAN ON K2E7K3	English, French, Farsi, Farsi/Persian, Kiswahili, Lingala, Spanish
Eastern Ottawa Resource Center	215-1980 OGILVIE RD GLOUCESTER ON K1J9L3	English, French
Eglise Adventiste Francophone d'Ottawa	Eglise Adventiste du 7e jour Francophone d'Ottawa	English, French
HSS Income Tax Seva (Services)	1883 BANK ST OTTAWA ON K1V7Z9	English, Gujarati, Hindi, Punjabi, Tamil, Urdu
International Student - Tax Clinic	OTTAWA ON K2COC7	English
Naeem - BIC Tax Clinic	3971 GREENBANK RD NEPEAN ON K2C3H2	English, Arabic, Hindi, Punjabi, Urdu
Nepean Seventh-day Adventist Church	4010 STRANDHERD DR NEPEAN ON K2J4R8	English, French
Ottawa Mission Volunteer Filing Assistance	35 WALLER ST OTTAWA ON K1N7G4	English
Ottawa South CPA Tax Clinic	MANOTICK ON K4M1B4	English, French, Arabic, Dari, Farsi/Persian, Hindi, Punjabi, Urdu
RCCG FCO TAX CLINIC	2133 MER-BLEUE RD ORLÉANS ON K4A3T9	English, French
Rideau-Rockcliffe Community Resource Centre	100-815 ST. LAURENT BLVD OTTAWA ON K1K3A7	English, French, Arabic
The Olde Forge Tax Clinic	2730 CARLING AVE OTTAWA ON K2B7J2	English

Income Tax Clinics (By Appointment)

10626775 Canada Inc	326 SELENE WAY	English, Hindi, Punjabi
	ORLÉANS, ON	
1975 BOULEVARD ST-LAURENT	OTTAWA, ON	English, French, Kikongo, Kiswahili, Lingala
AFIFO	70 BONGARD AVE	French
	NEPEAN, ON	
Afya	306-266 LORRY GREENBERG DR	French
	OTTAWA, ON	
AICP Ottawa Tax Clinic	847 ST. LAURENT BLVD	English, French, Arabic, Hindi, Mandarin
	OTTAWA, ON	
Carlington CHC Income Tax Clinic	900 MERIVALE RD	English, French
	OTTAWA, ON	
CASFI	8-902 MOORVALE ST	French
	OTTAWA, ON	
Couveuse	3-425 MCARTHUR AVE	French
	OTTAWA, ON	
Eastern Ottawa Resource Center	215-1980 OGILVIE RD	English, French
	GLOUCESTER, ON	
Eglise Adventiste Francophone d'Ottawa	375 KING EDWARD AVE	English, French
	OTTAWA, ON	



Income Tax Clinics (By Appointment)



Fourth Avenue Baptist Church Tax Clinic	109A FOURTH AVE	English
	OTTAWA, ON	
Free Newcomer Income Tax	200-1719 BANK ST	English, French, Arabic, Somali
	OTTAWA, ON	
HSS Income Tax Seva (Services)	1883 BANK ST	English, Gujarati, Hindi, Punjabi, Tamil, Urdu
	OTTAWA, ON	
International Student - Tax Clinic	OTTAWA, ON	English
ISIA CVITP Tax Clinic	3856 OLD RICHMOND RD	English, Punjabi, Urdu
	NEPEAN, ON	
Naeem - BIC Tax Clinic	3971 GREENBANK RD	English, Arabic, Hindi, Punjabi, Urdu
	NEPEAN, ON	
Nepean Seventh-day Adventist Church	4010 STRANDHERD DR	English, French
	NEPEAN, ON	
NEWCOMERS FREE TAX CLINIC (JFS)	OTTAWA, ON	English, French, Arabic, Farsi/Persian, German, Pashto
NROCRC Tax Clinic	240U-1547R MERIVALE RD	English, French
	NEPEAN, ON	
Ottawa South CPA Tax Clinic	MANOTICK, ON	English, French, Arabic, Dari, Farsi/Persian, Hindi, Punjabi, Urdu

Income Tax Clinics (By Appointment)

PAND Tax Clinic	306-211 BRONSON AVE	English, Farsi, Farsi/Persian
	OTTAWA, ON	
RCCG FCO TAX CLINIC	2133 MER-BLEUE RD	English, French
	ORLÉANS, ON	
Rideau-Rockcliffe Community Resource Centre	100-815 ST. LAURENT BLVD	English, French, Arabic
	OTTAWA, ON	
SEOHC- South East Ottawa Community Health Centre	600-1355 BANK ST	English, French, Arabic, Somali
	OTTAWA, ON	
SNMC Income Tax Clinic	3020 WOODROFFE AVE	English, French, Hindi, Punjabi, Urdu
	NEPEAN, ON	
Tabernacle of Hallel	146 WINTERHAVEN DR	English, French, Haitian Creole, Spanish
	ORLÉANS, ON	



