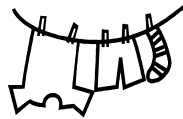


**Regular Cleaning - \$15/hour
(minimum 2 hours)**

- Vacuum
- Clean bathroom: toilet/tub/sink/floor/mirrors/tiles
- Laundry/ironing
- Mop floors
- Dust
- Wash dishes
- Spot wipe walls/doors handles/cupboards/light switches
- Wipe counters, tables, appliances, stove top
- Clean small mirrors
- Change/make beds



**Seasonal Cleaning - \$18/hour
(minimum 2 hours)**

- Baseboards (dust/mop/broom)
- Clean cupboards inside/outside
- Clean oven/defrost fridge/freezer
- Clean windows (accessible from inside or 1st floor only)
- Clean mirror walls/full closet doors
- Move heavy furniture/appliances to clean
- Wash walls
- Wash and wax floors



Home Maintenance Registry



We can refer you to a choice of skilled independent contractors regarding your home maintenance and snow removal needs.



Cost depends on individual service arrangement.

Our Handy Helpers



Caring volunteers perform small helpful tasks in your home such as: replacing smoke detector batteries, setting up TV/DVD's, hanging pictures, and other odd small jobs.



Donations are welcome and help support all that we do!

NOTE: We have the responsibility to protect our workers and volunteers as well as our clients. We reserve the right to refuse service.



Our office hours are 9 a.m. – 4 p.m., Monday to Friday
Visit The Good Companions Centre at 670 Albert Street, Ottawa ON K1R 6L2
to see all that we do, or visit website at: www.thegoodcompanions.ca