

# Capital **PARENT** NEWSPAPER

Last updated October 2009

<b>OTTAWA:</b>		<b>Library</b>		<b>Manotick</b>	
<b>Barrhaven</b>		Little Ray's Reptile Zoo		Home Hardware	
Barley Mow Pub	1481 Greenbank	Military Family		Independent Grocer (Robinson)	
Barrhaven Child Care	101 A Malvern Dr.	Resource Centre		Manotick Arena	
Berrigan Elementary School	199 Berrigan Drive	Nickel's Rest.		Rexall	
Centre for Child & Family Services	1099 Longfields Dr	Rideau Carleton		Rideau Valley Child Care Ctr	
Children's Village at Stoneway	170 Stoneway Dr.	Raceway & Slots (Casino)			
Farley Mowat Public School	57 Waterbridge Dr	Shoppers Drug Mart			
Food Basic	900 Greenbank Rd	Splash Pool			
McDonalds	3340 Fallowfield Rd	Tiny Hoppers			
Metro Chapman	3201 Strandherd Rd.				
OC Transpo (Chapman Mills Mall)	Strandherd Dr	<b>Kanata</b>		<b>Nepean</b>	
Scotiabank (Chapman Mills Mall)	Strandherd Dr	Child Care Centre		Bingo Convention	
Walter Baker Arena	100 Malvern Dr	Children's Place		Bingo Land South	
Walter Baker Library	100 Malvern Dr	Community Child Care		Broadway Bar & Grill	
		Independent Grocer (Hanson)		Canadian Montessori Academy	
		Jack Charron Arena		Canadian Tire	
		Kanata Family Centre		Carleton Heights Child Care Centre	
		Katimavik Elementary School		Carleton Heights Comm. Centre	
		Katimavik Preschool Resource Centre (entrance on McGibbon)		Centrepointe Artistic Preschool	
		Loblaws		Centrepointe Child Care Services	
		J. Mlacak Arena		Children Services	
		Music For Young Children		City of O. Child Home Care	
		Music For Young Children		Dr. Janet Leith	
		OC Transpo		Ecole Nanaimo	
		Pharmasave		Guardian Drug	
		Philthy McNasty's		Hunt Club/Riverside Community Centre	
		Ride the Wave		Leslie Park School	
		Roland Michener School		Meadowlands Independent	
		Shoppers Drug Mart		Medical Centre	
		Sobey's		Merivale Arena	
		Three Bags Full		Merivale Bowling Centre	
		Tiny Hoppers		Metro	
		Western Ottawa Community Resource Centre		Nepean Library	
				Nepean Library (Emerald Plza)	
				Nepean Sportsplex	
				Arena 1	
				Arena 2	
				Arena 3	
				Sports Medicine Centre	
				OC Transpo	
				Ottawa Boys & Girls Club	
				Ottawa-Carleton District School Board	
				Algonquin College	
				2225 Dumaaurier	
				133 Greenbank	

