

# Resource Counselling Newsletter

## NEW AT N2N CENTRE

### Kurdish Community Outreach Worker

Every Thursday morning from 9.30-12.30 a Kurdish Community Outreach worker is available at N2N Centre to meet with Kurdish clients. The worker can assist with a variety of issues, in both main Kurdish dialects. Please come and see **Narmin** on Thursdays!

2. Please call Canadian Institute of Dental Hygiene at **905-524-2434**. They are located on 145 King St. E in Hamilton. There is a minimal fee involved, please call the CIDH for more information.

Clients on Ontario Works can get their cleaning done at Public Health Services Dental Clinic , Unit 10-1447 Upper Ottawa, Hamilton, **905-546-2424, ext 3789**, by providing their OW health card.

## DENTAL CLEANING

If you are in need of **dental cleaning**, please note that you can **not** get that service on the Community Health Bus that comes to our Centre every Wednesday anymore (dentist is now available on the bus every Wednesday)

If you are living on low income you have 2 choices:

1. Please contact Public Health Services Dental Clinic , Unit 10-1447 Upper Ottawa, Hamilton, **905-546-2424, ext 3789**. Your financial eligibility will be assessed using your income tax forms. Once you are deemed low-income, you will be able to get the cleaning done at this location at no cost.

## ANGELA'S PLACE 320 Tragina Avenue North 905-549-4276

Young mothers and fathers 22 years old and under  
Newly renovated and furnished apartments  
Interactive programs for parents and children  
Referrals to community resources

### **Donated Bed Program is back at N2N Centre!**

Good used mattresses and box springs are available at the Sleep Country Warehouse in Ancaster. With a N2N Centre referral letter, you can go on a Sunday from 10-12, first come, first serve, so be early!

**Please see a RC to obtain a referral letter** and more information. All mattresses are free, and Sleep Country doesn't deliver!



## The New WOMEN'S CENTRE of Hamilton

905-522-0127  
100 Main St E, Suite 205

### Call to register for FALL 2009 groups:

- Women Getting Work
- My Journey to Self
- Anger and Parenting
- Self-Esteem
- Rebuilding a Healthy Me
- Women's Welness
- Computer Training

### Drop-in groups:

- Conversation Circle
- Women's wisdom
- Social Circle



## New!

### Editor's Comments

At a suggestion of one of our Resource Counsellors, I will start this monthly personal column as a way of expressing opinions, reflections, and observations on issues affecting our clients.

### Gratitude

Over last number of months, we have heard many negative news in reference to our economy, job losses, health scares (swine flu pandemic)...Most days, it is hard for most of us to keep a positive attitude and hope for a better tomorrow. I would like to take this opportunity and start this column by highlighting few positive things that I see here at N2N Centre every day.

1. I am thankful to all of our **Volunteers** for their hard and selfless work. I am thankful for them being here every day and helping to meet the needs of our clients. Thank you for leading by example and giving back so selflessly! Thank you for caring and for inspiring me every day and teaching me something new and uplifting!
2. I am thankful to our **clients** for sharing their stories and reaching out to us for help when they need it. I am constantly inspired by your stories, your strength, your courage and kindness to meet challenges that life often sends our way.
3. I am thankful for each one of those **children** that we see in our foodbank waiting area, for their smiles (and sometimes cries) for their innocence and hope they give all of us.
4. I am thankful to all of our **donors**, big and small, who answer our constant calls for help to meet the needs of our low income neighbours. I am thankful for each and every can donated, as it came from someone who cared enough to think of another.

I hope we all strive to be more positive, caring, and kind to others. This is the only way to change our world for the better!

Most sincerely,  
Snezana  
Director of Family Services