**Minority Ethno-Cultural Seniors Group (MECS) Information**

MECS represents a number of ethno-cultural senior grassroots groups in Ottawa. These groups provide a wide range of recreational, social and educational opportunities and activities and are looking for seniors to join them.

Listed below are the group names and their contact information. If you would like to join these groups please call them directly to explore more of what they offer:

**AECS /ECSA Excelsior Cultural and Spiritual Association**

**Languages: French and English**

Contact Information: Marlene Casimir

Phone: 613-816-7277

Email address: [marlenecasimir@msn.com](mailto:marlenecasimir@msn.com)

**Cambodian Association of Ottawa-Valley**

**Languages: Cambodian**

Contact Information: Vuthy Lay

Phone: [613-889-6508](tel:(613)%20889-6508)

Email address: caovottawa@gmail.com

**Canada Nepal Solidarity For Peace (CNSP)**

**Languages: Nepalese and English**

Contact Information: Tara Upreti

Phone:  [819-318-0655](tel:(819)%20318-0655)

Email address: [t\_upreti@hotmail.com](mailto:t_upreti@hotmail.com)

**Caribbean Ethno-cultural Seniors of Ottawa**

**Languages: Various Languages**

Contact Information: Judy Madhosingh

Phone:  [613-721-0424](tel:6137210424)

Email address: [jmadho@hotmail.com](mailto:jmadho@hotmail.com)

**Club Casa de los Abuelos**

**Languages: Spanish and English**

Contact Information: Ana Maria Cruz-Valderrama

Phone: 613-739-1273

Email address: amcruzval@gmail.com

**Daryeel: A Youth and Seniors Serving Centre**

**Languages: Somali, Arabic and English**

Contact Information: Ruweida Shire

Phone: 613-218-8353

Email address: [ruweidashire@gmail.com](mailto:ruweidashire@gmail.com)

**Deshantari of Ottawa Carleton**

**Languages – Bengali and English**

Contact Information: Prabir Neogi

Phone: 613-746-2329

Email address: [pkn.prabirneogi@gmail.com](mailto:pkn.prabirneogi@gmail.com)

**Ethiopian Community Association Ottawa**

**Languages: Ethiopian**

Contact Information: Mr. Abebe Mengistu – Tilaye T. Demissie

Phone: 613-600-5591 – 613-700-5532

Email address: abebe [mengistu70@gmail.com](mailto:mengistu70@gmail.com) - tilayetes@yahoo.com

**Family Support and Care Services Centre**

**Languages: Mandarin, Cantonese and English**

Contact Information: Wendy Tang

Phone Number: Office: 613 800 0797 - Cell: 613 407 2385

Email address: [Wtang.fsc@gmail.com](mailto:Wtang.fsc@gmail.com)

**Indo-Canadian Community Center (ICCC)**

**Languages: caters to seniors speaking languages from different parts of India**

Contact Information: Anil Sukhija and Dr. Indu Gambhir

Phone: 613-791-7593 - 613 565 1653

Email address: anilsukhija@gmail.com - [indu.iam@gmail.com](mailto:indu.iam@gmail.com)

**Indo-Canadian Seniors Association, Barrhaven, Ottawa**

**Languages: Hindi, Punjabi and Urdu**

**Contact Information:** Dr. Amardeep Singh Joshi and Atma Singh Gill

Ph. 613-823-1505 – 343-999-9242

[drasjoshij@yahoo.com](mailto:drasjoshij@yahoo.com) - [dgill9892@gmail.com](mailto:dgill9892@gmail.com)

**Kanata Chinese Seniors Support Center**

**Languages: Mandarin and Cantonese**

Contact Information: Wen Jean Ho, Hai Bao Sun and Clare Wang

Phone: 613-440-3788 - 613-761-8873.