Ottawa Nepean Canadians Sports Club	1125 Cobden Rd	Andrew Fleck Child Care Services	195 George	Colonel By Child Care Centre (Carleton U.)	1125 Colonel By Dr
Playtime 4 Kids (Emerald Plaza)	1547 Merivale Rd.	Andrew Fleck Daycare	2330 Don Reid Dr	Community Health Centre	221 Nelson St.
Rideau View Mall	1430 Prince of Wales	Andy Bear's Restaurant	101 Lisgar St	Conseil des Ecoles Catholiques	4000 Rue Labelle
Scotiabank	3310 McCarthy Rd	Angelo's Restaurant	Hwy 16/401	CS Co-op	90 Spark St.
Shoppers Drug Mart	3310 McCarthy Rd	Appletree	2016 Ogilvie	Dalhousie Parents Daycare Centre	391 Booth St
Shoppers Drug Mart	3151 Strandherd Dr	Arosa Suites Hotel	163 Maclaren St	Dalhousie Parents Daycare	391 Booth St.
Shoppers Drug Mart	3781 Strandherd Dr	Bayshore Public School	145 Woodridge Cres.	Data Relocation Services	48 Daly St.
Studio School of Dance	74 Jamie St.	Best Western Victoria Park	377 O'Connor St	Daycare	411 Dovercourt
<b>Orleans</b>		Boomerang Kids	261 Richmond Rd	Days Inn City Centre	402 Queen St
Avincy Dampousse Piano	1439 Youville Dr.	Brewer Arena	151 Sloan Ave.	Deborah Anne Kirwan Pool	1300 Kitchener Ave
Blessed Kateri Tekakwitha School	6400 Beausejour	British High Commission	80 Elgin St.	Delta Ottawa Hotel & Suites	361 Queen St.
Broadway Restaurant	1968 Portobello	Brian Kilrea Arena	2185 Arch St.	Dempsey Community Centre	1895 Russell
Charlemagne Child Care	750 Charlemagne Bl.	Bug A Boo	1950 Bank St	Desjardin Pharmacy	298 Dalhousie
Child Care Centre	2266 St. Joseph Blvd.	ByWard Market Building	55 William	Douvris Martial Arts	332 Richmond Rd
Cosmic Adventure	1373 Ogilvie	Canadian Mothercraft	475 Evered Ave.	Dow's Lake Daycare	580 Booth St
Forest Valley School		Cdn. Museum of Nature	240 McLeod St	Dr. Roland – Dentist	1335 Carling Ave
Age Program	1570 Forest Valley	Cdn. Museum of Science and Technology	1867 St. Laurent Bl.	Druxy's Deli - Place De Ville	90 Sparks St
Independent Grocer	1619 Orleans Blvd	Canadian Tire	1660 Carling Ave	Early Years Centre	1365 Richmond Rd.
Library	1705 Orleans Blvd.	Capital Parent Newspaper	102 Boyce Ave	Elmwood School	261 Buena Vista
Little School House Daycare	850 Taylor Creek	Centretown Community Health Centre	420 Cooper St.	Employment Resource Ctr	1 <sup>st</sup> Fl, 370 Catherine St.
Melonhead	2 <sup>nd</sup> Fl. Place D'Orleans	Centretown Parent	94 James St	Family Services Centre	312 Parkdale Ave.
Metro	1675 10 <sup>th</sup> Line	CHEO	Smyth Rd.	Fernhill School (Office)	50 Vaughan St.
Metro	6505 Jeanne D'Arc	- Main Entrance		First Avenue School	73 First Ave.
Metro	4510 Innes Rd	- Neo Natal Intensive Care-	3 <sup>rd</sup> Floor	Fisher Park Public School	250 Holland Ave.
Mrs. Tiggy Winkles	Place D'Orleans	Children's Castle Daycare	1187 Hunt Club	Florence Child Care Centre	79 Florence
OC Transpo	Place D'Orleans	Children's Place	2121 Bathurst St	Fred Barrett Arena	3280 Leitrim Rd
Orleans Pre-School		Children's Place	1160 Bathurst St	Garderie Cooperative	700 Montreal Rd.
Resource Centre	261 Tompkins Ave.	Children's Place #34	2121 Carling Ave	General Hospital	501 Smyth Rd.
Oxford Centre	1615 Jeanne D'Arc	Children's Place	1150 Carling Ave.	- Main Entrance	
Shoppers Drug Mart	6491 Jeanne D'Arc	Children's Place	St. Laurent Shopping Centre	- 8 <sup>th</sup> Floor	
Shoppers Drug Mart	1937 Portobello Blv	Children's Village	333 Churchill N.	- Desjardins Pharmacy	
The Orleans Preschool	1490 Youville Dr.	Childrens Centre	407 Hilson Ave.	- Emergency	
Tiny Hoppers	5160 Innes Rd	Chiropractic Health Group	150 Metcalfe St.2200	- Treatment Pavillion	
YMCA	265 Centrum Blvd	Churchill Carling Daycare	724 Churchill Ave N.	- Ronald McDonald House	
<b>Ottawa</b>		Chu Sing Restaurant	691 Somerset St W	Giant Tiger	2020 Ogilvie
Abraar School	1085 Grenon Ave	City of Ottawa People Services	170 Laurier Ave.8Flr	Giant Tiger	2950 Bank St/Queensdale
Adult High School	300 Rochester St.	Civic Hospital	Carling Ave.	Glashan Public School	28 Arlington Ave.
Aladdin Childcare Services	2240 Russell	- Desjardins Pharmacy		Gymboree	3825 Richmond Rd
Algonquin Early Learning Ctr	1385 Woodroffe Ave	- Emergency		Gotta Paint	352 Kirkwood Ave
Alterna Savings	100 Tunney's Pasture	- Main Entrance		Government Building	125 Sussex Dr.
Andrew Fleck (Admin)	700 Industrial			Greenboro Comm Ctr	18-4 Lorry Greenberg Dr
				Greenboro Daycare Centre	1400 Cahill

