



AFRICAN, CARIBBEAN & BLACK WELLNESS RESOURCE CENTRE



Let's Make Connections! Our Community, Our Future.

WELCOME TO SUMMER AT THE AFRICAN, CARIBBEAN & BLACK (ACB) WELLNESS RESOURCE CENTRE

As the school year winds down, the ACB Wellness Resource Centre is excited to offer a vibrant summer program designed to keep your children engaged, learning, and thriving.

With offerings like free tablets for participating children, nutritious daily lunches, volunteer hour opportunities, and a financial literacy certificate program, we ensure that your child's summer is both fun and enriching.

DONATE NOW

**SPREAD THE WORD TO OTHER PARENTS- YOUR CHILD
WILL ENJOY IT EVEN MORE WITH THEIR FRIENDS
THERE!**



Programs Next Week (June 15th-21st)



EVERY WEDNESDAY FROM JULY 8TH - AUG 27TH, AGES 14-21
1400 LAPAGE MANOR (CALDWELL) ENGLISH ONLY

EVERY MONDAY FROM JULY 7TH - AUG 25TH, AGES 14-17
610 DONALD STREET (ACB WELLNESS RESOURCE CENTRE) ENGLISH & FRENCH

EVERY TUESDAY FROM JULY 8TH - AUG 26TH, AGES 18-21
610 DONALD STREET (ACB WELLNESS RESOURCE CENTRE) ENGLISH & FRENCH

• EARNING AND
EXPENSES

• EMPLOYMENT

• FINANCIAL GOALS
• SAVINGS

• PLANNING FOR THE
FUTURE

• JOB CREATING

• MANAGING CREDITS
• BUDGETING

YOUTH FINANCIAL LITERACY PROGRAM

This program teaches kids financial goals and saving. Participants earn a certificate and volunteer hours. Snacks provided.

(Ages 14-17) Every Monday, July 7th - Aug 25th
610 Donald St (ACB Wellness Center)

(Ages 18-21) Every Tuesday, July 8th - Aug 26th
610 Donald St (ACB Wellness Center)

(Ages 14-21) Every Wednesday, July 8th - Aug 26th
1400 Lepage Manor (Caldwell)

[SIGN UP HERE](#)

BLACK AUTISM SOCIAL GROUP

A free interactive group for children on the spectrum (Ages 6-13). Supportive Staff, Games, Sensory Activities, Lunch and Snacks Provided.

8 Free Weeks! Starts on June 7th
At 610 Donald St (ACB Wellness Center)
Time: 10AM - 1PM

[SIGN UP HERE](#)

Black Autism Social Group

A FREE INTERACTIVE GROUP FOR CHILDREN ON THE SPECTRUM
AGES: 6 - 13

*SPACE IS LIMITED

- SUPPORTIVE STAFF ☒
- GAMES ☒
- SENSORY ACTIVITIES ☒
- LUNCH AND SNACKS PROVIDED ☒

8 FREE WEEKS!
DATES:
JUNE 7 & 14
JULY 5 & 12
AUGUST 16 & 23

CONNECTIONS
a safe space for Black Youth (ages 12-29)

03/11	Mental Health	06/24	Wellness	10/14	Substance Misuse
03/25	Mental Health	07/08	Black Identity	10/28	Substance Misuse
04/08	Mental Health	07/22	Black Identity	11/12	Future Planning
04/29	Mental Health	08/12	Black Identity	11/25	Future Planning
05/13	Wellness	08/26	Black Identity	12/09	Future Planning
05/27	Wellness	09/09	Substance Misuse	12/16	Future Planning
06/10	Wellness	09/23	Substance Misuse		

CONNECTIONS

A safe space for Black Youth (ages 12-29) Food, Prizes, & Transportation if needed. Volunteer hours available.

Every Other Tuesday
At 610 Donald St (ACB Wellness Center)
Time: 5pm - 7pm

[SIGN UP HERE](#)

Upcoming Events

UNVEILING & SOFT LAUNCH VIOLET'S VOICE

Join CWCLN & Friends for the official unveiling & soft launch of Violet's Voice, a community-rooted social enterprise under the CWCLN brand!

[REGISTER NOW](#)

What We Offer

We provide a safe and supportive space where individuals and families can access vital resources, build meaningful connections, and gain the tools they need to thrive. Be sure to check out our year-round services open to everyone.

OUR SERVICES

Vaccination Clinic (Ottawa Public Health)
Christmas Giving

OUR PROGRAMS

Men's Collective Alliance
Food Bank
Seniors Program

[LEARN MORE](#)



Make a difference today!

HAVE ANY QUESTIONS ABOUT VOLUNTEERING WITH US?

Feel free to reach out to us at

Phone: [\(613\) 801-7426](tel:6138017426)

Email: communicationsacb@gmail.com

[LET'S CHAT!](#)

CONNECT WITH US



[@acbwellnessresourcecentre](#) | acbwellness.ca