

Resource Counselling Newsletter

Christmas Hamper Program



Registration for our Christmas Hamper Program will be from November 2-30 2009.

- All hampers will be distributed from Immanuel Christian Reformed Church, which is across the back parking lot.
- Distribution will take place from Dec 15th to Saturday Dec 19th .
- Saturday Dec 19th will be reserved for working clients.

Did You Know ???

Facts about immigration

- China is the number one source country for immigrants.
- Immigration from the US, the UK, the Philippines, Korea, France and Iran is on the rise.
- Immigration from India and Pakistan is on the decrease.
- The number of immigrants who speak English has been steadily climbing, in 2008, 56.6% of those accepted spoke English, 5.1% spoke French, while 10% were bilingual.
- There is a sharp rise in the number of temporary workers to Canada.

(Statistics Canada):



What you should know about Flu pandemic.

What is the contagious period?

Flu can be contagious for 24 to 48 hours before any symptoms arise and for five days after the onset of symptoms. This means you could spread the virus without knowing you are infected.

What is the difference between ordinary flu and pandemic flu?

A pandemic flu can appear very similar to Seasonal flu. Because people have little or no immunity to a pandemic flu virus, the spread of the disease can occur more quickly than with an ordinary flu.

The symptoms are:

fever, headache, aches and pains, tiredness, stuffy nose, sneezing, sore throat and cough. *Up to 35% of Ontarians may get pandemic flu.*

How can I protect myself and my family from a flu pandemic?

- Get your flu shot
- Wash your hands with soap thoroughly and often – good hand hygiene is the best way to prevent the spread of all flu viruses.
- Keep an alcohol-based sanitizer (gel or wipes) handy at work, home and in the car.
- Cover your mouth and nose with a tissue or cough into your elbow when you cough or sneeze.
- Stay home when you are sick.
- Avoid large crowds of people where viruses can spread easily.
- Reduce non-essential travel.
- Follow any instructions given by public health officials.

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Legal Advocacy and Resource Centre for Women: Fridays 10:00 am-1:00pm

- Confidential
- No appointment necessary
- Cost-free
- Assistance with Family, Criminal, Immigration, Civil Law
- Safety planning
- Finding a lawyer
- Legal Aid and ...much more

Women's Centre of Hamilton
100 Main St E, Suite 205
Hamilton, ON
905-522-0127



Editor's Comments

Winter Clothing

While many of us are still waiting for the summer we never had, it seems that we've skipped the fall and Winter is already here! The cold weather in last few days caught many of us, including myself, off guard. Children need boots, and winter coats, warm hats and gloves, as the snow seems to be just around the corner.

For those of you who might need assistance with winter clothing, please contact **Salvation Army at 905-540-1888** where you can get winter coats, hats and gloves from **November 2-December 4th, 2009**. Please bring ID's for everyone in your family. Please continue to check our free table for any donated items.

Most Sincerely,
Snezana
Director of Family Services.

The best index to a person's character is how he treats people who can't do him any good, and how he treats people who can't fight back. (Abigail Van Buren)

Never look down on anybody unless you're helping him up. (Jesse Jackson)