Gymboree	373 Vantage Dr	OC Transpo	Billings Bridge Mall	Shoppers Drug Mart	1830 Bank St
Health Services Clinic	100 Marie Curie	OC Transpo (Sears)	Carlingwood Mall	Shoppers Drug Mart	2515 Bank St
Heron Gate Mall	1670 Heron Rd	OC Transpo	Elmvale Mall	Shoppers Drug Mart	1309 Carling Ave
Hintonburg Comm. Centre	1064 Wellington St	OC Transpo (IKEA)	Pinecrest Mall	Shoppers Drug Mart	2525 Carling Ave
Independent Grocer (Hartman's)	296 Bank St	OC Transpo	South Keys Mall	Shoppers Drug Mart	2950 Carling Ave
Independent Grocer (Moncion)	671 River Rd.	OC Transpo	St. Laurent Shop Ctr.	Shoppers Drug Mart	3940 Innes Rd
Independent Grocer (Roger)	2681 Alta Vista-	OC Transpo	Westboro Station	Shoppers Drug Mart	3657 Richmond Rd
Independent Grocer	2148 Carling	OC Transpo	Waller St	Shoppers Drug Mart	50 Rideau St
J.A. Dulude Arena	941 Clyde Ave	Odawa Native Friendship Ctr	12 Stirling Ave.	Shoppers Drug Mart	1200 St. Laurent Blvd
Jack Purcell Community Centre	320 Jack Purcell	On Your Mark	4 Lorry Greenburg Dr	Shoppers Drug Mart	2150 Carling Ave
Jean Talon Building	170 Tunney's Pasture	Oriental House	266 Elgin St	Somerset Community Health Centre	55 Eccles St
Jennifer Cameron (daycare)	219 Fifth Ave.	Ottawa Gymnastics Centre	294 Elmgrove Ave.	South East Ottawa Community Health Centre	
Jim Durrell Arena	1265 Walkley Rd.	Ottawa Montessori School	335 Lindsay St.	Health Centre	1355 Bank St. #600
Kristy's Restaurant	809 Richmond Rd	Ottawa Public Library	120 Metcalfe, 2 <sup>nd</sup> F	Southway Inn	2431 Bank St
Les Suites	130 Besserer St	Ottawa SDA School	2200 Benjamin Ave	Belfast Fruit	1010 Belfast Rd
Library	2516 Alta Vista	Overbrook Daycare	557 Queen Mary	St. Mary's Home	780 L'Eglise St.
Library	1910 St. Laurent Blvd.	Parent Resource Centre	300 Goulbourn Priv.	St. Patrick High School	2525 Alta Vista
Library	281 Woodroffe Ave	Pinecrest Recreation Complex	2250 Cobden Rd	St. Thomas Nursery	2345 Alta Vista
Lincoln Fields Mall	Carling Ave.	Plant Centre	930 Somerset/Preston	St. Vincent Hospital	60 Cambridge
- 2 <sup>nd</sup> Floor		Produce Depot	2446 Bank St	Street Box	Bank/Albert