Free Fun Family Activities



Play Free drop-in activities

Children and youth (aged 17 and under) can play in the City of Ottawa's free drop-in swimming, skating and gymnasium sports on Saturdays. An adult needs to be present with the children and your children may need some equipment. Go to your closest City of Ottawa facility and ask for more information.



NATIONAL ARTS CENTRE
CENTRE NATIONAL DES ARTS
Canada is our stage. Le Canada en scène.

Toddler Tuesdays at the National Art Centre

Toddler Tuesdays is a free, in-person program at the National Arts Centre for young children and their caregivers. The program starts at 10:00 AM and runs for about one hour. No tickets are needed.



Ottawa Bibliothèque
Public publique
Library d'Ottawa

Ottawa Public Library offers free creative and cultural events such as crafts, music, dance workshops, and guest presentations. It also hosts family programs like Storytime and interactive games, and many more community events that help people connect and learn together.



MUSÉO
PARC
VANIER

The Vanier Sugar Festival is a free family and community event that celebrates maple season traditions with activities for all ages. You can enjoy live music, cultural experiences, family activities, and learn about artisanal maple syrup production at the country's only urban sugar shack.

Address: 300 des Pères-Blancs Avenue- 2nd floor
Ottawa, ON K1L 7L5

Dates:

- Monday, March 9, 5:30 p.m.: 19th edition of Soup(e) Splash
- Saturday, March 28, 9:30 a.m. to 3:30 p.m.: Family and Community Days
- Sunday, March 29, 9:30 a.m. to 3:30 p.m.: Family and Community Days

Gaming Corner

R U L B U T T E R F L Y H P
E M N T D K F G S P R I N G
E B A E S Z O R A I N C T C
Z E D R G A R D E N E U U L
E L S G W O L B I R D S L N
E L E N T H J X U M B R E L
R A E E U H B L O O M G E T
B D N G R E E N G K P R P U
S D I N O A N E S T O A S L
E E S H I N E Q M P O S V I
E U E E Z B R E E Z E S R P
D P K D D J F L O W E R U R
S W T W P U D D L E T S Q S
G O C L A S U N S H I N E R
C Y T F M X A T B V I R D S

Word List

SPRING
FLOWER
RAIN
BLOOM
SUNSHINE
GARDEN
BIRDS
NEST
GREEN
BREEZE
PUDDLE
BUTTERFLY
SEEDS
UMBRELLA
TULIP
GRASS

Gaming Corner

Unscramble these Spring activities

Scrambled	What's the word?
TPLANNIG	
GARNDINGE	
HIKGNI	
CNIPKNIGCI	
KIBNIG	
LKWAING	
JGOGGIN	
BIRDWACTHIGN	
CLEAINGN	
RUNNIGN	
SWMMIING	
IAPNNTIG	
ACMPNGI	
FSIHING	



Gaming Corner Challenge

Word List

spring- flower- rain- bloom- sunshine- garden- birds- nest- green- breeze- puddle- butterfly- seeds- umbrella- tulip- grass



Pick Your Challenge:

- 1- Practice spelling of all the words on the word list and the Spring Activities (see below) and ask your tutor for a spelling challenge on these words.
- 2- Write a sentence with each of the words you see on the list and the Spring Activities (see below).
- 3- Write a short paragraph or a short story and use all the words on the list and some of the Spring Activities words (see below) in your writing.

R U B U T T E R F L Y H P
E M N T D K F G S P R I N G
E B A E S Z O R A I N C T C
Z E D R G A R D E N E U U L
E L S G W O L B I R D S L N
E L E N T H J X U M B R E L
R A E E U H B L O O M G E T
B D N G R E E N G K P R P U
S D I N O A N E S T O A S L
E E S H I N E Q M P O S M I
E U E E Z B R E E Z E S R P
D P K D D F L O W E R U R
S W T W P U D D L E T S Q S
G O C L A S U N S H I N E R
C Y T F M X A T B V I R D S

Gaming Corner Answers

Spring Activities:

planting- gardening-
hiking- picnicking- biking-
walking- jogging-
birdwatching- cleaning-
running- swimming-
painting- camping- fishing