Email address: [Wenjean.ho@gmail.com](mailto:Wenjean.ho@gmail.com) – Clare.Wang@rogers.com

**National Capital Region Bulgarian Community**

**Languages: Bulgarian and English**

Contact Information: Stela Kostova Tofer

Phone: 613-299-0455

Email address: stela.kostova@live.ca [bulgariancommunity@yahoo.ca](mailto:bulgariancommunity@yahoo.ca)

­­­­­­­­­­**Nord-Sud Développement Racines et Cultures (Birds of Paradise Seniors Group)**

**Languages: French, English, Lingala, Creole, Swahili and others**

**Contact Information:** Séverin Jr César Ndéma-Moussa

Phone: 613-255-5733 – 343-883-1410

Email address: [severin.jr.n.m@gmail.com](mailto:severin.jr.n.m@gmail.com)

president@rootsandculturecanada.com

**Ottawa Korean Evergreen (Senior) Society**

**Languages: Korean and English**

Contact Information: Ms. Katherine Uhm

Phone: 613-230-5500

Email address: [kus2ms4@gmail.com](mailto:kus2ms4@gmail.com)

**Ottawa Seventh-day Adventist Church**

**Languages: English and various other languages**

Contact Information: Janice Anderson and Linette Pryce

Email address: jann498@yahoo.com

**Ottawa Valley Filipino Canadian Senior Citizens Association**

**Languages: Tagalog and other dialects**

Contact Information: Amelia Gomez - Esperanza Olympia-Cann

Phone: [613-728-2624](tel:(613)%20728-2624) – [613-798-0823](tel:(613)%20798-0823)

Email address: [mely01077@yahoo.com](mailto:mely01077@yahoo.com) - cannecco@hotmail.com

**Polish Canadian Women's Federation**

**Languages: Polish and English**

Contact Information: Ewa Zadarnowski

Phone: 613-739-8663 – 613-769-4733

Email address: [Ewazadar@hotmail.com](mailto:Ewazadar@hotmail.com)

**Regroupement Affaires Femmes**

**Languages: French**

Contact Information : Violène Gabriel

Phone: 613-266-1222

Email address**:**[info@affemmes.com](mailto:info@affemmes.com)

**Rwanda Social Services and Family Counseling (RSSFC)**

**Languages: various languages**Contact Information: Odette Uwambaye

 Phone: [613-298-2256](tel:613-298-2256)

Email address: [Odette.Uwambaye@hotmail.com](mailto:Odette.Uwambaye@hotmail.com)

**Sikh Community Services Ottawa**

**Languages: Punjabi and English**

Contact Information: -Mrs. Bhandari, Jeet Sodhi and Iqbal Jaswal

Phone: 613-321-5917 – 613-825-3757 - 613-830-5981

Email address: jeet.sodhi@rogers.com - [sanjogtabhandari@gmail.com](mailto:sanjogtabhandari@gmail.com) -

**Sri Lankan Canada Association of Ottawa (SLCAO Seniors Group)**

**Languages: Singhalese and English**

Contact Information: Chandra Padmini Hapuarachchi

Phone: 613-830-6484

Email address: Chandra Padmini Hapuarachchi - [cp\_hapu@yahoo.ca](mailto:cp_hapu@yahoo.ca)

Ranjini Alwis - [dralwis@hotmail.com](mailto:dralwis@hotmail.com)

Jayasinghe Nissanga - [j\_nissanga@yahoo.ca](mailto:j_nissanga@yahoo.ca)

**Strathcona Heights Women’s Group (Guri Aman Somali Association)**

**Langauges: Somali**

Contact Information: Johara Aden

Phone Number: 613-203-1221

Email address: [Johara.Aden@yahoo.com](mailto:Johara.Aden@yahoo.com)

**South Nepean Muslim Centre (SNMC)**

**Languages: Hindi, Urdu, Arabic and Punjabi**

Contact Information: Zeba Taj

Phone: 613-400-6618

Email address: zeba.ottawa@gmail.com - [Zebataj@yahoo.com](mailto:Zebataj@yahoo.com)

**Vietnamese Canadian Community of Ottawa**

**Language: Vietnamese**

Contact Information: Luong Le Phan

Phone: 613-521-9079

Email address: [Llephan53@gmail.com](mailto:Llephan53@gmail.com)

**For General Information about the Project please contact:**

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**Social Planning Council of Ottawa**

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[**www.spcottawa.on.ca**](http://www.spcottawa.on.ca/)

**Phone: 613-236-9300 ext. 309**

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