- Pharmaplus		Produce Depot	1855 Carling	The Door Youth Centre	755 Somerset St W
- Walmart		Puckmasters	800 Industrial	The Westin Hotel	11 Colonel By Dr
Loblaws	Billings Bridge Mall	Purple Crayon	347 St. Laurent Blvd	Tom Brown Arena	141 Bayview
Loblaws	Elmvale Acres Mall	Rainbow Foods	1487 Richmond Rd	Turnbull School	1132 Fisher Ave.
Loblaws (@ Pretoria Bridge)	64 Isabella St	Ralph & Sons Diner	3420 Carling	University of Ottawa	85 University
Lowertown Community Resource Centre	40 Cobourg St	Regina St Public School	2599 Regina	VIA Rail	200 Tremblay Rd
Mags and Fags	245 Elgin St	Rexall	11 Holland Ave	Videoflicks	1221 Wellington
Maison D'Amitie	40 Cobourg St.	Rexall/LCBO	Baseline/Woodroffe	Von's Bistro	819 Bank St. (at 4 <sup>th</sup> Ave)
Makonsag Aborig. Head Start	12 Sterling Ave.	Riverside Hospital	Riverside Dr.	Westgate Mall	Carling Ave.
Metro	345 Carleton St.	- Pharmacy		- Natural Food Pantry	
Metro	St. Laurent/Walkley	- Main Entrance		- Rockin' Johnny's Diner	
Metro	245 Rideau St	Rockin' Johnny's Restaurant	Westgate Mall	White Cross	264 Elgin St
Midway	2370 Lancaster Dr	Royal Ottawa Hospital	1145 Carling Ave	Woodroffe School Age Program	235 Woodroffe
Mother Earth Natural Health	747 Richmond Rd	- Main Entrance		YMCA	180 Argyle St
Motor Vehicle Office	1570 Walkley	Sandy Hill Community Centre	250 Somerset St. E.		
Mrs. Tiggy Winkles	809 Bank	Sandy Hill Arena	60 Mann Ave		
Mrs. Tiggy Winkles	Bayshore Mall	Sandy Mussallah At-Taqwa	117 Mann Ave. #2	<b>Vanier</b>	
Mrs. Tiggy Winkles	Rideau Centre Mall	Sawmill Creek Community Centre Pool		Bingoland	1149 Lola
Mrs. Tiggy Winkles	315 Richmond Rd	Scotiabank (street box)	3380 Daoust/Albion	Bissonnette Independent	596 Montreal Rd.
Multi Service Centre	1480 Heron Rd.	Scotiabank	Bank St.	Boys and Girls Club	430 McArthur Ave
N.A.C. (Main Foyer)	53 Elgin St	Scotiabank	425 Preston St	Canadian Tire	330 Coventry Rd.
Nutrichem Pharmacy	1303 Richmond Rd	Sears, outside East Entrance	Carlingwood Mall	Canadian Tire	2010 Ogilvie Rd.
OC Transpo (X 2)	Bayshore Mall	Shoppers Drug Mart	161 Bank St	Card & Mags	25 McArthur
		Shoppers Drug Mart	702 Bank St	CFB Rockcliffe School	Polaris/Venus

City Centre	525 Cote St.	Robert Guertin Arena	125 rue De Carillon	<b>Carleton Place</b>	
Desloges Co-op	10 Desloges Private	Sporthèque	72 Jean Proulx N	Carleton Place Arena	75 Neelin St
Earl Armstrong Arena	2020 Niagara St	Toscans Restaurant	710 St. Joseph	Carleton Place & District	
Friand Bingo Hall	70 Montreal Rd.	Tube et Jujube	#200 – 170 Deveault	Memorial Hospital	211 Lake Ave.
Guardian Drug	5 Beechwood			Giant Tiger	320 Coleman St
Loblaws	56 McArthur St	<b>SURROUNDING AREAS:</b>		IDA Drug	47 Lansdowne
Metro	5 Beechwood	<b>Alfred</b>		Independent Grocer (Steve's)	455 McNeely
Metro	1021 St. Laurent Blvd	Valu Mart	512 St. Phillippe St	Price Chopper	25 Lansdowne Ave
OC Transpo	Gloucester Mall			Shoppers Drug Mart	299 Lake Ave
Overbrook Daycare	33 Quill St.	<b>Almonte</b>			
Overbrook Forbes Centre	225 Donald St, Unit 120	Community Centre Arena	182 Bridge St	<b>Casselman</b>	
Pharmaplus	570 Montreal Rd	Elizabeth Kelly Public Library	155 High St.	Anne Marie Beaudry	641 St. Isidore St.
Pharm Vanier	355 Montreal Rd.	Home Hardware	476 Main St	Jean Coutu	629 Principale St
Potvin Arena	813 Shefford	Independent Grocer	Hwy 44	J.R. Brisson Arena	758 Brebeuf St.
Shoppers Drug Mart	150 Montreal Rd.	Rexall	430 Ottawa St	Metro	611 Principale St
Thrift Store	Beacon Hill Mall				
<b>GATINEAU:</b>		<b>Amherst</b>		<b>Cornwall</b>	
<b>Aylmer</b>		Guardian Drug	Hwy 33	Bob Turner Arena	504 Fourth St E
Cinema	181 Principale	Foodland	Hwy 33	Cornwall General Hospital	510 Second St E
Duchesnay Arena	92 Albert St			Cornwall Comm. Hospital	840 McConnell Rd.
Frank Robinson Arena	96 Albert St	<b>Arnprior</b>		Independent Grocer	31 Ninth St E.
IGA	203 Chemin Aylmer	Arnprior Shopping Centre	375 Daniel St	Super C	Seaway Ctr Vincent Massey
Zellers	181 Principale	- Entrance		Super Fresh	Brookdale Mall
		Giant Tiger	80 Elgin St. W		
<b>Gatineau</b>		Metro	70 Elgin St\	<b>Cumberland</b>	
IGA	455 boul. Greber	Nick Smith Centre Arena	77 James St	Cumberland Arena	115 Dunning St.
IGA	720 Mtée. Paiement			S/S Convenience	2619 Queen St.
Marc Sport	455 boul. Maloney	<b>Brockville</b>			
Metro Limbour	2505 rue St. Louis	1000 Islands Mall	2399 Parkedale Ave	<b>Embrun</b>	
Metro	499 boul. Greber	- Independent Grocer		Giant Tiger	654 Notre Dame St.
Metro	435 Mtée Paiement	- Sears		Independent Grocer	753 Notre Dame St.
Pierre Lafontaine Arena	225 rue St. Antoine	Brockville General Hospital	75 Charles St	Place d'Embrun	
Rona	St. René	- Emergency		Shopping Centre	767 Notre Dame St
Tommy & Lefebvre	530 boul. de la Gappe	Metro	237 King St	Relais des Sports Arena	6 Blais St.
Toscans Restaurant	106 boul. Greber	Rexall	125 Stewart Blvd.	Rona Home Centre	755 Notre Dame St.
<b>Hull</b>		<b>Cardinal</b>		<b>Hawkesbury</b>	
Banque Nationale	920 St. Joseph	Cardinal Truck Stop	Hwy 401/Shanly Rd	Canadian Tire	1525 Cameron St
Cdn. Museum of Civilization	100 rue Laurier	Rona Mini Mall	Hwy 2	Hawkesbury Family Centre	1002 Main St.
CHSLD Hospital	125 boul Lionel-Émond			Independent Grocer	56 Cameron St.
Duguay Sport	400 boul. Alexandre Taché	<b>Carp</b>		Jean Coutu	80 Main St
IGA	425 St. Joseph	Ottawa Public Library (Carp)	3911 Carp Rd		
Library – St. Laurent	555 La Carriere	WE Johnston Arena	3832 Carp Rd	<b>Kars</b>	
Nautilus	425 St. Joseph			Kars Public School	6692 Rideau Valley

**Kemptville**  
 Food Basics Hwy 43  
 North Grenville Municipal Ctr. Hwy 44  
 Ontario Early Years Centre 207-215 Sanders St.

**Kingston**  
 Bryan Pharmacy Gore St. Mall  
 CFB Canex Hwy 2  
 Denny's 33 Benson St  
 Frontenac Mall 1300 Bath Rd  
 Giant Tiger 811 Princess St  
 Kingston Airport 1114 Len Birchall  
 No Frills 1030 Coverdale Dr  
 Shoppers Drug Mart Hwy 401/Princess  
 Smoke Shop Cataraqui Mall  
 Valu Mart Gore St. Mall

**Lansdowne**  
 Rapid Valley Foods 898 Reynolds Rd

**Metcalf**  
 Metcalfe Public School 2701 – 8<sup>th</sup> Line Rd

**Morrisburg**  
 Canadian Tire Hwy 401/Main St  
 Valu Mart 5 Main St.

**Napanee**  
 Flying J Restaurant 628 County Rd #41  
 Giant Tiger 13 Industrial Blvd  
 Metro 35 Alkenbrack St  
 No Frills Centre St, near Jim Kimmitt Blvd

**Navan**  
 Navan Comm. Memorial Arena 1295 Colonial Rd

**North Gower**  
 Mulligan's Grocery 2321 Andrew St

**Osgoode**  
 Foodland 5669 Main St.  
 Osgoode Arena 5660 Main St.  
 Public Library 5630 Main St.

**Pembroke**  
 A&P Food Store 1100 Pembroke E  
 Giant Tiger #1 – 171 Alexander St  
 Moncion Grocery 481 Pembroke St. W  
 Mulvihill Drug Mart 1231 Pembroke W  
 Ontario Early Years Ctr. 300 Herbert St.  
 Pembroke Community Centre Arena 40 Bennett St.  
 Pembroke Civic Complex 425 Cecilia St  
 Regional Hospital 725 Mackay St

**Perth**  
 City Hall 80 Gore St.  
 Food Smiths 33 Wilson  
 Independent Grocer 80 Dufferin St  
 Perth & District Comm. Ctr. 8 Beckwith Rd  
 Metro 50 Wilson

**Renfrew**  
 Garden Market IGA 61 Raglan St  
 Giant Tiger 48 Raglan St  
 Pharmacy 737 Stewart

**Richmond**  
 Memorial Community Centre Arena 6095 Perth St  
 Richmond Bakery 6183 Perth St.  
 Richmond Public School 3499 McBean St.  
 Valu Mart 6001 Perth St.

**Rockland**  
 Home Hardware 2720 Laurier St.  
 Independent Grocer 2773 Laurier St.  
 Jean Marc Lalonde Arena 1450 Park Ave.

**Russell**  
 IDA 110 Craig St  
 Kinnaird Arena 1084 Concession St.  
 Mother Teresa Cath. School 1035 Concession St.

**Smiths Falls**  
 CIBC 45 Beckwith  
 Community Memorial Centre Arena 160 Elmsley St N  
 Country Fair Mall Brockville St

Independent Grocer 25 Feara Dr.  
 Giant Tiger 29 Chambers St  
 Scotiabank 92 Lombard St  
 Youth Centre 150 Elmsley St N

**Stittsville**  
 Stittsville & District Community Centre Arena 10 Warner Colpitts  
 IDA 1250 Main St.  
 Natural Food Pantry 442 Hazeldean Rd  
 Olympia Gymnastics 44 Iber Road  
 Shoppers Drug Mart 420 Hazeldean Rd  
 Shoppers Drug Mart 1300 Main St

**Vankleek Hill**  
 Herb's Truck Stop Hwy 417/Hwy 34

**Westport**  
 Kudrinko's Fresh Mart 22 Main St

**Winchester**  
 Andy's Food Land 512 Main St.  
 Country Kitchen Hwy 43/31  
 IDA Main St.  
 Dundas Family Rsrce 547 St. Lawrence St  
 Winchester Community Centre Arena 577 Main St.